



TMJA

The TMJ Association, Ltd.

Issue 1 - January 2016

On to the New Year...

Thanks to everyone who participated in our end-of-year fundraising campaign. Know that your contributions will be used toward one goal--improving the health care and lives of TMD patients.

2016 promises to be a productive year. Some of the projects we will be working on include:

- Hosting our 8th scientific meeting in September 2016 in Bethesda, MD with a focus on personalized medicine for Temporomandibular Disorders (TMD) patients.
- Advocating for more federal funding for science directed toward TMD and conditions that coexist with TMD.
- Creating a new program to address the needs and concerns of TMJ implant patients and improve communication with all stakeholders involved.
- Broadening the base of scientists researching TMD and coexisting conditions and educating health professionals about them.

Thanks to both your financial and moral support over the years we have moved TMJ science from the doldrums to cutting edge. We will continue to keep you informed of research advances, our activities and ways you can help in future issues of *TMJ News Bites* as well as on our website, www.tmj.org.

Risk Factors for Chronic Facial Pains

The following article includes excerpts from a Missouri State University news article about the work of Dr. Paul Durham, who has participated in past TMJA scientific meetings. We are happy to share with you the progress his lab is making.

"Lindsey Koop, a biology graduate student, has been investigating the role of increased levels of the pro-inflammatory proteins Calcitonin Gene-Related Peptide (CGRP) and Protein Kinase A (PKA) in a model of TMD... Her research has shown that blocking the elevated levels of CGRP and PKA can inhibit the development of a more chronic pain condition. Work in the Durham lab has shown that pain in one part of the head or face (like sinus pathology or TMD) can increase the risk of developing a more chronic pain condition in another area (migraine). Therefore, it is important to better understand how to block pain in one area so as to minimize the risk of other co-morbid pain...."

"...It's amazing to me how many people actually have dental or orthodontic work that end up on long-term disability due to chronic pain," said Durham. He's not talking about just TMD but also other types of chronic pain in the head and face such as frequent headaches and migraine. In this study, Cody Hyde, a junior biology major, is simulating prolonged jaw opening - like that in dental or orthodontic work - and correlating it to chronic pain. The Durham lab has found that keeping the mouth in a near maximum jaw opening position leads to inflammation and pain that is associated with TMD. "Our prediction is that if someone comes in to a dental clinic and has a lot of stiffness or tension in their neck from stress, opening his or her mouth for a long period of time could do irreparable damage," said Durham. This line of research is just getting under way in their lab but is likely to provide evidence that having ongoing neck or shoulder muscle pain may be a significant risk factor for developing TMD symptoms if the jaw is held open too wide for a prolonged period of time."...



[To read the complete article, click here.](#)

Steroids May Ease Jaw Pain in Juvenile Idiopathic Arthritis, But...Not Totally and Not for Everyone

The following is from [Medpage Today - Rheumatology, 12.30.2015](#). [To read the full article, click here.](#)

"An intra-articular corticosteroid injection into the temporomandibular joint (TMJ) provides pain relief for some patients with juvenile idiopathic arthritis (JIA) whose orofacial symptoms haven't responded to other pain management strategies, a small pilot study found.

However, the study identified considerable variation in terms of response to the treatment, with few subjects experiencing a total resolution of orofacial pain.

The research team, led by Peter Stoustrup, DDS, PhD, of the orthodontics section at Aarhus University, in Denmark, concluded that intra-articular steroid injections are a palliative, but not curative, approach to treating refractory TMJ arthritis-related orofacial

symptoms.

The prospective, observational study, published in *Pediatric Rheumatology*, included 13 patients with JIA, all female, whose median age was 17.2 years. All had a long-standing history of refractory TMJ arthritis-related symptoms with insufficient response to previous pain management treatments...

The findings contribute "new knowledge" since they illustrate that achieving acceptable treatment results in this group of patients "is indeed a very challenging task," according to the authors."

The Neuroscience of Pain - Translating Science to the Patient

Register for this Free Webinar

We encourage you to register for this free webinar on February 4th. Dr. Basbaum is on the TMJA's Scientific Advisory Council and Christin Veasley is the director and co-founder of the Chronic Pain Research Alliance, an initiative of The TMJ Association. The following information is from www.BrainFacts.org.

"Pain is something we all experience at some time in our lives. Acute pain following injury serves as a warning signal, but chronic pain, as occurs in cancer, arthritis and other conditions, serves no physical purpose, negatively impacts quality of life and can be very difficult to manage.

This webinar will explain the science behind acute and chronic pain. Neuroscientists, clinicians and patient advocates will discuss the nervous system mechanisms that underlie pain, approaches to developing new pain therapies, the human and economic impact of pain, and the federal investment in pain research."

Register for this free webinar on February 4, 2016 at 12:00 p.m. Eastern on BrainFacts.org by [clicking here](#).

New Electronic Newsletter

Cutting Edge - COPCs Research Advances

Cutting Edge - COPCs Research Advances, is a new electronic newsletter published by the Chronic Pain Research Alliance, an initiative of The TMJ Association.

Developed to keep the medical-scientific community abreast of recent research

advances, this publication contains abstracts of recently published studies on the epidemiology, pathophysiology and clinical management of Chronic Overlapping Pain Conditions, which include chronic low back pain, chronic migraine and tension-type



CUTTING EDGE a publication of **CHRONIC PAIN**
COPCs Research Advances Research Alliance

headache, endometriosis, myalgic encephalomyelitis / chronic fatigue syndrome, fibromyalgia, vulvodynia, temporomandibular disorders, irritable bowel syndrome and interstitial cystitis / painful bladder syndrome.

Our first issue, January 2016 is now available for your review at:

http://www.cpralliance.org/New_Findings. If you would like to receive future issues of *COPCs Research Advances*, [click here to register](#).

