

Beautiful Joints Make Beautiful Smiles

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

Many people have TMJ disorders, suffering pain on a constant basis. This prevents them from leading a fulfilling and happy life.

Let's face it people, if you are

hurting all the time, you are not going to be able to sleep as well as you should, and quite honestly you are not going to be all that pleasant to be around.

This month's focus is on beauty and health and great smiles so let's go with the flow and help you understand why the jaw joint is so important to looking and feeling good.

Did you know that slipped discs in the jaw joints directly correlate to sleep apnea? That's right, if your TMJ discs are out of place, you are more likely to clench and grind your teeth at night.

All that clenching and grinding tightens up the muscles of the head and neck which means your airway becomes narrow and this is one of the



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causes of sleep apnea. With many of the patients who have an underlying slipped disc issue, when that problem is addressed, they feel better and sleep better. Sleeping better means your body can heal more effectively due to the production of more nitric oxide, so you can smile more the next day.

Another reason why the slipped discs can make you frown is that when those little discs are out of place, they cause imbalances in the cranial bone system. What this means is that if the discs are not in their proper place, the jaw bone works unevenly – kind of like if the front end alignment is not quite right in your car, the tires will wobble all over the place.

“...the bottom line is this – get your TMJ happy and you will be happier too.”

Well, the jaw joints are the same; when the discs are out of place it will wobble around and this will affect how the bones in your skull react to the stress of that wobbling. In other words, the slipped discs cause an uneven pulling effect on your bones and can twist them out of shape. This will cause the bones to look uneven on an x-ray and this is a telltale sign something is amiss.

When a person's face is asymmetrical, this is perceived as being less beautiful compared to a person whose face is nice and even all around. We really do judge each other on appearance and this is something no one really talks about, but uneven faces are simply not as pretty as the face that is level.

Maybe it is a bit presumptuous to say we judge each other on our looks, but when you meet a person the first time, that is oftentimes all you have to work with. Research confirms that we are more attracted to a beautiful face, maybe it's being prejudicial but after all – we are all human beings and we judge each other every day. So the bottom line is this – get your TMJ happy and you will be happier too.

We Are NOT Your Typical Dental Office

We Can Help With:

- Jaw Pain, Clicking or Popping
- Head, Neck and Shoulder Pain
- Migraines
- Craniofacial Pain
- Sleep Apnea
- Orthodontics

Dr. Jeffrey Brown has limited his practice to focus only on TMJ Disorders, Craniofacial Pain Management and Sleep Apnea. By fixing slipped discs in the jaw joints, Dr. Brown can significantly reduce the pain patients experience in the head/neck region and other symptoms associated with jaw joint problems. Sleep & TMJ Therapy may be able to improve the quality of life for you or a loved one – we encourage you to contact us with any questions or concerns.

“Dr. Brown and his staff are absolutely wonderful. I was diagnosed with Dystonia. I could not turn my head and had a ton of pain. My doctors offered no help and no advice besides Meds and Botox. Since having the appliance I have NO pain and I can turn my head. I would highly recommend them to anyone. I feel Dr. Brown and his staff really care about their patients and helping them to get better. They do not just numb the symptoms but fix the problem. Thank you from the bottom of my heart. I feel like the old me again!”
- D. Thomas

“My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children's hospital. She was on medications for tics and associated muscle pain, OCD/repetitive thoughts, sleeplessness and more (all possibly associated with Tourettes). Drs. Stack and Brown installed spacers to alleviate pressure on nerve bundles in the jaw, and subsequently braces to complete the process. Her symptoms have diminished significantly. She is off medication, her tics have all but disappeared, she can concentrate better in school, and she is once again cheerful and relaxed.”
- Susan

For more reviews, search “Sleep & TMJ Therapy” on Google!



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
- Graduate of Georgetown School of Dentistry (1986)



Schedule Your Appointment Today: 703-821-1103

2841 Hartland Rd. Suite 301 • Falls Church, VA 22043 • www.sleepandtmjtherapy.com