



Arkansas Dental Health & TMJ Therapy Center

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MICHELE GEORGE

"TMJ Therapy has made a major difference in my life; the problems I once faced are gone."

My name is Michele George and I was diagnosed with TMJ disorder at the age of twelve. I had bad headaches that brought me to tears and my jaw ached most of the time. I went to my dentist and was told to stay off caffeine, gum and chewy or hard foods. I was also told not to open my mouth too wide. I followed the instructions but still had pain so I went to see another physician. He gave me exercises to do with my jaw, neck and shoulders. The exercises were to relax my muscles; he also suggested I use moist heat. I also went to a chiropractor that adjusted my neck and back and told me to start sleeping on a cervical pillow. The treatment helped some but I continued to live with the pain for several more years.

In my early twenties I went to Illinois to work for a ministry that had a dentist from Texas who volunteered his time helping students and employees. I had a wisdom tooth removed and was given removable braces.

Since I was living in Arkansas he referred me to a group of dentists who did TMJ treatment in the North Little Rock area. This facility fitted me with a different type of orthotic and I wore braces for two years. The treatment helped but did not solve my problem.

I started treatment at Arkansas Dental Health and TMJ Therapy Center and was put into an oral appliance I had not worn before. Braces were applied which I wore for two years. I was also instructed to stop sleeping on my side and begin sleeping on my back. I have seen a major difference in my life; the problems I once faced are gone. My jaw still pops occasionally but I do not have the headaches or jaw pain anymore. I am now able to do things I never thought I would do again; I am able to chew gum and eat some chewy foods. One of the best results is the great smile I can be proud to wear and share. Thank you Dr. Beavers!