

VOYAGE TO AMERICA:
A REFUGEE STORY

WINTER RESORT
GETAWAYS

A HOME MAKEOVER
HOME RUN

January/February 2021 \$3.95

Arlington

BEST OF



MASPAZ 20

ARLINGTON

Iconography by
MasPaz
an editor pick for
"Best Community Art"

ARLINGTON ■ FALLS CHURCH ■ MCLEAN



DARREN HIGGINS

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.

2841 Hartland Road, Suite 301
Falls Church, VA 22043
703-821-1103
office@sleepandtmjtherapy.com
www.sleepandtmjtherapy.com

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 that 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 designed 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 customized dental appliances to promote healthier breathing habits by opening the airway. Our appliances are comfortable, easy to wear and can fit in the palm of your hand. Having this support while sleeping reduces the symptoms of snoring, frequent pauses in breathing, fatigue, irritability and waking up with headaches.