

## What Is Occlusal Disease?

Occlusal disease refers to the symptoms that may occur as a result of the bite or how the teeth work. Some experts believe that occlusal disease is the number one cause of teeth loss and the number one cause of fillings and crowns breakage.

### Occlusal Disease Self Evaluation:

1. Are your teeth sensitive to heat and cold?  
Yes  Somewhat  No
2. Do you grind or clench your teeth?  
Frequently  Sometimes  Never
3. Do you have notches on your teeth, especially near the gums?  
Yes  No
4. Do you ever wake up with tired facial muscles?  
Frequently  Sometimes  Never
5. Do your front teeth look thin, worn out or chipped?  
Yes  No
6. Have you ever had teeth or dental work fracture or break?  
Yes  No
7. Do you suffer from jaw pain?  
Frequently  Sometimes  Never
8. Do you have unexplained headaches?  
Frequently  Sometimes  Never

If you answered “yes” to any of these questions you may have symptoms of occlusal disease. Please feel free to contact us today.