



## Arkansas Dental Health & TMJ Therapy Center

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### TMJ, CHRONIC FATIGUE, AND FIBROMYALGIA

The National Institute of Health has recently approved research to evaluate similar symptoms of TMJ. Two co-symptoms are chronic fatigue and fibromyalgia. Most TMJ patients have long histories of discomfort and/or pain. It is not uncommon to hear, "All I want to do when I get home is go to bed, I feel so tired." If you learn to continually live with discomfort and pain, you will feel tired and defeated. The "real cause" of the problem is not being addressed.

TMJ problems can be very tiring and will wear you down to the point of seeking medications that mask your symptoms. This may tax your relationships with others. If you feel bad, don't worry, others will notice. If you continually put off therapy, you may see other symptoms associated with TMJ. Chronic fatigue and fibromyalgia are only a few.

If you would like to learn more about TMJ, go to [www.tmjarkansas.com](http://www.tmjarkansas.com) or you may contact our offices. Don't put off treatment, it won't get any better by itself.