

## TMJ Patient Questionnaire

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

Do you have or are you being treated for:

High blood pressure?

Yes  No

Sleep Apnea?

Yes  No

Anxiety?

Yes  No

Insomnia?

Yes  No

Have you ever worn a splint or nightguard?

Yes  No

Are you taking or have you taken any medication for these symptoms?

Yes  No

If yes, describe: \_\_\_\_\_

\_\_\_\_\_

Have you ever seen a dentist or a TMJ specialist for treatment of any of the above symptoms?

Yes  No

Would you like relief from these symptoms.

Yes  No

Would you like to make an appointment for a consultation?

Yes  No

*If yes, please take this form to the receptionist and we will be happy to assist you in setting up your initial consultation.*

*Continued on Reverse*



Julia Kagan, DDS,  
Certified Acupuncturist



Dr. Kagan uses integrative medicine and interdisciplinary treatment to manage TMJ DISORDERS, HEADACHES, MIGRAINES, NECK AND SHOULDER PAIN, EAR PAIN, TINNITUS, SNORING, AND SLEEP APNEA. Eastern and Western medical practices go hand in hand to help you regain your ease and vitality. ORAL APPLIANCE THERAPY optimizes airway, improves sleep, aligns skeletal structures and protects teeth. ACUPUNCTURE relieves pain, reduces stress, and improves digestion & breathing. Further possibilities for interdisciplinary treatment such as Physical Therapy or Functional Medicine may also be introduced. Dr. Kagan optimizes your body's innate healing ability in a way that works for you.

#### Education

Doctor of Dental Surgery (DDS) from SUNY at Buffalo School of Dental Medicine, 2004  
Acupuncture Certification from Tristate College of Acupuncture, 2014



In our on-going efforts to better serve our patients, Stellar Dental Care is pleased to offer the management of TMJ Disorder.

#### Four Convenient Offices To Serve You:

**4154 McKinley Pkwy.**

*Near McKinley Mall*

716.649.2288

**7500 Transit Road**

*Near Eastern Hills Mall*

716.632.5555

**2929 Sheridan Dr.**

*Near Boulevard Mall*

716.831.8844

**3557 Union Road**

*Near Galleria Mall*

716.651.0099

**Our New Office Coming Soon!**

**1165 French Road**

*Cheektowaga, Corner of Borden Road*

716.274.7777

[stellardentalcare.com](http://stellardentalcare.com)

# Jaw or Neck Pain, Headaches and TMJ Disorder



# There is Help for Your Pain

Your headaches, neck and back pain, jaw pain, ear pain, ringing in the ears, anxiety, insomnia, and low energy levels may stem from jaw and/or airway issues. There are holistic, non-drug treatments that work.

## Oral Appliances

An oral appliance is the first line of defense against a jaw imbalance and a narrowed airway. It may be all you need to regain normal function and restored well being.

In addition to the oral appliance therapy, physical therapy helps realign associated structures which have lost mobility. Nutritional counseling with a Functional Medicine doctor can further assess systemic concerns as you begin to unravel your condition. Postural training and adequate exercise or conditioning can develop core muscles that give you support to stay comfortable throughout your day.

## Acupuncture

Acupuncture allows your body the rest and relaxation it needs to initiate its natural healing capabilities. A brief amount of meditation can relax the nervous system to allow for calm and gentle breathing.

## Natural Remedies

Natural remedies also help. A small amount of olive oil applied inside the nose before bedtime decrease airflow resistance allowing more oxygen to reach tissue cells. Magnesium is recommended for tense muscles, digestion and insomnia.

Which modalities are right for you? That all depends on your specific symptoms and what you and your health care practitioner decide are best suited for you on your journey to health and well-being.

There are alternatives to medication for your chronic pain. Minor physical adjustments and increased body awareness make major shifts in your daily experience of comfort and overall function.

Feeling better on a daily basis is possible. Optimizing your natural vitality and releasing old holding patterns reduces pain, stress, discomfort and improves posture. You can feel better.

## Oral Appliance Therapy

A technique which mechanically opens a narrowed airway space to return the mandible to its most ideal resting position. When the joint space is decompressed and stabilized the soft tissue is protected and given the time and space needed to heal.

## Acupuncture & TMJ Disorder

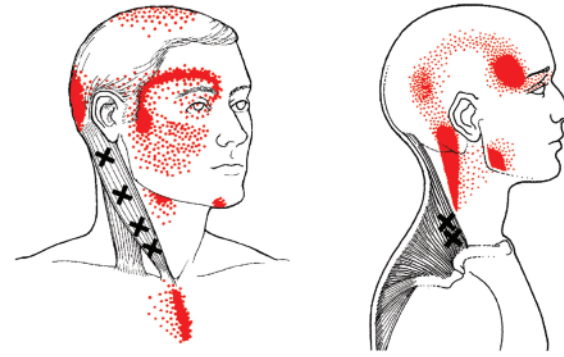
Individuals with TMJ disorder commonly have painful trigger points in of the head and neck muscles. The trigger points have referral patterns to other local muscles creating muscle tension, pain, and headaches along their trajectories.

Acupuncture can be helpful in treating this component of the TMJ imbalance as well as other symptoms you may be experiencing, because it works on many levels simultaneously:

1. *Regulates the sympathetic and parasympathetic nervous system*
2. *Balances organ function*
3. *Relieves muscle tension*

## Acupuncture Physical Medicine (APM)

A technique which releases unfavorable muscular holding patterns and retrains the body to function in alignment with optimal breathing patterns. It regulates the nervous system to reduce stress and enhance rest and digestion.



*Painful trigger point referral patterns are common in people suffering with TMJ disorders. These diagram represent local areas of muscle tension and pain pathways.*



*Your best course of action begins with a good education. Learn about your choices with a consultation at Stellar Dental Care.*

## TMJ Patient Questionnaire

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

*Answer all that apply*

Frequent or regular headaches?

Yes  No

Upon awakening?

Yes  No

Late afternoon?

Yes  No

Sore or tender jaw muscles?

Yes  No

Sore or tender joints when you eat or chew?

Yes  No

Injury to you jaw or face?

Yes  No

If so, describe: \_\_\_\_\_

\_\_\_\_\_

Do your joints click or pop?

Yes  No

Do your joints lock when you try to open or close?

Yes  No

Sensitive, sore, aching, or uncomfortable teeth?

Yes  No

Ear pain, ringing or stuffiness?

Yes  No

Neck or shoulder pain?

Yes  No

Has anyone observed you stop breathing or gasping?

Yes  No

Do you snore?

Yes  No

Are you often tired, fatigued or sleepy during the day?

Yes  No

*Continued on Reverse*



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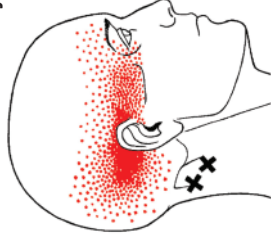
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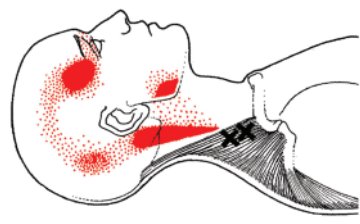
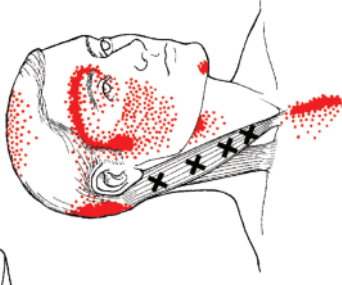
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