

allenton\*dental

all smiles

# Don't suffer in silence

Treatment begins with  
effective diagnosis



# Treatment begins with diagnosis

Nearly a quarter of the population suffer from some form of problem with the way the jaw joint, facial muscles and teeth operate.

**Unfortunately many of these sufferers are misdiagnosed, with everything from migraines and tension headaches to neuritis, neuralgia or even psychosomatic illness.** As the true cause goes unrecognized, patients may be led to prolonged drug therapy, or labeled as hypochondriacs or dismissed as incurable.

## Muscles, teeth and joints

Joint problems can lead to painful muscles and broken teeth. Ill fitting teeth can lead to face and neck pain and sore joints. Unhealthy muscles can cause stress, pain and sensitive or broken teeth.

Knowing which is the primary cause of the problem is critical to effective treatment.

## Road traffic accidents

One of the biggest causes of facial pain and jaw joint problems is rear-end collisions. 300,000 people per year suffer a whiplash injury as a result of a traffic accident. Most people do not realize 1 in 3 will also have suffered a whiplash of their jaw joint (TMJ).

## Migraines and headaches

If your doctor has not been able to fully establish the cause of your pain, and has not tested scientifically for TMD, you would benefit from a **BioPAK** Test.

To make a booking, please call  
**01332 700 244**

## Dentistry

As your teeth wear and need restoring, your dentist is presented with a complex situation. Simply restoring the single broken tooth does not fix an underlying problem. In many cases, old restorations that were not adjusted correctly, lead to further breakdown and even pain symptoms.

If you are considering major dental work such as cosmetic dentistry, implants or restoring two or three teeth at a time, you should first establish the health of your jaw joints and muscles, and the balance of your bite.

## We're a BioPAK Centre

**BioPAK Centres provide a comprehensive diagnostic solution, for every circumstance.**

**If you have been involved in an accident but have no symptoms, or have clicking joints, or are about to undergo cosmetic or implant dentistry, Quick Scan will determine the condition of your joint. This scan is very accurate and takes approximately 15 minutes.**

If you have been involved in an accident and you do have pain or broken teeth, or you have been suffering from back, neck and face pain, we recommend a full **BioPAK** Scan. During a 60 minute appointment you undergo a series of painless non-invasive tests. These involve moving your jaw and biting down while wearing sensors. The sensors measure the movement of your jaw, the vibrations from your joint, the activity in your muscles and the force exerted by your teeth.

Once the data is collected and you have been examined you will be provided with a detailed medical report and an explanation of the findings.

For more information, please visit [allentondental.co.uk](http://allentondental.co.uk)



# Common symptoms include:

- Clicking and popping jaw joint
- Chronic headaches
- Dizziness
- Ringing ears
- Shoulder/back pain
- Ear congestion
- Limited jaw opening or locking jaw
- Facial pain
- Jaw pain
- Clenching/grinding teeth



# Conservative treatment

The jaw is one end of the postural (skeletal) chain. Abnormalities in the functioning of the jaw can be transmitted down the body.

**Often chiropractors and osteopaths are repeatedly working on conditions that return after a few weeks. Many of these conditions originate with the jaw.** Once an accurate diagnosis has been established, effective treatment can begin. Conservative treatments, rather than surgery or drugs, are often more successful for long term pain relief. This results in teeth, muscles and joints all working together in harmony.

Often the use of a custom-made orthodontic splint, worn over the teeth is the first step to establishing a stable, pain-free, jaw position. Damaged joints can heal and muscles can recover. Wearing a splint at night time can reduce migraine symptoms.

Chiropractors, physiotherapists and osteopaths are now able to work on lower body conditions without the jaw problem continuously interfering with this treatment.

Once a healthy and stable situation has been achieved, your dentist is able to adjust your bite, reducing the need for the temporary splint. They will use the same sophisticated instruments used during the **BioPAK** Centre Tests to guide them.



For more information, please visit  
**allentondental.co.uk**

To make a booking, please call  
**01332 700 244**

**allenton<sup>\*</sup>dental**

39 Chellaston Road, Allenton. Derby. DE24 9AD  
Call 01332 700 244 · Visit [allentondental.co.uk](http://allentondental.co.uk)