

ENGLISH FOR DENTISTS IN PRACTICE

PART ELEVEN: TMJD- answers

VOCABULARY PRACTICE

Complete the sentences with words formed from words in brackets.

1. The temporomandibular joint (TMJ) is a triangle like structure ___located_____ (LOCATION) in front of the ear on either side of the head.
2. When one suffers from TMJD he/she may experience some popping ___sensation_____ (SENSE) in the joint.
3. Another symptom of this disorder is ___discomfort_____ (COMFORT) while chewing.
4. TMJ disorder may occur from ___lost_____ (LOOSE) teeth that have led to damage of the jawbone.
5. In some cases, TMJD may be triggered by ___weakness_____ (WEAK) in different muscle groups.
6. Slumping can lead to ___imbalance_____ (BALANCE) that puts stress on the muscles of back, shoulders, neck, face, and jaw and in consequence TMJD may develop.
7. ___management_____ (MANAGE) of TMJD can be achieved through a surgical or non surgical approach, depending of course on the results of the diagnostic images and tests.
8. Over-the-counter pain relievers can ___minimise_____ (MINIMUM) the experience of pain and reduce inflammation.
9. An ice pack or cold compress applied to the ___affected_____ (EFFECT) area for 10 to 15 minutes will reduce swelling and inflammation
10. Moist heat applied to the area between 10 to 15 minutes can also improve ___circulation_____ (CIRCLE) to the area and reduce pain.

Read the text about TMJD treatment. Complete it with the words from a table.

relax	byproducts	inserted	massaging
alignment	relieve	correct	swelling

Treatment of TMJD varies, depending on what is causing the symptoms. Treatment may include:

- Arthrocentesis, a procedure that flushes debris and the 1) ___byproducts_____ of inflammation out of the joint
- Correcting poor habits such as grinding the teeth or chewing gum. Sometimes a device (a night guard) 2) ___inserted_____ in the mouth can help control grinding of the teeth.
- Corrective dental treatment.
- Drugs to relieve pain and reduce 3) ___swelling_____ and inflammation.
- Splints that reposition the jaw, ligaments and muscles into better 4) ___alignment_____
- Surgery to 5) ___correct_____ abnormalities of the jaw
- Stress management such as meditation, deep breathing and progressive muscle relaxation

- may be used to help 6) ___relax_____ the jaw muscles and prevent teeth clenching or grinding.
- Stretching or 7) ___massaging_____ the jaw muscles.
- Applying heat or cold to the muscles to 8) ___relieve_____ the inflammation and pain.

Rearrange the letters to form words describing different symptoms of TMJD

1. O N G I P P- ___popping_____ -
2. A G C R K C L I N- ___crackling_____
3. I C C L I K N G- ___clicking_____
4. L E N N C C H I G- ___clenching_____
5. N D I G R I N G- ___grinding_____
6. F S T I F N E S S- ___stiffness_____
7. S S T E E N R D N E- ___tenderness_____
8. G T R I A N G- ___grating_____
9. W E S L L I N G- ___swelling_____
10. F A T G I E U D J W A- ___fatigued jaw_____ (two words)

TMJD is sometimes treated with surgery. Read the descriptions of 3 different surgical procedures and then match them with a proper term.

A. Open- joint surgery B. Arthroscopy C. Arthrocentesis

___C___. This procedure is the least invasive of any procedure. It involves injecting steroids into the joint to reduce inflammation.

___B___. This procedure is guided by a very small camera inserted through a small incision in front of the ear. The camera allows the doctor to examine the temporomandibular joint and establish a cause of the TMJ condition, such as tissue inflammation or a misaligned disc or joint. Then the doctor can correct the problem by removing inflamed tissue or adjusting alignment of the joint.

___A___. If arthroscopic surgery is not available for any number of reasons, the TMJ region may need to be opened to allow a surgeon full view and access to the temporomandibular joint for diagnosis and correction.