

LIVES CHANGED
BY COVID

TOP
DENTISTS

RETRO-INDUSTRIAL
HOME DESIGN

WINTER
STARGAZING SPOTS

Arlington

November/December 2020 \$3.95

Race and Rebuilding

Facing the hard truths
about Arlington's
Black/White divide

Activist **WHY TNI KERNODLE**
at the segregation wall that
once separated Black and White
neighborhoods in Arlington

ARLINGTON ■ FALLS CHURCH ■ MCLEAN



Sleep & TMJ Therapy

JEFFREY L. BROWN, DDS, MBA

Dr. Brown is a graduate of Georgetown Dental School and an international speaker for TMD. He is a Fellow of the American Academy of Craniofacial Pain and holds memberships with many academies. His extensive knowledge in the combined fields of TMJ, sleep and orthodontics gives him a unique perspective.

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Q: What makes you different from other dentists?

A: Unlike other practices, we focus solely on treating craniofacial disorders and sleep-related issues. Limiting my practice to these areas of care has allowed me to concentrate on what I do best. Every day we see patients of all ages who are searching for help with developmental growth, airway improvement, relief for the symptoms associated with TMJ/TMD and movement disorders. I truly enjoy seeing our patients get their lives back. Once in treatment they can resume normal activities like work and sports—and they sleep much better. That is what it's all about! To help identify problems early on, we offer complimentary consultations for patients 18 and younger.

Q: What is TMD and how do you treat it?

A: Temporomandibular Joint Dysfunction is an internal imbalance of the jaw joints which causes symptoms throughout the

body. Symptoms include popping and clicking, limited mouth opening, ringing in the ears, headaches, pain or tenderness in the upper body, and much more. One way we treat TMD is with the use of a bite splint to take pressure off the joints. Another appliance we use is the ALF which is used to 'align and level' the bones in the skull. Achieving balance and symmetry internally helps the patient feel much better.

Q: How do you help with sleep issues?

A: We provide small, customized dental appliances to promote healthier breathing habits by opening the airway. Having this support while sleeping reduces the symptoms of snoring, frequent pauses in breathing, feeling of tiredness, irritability and waking up with headaches.