

The diagnosis and correct treatment for CMD is not always simple and requires interdisciplinary expert knowledge. Often, patients already experienced unsuccessful therapy attempts, even with splints and biteguards.



PATIENT INFORMATION

Seeing a dentist when having a headache and back pain?

We can offer help, if you are suffering from the following symptoms:

- tension headache
- neck tension
- back pain
- ear ringing, tinnitus
- vertigo
- jaw joint cracking
- impaired mouth opening
- pain in ear/jaw joint



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Yes, because a wrong bite might be the cause!



The bite has to be correct!

Dear patient,

many adults suffer from **different kinds of pain symptoms** in the maxillo-facial region, but also from headache or pain that exceeds the area of the head. Sometimes, they would not expect its origin to be related to the masticatory system, such as neck tension, back- and shoulder pain, as well as hip problems.

Not many affected people decide to consult a **dentist** with this matter.

The **origin** of many, even chronic pain symptoms, is a malfunction of the interaction between the upper and lower jaw and the masticatory muscles. Tenseness of the masticatory muscles can easily spread to the pelvis via the cervical and lumbar vertebrae. Obvious symptoms are cracking and pain in the temporomandibular joints (= jaw joints), muscular pain or damage of the dental apparatus. The forwarding of the pain signals to the nervous system can consequently lead to neurophysiological reactions and thus to chronic pain.

These masticatory malfunctions – known by medical professionals as CMD (cranio-mandibular-dysfunction) – are triggered, when the occlusal surfaces of the teeth do not perfectly antagonize each other. This might be, for example, due to tooth malpositions, tooth extractions, inadequate prosthetic restorations, orthodontic appliances or injuries.

SELF TEST

Please check, if you are in need of a CMD – examination:

- Grinding or clenching of teeth
- Hypersensitivity of single or multiple teeth
- Impaired mouth opening
- Painful masticatory muscles
- Pain when chewing
- Pain in jaw joint region
- Cracking and/or grinding noises
- Neck and shoulder pain
- Back pain
- Pain in neck vertebrae
- Ringing in the ears/tinnitus
- Stress
- Depression
- Tension headache in temporal region

The more questions you answered with “yes”, the more probable it is that you are suffering from a jaw malfunction caused by the teeth (CMD).

In case you are unsure, if a CMD-examination is needed for you, feel free to contact us for a preliminary consultation.

What we offer:

Brief CMD - check

Quick check and consultation, including information about the extent and costs of possible treatment measures.

Extensive CMD - examination

Independent examination with diagnosis and planning of suitable further treatment.

Bite analysis

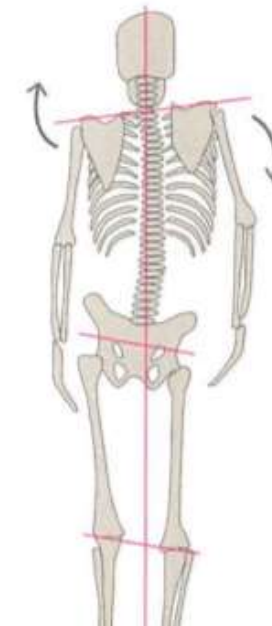
Screening of your bite with the help of your own jaw models and statics.

Splinting therapy/biteguard

Integration of a biteguard that corrects the bite, brings it into equilibrium and thus leads to tension - and pain relief.

Final prosthetic restoration

After successful correction of function.



Co-treatment with cooperative medical professionals

We explain to you, which accompanying therapy measures are necessary for a successful outcome.

Diagnostic and medical report for your referring dentist

You will receive detailed reports about your examination and treatment plan.

False posture and chronic pain can be caused by jaw malposition.