

from HEADACHES to SMILES

Written by LAURA HOLLOWAY

Photo by HOBIE HILER

Many people experience debilitating headaches and never know the cause. Some have tried in vain to find a solution through therapy and medication. Walt Zeigler was one of those people, but he found a solution to his many years of suffering in the most unlikely place; his new dentist.

Walt was interested in finding a dentist in the Stuart area because he had been commuting to his previous dentist in

Palm Beach Gardens where he used to live. He saw an ad in the *Stuart Magazine* for Dr. Crary of Aesthetic Dentistry of Stuart and decided to go in for a free consultation. He knew he probably needed more than a good cleaning because he always had needed a little more. His mouth was full of old dentistry; after all, he was nearly seventy years old.



▲ Walt before

"I thought all dental offices were pretty much the same," says Walt, "but this one wasn't. As soon as I walked in the door I could see that. This office was really nice and comfortable. There weren't a whole bunch of people in the waiting room like most of the offices I've been to either. To top it off, the ladies there were dressed really nicely (not in scrubs or hospital wear), and they treated me like I was the customer of the day."

"Meeting Dr. Amy (Crary) for the first time was very nice as well. She took it slowly and asked a few questions before looking in my mouth. Once she did look around in there I could tell she would be gentle and very caring. But... once she was done looking, she asked a very strange question (I thought); *Mr. Zeigler, do you get headaches?*"

"Walt's teeth were very short with a few chips and cracks in them," says Dr. Amy Crary. "His symptoms told me that he likely suffered from headaches. The question is how bad are they? In many cases people never attribute their headaches to their teeth and in fact, it's not their teeth, the problem could be their bite alignment."

"A misaligned bite is quite common and I do not always need to fix it. Each case is unique. Years of grinding and clenching ones teeth will wear them down and cause them to get shorter and shorter. As they get shorter the muscles in the jaw, head, and neck become tighter and tighter leading to head, neck and shoulder pain; sometimes unbearable pain."

"Untreated, not only will the headaches continue, but doing any dentistry can be futile as the grinding may very well break whatever we fix. Many people wonder why their new crowns, fillings or veneers fall out or don't last more than a few months or years. This is often the cause. We can

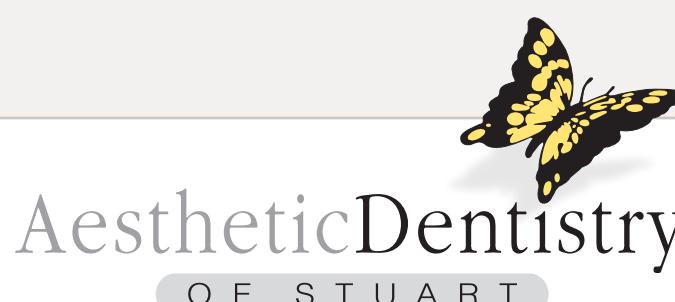
perform some simple tests to measure the bite and if it looks to be the problem we can fit a splint (orthotic—looks like a night guard) for the client. The splint helps us keep the bite aligned and the jaw muscles in their most relaxed position. Our clients wear the splint for a few weeks to a few months so we can tell whether we have the alignment corrected. Often, on the patient's follow up visit, they express shock that the splint has helped reduce their headaches tremendously."

The long term solution is to wear the splint for about twenty-two out of every twenty-four hours, go through orthodontic treatment or have a full mouth restoration. Each of these helps to hold the jaw in its most relaxed position and correct alignment. The added benefit of the restoration is a gorgeous smile...like Walt's.

Walt did indeed suffer from frequent painful headaches and had gone to several doctors seeking a cure. He was relieved to hear that he may have found a solution and wore his custom-fit orthotic for a few weeks to test the theory. It worked.

"My headaches have been reduced significantly," says Walt. "They are much less frequent and not nearly as bad as I used to get. I love my new smile and my friends and family have noticed too. They tell me I look younger and happier. I don't really notice the difference so much anymore because they feel like my own teeth. They're comfortable and look completely natural. I'd do this again in a heartbeat and have recommended Dr. Amy to several friends."

Call today to schedule your free consultation.



Aesthetic Dentistry
OF STUART

Life gets better with each smile.

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Your smile is no place to skimp. You too should require excellence. Doctor Amy Elizabeth Crary of Aesthetic Dentistry of Stuart has a team of great people to serve you. They take tremendous pride in delivering personalized care to their clients, utilizing the newest technology to deliver the highest quality.

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