

## What is TMJ?

The jaw joints or TMJs are made up of the head of the lower jaw (which is shaped similar to a ball), the housing the ball fits into (which is part of the upper jaw and skull), and a disc which cushions the jaw joint as it moves against the upper housing. The jaw joint complex is part of the chewing system which is made up of the muscles that control the function of the jaw joint, the teeth, the cervical spine, and the airway. Additionally, the chewing system can be affected by systemic issues such as medication, sleep, posture, and chronic inflammation to name a few.

The jaw joints, TMJs, are part of the chewing system, as well as the respiratory system and other systems integral to whole body functioning and must be treated with an approach that takes systemic health into account.

## Some Misconceptions

- A night guard alone will stop my teeth from wearing down and from my TMJ getting worse.
- TMJ is a rare disease — The fact is 35 million Americans have TMJ disorders and even more have the beginnings of TMJ such as worn teeth, neck pain, headaches, and much more.
- TMJ or TMD is caused by accidents or injuries. If your upper and lower teeth aren't balanced, a poor bite can cause your jaw to rest and function in an uncomfortable position or one that leads to

breakdown. This can lead to clenching and grinding which is called bruxism. The pressure applied to the joint during bruxism is very great and causes remodeling.

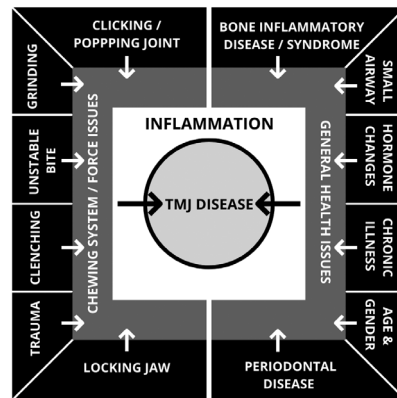
- TMJ / TMD needs to be treated surgically. The fact is there are many different treatments for TMJ/TMD disorders. From orthodontics, physical therapy, and to custom mouth guards in addition to minimally invasive treatments using composite or porcelain to stabilize the jaw joint and restore function to the chewing system.
- If I have TMJ I should eat a soft diet. The fact is, chewing or function actually lubricates the jaw joint and disc complex. If there is pain it is important to begin a diagnostic process to uncover the cause of the pain and the status of the jaw joint and disc complex..

## The Problem

The teeth are the primary determinant of where the jaw joint is located. If the teeth wear down or if there are interferences in the closing path, such as after orthodontic care, restorative treatment or due to changes in the jaw joint, there is a mismatch between the jaw joint complex and the teeth. This causes the jaw joint to begin to go through a remodeling process which will change the shape of the jaw joint.

## The Problem

If the body cannot keep up with this remodeling process, then the jaw will rapidly degrade and become diseased. This changes the shape of the jaw joint and the housing in the upper jaw, can cause clicking or popping jaw joints or joint noise and can affect the cervical spine and airway as well as adversely changing the way the teeth come together. This is called Degenerative Joint Disease. This can be caused by inflammation of systemic origin or due to bite forces.



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## The Answer

The best solution is to immediately detect and reverse the signs of breakdown in the chewing system at the current stage. Breakdown in the chewing system doesn't stop on its own because we are always using our teeth and thus our jaw joints. Not only to chew, but our teeth stabilize the jaw during sleep and during swallowing, which occurs between 900-2000 times during the day.

The first step in getting your life back from what is often debilitating TMJ disease, is a diagnostic process to determine the current status of the jaw joint complex and chewing system. This will guide you and the doctor in understanding the causative factors and what options are available for your specific conditions and the outcome you want.

There are many different treatments for TMJ disease and the treatment that is right for you will be based on your unique condition, the condition of your teeth and gums, and your overall health.

In some cases, it is necessary for Dr. Broome to form a team of health professionals to address your needs before, during, and after treatment for TMJ disease.

With advances in Dentistry and Medicine today, it is possible to not only treat TMJ disease, but have lasting health by restoring harmony between the teeth, the jaw joint, the neck, the airway, and the rest of the body.

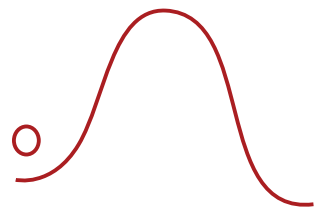
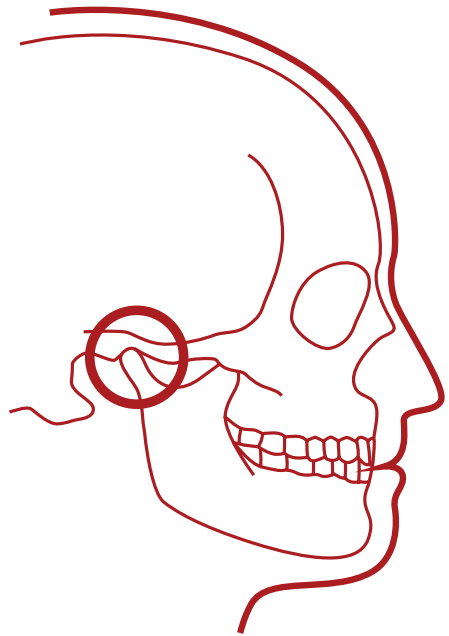
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▶ Health IS First! ◀

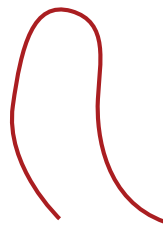
# How you can establish health in your TMJ's

## And find true peace and happiness.





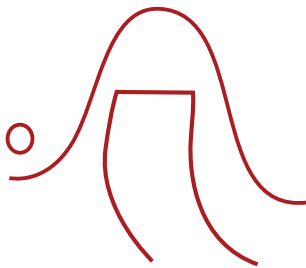
Skull Socket /  
Fossa and Ear  
Canal



Lower Jaw  
Joint /  
Condylar  
Head



Healthy TMJ with  
Disc Cushioning  
Jaw Joint and  
Socket



Worn TMJ –  
Teeth often  
exhibit wear  
matching TMJ.  
Can have  
TMJ noise



Degenerative Joint  
Disease Active –  
The body cannot  
keep up with  
breakdown. Outer  
hard shell of Jaw  
Joint has gaps.  
Check for Joint  
noise, bite or  
airway issue



Degenerative Joint  
Disease Passive –  
The breakdown  
of the jaw joint  
complex and teeth  
have harmonized



“Hockey Stick”  
Regressive  
Remodeling caused  
by increased force  
on the jaw joint,  
often accompanied  
by disc  
displacement  
and jaw joint noise