



SEE YOUR DENTIST

Putting The Bite On Jaw Pain

(NAPSA)—You don't have to live with painful jaw problems just because you have temporomandibular joint disorder (TMD). Neuromuscular dentistry can put everything back in place, without causing any more pain.

Once your neuromuscular dentist has diagnosed you with TMD, he or she can determine the best course of treatment for your specific needs. Typically treatment will follow three steps: The first is relieving muscle spasm and pain, providing relief of your symptoms. The best way to do this, many dentists say, is to relax the muscles.

Next, the doctor will stabilize the bite. A temporary device called a jaw repositioning device allows him or her to make easy adjustments without permanently altering the teeth until the bite is stabilized. Once symptoms are relieved and the bite has been stabilized, your dentist will move on to the next step and permanently adjust the way your teeth come together to the correct position.

There are a variety of ways to correct your bite in a more permanent way. Here are four of the most common approaches:

- **Coronoplasty** is smoothing and reshaping the enamel of the teeth to correct the way your teeth come together. It is a simple procedure that typically does not require anesthesia and can be used when the bite is only slightly misaligned.

- **Removable overlay partials** that reposition the way your teeth come together.

- **Reconstruction** involves restoring the teeth to their healthy shape by using crowns, permanently realigning the bite and providing structural support for the jaw.



You don't have to suffer TMD.

- Orthodontics are used to move healthy teeth to their optimal position.

The Las Vegas Institute for Advanced Dental Studies has trained many of the country's neuromuscular dentists. You can learn more about preventing and treating jaw pain at www.leadingdentists.com.

The following symptoms are reasons to see if a neuromuscular dentist may be able to help you:

- Headaches, especially migraines

- Facial pain
- Neck and shoulder pain
- Tinnitus (ringing in the ears)
- Unexplained loose teeth
- Sensitive and sore teeth
- Jaw pain
- Limited jaw movement or locking jaw

- Numbness in the fingers and arms

- Worn or cracked teeth
- Clicking or popping in the jaw joints

- Depression from these problems.