



# TMJD

## What is it?

**Temporal Mandibular Joint Dysfunction** (or TMJD), is the poor co-ordination or quality of movement in the left and right jaw joints. These joints are connected by how the teeth of the upper and lower jaws fit together.

The head, neck and mouth are home to a myriad of nerves, muscles, tendons, and ligaments which affect not only your teeth, but your overall health and well-being.



## Central Ohio TMJD and Dental Sleep Therapy Center

Progressive treatment for TMJD and Sleep Apnea

## Symptoms

### Do you have one or more of these symptoms?

- Limited opening of the jaw
- Inability to open the jaw evenly
- Locking of the jaw, opened or closed
- Chronic headaches
- Migraines
- Grinding teeth at night
- Buzzing, ringing, or roaring sounds
- Feeling of ear fullness
- Broken teeth

Note: these are only some of the more common symptoms. It is important to receive a thorough examination and diagnosis from a qualified healthcare professional.

- ◆ Headaches or migraines
- ◆ Neck and face pain
- ◆ Clenching and grinding of teeth
- ◆ Broken teeth
- ◆ Ringing or fullness in the ears
- ◆ Clicking or popping of the Jaw

## Treatment

**Conservative treatment is non-painful, pleasant with no drugs or needles.**

Utilizes systems and methods perfected in sports and advanced medicine.

Helps to reverse the unbalanced bite that leads to painful dysfunction of the TMJ and dental foundation.

## Dental Solutions for: Sleep Apnea TMJD

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Diplomate, American Board of Dental Sleep Medicine

# Sleep Apnea

## What is it?

**Obstructive Sleep Apnea (OSA)** occurs when the muscles and tissues surrounding the throat relax, causing the airway to completely collapse, and block airflow into the lungs. This blockage cuts off the oxygen supply to the body and brain. The airway obstruction persists until the brain partially awakens the person.

This repeating cycle of falling asleep, muscles relaxing, airway collapsing, and unconsciously awakening with a gasp is the reason there is never a restful night of sleep. The lack of oxygen puts extra stress on the entire body, especially the heart. Sleep apnea is a serious chronic disease that may trigger other serious health problems.

## Symptoms

- ♦ Snoring
- ♦ Daytime fatigue and sleepiness
- ♦ Insomnia
- ♦ Poor concentration and attention
- ♦ Memory problems
- ♦ Anxiety
- ♦ Irritability
- ♦ Headaches
- ♦ Difficulty performing work duties

## Treatment



### Treatment Options:

**CPAP** (pictured left)

**Oral Appliances**

**Surgery**

### How Oral Appliances Work:

- ♦ Reposition the jaw, tongue, soft palate
- ♦ Stabilize the lower jaw and tongue
- ♦ Increase the muscle tone of the tongue



### Advantages of Oral Appliance Therapy:

- ♦ Comfortable and easy to wear. Most people find it only takes a couple of weeks to become acclimated to wearing an oral appliance.
- ♦ Oral appliances are small and convenient, making them easy to carry when traveling.
- ♦ Treatment with oral appliances is reversible and non-invasive.



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### Dr. Bezbatchenko's credentials:

- Diplomate, American Board of Dental Sleep Medicine
- Founder of Central Ohio TMJD and Dental Sleep Therapy, LLC 2012
- Member of American Dental Association, Ohio Dental Association, Columbus Dental Society, Academy of General Dentistry, and the American Academy of Dental Sleep Medicine
- 1976 graduate, cum laude, Ohio State University College of Dentistry
- Past Clinical Instructor of Restorative Dentistry at Ohio State University
- Private Practice since 1979 in Westerville

### Contact Us:

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