



TMJ & Sleep Therapy Centre of San Diego
7879 El Cajon Blvd.
La Mesa, CA 91942
619-466-2774 | www.tmjtherapycentre.com

TMJ & Sleep Therapy Centre of San Diego

HEALTH CONNECTION



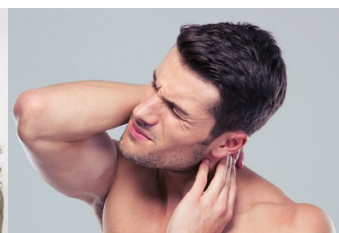
HOLIDAY HOURS:

Closed
December 23rd - January 2nd
Open
Mon - Thur
9:00am-5:00pm
Closed for Lunch
12:00pm - 1:00pm

Craniofacial Pain (TMD/TMJ)

This is a very real condition caused by disturbances in the action of the jaw. Research has shown that many factors may lead to this disorder – it can occur by itself or be a part of a more complex problem. We believe that there is usually more than one factor responsible. Causes may include macro traumas: automobile accident, sports injury, accidental falls etc. or micro traumas of clenching and grinding of the teeth (bruxism), which causes the muscles that stabilize the joint to become fatigued from overwork resulting in head, face, jaw and muscle pain. Often the jaw problems, head and facial pain, headaches, migraines and musculoskeletal pain are symptoms of a greater problem affecting the body, much like a fever is secondary to the common flu. In the absence of an acute injury to the head or facial area, we believe the primary cause of these problems is frequently related to insufficient oxygen while sleeping i.e. an unidentified sleep breathing obstruction, Sleep Apnea or Obstructive Sleep Apnea. Everyone assumes they are breathing and getting enough oxygen during sleep; few recognize that nighttime teeth grinding and clenching (bruxing) is an unconscious effort to prevent suffocation. This repeated action all night long over extended periods of time wears down the skeletal structure and the joints

resulting in **TMJ pain, headaches, musculoskeletal pain, TMJ dysfunctions and facial neuralgias.**



LIVING IN PAIN OR FEELING SLEEP DEPRIVED ?

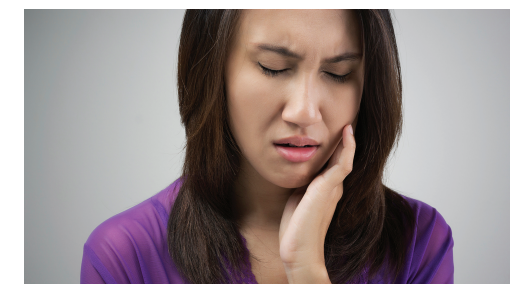


TMJ & Sleep Therapy Centre can help you:

TMJ & Sleep Therapy Centre is a very long name for a very unique set of services. Although 'TMJ' is the most common condition identified by patients, it is a component of craniofacial pain which also includes chronic head and facial pain, recurrent headaches, migraines and neck pain. At TMJ & Sleep Therapy Centre, we understand these conditions are usually a symptom of a greater underlying problem. Successful treatment is based on identifying that underlying core problem. We have developed a proven process for the diagnosis and treatment of craniofacial pain (TMJ, headaches, facial pain) and treatment of sleep disorders (sleep apnea, snoring) without surgery. Our practice is focused solely on improving the quality of life for children and adults suffering from craniofacial pain and sleep apnea. We use the latest technological advances and provide non-surgical therapies and treatment options.

Facial pain, headaches and jaw problems are frequently only a symptom secondary to a greater problem affecting the body, much like a fever is secondary to the common flu.

If any of the following symptoms affect the life of someone you know or is taking regular pain medication or sleeping aids, he/she may be suffering from TMD and should be evaluated by a dentist trained in diagnosing and treating these disorders.



Symptoms include:

- Headaches - recurring or chronic
- Earache or ear symptoms of stuffiness or ringing
- Neck Pain or Stiffness
- Facial Pain
- Jaw joint sounds (*clicking, popping or grating*)
- Limited ability to open or close mouth
- Jaw locking (*opened or closed*)
- Sensitive, loose or worn down teeth
- Pain or soreness in the TM joints
- Dizziness or Pain or difficulty chewing or swallowing

Vegan Chewy Coconut-Oat Cookies

Cookies



Ingredients:

1-1/2 C Rolled oats
1 C Oat flour*
1/2 C + 2 Tbsp Coconut sugar
1/4 tsp Salt
1 C Unsweetened shredded (desiccated) coconut
1 Tbsp Ground flaxseed
1/2 C + 1 Tbsp Melted coconut oil
2 Tbsp Maple syrup
1/2 tsp Baking soda
3 Tbsp Water

