

30%

of the
population
are unaware
that they
damage their
teeth at night by
clenching & grinding



**ARE YOU
ONE OF THEM?**

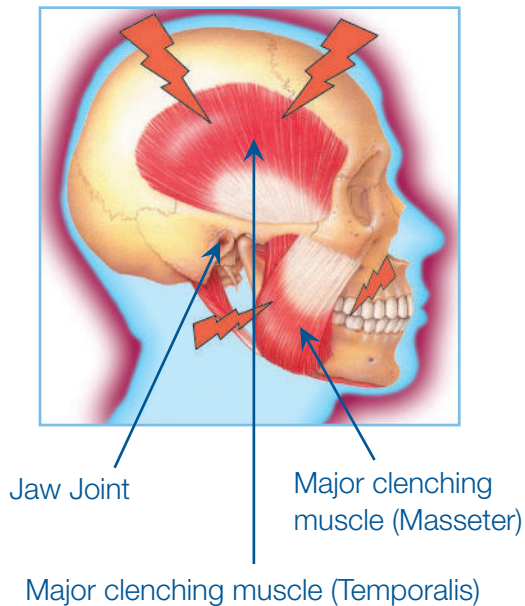
awareness

the first step to overcoming clenching and grinding

Clenching and grinding of teeth is known as Bruxism. Most people are unaware that apart from meal times teeth should not touch. This commonly occurs during sleep.

Even minor contact over time can cause damage to teeth and dental work (implants, crowns, caps, veneers, fillings, inlays, etc).

Headaches and jaw pain often come from tired and tense clenching muscles that are working when they should be resting.



do you clench or grind?

bruxism self assessment test

Tick the box for a Yes answer.

- Have you had wear, damage or fractures of teeth, fillings or crowns?
- Do your teeth touch or make contact when not chewing?
- Do you get headaches or jaw pain on occasions?
- Are your temples or jaw muscles tender when pressed?
- Has anyone heard you grind your teeth during sleep?
- Do you have occasional discomfort when chewing?
- Do you have a clicking jaw?

If you answered yes to any one of these questions Bruxism may well be causing significant problems.

Please show this completed questionnaire to a staff member so we may assist you further.

problems

associated with bruxism

Wear on teeth



Normal wear in a 25 year old



Worn teeth in a 25 year old

If clenching and grinding is allowed to continue there may be damage to the nerves of teeth resulting in pain and sensitivity.



Badly worn teeth in a 45 year old



Severely worn teeth in a 55 year old

Left untreated tooth wear can become so severe that infection and dental abscesses can develop requiring expensive root canal therapy and crowns.

problems

associated with bruxism

Damage



New porcelain crowns with no sign of wear on any of the front teeth.



Broken porcelain crown on the same patient. This should have been avoided.

Crowns, veneers and fillings are very prone to fractures in the presence of Bruxism. A fracture, even if small, usually requires replacing the entire restoration.

An extensive tooth fracture may require root canal therapy and a crown.



Badly Fractured Tooth

* Note: A great deal of time and money can be saved if dental work is protected from clenching and grinding.

problems

associated with bruxism

Cosmetic Problems

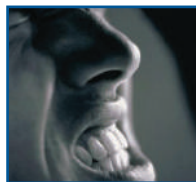
Poor cosmetics and an aged appearance can result from unchecked tooth wear.



When clenching and grinding is controlled a radiant smile can enhance beauty for a lifetime.

Jaw Pain and Headaches

A common cause of tension headaches, migraines and jaw pain is the overuse of clenching muscles when they should be resting.



Overcoming Bruxism can allow tired, painful muscles to recover and headaches to disappear.

increasing the risk

of bruxism

There are several factors which increase the risk for future wear and damage from Bruxism.



Some medications, including certain anti-depressants and stimulants, can increase the level of Bruxism. Excessive intake of acidic drinks such as cola and fruit juice can also soften teeth.



On the left is a picture of severe wear on the lower teeth of a 30 year old lady.

The dentine layer which is under the enamel is now exposed.

Exposed dentine is another risk factor as dentine is much softer than enamel and can wear much more rapidly.

of damage or pain from bruxism?

the solution

Do you have any of the following?

- Dry mouth - Lack of lubrication from saliva increases the potential for tooth wear. This can be a result of dehydration, excessive alcohol, caffeine intake or certain medications.
- Excessive acidity in the mouth - Softens tooth substance and increases the potential for wear. This can occur from a high intake of fruit juice, cola soft drinks, sport drinks or stomach reflux.
- Exposed Dentine - Is softer than enamel and leads to accelerated tooth wear.
- Stress and Anxiety - Can lead to increased levels of Bruxism and also to reduced saliva.
- Reaction to Medications - Certain types are known to trigger Bruxism as well as reducing saliva.

Please contact your dentist immediately if you think any of the above applies to you.



The BiteSoft™ splint is a removable mouth piece that is worn over the teeth during sleep and is a very effective solution for Bruxism.

Features of the BiteSoft™ splint:

- comfortable to wear
- smaller than a full arch splint
- offers the same protection from bruxism as a full arch splint
- reduces clenching and associated head and jaw pain (unlike full arch splints)*



The BiteSoft™ splint is easy to wear and almost invisible to others.

Every BiteSoft™ splint has a unique red coloured product authenticity code situated under the BiteSoft™ logo. The product authenticity code indicates the legitimacy of each BiteSoft™ splint and protects you and your dentist from unlawful copies.

Overcoming Headache and Jaw Pain

Many scientific studies demonstrate that splints are extremely effective in preventing or reducing headaches and jaw pain.

for the therapeutic use of splints

The use of a splint is recommended for all people who have Bruxism and may also be indicated (subject to correct diagnosis) for the following:

- >> Significant wear on teeth
- >> Crowns, veneers, implants & fillings
- >> Headaches and jaw pain

The use of segmental and full arch splints may result in a change to your bite if you have previously undergone orthodontic treatment or have an unstable bite. This is largely due to the relaxation of your jaw muscles.



The MyoHealth™ Global Corporation recommends that you discuss any prior orthodontic treatment or bite problems with your dentist before proceeding with any form of splint therapy.

Complete Range of Splints

MyoHealth™ Global Corporation has developed a full range of patented and patent pending splints including stabilisation splints for jaw soreness, full arch and segmental arch splints for bruxism.



for dealing with bruxism

While a BiteSoft™ splint is a simple and effective method for dealing with Bruxism during sleep, speak to your dentist about other methods that can help for day time clenching. This involves learning to keep the lower jaw in the rest position, with the teeth apart when not chewing.

Stress Management

There is evidence that Bruxism can increase during times of stress and anxiety. Stress can also directly lead to muscle tension and pain. Seeking support in utilizing the following methods will help deal with excessive stress and minimize bruxism.



- >> Hypnosis
- >> Muscle relaxation
- >> Exercise
- >> Massage
- >> Yoga
- >> Counselling
- >> Relaxing Music
- >> Social support
- >> Goal setting

The best results in overcoming Bruxism can be achieved when jaw muscle relaxation, with the teeth apart during the day, is combined with the use of a BiteSoft™ splint worn during sleep.



PRODUCED BY

MyoHealth™ Global Corporation

www.myohealth.com

For re-ordering:

Contact your licensed BiteSoft™ laboratory

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