

**Vita**  
 HEAD NECK & FACIAL  
 Pain Relief Center

# FOCUS ON DENTAL HEALTHCARE & TMJ

## TMJ Sufferers...

### *Treatment Is More than a Bite Guard*

Louis R. Vita, D.D.S., built on his general dental practice in Clifton to become a leading authority on Temporomandibular Joint (TMJ) disorders. He established the **Vita Head Neck & Facial Pain Relief Center** to focus on TMJ problems and offer effective treatment.

The TMJ is the joint connecting the lower jaw to the upper jaw and head. It can be injured by trauma from sports and accidents, as well as dental problems such as extracted teeth, heredity, and other causes.

Thousands of people suffer from pain associated with TMJ dysfunction. Symptoms range from:

- Severe headaches (particularly "migraine-like") to nagging, throbbing annoyances
- Facial, neck and shoulder muscle aches
- Clogging and ringing from the ears
- Clicking or popping during jaw movements and eating.

To relieve discomfort, patients and their healthcare providers often rely on such treatments as:

- Multiple doses of over-the-counter pain medications
- Stronger prescriptions to control migraine-like headaches and other symptoms
- Sufferers often seek the care of chiropractors, physical therapists and massage therapists
- People purchase over-the-counter bite guards that are not properly fitted

- Practitioners may make bite guards that are not precisely calibrated to each patient's problem.

If dysfunctions are not properly diagnosed and treatments are not specifically set for each patient, problems may continue and become worse ... often with levels of pain that interfere with their work and social lives, as well as disturbing their sleep.

"For example, if a bite guard is not precisely designed for the patient, then it is simply placing a piece of plastic between the teeth," Dr. Vita says. "That is not treatment, and in some cases can actually worsen the condition."

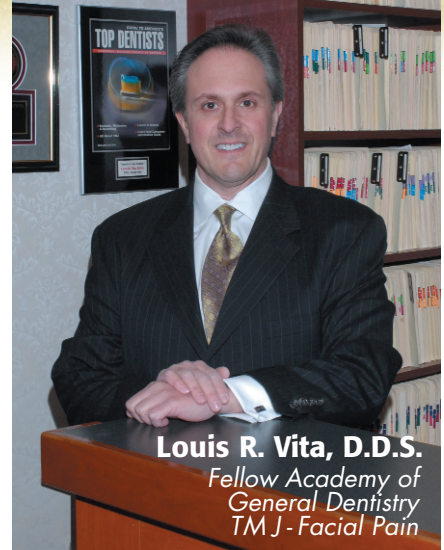
#### **Honing onto the Problem**

Because TMJ problems were not fully understood, sufferers were often told that their treatments were all that could be done and whatever relief they received was the best that they could feel.

The Vita Pain Center team focuses on proper diagnosis. Simply being told one has "TMJ" is inappropriate.

"There are many situations which may appear to be TMJ-related," Dr. Vita notes. "It is only through modern technologies such as MRIs that we have been able to diagnose more accurately."

After rooting out the most precise causes for TMJ problems, then



**Louis R. Vita, D.D.S.**

*Fellow Academy of  
 General Dentistry  
 TMJ - Facial Pain*

Dr. Vita and his colleagues develop corrective measures to relieve or end the discomfort. Treatments vary among individuals and are custom to each patient's specific problem.

Once corrective actions are taken, it is common for patients to declare that "they thought they would never feel this well again!"

Dr. Vita often presents his work to dentists, physicians, chiropractors and radiologists along the eastern seaboard so they can recognize TMJ issues when their patients seek treatment. Patients are referred to Dr. Vita by dentists, physicians and other healthcare professionals from as far away as Niagara Falls, N.Y.

"Our goal is to be a resource to practitioners in finding ways to treat their patients' pain associated with TMJ problems," Dr. Vita notes. "We encourage practitioners and patients to contact us about the situations they are encountering, and then we work with them in providing treatments that are geared to each patient's needs."

For more information or to  
 make an appointment call: **973-777-1933**  
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