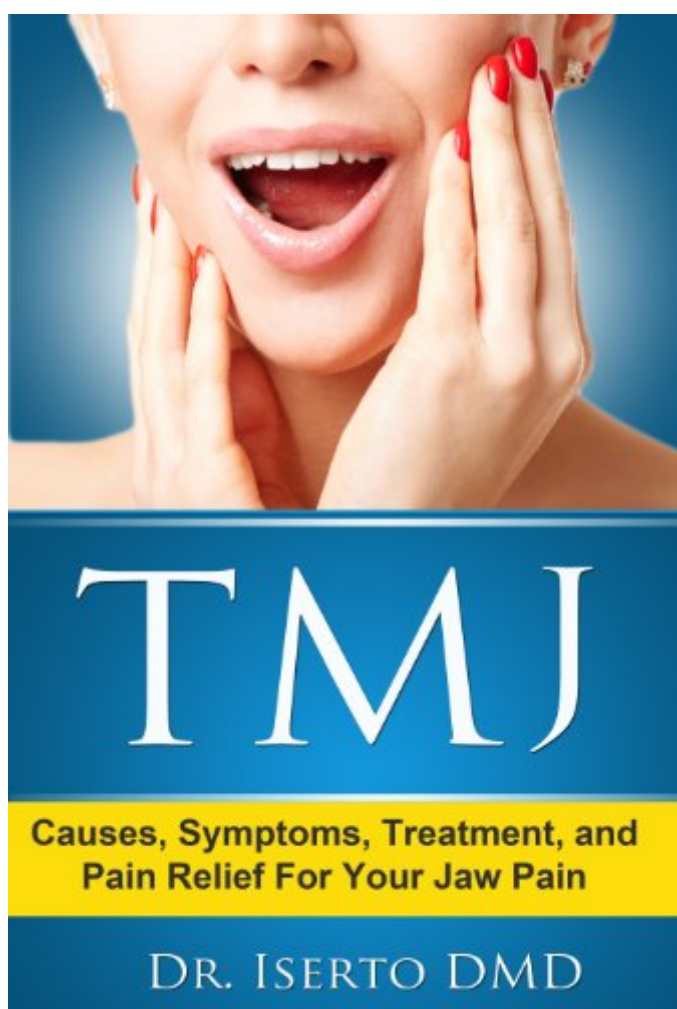


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# TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, And Pain Relief For Your Jaw Pain (How To Get Rid Of Jaw Pain & Headaches Due To TMJ)



## Synopsis

TMJ or Temporomandibular Joint Dysfunction In this book you will get the causes, symptoms, and treatments, as well as things to do at home to relieve jaw pain. In the United States, there is an estimated 10 million people with TMJ dysfunction. Of the lot, only 25% present actual symptoms, which means that some sufferers go on with their lives not knowing what they have. To arrive at a diagnosis, thorough history taking and a series of examinations will be performed by the otolaryngologist, oral and maxillofacial specialist or dentist. Some of the diagnostic procedures may involve the use of the clinical tests, imaging, laboratory tests and so much more. Disease Prognosis: As long as it is detected early, TMJ problems are fairly easy to address. Although some cases are only resolved after surgical intervention, much success is obtained from simple home and clinical remedies. Series of questions your dentist may ask you to diagnose TMJ Are you finding it hard to open your mouth? Is this the first episode you experienced or have these symptoms manifested in the past? When did the symptoms start manifesting? Did you get into an accident prior to the manifestation of the symptoms? Are the symptoms constant or do they come and go? Do the symptoms manifest following a trigger? Are you taking certain medications? Are you in a lot of stress right now? Are you experiencing neck aches, toothaches and headaches frequently? Does your jaw click or pop? Is it accompanied by pain? As you can see this book will better help you understand what TMJ dysfunction is and how to get treatment. You will also learn how to treat the symptoms at home with some at home remedies. tags: tmj, temporomandibular joint dysfunction, jaw pain, treatments, symptoms, pain relief, home remedies, oral surgery, mouth pain, jaw exercises

## Book Information

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## Customer Reviews

This is a must-read for those individuals who usually experience pain in their jaws. The book offers various useful information about TMJ causes, symptoms, and treatments. I am glad I bought this book, as I am now aware about Temporomandibular Joint Dysfunction, which is something that only a few people know about.

I gave this book a 5 star rating because it had everything from causes to treatments when it comes to Temporomandibular Joint Dysfunction. Dr. Iserto DMD has a great way of writing and getting through to the reader.

About 20-30% of the adult population are affected to some degree. You may have it and don't know it. Great price for Information and treatment for pain relief of your jaw muscles. Knowledge is the greatest cure.

Written by a dentist, this helpful guide goes through the various possibilities of the causes and treatments of jaw pain. The author explains the variety of ailments that may be the problem and always recommends the importance of seeking the proper diagnosis from the appropriate medical professional. As a person who suffers from TMJ, I found his at-home treatment suggestions very helpful. (Who knew that resting your jaw on your hand puts wear and tear on your jaw muscles?) I gave four stars because the medical terms and descriptions of non-TMJ ailments gave an almost over-abundance of information but I really appreciate the specific tips on relieving and preventing TMJ until I could see my dentist.

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