Dr. William Maixner

Expanding TMD and Pain Medicine Research

William Maixner, DDS, Ph.D. has joined Duke University's Department of Anesthesiology in January 2016. Dr. Maixner is also a member of The TMJA Scientific Advisory Board. He will lead the Center for Translational Pain Medicine within the Department of Anesthesiology at Duke University.

In 2005, Dr. Maixner was the principal investigator on the National Institute of Dental and Craniofacial Research's (NIDCR) \$19 million, seven-year OPPERA study to examine pain produced by temporomandibular disorders. In 2012, the NIDCR awarded Dr. Maixner and his team an additional \$16 million in funding to support the study (called OPPERA II) for an additional five-year period.

The Center for Translational Pain Medicine will incorporate basic science, clinical research, and pain management with the goals of:

- understanding the pathophysiological processes that mediate persistent pain conditions and translating new discoveries into clinical practice;
- creating high-quality educational programming for clinical and research professionals and the public; and
- providing high-quality comprehensive, primary and specialized care to individuals with a variety of acute and chronic pain conditions. In addition, the Center will aim to develop a common portal of entry by which patients will benefit from a multidisciplinary approach to the management of a variety of pain conditions. Complementing the existing Duke Pain Medicine Clinic, a treatment facility for orofacial pain will also open its doors in the Brier Creek area in early 2016.

Other members of Dr. Maixner's team who will be joining Duke Anesthesiology include:

- **Andrea Nackley, PhD.** Dr. Nackley is currently an Associate Professor in the School of Dentistry, Department of Endodontics at University of North Carolina, Chapel Hill (UNC-CH). Her present research goals are to identify and characterize signaling processes that drive persistent pain conditions, evaluate the potential functionality of common genetic polymorphisms that interact with environmental events to produce persistent pain conditions, identify biological markers that predict the development of persistent pain conditions, and create

individualized pain management strategies.

- **Shad Smith, PhD.** Dr. Smith is currently a Research Assistant Professor in the UNC-CH School of Dentistry, Department of Endodontics. Dr. Smith's research focuses on the genetic basis of persistent pain disorders.
- **Jongbae Park, KMD, PhD.** Dr. Park is a Research Assistant Professor, Department of Physical Medicine and Rehabilitation, School of Medicine, UNC-CH. He is a licensed acupuncturist and expert on integrative medicine, herbal medicine research, technology development in rehabilitation, and acupuncture for lower back pain, stroke, joint injury and other conditions.
- **Caron Modeas,** Program Manager. Ms. Modeas will support Dr. Maixner and his team and coordinate the Center's operations.

Read more about this at: <http://anesthesiology.duke.edu/?p=833396>

Taking Control: Learn More About Accessing Your Health Information

NIH Director's Blog - by Dr. Francis Collins

Usually, I share cool science advances and major medical breakthroughs on this blog. But, today, I'd like to share something a little different, something of great importance for both your health and the advancement of biomedical research: new guidelines on how you can access your own health information.



The Health Insurance Portability and Accountability Act of 1996 (HIPAA) Privacy Rule has long supported the right of individuals to request and obtain copies of their medical records and other health information maintained by health-care professionals, medical facilities, and health insurance plans. However, due to the increasing use of online health-information technology and growing interest among Americans in being active participants in health-related decisions, the U.S. Department of Health and Human Services (HHS) recently issued much-anticipated guidance that serves to answer common questions and clarify key issues regarding access to health information under HIPAA. Think of it as a valuable personal roadmap for navigating a part of health care that is all-too-often confusing and frustrating! [Click here to read full article.](#)

NIH Funding Opportunities

Basic and Clinical Research

The TMJ Association encourages basic and clinical research on TMJ disorders to provide a greater understanding and safer and more effective methods of diagnosis and treatment based on scientific evidence. [We invite you to view a listing of the latest National Institutes of Health \(NIH\) funding opportunities for scientists interested in](#)

[advancing TMJ research.](#)

Educational Brochure on TMD

A Resource Guide for Temporomandibular Disorders

This brochure is a straightforward, easy-to-read guide for patients making health care decisions. Available [by mail](#) or as a [PDF on our website](#), we encourage you to share this brochure with your friends, health care professionals and family.

TMD Nutritional Guide

TMD Nutrition and You

TMD Nutrition and You, a nutritional guide, was specifically developed for those with compromised oral function to help them maintain a healthy diet in spite of their oral disability. [Click here to download a free copy of our booklet.](#)

Dental Care Guide

Temporomandibular Disorders, Dental Care and You

The TMJ Association developed this guide to provide you with oral hygiene self-care tips you can do at home as well as suggestions for future dental appointments. Maintaining your teeth and gums on a routine basis should reduce the risk of dental disease and the need for invasive dental treatments. [Click here to view on our website.](#)

Support Our Work

The TMJ Association (TMJA) is the only patient advocacy organization fighting for the best science that will lead to a greater understanding of Temporomandibular and related disorders and safe and effective treatments. We cannot change the face of TMJ without YOU.

[Click HERE to make a tax-deductible online contribution today!](#)

"The TMJA is a great organization. I am impressed by your objectivity and transparency. Thank you for your hard work." - Lisa, Hummelstown, PA



About The TMJ Association

Changing the Face of TMJ

The TMJ Association, Ltd. is a nonprofit, patient advocacy organization whose mission is to improve the quality of health care and lives of everyone affected by Temporomandibular Disorders (TMD). For over 25 years we have shared reliable information on TMD with people like you and invite you to visit our website, www.tmj.org.

- If you're not currently receiving *TMJ News Bites* and would like to [be on our mailing list, sign up here](#).
- [Past issues of *TMJ News Bites*](#) are also available on our website.

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