

# TMJ

- Temporomandibular Joints
- Temporomandibular Joint Disorders

## Survey and Checklist

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Analysis of 90 Surveys and 101 Checklists

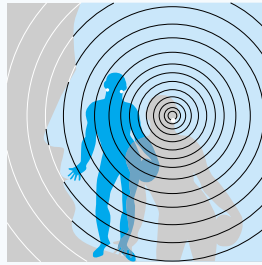
Returned by Respondents to the

Jaw Joints & Allied Musculo-Skeletal Disorders Foundation, Inc. [JJAMD]

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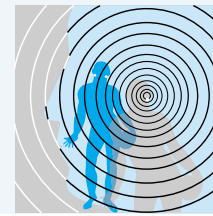
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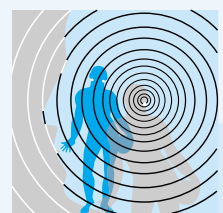
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## I. SUMMARIES

### Executive Summary

This paper presents the preliminary analysis of 90 Surveys and 101 Checklists returned by respondents to the Jaw Joints & Allied Musculo-Skeletal Disorders Foundation, Inc. [JJAMD]. 44 of the 147 total respondents completed both the Survey and the Checklist. The Survey collected information describing the types of providers who are providing services to TMJ patients, as well as some information regarding associated problems. The Checklist collected specific symptom information on many parts of the body, including head, eyes, ears, mouth, teeth, throat, jaw joints, back, appendages, and other diverse disorders. Breakdowns of the responses by age, gender, severity, and frequency of symptoms were done. In addition, the responses were reviewed for anecdotal information, which was then abstracted, coded, and analyzed.

Data were tabulated based on age and gender. The distributions across age and gender most likely reflect the distribution of the entire sample due to the self-selected nature of the respondents. Data analysis accounted for missing data by basing percentage calculations on the number of people who answered specific questions. The analysis included correlation tables for variables that had

significant response rates. These included variables pertaining to alternative providers, arthritic symptoms, other joint problems, and opinions regarding whether providers are up-to-date.

This analysis represents an initial investigation of the enormous problem of TMJ, and we hope it will provide a springboard for future studies. The data is available upon request for use by other researchers for further analysis and further research. A newer professionally designed Survey and Checklist is completed and has been designed to be database ready.

### Summary of Findings

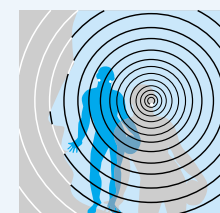
The major findings of the Survey provide a picture of the types of professionals who are providing services to TMJ patients. 87% of the Survey respondents see a medical doctor on a regular basis. However, 68% also see alternative providers. 44% see a specialist specifically for TMJ and of those, most (82%) also see an alternative provider.

67% of the Survey respondents have been diagnosed by their dentist, however 38% have been diagnosed by more than one provider. About half (44%) of the respondents felt that their doctor was not up-to-date on the latest TMJ information. It is surprising that only 4% of the respondents belong to a TMJ self-help support group.

Both the Survey and Checklist provided information on the association of TMJ with other symptoms and disorders. The table below summarizes the major categories, listed in the order of descending prevalence. The detailed breakdown of these conditions can be found in the body of the report.

### Survey Data

Symptom or Disorder	Percent
Arthritis	58%
Joint Problems	44%
Allergies	43%
Accidents	34%
Asthma	19%
Carpal Tunnel	15%



## Checklist Data

Symptom or Disorder	Percent
Head and Face Symptoms	94%
Jaw Joint Symptoms	94%
Mouth Symptoms	88%
Teeth Symptoms	88%
Ear Symptoms	87%
Neck Symptoms	86%
Back and Appendage Symptoms	80%
Eye Symptoms	78%
Fatigue	78%
Throat Symptoms	64%
Sleep Disturbed	61%
Insomnia	56%
Depression	55%
Nervousness	49%
Nausea	45%

The anecdotal information was coded and tabulated. 77 (52%) of the respondents provided unsolicited comments. Of this group, 51% gave information about numbers of doctors, surgeries, and medications. 47% expressed strong negative feelings, such as depression, giving up, and pleas for help. 38% had complaints about either the medical/dental system or the insurance coverage.

## II. INTRODUCTION

The following pages contain preliminary tabulations of data contained in the 90 Surveys and 101 Checklists returned by respondents to the JJAMD. The Survey was distributed via Healthtouch®'s website on the World Wide Web and via health kiosks placed in pharmacies around the United States.

## II.1. Background and Purpose

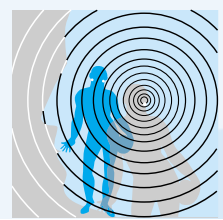
Constructed by JJAMD in 1993, the TMJ Survey was designed to collect descriptive information about TMJ patients and their experiences. It is intended that the data be used as a foundation for the eventual construction of a TMJ Registry and in the development of a more comprehensive Patient Survey, which is already underway. The results will also be used for public education and advocacy purposes.

As an adjunct instrument to the Survey, the TMJ Checklist was also designed in 1993. The purpose of the Checklist was to help TMJ patients to re-think all of the symptoms they were experiencing throughout their entire neuromuscular-skeletal-vascular-system, including dysfunction as well as pain. Besides being of use to patients to communicate their history to their providers, the Checklist also provides descriptive information regarding the numerous problems that often accompany TMJ.

## II.2. Methodology

The Survey was licensed to Medical Strategies, Inc. (MSI), whose purpose is to provide kiosk services for pharmacies. MSI also runs a website called Healthtouch®, and the Survey and Checklist were implemented on that site. Medical Strategies has 7000 kiosks placed in pharmacies in the United States. 75 (83.3%) Surveys and 65 (64.4%) Checklists were returned from the website, and 9 (10.0%) Surveys and 17 (16.8%) Checklists were returned via printouts from the kiosks. The remaining 8 (8.9%) Surveys and 17 (16.8%) Checklists were returned from inserts in JJAMD's educational booklets.

As with every survey, there were some missing data. The amount of missing gender and age information required that all gender and age breakdown tables include "Unknown" for age and gender. Of the 147 respondents, there were 33 whose age was unknown and 9 whose gender was unknown or could not be inferred. Because of the self-selected nature of the study, there was an inequality between the number of men and women respondents. Therefore, any inequalities in gender-related or age-related prevalence data that are presented most likely reflect the inequality in the sample rather than in the general population.



Survey questions 2 (Joint Problems), 3 (Arthritis Problems), 4 (Various Doctors), 5 (Alternative Providers), 9 (Referral Mechanisms), and 13 (Other Disorders) presented a list of possible choices. Graphs of the distribution of responses are presented for these questions. For those questions that had large responses (n>10), further breakdowns of the response by gender and age are presented.

Many respondents supplied copious anecdotal information. The Surveys were reviewed and common themes were extracted from the anecdotal information. A separate coding sheet was constructed to systematize the anecdotal information. The anecdotal information was divided into the following categories: (1) Tallies of number of surgeries and doctors; (2) Expressions of feelings; (3) Opinions expressed about JJAMD; (4) Belief that TMJ is correlated with other indications; (5) Symptoms expanded upon or not included in the Survey or Checklist; (6) Information about appliances; (7) Self treatment and education; and (8) Expressions of complaints about insurance or the medical/dental system. For the anecdotal information, graphs of the distribution of these responses are presented. The breakdown of how many people supplied Survey, Checklist, and Anecdotal information is presented in Table 1.

**Table 1**

	Survey	Checklist	Anecdotal	Total
M	9	17	8	34
F	73	80	66	219
Unknown	8	4	3	15
Total	90	101	77	

44 people submitted both the Survey and the Checklist. Separate analyses were conducted on these 44 respondents.

To further evaluate the responses, 2x2 correlation matrices were produced for Y/N variables that had significant response rates. For example, of those who belong to a support group, how many people feel that their doctor is

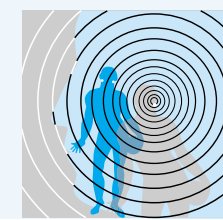
up-to-date or not up-to-date on TMJ information? As another example, of those people who see a specialist for TMJ, how many also see an alternative provider? Answers to these and other questions are answerable via these correlation matrices, which can be found in section 3.14.

For the Checklist, respondents were presented with a list of symptoms and were asked to code the symptoms according to severity, frequency of occurrence, whether the symptom was Pain or Dysfunction, and the location of the symptom. For each set of symptoms (Head & Face, Eyes, Ears, Mouth, Teeth, Throat, Jaw Joints, Neck, Back & Appendage, and Diverse Disorders), graphs of the distribution of sub-symptom types are presented. For those symptoms that had large responses (n>10), breakdowns of the response by gender and age are given. For those symptoms with n>20, breakdowns of the response by frequency and severity are given.

The severity choices were restricted to “Mild” and “Severe.” In many cases, respondents indicated that the severity was both mild and severe at different times, or coded both. In these cases, the code of “Other” was given to the severity variable. Similarly, the frequency choices were restricted to “Always” and “Sometimes.” As with severity, there were many instances in which both frequencies were indicated. In these cases, the code of “Other” was given to the frequency variable.

### II.3. About the Respondents

Out of the 147 total respondents, 90 of them returned the Survey, and 101 returned the Checklist. 44 of the respondents returned both the Survey and Checklist. The respondents ranged in age from 12 to 73, with the average age being 36.4 years. There were 40 (27.2%) respondents who were less than 30 years old, 72 (49.0%) respondents in the age range from 30-65 and 2 people (1.4%) were over 65. The ages of 33 (22.5%) respondents were unknown. There were 114 (77.6%) females and 24 (16.4%) males. The genders of 9 (6.1%) people were unknown or could not be inferred from the data. A more detailed breakdown of the respondent demographics is shown in Table 2.

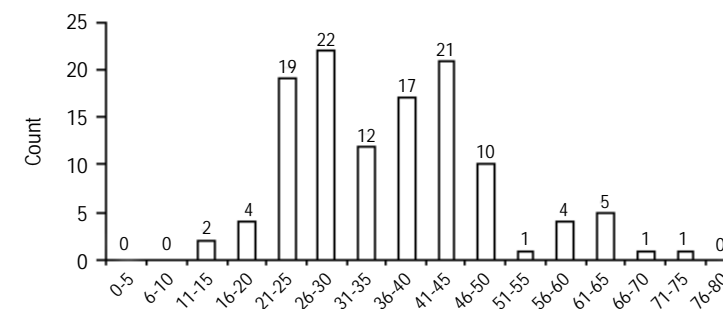


**Table 2**

Gender	Age				Total
	<30	30-65	>65	Unknown	
F	37	60	0	17	114
M	3	11	2	8	24
Unknown	0	1	0	8	9
Total	40	72	2	33	147

The age distribution of all respondents is:

**Figure 1.0 TMJ Age Distribution**



### Additional Notes

Not every respondent answered every question. Therefore, for each of the major questions, the count of those responding is given. The percentage figures in the gender and age breakdowns are given in terms of the number of people who answered the question. For example, there were 12 people who had fibromyalgia. Of those 12 people, 9 (75%) of them were females in the age range of 30-65.

In all cases the number used in the denominator of the percentage calculation is clearly given in the upper left corner of the table.

## III. SURVEY RESULTS

### Question 1.

Have you been diagnosed specifically with Temporomandibular Joint (TMJ) Disorders?

\_\_\_ Yes

\_\_\_ No

When? \_\_\_\_\_

By whom? \_\_\_\_\_

\_\_\_ Physician

\_\_\_ Dentist

Other \_\_\_\_\_

Specialty \_\_\_\_\_

**Table 1.2 30 People Diagnosed with TMJ by a Physician**

n=30		Unknown	<30	30-65
M	Y	1 3.3%	0.0%	2 6.7%
	N	0.0%	0.0%	0.0%
F	Y	3 10.0%	5 16.7%	15 50.0%
	N	0.0%	0.0%	0.0%
Unknown	Y	3 10.0%	0.0%	1 3.3%
	N	0.0%	0.0%	0.0%

**Table 1.3 30 People Diagnosed with TMJ by another Specialty**

n=30		Unknown	<30	30-65
M	Y	1 3.3%	0.0%	4 13.3%
	N	0.0%	0.0%	0.0%
F	Y	2 6.7%	5 16.7%	16 53.3%
	N	0.0%	0.0%	0.0%
Unknown	Y	2 6.7%	0.0%	0.0%
	N	0.0%	0.0%	0.0%

**Table 1.4 30 Other Specialists Who Diagnosed TMJ**

30 Other Specialists Who Diagnosed TMJ
2 (6.7%) Chiropractor
4 (13.3%) Maxillofacial Surgeon
1 (3.3%) Emergency Room
1 (3.3%) General Practitioner
1 (3.3%) Neurologist

All 90 (100%) of the survey respondents answered this question. Of these responses, 85 (94.4%) were diagnosed with TMJ and 5 (5.6%) were not. 60 (66.7%) people were diagnosed by their dentist, 30 (33.3%) by their physician, and 30 (33.3%) by another specialist. 34 (37.8%) respondents were diagnosed with TMJ by more than one provider. Tables 1.1 through 1.4 present the age and gender breakdowns of the answers to Question 1.

**Table 1.1 60 People Diagnosed with TMJ by a Dentist**

n=60		Unknown	<30	30-65
M	Y	3 5.0%	0.0%	3 5.0%
	N	0.0%	0.0%	0.0%
F	Y	9 15.0%	16 26.7%	28 46.7%
	N	0.0%	0.0%	0.0%
Unknown	Y	1 1.7%	0.0%	0.0%
	N	0.0%	0.0%	0.0%

**30 Other Specialists Who Diagnosed TMJ (cont.)**

1 (3.3%) Maxillofacial Board Certified DMD
8 (26.7%) Oral Surgeon
5 (16.7%) Orthodontist
2 (6.7%) Physical Therapist
1 (3.3%) Psychiatrist
4 (13.3%) TMJ Specialist

Of the 44 people who submitted both the Survey and Checklist, 40 (90.9%) of them were specifically diagnosed with TMJ and 4 (9.1%) were not. The breakdown of how they were diagnosed with TMJ is as follows:

n=40		
Dentist Diagnosis	30	75.0%
Other Specialist	14	35.0%
Physician Diagnosis	15	37.5%

### Question 2.

Have you been diagnosed with any other joint problems?

\_\_\_ Neck

\_\_\_ Shoulder/s

\_\_\_ Elbow/s

\_\_\_ Hip/s

\_\_\_ Ankle/s

List Other/s \_\_\_\_\_

62 (68.9%) of the survey respondents answered this question. Of the 90 survey respondents, 40 (44.4%) were diagnosed with joint problems and 22 (24.4%) were not. The age and gender breakdown of the people who answered this question is shown in Table 2.1.

**Table 2.1 62 People with Joint Problems**

n=62		Unknown	<30	30-65
M	Y	0.0%	0.0%	4 6.5%
	N	0.0%	1 1.6%	2 3.2%
F	Y	5 8.1%	7 11.3%	23 37.1%
	N	3 4.8%	7 11.3%	7 11.3%
Unknown	Y	0.0%	0.0%	1 1.6%
	N	2 3.2%	0.0%	0.0%

The most prevalent joint responses were Neck, Shoulder, and Other. Of the 62 people who answered this question, 19 (30.7%) reported Neck problems, 17 (27.4%) reported Shoulder problems and 20 (32.3%) reported other problems. Tables 2.2 and 2.3 show the gender and age breakdowns of the people with Neck and Shoulder problems. Table 2.4 shows the people who have other joint problems and table 2.5 gives the details of those other joint problems. The most prevalent other joint problem was with the Knees.

**Table 2.2 19 People with Neck Joint Problems**

n=19		Unknown	<30	30-65
M	Y	0.0%	0.0%	2 10.5%
	N	0.0%	0.0%	0.0%
F	Y	2 10.5%	4 21.1%	10 52.6%
	N	0.0%	0.0%	0.0%
Unknown	Y	0.0%	0.0%	1 5.3%
	N	0.0%	0.0%	0.0%

**Table 2.3 17 People with Shoulder Joint Problems**

n=17		Unknown	<30	30-65
M	Y	0.0%	0.0%	1 5.9%
	N	0.0%	0.0%	0.0%
F	Y	2 11.8%	2 11.8%	12 70.6%
	N	0.0%	0.0%	0.0%
Unknown	Y	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%

**Table 2.4 20 People with Other Joint Problems**

n=20		Unknown	<30	30-65
M	Y	0.0%	0.0%	2 10.0%
	N	0.0%	0.0%	0.0%
F	Y	2 10.0%	4 20.0%	11 55.0%
	N	0.0%	0.0%	0.0%
Unknown	Y	0.0%	0.0%	1 5.0%
	N	0.0%	0.0%	0.0%

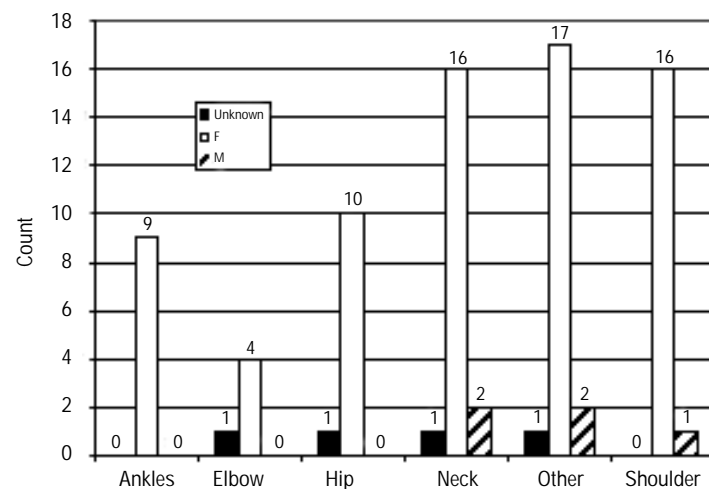
**Table 2.5 20 People with Other Joint Problems**

20 People with Other Joint Problems	
2	(10.0%) Carpel tunnel
1	(5.0%) Fibromyalgia
1	(5.0%) Bursitis or arthritis
2	(10.0%) Fingers and hands
1	(5.0%) Feet joint problems
1	(5.0%) Herniated disk, L4 and L5

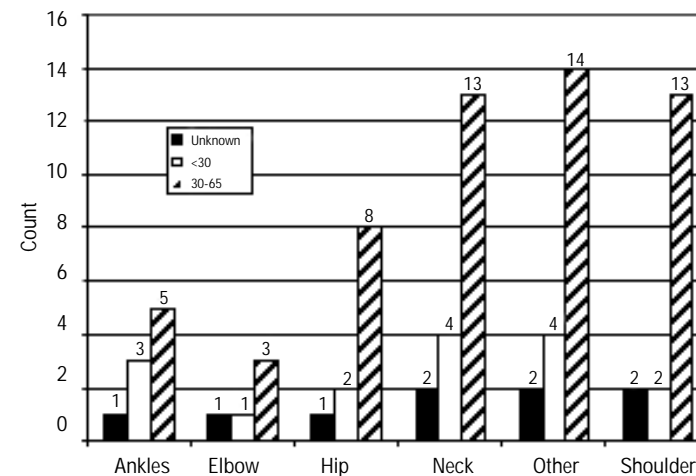
20 People with Other Joint Problems (cont.)	
1	(5.0%) Jaw
1	(5.0%) Patellar chondromalacia
12	(60.0%) Knees
1	(5.0%) Mild degenerative disk disease (low back)
1	(5.0%) Maxillofacial pain syndrome
2	(10.0%) Wrist

Figure 2.1 shows the distribution of joint problems by gender and Figure 2.2 shows the distribution of joint problems by age.