Yield: Approx 12 cookies



Instructions:

1. Preheat oven to 175C/350F and line 2 baking trays with parchment paper.
2. In a large bowl, stir together the oats, oat flour, coconut sugar, shredded coconut, salt and flax.
3. In a small pan, melt together the maple syrup and coconut oil. Remove from the heat and stir in the baking soda.
4. Add this mixture to the dry ingredients, along with the water and stir until well combined.
5. Leave for 5-10 minutes to cool slightly then scoop balls of the mixture using a cookie scoop or spoon and place on the prepared baking trays. Flatten slightly (they don't spread much) and bake for 15-20 minutes, until golden brown.
6. Leave to cool for at least 10 minutes before removing to a cooling rack to cool completely.
7. They will firm up a lot when cool.
8. Store in an air-tight container at room temperature. They also freeze well.

Enjoy!

URL to article: <http://www.coconutandberries.com/2015/05/05/vegan-chewy-coconut-oat-cookies/>

Can facial pain be linked to daytime sleepiness?



According to a 2011 Gallup poll, almost half of U.S. adults experience some kind of chronic pain. The Journal of the American Dental Association ran a series of articles this year demonstrating that one in six patients who visited a dentist reported craniofacial pain (affecting the mouth and face), especially pain in the temporomandibular joints and muscles (the jaw and temples). This type of pain was reported as frequently as tooth or gum pain, and it's estimated the craniofacial pain affects over 20 percent of the U.S. population. This series included data showing that one in six children (school and pre-school age) have chronic facial pain and TMD (temporomandibular dysfunction).

What general dentists may not realize is how this type of pain and jaw dysfunction can be related to daytime sleepiness and sleep-related breathing disorders (SRBDs). A study conducted by Dr. Steven Olmos of the TMJ & Sleep Therapy Centre and the University of Tennessee (Adjunct Professor) along with Drs. Franklin Garcia-Godoy, Timothy L. Hottel and Nhu Quynh T. Tran, found that patients who experienced chronic headaches, jaw locking were more likely to experience high levels of daytime sleepiness. When a patient experiences both craniofacial pain and daytime sleepiness, they are more likely to also be suffering from a sleep-related breathing disorder—which may be the underlying cause of both the pain and sleepiness. In fact, 87 percent of patients with obstructive sleep apnea report excessive daytime sleepiness.

Although symptoms like facial pain/jaw locking and daytime sleepiness are often treated separately (often a patient will only complain of one and not the other, even though he is experiencing both, without realizing that they may be related), chronic pain, especially headaches, and sleep quality are linked.

First, consider the biological changes pain causes in the body: pain stimulates the central nervous system, and when prolonged, this causes, among other things, increased cortisol levels. Cortisol accelerates the metabolic rate, heart rate and volume, which prevents you from being able to fall asleep (like when your mind is racing when you're stressed about giving a presentation at work) and can cause insomnia. A migraine, other type of headache or craniofacial pain can keep your body from relaxing enough to let you fall asleep, leading to feeling sleepy the next day.

Second, SRBDs, especially obstructive sleep apnea, can both disturb sleep quality and cause craniofacial pain. Pain in the temporomandibular joint (TMJ) may be related to sleep bruxism (teeth grinding). Researchers believe that when carbon dioxide levels rise in a patient with sleep apnea, the face and jaw muscles are triggered to contract (possibly to re-open the airway). Mouth breathing the result of nasal obstruction is related to bruxism and fatigue. This constant stress throughout the night causes lingering TMJ pain and stretching of the ligaments of the jaw resulting in jaw locking.

If you're experiencing chronic headaches or other craniofacial pain, pay close attention to your sleep quality and how sleepy you are during the day. Mention all your symptoms—pain and fatigue—to your doctor, who should ask you about both chronic pain and sleep patterns. It's important to treat the cause instead of just the symptoms, and for many patients, TMJ pain and sleepiness are actually symptoms of a sleep-related breathing disorder.

TMJ & Sleep Therapy Centre of San Diego, located in La Mesa, provides non-invasive treatment for patients with sleep-related breathing disorders, including obstructive sleep apnea, and TMJ disorders. For more information, visit www.tmjtherapycentre.com/sandiego.

You can find this article in the San Diego Union-Tribune website at <http://www.sandiegouniontribune.com/sponsored/health/sd-sponsored-tmj-sleep-therapy-center-20161108-story.html>

