



Arkansas Dental Health & TMJ Therapy Center

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JANET BOOZER

I first recognized I had TMJ disorder about six years ago when I started having headaches and jaw pain. My mother noted as a child I would grind my teeth at night while sleeping. I have had a few teeth extracted due to abscessed molars and I have had several cavities filled. Later, I had the fillings replaced with crowns. As a teenager I had always been self-conscious of my over-bite, I was even embarrassed to smile. Around the age of forty-five, I started grinding my teeth again which caused me to awaken with jaw pain and headaches. Medication would not relieve the symptoms and stress elevated the pain to excruciating.

I expressed my concerns to my family dentist and I was referred to Arkansas Dental Health and TMJ Therapy Center where I was given a positive diagnosis for TMJ disorder. I started treatments immediately by wearing a splint to take

the pressure off the temporomandibular joint muscle. Dr. Beavers applied braces and increased the size of the palate to allow room for my bite to align properly. I wore braces for four years and then I was put into a retainer that I wore day and night for about two years. I gradually processed out of the retainer by alternating between an apparatus I wore at night. This process took about two years. I no longer wear the retainer during the day. I am currently wearing a bionator at night to keep the jaw aligned and allow air to flow properly. I was given instructions on how to sleep properly; the proper body posture, body mechanics and what not to eat and drink that would contribute to the TMJ pain.

The treatment I have received for my TMJ disorder has changed my lifestyle. I feel better, have fewer headaches and have a wonderful smile.