



Wire to Wire

Newsletter for the Patients, Family and Friends of

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TMJ SYNDROME - What is it?

Temporomandibular joint disorder, also known as TMJ syndrome, is an umbrella term covering acute or chronic inflammation of the temporomandibular joint, which connects the lower jaw to the skull. The resulting problems are characterized by pain, popping, and clicking in the area just in front of the ears.

What causes TMJ?

There are several factors that contribute to TMJ syndrome. Some common effects are:

1. Changes on the surfaces of the teeth through dental neglect or accidental trauma.
2. Speech habits resulting in jaw thrusting
3. Excessive gum chewing or nail biting
4. Excessive jaw movements associated with exercise
5. Repetitive unconscious jaw movement or teeth grinding due to stress
6. Size of foods eaten

Without treatment, these problems often lead to deterioration of the joint tissues, chronic pain, and soreness in the muscles that make the joint work.

How do you treat TMJ syndrome?

Since disorders of the teeth can contribute to TMJ syndrome, various orthodontic treatments are available and can ease the pain and discomfort associated with the dysfunction. Common methods of orthodontic treatment for TMJ disorders include braces such as a bite plate, a mouth splint and braces. Your orthodontist can assist you in determining the best treatment to correct and manage TMJ syndrome. Other temporary pain treatments include:

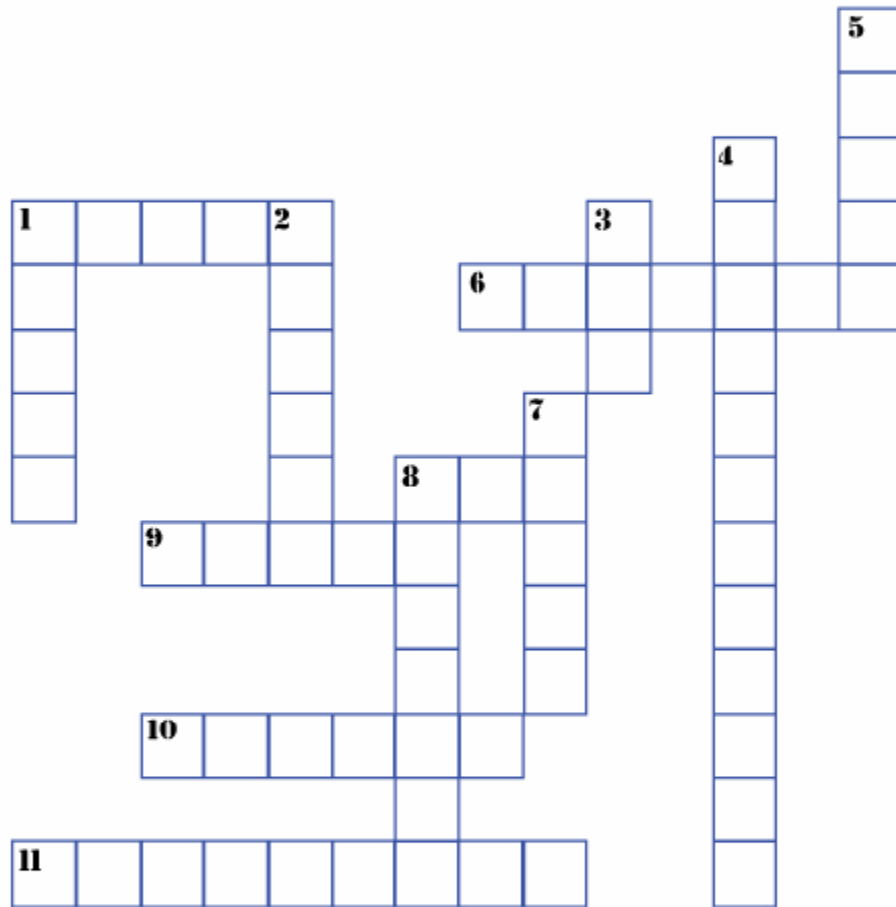
1. Using anti-inflammatory pain medications such as aspirin or acetaminophen, or ibuprofen.
2. Eating a diet of soft foods.
3. Applying warm compresses on the area of pain.

No one should have to suffer from TMJ pain. Consult your orthodontist on the latest treatments and devise a plan to correct and maintain TMJ syndrome today!



Terrific Teeth Activity Page

A TOOTH 'TASTIC CROSSWORD!



Across

1. A healthy mouth makes a pretty _____.
6. Fresh fruits and vegetables keep you _____.
8. _____ is a sugary baked good with a crust and filling, which should be eaten in moderation to keep teeth healthy.
9. A back chewing tooth is a _____.
10. _____ are a dental appliance with bands and wires to correct irregular alignment.
11. a _____ is a plastic or metal part which the orthodontist uses to create space between your teeth for bands.

Down

1. Avoid foods with too much _____ in them.
2. _____ is the hardest substance in your body.
3. _____ can be stuck on your braces to prevent irritation.
4. _____ is the brace of dentistry that specializes in the treatment of dental and facial irregularities.
5. Eating junk food causes your teeth to _____.
7. _____ are for chewing, talking, and smiling.
8. Brush and floss your teeth every day to _____ your teeth from decay.