

## Is It Time To Re-Calibrate?

We were driving home from a trip to Houston when I first noticed a little shake from the front of my wife's Suburban. Over the next week, the shake got worse. By the time we got the truck in to be checked out, the alignment problem had caused quite a bit of wear and we had the opportunity to buy a new set of tires. Happy Father's Day!

So what does a wheel alignment have to do with teeth? Actually, there is a connection here. Just as with your vehicle, teeth that are aligned correctly are healthier and work better. Teeth that have shifted out of line can cause pain and problems.

We think of our teeth as solid and stuck in one place. This is a bit of a misconception because our teeth are constantly shifting around and our bites are constantly changing...ever so slightly. On an everyday basis, this usually happens unnoticed. Over time though, our teeth can shift in ways that can lead to gum disease, fractures, broken restorations, jaw problems or headaches, and even loosening of teeth. Your teeth can get out of alignment just like a set of wheels and tires.

Most people have a variety of restorations in their mouths. Fillings, crowns, implants, and bridges are all used to replace and repair teeth. Generally, these restorations are placed years apart from one another. Add to that the constant shifting of natural teeth and you can see why a bite can get a bit out of balance over time.

Luckily, your bite can be calibrated when these problems occur. For severe cases, orthodontics (braces) can be used to re-align all of the teeth and their roots. In other cases of worn out teeth, a full mouth rehabilitation (crowns and bridges to build back all of the teeth) is recommended. Fortunately, in many instances, a simple, pain-free treatment can be performed to even out the way your teeth hit together.

Until next week, keep smiling.

-Please send questions and comments to Drs. Parrish at [www.ParrishDental.com](http://www.ParrishDental.com).