



In this issue: Fall events in San Diego , TMD, Patient of the Month and September Specials

Greetings from Platinum Dental

So Summer is over (even though it doesn't feel like it), the kids have gone back to school and the tourists are gone (mostly). What's there to do now? Good question. Well, there is still plenty to do in San Diego County.

1. Apple picking in Julian. It's free and they have horse drawn carriage rides and live entertainment. They have specific dates on this event which start on September 1st and end October 15th. Make sure to go early before all the good apples are gone.



2. Whale watching is still going on. Don't miss the chance to go out to the Bay and see one. During the blue whale migration, hundreds of giant blue whales migrate into

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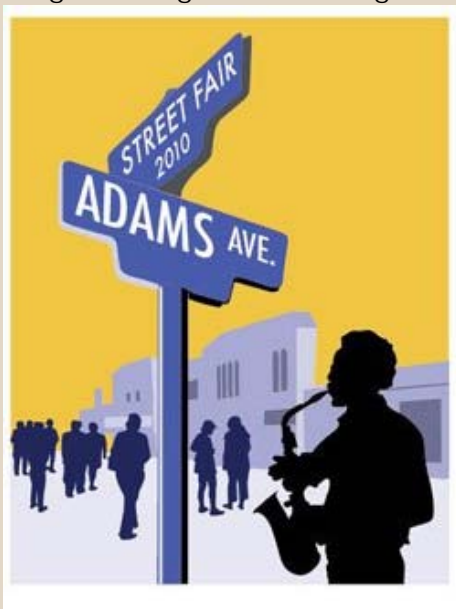


Southern California waters feeding on huge quantities of



krill.

3. September 28-29 is the 32nd annual Adams Avenue Street Fair. One of the largest free music street fairs in California, the event features over 70 live musical acts held on 6 stages, along with 3 beer gardens, giant carnival rides and 300 food and craft vendors.



What is TMD?

Temporomandibular Joint Disorder (TMD) is a term referring to a number of clinical problems involving the Temporomandibular Joints (TMJs) and associated muscles and structures of the jaw area. Several researchers have found clicking and popping noises in the jaw joints to be present in 40-60% of the general population. Considering that normal, healthy TMJs are completely silent at all times, the 40-60% figure is a rather staggering one to consider. The good news is that TMD symptoms are variable in nature, with most being a mild annoyance. A small percentage of patients with TMD have symptoms which degenerate into crippling chronic pain and limited jaw mobility. A recent National Institute of Health study indicates that over nine million Americans suffer from TMJ pain of some level on a regular basis.

What are the symptoms of TMD?

Common symptoms are:

- Pain about the face, head and neck regions
- Clicking, popping, and or grating noises in the jaw joints

- A limited ability to open the mouth wide or move it side-to-side
- Frequent headaches, often around the temple area
- Earaches, buzzing, or ringing noises in the ears
- Deep pain the jaw joint itself
- Soreness or pain in the cheek area
- "Sticking," "catching" or "locking up" of the jaw
- A sudden inability to find a comfortable bite position

What are the causes of TMD?

Common causes are one or more of the following:

