

## **DENTAL APPLIANCES**

Many patients with headaches and facial pain are being diagnosed with TMJ syndrome or temporo-mandibular joint disorder. While people who clench or grind their teeth in sleep may have a disorder of the TM joint, it is usually the result of stress and muscle tension. TMJ syndrome often coexists with migraines and tension headaches due to this common trigger. We find that treating the underlying tension with biofeedback, regular aerobic exercise and/or medications relieves all symptoms. We also offer a simple oral appliance that is custom-made for the patient in our office (Best-Bite system). For most patients, there is no need for the expensive dental appliances that many dentists recommend.