### GEORGETOWN GARDEN CENTRE

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FOR \$22 10" pot

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# Ask the Professionals



#### SEPARATION & DIVORCE EDIATION



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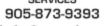
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info@coachmanon.com Q. I'm too busy! How can I find the support I need before

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If this sounds like something for you, contact Manon at 905-873-9393 info@forgecoachingandconsulting.com More at www.forgecoachingandconsulting.com.

New groups forming for September 2017.



Contact Us 324 Guelph St. Unit 8 Georgetown ON L7G 4B5 905.873.4800 youngdentistry.ca smile@youngdentistry.ca



O: So I grind my teeth at night, is that really a big problem and if so, what can be done?

A: To answer that question, I need to know how you feel about looking like a henchman from a mid period James Bond movie. My theory is that the character 'Jaws' from The Spy Who Loved Me (1977) and Moonraker (1979) was actually a chronic tooth grinder, and his dentist made him his steel teeth as an effort to preserve his oral health.

Any contact between teeth that occurs outside of eating is known as parafunction. This includes clenching, grinding or tapping teeth together.

Any breakdown of tooth structure due to parafunction will not get replaced naturally. Over time, depending on the severity of the parafunction, the damage can add up and significant amount of teeth can be worn away. This can cause sensitivity, reduced chewing function, and in some severe cases, necessitate root canals. Also, nobody has ever said that short, worn-down teeth make a beautiful smile.

Converting to steel teeth is one option, but another would be to wear an appliance called a night guard that creates a barrier between the arches and protects the teeth from further damage. Wearing one regularly can save you from all kinds of unpleasantness.

So when your dentist advises you to get a night guard, don't say Dr. No (1962), say Dr. Yes! lol.