**Figure 2.1 Joint Problems by Gender**



**Figure 2.2 Joint Problems by Age**



Of the 44 people who submitted both the Survey and Checklist, 22 (50%) had joint problems, and 7 (16%) did not. The breakdown of these 22 people is as follows:

n=22	
Elbow	4 18.2%
Hip	6 27.3%
Neck	11 50.0%
Other	10 45.5%
Shoulder	10 45.5%

**Question 3.**

*Have you been diagnosed with any of these forms of arthritis?*

- Osteoarthritis
- Rheumatoid
- Juvenile Rheumatoid
- Lupus
- Fibromyalgia
- Scleroderma
- Sjögren's Syndrome
- Ankylosing Spondylitis
- TMJ/Jaw Joints
- List Other/s \_\_\_\_\_

70 (77.8%) of the Survey respondents answered this question. Of the 90 Survey respondents, 52 (57.8%) were diagnosed with arthritis problems and 18 (20.0%) were not. The age and gender breakdown of the people who answered this question is shown in Table 3.1

**Table 3.1 People with Arthritis Problems**

n=70		Unknown	<30	30-65
M	Y	1 1.4%	0.0%	2 2.9%
	N	0.0%	0.0%	2 2.9%
F	Y	7 10.0%	11 15.7%	29 41.4%
	N	3 4.3%	8 11.4%	4 5.7%
Unknown	Y	1 1.4%	0.0%	1 1.4%
	N	1 1.4%	0.0%	0.0%

The most prevalent types of arthritis problems were fibromyalgia and "arthritis of the TMJ jaw joints." Of the 70 people who answered this question, 12 (17.1%) people had fibromyalgia and 45 (64.3%) people had arthritis of the "TMJ/Jaw Joints". Tables 3.2 and 3.3 give the gender and age breakdowns of the people with these conditions. 5 (7.1%) people listed other types of arthritis problems and they are given in table 3.4.

**Table 3.2 12 People with Fibromyalgia**

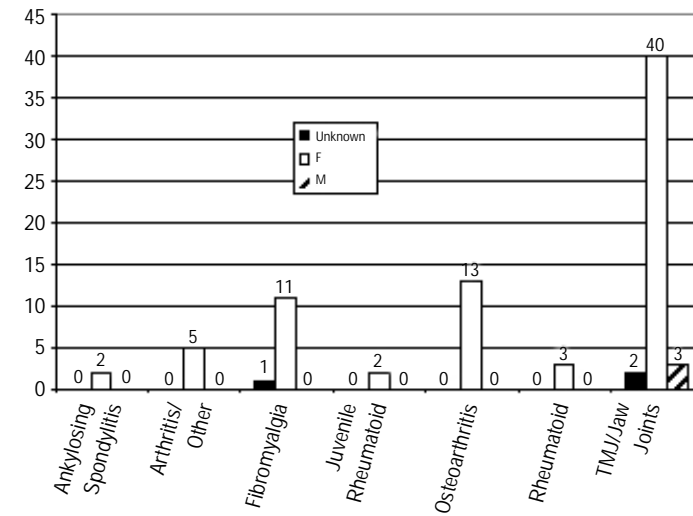
n=12		Unknown	<30	30-65
M	Y	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%
F	Y	2 16.7%	0.0%	9 75.0%
	N	0.0%	0.0%	0.0%
Unknown	Y	0.0%	0.0%	1 8.3%
	N	0.0%	0.0%	0.0%

**Table 3.3 45 People with Arthritis of the TMJ/Jaw Joints**

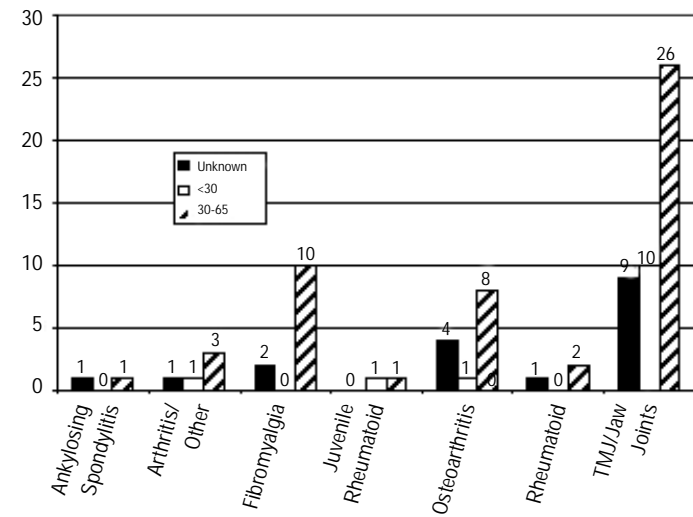
n=45		Unknown	<30	30-65
M	Y	1 2.2%	0.0%	2 4.4%
	N	0.0%	0.0%	0.0%
F	Y	7 15.6%	10 22.2%	23 51.1%
	N	0.0%	0.0%	0.0%
Unknown	Y	1 2.2%	0.0%	1 2.2%
	N	0.0%	0.0%	0.0%

Figure 3.1 shows the distribution of arthritis problems by gender and Figure 3.2 shows the distribution of arthritis problems by age.

**Figure 3.1 Arthritis Problems by Gender**



**Figure 3.2 Arthritis Problems by Age**



**Table 3.4 5 People with Other Arthritis Problems**

5 People with Other Arthritis Problems	
1	(20%) degenerative bilateral TMJ arthritis
1	(20%) loose joint syndrome
1	(20%) degenerative disk disease
2	(40%) bursitis

Of the 44 people who submitted both the Survey and Checklist, 27 (61.4%) had been diagnosed with arthritis and 8 (18.2%) had not. The forms of arthritis of these 27 people are:

n=27		
Ankylosing Spondylitis	1	3.7%
Arthritis/Other	2	7.4%
Fibromyalgia	6	22.2%
Juvenile Rheumatoid	1	3.7%
Osteoarthritis	7	25.9%
Rheumatoid	3	11.1%
TMJ/Jaw Joints	21	77.8

**Question 4.**

*How many different doctors [MDs only] do you see on a regular basis?*

- \_\_\_\_\_ Cardiology
- \_\_\_\_\_ Dermatology
- \_\_\_\_\_ Endocrinology
- \_\_\_\_\_ Family Practice
- \_\_\_\_\_ Gynecology
- \_\_\_\_\_ Internal Medicine
- \_\_\_\_\_ Mental Health
- \_\_\_\_\_ Nephrology
- \_\_\_\_\_ Orthopedics
- \_\_\_\_\_ Rheumatology
- List Others: \_\_\_\_\_

80 (88.9%) of the Survey respondents answered this question. Of the 90 respondents, 78 (86.7%) see Medical Doctors on a regular basis and 2 (2.2%) do not see Medical Doctors on a regular basis. The age and gender breakdown of the people who answered this question is shown in Table 4.1.

**Table 4.1 80 People Who See Medical Doctors on a Regular Basis**

n=80		Unknown	<30	30-65
M	Y	3 3.8%	0.0%	5 6.3%
	N	0.0%	0.0%	0.0%
F	Y	10 12.5%	18 22.5%	38 47.5%
	N	0.0%	1 1.3%	1 1.3%
Unknown	Y	3 3.8%	0.0%	1 1.3%
	N	0.0%	0.0%	0.0%

Of the 80 people who answered this question, 54 (67.5%) people saw family practice doctors, 41 (51.3%) women saw gynecologists, 22 (27.5%) people saw internal medicine specialists, and 24 (30.0%) people saw other specialists. The gender and age breakdown of each of these categories are shown below:

**Table 4.2 54 People Who Saw Family Practice Doctors**

n=54		Unknown	<30	30-65
M	Y	3 5.6%	0.0%	3 5.6%
	N	0.0%	0.0%	0.0%
F	Y	10 18.5%	13 24.1%	22 40.7%
	N	0.0%	0.0%	0.0%
Unknown	Y	2 3.7%	0.0%	1 1.9%
	N	0.0%	0.0%	0.0%

**Table 4.3 41 Women Who Saw Gynecologists**

n=41		Unknown	<30	30-65
F	Y	4 9.8%	14 34.1%	23 56.1%

**Table 4.4 22 People Who Saw Internal Medicine Specialists**

n=22		Unknown	<30	30-65
M	Y	0.0%	0.0%	2 9.1%
	N	0.0%	0.0%	0.0%
F	Y	4 18.2%	1 4.5%	15 68.2%
	N	0.0%	0.0%	0.0%
Unknown	Y	3.8%	0.0%	0.0%
	N	0.0%	0.0%	0.0%

**Table 4.5 24 People Who Saw Other Types of Medical Doctors**

n=24		Unknown		<30		30-65	
M	Y	1	4.2%	0.0%	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
F	Y	2	8.3%	3	12.5%	16	66.7%
	N	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Unknown	Y	1	4.2%	0.0%	0.0%	1	4.2%
	N	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

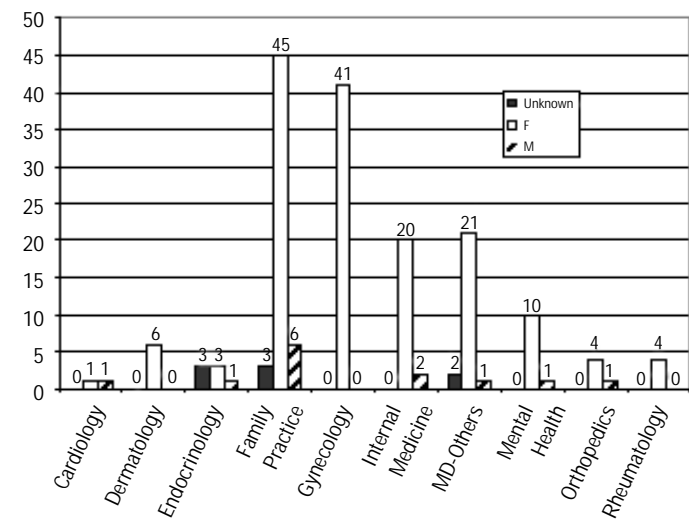
Other Doctors (MDs) Seen	
2	(8.3%) Chiropractor
1	(4.2%) Dentist
4	(16.7%) ENT
4	(16.7%) Gastro-Intestinal Specialist
1	(4.2%) Neurologist
4	(16.7%) Oral Surgeon
1	(4.2%) Orthodontist
3	(12.5%) Pain Specialist
1	(4.2%) Pediatrician
1	(4.2%) Physical Therapist
1	(4.2%) Podiatrist

Of the 44 people who submitted both the Survey and Checklist, 40 (90.9%) have seen MDs on a regular basis and 1 (2.3%) did not. The breakdown of the MDs that they have seen is:

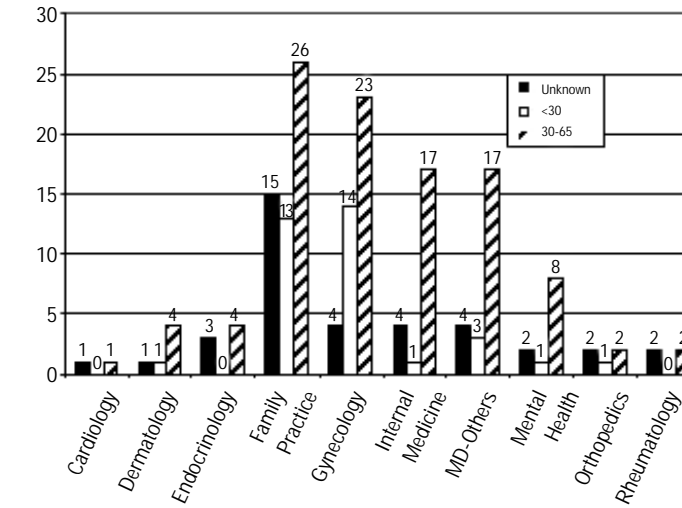
n=40		
Cardiology	1	2.5%
Dermatology	6	15.0%
Endocrinology	2	5.0%
Family Practice	28	70.0%
Gynecology	25	62.5%
Internal Medicine	13	32.5%
MD-Others	15	37.5%
Mental Health	5	12.5%
Orthopedics	2	5.0%
Rheumatology	4	10.0%

Figure 4.1 shows the distribution of MDs by gender and figure 4.2 shows the distribution of MDs by age.

**Figure 4.1 MDs Seen by Gender**



**Figure 4.2 MDs Seen by Age**



**Question 5.**

*Do you see any other alternative medicine or other health care professionals?*

- Yes
- No

*Who?*

- Osteopaths
- Chiropractors
- Ayurveda Practitioners
- Acupuncturists
- Podiatrists
- Physical or Occupational Therapists
- Nutritionists
- Massage Therapists
- Spiritual Healers
- Dentists for "TMJ" treatment
- Naturopaths
- Other/s (list)

85 (94.4%) of the survey respondents answered this question. Of the 90 respondents, 61 (67.8%) did see an alternative provider and 24 (26.7%) did not. The age and gender breakdown of the people who answered this question is shown in Table 5.1.

**Table 5.1 85 People Who Answered the Alternative Provider Question**

n=85		Unknown		<30		30-65	
M	Y	3	3.5%	1	1.2%	3	3.5%
	N	0.0%	0.0%	0.0%	0.0%	3	3.5%
F	Y	10	11.8%	15	17.6%	28	32.9%
	N	1	1.2%	7	8.2%	11	12.9%
Unknown	Y	1	1.2%	0.0%	0.0%	0.0%	0.0%
	N	1	1.2%	0.0%	0.0%	1	1.2%

Of the 85 people who answered the question, 25 (29.4%) saw chiropractors, 23(27.1%) saw massage therapists, 21 (24.%) saw physical or occupational therapists, and 11(12.9%) saw acupuncturists. The gender and age breakdowns of the people who saw these providers are given below:

**Table 5.2 25 People Who Saw a Chiropractor**

n=25		Unknown		<30		30-65	
M	Y	0.0%	0.0%	1	4.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
F	Y	4	16.0%	5	20.0%	15	60.0%
	N	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Unknown	Y	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%



**Table 5.3 23 People Who Saw a Massage Therapist**

n=23		Unknown	<30	30-65
M	Y	2 8.7%	0.0%	0.0%
	N	0.0%	0.0%	0.0%
F	Y	4 17.4%	5 21.7%	12 52.2%
	N	0.0%	0.0%	0.0%
Unknown	Y	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%

**Table 5.4 11 People Who Saw an Acupuncturist**

n=11		Unknown	<30	30-65
M	Y	1 9.1%	0.0%	0.0%
	N	0.0%	0.0%	0.0%
F	Y	1 9.1%	2 18.2%	7 63.6%
	N	0.0%	0.0%	0.0%
Unknown	Y	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%

**Table 5.5 Other Alternative Providers Listed**

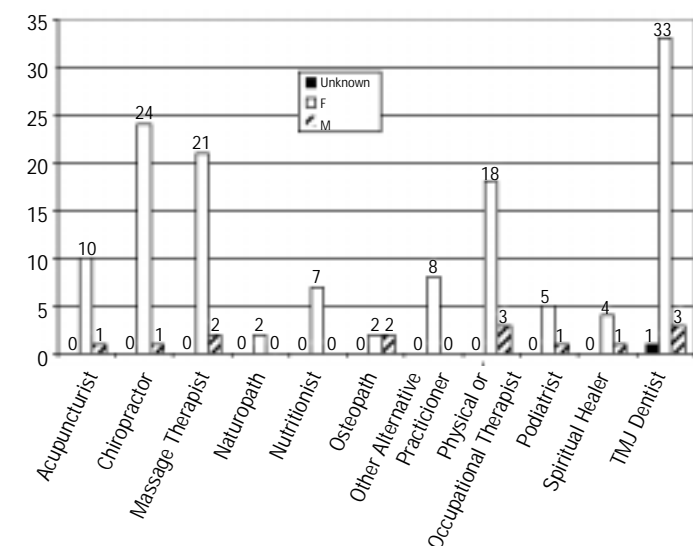
Other Alternative Providers
Good dental hygienist
Pain management doctor
(2) Orthodontist
Chelation therapist
Hypnotist
Chronic pain specialist

Of the 44 people who submitted both the Survey and Checklist, 30 (68.2%) saw alternative professionals and 11 (25%) did not. The breakdown of the professionals they saw is:

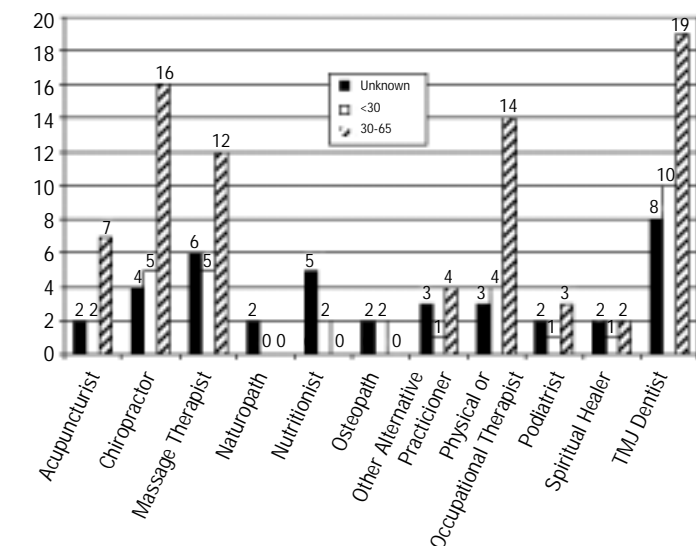
n=30		
Acupuncturist	7	23.3%
Chiropractor	17	56.7%
Massage Therapist	13	43.3%
Naturopath	1	3.3%
Nutritionist	4	13.3%
Other Alternative Practitioner	5	16.7%
Physical or Occupational Therapist	10	33.3%
Podiatrist	3	10.0%
Spiritual Healer	3	10.0%
TMJ Dentist	13	43.3%

The gender and age charts of the results of the “Alternative Provider” question are:

**Figure 5.1 Alternative Providers by Gender**



**Figure 5.2 Alternative Providers by Age**



**Question 6.**

List other alternative specialty treatment therapies you find helpful.

