



..... CONQUER YOUR .....

# JAW PAIN

.....

We think it's time you got back to living again, don't you?

PRESENTED BY



**DISTINCTIVE DENTISTRY**

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## What is Temporomandibular Joint Disorder (TMD, TMJ)?

The joint that connects your jaw to the bones of your skull is called the temporomandibular joint. It's what allows you to move your jaw. A healthy temporomandibular joint allows you to chat with your friends, eat a delectable, big sandwich comfortably, and even yawn.

When you suffer from problems with this joint (and the muscles that control it), that's what is known as a Temporomandibular Joint Disorder. TMD is the proper abbreviation, but most people mistakenly refer to it as TMJ.



**More than 15%**

of American adults suffer from chronic facial pain, such as jaw pain, headaches, or ear aches.



## Signs you might be suffering from TMD (TMJ):

- ✓ Chronic headaches
- ✓ Pain in the neck and shoulders
- ✓ Inability to fully open the jaw
- ✓ An uncomfortable bite where upper and lower teeth fit together
- ✓ Pain, pressure, or fullness in the ears
- ✓ Stiff jaw muscles
- ✓ Ringing in the ears
- ✓ A jaw that locks (won't move)
- ✓ Pain that radiates in the face, jaw, or neck
- ✓ Jaw pain, clicking, popping or grating when moving the mouth



Each of the above symptoms can be indicators of TMD (TMJ).

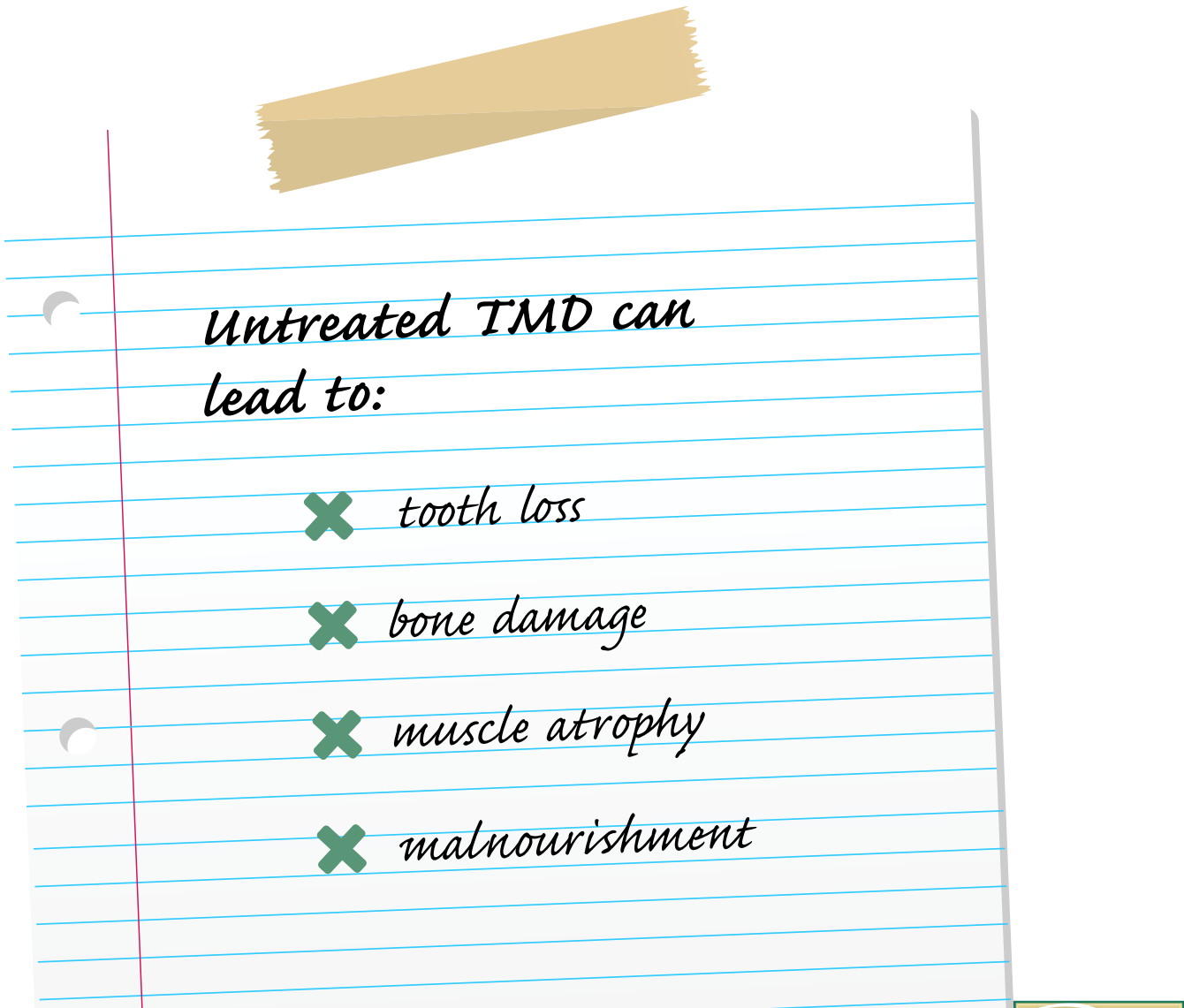
However, before you assume you have TMD, it's a good idea to visit your regular medical provider to rule out any other possible conditions.



# TMD can lead to severe consequences; don't ignore it!

Many people continue to suffer, thinking their TMD pain will go away without intervention.

In some cases, it will. For millions of others, they will need treatment to stop the pain. If pain isn't motivation enough, it's important to know, untreated TMD can lead to tooth loss, bone damage, muscle atrophy, and even malnourishment.



*Untreated TMD can  
lead to:*

*✗ tooth loss*

*✗ bone damage*

*✗ muscle atrophy*

*✗ malnourishment*

## Avoid Risky Surgery With Non-Invasive Treatment.

Nonsurgical therapies can offer you tremendous relief from your TMD symptoms and let you get back to living a pain-free life. Several options or combinations of therapy may include:

- ✓ **TENS:** This treatment uses low-level electrical currents to relax the jaw joint and specific facial muscles, providing pain relief.
- ✓ **Splints or Nightguards:** Wearing a splint or nightguard can offer relief to your muscles and teeth. They fit over your teeth in a way designed to prevent your upper and lower teeth from grinding and traumatizing your muscles.
- ✓ **Corrective Dental Treatments:** In some cases, the careful placement of a crown or another dental restoration can balance a problematic bite.
- ✓ **Learning Techniques:** We can help teach you techniques that will relieve pressure and tension in your jaw. (For example, keep your lips together but your teeth slightly apart; never rest your chin on your hand; avoid chewing gum, etc.)
- ✓ **Trigger-Point Injections:** Botox can sometimes be injected into a tender facial muscle to relieve pain.
- ✓ **Other treatments may include:** Diet change, medicine, external therapies (such as ice and heat application), and alternative therapies (such as acupuncture, electrical stimulation and more).

ENOUGH SUFFERING.

# FIND RELIEF!

- 1** Visit our website, schedule your consultation.  
Don't worry, you aren't obligated to do anything.
- 2** Come in and we'll discuss your options.  
We'll meet with you to determine which treatment (or combination) will work best for you!

[CLICK TO SCHEDULE NOW](#)



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