

CELEBRATING **50** ISSUES

# Arlington

January/February 2020 \$3.95

*Winners  
in 64  
Categories!*

# Best *of* Arlington

*Best*  
Consignment  
Shop  
Current  
Boutique

ArlingtonMagazine.com



ARLINGTON ■ FALLS CHURCH ■ MCLEAN





## Jeffrey L. Brown, DDS

FELLOW OF AMERICAN ACADEMY OF CRANIOFACIAL PAIN, SLEEP & TMJ THERAPY

### Why is TMD important and why should people be aware of it?

I wish more people knew about TMD (temporomandibular joint dysfunction). When the jaw joints are not level, it is likely that the shoulders and hips are not level either. This imbalance in the body can often result in a range of symptoms. Every day, I see patients reporting problems such as tinnitus (ringing/ buzzing/hissing in the ears), migraines, headaches, tremors, joint stiffness, back pain, dystonia, sleep problems and much more. They have been to many doctors and no one has been able to find the underlying cause. As a dentist, I evaluate the person as a whole, not just their teeth. I have found that the underlying cause usually has to do with displaced discs in the jaw joints. This is why my new patient interviews are quite extensive and include a thorough evaluation with an MRI of the joints, X-rays and when necessary, a sleep study. It's important to know what is happening both internally and externally so we can successfully find and treat the root of the problem.

### What makes you different from other dentists?

Unlike other practices, we focus solely on treating craniofacial disorders and sleep-related issues. By limiting my practice to these areas of care, I'm able 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 helping them get their lives back. Once in treatment, our patients can resume normal activities such as work and sports and sleep much better. That's what it's all about! To help identify problems early on, we offer complimentary consultation for patients 18 and younger.

*"I truly enjoy helping our patients get their lives back."*