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#### Students are principal sufferers

### Stress, tooth problems linked

By DEENA ELLIOTT Reporter

Clenching your jaw and grinding your teeth when under stress can lead to myofacial pain dysfunction (MPD) and other related facial problems, says Dr. R. Thomas Perry, a College Station dentist.

Stress can contribute to the damage of tissues of the temporomandi-bular joint (TMJ) and lead to MPD syndrome, TMJ dysfunction or even osteo arthritis said Perry, who limits his practice to oral and maxillofacial

Perry said anxiety and stress can cause tension in the jaw and chewing muscles and that tension may be released through the clenching or grinding of teeth. Years of excessive muscular strain can cause a breakdown of tissues in the two temporomandibular joints, which are located in the jaw at the base of the ears, he

Headaches, earaches, ringing in the ears, muscle pain in the head and neck, facial pain, jaw popping or pain in the joints can be caused by an inflammation in the muscles, Perry

Dr. Curtis Garrett, a local dentist, said MPD syndrome definitely is stress-related and can cause spasms in the face and neck resulting in

Perry said stress is often the main factor in causing and aggravating medical problems that could lead to MPD syndrome.

He said most people who have MPD syndrome also will have a bad bite; an organic injury to the jaw, which could be an infection within the joint; or a tumor in the jaw and/or other local factors such as premature loss of teeth.

Perry said MPD syndrome can

tion causes the degeneration of the soft tissue disc, which protects the bone at the head of the jaw from hitting the bone of the fossa when the jaw opens widely, he said.

Perry said stress contributes to the degeneration of the disc. The disc may become broken down or pushed forward and torn from its attachments, preventing the disc from protecting the bone, he said.

Dr. A.A. de Souza, ear, nose and throat specialist at A.P. Beutal Health Center, has written a short paper about MPD to give to students with symptoms. "Lots of students out here don't know about (MPD), he said. "The number of students with such a dysfunction increases during final examinations," he wrote in the paper.

MPD syndrome and TMJ

dysfunction affect more females than males and appears mostly dur-

from home, starting a new j getting married are major: tors this age group experients aid MPD and TMJ problem

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arise after the age of 40.

Perry said people need to the take time for themselves, av

habit of clenching or grind oung Men saacson is teeth and avoid stressful situ Tommy Davidson, a physica apist at A&M who is writing h itstanding toral dissertation on his stud

MPD, said physical therapis

teach people to relax.

A physical therapist can give ments to relieve muscular Davidson said. The two m usually used are warm, mo treatment and ultrasound. trasound treatment sends as wave into an area that needs to the swelling reduced and in the heat and circulation.

#### lead to TMJ dysfunction. The condi-Students' behaviors affect professors

By MICHELE FURLONG

Reporter

The way a student acts toward his professors can affect his future, Student Activities Advisor Kevin Carreathers told students in a meeting

of the Co-op Student Association Thursday in Rudder Tower. In his presentation, "The Care and Feeding of Your Professor," Carreathers advised students on how to get along better with their

"Your attitude towards your pro-fessors can make a real difference in your future plans, as professors are the ones handing out the grades," Carreathers said.

Carreathers said it is important to keep in mind that professors are human too, and they respond to the way students react toward them and their courses

Carreathers said most professors are involved in research and don't have much time left over for teach-

"Sometimes we don't realize they don't have a lot of time left over for me, the student," he said.

Students must show interest in both the professor and class and then the professor will make the time to show interest in the student, Carreathers said.

"There are three predetermined means to manipulate a professor: your attitude toward the course, your attitude toward grades and your attitude toward the professor,"

A student should always be positive about the class, both inside and outside the classroom, since any feedback that reaches the professor will reflect back on the student, Car-

Never tell a professor that you skipped his class to study for another, because each professor feels his class should take priority over others, Carreathers said.

If you must miss a class and have a valid excuse, put it in writing and give it to the professor so he can file it with the grades, he said. When the semester is over the professor will notice the absence, and without the note to refer to, not recall the ex-

Carreathers advised the students to be realistic about the grades they

"If you haven't tried hard or up with the work, don't exp good grade. Don't make it seen the professor was unfair, w fact the fault lies with you," he

If you have a question abou grade, go speak to your pr but approach the subject pleasant attitude so you won't

onize the professor, he said.
"If there is a problem will grade, it is harder to do an in to a person than to a number "Remember, professors what it is like to be a student, at

derstand what the students going through," he said. He told students to seek help

### International students to compete Saturday

#### By ANN CERVENKA

Reporter

The International Students Association (ISA) will hold the second annual Texas A&M International Students Olympics Saturday and Sunday. The games will continue Oct. 13 and 14.

"We thought it was a good idea to get the international clubs together," said Luis Rodriguez, ISA social sec-

Last spring the Vietnamese-American Student Association originated and organized the olympics. The ISA wanted to be more active in the actual planning, so this year it is organizing the event, Rodriguez

The purpose of the competition is to "let the guys (and girls) show their

talents," Rodriguez said. Most of the on Kyle Field and swimming will be students have played the sports in their native countries

On Saturday, badminton and mixed volleyball will begin at 9 a.m., swimming will begin at 10 a.m. and tennis will begin at 10:30 a.m.

On Sunday, volleyball, men's basketball and women's table tennis start at 9 a.m. and table tennis dou-bles start at 2 p.m..

On October 13, racquetball and men's soccer will begin at 9 a.m., men's softball at 1 p.m., and women's soccer at 4 p.m.

On October 14, men's outdoor soccer will begin at 9 a.m., track at 10 a.m. and women's racquetball doubles at 2 p.m.

Kyle, softball will be on Duncan Intermural Field, track events will be personnel for intramurals, helped

in the indoor pool. All events are open to the public; however, students must present their I.D. cards to enter East Kyle.

Rodriguez said about 300 people and 20 countries are involved. Some of the countries involved include El Salvador, Panama, Bolivia, Honduras, Puerto Rico, Mexico, Bangla-desh, Brazil, Korea, Nigeria, Nor-

way and countries in Europe and the

Venezuela is expected to do well in swimming, Rodriguez said, be-

cause they have a member on the A&M swim team. He also said that Vietnam is expected to do well in

volleyball and Colombia in soccer.

ISA with registration and sole

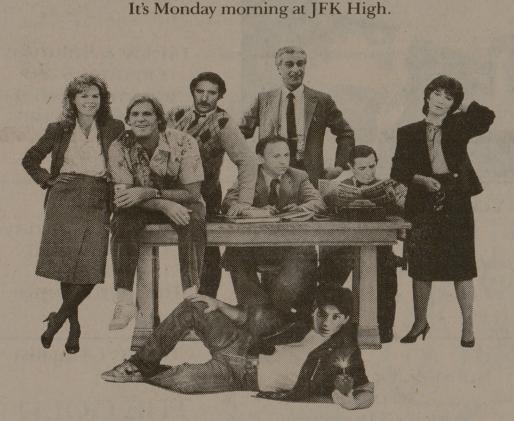
Reber was not involve olympics last year, but he said was such an exciting event to that he wanted to help.

The olympics are run by st on a volunteer basis.

U.S. teams do not part the olympics because it's hard a team for the rest of the school driguez said. However, each allowed one reinforcement different country, and some cans are chosen, Rebersaid.

The cost is \$10 per even country. The money will be pay for officials and awards. A end of the month, the student have a party and will give medal first place and certificates forse

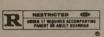
A student bites a teacher. The school psychologist goes berserk. The substitute teacher is a certified lunatic. And students graduate who can't read or write.



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