



TMJ & Sleep Therapy Centre

Craniofacial Pain and Sleep-Related Breathing Disorders

(Headaches, TMD/TMJ, Sleep Apnea, Snoring)



- A Publication of T & S Therapy Centre International

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(Headaches, Facial Pain, TMD/TMJ)



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TMJ & SLEEP THERAPY CENTRE

INTERNATIONAL

◆ WHO WE ARE

PATIENT CARE FOR CRANIOFACIAL PAIN AND
SLEEP-RELATED BREATHING DISORDERS
(HEADACHES, FACIAL PAIN, TMD/TMJ, SLEEP APNEA, SNORING)

◆ ARE YOU OR A LOVED ONE LIVING IN
PAIN OR FEELING SLEEP DEPRIVED?

WHO WE ARE

PATIENT CARE FOR CRANIOFACIAL PAIN AND SLEEP-RELATED BREATHING DISORDERS (SLEEP APNEA, SNORING)

Craniofacial Pain – encompasses pain disorders of the head (cranium), face (facial) and TMJ and neck pain.

Sleep-Related Breathing Disorders – encompasses snoring, upper airway resistance, Obstructive Sleep Apnea (OSA).

For more than 15 years, T & S Therapy Centre International has been helping adult and children patients with these conditions. We understand the complexities of craniofacial pain and sleep disorders and how they overlap and impact the lives of millions. Our commitment is two-fold. T & S Therapy Centre International provides education and training for the global professional community treating these patients, and we provide care for patients in our “Centres of Excellence” around the world. **We offer university based education programs and our growing family of TMJ & Sleep Therapy Centres provide patient care in over 40 Centres spanning 6 countries.** We are proud to be serving a global community of practitioners and assisting in improving the health of thousands of patients of all ages around the world.

- ◆ [Neuropathic Disorders](#)
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ARE YOU OR A LOVED ONE LIVING IN PAIN OR FEELING SLEEP DEPRIVED?



Why TMJ & Sleep Therapy Centre can help you:

TMJ & Sleep Therapy Centre is a very long name for a very unique set of services. Although 'TMJ' is the most common name identified by patients, it is not a condition, it is a component of craniofacial pain which also includes chronic head and facial pain, recurrent headaches, migraines and neck pain. At TMJ & Sleep Therapy Centre, we understand these conditions are usually a symptom of a greater underlying core problem. Successful treatment is based on identifying that core problem. We have developed a proven process for the diagnosis and treatment of craniofacial pain and treatment of sleep disorders without surgery. Our practice is focused solely on improving the quality of life for children and adults suffering from craniofacial pain and sleep-related breathing disorders. We use the latest technological advances and provide non-surgical therapies as treatment options.



- Do you or your child wake with a sore jaw or unexplained head pain?
- Do you grind your teeth, or hear your child grinding?
- Are you or a loved one CPAP intolerant?
- Do you or your child snore or wake up suddenly at night?
- Does your child wet the bed or have they been diagnosed with Attention Deficit Disorder (ADD)?
- Are headaches, facial pain or ear pain a routine part of your day?

If you answer “yes” to any of the questions above

MAKE YOUR APPOINTMENT IN ONE OF OUR CENTRES OF EXCELLENCE TODAY

Centres of Excellence



CHAPTER ONE

SLEEP RELATED BREATHING DISORDERS

- ◆ Sleep Related Breathing Disorders for Adults
- ◆ Sleep Related Breathing Disorders for Children



SLEEP RELATED BREATHING DISORDERS

Obstructive Sleep Apnea (OSA) is caused by an airway blockage (obstruction) during sleep. During the day, muscles in the airway region keep the throat and airway passage wide open but when a patient has obstructive sleep apnea, the throat collapses during sleep, blocking the airway and preventing air from getting to the lungs. The site of obstruction in most patients is the soft palate, extending to the region at the base of the tongue. There are no rigid structures, such as cartilage or bone, in this area to hold the airway open. So as a person with OSA falls asleep, these muscles relax to a point where the airway collapses and becomes obstructed. Although OSA is typically considered an 'adult' condition, there is no age boundary and OSA can affect otherwise healthy children. OSA may, in fact, be the root cause of childhood behavior and attention problems. Enlarged tonsils and small structural features of the maxilla, nose, mouth and throat may contribute to OSA. Proper evaluation and testing is needed for accurate diagnosis.

OSA is a medical condition that is diagnosed by a medical doctor, but can be treated by a dentist with special understanding and training on this life threatening breathing disorder. At present, the primary method for diagnosing OSA is to have the patient undergo a sleep study, known as Polysomnography (PSG) or Home Sleep Test (HST). We are happy to assist our patients in coordination of necessary sleep testing.

