

Partners Against TMJ Pain

Dentist teams with MDs



Louis R. Vita, D.D.S.
Fellow Academy
of General Dentistry
TMJ-Facial Pain

Louis R. Vita, D.D.S., built on his dental practice in Clifton to become a leading authority on Temporomandibular Joint (TMJ) disorders.

Dr. Vita established the **Vita Head Neck & Facial Pain Relief Center** to focus on TMJ problems and offer effective

treatment. The TMJ can be injured by trauma from sports and accidents, as well as missing teeth, diseases or heredity. Thousands suffer from pain associated with TMJ dysfunction.

Symptoms range from:

- Severe migraine-like headaches to throbbing annoyances
- Facial, neck and shoulder muscle aches
- Clogging and ringing from the ears
- Popping during jaw movements and eating.

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

- Customized bite guards to protect the inflamed and injured joints and muscles
- Medications to control symptoms
- Sufferers often seek the care of chiropractors, physical therapists and massage therapists
- Supportive care from physical therapists and other healthcare providers.

At the Vita Head Neck & Facial Pain Relief Center we also provide a very specialized treatment to correct cervical dysfunctions through Atlas Orthogonal Therapy.

If dysfunctions are not diagnosed properly and treatments are not specific to each patient, problems may continue and worsen . . . often with levels of pain that interfere with patients' work and social lives.

"If a bite guard is not designed precisely 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 worsen the condition."

Focusing on 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 Relief Center** team focuses on proper diagnosis. Simply being told one has "TMJ" is inappropriate. "There are situations which appear to be TMJ-related," Dr. Vita notes. "It is only through modern technologies such as MRIs that we are able to diagnose accurately."

After rooting out the causes for TMJ problems, Dr. Vita and his team then develop measures to relieve or end the discomfort. Treatments are customized to each patient's problem. Once corrective actions are taken, it is common for patients to declare

that "I thought that I would never feel this well again!"

Dr. Vita often presents his work to physicians, dentists, and other healthcare providers so they can recognize TMJ issues when their patients seek help. Patients are referred from as far away as Niagara Falls, N.Y.

His work is held in high esteem by specialists in other healthcare fields with whom he works to relieve the pain

and suffering of TMJ patients. For example: "Dr. Vita is very knowledgeable in a field that is extremely difficult to master."

Another noted: "I appreciate Dr. Vita's attention to diagnostic details and his ability to obtain a differential diagnosis for our patients. It is remarkable that my patients have had complete elimination of all pain and TMJ symptoms. I'm very grateful to have Dr. Vita as my go to specialist when the need arises."

Dr. Vita himself emphasizes: "Our goal is to be a resource for practitioners to treat patients' TMJ problems. We encourage physicians to contact us about the situations they encounter. Then we work **together** in providing treatments geared to each patient's needs."



Vita
HEAD NECK & FACIAL
Pain Relief Center

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