



**Rochester  
Regional  
Chamber  
of Commerce**

## ROCHESTER AREA PRAYER BREAKFAST

The Rochester Area Prayer Breakfast will be held on Thursday, May 3, 2018 at the Oakland University O'rena. The Prayer Breakfast is held in

recognition of the National Day of Prayer, bringing together people of different backgrounds and affiliations for the betterment of the community, the state, and the nation. This

years' theme is Unity based upon Ephesians 4:3 which challenges us to mobilize unified public prayer for America, "Making every effort to keep the unity of the Spirit through the bond of peace."

This year, the speaker is Bob Goff founder and Chief Executive Officer of Love Does, a non-profit fighting injustices committed against children in Uganda and India. With a passion and vision for finding audacious ways to restore justice to children and the poorest of the poor, Love Does' mission is to make a difference on behalf of those who do not otherwise have a voice. The U.S. Department of State recognizes

Goff as a diplomat and he is known as an Honorary Consul for the Republic of Uganda due to his work with Restore International. Goff is the author of best selling book

Love Does. His newest book, Everybody Always: Becoming Love in a World full of Setbacks and Difficult People, was released April 17. "People come to hear Bob's magnetic

hopeful unbelievable stories and leave with dozens of friends that feel as close as family," said Jason Russell, Founder of Broomstick

Engine. To join us for this event visit [rochesterareaprayerbreakfast.com](http://rochesterareaprayerbreakfast.com) or contact the Rochester Regional Chamber of Commerce at 248-651-6700.

*The Mission of the Rochester Regional Chamber of Commerce is to provide leadership by advancing business and community development in partnership with civic, cultural and educational interests for the benefit of its members and the community.*



Bob Goff founder and Chief Executive Officer of Love Does

### UPCOMING EVENTS:

**5/9: Young Professionals . . . . . 9:00am**  
Rochester Hills Museum - 1005 Van Hoosen Rd

**5/11: Modern Marketing Strategies . . . . . 8:30am**  
Jenoptik - 1500 W. Hamlin Rd.

**5/16: WineDown Wednesday . . . . . 9:00am**  
D'Marcos Italian Restaurant - 401 S. Main Street



New to the area? Stop at the Chamber office to pick up your welcome bag!

**Our Address:**  
71 Walnut, Suite 110  
Rochester, MI 48307

**FREE WELCOME BAG**

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Email: [info@rrc-mi.com](mailto:info@rrc-mi.com)

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# I have no jaw pain or TMJ popping, so how can I have a TMJ disorder?

Most patients, and even many doctors, are not aware of how a misaligned or unstable bite can adversely affect the head and neck. The muscular tension from a poor jaw posture can cause many symptoms including headaches, migraines, neck pain, and even many ear symptoms like tinnitus or vertigo. Unfortunately, these people who are suffering often never identify the root cause of these symptoms because of the lack of understanding of this connection in the medical and dental fields. It is widely misunderstood what symptoms fall under a temporomandibular joint disorder. Because the word "joint" is involved in this heading, most patients, physicians, and even dentists believe that clicking, popping, or pain in the temporomandibular joint (TMJ) needs to be present if a person is considered a "TMJ" patient. This can be true of many patients, but does not to be the case for a patient to have a TMJ disorder. They seek help from their primary care physician or ENT physician, or they find a chiropractor for the hope of relief, when in reality, they are suffering from an undiagnosed TMJ disorder.



Dentally Speaking by Jeffrey S. Haddad D.D.S.

word "TMJ disorder" and more appropriately, "Craniofacial Pain" patients.

### Common Symptoms of a TMJ disorder (Craniofacial Pain Disorder)

- Headaches
- Ear pain
- Migraines
- Jaw pain (with or without joint sounds)
- Neck pain
- Subjective hearing loss
- Ear congestion or blockage
- Tinnitus (ear ringing)
- Vertigo (Dizziness)
- Sinus Pressure or pain

### How do we identify these patients?

There are 3 things that determine your bite: Your teeth, your facial muscles, and your temporomandibular joints. The teeth dominate the system, so wherever your teeth are, your TMJs and facial muscles must accommodate. Unfortunately, many times they must accommodate at a price which is a poor jaw position and muscular tension and pain. But just because your jaw is in an uncomfortable position, you may not have any clicks, pops, or pain in your joints and still be experiencing muscular issues in the head and neck. It is an accepted fact in dentistry that 90% of all TMJ symptoms are muscular in origin. Therefore, we must take this facial musculature into consideration when treating these TMJ patients, regardless of any joint clicking or popping.

### Determining the proper jaw position, where do you begin?

Muscles of the face and neck are programmed to control head and lower jaw posture in a way that accommodates a person's bite, even if that bite is less than ideal. Therefore, de programming muscle memory,

increasing blood flow to these muscles, and restoring muscle health is essential in determining a proper jaw posture. With computerized technology and muscle relaxation we make an appliance (called an orthotic) that easily fits over your lower teeth. It is very comfortable and barely noticeable in the mouth, but provides proper support for a person's jaw relieving the muscular tension and discomfort they have been experiencing.

### Relieving your Symptoms...

This orthotic therapy continues for 4-6 months with several adjustments utilizing muscle relaxation, computerized jaw tracking and muscular monitoring. Most patients starting feeling relief within the first 2-4 weeks. After resolution of symptoms to the patient's satisfaction, and verification of stability on the computer, the patient has completed the therapeutic phase of treatment. The patient is then given the opportunity to either continue with an orthotic, but on a limited basis, or move on to a permanent orthodontic or a restorative change in their bite. There are many people who are suffering with daily symptoms of head and neck pain and they have no idea that it is being caused by a misaligned bite. Luckily, we have ways to identify if this is the origin of their symptoms, and if it is a TMJ disorder, can get people back to living life without pain.

*Jeffrey S. Haddad, D.D.S., of Doolin & Haddad Advanced Dentistry, completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies.*

*He lectures nationally on cosmetic dentistry, TMJ disorders and practice management. For more information, visit [www.rochesteradvanced-dentistry.com](http://www.rochesteradvanced-dentistry.com).*