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34 (37.8%) people answered this question. The complete details of their responses are shown in Table 6.1

**Table 6.1 Details of Helpful Alternative Therapies**

Helpful Alternative Therapies
A mouthguard helped for a while
Acupressure, meditation, cervical pillow
Aspirin and heating pad
Biofeedback
Biofeedback, meditation, vitamins
Chinese herbal therapy
Chiropractic helps

**Helpful Alternative Therapies (continued)**

Craniosacral therapy
Exercise
Extensive exercise; very little sitting and only on hard chairs
General stress reduction through exercise, tai chi, and talk therapy
Have been using a splint for 5 years
Heating jaw with hot washcloth
Hypnosis for relaxation
I am still looking
I have not found any treatment helpful so far
Ice pack helps headaches some
Malic acid; magnesium; kava kava; B-6; B-12
Massage
Meditation
Massage therapy with lymph treatments, also craniosacral therapy
Moist heat applied for 20 minutes; TENS unit applied between index finger and thumb
None at this time
Splint helps to relax my jaw
Nutritionist
Orthodontist
Quiet room, hot liquids, ice cream, hot baths and showers, smooth-riding cars
Relaxation, mostly through stress tapes
Short-term physical therapy
Soft food, massaging of joints
Splint therapy, physical therapy
Ultrasound and night guard
Use a TENS unit to relieve pain
Yoga

## Question 7.

What is the specialty of the doctor you generally see? \_\_\_\_\_

65 (72.2%) People answered this question. The details of their answers are:

Specialty of Doctor Who Is Generally Seen
1 (1.5%) Acupuncture, MD
1 (1.5%) Chiropractic
9 (13.9%) Dentist
1 (1.5%) Don't go to doctor unless absolutely necessary
1 (1.5%) Endocrinologist for pituitary
13 (20.0%) Family Practice
7 (10.8%) General Practitioner
1 (1.5%) Gynecologist
7 (10.8%) Internal Medicine
1 (1.5%) Midwife
1 (1.5%) Muscular Therapy/Massage
1 (1.5%) Neurology
4 (6.2%) Oral or Maxillofacial Surgeon
3 (4.6%) Orthodontics
2 (3.1%) Osteopath
1 (1.5%) Pediatrics
1 (1.5%) Rehabilitation
1 (1.5%) Splint Therapist
1 (1.5%) Surgeon
3 (4.6%) TMJ Dentist

A comparison of this distribution to the one presented for Question 4 (page 12) reveals a large difference in the proportion of people who responded "Gynecologist." This might be explained by the observation that for Question 4, multiple doctors were requested, whereas for this question, most respondents listed only one doctor.

## Question 8.

Do you see a specialist for your "TMJ"?

\_\_\_\_ Yes

\_\_\_\_ No

What kind? \_\_\_\_\_

83 (92.2%) people answered this question. Of the 90 survey respondents, 40 (44.4%) do see a specialist for their TMJ and 43 (47.8%) do not. The gender and age breakdown of the people who answered this question is:

**Table 8.1 83 People who Answered "Specialist for TMJ"**

n=83		Unknown	<30	30-65
M	Y	1 1.2%	0.0%	5 6.0%
	N	2 2.4%	1 1.2%	1 1.2%
F	Y	6 7.2%	7 8.4%	19 22.9%
	N	4 4.8%	14 16.9%	20 24.1%
Unknown	Y	1 1.2%	0.0%	1 1.2%
	N	1 1.2%	0.0%	0.0%

The kind of specialist they see for TMJ is:

**Table 8.2 Kinds of Specialists Seen for TMJ**

n=83	Kind of Specialist seen for TMJ
14 (16.9%)	Dentist
1 (1.2%)	ENT Specialist
13 (15.7%)	Oral or Maxillofacial Surgeon
4 (4.8%)	Orthodontist
51 (61.4%)	Did not specify what kind of specialist

## Question 9.

How did you select your doctor?

\_\_\_\_ Referral by another doctor

\_\_\_\_ Recommendation by a friend

\_\_\_\_ Support group recommendation

\_\_\_\_ Arthritis Foundation

\_\_\_\_ Physician referral

\_\_\_\_ Dentist referral

\_\_\_\_ Hospital referral

\_\_\_\_ Referral service (list) \_\_\_\_\_

\_\_\_\_ HMO or PPO coverage

\_\_\_\_ Listing in the phone book

Other (please explain) \_\_\_\_\_

76 (84.4%) people answered this question. Of the 90 survey respondents, 24 (26.7%) were referred by their doctor, 21 (23.3%) selected their doctor from their HMO or PPO coverage, 17 (18.9%) were referred by a friend, 15 (16.7%) were referred by a dentist, and 14 (15.6%) were referred in other ways.

**Table 9.1 15 Referrals by Dental Professional**

n=15		Unknown	<30	30-65
M	Y	0.0%	0.0%	1 6.7%
	N	0.0%	0.0%	0.0%
F	Y	2 13.3%	3 20.0%	9 60.0%
	N	0.0%	0.0%	0.0%
Unknown	Y	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%

**Table 9.2 24 Referrals by Medical Professional**

n=24		Unknown	<30	30-65
M	Y	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%
F	Y	4 16.7%	6 25.0%	13 54.2%
	N	0.0%	0.0%	0.0%
Unknown	Y	1 4.2%	0.0%	0.0%
	N	0.0%	0.0%	0.0%

**Table 9.3 17 Referrals by a Friend**

n=17		Unknown	<30	30-65
M	Y	0.0%	0.0%	1 5.9%
	N	0.0%	0.0%	0.0%
F	Y	4 23.5%	6 35.3%	6 36.3%
	N	0.0%	0.0%	0.0%
Unknown	Y	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%

**Table 9.4 21 Referrals by HMO or PPO**

n=21		Unknown		<30		30-65	
M	Y	1	4.8%	0	0.0%	2	9.5%
	N	0	0.0%	0	0.0%	0	0.0%
F	Y	0	0.0%	7	33.3%	10	47.6%
	N	0	0.0%	0	0.0%	0	0.0%
Unknown	Y	0	0.0%	0	0.0%	1	4.8%
	N	0	0.0%	0	0.0%	0	0.0%

**Table 9.5 14 Referrals by Other Method**

n=14		Unknown		<30		30-65	
M	Y	0	0.0%	1	7.1%	1	7.1%
	N	0	0.0%	0	0.0%	0	0.0%
F	Y	4	28.6%	1	7.1%	6	42.9%
	N	0	0.0%	0	0.0%	0	0.0%
Unknown	Y	1	7.1%	0	0.0%	0	0.0%
	N	0	0.0%	0	0.0%	0	0.0%

**Table 9.6 Other Referral Mechanisms**

Other Ways People Selected Their Doctor
One claimed to be a specialist and he wasn't. Have to go to this doctor because of insurance
Sister worked for a dentist
Newspaper article
Family history with this doctor
Kept calling dentists till one recommended the dental school at University of Pacific
My husband is a physician

Other Ways People Selected their Doctor (continued)
Read about it in <i>Readers Digest</i>
Research
Saw sign outside of building
Veterans Hospital program
Searched for qualified doctor; after 3 or 4 opinions, I chose one
My father-in-law, who was a DDS
Family doctor

Of the 44 people who submitted both the Survey and Checklist, 36 (81.8%) specified a referral mechanism. The breakdown of how they were referred is:

n=36		
Dental	5	13.9%
Medical	11	30.6%
Friend	11	30.6%
HMO/PPO	11	30.6%
Hospital	1	2.8%
Other	6	16.7%
Phonebook	1	2.8%
Physician	6	16.7%
Service	2	5.6%
Support Group	1	2.8%

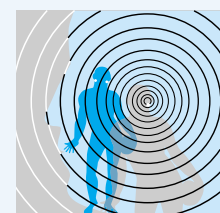
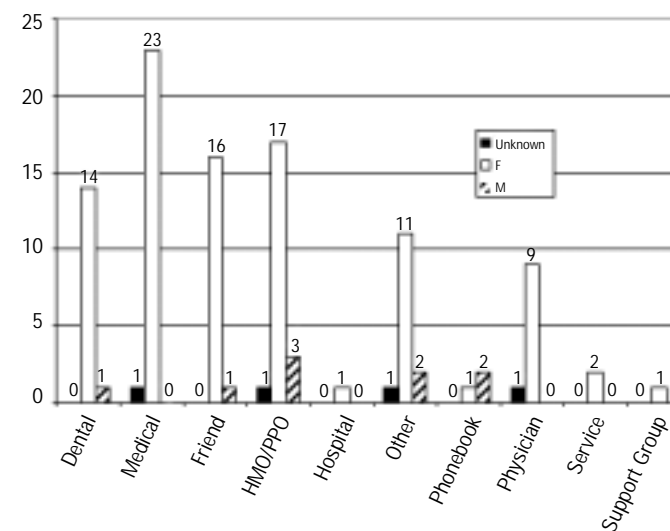
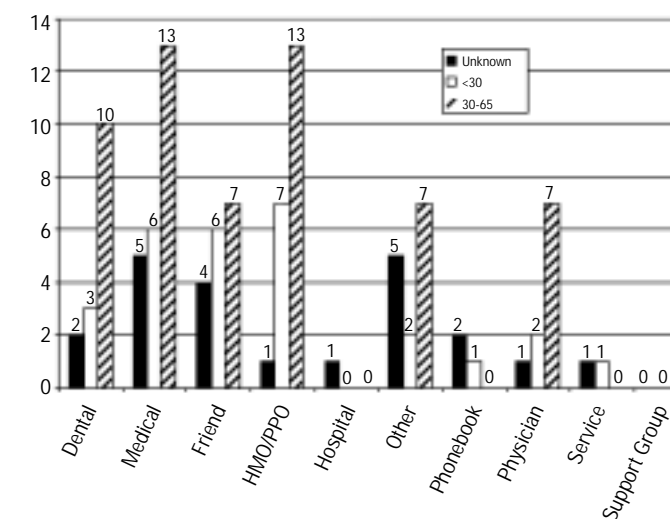


Figure 9.1 shows the ways people selected their doctor/s by gender and Figure 9.2 shows the ways people selected their doctor by age.

**Figure 9.1 Referral Mechanisms by Gender**



**Figure 9.2 Referral Mechanisms by Age**



**Question 10.**

*Do you feel your doctor/s keep up with the latest information on "TMJ"?*

\_\_\_ Yes  
\_\_\_ No

*Explain* \_\_\_\_\_

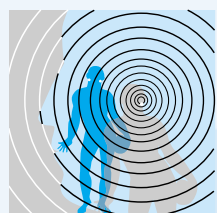
73 (81.1%) people answered this question. Of the 90 Survey respondents, 35 (38.9%) felt that their doctor was up-to-date on the latest TMJ information and 38 (42.2%) felt that their doctor was NOT up-to-date on TMJ information.

**Table 10.1 73 People Who Answered Whether Their Doctor Was Up-To-Date**

n=73		Unknown		<30		30-65	
M	Y	0	0.0%	0	0.0%	2	2.7%
	N	2	2.7%	1	1.4%	3	4.1%
F	Y	6	8.2%	8	11.0%	17	23.3%
	N	3	4.1%	12	16.4%	17	23.3%
Unknown	Y	1	1.4%	0	0.0%	1	1.4%
	N	0	0.0%	0	0.0%	0	0.0%

**Why "Yes" for Doctor Up-To-Date**

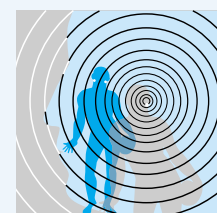
- All the latest therapy was tried on me, including surgery
- Updated programs on his computer
- He has a Sc.D. and gives me literature
- He feels he can no longer help and I should see another specialist
- Some don't follow as closely as they should
- TMJ doctor does, others no
- Attends regular seminars around the states
- Speaks to other specialists



Why "Yes" for Doctor Up-To-Date (continued)
When I checked on-line, I found my doctor had already told me everything that I read there
My chiropractor seems to be up-to-date
I was getting more updated info with the Internet and other sources
He learns from experience with his own TMJ problems and from patients
He always keeps me informed about TMJ
He tells us the good/bad treatments; gives us the facts
Head of Oral Surgery department at teaching hospital; known for his TMJ work
They seem to be aware of it
One of the leading specialists in Vancouver
I got relief
Next step is removal of steel joint plate and replacement with rib graft
Attends seminars, works with local PTs to keep up-to-date

Why "No" for Doctor Up-To-Date
Not at all; she claimed it was all about stress and that it would go away when stress did
Don't trust doctors in my area. The dentist I went to as a child was great about keeping up on things and trying different TMJ treatments
They tell me the pain is in my head (not real), and that there is no such thing as TMJ
Some do and some don't; had good doctors and some non-caring ignorant ones
Never see any booklets about the subject.

Why "No" for Doctor Up-to-date (continued)
Thinks all TMJ problems are from grinding
Came to it late in life, got educated on it many years ago, and is "frumpy" about other treatment suggestions
My doctor knew very little about TMJ and prescribed Motrin
He just helps with the pain through acupuncture
I asked if I could have gone deaf from TMJ and he said no. I am deaf in left ear, same side as TMJ
Could not give any detailed information
Most of the doctors I have seen know nothing about TMJ/TMD in relation to my athletic and fitness concerns
Very set in old (medical) ways. Prescribes medication and pain relievers for any complaint I have
He cannot determine the causes of my TMJ and he doesn't know what to do; I provide him with printouts of things I find on the Internet that he never knew about
Most don't believe it exists
No suggested treatment
Dentist told me not to worry about it ; he doesn't know what to do anymore
Not in the past few years—they kind of gave up on it
He just told me to talk to my dentist
Most don't keep up
Family doctor and regular dentist do not know how to treat
The doctors I've seen are all confused by my condition and seem unsure on how to treat it. Keep referring me to other doctors and so on
I don't think they explain things well
He offers only splint therapy



## Question 11.

*Have you ever received information specifically on "TMJ"?*

\_\_\_ *Yes*

\_\_\_ *No*

*By whom?* \_\_\_\_\_

85 (94.4%) people answered this question. Of the 90 survey respondents, 54 (60.0%) have received TMJ information and 31 (34.4%) have not.

**Table 11.1 85 People Who Received TMJ Information**

n=85		Unknown	<30	30-65
M	Y	1 1.2%	1 1.2%	2 2.4%
	N	2 2.4%	0 0.0%	4 4.7%
F	Y	8 9.4%	14 16.5%	24 28.2%
	N	3 3.5%	9 10.6%	13 15.3%
Unknown	Y	3 3.5%	0 0.0%	1 1.2%
	N	0 0.0%	0 0.0%	0 0.0%

By Whom?	Count
Dentist	17
Internet	13
Doctor or Physician	8
Oral Surgeon	3
JJAMD	3
Caregivers	1
TMJ Association	1
Mostly doesn't apply to my advanced case	1
Physical Therapist	1
Various brochures, no specific author	1
Mother	1

By Whom?	Count
Everywhere!	1
Booklets given out by the TMJ specialty office	1
Library	1
journal articles; national oral health information exchange	1
TMJ and stress center	1
Krames communication - TMJ Disorders: Managing Your TMJ Problem	1
Chiropractor	1
TMJ specialist at HCHP	1
TMJ dentist	1
Several hours spent on research	1
I read everything I can get my hands on, but do not pursue material	1

## Question 12.

*Do you belong to a Support/Self-Help Group?*

\_\_\_ *Yes*

\_\_\_ *No*

*Name the Group* \_\_\_\_\_

81 (90.0%) people answered this question. Of the 90 survey respondents, only 4 (4.4%) belong to a support group and 77 (85.6%) do not.

**Table 12.1 81 People Who Answered the Support Group Question**

n=81		Unknown		<30		30-65	
M	Y	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	N	3 3.7%	1 1.2%	6 7.4%			
F	Y	1 1.2%	0.0%	3 3.7%			
	N	10 12.3%	23 28.4%	31 38.3%			
Unknown	Y	0.0%	0.0%	0.0%			
	N	3 3.7%	0.0%	0.0%			

The names of the support groups that the respondents mentioned are Alanon, Fibromyalgia, Ehlers-Danlos on-line group, and TMJ Support Group.

**Question 13.**

*Have you been diagnosed with any of the following disorders which might overlap with "TMJ"?*

- Abused child
- Accident (specify) \_\_\_\_\_
- Allergies
- Asthma
- Battered Woman
- Birth Defects [specify] \_\_\_\_\_
- Chronic Fatigue Syndrome
- Carpal Tunnel Syndrome
- Ehlers-Danlos
- Paget's
- Parkinson's
- Premature Birth
- Respiratory Disorders
- Anorexia/Bulimia
- List Others \_\_\_\_\_

67 (74.4%) of the respondents answered this question. Of the 90 survey respondents, 62 (68.9%) had other disorders and 5 (5.6%) stated that they had no other disorders. The age and gender breakdown of the people who answered this question is shown in Table 13.1

**Table 13.1 67 People Who Answered the "Other Disorder" Question**

n=67		Unknown		<30		30-65	
M	Y	1 1.5%	0.0%	4 6.0%			
	N	0.0%	0.0%	1 1.5%			
F	Y	9 13.4%	15 22.4%	31 46.3%			
	N	0.0%	2 3.0%	2 3.0%			
Unknown	Y	2 3.0%	0.0%	0.0%			
	N	0.0%	0.0%	0.0%			

The most prevalent responses were Accident, Allergies, Asthma, and Carpal Tunnel Syndrome. Of the 67 people who answered the questions, 23 (34.3%) had accidents, 29 (43.3%) had allergies, 13 (19.4%) had asthma and 10 (14.9%) had carpal tunnel. Tables 13.2 through 13.5 give the gender and age breakdown of these respondents. Table 13.6 gives the age and gender of 20 respondents who listed additional "Other Disorders" and lists the details of those disorders.

