



YOUR HEALTH

View Latest Editions



Loudoun - West Fairfax
September 2019
FREE - Take One

Also Read About:

- Stroke Recovery
- Vision & Eye Care
- Acupuncture
- Healthy Relationships
- Acid Reflux & Heartburn
- Managing Medications
- Skin Care Solutions
- Cosmetic Procedures

Don't Miss Next Month's Edition

Cancer Awareness

Featuring Cancer Care Professionals
and Primary Care Professionals

PLUS... EVERYONE LOVES TECHNOLOGY

Health Technology Focus

Directory of
Health Professionals page 41

FEATURING DENTAL HEALTH PROFESSIONALS



Ann N. Hebda, DDS
Cosmetic & Family Dentistry



Jeffrey L. Brown, DDS
TMD & Orthodontics



Zahra Kavianpour, DDS
Cosmetic & Family Dentistry



Nikta Marvdashti, DMD, CAGS
Cosmetic & Family Dentistry

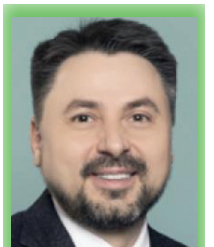
Pages 25-27



Plus, Spotlight On Nutrition, Exercise & Weight Control



Kristina Pestana, MS, CNS
Nutrition, Diet & Int. Health



Nicholas M. Szary, MD, MS
Gastroenterology

Page 28

What Can a TMJ Doctor Do For Me?



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

joints and calm down a patient who has these “tics” as they are called. This is also the same concept with Parkinson’s uncontrollable shaking is sometimes due to those slipped discs pinching the nerves around the joint.

Did you know that a TMJ doctor can help you reduce concussions and help with sports performance? It’s true. A well-constructed and well-fitted device will protect and support the jaw joints so that if you took a hit to the head, the risk of a concus-

sion is greatly reduced. There are a number of mixed martial artists using this new technique very effectively already. They are much more able to handle a direct hit and the device gives them better neurological stability which means better strength all around. It’s a great device that can protect athletes and help them perform better, too.

The TMJ doctor can also help with sleep disorders, as well. The way this works is that a TMJ appli-

ance will help the muscles of the head and neck to relax and this effectively helps the airway to open more. X-rays of the airway clearly show how before treatment the airway is nearly blocked, and how a year later the airway opens tremendously, which means better nighttime breathing.

Fixing TMJ problems is not a cure all for everything, but it is most certainly something that should be looked at when the head/neck/shoulders are involved.

The area of TMJ (jaw joint) treatment is so little understood that maybe it would be good to explain why there are certain doctors out there who practice in this field. First of all, it would be helpful to understand what TMJ treatment is all about. Here are some of the symptoms that would prompt someone to seek help in this field. If you have chronic headaches, it is very possible, and often likely, that the discs of cartilage that cover the jaw bones are displaced, i.e. “slipped” like a disc in your back can be slipped. As you already likely know, a slipped disc in the lower back can hurt terribly. Well, a slipped disc in your jaw joint can do the same thing.

“Did you know that a TMJ doctor can help you reduce concussions and help with sports performance?”

When the disc in the joint is out of place, this can prevent you from being able to open your mouth all the way. This is a very clear indicator that you might want to talk to someone who has an understanding of this problem. If your jaw joints pop, click, or crunch when you open and close, this is another clear sign that there might be a problem. This is something that should be looked at as well.

A small subset of TMJ disorders is when the discs are tipped “inward” from the jawbone and this can cause a patient to have tremors, tics, spasms, etc. Sometimes this is directly correlated to something called Tourette’s Syndrome oftentimes something as simple as a specialized dental appliance will take the pressure off the

We Are NOT Your Typical Dental Office

We Can Help With:

- **Jaw Pain, Clicking or Popping**
- **Head, Neck and Shoulder Pain**
- **Migraines**
- **Craniofacial Pain**
- **Sleep Apnea**
- **Orthodontics**

Dr. Jeffrey Brown has limited his practice to focus only on TMJ Disorders, Craniofacial Pain Management and Sleep Apnea. By fixing slipped discs in the jaw joints, Dr. Brown can significantly reduce the pain patients experience in the head/neck region and other symptoms associated with jaw joint problems. Sleep & TMJ Therapy may be able to improve the quality of life for you or a loved one – we encourage you to contact us with any questions or concerns.



“Dr. Brown and his staff are absolutely wonderful. I was diagnosed with Dystonia. I could not turn my head and had a ton of pain. My doctors offered no help and no advice besides Meds and Botox. Since having the appliance I have NO pain and I can turn my head. I would highly recommend them to anyone. I feel Dr. Brown and his staff really care about their patients and helping them to get better. They do not just numb the symptoms but fix the problem. Thank you from the bottom of my heart. I feel like the old me again!”
- D. Thomas

“My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children’s hospital. She was on medications for tics and associated muscle pain, OCD/repetitive thoughts, sleeplessness and more (all possibly associated with Tourettes). Drs. Stack and Brown installed spacers to alleviate pressure on nerve bundles in the jaw, and subsequently braces to complete the process. Her symptoms have diminished significantly. She is off medication, her tics have all but disappeared, she can concentrate better in school, and she is once again cheerful and relaxed.”
- Susan



- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
- Graduate of Georgetown School of Dentistry (1986)

Jeffrey L. Brown, DDS



Schedule Your Appointment Today: 703-821-1103

2841 Hartland Rd. Suite 301 • Falls Church, VA 22043 • www.sleepandtmjtherapy.com

www.yourhealthmagazine.net

Loudoun - West Fairfax Edition | 11