

## ***Here Is The Free Headache Report You Requested That Reveals...***



### **ATTENTION HEADACHE Sufferer! Finally, What You Can Do Immediately To Eliminate Your Headache, Migraine, And Facial Pain Once And For All!"**

This report was written to give you some insights about headache relief, that most people have no idea about, and to tell you that if you are a candidate for headache treatment, we have a 95% chance of eliminating your headaches almost immediately.

Many people who suffer from chronic headaches and migraines can be helped by an unlikely source—their dentist!

Dental professionals have made great headway in providing relief to headache sufferers through greater understanding of the relationship between the joints in the jaw and the role it plays in head and facial pain.

The syndrome that many people suffer from with chronic head and facial pain is called "TMJ" syndrome which stands for: Tempero—Mandibular Joint Syndrome. Your TMJ is basically the main joint in your jaw.

You have two TMJs, one in front of each ear, connecting the lower jaw bone to the skull. The joints allow movement up and down, side to side, and forward and back—all the mobility necessary for biting, chewing and swallowing food, for speaking and for making facial expressions.

TMJ syndrome is a medical problem related to the joints in the jaw. Problems with the TMJ can cause head and neck pain, problems biting, as well as clicking sounds when you chew or even a locked jaw.

The National Institute of Dental and Craniofacial Research (NIDCR) of the National Institutes of Health (NIH) says that over 10 million people in the United States suffer from TMJ problems at any given time. While both men and women experience TMJ problems, the majority of those seeking treatment are women in their childbearing years.

Not all causes of TMJ syndrome are known. Some possible causes or contributing factors are injuries to the jaw area, various forms of arthritis, dental procedures, genetics, hormones, low-level infections, auto-immune diseases, stretching of the jaw as occurs with inserting a breathing tube before surgery, and clenching or grinding of the teeth.

The most common symptom of TMJ syndrome is pain. TMJ pain is often described as a dull aching pain in the jaw joint and nearby areas, including the ear, which comes and goes. Some people, however, report no pain, but still have problems using their jaws.

#### **Other Symptoms Can Include:**

- Being unable to open the mouth comfortably
- Clicking, popping or grating sounds in the jaw joint
- Locking of the jaw when attempting to open the mouth

Headaches

A bite that feels uncomfortable or “off”

Neck, shoulder and back pain

Swelling on the side of the face

Ringing in the ears

Ear pain

Decreased hearing

Dizziness and vision problems.

Keep in mind that occasional discomfort in the jaw joint or chewing muscles is common, and is not always a cause for concern. Many people with certain TMJ problems get better without treatment. Often the problem goes away on its own in several weeks to months. However, if the pain is severe and lasts more than a few weeks, see your dentist ( if he/she is trained in TMJ dysfunction.)

Here's The Good News...

With today's new technologies and increased understanding, dentists with specific, advanced training in TMJ disorders can diagnose and successfully treat a large majority of these cases: in fact, if a TMJ disorder is determined, predictable long-term relief is achievable 95% of the time -- via a wide range of dental treatments.

While many patients who are diagnosed with TMJ headaches have the traditional symptoms of tension headaches, some of the patients who have the traditional symptoms of migraine (and cluster migraine) headaches also respond to TMJ headache diagnosis and treatment.

Now, there are headaches that are unrelated to jaw problems, such as those due to: high blood pressure, low blood sugar, hormonal changes, hangovers, chiropractic problems, etc. These, however, are small in number in comparison with headaches that are caused by locking of the jaw, misalignment of the joints, lack of blood flow being sent to the brain, and pressure being put on smaller bones from the bigger joints (TMJ syndrome).

*Most Headache Sufferers, After Learning This Relatively New Information Regarding The Benefit Of Proper Dental Care For TMJ Causes Of Headaches, Wonder...*

“How Do I Find A Doctor Trained In Providing This Care?”

*My best advice is to ask the dentist the following questions...*

**1. “Do you treat headaches?”**

Some Dentists do not focus on specific conditions, like headaches and would prefer not to. So ask the dentist if he or she treats headaches that stem from TMJ. Some do not.

**2. “Do you take TMJ x-rays or do a TMJ Analysis?”**

Call their office and check and see if they can evaluate you right in their office with x-rays, or if they will refer you out. Most dentists can do it right in-house. However, never let them begin treatment without taking x-rays and going over the treatments with you.

**3. Are you trained in correcting jaw joint dysfunction?**

Most general dentists do not treat jaw problems due to the complexity of the problem. However, some dentist have received additional training in orthopedic correction of mis-aligned jaws. Be sure your doctor understands the TM joint and how to correct it's problems.

As a dentist who has undergone specific training in correcting TMJ problems and headaches, I would be more than happy to offer you a complimentary evaluation of your TMJ, bite, and other “red flags” that commonly cause jaw discomfort and headaches.

**For Your FREE HEADACHE EVALUATION, Don't Procrastinate! Call Now And Reserve Your Earliest Appointment. The Longer You Wait To Call Us, The Longer You'll Have To Wait For An Appointment!**

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On behalf of everyone here in our office, we look forward to meeting you to discover if we can help you! Remember, you haven't tried everything until you've at least had a headache evaluation at my office! And since it's free and there's absolutely no obligation, you have nothing to lose! Except your headaches of course!

P.S. – After you come into our office and I evaluate your headache, I will tell you if I can help you or not. And if so, how long it will take and how much it will cost. Then you can start care, or go home and think about it! **We are a busy office and there will be absolutely no pressure to begin care!**