**Table 13.2 23 People Who Had Accidents**

n=23		Unknown		<30		30-65	
M	Y	0.0%	0.0%	1 4.3%			
	N	0.0%	0.0%	0.0%			
F	Y	4 17.4%	7 30.4%	10 43.5%			
	N	0.0%	0.0%	0.0%			
Unknown	Y	1 4.3%	0.0%	0.0%			
	N	0.0%	0.0%	0.0%			

**Table 13.3 29 People Who Had Allergies**

n=29		Unknown		<30		30-65	
M	Y	1 3.4%	0.0%	1 3.4%			
	N	0.0%	0.0%	0.0%			
F	Y	4 13.8%	9 31.0%	14 48.3%			
	N	0.0%	0.0%	0.0%			
Unknown	Y	0.0%	0.0%	0.0%			
	N	0.0%	0.0%	0.0%			

**Table 13.4 13 People Who Had Asthma**

n=13		Unknown		<30		30-65	
M	Y	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
F	Y	0.0%	4 30.8%	9 69.2%			
	N	0.0%	0.0%	0.0%			
Unknown	Y	0.0%	0.0%	0.0%			
	N	0.0%	0.0%	0.0%			

**Table 13.5 10 People Who Had Carpal Tunnel Syndrome**

n=10		Unknown		<30		30-65	
M	Y	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	N	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
F	Y	1 10.0%	0.0%	9 90.0%			
	N	0.0%	0.0%	0.0%			
Unknown	Y	0.0%	0.0%	0.0%			
	N	0.0%	0.0%	0.0%			

**Table 13.6 20 People Who Listed Additional "Other Disorders"**

n=20		Unknown		<30		30-65	
M	Y	0.0%	0.0%	2 10.0%			
	N	0.0%	0.0%	0.0%			
F	Y	2 10.0%	3 15.0%	12 60.0%			
	N	0.0%	0.0%	0.0%			
Unknown	Y	1 5.0%	0.0%	0.0%			
	N	0.0%	0.0%	0.0%			

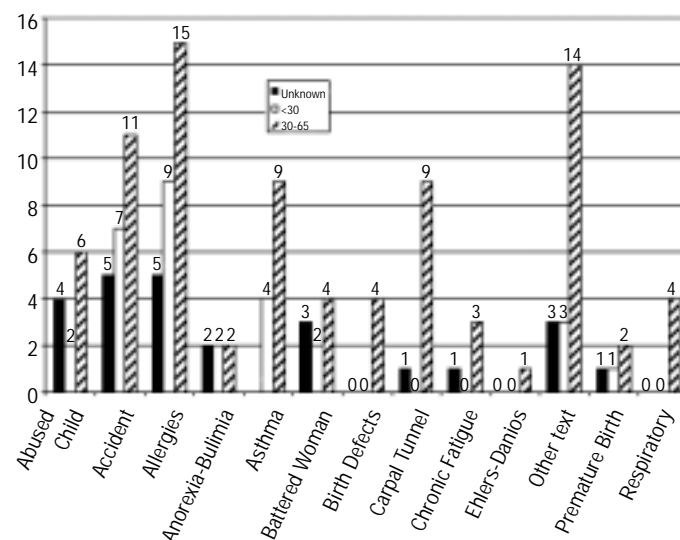
Additional "Other Disorders" Listed
Depression
Teeth grinding
Stress
Trauma to jaw, from being raped
Teeth straightened, thyroid growth removed, microadenoma
GI reflux
Structural problems—hips not symmetrical, lower back aches, neck and shoulder aches
Depression, sinusitis
Aggressive orthodontia at age 15
Fibromyalgia
Myofascial pain syndrome, post-traumatic stress disorder
Bronchitis
Pouted a lot as a child; pooched my lips out when I was unhappy
Anxiety disorder
Hiatal hernia
Migraine headache
Irritable bowel; depression; sleep apnea; anxiety and nervous problems; severe facial pain; weight loss
Underbite
Kidney removed at age 10. Had not functioned properly since birth
Bruxism

# SURVEY RESULTS

Of the 44 people who submitted both the Survey and Checklist, 32 (72.7%) had other disorders and 1 (2.3%) did not. The breakdown of the disorders of the 32 people is as follows:

n=32		
Abused Child	5	15.6%
Accident	13	40.6%
Allergies	17	53.1%
Anorexia-Bulimia	2	6.3%
Asthma	6	18.8%
Battered Woman	3	9.4%
Birth Defects	2	6.3%
Carpal Tunnel	3	9.4%
Ehlers-Danlos	1	3.1%
Premature Birth	2	6.3%
Respiratory	3	9.4%

## Other Disorders by Age



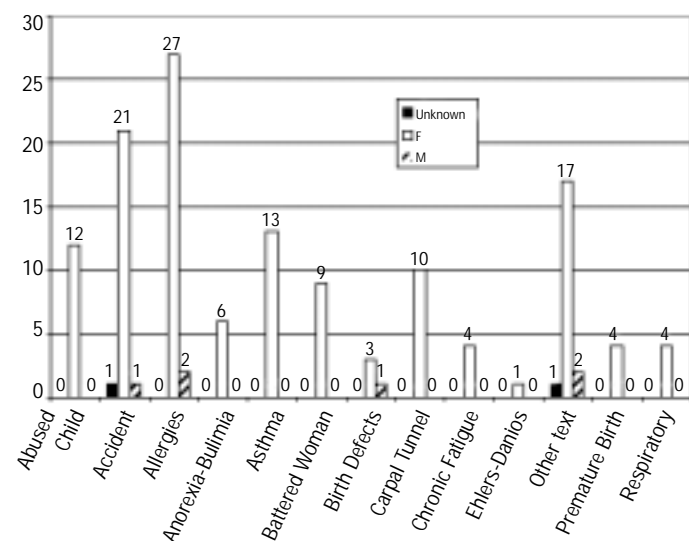
## Multi-Question Correlations

2x2 correlation matrices were produced for Y/N variables that had significant response rates. For example, of those who belong to a support group, how many people feel that their doctor is up-to-date or not up-to-date on TMJ information? As another example, of those people who see a specialist for TMJ, how many also see an alternative provider? It is important to note that people were not required to answer every question on the survey. Therefore the totals of the rows and columns of the below matrices do not necessarily add up to the total number of people who answered specific questions.

**Question:** How many people who see medical doctors also rely on alternative providers?

**Answer:** A 2x2 matrix was constructed using the “Q04 Any MD” and “Q05 Any Alternative” variables. 80 people answered the “MD” question, 85 people answered the “Alternative” question, and 77 answered both questions. However, of the people who answered the “MD” question, only two answered that they do NOT regularly see an MD. Therefore, the more meaningful

## Other Disorders by Gender



result of the below table is that of those who see an MD (80), there are 54 who see an alternative provider and 21 who do not.

	Alternative	No Alternative
Any MD	54	21
No MD	1	1

**Question:** How many people who see a doctor for their TMJ condition also rely on alternative providers?

**Answer:** A 2x2 matrix was constructed using the “Q08 Doc for TMJ YN” and “Q05 Any Alternative” variables. 83 people answered the “Doctor for TMJ” question, 85 people answered the “Alternative” question, 81 answered both questions. A striking result is that of the 39 people who see a doctor for their TMJ, most (32) also see an alternative provider.

	Alternative	No Alternative
Any MD	32	7
No MD	25	17

**Question:** What is the relationship between people who think their doctor is up-to-date and those who belong to a support group?

**Answer:** A 2x2 matrix was constructed using the “Q12 Support group belong” and “Q10 Doc up-to-date” variables. 81 people answered the support group question, although only 4 people in the sample belonged to support groups. 73 people answered the “Doctor up-to-date” question. 67 people answered both questions. The meaningful result of the table below is that of those who belong to support groups (4), half believe their doctor to be up-to-date and half do not. For those who do NOT belong to support groups (63), most (35) believe their doctor is not up-to-date and 28 believe their doctor is up-to-date.

# SURVEY RESULTS

	Up-To-Date	Not Up-To-Date
Belongs	2	2
Does Not Belong	28	35

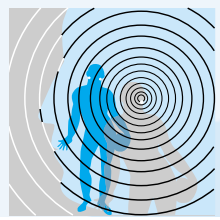
**Question:** What is the relationship between people who see a doctor specifically for their TMJ problems and those who think that their doctor is up-to-date?

**Answer:** A 2x2 matrix was constructed using the “Q08 Doc for TMJ YN” and “Q10 Doc up-to-date” variables. 83 people answered the question of whether they see a specialist for their TMJ. 73 people answered the “Doctor up-to-date” question. The meaningful results of the table below are that of those people who answered both questions (68), most of them who see a TMJ doctor (23) feel that their doctor is up-to-date, whereas most of them who do NOT see a TMJ doctor (27) feel that their doctor is not up-to-date.

	Up-To-Date	Not Up-To-Date
TMJ Doctor	23	9
No TMJ Doctor	9	27

**Question:** What is the relationship between people who ever get information specifically for TMJ and those who think that their doctor is up-to-date?

**Answer:** A 2x2 matrix was constructed using the “Q11 Ever get info” and “Q10 Doc up-to-date” variables. 85 people answered the question of whether they ever get TMJ information. 73 people answered the “Doctor up-to-date” question. Of the 71 people who answered both questions, the results seem evenly distributed. Most (25) of the people who get information think that their doctor is up-to-date, but (17) believe their doctor is not up-to-date.



# SURVEY RESULTS

	Up-To-Date	Not Up-To-Date
Gets Info	25	17
No Info	10	19

**Question:** What is the relationship between people who belong to a support group and people who get information specifically for TMJ?

**Answer:** A 2x2 matrix was constructed using the “Q12 Support group belong” and “Q11 Ever get info” variables. 81 people answered the question of whether they belong to a support group. 85 people answered the question of whether they get TMJ information. 79 people answered both questions. It was surprising that of the 4 people who belong to a support group, 3 of them do NOT get information. Of the 79 people who answered both questions and do not belong to a support group, 49 of them get TMJ information and 26 of them do not.

	Gets Info	Does Not Get Info
Belong	1	3
Does Not Belong	49	26

**Question:** What is the relationship between people who have arthritis symptoms and those who indicated they have other joint problems?

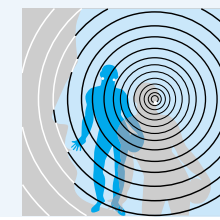
**Answer:** A 2x2 matrix was constructed using the “Q03 Any Arthritis” and “Q02 Any Joint” variables. 70 people answered the question of whether they have any arthritis problems, 62 people answered the question of joint problems, and 51 answered both questions. Not surprisingly, most people who have arthritis also have other joint problems and most people who have no arthritis have no other joint problems.

	Joint Problems	No Joint Problems
Arthritis	27	7
No Arthritis	3	14

**Question:** What is the relationship between people who have arthritis symptoms and people who see a doctor specifically for TMJ?

**Answer:** A 2x2 matrix was constructed using the “Q03 Any Arthritis” and “Q08 Doc for TMJ YN” variables. 70 people answered the question of whether they have any arthritis problems, 83 people answered the question of whether they see a doctor for TMJ, and 66 answered both questions. Of the 49 people in this group who had arthritis problems, about half (27) see a doctor for TMJ and about half (22) do NOT see a doctor for TMJ.

	Arthritis	No Arthritis
TMJ Doctor	27	6
No TMJ Doctor	22	11



# SURVEY RESULTS

**Question:** What is the relationship between people who have other joint symptoms and people who see a doctor specifically for TMJ?

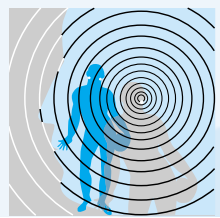
**Answer:** A 2x2 matrix was constructed using the “Q02 Any Joint” and “Q08 Doc for TMJ YN” variables. 62 people answered the question of whether they have any other joint problems, 83 people answered the question of whether they see a doctor for TMJ, and 56 answered both questions. Of the 35 people in this group who had other joint problems, about half (17) see a doctor for TMJ and about half (18) do NOT see a doctor for TMJ.

	Joint Problems	No Joint Problems
TMJ Doctor	17	9
No TMJ Doctor	18	12

**Question:** What is the relationship between people who have arthritis symptoms and people who have Fibromyalgia?

**Answer:** A 2x2 matrix was constructed using the “Q03 Fibromyalgia” and “Q03 Any Arthritis” variables. 12 people answered the question of whether they had Fibromyalgia, 70 people answered the question of whether they had any arthritis symptoms, and 12 people answered both questions. All of the 12 people who said that they had Fibromyalgia also indicated that they had other arthritis symptoms.

	Fibromyalgia	No Fibromyalgia
Arthritis	12	0
No Arthritis	0	0



# CHECKLIST RESULTS

## IV. CHECKLIST RESULTS

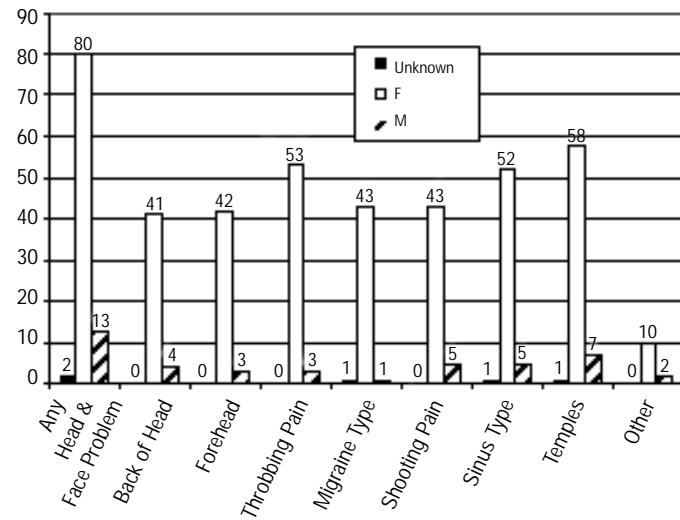
### 1. Head and Face Symptoms

#### Head & Face:

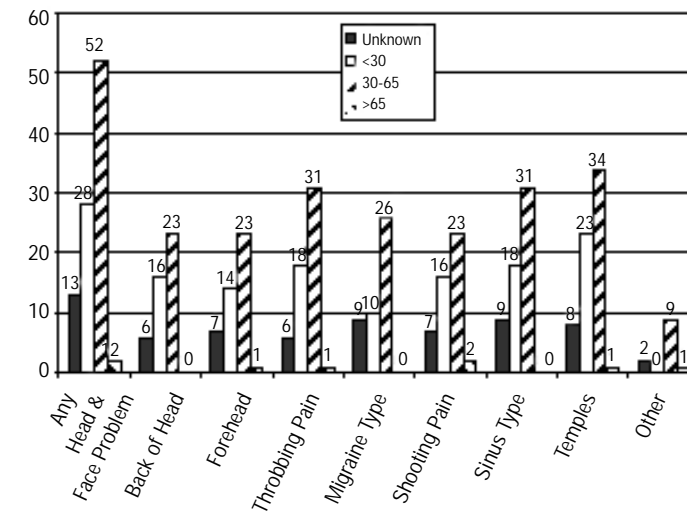
- Forehead
- Migraine Type
- Sinus Type
- Temples
- Back of Head
- Shooting Pain
- Throbbing Pain
- Other

95 (94.1%) of the 101 Checklist respondents answered this question. 45 (47.4%) of the respondents had every one of the symptoms listed (excluding “Other”). The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

### Head and Face Problems by Gender



### Head and Face Problems by Age

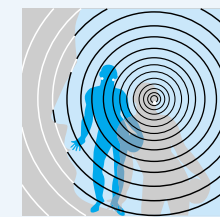


### Other Head and Face Symptoms

- In jaws
- Face feels swollen and cheek and temple have streaking pain and twitch
- Dizziness
- Constant clogged nose
- Numbness and tingling
- Cramps in jawline
- Pressure on top of head and forehead
- Constant headache from prior back injury
- occipital neuralgia
- Upper teeth and palate ache
- Pressure and tightness
- Throbbing with no pain

### Any Head and Face Symptoms

n=95	Unknown	<30	30-65	>65
M	3 3.2%	3 3.2%	5 5.3%	2 2.1%
F	9 9.5%	25 26.3%	46 48.4%	0.0%
Unknown	1 1.1%	0.0%	1 1.1%	0.0%



# CHECKLIST RESULTS

### Forehead Symptoms

n=45	Unknown	<30	30-65	>65
M	1 2.2%	1 2.2%	0.0%	1 2.2%
F	6 13.3%	13 28.9%	23 51.1%	0.0%
Unknown	0 0.0%	0.0%	0.0%	0.0%

### Migraine-Type Headaches

n=45	Unknown	<30	30-65	>65
M	1 2.2%	0.0%	0.0%	0.0%
F	7 15.6%	10 22.2%	26 57.8%	0.0%
Unknown	1 2.2%	0.0%	0.0%	0.0%

### Sinus-Type Headaches

n=58	Unknown	<30	30-65	>65
M	2 3.4%	1 1.7%	2 3.4%	0.0%
F	7 12.1%	17 29.3%	28 48.3%	0.0%
Unknown	0.0%	0.0%	1 1.7%	0.0%

### Temple Pain

n=66	Unknown	<30	30-65	>65
M	2 3.0%	3 4.5%	1 1.5%	1 1.5%
F	6 9.1%	20 30.3%	32 48.5%	0.0%
Unknown	0.0%	0.0%	1 1.5%	0.0%

### Back-Of-Head Symptoms

n=45	Unknown	<30	30-65	>65
M	1 2.2%	2 4.4%	1 2.2%	0.0%
F	5 11.1%	14 31.1%	22 48.9%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

### Shooting Pain

n=48	Unknown	<30	30-65	>65
M	2 4.2%	1 2.1%	0.0%	2 4.2%
F	5 10.4%	15 31.3%	23 47.9%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

### Throbbing Pain in Head

n=56	Unknown	<30	30-65	>65
M	1 1.8%	1 1.8%	0.0%	1 1.8%
F	5 8.9%	17 30.4%	31 55.4%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

### Forehead Symptoms

n=45	None	Mild	Other	Severe
None	3 6.7%	4 8.9%	0.0%	5 11.1%
Always	2 4.4%	4 8.9%	0.0%	1 2.2%
Sometimes	11 24.4%	8 17.8%	4 8.9%	3 6.7%
Other	0.0%	0.0%	0.0%	0.0%

### Migraine-Type Headaches

n=45	None	Mild	Other	Severe
None	4 8.9%	1 2.2%	0.0%	7 15.6%
Always	1 2.2%	0.0%	0.0%	2 4.4%
Sometimes	12 26.7%	0.0%	2 4.4%	16 35.6%
Other	0.0%	0.0%	0.0%	0.0%



# CHECKLIST RESULTS

## Sinus-Type Headaches

n=58	None	Mild	Other	Severe
None	6 10.3%	3 5.2%	2 3.4%	3 5.2%
Always	3 5.2%	1 1.7%	2 3.4%	2 3.4%
Sometimes	12 20.7%	10 17.2%	3 5.2%	10 17.2%
Other	1 1.7%	0.0%	0.0%	0.0%

## Temple Pain

n=66	None	Mild	Other	Severe
None	7 10.6%	3 4.5%	0.0%	5 7.6%
Always	1 1.5%	3 4.5%	2 3.0%	4 6.1%
Sometimes	14 21.2%	11 16.7%	2 3.0%	13 19.7%
Other	1 1.5%	0.0%	0.0%	0.0%

## Back-Of-Head Symptoms

n=45	None	Mild	Other	Severe
None	5 11.1%	2 4.4%	0.0%	5 11.1%
Always	1 2.2%	2 4.4%	4 8.9%	5 11.1%
Sometimes	6 13.3%	5 11.1%	3 6.7%	6 13.3%
Other	0.0%	0.0%	1 2.2%	0.0%

