

# DENTAL PAIN – AN INDICATOR OF OTHER UNDERLYING PROBLEMS?



*Very often we tend to ignore signs/indicators which point to underlying medical conditions. Tooth problems could be the sign of a bigger health issue, that could get complicated if ignored.*

## ➤ Facial Spasms / Tics

– Known as Trigeminal Neuralgia, tics are triggered upon washing face with cold water... could be on one side or both. Spasms last for a few minutes to hours before subsiding, depending on severity. It is most often confused with tooth ache.

## ➤ Cardiac Conditions –

Dull pain in the lower left jaw, if not related to any dental decay and if there is associated pain in the left shoulder, there is probability of a mild heart attack.

➤ **Malignancy** – Malignant conditions result in jaw pain, hard swellings and keep recurring. Seen a lot in initial stages of pre-malignancies associated with chronic smokers, paan, gutka and tobacco chewers. Any persistent white lesion in the mouth should be looked into.

➤ **Gastritis**- Most patients with chronic Gastritis show symptoms of sensitivity, bitter or sour taste and bad breath. May not have teeth

related problems but the condition of gastritis itself can produce these reactions.

## ➤ Salivary Gland Disorders

- Blocks in the salivary glands causes decreased salivation leading to dry mouth conditions and burning sensations. Due to the dry oral environment, there is an increased incidence of cavities in the mouth along with pain in the blocked gland.

## ➤ Stress and Nutritional Disorders

- These can cause patches on the tongue. Conditions such as Lupus, Psoriasis, Lichen Planus and Candida Albicans are also associated disorders, all causing patches (red or white), burning sensations and ulcers in the oral cavity. Stress also triggers of clenching of teeth or Bruxism.

➤ **Maxillary Sinusitis** – The roots of the upper first and second molars are close to or in the sinus. Often, a person who has a history of

allergies and blocked nose/stuffy nose, tends to have associated tooth pain during these episodes of sinusitis.

There are other problems which may be related, like Migraines (People who clench their teeth tend to have unexplained headaches migrating from 3rd molar area to the forehead) and ear infections (maybe mistaken for wisdom teeth pain and vice versa)

*Oral cavity is the gateway to the rest of the body. It is the indicator to the overall health and well being of an individual. Its importance is often overlooked by people .. even among the well educated. It is time to sit up and respect that aspect which you present to the world day in and day out - your smile !!*

## PERFECT 32

*Keep the sparkle in your smile*

The Dental Care and Implant Centre

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