

Daily Headaches are not Normal!

by Collins Harrell, DMD

Why are you taking Tylenol and Advil every day?" questions my physician while reviewing my health history. "Just for normal headaches," I reply. "Daily headaches requiring pain medication are not normal," she insists. Really? You mean there are actually people who do not experience crush-

a long, stressful day or not. I don't wake up in the morning with headaches, pain in my neck or shoulders. It is amazing. Now that I know what it feels like to be free of headaches I cannot and will never go back!

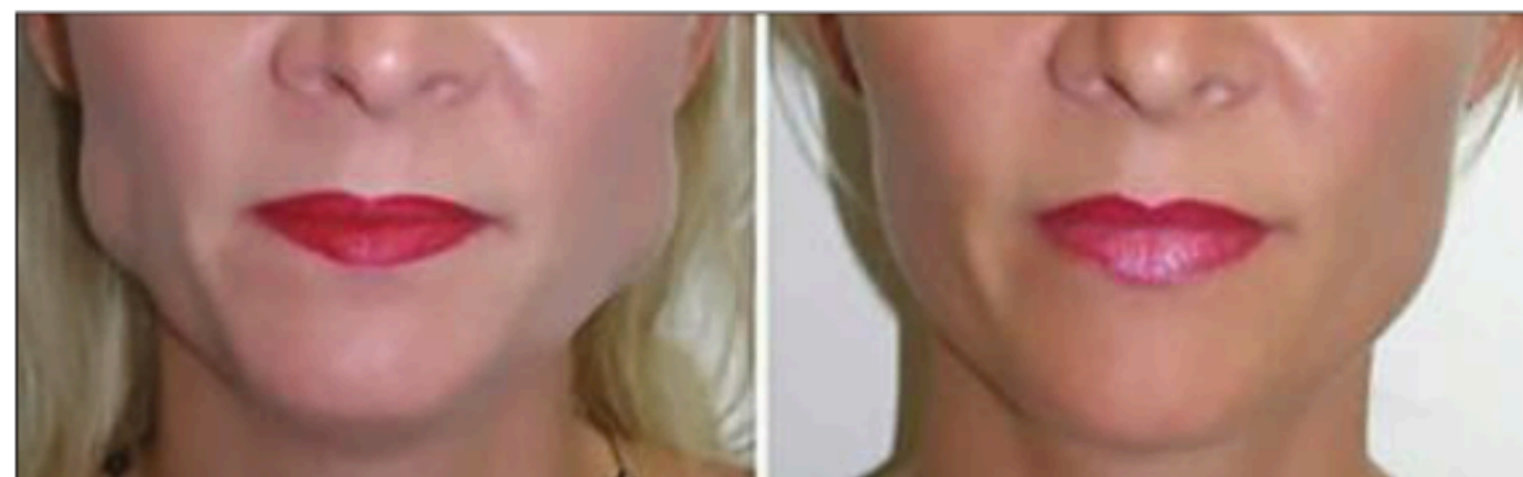
What has been my remedy? Botox. It turns out that my headaches, neck and shoulder pain



ing, pulsing pain in their head by the end of every work day? I had no idea.

Now I rarely have pain, whether it has been

were caused by over active muscles, the muscles that close my jaw and (regretfully) allow me to clench and grind my teeth together. I was



Before and after treatments of Botox on Masseter muscles.

clenching my teeth during the day when concentrating on tasks, and I was grinding my teeth at night, building up strong, tight muscles in my jaw. The shape of my face was even wider at the bottom due to the impressive size of my well-developed masseter muscles. Not anymore!

Botox is medicine that when placed inside of a muscle, causes the muscle to relax for 3-6 months. This is why it is used to eliminate wrinkles. It relaxes the muscles that cause wrinkles in the skin and like magic, the wrinkles go away until the Botox wears off. When I put Botox in the strong masseter muscle of my jaw or those of a patient, the muscles relax and the clenching, grinding, headaches and pain stop. My face feels comfortable and relaxed. Over time, the size of the muscles in my jaw has reduced and my face appears thinner and softer. I love it and so do my patients who choose to treat their headaches, migraines, clenching, grinding, and bulging jaw muscles with this remedy.

Botox has been approved by the FDA to treat chronic migraine headaches in adults. Unlike other migraine and headache medications that are swallowed and have an effect on the entire body, the medicine in Botox used to treat migraines and headaches is administered directly into the problem area and does not impact the rest of the body.

Botox may be the solution that brings you welcomed relief from pain in your head, neck and shoulders. You may choose to have it administered on an on-going basis for prevention, or just on occasion when the pain becomes too much to handle and you are passing through a particularly stressful time. Either way, it works for me and many of my patients and may be the answer you have been searching for!

Collins Harrell, DMD has a Dental Practice in San Clemente. He and his wife, Ann-Marie, have four boys and are very active with church, community activities, and everything surfing! For more information, call Dr. Harrell (949) 498-1320