



SUMMER/AUTUMN 2025

MIGRAINES?

It could be your teeth!



DID YOU KNOW YOUR MIGRAINES COULD BE LINKED TO YOUR DENTAL HEALTH?

Do you suffer from pounding headaches, usually on one side of your head? You might also feel sick or have sensitivity to movement, light, sound or smell. These could be migraines – a debilitating condition that, according to the Migraine Trust, affects more than 10 million people in the UK.

As August was Migraine Awareness month, we wanted to highlight that certain conditions can contribute to migraines. Specifically, teeth grinding (bruxism) or temporomandibular joint (TMJ) disorders are known either be the cause of or contribute towards triggering migraines.

TEETH GRINDING

The most common causes of teeth grinding, which can happen during the day or while you're sleeping are stress and anxiety, sleep problems like snoring and sleep apnoea or taking certain medicines. It's worth noting that smoking, drinking lots of alcohol or caffeine, and taking drugs like ecstasy and cocaine can also cause teeth grinding.

TEMPOROMANDIBULAR JOINT DISORDERS (TMJ)

TMJ is a condition that affects the movement of your jaw. There are a number of symptoms, including pain around your jaw, ear and temple, a headache around your temples and your jaw locking when you open your mouth. The pain may be worse when chewing and when you feel stressed.

WHAT TO DO NEXT

If you believe your migraines may be connected to either of these conditions, we suggest scheduling a visit to see one of our dentists. They can explore the connection between your dental health and migraines and provide appropriate advice and treatment options.

CHILDREN'S DENPLAN MEMBERSHIP

You may be aware that membership of Denplan is available to all our adult patients, but did you know that we also have a plan tailored to your child's needs as well?

The price per child for membership is £7 per month with optional Worldwide Emergency Dental Cover available for an extra 60p per month.

If you would like more information about Children's Essential Denplan membership plan, please give us a call, we'd love to help.

Visit our [Denplan page](#) for more information.

Our Children's Essentials Plan is available for ages 6-18 and includes:

- Two check-ups each year
- Fluoride varnish application (2-4 per year)
- Digital X-rays (if required)
- 10% discount on all dental treatments (this excludes orthodontic work, laboratory work, dental implants and cosmetic dentistry)



WHAT EXACTLY IS GUM DISEASE?

Here at Coppice View we frequently talk to our patients about how to avoid gum disease. We thought we'd offer a bit more information about how to recognise this condition and what to do if you have any concerns.



Gum disease – what to look out for

Also known as periodontitis, gum disease is a common condition that affects the tissue around your teeth. It causes swelling, redness of the gums, and sometimes pain. If left untreated, gum disease can lead to receding gums and ultimately, to tooth loss.

The World Health Organisation estimates that 1 billion people worldwide suffer from severe periodontal disease.

How is gum disease treated?

The type of treatment depends on the seriousness of your gum disease. The aims of treatment are to control the existing gum disease and prevent further problems arising.

Mild gum disease (called gingivitis) can be treated by a routine of twice daily brushing with a fluoride toothpaste for at least two minutes and the use of an inter-dental brush to get to the gaps between your teeth.

Your dental health professional will monitor how easily your gums bleed, to make sure they get better over time. They will also check how much plaque and tartar you have on your teeth. You

may need X-rays to check the state of your teeth and jawbone.

What if it's more serious?

If your dentist advises that you have a serious infection, then antibiotics may be prescribed. In more extreme cases, when other treatments haven't worked, you may be referred to a periodontist for gum surgery.

How to avoid gum disease

Gum disease can be prevented by maintaining a good oral hygiene routine, including twice daily brushing, and regular check-ups with your dentist and hygienist appointments. Smoking can be a strong contributory factor to gum disease and makes it harder to treat the condition. Giving up smoking will improve not just your oral health, but your overall health and wellbeing.

What's next?

Please contact us if you have any concerns about your dental health or questions about gum disease. We can also offer advice and support to help you to give up smoking.

WHAT TO DO IF YOUR PARTNER SNORES

If your loved one suffers from snoring, you know that it can be a real problem, causing restlessness and loss of sleep and in more extreme cases, stress and depression.

Sometimes, some simple life changes can alleviate a moderate snoring problem. These include:

Adjusting your sleep position

Sleeping on your side can help prevent your tongue and soft tissue from collapsing and blocking your airway. Special pillows are available to help you remain on your side throughout the night. Another possible solution is to attach a tennis ball to the back of your nightwear to keep you in the correct position.

Checking your weight

If you are overweight or obese, there may be an increased amount of tissue around your airway – this will reduce the space for air to pass, and cause snoring. Losing excess weight may reduce your snoring problem.

Avoiding alcohol and sedatives

Drinking alcohol or taking sedatives before bed relaxes the throat muscles, increasing the likelihood of snoring. The key is to limit your intake of alcohol or sedatives in the evening.

Clearing your nasal passages

If you have allergies or nasal congestion, try saline rinses, nasal sprays, or review the allergy medication options.

Raising your head

Elevating the head of your bed can help keep your airway open, especially if you tend to snore when lying flat.

What if these changes don't work?

In more severe cases, when lifestyle changes aren't helping, an appliance called a **Mandibular Advancement Splint (MAS)** may be recommended. This works by holding the lower jaw in a forward position, to prevent it from dropping back and obstructing the airway. We recommend the **Sleepwell MAS** which is clinically proven to be the most effective treatment for snoring.



Features of the **Sleepwell MAS** include:

- Soft inner lining for optimum comfort
- Internal splint fixing to allow lips to close around device - preventing dry mouth
- Full range of movement during wear for increased comfort

If your condition is determined to be more severe, you may be referred on for a sleep study which will assess whether you are suffering from Obstructive Sleep Apnoea (OSA), caused by the repeated collapsing of the airway during sleep.

In all cases, if you would like further information and advice, please get in touch. Our team will be happy to answer any questions and book you in for an appointment if you would like to discuss treatment options.

What's next?

Visit our **FAQs page** to find out what snoring actually is and the low down on Obstructive Sleep Apnoea.