

Did You Know?

Headaches Can Be Caused By The Way You Bite!

There May Be A Simple Cure

It's true! The way you bite can create pressure and stress on certain muscles and nerves resulting in debilitating headaches. Even unconscious clenching during your sleep, or during the course of your day, can lead to frequent headaches.



I have received more than 100 hours of specialized training in the diagnosis and treatment of occlusal (bite) conditions. Through a unique and gentle examination, I can assess the mechanics of your bite and recommend various treatment options to relieve whatever stresses might be found.

It may be as simple as an "occlusal adjustment" to slightly recontour one or more teeth to adjust and balance your bite. Or, I may recommend the use of a specially fabricated removable dental device that you wear at your leisure to help relax and relieve those nerves and muscles, thereby avoiding a possible headache. I even wear one myself!

Call me to schedule your complete occlusal exam and then let me introduce you to my Dental Fitness program.

At [Proud Smiles](#) we believe that by working with you to achieve maximum oral health, you will also experience better over-all health and wellbeing.

We want you to smile, laugh, and eat, with confidence!

Yours in Dental and Oral Health,

Dr. Brenda Paulen

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A Health-Centered Dental Practice

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