## Shooting Pain

n=48	None	Mild	Other	Severe
None	4 8.3%	0.0%	0.0%	6 12.5%
Always	2 4.2%	0.0%	0.0%	2 4.2%
Sometimes	12 25.0%	6 12.5%	5 10.4%	11 22.9%
Other	0.0%	0.0%	0.0%	0.0%

## Throbbing Pain in Head

n=56	None	Mild	Other	Severe
None	9 16.1%	1 1.8%	0.0%	6 10.7%
Always	3 5.4%	0.0%	0.0%	1 1.8%
Sometimes	14 25.0%	9 16.1%	6 10.7%	7 12.5%
Other	0.0%	0.0%	0.0%	0.0%

Of the 44 people who submitted both the Survey and Checklist, 44 (100%) specified a symptom of the head and face. The breakdown of their symptoms is:

n=44		
Back of Head Symptoms	20	45.5%
Forehead Symptoms	19	43.2%
Head Throbbing Pain in Head	26	59.1%
Migraine-Type Headaches	26	59.1%
Other Head and Face Symptoms	5	11.4%
Shooting Pain	25	56.8%
Sinus Type Headaches	27	61.4%
Temple Pain	31	70.5%

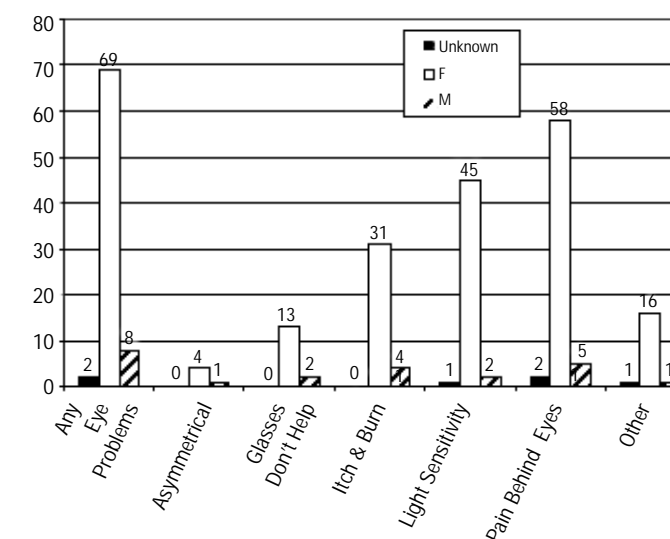
## 2. Eye Symptoms

Eyes:

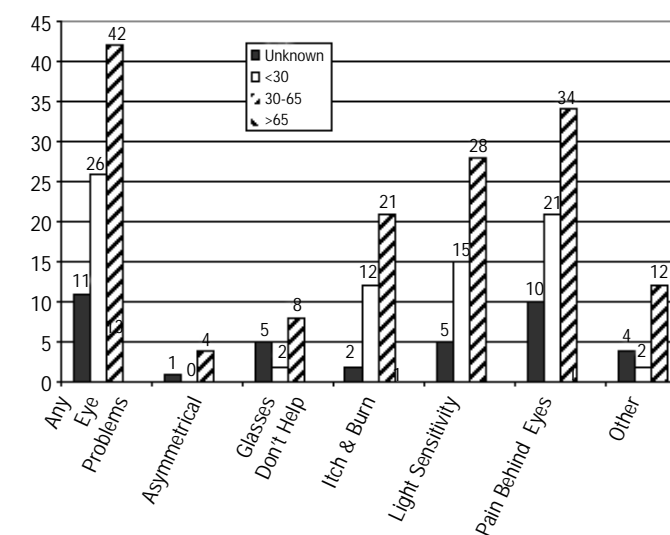
- Asymmetrical
- Glasses Don't Help
- Itch & Burn
- Light Sensitive
- Pain Behind Eyes
- Other

79 (78.2%) of the 101 Checklist respondents answered this question. 65 (82.3%) people listed Pain Behind Eyes. Of these 65 people, 34 of them coded "Sometimes" for the frequency. 48 (60.8%) people indicated Light Sensitive. Of these 48 people, 23 of them coded "Always" for the frequency. 35 (44.3%) people listed Itch & Burn. Of these 35 people, 18 of them coded "Sometimes" for the frequency. The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

## Eye Problems by Gender



## Eye Problems by Age



## Other Eye Symptoms

- Flashes of light when eyes closed and blurred vision
- Floater get worse with pain from jaw
- Temporary blindness
- Feels heavy like lead weights and watery
- Difficulty focusing during and after migraine
- Flowing designs in front of eyes—bubble is visible
- Dry eyes
- Pressure behind eyes seems to come and go; bloodshot

# CHECKLIST RESULTS

## Other Eye Symptoms (continued)

- Aches around and under eyes
- Fuzzy or hazy vision"
- Eye ache
- Immobility
- Chronic conjunctivitis
- Inflammation
- Lack of peripheral vision
- Bloodshot

## Any Eye Problems

n=79	Unknown	<30	30-65	>65
M	2 2.5%	2 2.5%	4 5.1%	0.0%
F	8 10.1%	24 30.4%	37 46.8%	0.0%
Unknown	1 1.3%	0.0%	1 1.3%	0.0%

## Glasses Don't Help

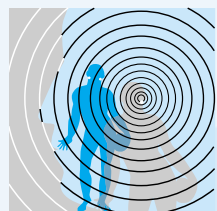
n=15	Unknown	<30	30-65	>65
M	0.0%	1 6.7%	1 6.7%	0.0%
F	5 33.3%	1 6.7%	7 46.7%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

## Itching and Burning

n=35	Unknown	<30	30-65	>65
M	1 2.9%	1 2.9%	2 5.7%	0.0%
F	1 2.9%	11 31.4%	19 54.3%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

## Light Sensitivity

n=48	Unknown	<30	30-65	>65
M	0.0%	2 4.2%	0.0%	0.0%
F	5 10.4%	13 27.1%	27 56.3%	0.0%
Unknown	0.0%	0.0%	1 2.1%	0.0%



# CHECKLIST RESULTS

## Pain Behind Eyes

n=65	Unknown		<30		30-65		>65
M	1	1.5%	2	3.1%	2	3.1%	0.0%
F	8	12.3%	19	29.2%	31	47.7%	0.0%
Unknown	1	1.5%		0.0%	1	1.5%	0.0%

## Other Eye Symptoms

n=18	Unknown		<30		30-65		>65
M	1	5.6%		0.0%		0.0%	0.0%
F	3	16.7%	2	11.1%	11	61.1%	0.0%
Unknown		0.0%		0.0%	1	5.6%	0.0%

## Itching and Burning

n=35	None		Mild		Other		Severe	
None	2	5.7%	3	8.6%		0.0%	1	2.9%
Always	6	17.1%	3	8.6%		0.0%	1	2.9%
Sometimes	9	25.7%	6	17.1%	1	2.9%	2	5.7%
Other		0.0%		0.0%	1	2.9%		0.0%

## Light Sensitivity

n=48	None		Mild		Other		Severe	
None	4	8.3%	4	8.3%		0.0%	1	2.1%
Always	15	31.3%	5	10.4%		0.0%	3	6.3%
Sometimes	9	18.8%	2	4.2%		0.0%	3	6.3%
Other	2	4.2%		0.0%		0.0%		0.0%

## Pain Behind Eyes

n=65	None		Mild		Other		Severe	
None	9	13.8%	4	6.2%		0.0%	5	7.7%
Always	4	6.2%	2	3.1%	1	1.5%	5	7.7%
Sometimes	19	29.2%	8	12.3%	1	1.5%	6	9.2%
Other	1	1.5%		0.0%		0.0%		0.0%

Of the 44 people who submitted both the Survey and Checklist, 38 (86.4%) specified a symptom of the eyes. The breakdown of their symptoms is:

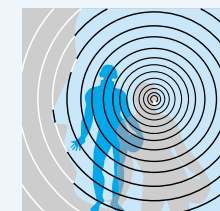
n=38		
Asymmetrical	1	2.6%
Glasses Don't Help	8	21.1%
Itch & Burn	17	44.7%
Light Sensitive	23	60.5%
Other	9	23.7%
Pain Behind Eyes	32	84.2%

## 3. Ear Symptoms

Ears:

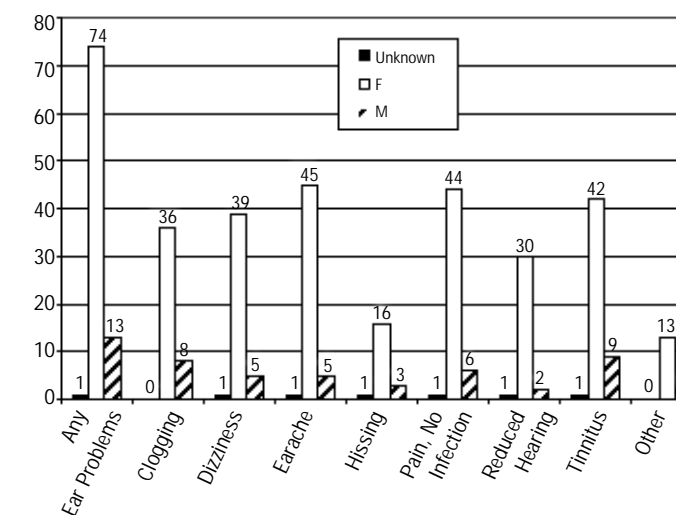
- \_\_\_ Clogging
- \_\_\_ Dizziness
- \_\_\_ Earache
- \_\_\_ Hissing
- \_\_\_ Pain, No Infection
- \_\_\_ Reduced Hearing
- \_\_\_ Ringing (Tinnitus)
- \_\_\_ Other

88 (87.1%) of the 101 Checklist respondents answered this question. Except for hissing, approximately half of these respondents had all of these problems with a frequency of "Sometimes." 44 (50.0%) people listed Clogging. 45 (51.1%) people indicated Dizziness. 51 (58.0%) people indicated Earache. 51 (58.0%) people indicated Pain, No Infection. 33 (37.5%) people indicated Reduced Hearing. 52 (59.1%) people indicated Ringing (Tinnitus). The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

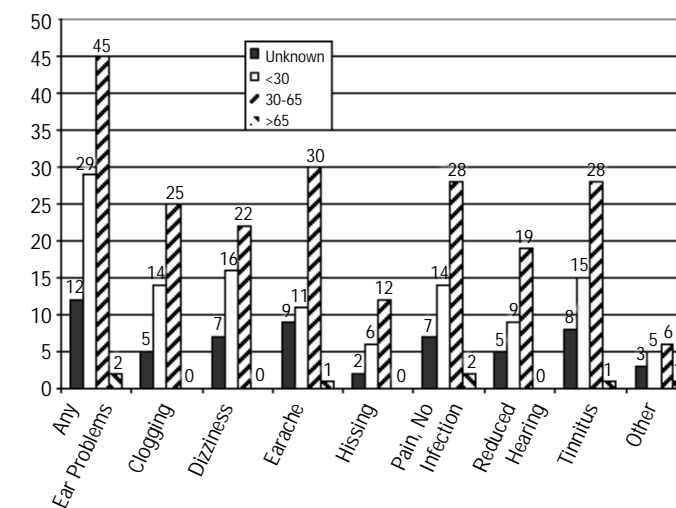


# CHECKLIST RESULTS

## Ear Problems by Gender



## Ear Problems by Age



## Other Ear Problems

- Itching
- Increased volume
- Grinding sound in right ear when opening/closing jaw
- Sensation of water in ear
- Pounding shock wave
- Popping when I breathe
- Off balance
- Feeling of draining when rubbing

## Other Ear Problems (continued)

- Sounds like crickets chirping
- Sensitivity to sounds
- Popping when I yawn
- Itchy
- Inflammation
- Continuous popping
- Shooting pain in left ear

## Any Ear Problems

n=88	Unknown		<30		30-65		>65	
M	3	3.4%	3	3.4%	5	5.7%	2	2.3%
F	9	10.2%	26	29.5%	39	44.3%		0.0%
Unknown		0.0%		0.0%	1	1.1%		0.0%

## Clogging

n=44	Unknown		<30		30-65		>65	
M	1	2.3%	3	6.8%	4	9.1%	0.0%	
F	4	9.1%	11	25.0%	21	47.7%	0.0%	
Unknown		0.0%		0.0%		0.0%		0.0%

## Dizziness

n=45	Unknown		<30		30-65		>65
M	1	2.2%	2	4.4%	2	4.4%	0.0%
F	6	13.3%	14	31.1%	19	42.2%	0.0%
Unknown		0.0%		0.0%	1	2.2%	0.0%

## Earache

n=51	Unknown		<30		30-65		>65	
M	2	3.9%		0.0%	2	3.9%	1	2.0%
F	7	13.7%	11	21.6%	27	52.9%		0.0%
Unknown		0.0%		0.0%	1	2.0%		0.0%

# CHECKLIST RESULTS

## Hissing

n=20	Unknown		<30		30-65		>65
M	1	5.0%	1	5.0%	1	5.0%	0.0%
F	1	5.0%	5	25.0%	10	50.0%	0.0%
Unknown	0.0%		0.0%		1	5.0%	0.0%

## Clogging

n=44	None		Mild		Other		Severe	
None	3	6.8%	5	11.4%		0.0%	1	2.3%
Always	5	11.4%	5	11.4%	1	2.3%		0.0%
Sometimes	14	31.8%	7	15.9%	1	2.3%	1	2.3%
Other	1	2.3%		0.0%		0.0%		0.0%

## Pain with No Infection

n=51	Unknown		<30		30-65		>65	
M	1	2.0%	1	2.0%	2	3.9%	2	3.9%
F	6	11.8%	13	25.5%	25	49.0%		0.0%
Unknown	0.0%		0.0%		1	2.0%		0.0%

## Dizziness

n=45	None		Mild		Other		Severe	
None	2	4.4%	4	8.9%		0.0%	2	4.4%
Always	3	6.7%	2	4.4%	1	2.2%	2	4.4%
Sometimes	16	35.6%	10	22.2%	1	2.2%	1	2.2%
Other	1	2.2%		0.0%		0.0%		0.0%

## Reduced Hearing

n=33	Unknown		<30		30-65		>65
M		0.0%	1	3.0%	1	3.0%	0.0%
F	5	15.2%	8	24.2%	17	51.5%	0.0%
Unknown	0.0%		0.0%		1	3.0%	0.0%

## Earache

n=51	None		Mild		Other		Severe	
None	7	13.7%	1	2.0%	1	2.0%		0.0%
Always	3	5.9%	1	2.0%		0.0%	3	5.9%
Sometimes	18	35.3%	11	21.6%	2	3.9%	3	5.9%
Other	1	2.0%		0.0%		0.0%		0.0%

## Tinnitus

n=52	Unknown		<30		30-65		>65	
M	2	3.8%	3	5.8%	3	5.8%	1	1.9%
F	6	11.5%	12	23.1%	24	46.2%		0.0%
Unknown	0.0%		0.0%		1	1.9%		0.0%

## Pain with No Infection

n=51	None		Mild		Other		Severe	
None	7	13.7%	1	2.0%		0.0%	2	3.9%
Always	5	9.8%	1	2.0%		0.0%	3	5.9%
Sometimes	17	33.3%	8	15.7%	3	5.9%	4	7.8%
Other		0.0%		0.0%		0.0%		0.0%

## Other Ear Problems

n=15	Unknown		<30		30-65		>65	
M		0.0%	1	6.7%		0.0%	1	6.7%
F	3	20.0%	4	26.7%	6	40.0%		0.0%
Unknown	0.0%		0.0%		0.0%			0.0%

## Reduced Hearing

n=33	None		Mild		Other		Severe	
None	2	6.1%	5	15.2%		0.0%	1	3.0%
Always	8	24.2%	2	6.1%		0.0%		0.0%
Sometimes	9	27.3%	5	15.2%		0.0%	1	3.0%
Other		0.0%		0.0%		0.0%		0.0%

## Tinnitus

n=52	None		Mild		Other		Severe	
None	7	13.5%	1	1.9%		0.0%	3	5.8%
Always	6	11.5%	4	7.7%	1	1.9%	3	5.8%
Sometimes	15	28.8%	8	15.4%		0.0%	4	7.7%
Other		0.0%		0.0%		0.0%		0.0%

Of the 44 people who submitted both the Survey and Checklist, 38 (86.4%) specified a symptom of the ear. The breakdown of their symptoms is:

n=38		
Clogging	21	55.3%
Dizziness	20	52.6%
Ache	23	60.5%
Hissing	10	26.3%
Other Ear	4	10.5%
Pain, No Infection	23	60.5%
Reduced Hearing	16	42.1%
Tinnitus	20	52.6%

## 4. Mouth Symptoms

### Mouth:

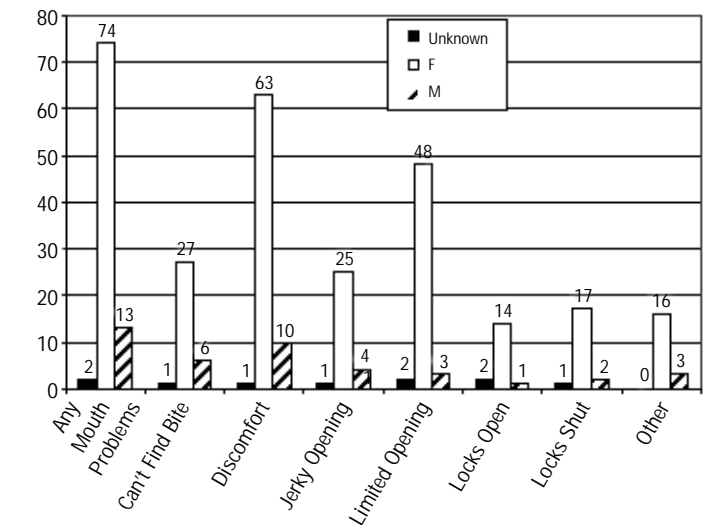
- Can't Find Bite
- Discomfort
- Jerky Opening
- Limited Opening
- Locks Open
- Locks Shut
- Other

89 (88.1%) of the 101 Checklist respondents answered this question. 74 (83.1%) people listed Discomfort of the mouth. Of these 74 people, 35 of them coded "Always" for the frequency. 53 (59.6%) people indicated Limited Opening. Of these 53 people, 29 of them coded "Always" for the frequency. 30 (33.7%) people listed Jerky Opening. Of these 30

