

# TMJ Disorder

## What is TMJ?

TMJ is an acronym for Temporomandibular Joint (jaw joint) and TMD is an abbreviation for Temporomandibular disorder. Often, TMJ syndrome presents itself as a popping sound and sensation near the jaw joint.



## Who can have TMJ syndrome?

TMJ problems can affect people of all ages, although patients under 40 are more susceptible and it occurs more frequently in women.

## What are the Symptoms of TMJ Syndrome?

- Headaches, earaches, stuffiness, or ringing in the ears
- Pain or soreness in and around the jaw joints

- Dizziness
- Difficulty swallowing
- Limited movement or locking of the jaw
- Clicking or grating sounds in the jaw joints
- Pain behind the eyes
- Neck, shoulder, facial, or back pain
- Unexplained loosening of teeth

## What should I do if I suspect TMJ syndrome?

In order to determine the best course of treatment, an accurate diagnosis is imperative. Consult with Dr. DeVitre to determine if you are suffering from TMJ syndrome. Many times all that's needed is a simple adjustment to your bite (the way your teeth come together), or a small mouthpiece that corrects the way your jaw joint closes.