- Long-term strain on the TMJs caused by a sleep pattern of chronic grinding and/or clenching of the teeth (bruxism). This may lead to permanent damage to the teeth and TMJs themselves.
- Certain types of malocclusion (bad bites) can chronically over stress the TMJs and related structures every time the individual chews. This in turn can lead to TM joint damage.
- Accidents involving direct or indirect trauma to the head, face, and/or neck may lead to partial or total TMJ disc dislocation, stretched or torn TMJ ligaments, and impaired joint function.
- Extensive dental procedures that have over stressed the muscles, joints, ligaments, nerves, may also lead to TMJ ligament inflammation or damage. This in turn can lead to muscle spasms and/or TMJ disc dislocation.
- General anesthesia intubations which strain weak TM joints or damage healthy TM joints by overextending the joint while the patient is asleep.
- Arthritis may occur in the TMJs, particularly in patients with TM disc dislocations.
- Systemic diseases such as gout, lupus, scleroderma, and fibromyalgia may also contribute to TMJ- like symptoms or problems.
- Growth and/or developmental disturbances of the structures of the face and TM joints may cause malformation of the TM joint structures and thus dysfunction.
- Research shows that substances such as caffeine, nicotine, and sugar can significantly increase muscle tension and impair their performance.
- Studies have also shown a link between emotional stress and the frequency of teeth grinding at night. This chronic and prolonged nightly activity ultimately damages the TM joints or impair the body's ability to heal a damaged joint.
- Some other reasons for TMD are less identifiable and may result from a combination of small events such as lying against a partially strained or damaged (but previously asymptomatic) TMJ while sleeping.



How are TMJ disorders diagnosed?

The first step in the management of TMJ disorders is to determine that the concern is not another type of medical or dental problem behaving as if it were a TMJ problem. A TMJ screening includes the completion of a thorough TMJ history, radiographic imaging of the teeth and jaw joints, and a preliminary clinical examination of the jaw joints, muscle system, bite, and teeth. I advise patients to seek a concurrent proper medical exam from a medical doctor (ideally an ENT) to rule out the presence of medical problems which may be occurring in combination with or disguising themselves as TMJ problems.

Following this, a preliminary diagnosis can be rendered. If the preliminary diagnosis is TMJ disorder, then further studies and tests will identify the exact nature of the disorder and assist us in developing a treatment strategy for the patient's specific health circumstances.

How are TMJ disorders treated?

Initial treatment for TMJ disorder can range from resting the joints, switching to a soft diet and prescribed thermal packs as well as stopping harmful habits. Physical therapy and electrotherapeutic options are necessary for some patients. If necessary dental mouth pieces known as a "bite splint," that fits on the top of the teeth are made. This appliance, when properly designed, redistributes the stresses on the TMJs, and muscle system while specifically guarding and guiding certain joint movements. In some cases only a night time splint is necessary. Other patients may require 2 splints, one for day use and one for night.

Does treatment work?

The vast majority of cases we treat are successfully managed through the use of orthotic appliances and/or a combination of orthotic appliance and physical therapy to reduce symptoms and accelerate healing. Some cases are not treatable with TMJ splints. Once we find the proper diagnosis, we can then prescribe the proper therapy.

Can I just buy a mouth guard at the store and treat this problem myself?

What you need to understand is that not all "mouth guards" are the same. What you can purchase at the store is great if you want to worsen the problem, because it is not designed to handle TMJ problems.

Do dentists need special training to treat TMD?

Yes, special training is necessary to understand this group of disorders and to how to treat them. The education in dental school pertains to treating the "tooth" or the "gums" as the source of the problem. That is why for the longest time everyone with TMD that walked into their dentist office was labeled "crazy" because the dentist could not find the offending "tooth". So they thought the patient was crazy or lying about their pain. Now it is understood that the source of the problem can be the joint or the muscles.

Dr. Eslampour has had years of training in treating TMD patients. He is currently a Fellow in the [American Academy of Craniofacial Pain](#). To learn more about TMD, visit our website dedicated to treating [TMJ Disorders](#).

Patient of the Month Winner is.....

!!!!Michael Messina!!!!



Take-home Teeth Whitening Kit

(\$199 value)

Kit includes:

- 1 custom tray (1 arch of your choice)
- 2 tubes of bleaching gels

You have 30 days to claim your prize!

**How can I become a patient of the month you may ask? Well it's simple. All you have to do is come in for your routine cleanings and you are automatically entered into our drawing. Want to increase your chances of winning? Well that's easy as well. All you have to do is refer a friend or family member to our practice and you get an extra entry in our raffle. :)

September Specials.....

Visit our [Fall Special](#) page.

Have a great day!

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