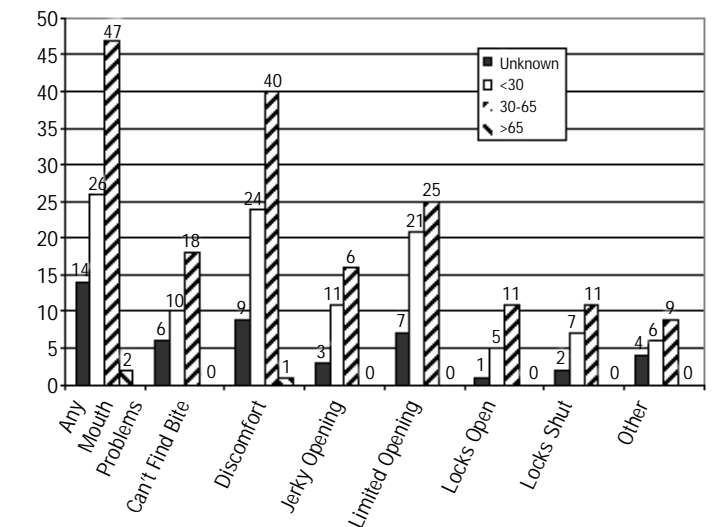
# CHECKLIST RESULTS

people, 18 of them coded "Sometimes" for the frequency. 34 (38.2%) people listed Can't Find Bite. Of these 34 people, 14 of them coded "Always" for the frequency. The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

## Mouth Problems by Gender



## Mouth Problems by Age



# CHECKLIST RESULTS

## Other Mouth Problems

- Limited closing—can't touch back teeth together
- Mouth sores
- Disk is folding on opening and closing
- Muscle spasms
- Childhood thumb-sucking caused buck teeth
- Uncontrolled movement
- Mild clicks and pops
- Cramps
- Wisdom teeth are embedded in tissue in back of mouth
- Open centrum limitation, thus left jaw joint snaps
- Pain in jaw when opening mouth
- Pops and cracks
- Dislocated jaw when yawning and cracks when yawning
- Benign migratory glossitis
- Catches
- Pain if open for extended periods of time
- Sensitive gums
- Open bite; only wisdom teeth touch

### Discomfort

n=74	Unknown		<30		30-65		>65	
M	3	4.1%	2	2.7%	4	5.4%	1	1.4%
F	6	8.1%	22	29.7%	35	47.3%		0.0%
Unknown		0.0%		0.0%	1	1.4%		0.0%

### Jerky Opening

n=30	Unknown		<30		30-65		>65	
M		0.0%	2	6.7%	2	6.7%		0.0%
F	2	6.7%	9	30.0%	14	46.7%		0.0%
Unknown	1	3.3%		0.0%		0.0%		0.0%

### Limited Opening

n=53	Unknown		<30		30-65		>65	
M	1	1.9%	1	1.9%	1	1.9%		0.0%
F	5	9.4%	20	37.7%	23	43.4%		0.0%
Unknown	1	1.9%		0.0%	1	1.9%		0.0%

### Locks Open

n=17	Unknown		<30		30-65		>65	
M		0.0%		0.0%	1	5.9%		0.0%
F		0.0%	5	29.4%	9	52.9%		0.0%
Unknown	1	5.9%		0.0%	1	5.9%		0.0%

### Locks Shut

n=20	Unknown		<30		30-65		>65	
M		0.0%		0.0%	2	10.0%		0.0%
F	2	10.0%	7	35.0%	8	40.0%		0.0%
Unknown		0.0%		0.0%	1	5.0%		0.0%

## Any Mouth Problems

n=89	Unknown		<30		30-65		>65	
M	3	3.4%	2	2.2%	6	6.7%	2	2.2%
F	10	11.2%	24	27.0%	40	44.9%		0.0%
Unknown	1	1.1%		0.0%	1	1.1%		0.0%

## Cannot Find Bite

n=34	Unknown		<30		30-65		>65	
M	1	2.9%		0.0%	5	14.7%		0.0%
F	5	14.7%	10	29.4%	12	35.3%		0.0%
Unknown		0.0%		0.0%	1	2.9%		0.0%

## Other Mouth Problems

n=19	Unknown		<30		30-65		>65	
M	1	5.3%		0.0%	2	10.5%		0.0%
F	3	15.8%	6	31.6%	7	36.8%		0.0%
Unknown		0.0%		0.0%		0.0%		0.0%

## Cannot Find Bite

n=34	None		Mild		Other		Severe	
None	5	14.7%	1	2.9%		0.0%	2	5.9%
Always	9	26.5%	3	8.8%		0.0%	2	0.0%
Sometimes	10	29.4%		0.0%		0.0%	2	2.3%
Other		0.0%		0.0%		0.0%		0.0%

## Discomfort

n=74	None		Mild		Other		Severe	
None	9	12.2%	4	5.4%		0.0%	4	5.4%
Always	17	23.0%	5	6.8%	3	4.1%	10	13.5%
Sometimes	9	12.2%	8	10.8%		0.0%	5	6.8%
Other		0.0%		0.0%		0.0%		0.0%

## Jerky Opening

n=30	None		Mild		Other		Severe	
None	1	3.3%	1	3.3%		0.0%		0.0%
Always	6	20.0%	2	6.7%		0.0%	2	6.7%
Sometimes	15	50.0%	3	10.0%		0.0%		0.0%
Other		0.0%		0.0%		0.0%		0.0%

## Limited Opening

n=53	None		Mild		Other		Severe	
None	7	13.2%	2	3.8%		0.0%	1	1.9%
Always	16	30.2%	6	11.3%		0.0%	7	13.2%
Sometimes	10	18.9%	2	3.8%		0.0%	2	3.8%
Other		0.0%		0.0%		0.0%		0.0%

# CHECKLIST RESULTS

Of the 44 people who submitted both the Survey and Checklist, 40 (90.9%) specified a symptom of the mouth. The breakdown of their symptoms is:

n=40		
Cannot Find Bite	18	45.0%
Discomfort	32	80.0%
Jerky Opening	16	40.0%
Limited Opening	29	72.5%
Locks Open	8	20.0%
Locks Shut	8	20.0%
Other Mouth Problems	10	25.0%

## 5. Teeth Symptoms

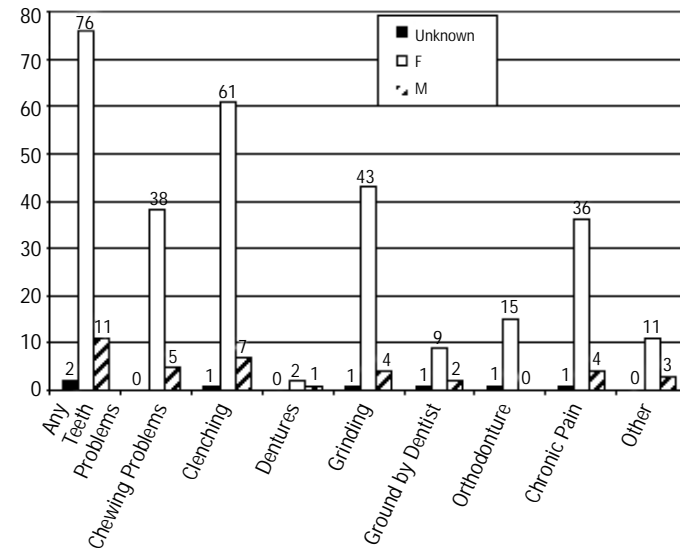
*Teeth:*

- Chewing Problems*
- Clenching*
- Dentures*
- Grinding*
- Ground Down by Dentist*
- Orthodonture*
- Pain (Chronic)*
- Other*

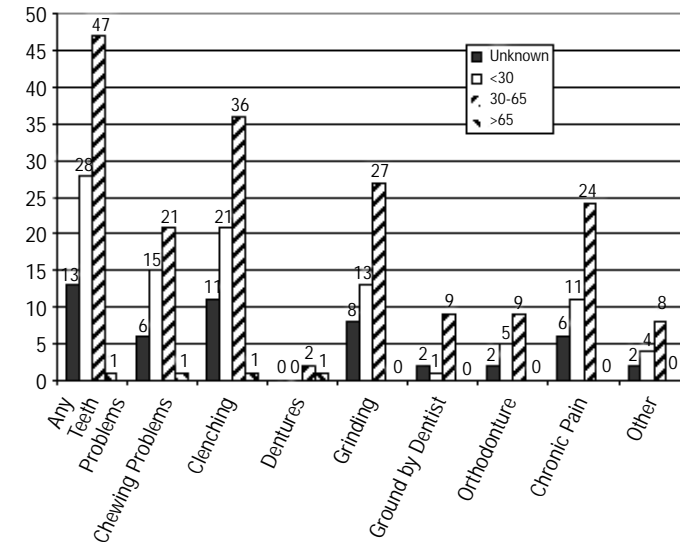
89 (88.1%) of the 101 Checklist respondents answered this question. 69 (77.5%) people listed Clenching. Of these 69 people, 29 of them coded "Sometimes" for the frequency. 48 (53.9%) people indicated Grinding. Of these 48 people, 24 of them coded "Sometimes" for the frequency. 43 (48.3%) people listed Chewing Problems. Of these 43 people, 18 of them coded "Always" for the frequency. 41 (46.1%) people listed Pain (Chronic). Of these 41 people, 16 of them coded "Always" for the frequency. The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

# CHECKLIST RESULTS

## Teeth Problems by Gender



## Teeth Problems by Age



## Other Teeth Problems

- Crown changed bite
- Left front teeth don't meet
- Removal
- Left upper back molars
- Pain when I have sinus infections
- Noise when chewing
- Sensitive in different places
- Lower teeth hit uppers during speech
- Wear mouth guard at night

## Other Teeth Problems (continued)

- Sensitivity
- Blood squirts out unexpectedly between the two front teeth
- Partial plates and gum recession
- Supersensitive; must use straw for everything
- Eight root canals

Of the 44 people who submitted both the Survey and Checklist, 41 (93.2%) specified a symptom of the teeth. The breakdown of their symptoms is:

n=41		
Chewing Problems	23	56.1%
Clenching	32	78.0%
Dentures	1	2.4%
Grinding	26	63.4%
Ground by Dentist	8	19.5%
Orthodonture	10	24.4%
Other Teeth	6	14.6%
Pain (Chronic)	21	51.2%

## Any Teeth Problems

n=89	Unknown	<30	30-65	>65
M	3 3.4%	3 3.4%	4 4.5%	1 1.1%
F	9 10.1%	25 28.1%	42 47.2%	0.0%
Unknown	1 1.1%	0.0%	1 1.1%	0.0%

## Chewing Problems

n=43	Unknown	<30	30-65	>65
M	1 2.3%	2 4.7%	1 2.3%	1 2.3%
F	5 11.6%	13 30.2%	20 46.5%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

## Clenching

n=69	Unknown	<30	30-65	>65
M	2 2.9%	2 2.9%	2 2.9%	1 1.4%
F	8 11.6%	19 27.5%	34 49.3%	0.0%
Unknown	1 1.4%	0.0%	0.0%	0.0%

## Grinding

n=48	Unknown	<30	30-65	>65
M	1 2.1%	1 2.1%	2 4.2%	0.0%
F	6 12.5%	12 25.0%	25 52.1%	0.0%
Unknown	1 2.1%	0.0%	2.0%	0.0%

## Ground Down by Dentist

n=12	Unknown	<30	30-65	>65
M	0.0%	0.0%	2 16.7%	0.0%
F	1 8.3%	1 8.3%	7 58.3%	0.0%
Unknown	1 8.3%	0.0%	0.0%	0.0%

## Orthodonture

n=16	Unknown	<30	30-65	>65
M	0.0%	0.0%	0.0%	0.0%
F	1 6.3%	5 31.3%	9 56.3%	0.0%
Unknown	1 6.3%	0.0%	0.0%	0.0%

## Chronic Pain in Teeth

n=41	Unknown	<30	30-65	>65
M	2 4.9%	1 2.4%	1 2.4%	0.0%
F	4 9.8%	10 24.4%	22 53.7%	0.0%
Unknown	0.0%	1 2.4%	0.0%	0.0%

# CHECKLIST RESULTS

## Other Teeth Problems

n=14	Unknown	<30	30-65	>65
M	0.0%	2 14.3%	1 7.1%	0.0%
F	2 14.3%	2 14.3%	7 50.0%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

## Chewing Problems

n=43	None	Mild	Other	Severe
None	5 11.6%	2 4.7%	0.0%	1 2.3%
Always	6 14.0%	6 14.0%	0.0%	6 14.0%
Sometimes	11 25.6%	4 9.3%	0.0%	2 4.7%
Other	0.0%	0.0%	0.0%	0.0%

## Clenching

n=69	None	Mild	Other	Severe
None	11 15.9%	3 4.3%	0.0%	3 4.3%
Always	11 15.9%	2 2.9%	1 1.4%	8 11.6%
Sometimes	19 27.5%	6 8.7%	1 1.4%	3 4.3%
Other	1 1.4%	0.0%	0.0%	0.0%

## Grinding

n=48	None	Mild	Other	Severe
None	8 16.7%	2 4.2%	0.0%	2 4.2%
Always	6 12.5%	2 4.2%	0.0%	4 8.3%
Sometimes	15 31.3%	4 8.3%	0.0%	5 10.4%
Other	0.0%	0.0%	0.0%	0.0%

## Chronic Pain in Teeth

n=41	None	Mild	Other	Severe
None	6 14.6%	1 2.4%	0.0%	2 4.9%
Always	9 22.0%	1 2.4%	0.0%	6 14.6%
Sometimes	8 19.5%	2 4.9%	2 4.9%	3 7.3%
Other	1 2.4%	0.0%	0.0%	0.0%

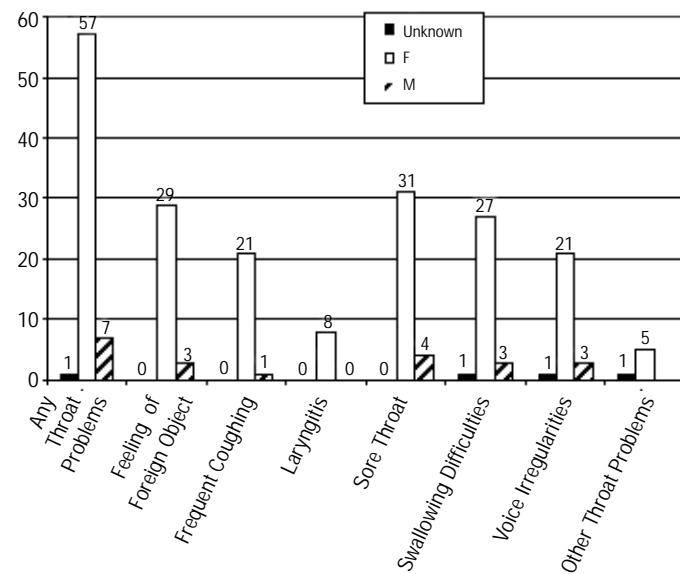
## 6. Throat Symptoms

### Throat:

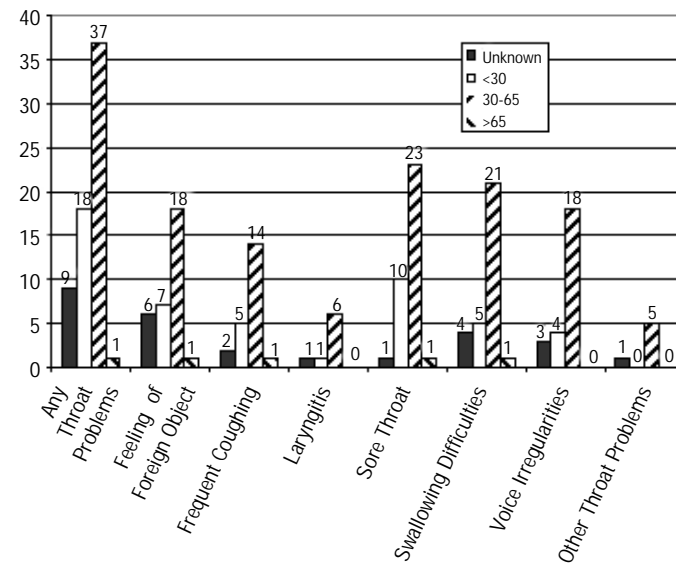
- Feeling of Foreign Object
- Frequent Coughing
- Laryngitis
- Sore Throat
- Swallowing Difficulties
- Voice Irregularities
- Other

65 (64.4%) of the 101 Checklist respondents answered this question. 35 (53.9%) people listed Sore Throat. Of these 35 people, 23 of them coded “Sometimes” for the frequency. 32 (49.2%) people indicated Feeling of Foreign Object. Of these 32 people, 22 of them coded “Sometimes” for the frequency. 31 (37.7%) people listed Swallowing Difficulties. Of these 31 people, 19 of them coded “Sometimes” for the frequency. 25 (38.5%) people listed Voice Irregularities. Of these 25 people, 16 of them coded “Sometimes” for the frequency. The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

### Throat Problems by Gender



### Throat Problems by Age



### Other Throat Problems

- Throat very dry when I wake up
- Sore throat occurs with worsening pain in right jaw
- Nasal difficulty
- Dryness and pain in throat and tongue
- Coughing for no reason
- Excessive clearing of throat

### Any Throat Problems

n=65	Unknown	<30	30-65	>65
M	1 1.5%	2 3.1%	3 4.6%	1 1.5%
F	8 12.3%	16 24.6%	33 50.8%	0.0%
Unknown	0.0%	1 1.5%	0.0%	0.0%

### Feeling of Foreign Object

n=32	Unknown	<30	30-65	>65
M	0.0%	1 3.1%	1 3.1%	1 3.1%
F	6 18.8%	6 18.8%	17 53.1%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

### Frequent Coughing

n=22	Unknown	<30	30-65	>65
M	0.0%	0.0%	0.0%	1 4.5%
F	2 9.1%	5 22.7%	14 63.6%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

### Sore Throat

n=35	Unknown	<30	30-65	>65
M	0.0%	1 2.9%	2 5.7%	1 2.9%
F	1 2.9%	9 25.7%	21 60.0%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

### Swallowing Difficulties

n=31	Unknown	<30	30-65	>65
M	1 3.2%	1 3.2%	0.0%	1 3.2%
F	3 9.7%	4 12.9%	20 64.5%	0.0%
Unknown	0.0%	0.0%	0.0%	1 3.2%

### Voice Irregularities

n=25	Unknown	<30	30-65	>65
M	0.0%	1 4.0%	2 8.0%	0.0%
F	3 12.0%	3 12.0%	15 60.0%	0.0%
Unknown	0.0%	0.0%	1 4.0%	0.0%

### Feeling of Foreign Object

n=32	None	Mild	Other	Severe
None	4 12.5%	0.0%	0.0%	1 3.1%
Always	2 6.3%	2 6.3%	0.0%	0.0%
Sometimes	16 50.0%	5 15.6%	0.0%	1 3.1%
Other	0.0%	0.0%	1 3.1%	0.0%

### Frequent Coughing

n=22	None	Mild	Other	Severe
None	3 13.6%	0.0%	0.0%	0.0%
Always	7 31.8%	0.0%	1 4.5%	1 4.5%
Sometimes	5 22.7%	5 22.7%	0.0%	0.0%
Other	0.0%	0.0%	0.0%	0.0%

