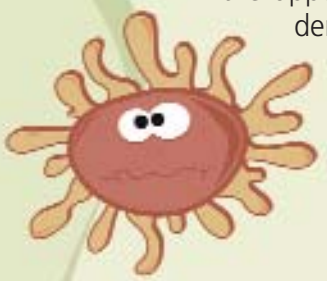
Cures for the Common Cold For Your Teeth

You're sniffling, coughing, and sneezing, and your sinuses feel as if they've gone on strike. You have a cold, or worse, the flu. As if that's not bad enough, now your teeth are starting to ache. How can that be? Is there a connection between what's going on with your drippy nose and your teeth? And is there anything you can do to ease the pain when your teeth have a "cold"?

The common cold is an acute infection of the upper respiratory tract caused by one or more of several viruses. Symptoms of the common cold may vary depending on the part of the respiratory tract involved, but almost all patients have nasal discharge, nasal congestion, and a sore throat. Some patients may complain of fatigue and cough; other less-common symptoms include fever, headache, earache, and sensitive teeth.

In some cases, the common cold is brought on by a virus that causes a sinus infection. Symptoms of a sinus infection are headache and severe pain localized in the region of the involved sinus. However, the roots of the upper premolars and molars, along with the nerves supplying these structures, are in proximity to the upper sinus. This relationship explains why dental symptoms are frequently associated with upper jaw sinus disease. The upper teeth close to the infected sinus also often ache, feel elongated, and are sensitive to pressure.



In order for you to alleviate the toothache pain associated with the common cold or a sinus problem, the Massachusetts Dental Society recommends adopting good oral hygiene habits, which means brushing twice a day, flossing daily, and using an antiseptic mouthrinse. A healthy diet of soft foods is also recommended. Be sure not to eat extremely hot or cold foods, and don't chew or swallow on the infected side.

Antibiotics are the first choice in the treatment of a sinus infection and should be used in conjunction with antihistamines to help provide drainage for the upper sinus, so you may want to consult your physician. And if any pain unrelated to your cold persists, see your dentist as soon as possible to rule out any oral health problems.

For more information on your oral health, contact the Massachusetts Dental Society at **(800) 342-8747** or visit our Web site at ***www.massdental.org***.