Dr Barry Oulton discusses the troubling condition of bruxism

For millions of people across the UK, waking up with a headache, stiff neck and jaw pain, is as common as waking up on a Monday and wishing it was still the weekend. As dentists, very often the pain goes away. It is now commonplace for me to focus initially on treating muscles before teeth, whilst of course ruling out any dental problems too.

In October 2010, S4S is launching the first Bruxism Awareness Week in order to bring the issue into greater focus for both patients, and dental professionals. Although many practices across the country do provide treatment for bruxism, there is still a large number that don’t. By raising awareness it is hoped that more surgeries will follow suit and offer the treatment that is necessary for this troubling condition. It has been reported that a frightening 50 per cent of staff in combat during the Gulf War have experienced PTSD; a condition that has been heavily linked with the condition of bruxism.

Dr Oulton welcomes the prospect of Bruxism Awareness Week in order to launch the first Bruxism Centre, has a long-term, passionate interest in the treatment of bruxism, and in creating awareness of the condition. Dr Oulton is well versed in the practical treatment options available for sufferers, as he explains: “Most commonly, bite guards and occlusal splints are used in the treatment of bruxism. Full coverage splints may well protect the teeth from the effects of bruxism, but usually do not result in a decrease in muscle problems. From regularly treating patients for bruxism, Dr Oulton is confident in the positive trajectory of the treatment.

“Dr Oulton: “I think, and hope, that the Bruxism Awareness Week could potentially herald the arrival of an increasing understanding in people with regards to this incredibly common but highly destructive condition”

The NTI-tss is such a simple device but one that makes such an outstanding difference. I wear one every night, and on the occasions that I’ve been unable to, I’ve woken up in intense pain which will then last for several days. I am so confident in this device, that when I prescribe them to patients, I always offer a money back guarantee. That’s how good this product is!”

Bruxism Awareness Week

The need for a better, more comprehensive understanding of the condition of bruxism is clear, and, with the exciting launch of the first Bruxism Awareness Week in October, perhaps we are on our way to providing patients with the information and clinical expertise and understanding that they deserve. For dentists interested in the new Grindcare treatment and occlusal splints, S4S has a range of options to meet the requirements of every patient, and also offers comprehensive training on this specific area of dentistry.

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