

Daily grind harms teeth

GRANT STOCKWELL

THE global financial crisis is causing a sharp increase in dental health problems with people grinding their teeth to stumps as they battle growing stress.

Highly respected Clayfield dentist Dr Paul Close said a growing number of his patients from surrounding affluent suburbs like Ascot and Hamilton were becoming victims of the condition known as bruxism.

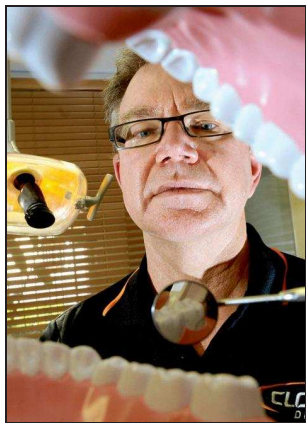
"I'm seeing it all the time. It's rife and it has reached a crisis level," Dr Close said. "Financial and emotional stress certainly highlights the issue.

"The patients are typically male, high achieving guys who you think would have a pretty healthy mouth but they get to their 50s and they've got smashed up teeth."

Commonly triggered by stressful events such as a job loss or mortgage stress, bruxism can eventually lead to teeth damage, which is very expensive to repair, he said.

"The financial crisis certainly propagates it because it's such a stress-related thing.

"Anybody who is under



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Open up . . . Dr Paul Close says more people grind their teeth.

financial stress would be doing more clenching and grinding. Most people aren't aware of it until it becomes major damage.

"In the worst cases, to rebuild the teeth, you're looking at 29 cappings and that's major work and very expensive."

Dr Close said prevention was easier and less expensive than a cure.

If you are stressed you can speak about your anxiety surrounding your financial situation. The 24 hour Lifeline Telephone Counselling Line is 131 114.



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High profile . . . Roxanne McDonald with Emma Pursey and Jonathan Brand, star in *Oodgeroo* at La Boite. Picture: RIC FREARSON

Honoured to be Aunty

ACTOR Roxanne McDonald is both honoured and nervous to be playing one of the most high-profile people in the indigenous community.

McDonald is playing activist and poet Kath Walker in La Boite Theatre Company's *Oodgeroo*.

The 48-year-old met Walker in 1990, saying she "exuded strength" but was

also open and gracious.

"Being a young woman at the time, I was just over the moon to meet someone of Aunty Kath's calibre."

Having met her made it a little easier to play Walker on stage, she said.

"It is daunting. I will try to do her justice. I will try to find the strength of Aunty."

McDonald hoped *Oodgeroo* would help audiences understand Walker's strength and continue reconciliation.

Oodgeroo runs at the Roundhouse Theatre, Musk Ave, Kelvin Grove until July 11.

Phone 3007 8600 or visit www.laboite.com.au.

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