

01.

INITIAL DIAGNOSIS

WHERE PATIENTS ARE DIAGNOSED WITH TMJ DISORDERS

- INITIAL SYMPTOMS AND MISDIAGNOSES
- REFERRALS TO SPECIALISTS
- CONSERVATIVE TREATMENTS (MEDICINE, SPLINT, P/T)



02.

1ST SURGERY (ARTHROCENTESIS/ ARTHROSCOPY)

THE FIRST SURGICAL INTERVENTION, OFTEN MINIMALLY INVASIVE

- PROCEDURE: (JOINT FLUSHING, MINOR REPAIRS)
- INITIAL POST-SURGERY RELIEF FOLLOW-UP AND PHYSICAL THERAPY



03.

TEMPORARY RELIEF AND RECURRENCE

- PERIOD OF RELIEF FOLLOWED BY THE RETURN OF SYMPTOMS.
- INITIAL IMPROVEMENT IN SYMPTOMS.
- GRADUAL RETURN OF PAIN AND DYSFUNCTION.
- INCREASED FRUSTRATION AND SEEKING FURTHER TREATMENT.



04.

2ND SURGERY (OPEN-JOINT SURGERY)

MORE INVASIVE SURGICAL INTERVENTION.

- MORE EXTENSIVE PROCEDURES (JOINT REPAIR OR REPLACEMENT).
- LONGER RECOVERY PERIOD.
- HIGHER RISK OF COMPLICATIONS.



05.

ONGOING ISSUES AND COMPLICATIONS AFTER SURGERY

- CHRONIC PAIN AND INFLAMMATION
- COMPLICATIONS (NERVE DAMAGE, INFECTION)
- CONTINUED NEED FOR PAIN MANAGEMENT



06.

EXPLORE ALTERNATIVE TREATMENTS

- EXPLORE HOLISTIC AND ALTERNATIVE THERAPIES INCLUDING HERBAL REMEDIES, ACCUPUNCTURE
- TEMPORARY RELIEF BUT NO LONG-TERM SOLUTION
- RETURN TO MEDICAL PROFESSIONALS FOR MORE ADVICE



07.

CYCLE OF REPEAT SURGERIES

THE CYCLE REPEATS WITH MORE SURGERIES

- PATIENTS OFTEN UNDERGO MULTIPLE SURGERIES
- EMOTIONAL AND FINANCIAL TOLL
- FEELING OF BEING STUCK IN A NEVER-ENDING CYCLE



08.

BREAKING THE CYCLE

THE NEED FOR COMPREHENSIVE, MULTIDISCIPLINARY APPROACHES TO TMJ TREATMENT

- IMPORTANCE OF EARLY ACCURATE DIAGNOSIS
- COMBINING MEDICAL, DENTAL, AND ALTERNATIVE TREATMENTS
- ADVOCATING FOR BETTER PATIENT EDUCATION AND SUPPORT



ADVOCATE FOR CHANGE

ENCOURAGE PATIENTS, HEALTHCARE PROVIDERS, AND POLICYMAKERS TO WORK TOWARDS MORE EFFECTIVE AND INTEGRATED TMJ CARE.

OHMYJAW.ORG

SUPPORT TMJ RESEARCH AND FUNDING.

EDUCATE HEALTHCARE PROVIDERS ABOUT TMJ COMPLEXITIES.

PROMOTE PATIENT ADVOCACY AND AWARENESS CAMPAIGNS