

FEBRUARY

Providing complete and quality dental care for you and your family

February 21, 2013

Terry,

In this issue: [Headaches](#); [February Specials](#);
[Patient of the Month](#).

[Can my headaches be caused by my teeth?](#)



[Headaches](#) are a big pain, no pun intended. From migraines to cluster headaches, there are over 150 types of headaches diagnosed! Some people who have headaches

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have also been diagnosed as having TMJ. "TMJ" is an umbrella term which covers a wide range of disorders affecting the jaws and the jaw joints. The disorder and resultant dysfunction can result in significant pain and impairment. Symptoms vary, but facial pain and headaches are a common complaint. Other common symptoms associated with TMJ are jaw clicking, limited opening, ear pain, pain when opening or chewing and more.

A study headed by a researcher from the University at Buffalo's School of Dental Medicine showed that examiners could replicate tension-headache symptoms in 82 percent of subjects by performing the clinical examination of the temporalis muscle, which is involved in movement and balance of TMJ.

Do all people with headaches have TMJ? Not known, but perhaps not. Do all TMJ patients have headaches? Most of them do. Can treatment for a bad bite of TMJ disorder relieve your headaches? Only if the core cause of the headache is related to the bad bite or the TMJ. Correct diagnosis is always key. Someone with migraines could also suffer from TMJ. But the TMJ only plays a partial role in the headaches the patient suffers. Same with a patient who has sleep apnea. Headaches are a common symptom reported in patients with sleep apnea. Some patients with sleep apnea also have TMJ, and some don't.

Diagnosis for TMJ requires an examination by a dentist or physician who has advanced training and expertise in the area of head and neck pain. Dr. Eslampour is a Fellow in [AACP](#) which indicates his level of competence and dedication to this field.

Come visit us if you have symptoms such as those listed in this article. You may be just an appointment away from being headache free.

Patient of the Month:

HOA NGUYEN



Congratulations Hoa :) you are our lucky winner this month, and your fabulous prize is a [Sonicare Toothbrush](#).

Stop by our office to pick up your Sonicare Toothbrush, you have 30 days to do it. Hoa won the drawing well because he just came for a routine checkup. You too can win just by coming in to get your routine check-up and cleaning. Increase

your odds of winning by referring friends and family. Each referral earns you double entries into the monthly drawing.

Good luck!

February Specials:

Valentine come and gone, but your true love will always be with you. Give him/her the gift of a brighter smile. Zoom for only \$219. See our [Specials](#) for more.

Have a great day!

♥ *Platinum Dental Inc.* ♥

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