



TMJ & Sleep Therapy Centre of San Diego
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TMJ & Sleep Therapy Centre of San Diego
HEALTH CONNECTION

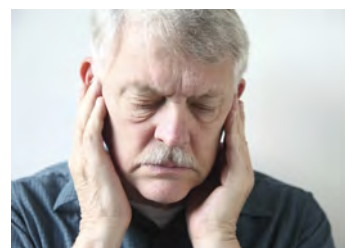
HOLIDAY HOURS:

Open
Mon - Thur
9:00am-5:00pm
Friday - By appointment only
Closed for Lunch

Craniofacial Pain (TMD/TMJ)

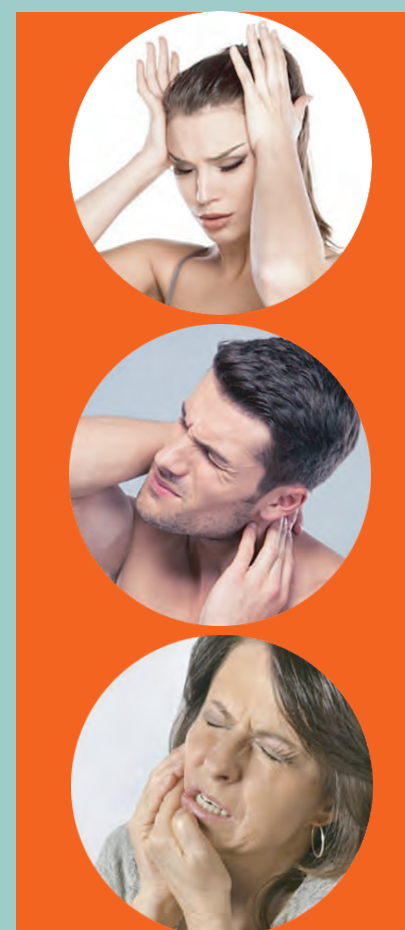
This is a very real condition caused by disturbances in the action of the jaw. Research has shown that many factors may lead to this disorder – it can occur by itself or be a part of a more complex problem. We believe that there is usually more than one factor responsible. Causes may include macro traumas: 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.**



The TMJ & Sleep Therapy Centre of San Diego highlights comorbidities of chronic facial pain and obstructive sleep apnea; sleep physicians and dentists should be aware of concurrent effects to optimize patients' treatment.

Reviewing the high comorbidity of craniofacial pain (chronic face pain, temporomandibular disorders, and primary headaches) with obstructive sleep breathing disorders and obstructive sleep apnea (OSA); Dr. Steven Olmos, specialises in Dental Sleep Medicine at The TMJ & Sleep Therapy Centre of San Diego, through his study recommends that, physicians treating OSA and dentists treating chronic pain be aware of the concurrent chronic pain that affects quality of sleep, so that proper reciprocal referrals can be made to optimize patient's treatment.



Establishing the relationship, The TMJ & Sleep Therapy Centre of San Diego highlighted that, patients with primary headaches and facial pain are at high risk for sleep breathing disorders and vice-versa. However the centre raises an important fact that, the high comorbidity of sleep breathing disorders and chronic face pain and primary headaches is not limited to adults. Children have the same or greater risk of these relationships. That's why screening for chronic face pain, primary headaches and sleep breathing disorders should be performed for all patients seeking care for either set of disorders.

Studying the correlation between Obstructive Sleep Apnea and several chronic pains; the centre mentions that bidirectional prevalence has become pretty evident over a number of case studies and period of time. Headaches for example, are the most prevalent neurological disorders and one of the most frequent symptoms reported in general practice. Its rates of up to 51% have been reported in children and adults alike. Migraine is another highly prevalent disorder, currently estimated to occur in 10–18% of the population worldwide. Dr. Steven Olmos advocates, "Sleep disorders occur disproportionately among idiopathic primary headaches (migraine, tension type and cluster) and other headache patterns (chronic daily headache, 'awakening' or morning headache) irrespective of diagnosis. It is best that all headache patients, particularly those with episodic migraine and tension-type headaches, undergo evaluation of sleep disorders."

Similarly, musculoskeletal, joint, neck and back pain have been known to have a correlation with sleep disorders. Sleep related bruxism, teeth grinding and forward head posture; are some of the many symptoms and conditions that The TMJ & Sleep Therapy Centre of San Diego suggests for expert medical attention.

Concluding the report, Dr. Steven Olmos and Dr. Doug Smith from the TMJ & Sleep Therapy Centre of San Diego agree, "The comorbid relationships of pain, obstructed sleep breathing (OSA and UARS), nasal obstruction, frequent awakenings, and daytime fatigue are well documented. When patients come for respite from sleep disorder, their intake questionnaire should be inclusive for chronic pain (specifically craniofacial pain) and disturbed sleep related symptoms. Patients with primary headaches and facial pain are at high risk of sleep breathing disorders. Therefore, to decide line of treatment and optimise its outcome, sleep specialists need to perform a thorough know-how of unclear symptoms of several types of pain."

For further information on chronic facial pain and sleep apnea please visit us at tmjtherapycentre.com

Dr. Steven R. Olmos

Always making strides in the global medical community.

TMJ & Sleep Therapy Centre of San Diego

Specialist pain clinic launched in Totnes by international specialist

By JAN WOOSTER
Business Editor

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WORLD-renowned chronic pain expert Dr Steven Olmos visited Totnes to help launch a new clinic.

Based at the Riverview Dental Practice the independent treatment facility will specialise in chronic head, face and neck pain together with sleep-related breathing disorders such as sleep apnea.

