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TMJ

The temporomandibular joint, or TMJ, is located on both sides of the face just in front of the ears. The joint consists of the temporal bone, the mandible, and an articular disc that separates the two. Add in the muscles, ligaments, vasculature, and innervation (nerves that control the muscles and sensation) and there are ample opportunities for dysfunction.

One of the main culprits of TMD, temporomandibular joint dysfunction, is clenching or grinding your teeth. However, repetitive chewing, i.e. gum chewing, can cause dysfunction. Symptoms of TMD, include: popping of your jaw when opening or closing your mouth; pain when chewing; headaches especially in the temporal region; hearing loss and tinnitus (ringing in the ear); and decreased mobility of the jaw. These symptoms may be acute, chronic, or intermittent but most people only experience one or two symptoms at a time.

There are many treatment options for TMD. Many people visit their dentist first thinking the pain may be an abscessed tooth. Usually that results in a bite guard to prevent grinding of the teeth. But there are other options. Be sure to avoid foods that require excessive chewing. Manage your stress levels to decrease the potential for grinding your teeth. Massage therapy is a great treatment for muscle spasms that aggravate the TMJ. And chiropractic aids in reducing adhesions in the joint capsules and restoring proper nerve activity to the joint.

Don't suffer the pain of TMD any longer. Get your treatment started today.

Yours in health,
Scott Chiropractic

Grayson Day



Join us for Grayson's City Celebration and enjoy fun for the entire family!!

Grayson Community Park
One Park Drive, Grayson

Saturday, April 30, 2011 from 10 AM to 4 PM

Snellville Days



Join us for Snellville's City Celebration featuring craft, food, vendors, children's activity area, live entertainment, free concert Saturday evening and more.

Briscoe Park

2770 Lenora Church Road, Snellville

Saturday, May 7, 2011 from 10 AM to 6 PM

Sunday, May 8, 2011 from 10 AM to 5 PM

Consultation and Exam

**FREE
(\$79 Value)**

If you know a friend or family member with TMJ, asthma and/or heartburn and reflux pass this offer to them for a FREE consultation and exam. A \$79 value. Offer won't last long so act now.

Enjoy this special offer through the month of April.

Save 25%

Probio Defense

Probio Defense is an optimal combination of probiotic bacteria that supports the immune system. The addition of selenium and zinc help to balance the intestinal flora and stimulate the body's natural defenses.

Enjoy this special offer through the month of April.

Save 25%

Natural D-Hist

Natural D-Hist is the ideal solution for many of the 40 million Americans who experience seasonal discomfort. Formulated for maximum effectiveness, Natural D-Hist utilizes carefully selected dosages of critical natural components to provide optimal support for nasal and sinus passages.

Enjoy this special offer through the month of April.