

How Headaches Can Get Started.
Important Information If You Have Children and As An Adult
Article # 1

Do your children have “shiners” (bags or dark circles under their eyes). Do they breathe from their mouth rather than their nose, leaving their mouth open most of the time and when they sleep? Do they push up on their nose to get more air. Do they have allergies causing sinus, tonsil or adenoid problems?

If so, these allergies can cause infections, which cause swelling in their sinus, adenoids or tonsils. This swelling can cause airway blockage making it impossible for them to breathe through their nose.

Some allergies are caused by lack of breast feeding. The breast milk contains vital antibodies which prevent allergies or infectious reactions to various bacteria. Babies raised on cows milk also develop trouble sleeping.

The airway obstruction which causes mouth breathing leads to other problems. Mouth breathing leads to improper formation of the dental arches, and mal-formation of the teeth and the bite. The relationship of the upper and lower jaw is adversely affected.

What occurs when there is mouth-breathing is that the tongue, being one of the strongest muscles in the body, does not rest in the proper place. Its proper place is resting behind the lower teeth. This position is important because the cheek muscles are also very strong. Without the pressure of the tongue behind the lower teeth, the cheek muscles push those teeth in. The tongue, in its proper position balances the cheek pressure and allow the teeth and lower arch and jaw to form properly. When there is mouth breathing the tongue doesn't rest in the proper place and the teeth and jaw end up too narrow or tipped in. The tongue, in mouth breathing, rests on the back teeth, preventing them from becoming tall enough to form a proper bite. When the lower back teeth are too short this causes the individual to have to contort their jaw to get their teeth to come together in order to chew, because due to the shortness the distance is now too far for the lower jaw to move up easily. Not being able to get them to come together to chew the individual has to distort his muscles and jaw just to chew. This throws the muscles off and eventually causes trouble down the road with posture, the neck, back, sinuses, nasal airway obstruction, lack of sufficient oxygen, tooth grinding and difficulty sleeping (due to breathing problems while trying to sleep). The whole teeth, jaw and muscle system can get distorted resulting in crooked, crowded teeth, leading to orthodontics which may not permanently resolve the problem due to the forces of the malaligned muscles at work.

The dark circles under the eyes, an arched upper lip head hunched forward and mouth breathing are indications of airway obstruction and possible future dental, muscle and headaches and neck problems. Your Neuromuscular {Neuro (nerve) Muscular (muscles)} dentist can see if there are other signs and will address these problems. A solution may be to have the child's adenoids and tonsils checked and removed if several episodes of sinus problems occur each year. We have pictures of twins who both were mouth breathers and when one had their adenoids out she was then able to breathe perfectly through her mouth and the mouth developed properly, while the other continued to mouth breathe and the dental arch did not develop properly. Airway obstruction always causes the bite to be off.

If the child is older and the dental arches are already narrow, orthodontic appliances can be used non-surgically to widen the arch to make room for the teeth to develop properly so the jaw, muscles and chewing bite form properly.

An adult who's bite is off had airway obstruction when they were a child.

The next article will be how to fix the bite as an adult.

Dr. Bromboz practices Neuromuscular and Cosmetic dentistry in the Countryside area. He has been practicing for over 30 years and is a graduate of the prestigious Las Vegas Institute of Advanced Cosmetic Dentistry.
2701 Park Dr. Suite 4 Clearwater Florida 33763 Phone 727-712-3837