Dr Olmos is recognised around the world for his commitment to helping patients overcome craniofacial pain, temporomandibular disorder (TMD) and related sleep disorders. He is founder of the worldwide group of TMJ & Sleep Therapy Centres, which provide therapies in over 40 locations in seven countries. These "Centres of Excellence" also produce research to further the understanding and care for people with these problems.

Dr Olmos opened a centre in London in 2015 and has now launched The TMJ & Sleep Therapy Centre of Devon in Totnes at the dental practice of Dr Mitesh Badiani.

Dr Olmos flew in from America to the Totnes practice in Symon's Passage on The Plains. He was accompanied by centre owner in London Dr Karina Patel, who was personally trained and mentored by Dr Olmos. She, together with her specially

trained staff, will be delivering care at the new clinics.

This will include non-surgical therapies for temporomandibular joint (TMJ) pain, chronic head face and neck pain, headaches, migraines and orthopaedic dysfunction together with sleep-related breathing disorders such as sleep apnea and snoring for adults and children.

Dr Olmos said: "A study published in The Journal of the American Dental Association in October 2015 stated that one in six patients visiting a general dentist had experienced orofacial pain during the last year. Pain in the muscles and temporomandibular joints was reported as frequently as that in the teeth and surrounding tissues in patients visiting general dentists.

"My goal is to provide pain relief and proper structure so our adults and paediatric patients can breathe, sleep, heal and live their best quality of life."

He added: "This time last year I was lecturing in London on the protocols and techniques I have developed. I have been teaching dentists for almost 20 years on the screening, diagnosis and treatment of chronic facial pain and sleep breathing disorders.

"Through a mutual friend I was introduced to Dr Badiani. He shared his need for this type of care. He has trained in the United States and is aware that these techniques are quite



LAUNCH: At the opening the TMJ & Sleep Therapy Centre of Devon based at Riverview Dental Practice was, from the left, Dr Steven Olmos, TMJ & Sleep Therapy Centre International Group founder, Dr Karina Patel of the TMJ & Sleep Therapy Centre Harley Street, London, and Riverview Dental, Totnes, staff member Claire Scanlon

ANDY USLOW, PYRAMID TORBAY
PHOTOGRAPHYOPT20170120A-03_C

developed, but not available in the UK outside of London. He suggested we offer his patients in Totnes these services."

He added: "I previously visited the practice to determine its suitability for our delivery of care and found it to be exceptional."

During his visit he gave training to dentists and staff as well as delivering lectures to dentists and other health care providers for the screening, diagnosis and treatment for adults and children suffering from these conditions.

Plymouth practice links up with one of the world's top dentists

A PLYMOUTH dental practice has linked up with one of the world's top dentists in a move that could help people deal with a range of non-tooth-related problems.

Plymouth Dental Centre Of Excellence, based in St Budeaux, has linked with American Dr Steven Olmos, an internationally recognised lecturer and researcher and founder of TMJ & Sleep Therapy Centres International.

He flew over from his base in San Diego to establish the link.

And he was joined by Dr Karina Patel, who arrived from London.

She is from the TMJ & Sleep Therapy Centre of London, Dr Olmos' UK base, but will be visiting Plymouth regularly to treat patients.

Dr Olmos has recognised that many people go to their dentists with a range of problems that turn out not to be related to their teeth.

These include sleep-related breath-

ing disorders, craniofacial pain and migraines.

Dr Olmos graduated from the University of Southern California School of Dentistry and has been in private practice for more than 30 years.

The past 20 of those have been devoted to research and treatment of craniofacial pain, temporomandibular disorder (TMD), and sleep-disordered breathing.

He is now an adjunct professor at the University of Tennessee College of Dentistry and specialises in treating children with sleep breathing disorders.

He founded the TMJ & Sleep Therapy Centres, where therapies for these chronic conditions are now practiced in more than 40 locations in seven countries.

These centres are also active in producing research to further the understanding and care for people with these problems.

Dr Olmos said sleep disorders can lead to people suffering Type 2 diabetes, cardiovascular problems and strokes.

And he said sleep disorders in children can lead to them becoming overactive due to extreme tiredness.

He said that unlike in adults for children it's about early recognition and prevention.

And that is what he will be doing at Plymouth Dental Centre Of Excellence.

Dr Patel graduated from Kings College London and spent four years in private practice in Australia focusing on neuromuscular and advanced cosmetic dentistry.

She undertook further training in the USA with Dr Olmos, to perfect the latest techniques.

Dr Patel is the only American trained and accredited dental sleep medicine specialist and craniofacial pain specialist in the UK.



Dr Steven Olmos with Dr Karina Patel, left, and Debbie Hutchinson from Plymouth Dental Centre of Excellence

TMJ & SLEEP THERAPY CENTRE OF SAN DIEGO IS PROUD TO BE THE ONLY SAN DIEGO ACCREDITED FACILITY FROM THE AMERICAN ACADEMY OF DENTAL SLEEP MEDICINE (AADSM).

WE ARE A CERTIFIED CENTRE OF T&S THERAPY CENTRE INTERNATIONAL



UNITED STATES | CANADA | NEW ZEALAND | AUSTRALIA | UNITED KINGDOM | UNITED ARAB EMIRATES | BAHRAIN

TMJ & Sleep Therapy Centre of San Diego is the flagship office of T & S Therapy Centre International now over 40 centres in 7 countries that are practicing utilizing Dr. Olmos standardized practice parameters.



BAHRAIN



Dr. Ali Qamber

GERMANTOWN



Dr. John Reddick & Dr. Mark MacGaw

Our model, your SUCCESS.