SLEEP SERVICES

TMJ & Sleep Therapy Centre provides dental sleep medicine. Dental sleep medicine is the management of medically diagnosed sleep-related breathing disorders using oral appliance therapy for adults and orthopedic orthodontics for airway development or correction for children. The doctors of the TMJ & Sleep Therapy Centre are specifically trained and experienced in dental sleep medicine.





SLEEP RELATED BREATHING DISORDERS FOR ADULTS



Once a patient has been diagnosed with a sleep-related breathing disorder, recommendations for treatment can include behavior and lifestyle changes, Oral Appliance Therapy (OAT) CPAP wear (Continuous Positive Airway Pressure device), and surgery. Oral Appliance Therapy (OAT) is often the option for treatment. These appliances can be very effective for patients who suffer from snoring and mild to moderate sleep apnea. Oral appliances may also be recommended for the severe sleep apnea patients who are unable to tolerate CPAP.

There are over 100 different appliances approved by FDA for treating sleep apnea. Although these appliances have an appearance similar to mouth guards, they are unique and require specific design, fabrication and customized fittings to achieve successful treatment results through proper positioning of the lower jaw and tongue. The doctors of TMJ & Sleep Therapy Centre are specifically trained and experienced in oral appliance therapy. They utilize advanced technology and specialized equipment to measure the airway, predict improvement, and determine custom appliance designs. The doctors monitor patient care for success and efficacy in treatment results. To maintain success, the appliances require regular follow-up and monitor.

The patient considering OAT for sleep apnea should seek care from dentists specifically trained and experienced in dental sleep medicine and custom appliance design.



SLEEP APNEA SYMPTOMS FOR ADULTS



Common signs of OSA in adults include unexplained daytime sleepiness, restless sleep, and loud snoring (with periods of silence followed by gasps).

Additional symptoms of OSA include:

- ◆ Morning headaches
- ◆ Insomnia
- ◆ Trouble concentrating
- ◆ Mood changes such as irritability, anxiety and depression
- ◆ Forgetfulness
- ◆ Increased heart rate and/or blood pressure
- ◆ Decreased sex drive
- ◆ Unexplained weight gain
- ◆ Changes in urination
- ◆ Frequent heartburn and heavy night sweats



Adults have been found to be at higher risk if they are male, obese, of an increasing age, have anatomic abnormalities of the upper airway, have a family history of sleep apnea, use alcohol or sedatives frequently, are a smoker or experience hypertension.



SLEEP RELATED BREATHING DISORDERS FOR CHILDREN



Orthodontics/Orthopedics for Treatment of OSA

Adult therapies for the management of OSA are not suitable for children. Therapies such as CPAP and OAT have been known to arrest skeletal development of the growing child. The good news is, with proper diagnosis and communication between medical and dental providers, Pediatric OSA can be cured!

Orthopedic for Airway Development

At TMJ & Sleep Therapy Centre, an increase in airway volume is always our goal in the treatment of Pediatric OSA. The airway is evaluated and any obstructions are addressed. Obstructions can occur anywhere in the airway and are not limited to the mouth and nose. Common procedures in airway development involve upper and lower jaw expansion and relationship changes, myofunctional tongue and lip exercises and lifestyle changes. Orthopedic airway development has a very high success rate in pediatric patients.



Pediatric OSA is a prevalent but under-diagnosed disease. The importance of screening for OSA in every child has recently been re-emphasized by the American Academy of Pediatrics Guidelines.

<http://pediatrics.aappublications.org/content/early/2012/08/22/peds.2012-1671>



SLEEP APNEA SYMPTOMS FOR CHILDREN



Sleep disorders in children are conditions that prevent them from getting the oxygen needed while they sleep, creating a form of suffocation. Obstructive sleep apnea in children is being increasingly recognized as a cause of attention and behavior problems as well as learning and developmental problems.

SYMPTOMS INCLUDE:

- ◆ Snoring
- ◆ Mouth breathing
- ◆ Restlessness during sleep
- ◆ Sleeping in odd positions
- ◆ Periods of not breathing
- ◆ Teeth grinding
- ◆ Night terrors
- ◆ Mood changes
- ◆ Poor concentration
- ◆ Bed wetting
- ◆ Headaches
- ◆ Frequent infections

CHILDREN WITH UNDIAGNOSED OSA ARE FREQUENTLY MISDIAGNOSED AS HAVING **ADHD** AND PLACED ON UNNECESSARY MEDICATIONS.



