



# today's SMILE

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## Correcting TMJ Disorder Changes Her Life!

I'd like to share the story of E.P., a fairly new patient who was a denture wearer for 55 years. Through our TMJ diagnostics and therapy, we were able to resolve years of pain and migraines. "I've suffered with TMJ problems my entire adult life," she told me. "I was in constant pain."

With each new denture, E.P., now in her mid-70's, found it would cause her jaw "to flip." She described the continual problem as the result of "a denture that didn't fit and hold the jaw in place. Eating was a joke." Her pain became so intense that it would wake her up at night.

We were recommended to E.P. by several friends. She asked her daughter to learn more about our office online and decided to make an appointment.

To verify that the TMJ (jaw joint) was the true source of her problem, we began the painless but in-depth process that included tensing, sonography, and tomography imaging of the jaw joint.

To understand how the TMJ (temporo-mandibular joints) can lead to seemingly unrelated problems, think about how the jaw joints work. These joints hinge the lower jaw to the skull. Every time you eat or speak, they move. As a matter of fact, try to swallow without these joints moving slightly. They are in motion more than we realize!

When the upper teeth do not meet lower teeth in proper alignment, the jaw joints fail to move fluidly in their sockets. This creates strain that can affect the entire structural makeup of the head.

In addition to facial pain (which can involve head, neck and shoulder muscles), common symptoms of TMJ disorder are frequent headaches, migraines, sore jaw joints, difficulty opening the mouth fully, ear ringing, dizziness, and jaw popping.

After evaluating E.P.'s diagnostic results, we made treatment recommendations to restore proper bite alignment to resolve the stress and strain on her jaw joints. Once E.P. understood where the pain was coming from, she was anxious to begin steps to eliminate her decades-long discomfort.

E.P. quickly found that her pain was gone, especially after a correctly-fitted denture was in place. "The new denture did what it was supposed to do. I just want to cry when I look back on how long it took me to find relief," she shared. "They are so precise in everything they do. This was worth every penny."

Her daughter also pointed out that E.P.'s speaking was

much better. It wasn't until then that she realized how even her speech had been altered by dentures that didn't fit properly.

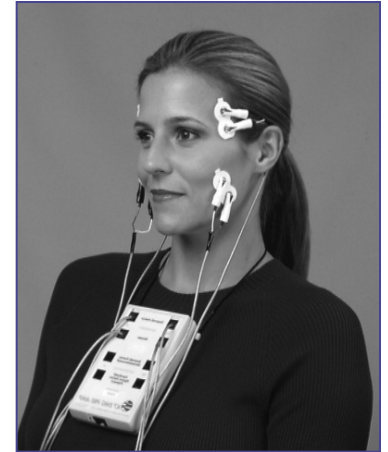
If you have facial pain, headaches or migraines, it is a signal that something is wrong. The problem can usually be traced to bite alignment.

However, pinpointing the exact areas causing these problems and knowing which steps to take require advanced skills, modernized equipment, and specialized techniques.

I have completed advanced training in neuromuscular dentistry, which enables me to properly assess the structural components that play a role in the efficiency of jaw joint function. This means the guesswork is eliminated so the true source of the problem can be resolved quickly through the most conservative treatment possible.

Each patient is unique, so there is not a one-size-fits-all approach when it comes to TMJ disorders. We see many patients who have spent years going from doctor to doctor in search of relief. Most of them are surprised by how quickly we get to the root of the problem.

If you suffer with symptoms of TMJ disorder, ask for a no-charge consultation. I'll answer your questions and discuss treatment that may be appropriate for your needs.



TMJ Disorder testing is painless yet precise.

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## FACEBOOK 'LIKE US' DRAWING IN MARCH!

*Our patient family is just like, well... family! We'd love to share more about recent happenings through Facebook.*

*In March, 'Likes' on Facebook will be entered in a drawing for an Oral B Electronic Toothbrush!*

*If you've already 'Liked' us, good news! You're automatically entered!*

*The drawing will be held on March 22nd. Best of luck!*



## New Patients Welcome

We love seeing new smiles come our way, especially those referred by our fabulous patients! Your kind words are greatly appreciated! Invite them to call:

**586-739-2155**

or learn more about us at:  
[WhereLastingSmilesBegin.com](http://WhereLastingSmilesBegin.com)

## **Heads Up, Students! 'A' Grades Could Mean \$250!**

Again this year, we are rewarding the hard work of local K-12 students!

In June, we will be accepting entries from original Spring 2018 Term report cards.

*How to enter?* For every 'A,' we'll enter the student's name in a drawing for a **chance to win one of two \$250 Visa Gift Cards.** The drawing will be held June 28th.

Watch for details via email, on our web site [www.WhereLastingSmilesBegin.com](http://www.WhereLastingSmilesBegin.com) and on our Facebook page.

## **Straighten Teeth For Fabulous Smiles!**



Straight teeth are a healthy way to a beautiful smile. When teeth are in proper alignment, they are also easier to keep clean. The bonus is a smile you'll love to share!

There is no charge to have a consultation with our Orthodontist, **Dr. Jessica Delgado**. She can evaluate the extent of your bite misalignment and make recommendations. She is a specialist who can treat bite disparities through traditional orthodontics (braces) or Invisalign.

Invisalign uses clear molds to gently ease teeth into their proper positions. They are removable for eating and brushing and are virtually invisible in a smile.

Call to schedule a consultation. During this time, we can also discuss easy payment options that are interest-free with no down payment required.

## **COMMUNITY SPONSORSHIPS**

**We are always pleased to support fun activities coordinated by Shelby Parks & Recreation.**

**Two upcoming events are:**

**EASTER EGG SCRAMBLE**  
March 24 at River Bends Park

**CALL OF THE WILD**  
March 25 at Burgess-Shadbush Nature Center

**For details about these events, visit:**  
[www.shelbytp.org](http://www.shelbytp.org).