### Sore Throat

n=35	None	Mild	Other	Severe
None	4 11.4%	1 2.9%	0.0%	0.0%
Always	2 5.7%	3 8.6%	0.0%	1 2.9%
Sometimes	14 40.0%	9 25.7%	0.0%	0.0%
Other	0.0%	0.0%	1 2.9%	0.0%

### Swallowing Difficulties

n=31	None	Mild	Other	Severe
None	5 16.1%	1 3.2%	0.0%	0.0%
Always	1 3.2%	1 3.2%	0.0%	2 6.5%
Sometimes	12 38.7%	6 19.4%	1 3.2%	0.0%
Other	1 3.2%	1 3.2%	0.0%	0.0%

### Voice Irregularities

n=25	None	Mild	Other	Severe
None	3 12.0%	0.0%	0.0%	0.0%
Always	1 4.0%	3 12.0%	0.0%	0.0%
Sometimes	11 44.0%	5 20.0%	0.0%	0.0%
Other	1 4.0%	1 4.0%	0.0%	0.0%

# CHECKLIST RESULTS

Of the 44 people who submitted both the Survey and Checklist, 26 (59.1%) specified a symptom of the teeth. The breakdown of their symptoms is:

n=26		
Feeling of Foreign Object	16	61.5%
Frequent Coughing	10	38.5%
Laryngitis	5	19.2%
Other Throat Problems	1	3.8%
Sore Throat	13	50.0%
Swallowing Difficulties	14	53.8%
Voice Irregularities	12	46.2%

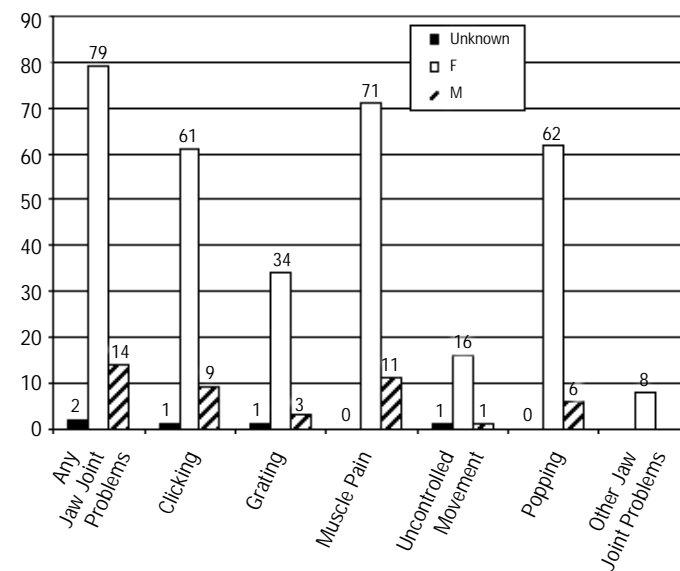
## 7. Jaw Joint Symptoms

### Jaw Joints:

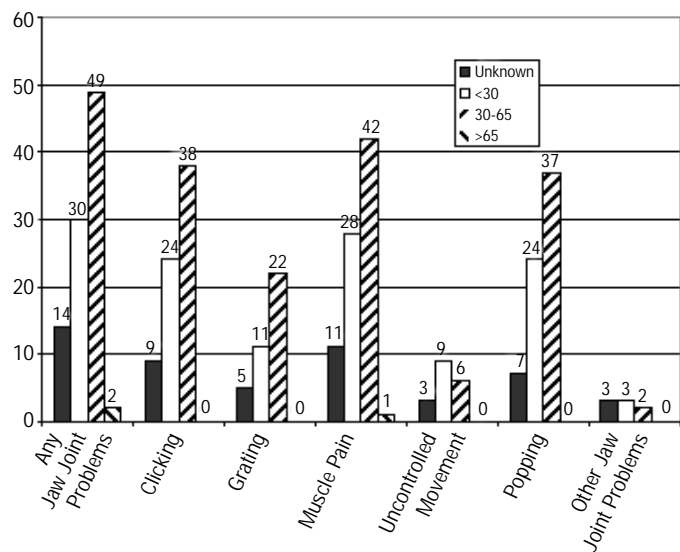
- Clicking
- Grating
- Muscle Pain
- Popping
- Uncontrolled Movement
- Other

95 (94.1%) of the 101 Checklist respondents answered this question. 82 (86.3%) people listed jaw Muscle Pain. Of these 82 people, 33 of them coded "Always" for the frequency. 68 (71.6%) people indicated Popping. Of these 68 people, 28 of them coded "Always" for the frequency. 71 (74.7%) people listed Clicking. Of these 71 people, 34 of them coded "Always" for the frequency. 38 (40.0%) people listed Grating. Of these 38 people, 21 of them coded "Always" for the frequency. The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

### Jaw Joint Problems by Gender



### Jaw Joint Problems by Age



### Other Jaw Joint Problems

- Disintegration of joint and bone
- Conditions after surgery were worse
- Vibrating pain and pressure in left ear
- Tender to touch, chewing is painful
- Habit of pressing tongue against lower teeth
- Severe pain after riding in car or talking too long
- Swollen and inflamed with rash
- Bite plate on lower teeth caused fatigue

### Any Jaw Joint Problems

n=95	Unknown		<30		30-65		>65	
M	3	3.2%	3	3.2%	6	6.3%	2	2.1%
F	10	10.5%	27	28.4%	42	44.2%	0	0.0%
Unknown	1	1.1%	0	0.0%	1	1.1%	0	0.0%

### Clicking

n=71	Unknown		<30		30-65		>65	
M	2	2.8%	3	4.2%	4	5.6%	0	0.0%
F	6	8.5%	21	29.6%	34	47.9%	0	0.0%
Unknown	1	1.4%	0	0.0%	0	0.0%	0	0.0%

### Grating

n=38	Unknown		<30		30-65		>65	
M	0	0.0%	2	5.3%	1	2.6%	0	0.0%
F	4	10.5%	9	23.7%	21	55.3%	0	0.0%
Unknown	1	2.6%	0	0.0%	0	0.0%	0	0.0%

### Muscle Pain

n=82	Unknown		<30		30-65		>65	
M	2	2.4%	3	3.7%	5	6.1%	1	1.2%
F	9	11.0%	25	30.5%	37	45.1%	0	0.0%
Unknown	0	0.0%	0	0.0%	0	0.0%	0	0.0%

### Popping

n=68	Unknown		<30		30-65		>65	
M	1	1.5%	3	4.4%	2	2.9%	0	0.0%
F	6	8.8%	21	30.9%	35	51.5%	0	0.0%
Unknown	0	0.0%	0	0.0%	0	0.0%	0	0.0%

### Uncontrolled Movement

n=18	Unknown		<30		30-65		>65	
M	0	0.0%	1	5.6%	0	0.0%	0	0.0%
F	3	16.7%	8	44.4%	5	27.8%	0	0.0%
Unknown	0	0.0%	0	0.0%	1	5.6%	0	0.0%

# CHECKLIST RESULTS

### Clicking

n=71	None		Mild		Other		Severe	
None	7	9.9%	2	2.8%	0	0.0%	3	4.2%
Always	19	26.8%	7	9.9%	1	1.4%	7	9.9%
Sometimes	11	15.5%	6	8.5%	2	2.8%	5	7.0%
Other	1	1.4%	0	0.0%	0	0.0%	0	0.0%

### Grating

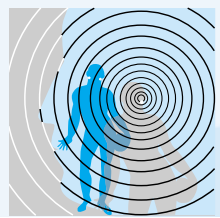
n=38	None		Mild		Other		Severe	
None	1	2.6%	0	0.0%	0	0.0%	1	2.6%
Always	11	28.9%	2	5.3%	1	2.6%	7	18.4%
Sometimes	10	26.3%	1	2.6%	1	2.6%	3	7.9%
Other	0	0.0%	0	0.0%	0	0.0%	0	0.0%

### Muscle Pain

n=82	None		Mild		Other		Severe	
None	9	11.0%	1	1.2%	0	0.0%	6	7.3%
Always	12	14.6%	4	4.9%	2	2.4%	15	18.3%
Sometimes	10	12.2%	4	4.9%	4	4.9%	10	12.2%
Other	3	3.7%	0	0.0%	2	2.4%	0	0.0%

### Popping

n=68	None		Mild		Other		Severe	
None	8	11.8%	0	0.0%	0	0.0%	4	5.9%
Always	18	26.5%	3	4.4%	1	1.5%	6	8.8%
Sometimes	14	20.6%	4	5.9%	2	2.9%	7	10.3%
Other	1	1.5%	0	0.0%	0	0.0%	0	0.0%



# CHECKLIST RESULTS

Of the 44 people who submitted both the Survey and Checklist, 41 (93.2%) specified a symptom of the jaw joints. The breakdown of their symptoms is:

n=41		
Clicking	29	70.7%
Grating	22	53.7%
Muscle Pain	37	90.2%
Other Jaw Joint Problems	6	14.6%
Popping	32	78.0%
Uncontrolled Movement	9	22.0%

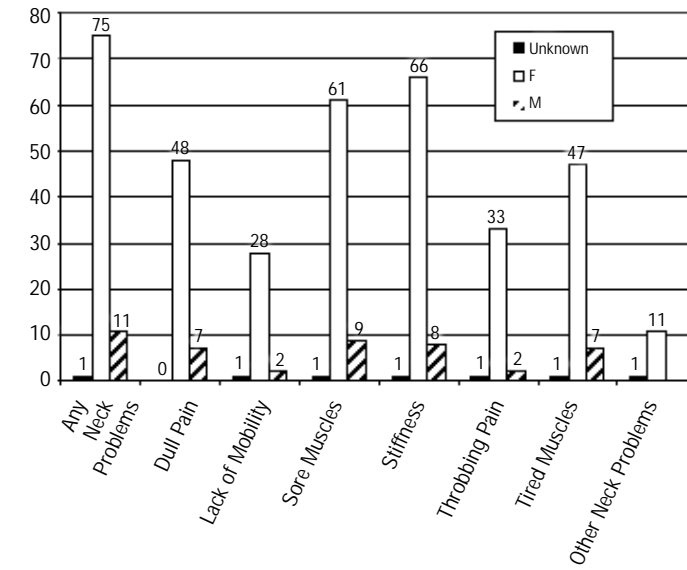
## 8. Neck Symptoms

Neck:

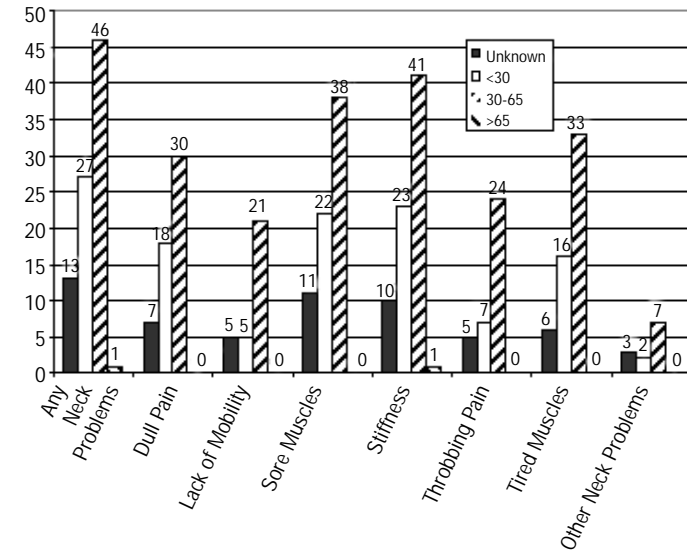
- Dull Pain
- Lack of Mobility
- Sore Muscles
- Stiffness
- Throbbing Pain
- Tired Muscles
- Other

87 (86.1%) of the 101 Checklist respondents answered this question. 75 (86.2%) people listed Stiffness. Of these 75 people, 29 of them coded “Sometimes” for the frequency. 71 (81.6%) people indicated Sore neck Muscles. Of these 71 people, 35 of them coded “Always” for the frequency. 55 (63.2%) people listed Dull Pain. Of these 55 people, 23 of them coded “Always” for the frequency and 24 of them coded “Sometimes” for the frequency. 55 (63.2%) people listed Tired Muscles. Of these 55 people, 23 of them coded “Always” for the frequency. The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

### Neck Problems by Gender

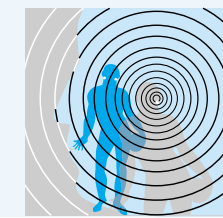


### Neck Problems by Age



### Other Neck Problems

- Cracking
- Base of head
- Hurts to lay head down in certain spots
- Muscles permanently clenched
- Muscle soreness from weight lifting
- Stabbing pain
- Swelling



# CHECKLIST RESULTS

### Other Neck Problems (continued)

- Constant neck spasm
- Ache
- Clicking in neck

Of the 44 people who submitted both the Survey and Checklist, 39 (88.6%) specified a symptom of the neck. The breakdown of their symptoms is:

n=39		
Dull Pain	30	76.9%
Lack of Mobility	17	43.6%
Other Neck Problems	7	17.9%
Sore Muscles	33	84.6%
Stiffness	34	87.2%
Throbbing Pain	17	43.6%
Tired Muscles	25	64.1%

### Any Neck Problems

n=87	Unknown	<30	30-65	>65
M	3 3.4%	3 3.4%	4 4.6%	1 1.1%
F	10 11.5%	24 27.6%	41 47.1%	0.0%
Unknown	0.0%	0.0%	1 1.1%	0.0%

### Dull Pain in Neck

n=55	Unknown	<30	30-65	>65
M	2 3.6%	2 3.6%	3 5.5%	0.0%
F	5 9.1%	16 29.1%	27 49.1%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

### Lack of Mobility

n=31	Unknown	<30	30-65	>65
M	1 3.2%	0.0%	1 3.2%	0.0%
F	4 12.9%	5 16.1%	19 61.3%	0.0%
Unknown	0.0%	0.0%	1 3.2%	0.0%

### Sore Neck Muscles

n=71	Unknown	<30	30-65	>65
M	3 4.2%	3 4.2%	3 4.2%	0.0%
F	8 11.3%	19 26.8%	34 47.9%	0.0%
Unknown	0.0%	0.0%	1 1.4%	0.0%

### Stiffness in Neck

n=75	Unknown	<30	30-65	>65
M	1 1.3%	3 4.0%	3 4.0%	1 1.3%
F	9 12.0%	20 26.7%	37 49.3%	0.0%
Unknown	0.0%	0.0%	1 1.3%	0.0%

### Throbbing Pain in Neck

n=36	Unknown	<30	30-65	>65
M	1 2.8%	1 2.8%	0.0%	0.0%
F	4 11.1%	6 16.7%	23 63.9%	0.0%
Unknown	0.0%	0.0%	1 2.8%	0.0%

### Tired Neck Muscles

n=55	Unknown	<30	30-65	>65
M	1 1.8%	3 5.5%	3 5.5%	0.0%
F	5 9.1%	13 23.6%	29 52.7%	0.0%
Unknown	0.0%	0.0%	1 1.8%	0.0%

### Other Neck Problems

n=12	Unknown	<30	30-65	>65
M	0.0%	0.0%	0.0%	0.0%
F	3 25.0%	2 16.7%	6 50.0%	0.0%
Unknown	0.0%	0.0%	1 8.3%	0.0%



# CHECKLIST RESULTS

## Dull Pain in Neck

n=55	None	Mild	Other	Severe
None	5 9.1%	0.0%	0.0%	2 3.6%
Always	10 18.2%	5 9.1%	1 1.8%	7 12.7%
Sometimes	12 21.8%	7 12.7%	1 1.8%	4 7.3%
Other	1 1.8%	0.0%	0.0%	0.0%

## Lack of Mobility

n=31	None	Mild	Other	Severe
None	1 3.2%	1 3.2%	0.0%	0.0%
Always	6 19.4%	5 16.1%	0.0%	4 12.9%
Sometimes	5 16.1%	3 9.7%	2 6.5%	2 6.5%
Other	2 6.5%	0.0%	0.0%	0.0%

## Sore Neck Muscles

n=71	None	Mild	Other	Severe
None	9 12.7%	2 2.8%	1 1.4%	1 1.4%
Always	17 23.9%	5 7.0%	4 5.6%	9 12.7%
Sometimes	8 11.3%	7 9.9%	1 1.4%	5 7.0%
Other	1 1.4%	0.0%	1 1.4%	0.0%

## Stiffness in Neck

n=75	None	Mild	Other	Severe
None	8 10.7%	3 4.0%	1 1.3%	1 1.3%
Always	13 17.3%	3 4.0%	7 9.3%	9 12.0%
Sometimes	17 22.7%	9 12.0%	0.0%	3 4.0%
Other	1 1.3%	0.0%	0.0%	0.0%

## Throbbing Pain in Neck

n=36	None	Mild	Other	Severe
None	4 11.1%	0.0%	1 2.8%	1 2.8%
Always	0.0%	0.0%	0.0%	4 11.1%
Sometimes	9 25.0%	5 13.9%	3 8.3%	8 22.2%
Other	1 2.8%	0.0%	0.0%	0.0%

## Tired Neck Muscles

n=55	None	Mild	Other	Severe
None	5 9.1%	1 1.8%	1 1.8%	1 1.8%
Always	12 21.8%	3 5.5%	2 3.6%	6 10.9%
Sometimes	13 23.6%	7 12.7%	1 1.8%	1 1.8%
Other	2 3.6%	0.0%	0.0%	0.0%

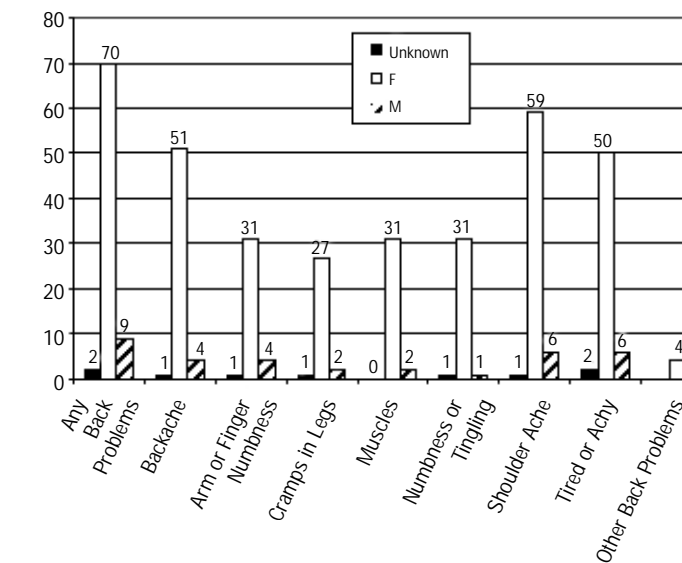
## 9. Back & Appendage Symptoms

### Back & Appendages:

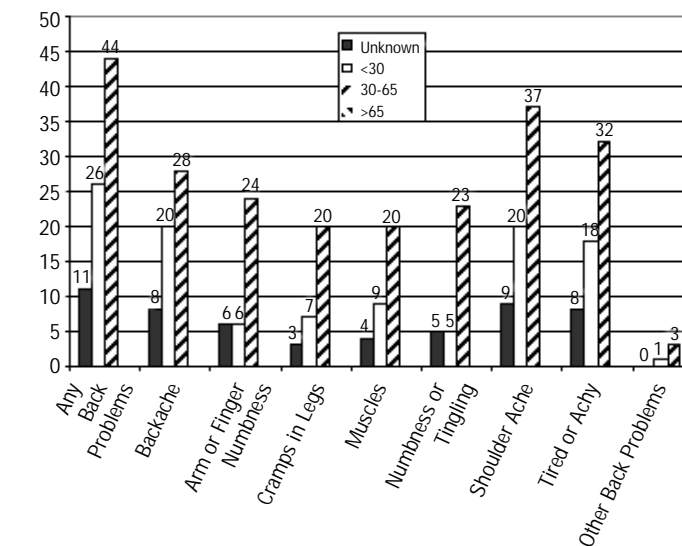
- Arm or Finger Numbness
- Backache
- Cramps in Legs
- Muscles
- Numbness & Tingling
- Shoulder Ache
- Tired or Achy
- Other

