



Welcome pain relief

There's a solution to your mysterious headaches and migraines

by Edmond W. Suh DDS

Every day, thousands of people suffer from severe, debilitating headaches that seem to have no identifiable cause. These migraine sufferers bounce from doctor to doctor, from specialist to specialist, and still cannot get an answer to the question of what is causing their mysterious headaches.

Does this sound familiar? When you think about your recurrent headache or migraine episodes, you may be surprised at how many potential solutions you've tried — and how rarely they've worked.

- Here are just a few of the signs that indicate you might be trapped in a vicious headache cycle:
- Do you have a difficult time focusing, concentrating or even functioning the way you want to from day to day?
- Have you given up your favorite foods, perfumes or outdoor activities because you've been told they can trigger migraines?
- Have you missed out on family time, social events, or even job opportunities because of your headaches or other symptoms?
- Have you seen specialists or doctors who have not been able to find a cause but who recommend treating the symptoms?
- Do you take over-the-counter or prescription medications that provide little to no relief?

Many physicians — while knowledgeable and excellently trained — find it impossible in some cases to solve the mystery of their patients' recurring migraines, and so they treat the symptoms. But sometimes, the problem is hidden in a place few think to look.

Taking root

The root of ongoing headache pain often is a simple, easily corrected problem that ends up staring at us in the face — or more accurately, the mouth. Often, the professional who is most qualified to resolve your headache issues is a neuromuscular dentist, who is specially trained in diagnosing and treating TMJ disorder.

The temporomandibular joints are located on the side of your head and connect your lower jaw to your skull, near your ear. When these joints malfunction, your teeth will not align properly. The resulting pressure on these delicate joints causes the surrounding muscles to become overly active and cramp, causing intense pain, vision problems, nausea, dizziness, neck pain, facial pain, ear problems, sensitivity to light, and sometimes even depression.

Fortunately, the delicate balance of the jaw can be realigned, eliminating headaches and a host of other symptoms. A qualified neuromuscular dentist is thoroughly trained in the art and science of correcting TMJ disorder. The precise, optimal position of the jaw is identified using state-of-the-art, computerized equipment, and the proper treatments are prescribed to allow the bite to move to this perfect alignment.

Treatments vary from client to client, but the good news is that they can provide significant relief within a short period of time — and most of the time, they can eliminate your pain. Just imagine life without dealing with the pain of headaches and migraines!

Edmond W. Suh DDS is owner of Supremia Dentistry in Wake Forest. For more information on TMJ disorder and headache relief, call (919) 556-6200 or visit supremiadentistry.com.