 KNOW THE EFFECTS OF GRINDING YOUR TEETH

Teeth grinding is often caused by stress, but it may be difficult to know that you have the habit. Many adults grind their teeth in their sleep and, sometimes, the only way to know that you are doing it is through other symptoms such as:

- Dull headache
- Jaw soreness
- Teeth that are painful or loose
- Fractured teeth

If you think you have a problem, talk with your dentist who may recommend that you be fitted with a mouth guard that you can wear while you sleep. Your dentist or doctor may recommend that you use a muscle relaxant before you go to sleep as well.

The TRICARE Dental Program (TDP) covers mouth guards for teeth grinding in people age 13 and older, as well as athletic mouth guards, with applicable cost-shares. Mouth guards are limited to one per beneficiary per 12-month period.

Other ways to limit teeth grinding are to practice stress-reducing activities including exercise, meditation, counseling or other activities that can help you relax.

To learn more about teeth grinding, visit the American Dental Association® consumer information website at www.mouthhealthy.org.

For info about what is covered under your TDP benefit, visit https://www.uccitdp.com.