



*Have a Ghoulish Halloween*

October 12, 2012

Terry,

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### *DIY Halloween costumes*



Since it's becoming more and more popular to go DIY with anything, here are some ideas for your kids halloween costumes. [This website](#) has **50 DIY costumes**. Check them out and good luck. Send us your Halloween photos and we'll post them in the next newsletter to see who gets top prize for the craziest Halloween costume. And **Happy Halloween.**

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## Bruxism



Bruxism is the medical term for grinding, gnashing or clenching your teeth. The condition affects both children and adults.

Some people with bruxism unconsciously clench their teeth together during the day, often when they feel anxious or tense. This is different from tooth grinding or clenching that occurs at night, which is called sleep bruxism. Most children who are bruxers do so at night, while adults are either daytime or nighttime bruxers.

Bruxism may be mild and may not even require treatment. However, it can be frequent and severe enough to lead to jaw disorders, headaches, damaged teeth and other problems. Unfortunately, people with sleep bruxism usually aren't aware of the habit, so they aren't diagnosed with the condition until complications occur. That's why it's important to know the signs and symptoms of bruxism and to seek regular dental care.

Signs and symptoms

**The signs and symptoms of bruxism may include:**

- **Teeth grinding or clenching, which may be loud enough to wake your sleep partner**
- **Teeth that are worn down, flattened or chipped**
- **Worn tooth enamel, exposing the inside of your tooth**
- **Increased tooth sensitivity**
- **Jaw pain or tightness in your jaw muscles**
- **Earache — because of severe jaw muscle contractions, not a problem with your ear**
- **Headache**
- **Chronic facial pain**
- **Chewed tissue on the inside of your cheek**



**Causes**

Doctors don't completely understand the causes of bruxism. For daytime bruxism, it has been thought that abnormal alignment of upper and lower teeth (malocclusion) may contribute to the problem, though this hasn't been confirmed in research studies. Sleep bruxism is believed to be

related to changes that occur during sleep cycles in some individuals, and this is an active area of current research.



**In adults, psychological factors seem to be associated with bruxism, including:**

- Anxiety, stress or tension
- Suppressed anger or frustration
- Aggressive, competitive or hyperactive personality type



**In children, bruxism may be related to *growth and development* of the jaws and teeth. Some researchers think children brux because their top and bottom teeth don't fit together comfortably as they are erupting. Others believe that children grind their teeth because of tension, anger, or as a response to pain from an earache or teething. While bruxism has been reported to occur in up to 30 percent of children, often in children under the age of 5, most children outgrow bruxism before they get their adult teeth.**

#### **When to seek medical advice**

Bruxism often goes unnoticed. See your dentist if you have worn teeth or pain in your jaw, face or ear. Also consult your dentist if your bed partner complains that you make a grinding noise while you sleep.

If you notice that your child is grinding his or her teeth or has other signs or symptoms of this condition **be sure to mention it at your next dental appointment.**

To learn more about **Bruxism**, visit our [site here](#).

Patient of the Month:

**Isabella Rodriguez**



Congratulations Isabella, we're very happy to announce you as our winner this month. Please stop by during office hours to pick up your **Sonicare Toothbrush**. You have 30 days to claim your prize, so don't delay.



**SPOOK**tacular Specials for [October 2012](#).

And remember to eat lots of sweets. Then come and see us. Ha, ha ha!

*Platinum Dental Inc.*



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