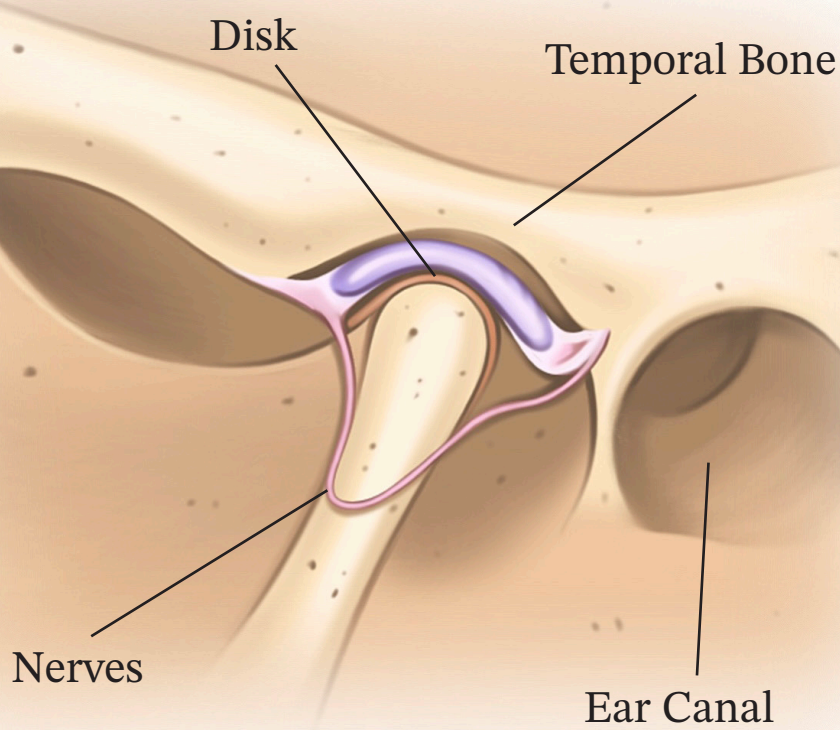
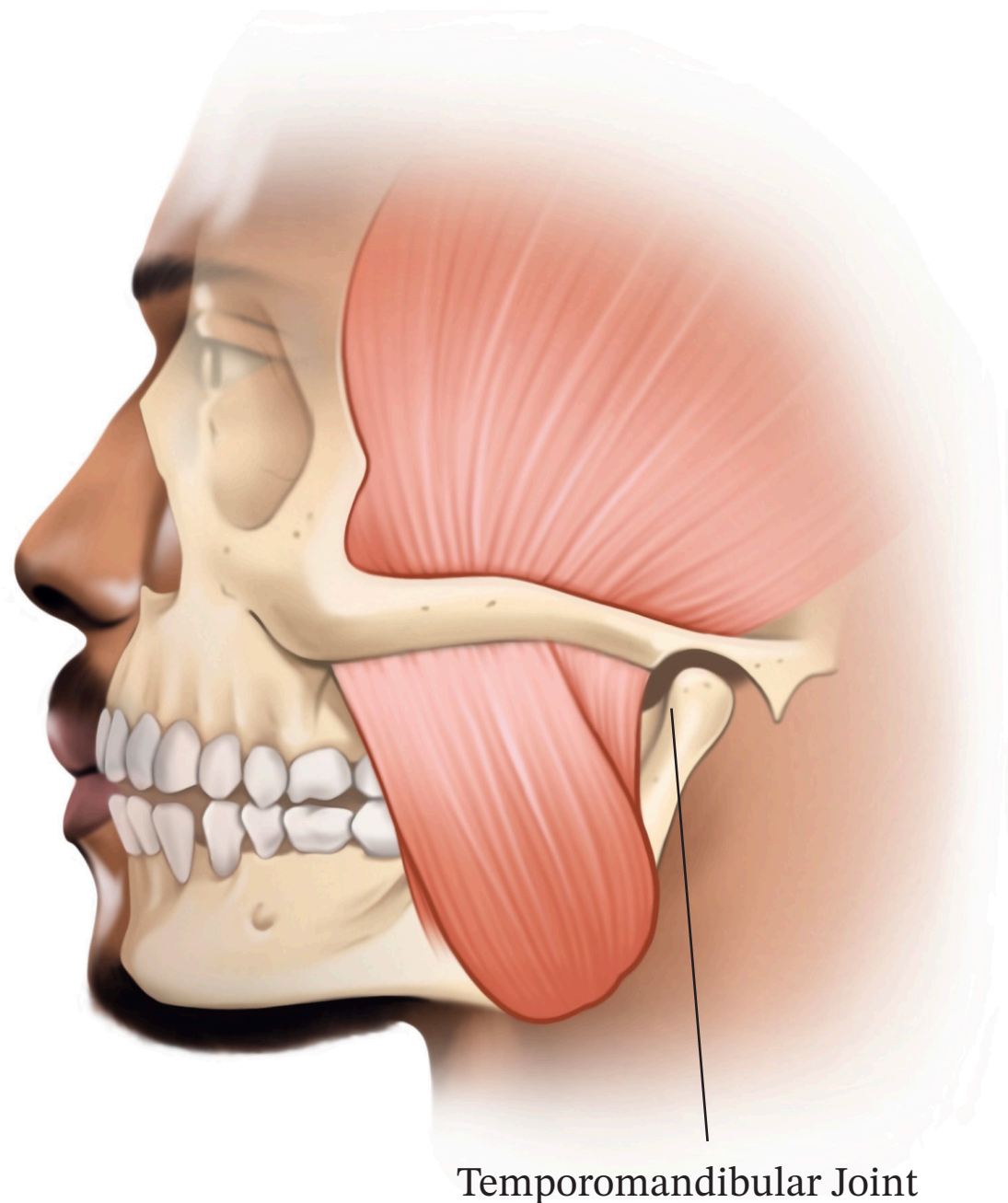


# Temporomandibular Joint Dysfunction

The temporomandibular joint (TMJ) is a joint that slides and rotates to connect your jawbone to your skull on either side of your head. TMJ disorders can cause pain in this joint or in the muscles surrounding it, making jaw movement painful and difficult. Anybody can get TMJ disorders, and they are rarely life threatening. There are many options for treatment. Signs that you may have a TMJ disorder include, pain in the jaw or around the ear, difficulty chewing or swallowing, aching facial pain, or locking of the joint.



## What Causes TMJ Dysfunction?

- In most cases, the cause is indeterminable.
- Trauma to the disk in between bones or the jaw bones
- Hormones may play a role, as women are more likely to suffer from TMJ dysfunction than men

## How can you treat TMJ Dysfunction?

- Self-care practices like eating soft foods, and applying ice packs
- Over-the-counter pain medication
- Reducing stress
- For more severe cases, surgery can be used, but this is irreversible and should be a last resort.

