



Dr. Cameron Arnold | Smile Dental

abetterbite

Who'd have thought migraines could be caused by a bad bite? For Smile Dental client Errol Wolf, neuromuscular dentistry was the solution.

When a patient mentioned he'd been suffering chronic migraines, we suggested neuromuscular dentistry may help. It did. He even has the 'headache diary' to prove it.

Errol Wolf came to us for a routine check-up in December. He mentioned in passing that he'd been suffering from bad headaches and migraines, which had been gaining in frequency and severity. He couldn't fly or drive long distances without getting a migraine. Some could last three days.

Errol was at a loss as to the cause of the headaches and what to do about them. He had his eyes tested – negative. He noticed that eating certain foods or missing meals could aggravate the problem. So he eliminated the problem foods from his diet and made sure never to miss meals. But the headaches persisted. He consulted various medical and healthcare practitioners – to no avail. And, to make matters worse, painkillers had little effect.

I really felt for Errol – he was clearly in a lot of discomfort. And my assistant, Debbie Jaques, knew exactly how he felt. A few years back, Debbie was suffering severe and persistent neck and jaw pain. But we fixed the problem with a mode of treatment known as neuromuscular



dentistry (NMD). In the time since, we've helped many patients with NMD treatment. NMD procedures are now a regular part of my work.

I was confident NMD could help Errol too. I explained what it was all about. Debbie enthusiastically backed me up. The poor bloke probably thought we had a double act worked out to sell this strange-sounding procedure! But he trusted us. I think he was ready to give anything a go.

So we examined Errol's teeth, bite and jaw. We determined his ideal bite and jaw position, then prepared an orthotic to adjust his bite. We hoped to see a result in two to three months. We would continue to adjust the orthotic every two weeks as Errol's bite improved.

Errol kept a headache diary to monitor our progress. Before we commenced treatment in December, he was suffering 30 headaches a month. After a month of treatment, the number of migraines he suffered were reduced by 90 per cent.

Dr Cameron Arnold is principal dentist at Smile Dental.
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