CHAPTER TWO

CRANIOFACIAL PAIN (TMD/TMJ)

- ◆ Craniofacial Pain (TMD/TMJ)
for Adults
- ◆ Craniofacial Pain (TMD/TMJ)
for Children



CRANIOFACIAL PAIN (TMD/TMJ)

Head and Face Pain / Facial Neuralgia / TMJ Pain / Orthopedic Dysfunction
Primary Headache / Migraines



MUSCULOSKELETAL PAIN

At TMJ & Sleep Therapy Centre we understand the complexities of craniofacial pain that are unique to each patient. Some patients experience TMJ pain and dysfunctions, some experience primary headaches (known as Migraines, tension, cluster) while others may have facial neuralgias, musculoskeletal pain or a combination of all.

TMJ is one of the conditions most frequently identified by patients. This is a very real condition caused by disturbances in the action of the jaw. Research has shown that many factors may lead to this disorder – it can occur by itself or be a part of a more complex problem. We believe that there is usually more than one factor responsible. Causes may include macro traumas of automobile accident, sports injury, accidental falls etc. or micro traumas of clenching and grinding of the teeth (bruxism), which causes the muscles that stabilize the joint to become fatigued from overwork resulting in head, face, jaw and muscle pain. Often the jaw problems, head and facial pain, headaches, migraines and musculoskeletal pain are symptoms of a greater problem affecting the body, much like a fever is secondary to the common flu. In the absence of an acute injury to the head or facial area, we believe the primary cause of these problems is frequently related to insufficient oxygen while sleeping i.e. an unidentified sleep breathing obstruction, Sleep Apnea or Obstructive Sleep Apnea. Everyone assumes they are breathing and getting enough oxygen during sleep; few recognize that nighttime teeth grinding and clenching (bruxing) is an unconscious effort to prevent suffocation. This repeated action all night long over extended periods of time wears down the skeletal structure and the joints resulting in TMJ pain, headaches, musculoskeletal pain, TMJ dysfunctions and facial neuralgias.

Craniofacial Pain Services

Proper diagnosis and emphasis on origin rather than symptoms alone is key to successful, long term treatment results. After proper diagnosis, a specific non-surgical, treatment plan for rehabilitation is developed for the unique needs of each individual patient.



CRANIOFACIAL PAIN FOR ADULTS (TMD/TMJ)



Facial pain, headaches and jaw problems are frequently only a symptom secondary to a greater problem affecting the body, much like a fever is secondary to the common flu.

Craniofacial Pain Services for Adults – may include 1 or more of the following

Comprehensive diagnostics

Non-surgical treatment plan for rehabilitation

Decompression appliance therapy *(short term wear of custom orthopedic oral orthotics – not splints)*

Physical medicine treatment *(Laser therapy, trigger points, prolo therapy, phonophoresis)*

Nutritional counseling

Medication and supplement regimens

Multi-discipline referral coordination

Proper diagnosis and emphasis on origin rather than symptoms alone is key to successful, long term treatment results. After proper diagnosis, a specific non-surgical, treatment plan for rehabilitation is developed for the unique needs of each individual patient.



CRANIOFACIAL PAIN FOR CHILDREN (TMD/TMJ)



The good news with children is that they are still in developmental stage and the earlier the problem is diagnosed and treated the better the results!

Craniofacial Pain services for Children – may include 1 or more of the following

- Comprehensive diagnostics
- Non-surgical treatment plan for rehabilitation
- Orthopedic orthodontic development
- Nutritional counseling
- Supplement regimens
- Physical medicine treatment (*Laser therapy, phonophoresis*)
- Multi-discipline referral coordination

Craniofacial pain, although most commonly thought of as a disorder affecting only adults, can present in children at an early age. It may be milder or it may simply seem milder. Unlike adult onset conditions, these young children have always had symptoms of jaw pain and headaches or difficulty in normal functions of opening, chewing, swallowing, speaking and communications. As sad as it sounds, they know no difference and assume pain and/or difficulties with function are normal and what everyone experiences. Unfortunately, if undiagnosed and left untreated, the symptoms and condition increase with age.



CHAPTER THREE

ORTHODONTICS/ ORTHOPEDICS FOR TREATMENT OF OSA



Orthodontics/Orthopedics for Treatment of OSA

At TMJ & Sleep Therapy Centres, our approach to crooked teeth and bad bites is one of prevention, early diagnosis and treatment of the cause. In most cases, the crooked teeth are the symptom of a more serious condition, one of dysfunctional breathing and/or improper tongue posture.

Pediatric Obstructive Sleep Apnea (OSA) is a prevalent but under-diagnosed disease. The importance of screening for OSA in every child has recently been re-emphasized by the American Academy of Pediatrics Guidelines.



