

TMJ

temporomandibular joint

4^x more common in women than men

1 in 8 affected by TMJ

Common

headache

neck pain

pain in jaw

jaw popping



Symptoms

dizziness

swelling

joint locking

muscle spasms

10^m

Americans may have TMJ

90% seeking care are women of child-bearing age

Tips For Relief

- + eat soft food
- + use an ice pack

- + use a nightguard during sleep
- + anti-inflammatory medication