

TITLE:	A 52 year old female patient diagnosed with pain associated with Temporomandibular Disorder (TMD)
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ABSTRACT SUMMARY:	<p>Patient presented to the Birmingham Dental Hospital following referral from her dental practitioner due to complaints of jaw pain and jaw stiffness with associated headaches.</p> <p>This pain was constant, reported as noticeably worse in the morning. The patient has a habit of clenching her jaw and is aware that this worsens her pain. It was reported that this has been a problem for the last two years.</p> <p>Previous intervention for this patient was reported to be medical management, prescription medication and a soft occlusal guard. These interventions were unsuccessful in providing relief for reported symptoms of pain and discomfort. When examined, the patient reported moderate pain in her masseter muscles and lateral pterygoid muscles. She did not have any tenderness following direct palpation of the Temporomandibular Joints (TMJ).</p> <p>The patient reported that the Cerezen™ devices has provided her with a significant reduction in her pain and associated symptoms of TMD.</p>
CASE PRESENTATION:	<p>The patient was diagnosed with myalgia secondary to a clenching habit. Pain was reported to be most significant upon waking. When asked, she said her main aim following use of the Cerezen™ devices was to be able to wake up in the morning without her jaw aching, or suffering with a tension headache.</p> <p>The baseline OHIP scored 34 and her VAS score was 5.5. She was not considered to be anxious or depressed. Her mouth opening was 46mm at maximum stretch.</p>
CASE REPORT:	Clinical examination results indicated that the patient presented with no significant pain or tenderness except for a mild pain when the right masseter was palpated. She did not report any adverse effects from using the Cerezen™ devices despite wearing them for 20+ hours a day.
RESULTS	<ul style="list-style-type: none"> • The patient's OHIP score had more than halved to reveal a result of 14 at her 6-month review. Her VAS score had also reduced to 3.95 (from 5.5). It was noted that the patient's mouth opening did not significantly change over the previous 6 months with a recording of 42mm at maximum stretch. • The patient returned at 3 months and again at 6 months for her review appointments and she was very pleased with the outcome of the Cerezen™ devices intervention and management of her symptoms. <ul style="list-style-type: none"> ○ At the three month review the patient reported that her headaches and jaw ache had been significantly reduced. ○ At the six month review the patient commented that pain and associated symptoms were experienced only fleetingly, on occasion. ○ Prior to the Cerezen™ devices intervention the patient experienced pain on a daily basis. • The patient's overall experience of the Cerezen™ devices was "excellent". • The patient reported that she would not want to be without the Cerezen™ devices as they have been so effective in alleviating her pain and associated symptoms of TMD.
CONCLUSION	The patient will be reviewed again following one year of continuous use of her Cerezen™ devices. The use of the Cerezen™ devices in this patient confirms the benefit patients with jaw pain associated with TMD can derive from Cerezen™ device use.