<http://pediatrics.aappublications.org/content/early/2012/08/22/peds.2012-1671>

IS YOUR CHILD AT RISK FOR OSA?



TAKE THE BEARS SCREENING TEST





SYMPTOMS OF CHILDHOOD OSA:

- ◆ Snoring
- ◆ Mouth breathing
- ◆ Restlessness during sleep
- ◆ Sleeping in odd positions
- ◆ Periods of not breathing
- ◆ Night terrors
- ◆ Mood changes
- ◆ Poor concentration
- ◆ Bed Wetting
- ◆ Headaches
- ◆ Frequent infections

OSA is a medical condition that is diagnosed by a medical doctor, but can be treated by a dentist with special understanding and training of this life threatening breathing disorder. Working with a Sleep Physician, ENT and others is necessary in treating this condition. Adult therapies for the management of OSA are not suitable for children. Therapies such as CPAP (Continuous Positive Airway Pressure) and OAT (Oral Appliance Therapy) have been known to arrest skeletal development of the growing child.

THE GOOD NEWS IS, WITH PROPER DIAGNOSIS AND COMMUNICATION BETWEEN MEDICAL AND DENTAL PROVIDERS, PEDIATRIC OSA CAN BE CURED!

ORTHOPEDICS FOR AIRWAY DEVELOPMENT

An increase in airway volume is always our goal in the treatment of Pediatric OSA. The airway is evaluated and any obstructions are addressed. Obstructions can occur anywhere in the airway and are not limited to the mouth and nose. Common procedures in airway development involve upper and lower jaw expansion and relationship changes, myofunctional tongue and lip exercises and lifestyle changes.



SERVICES & TREATMENT INFORMATION FOR:

**Craniofacial Pain – Head and Facial Pain, Primary Headaches,
TMJ Pain, Sleep Breathing Disorders – Snoring & Sleep Apnea**



TMJ & Sleep Therapy Centre

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SERVICES & TREATMENT INFORMATION FOR:

Craniofacial Pain – Head and facial pain, primary headaches, TMJ pain
Sleep Breathing Disorders – Snoring & Sleep Apnea



Our Centres of Excellence are committed to providing the highest level of care for adults and children without surgery. We understand the structural needs required for pain relief, and for proper breathing to obtain quality, life sustaining sleep. Led by experienced doctors with advanced education and supported by a fully trained staff, each Centre provides comprehensive evaluations using the latest technologies to properly diagnose the root cause of a patient's pain and to direct treatment for pain relief, and or fatigue and sleep breathing deficiencies unique to each person.

Treatment plans are based on individual patient needs and may include: plans to re-train, re-align and correct the problems associated with pain in the head, face, jaw and neck. Our Centres of Excellence also provide treatment plans for customized FDA approved oral airway appliances for adult patients with Sleep Apnea, snoring and CPAP intolerance.

Additionally, we provide orthopedic orthodontics for pediatric structural development and the treatment of pediatric OSA. Our goal is to provide pain relief and proper structure to allow our adult and pediatric patients to **BREATHE, SLEEP, HEAL AND LIVE** a quality life.



SERVICES FOR ADULTS

Include but are not limited to:

Comprehensive Evaluation for Primary and Secondary Diagnoses

Hard and soft tissue evaluation

Range of motion evaluation

Skeletal structure evaluation

Oral airway evaluation

Muscle, tendon, ligament palpations

Directed imaging / radiographs

Neurological testing

Volumetric analysis of airway

Patient specific non-surgical treatment plans for:



Healing and rehabilitation for patients with craniofacial pain (TMJ, head, face and neck pain) utilizing:

- ◆ **Orthopedic appliance therapy**
- ◆ **Physical medicine / laser therapy**
- ◆ **Nutritional counseling**



SERVICES FOR CHILDREN

Include but are not limited to:



Comprehensive Evaluation for Primary and Secondary Diagnoses

Hard and soft tissue evaluation
Range of motion evaluation
Skeletal structure evaluation
Oral airway evaluation
Muscle, tendon, ligament palpations
Directed imaging / radiographs
Neurological testing
Volumetric analysis of airway

Patient specific treatment plans for:

Skeletal development for proper function, pain relief and proper breathing (treating pediatric OSA) utilizing:

- ◆ Orthopedic orthodontics
- ◆ Nutritional counseling
- ◆ Physical medicine / laser therapy



TMJ & Sleep Therapy Centre

SCHEDULE AN
APPOINTMENT
TODAY!

FIND A DOCTOR

CONTACT A CENTRE

