Learning the ABC of TMJ Syndrome

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TMJ syndrome is really a dental issue, truth be told, whether it affects our head, our hearing, our sense of balance and our jaw area. Technically itâ€™s referred to as Temporomandibular joint. It will become an issue when an ache that emanates from the jaw reaches out to any location in the head, because TMJ is what attaches the lower jaw or mandible to the temporal bone, which is the skull.

TMJ is the entire battalion of muscles, blood vessels, nerves, and bones. We all have two TMJs, which is the left and right of your jaw bone.

Causes of TMJ syndrome

The TMJ syndrome may be caused by trauma, either micro or macro. The micro-trauma includes the internal parts of our body. Included in this are bruxism or what's commonly known as teeth grinding and clenching or jaw tightening.

Teeth grinding usually occur at nighttime when a person is sleeping. As a joke, teeth grinders are uptight, control freaks who have to be on top of everything. But itâ€™s a severe condition which could cause the misalignment of the teeth. This imbalance is the thing that causes the TMJ to hurt.

Clenching, in contrast, is a conscious act of a person biting on almost anything to relieve tension. It could be chewing gum, the ends of a pen or pencil or maybe your fingernails. The rigidity of the act evolves into a clenched jaw.

Macro-traumas are outer soreness attributable to mishaps, being smacked on the face, particularly the jaw, or the deterioration of the cartilage disc of the joint. Wrong dental work could also cause macro-trauma with overstretching.

Osteoarthritis is caused by standard aging. For the reason that TMJ is a joint area, itâ€™s a very good candidate for this degenerative joint disease.

Rheumatoid arthritis is also a cause of TMJ syndrome as it inflames the jaw joints. Usually having an effect on children, the power of the ailment can harm cartilage and wear out bone tissues.

Sign and Symptoms

Pain is our normal indicator that thereâ€™s something wrong in our body. So when you feel pain on your facial muscle or jaws that reaches out to the neck and shoulders, thatâ€™s TMJ screaming its name out. Suffering from TMJ syndrome could be muscle spasm, pain whenever you talk, munch or yawn. It may also range from joints, the front of the ear and anywhere on your cranium, face or jaw. TMJ syndrome can start severe headaches, wooziness and migraines.

A lot of people misdiagnose the pain sensation in their ear to ear problems or infection when in fact itâ€™s caused by TMJ syndrome. Itâ€™s simple to make that blunder as the symptoms are the same such as pain, ringing or tinnitus and hearing loss.

Clicking, grating and popping on the jaws are also one sign that ought to be supervised closely. When it results in pain, it could be reason for alarm for TMJ syndrome. Also, observe if the pain brings about the inflammation of the face and mouth area.

A strange sensation in the alignment of your jaw is also a major indication, like locking of jaw or inability to open it up, straying of your lower jaw to one side and oddness in your bite.

Despite the fact that ENTs can handle TMJ syndrome, itâ€™s basically a dental concern as itâ€™s in the mouth area. Sometimes a basic aligning of the teeth can cure that nagging jaw dilemma.

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