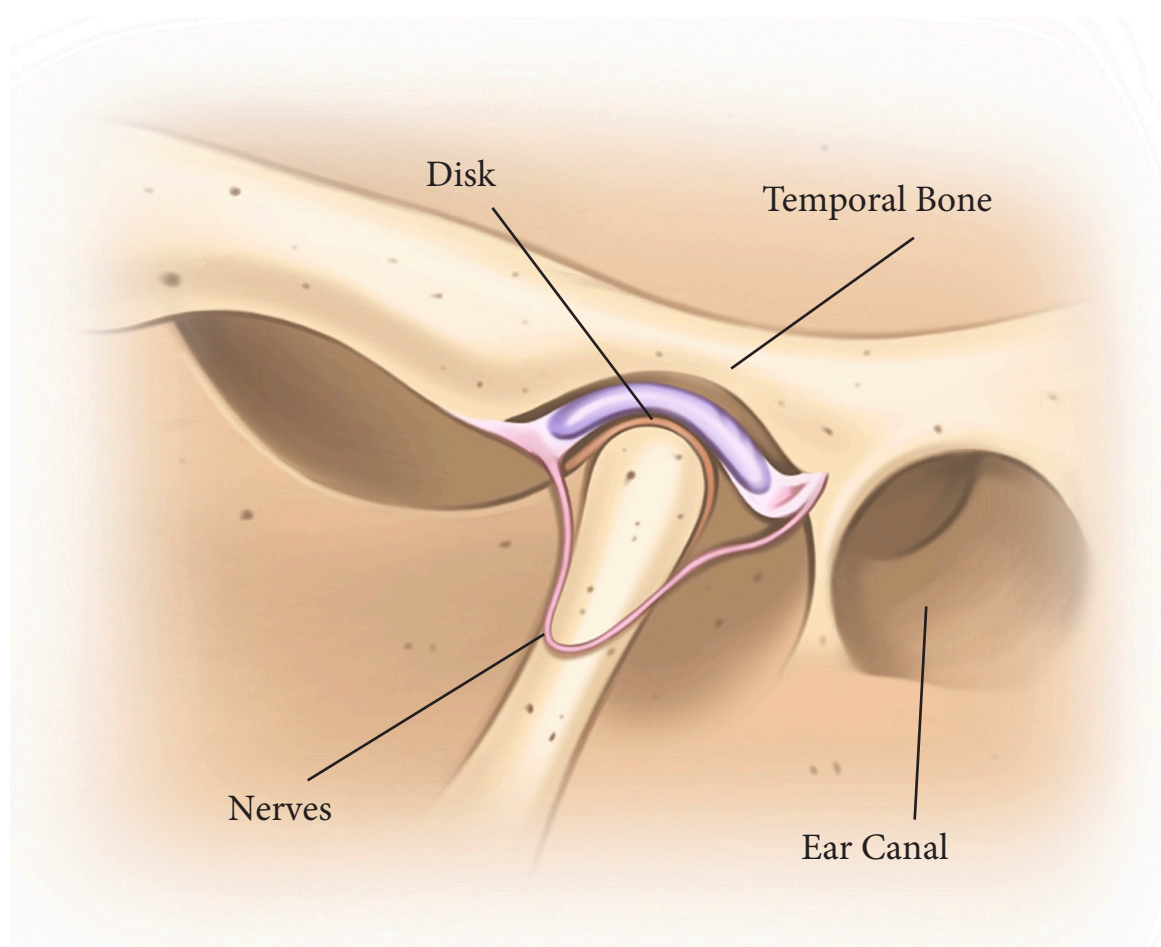
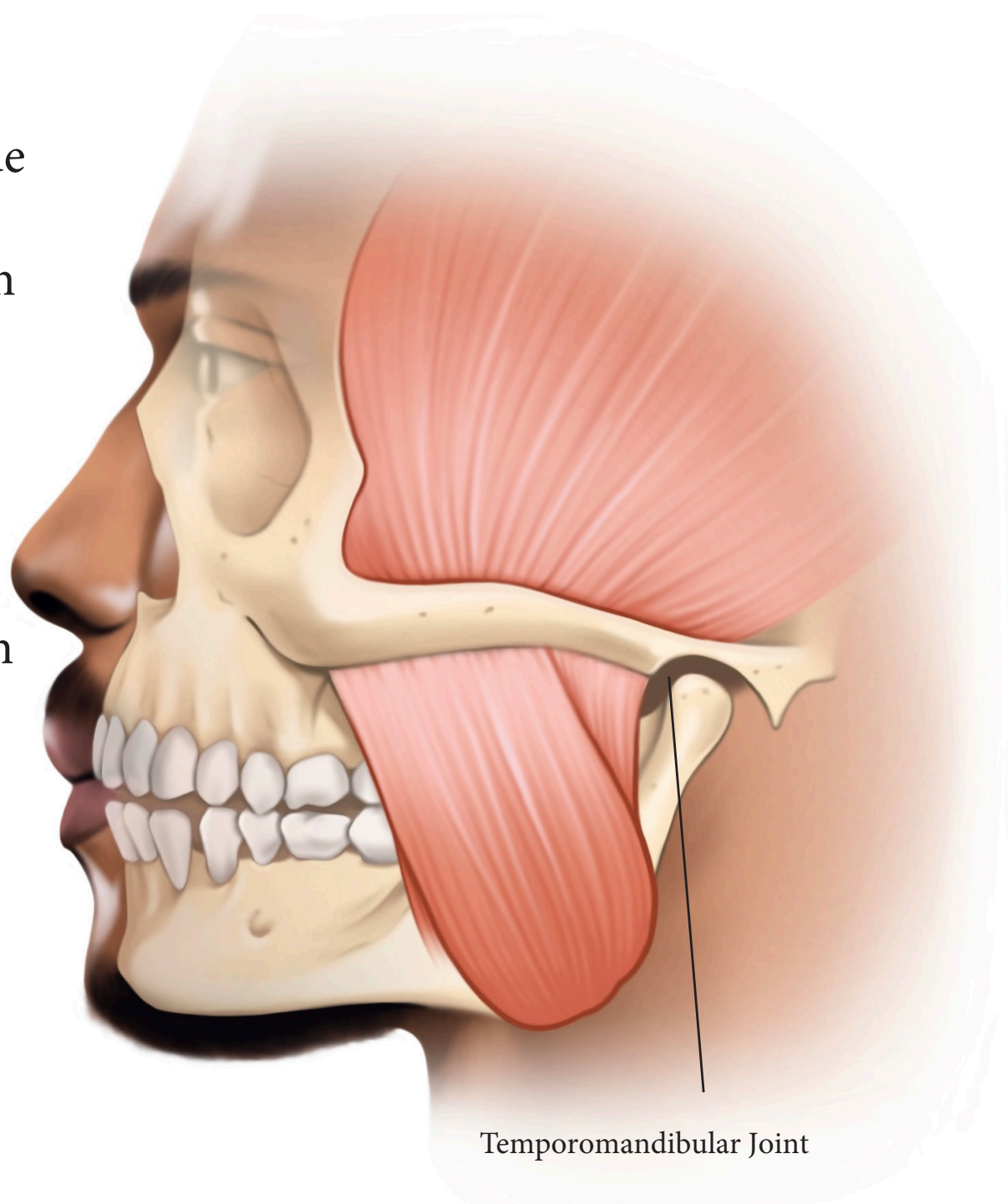


# Temporomandibular Disorders (TMD)

The temporomandibular joint (TMJ) is a joint that slides and rotates to connect your lower jaw to your skull on either side of your head. Temporomandibular disorders, commonly known as TMD can cause pain in this joint or in the muscles surrounding it, making jaw movement painful and difficult.

Anyone can get TMD, but most cases occur in adults age 20-40, and more often in women instead of men. Most TMD only last for a short time, but they can become chronic (re-occurring) or long lasting without treatment.

Signs that you may have TMD include, pain in the jaw or around the ear, difficulty chewing or swallowing, aching facial pain, or locking of the joint.



## What Can Cause TMD?

The exact causes of TMD are still being studied, but there are multiple conditions that can increase the chances of TMD, which include:

- Trauma to the disk in between bones or the jaw bones
- Stress
- Psychological conditions like depression and anxiety
- Bruxism (teeth grinding)
- Abnormal posture
- Weakened immune systems

## How Can You Treat TMD?

- Eating soft foods
- Limiting jaw use
- Warm compress (heat) on the painful area
- Over-the-counter anti-inflammatory medications (like ibuprofen)
- In severe cases, surgery or injections (like botox) can be performed by your doctor or dentist.

