



Daily grind is leading to more dental checks

GRINDING and clenching teeth, which is increasingly common and exacerbated by stress, is leading to a high number of people attending dentists with cracked teeth, according to Dr Thomas Linehan of The **Seapoint Clinic** in Blackrock, Dublin. 'Many people are completely unaware that they grind their teeth, as they often only do it when they are asleep. They only become aware of the problem when they have discomfort or pain, or notice small lines or cracks on the teeth' says Dr. Linehan. While the

current tough economic times are an obvious factor in higher stress levels, Dr Linehan also points out that people who chew ice, bite their fingernails, or habitually chew on pens are also placing their teeth at risk. 'Symptoms of a tooth crack include sensitivity to temperature change, both hot and cold, the separating or loosening of small parts of the tooth, and pain when biting down. The good news is that a range of treatments is available, including bonding, crowns, veneers, or even implants for badly damaged teeth.