



Arkansas Dental Health & TMJ Therapy Center

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My name is Jolene Caldwell and I live in Wynne, Arkansas. When I was in elementary school my mom and I went to Kansas to visit my grandparents. We shared a bedroom and my mother informed me that I had made this horrible grinding noise all night; she could not sleep because of me grinding my teeth. We laughed it off and did not think anymore about it.

When I was in Junior High, I had a dental evaluation and remember the dentist saying, "Your teeth are straight and you do not need braces." By the time I started to senior high school my teeth were beginning to wear down. I would wake up in the mornings with headaches and facial soreness. The symptoms would go away by mid morning and everyone said not to worry, the headaches and facial soreness were probably due to stress.

At the age of forty, I was diagnosed with high blood pressure. I assumed this was probably the reason for my headaches and facial soreness. Soon after this diagnosis, I met a friend that had been diagnosed with TMJ disorder. She had braces and wore different oral appliances for her TMJ treatment. It was at this time that I began to

notice the big dent in the back of my two front teeth. My teeth were getting shorter and thinner. I asked my friend for the name of the dentist she saw to alleviate her TMJ symptoms.

I made an appointment with her dentist, Dr. Sam Beavers at Arkansas Dental Health and TMJ Therapy Center. I was not surprised to learn that TMJ disorder had been my problem all my life. My bite was off and my bottom teeth were hitting the back of my front teeth and wearing them down. If I had not gotten the treatment I needed, I would have been wearing false teeth in a couple of years. My grandmother lived with her own teeth for ninety-four years and I wanted to do the same!

My first reply, when I was told I would have to wear braces as part of my treatment was, "I cannot turn fifty and have braces!" "Well," I was told, "would you rather have dentures at fifty?" I started my treatment plan with braces and an oral appliance. After two years, my problems have been solved. I no longer wake up with headaches and facial soreness. My bite has been corrected and I am not wearing my teeth down. Thank you Dr. Beavers for your excellent care!