

Second Opinion

by Dr. Vladimir Pastouk



Healing Headaches in the Dental Chair

Used in tandem, dental implants and Botox can reduce or eliminate migraines, says Dr. Vladimir Pastouk, of *Dental and Cosmetic Solutions*.

Q Chronic headaches are interfering with my daily activities. My friend suggested I visit the dentist, but what good will that do?

A You should heed your friend's advice, especially if you are missing teeth or some of your teeth are broken or worn. Think of the anatomy of your mouth as a tripod. If any part of the structure is missing or weakened, the three-pronged support becomes a double support. This creates a bigger workload and places increased pressure on the jaw's temporomandibular joint (TMJ), ultimately changing how your muscles respond to otherwise simple tasks, such as chewing or smiling. Research demonstrates that most types of chronic headaches, including migraines, are connected to the TMJ, oral and dental health issues, chewing, and the movement of facial muscles.

Q What can the dentist do to relieve my pain?

A A combination of replacing missing or damaged teeth with dental implants and receiving periodic Botox injections reduces—and often eliminates—many headaches. Implants add much-needed support, thus restoring the mouth's tripod structure and relieving excess pressure from the jaw and facial muscles. Botox injections relax facial muscles and lessen headache symptoms. I recommend getting both treatments because dental implants correct the architecture of your mouth, while Botox relaxes the muscles. As a bonus, both approaches provide cosmetic effects.

Q Can I afford it?

A Most dental insurance plans cover implants. Many medical insurance plans cover Botox treatments with a confirmed medical diagnosis of chronic migraines.



Vladimir Pastouk, DMD

Dr. Vladimir Pastouk is the founder of Dental and Cosmetic Solutions, located at 3550 Lander Road, Suite 140, in Pepper Pike (in the Howard Hanna building.) He teaches implantology as well as other dental topics to professionals worldwide and is a director of education for USA and Europe at the Pacific Training Institute

of Facial Aesthetics, headquartered in Vancouver, Canada.

Dr. Pastouk has won several awards in the field of implantology and is a distinguished member with the highest honors of several highly acclaimed professional organizations, both nationally and internationally, such as the International Congress of Oral Implantologists (ICOI), the American Academy of Implant Dentistry (AAID), and the American Academy of Cosmetic Dentistry (AACD). Email your questions to dentalhelp@gmail.com or contact Dr. Pastouk directly at 216-292-3600. The web address is DentalCosmeticSolution.com.

FREE SEMINARS

On Wednesdays, May 6 and June 3, at 6:30 p.m., Dr. Vladimir Pastouk will present the latest in implant technology and Botox treatment and how they can benefit you. Meet the doctor and have your questions answered.

Seating is limited. Call 216-292-3600 to secure your spot.