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Understanding Dentistry: TMJ Treatment, Dental Crowns, and Teeth Straightening by
[Specialist Dental Services](#)

Article published on March 20th 2012 | [Health](#)

A trip to the dentist can be very intimidating as it is easy to feel out of control in a dentist's chair. When you are lying prone and a masked person enters your mouth with instruments that look like drill bits, it is no wonder. Children are not the only ones to be scared in the dentist waiting room.

The best way to prepare for treatments such as dental crowns, teeth straightening, or TMJ treatment is to arm yourself with knowledge about the procedures. Today treatments are far less scary than in the past as so many options are available. And with advanced technology and treatments, results are positively shining.

TMJ, or Temporomandibular Joint Dysfunction, is a very common and painful condition affecting the jaw. About 30% of the population is affected but many people don't get the right TMJ treatment. Understanding the reasons you might need TMJ treatment is a good place to start.

TMJ treatment is often sought by people under stress, as that is one of the most common symptoms. When muscles and tendons in the jaw tighten from stress, they pull the jaw too far one side or the other, displacing it.

Without TMJ treatment, this pain can spread into face, neck, and shoulder area. Teeth grinding is also a common symptom. TMJ treatment options vary. There are exercises that can be very effective. The most common dental TMJ treatment includes the use of splints or bite plates for a short period of time.

Dental crowns may be needed for a variety of reasons. Dental crowns may protect a weak or worn down tooth from deteriorating any further. Dental crowns can also cover a large filling that is highly visible in a smile. Dental crowns can also cover a misshapen or severely discolored tooth or a dental implant.

Teeth straightening is a cosmetic procedure that can improve a smile and self-esteem in children and adults. Braces are the most common teeth straightening option for children. Adults can have straight teeth that get twisted or changed with age, especially if wisdom teeth develop and push other teeth aside.

Fortunately, teeth straightening is far more comfortable and convenient than old metal braces. Invisible braces, veneers, and dental crowns are some of the newer options available. A good orthodontist will evaluate your unique needs and help you determine the best treatment option available.

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Article Keywords:

TMJ treatment, dental crowns, teeth straightening

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