81 (80.2%) of the 101 Checklist respondents answered this question. 66 (81.5%) people listed Shoulder Ache. Of these 66 people, 27 of them coded "Sometimes" for the frequency. 56 (69.1%) people indicated Backache. Of these 56 people, 27 of them coded "Sometimes" for the frequency. 58 (71.6%) people listed Tired or Achy. Of these 58 people, 27 of them coded "Always" for the frequency. The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

## Back & Appendage Problems by Gender



## Back & Appendage Problems by Age



## Other Back and Appendage Problems

- Circulation problem
- Right arm/shoulder soreness resulting from torn triangular fibrocartilage
- Stabbing in shoulders
- Weakness in hand

# CHECKLIST RESULTS

Of the 44 people who submitted both the Survey and Checklist, 37 (84.1%) specified a symptom of the back or appendages. The breakdown of their symptoms is:

n=37		
Backache	26	70.3%
Arm or Finger Numbness	17	45.9%
Cramps in Leg	14	37.8%
Back Muscles	15	40.5%
Numbness or Tingling	16	43.2%
Other Back Problems	1	2.7%
Shoulder Ache	30	81.1%
Tired or Achy	24	64.9%

## Any Back Problems

n=81	Unknown	<30	30-65	>65
M	1 1.2%	3 3.7%	5 6.2%	0.0%
F	9 11.1%	23 28.4%	38 46.9%	0.0%
Unknown	1 1.2%	0.0%	1 1.2%	0.0%

## Backache

n=56	Unknown	<30	30-65	>65
M	1 1.8%	2 3.6%	1 1.8%	0.0%
F	7 12.5%	18 32.1%	26 46.4%	0.0%
Unknown	0.0%	0.0%	1 1.8%	0.0%

## Arm or Finger Numbness

n=36	Unknown	<30	30-65	>65
M	0.0%	1 2.8%	3 8.3%	0.0%
F	6 16.7%	5 13.9%	20 55.6%	0.0%
Unknown	0.0%	0.0%	1 2.8%	0.0%

# CHECKLIST RESULTS

## Cramps in Legs

n=30	Unknown	<30	30-65	>65
M	0.0%	0.0%	2 6.7%	0.0%
F	3 10.0%	7 23.3%	17 56.7%	0.0%
Unknown	0.0%	0.0%	1 3.3%	0.0%

## Back Muscle Problems

n=33	Unknown	<30	30-65	>65
M	1 3.0%	1 3.0%	0.0%	0.0%
F	3 9.1%	8 24.2%	20 60.6%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

## Numbness and Tingling

n=33	Unknown	<30	30-65	>65
M	0.0%	0.0%	1 3.0%	0.0%
F	5 15.2%	5 15.2%	21 63.6%	0.0%
Unknown	0.0%	1 3.0%	0.0%	0.0%

## Shoulder Ache

n=66	Unknown	<30	30-65	>65
M	1 1.5%	3 4.5%	2 3.0%	0.0%
F	8 12.1%	17 25.8%	34 51.5%	0.0%
Unknown	0.0%	0.0%	1 1.5%	0.0%

## Tired or Achy

n=58	Unknown	<30	30-65	>65
M	1 1.7%	3 5.2%	2 3.4%	0.0%
F	6 10.3%	15 25.9%	29 50.0%	0.0%
Unknown	1 1.7%	0.0%	1 1.7%	0.0%

## Backache

n=56	None	Mild	Other	Severe
None	8 14.3%	1 1.8%	0.0%	1 1.8%
Always	6 10.7%	4 7.1%	4 7.1%	3 5.4%
Sometimes	15 26.8%	7 12.5%	2 3.6%	3 5.4%
Other	1 1.8%	0.0%	1 1.8%	0.0%

## Arm or Finger Numbness

n=36	None	Mild	Other	Severe
None	4 11.1%	1 2.8%	0.0%	0.0%
Always	1 2.8%	1 2.8%	0.0%	1 2.8%
Sometimes	10 27.8%	8 28.2%	5 13.9%	3 8.3%
Other	2 5.6%	0.0%	0.0%	0.0%

## Cramps in Legs

n=30	None	Mild	Other	Severe
None	4 8.9%	1 2.2%	0.0%	0.0%
Always	1 2.2%	0.0%	1 2.2%	0.0%
Sometimes	10 22.2%	8 17.8%	2 4.4%	1 2.2%
Other	1 2.2%	0.0%	1 2.2%	0.0%

## Back Muscle Problems

n=33	None	Mild	Other	Severe
None	7 21.2%	1 3.0%	0.0%	1 3.0%
Always	3 9.1%	1 3.0%	1 3.0%	3 9.1%
Sometimes	8 24.2%	5 15.2%	1 3.0%	1 3.0%
Other	0.0%	0.0%	1 3.0%	0.0%

## Numbness and Tingling

n=33	None	Mild	Other	Severe
None	9 27.3%	0.0%	0.0%	2.8%
Always	1 3.0%	1 3.0%	0.0%	1 3.0%
Sometimes	12 36.4%	4 12.1%	2 6.1%	2 6.1%
Other	1 3.0%	0.0%	0.0%	0.0%

## Shoulder Ache

n=66	None	Mild	Other	Severe
None	5 7.6%	3 4.5%	1 1.5%	2 3.0%
Always	10 15.2%	6 9.1%	5 7.6%	6 9.1%
Sometimes	13 19.7%	7 10.6%	2 3.0%	5 7.6%
Other	1 1.5%	0.0%	0.0%	0.0%

## Tired or Achy

n=58	None	Mild	Other	Severe
None	7 12.1%	1 1.7%	0.0%	1 1.7%
Always	16 27.6%	5 8.6%	2 3.4%	4 6.9%
Sometimes	8 13.8%	5 8.6%	3 5.2%	5 8.6%
Other	1 1.7%	0.0%	0.0%	0.0%

## 10. Diverse Disorders

### Seemingly Diverse Disorders:

- Depression
- Fatigue
- Insomnia
- Nausea
- Nervousness
- Sleep Disturbed
- Stomach Upset
- Fibromyalgia
- Chronic Fatigue Syndrome
- Myofascial Pain Disorder
- Tinnitus
- Ehlers-Danlos
- Lupus
- Scleroderma
- Sjögren's Syndrome
- Ectodermal Dysplasia
- Anorexia or Bulimia
- Carpal Tunnel Syndrome
- Ulcers
- Heart Problems
- Osteoarthritis in other joints
- Rheumatoid Arthritis in other joints
- Other

94 (93.1%) of the 101 Checklist respondents answered this question. 74 (78.7%) people listed Fatigue. Of these 74 peo-

# CHECKLIST RESULTS

ple, 31 of them coded "Always" for the frequency. 57 (60.6%) people indicated Sleep Disturbed. Of these 57 people, 33 of them coded "Sometimes" for the frequency. 53 (56.4%) people listed Insomnia. Of these 53 people, 27 of them coded "Sometimes" for the frequency. 52 (55.3%) people listed Depression. Of these 52 people, 22 of them coded "Sometimes" for the frequency. 42 (44.7%) people indicated Nausea. Of these 42 people, 27 of them coded "Sometimes" for the frequency. 46 (48.9%) people listed Nervousness. Of these 46 people, 26 of them coded "Sometimes" for the frequency. The histograms below show the gender and age breakdown of the symptoms. The gender/age and frequency/severity tables of these symptoms are also shown.

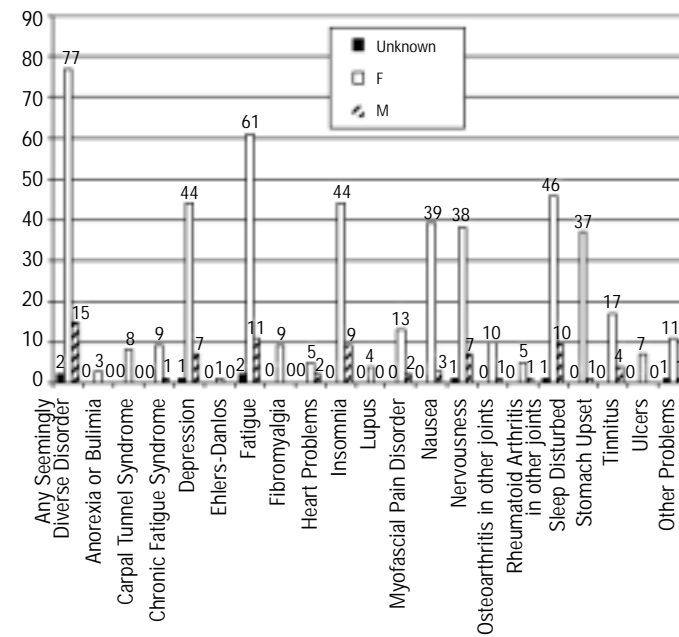
Other Diverse Disorders
Trigeminal Neuralgia
Sarcoidosis
I ache from base of skull to ankles
Pernicious Anemia
Scoliosis
My sister and son have TMJ
Confusion and disorientation
Sleep problems associated with pre-menopause
Car accident
Anemia and cracked vertebrae
Decreased attention span and memory
Front teeth are a finger apart

# CHECKLIST RESULTS

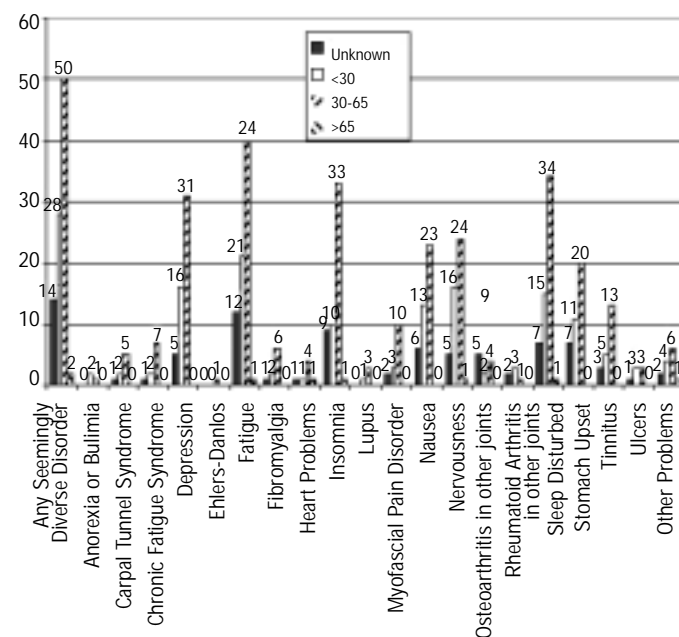
Of the 44 people who submitted both the Survey and Checklist, 41 (93.2%) specified seemingly diverse disorders. The breakdown of their symptoms is:

n=41		
Anorexia or Bulimia	2	4.9%
Carpal Tunnel Syndrome	4	9.8%
Chronic Fatigue Syndrome	4	9.8%
Depression	25	61.0%
Ehlers-Danlos	1	2.4%
Fatigue	35	85.4%
Fibromyalgia	6	14.6%
Heart Problems	2	4.9%
Insomnia	22	53.7%
Lupus	1	2.4%
Myofascial Pain Disorder	10	24.4%
Nausea	18	43.9%
Nervousness	19	46.3%
Osteoarthritis in other joints	6	14.6%
Other Diverse Disorders	5	12.2%
Rheumatoid Arthritis in other joints	1	2.4%
Sleep Disturbed	22	53.7%
Stomach Upset	18	43.9%
Tinnitus	9	22.0%
Ulcers	4	9.8%

## Diverse Problems by Gender



## Diverse Problems by Age



## Any Seemingly Diverse Disorders

n=94	Unknown	<30	30-65	>65
M	3 3.2%	3 3.2%	7 7.4%	2 2.1%
F	10 10.6%	25 26.6%	42 44.7%	0.0%
Unknown	1 1.1%	0.0%	1 1.1%	0.0%

## Depression

n=52	Unknown	<30	30-65	>65
M	1 1.9%	2 3.8%	4 7.7%	0.0%
F	4 7.7%	14 26.9%	26 50.0%	0.0%
Unknown	0.0%	0.0%	1 1.9%	0.0%

## Fatigue

n=74	Unknown	<30	30-65	>65
M	2 2.7%	3 4.1%	5 6.8%	1 1.4%
F	9 12.2%	18 24.3%	34 45.9%	0.0%
Unknown	1 1.4%	0.0%	1 1.4%	0.0%

## Insomnia

n=53	Unknown	<30	30-65	>65
M	3 5.7%	1 1.9%	4 7.5%	1 1.9%
F	6 11.3%	9 17.0%	29 54.7%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

## Myofascial Pain Disorder

n=15	Unknown	<30	30-65	>65
M	1 6.7%	0.0%	1 6.7%	0.0%
F	1 6.7%	3 20.0%	9 60.0%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

## Nausea

n=42	Unknown	<30	30-65	>65
M	1 2.4%	2 4.8%	6.2%	0.0%
F	5 11.9%	11 26.2%	23 54.8%	0.0%
Unknown	0.0%	0.0%	1.2%	0.0%

## Nervousness

n=46	Unknown	<30	30-65	>65
M	2 4.3%	1 2.2%	3 6.5%	1 2.2%
F	3 6.5%	15 32.6%	20 43.5%	0.0%
Unknown	0.0%	0.0%	1 2.2%	0.0%

## Other Diverse Disorders

n=13	Unknown	<30	30-65	>65
M	0.0%	0.0%	0.0%	1 7.7%
F	2 15.4%	4 30.8%	5 38.5%	0.0%
Unknown	0.0%	0.0%	1 7.7%	0.0%

## Tinnitus

n=21	Unknown	<30	30-65	>65
M	0.0%	2 9.5%	2 9.5%	0.0%
F	3 14.3%	3 14.3%	11 52.4%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

## Stomach Upset

n=38	Unknown	<30	30-65	>65
M	0.0%	1 2.6%	0.0%	0.0%
F	7 18.4%	10 26.3%	20 52.6%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

# CHECKLIST RESULTS

## Sleep Disturbed

n=57	Unknown	<30	30-65	>65
M	3 5.3%	1 1.8%	5 8.8%	1 1.8%
F	4 7.0%	14 24.6%	28 49.1%	0.0%
Unknown	0.0%	0.0%	1 1.8%	0.0%

## Depression

n=52	None	Mild	Other	Severe
None	13 25.0%	2 3.8%	0.0%	3 5.8%
Always	4 7.7%	3 5.8%	1 1.9%	3 5.8%
Sometimes	10 19.2%	9 17.3%	1 1.9%	2 3.8%
Other	1 1.9%	0.0%	0.0%	0.0%

## Fatigue

n=74	None	Mild	Other	Severe
None	15 20.3%	2 2.7%	0.0%	2 2.7%
Always	17 23.0%	3 4.1%	2 2.7%	9 12.2%
Sometimes	12 16.2%	9 12.2%	1 1.4%	1 1.4%
Other	1 1.4%	0.0%	0.0%	0.0%

## Insomnia

n=53	None	Mild	Other	Severe
None	11 20.9%	0.0%	1 1.9%	3 5.7%
Always	7 13.2%	1 1.9%	0.0%	3 5.7%
Sometimes	14 26.4%	9 17.0%	1 1.9%	3 5.7%
Other	0.0%	0.0%	2.2%	0.0%

## Nausea

n=42	None	Mild	Other	Severe
None	6 14.3%	1 2.4%	0.0%	0.0%
Always	2 4.8%	3 7.1%	1 2.4%	2 4.8%
Sometimes	17 40.5%	8 19.0%	1 2.4%	1 2.4%
Other	0.0%	0.0%	3.0%	0.0%

## Nervousness

n=46	None	Mild	Other	Severe
None	8 17.4%	2 4.3%	0.0%	1 2.2%
Always	4 8.7%	1 2.2%	0.0%	3 6.5%
Sometimes	13 28.3%	6 13.0%	1 2.2%	6 13.0%
Other	1 2.2%	0.0%	0.0%	0.0%

## Sleep Disturbed

n=57	None	Mild	Other	Severe
None	11 19.3%	0.0%	0.0%	1 1.8%
Always	8 14.0%	0.0%	0.0%	3 5.3%
Sometimes	19 33.3%	10 17.5%	2 3.5%	2 3.5%
Other	1 1.8%	0.0%	0.0%	0.0%

## Stomach Upset

n=38	None	Mild	Other	Severe
None	6 15.8%	1 2.6%	0.0%	1 2.6%
Always	3 7.9%	2 5.3%	1 2.6%	2 5.3%
Sometimes	14 36.8%	4 10.5%	1 2.6%	2 5.3%
Other	0.0%	0.0%	1 2.6%	0.0%

## Tinnitus

n=21	None	Mild	Other	Severe
None	3 14.3%	0.0%	0.0%	1 4.8%
Always	4 19.0%	1 4.8%	1 4.8%	3 14.3%
Sometimes	5 23.8%	2 9.5%	1 4.8%	0.0%
Other	0.0%	0.0%	0.0%	0.0%

# ANECDOTAL INFORMATION

## V. ANECDOTAL INFORMATION

Many respondents supplied copious anecdotal information. The surveys were reviewed and common themes were extracted from the anecdotal information. A separate coding sheet was constructed to systematize the anecdotal information. The Anecdotal information was divided into the following categories: (1) Tallies of number of surgeries and doctors; (2) Expressions of feelings; (3) Opinions expressed about the JJAMD; (4) Belief that TMJ is correlated with other indications; (5) Symptoms expanded upon or not included in the Survey or Checklist; (6) Information about splint therapy appliances; (7) Self treatment and education; (8) Expressions of complaints about insurance or the medical/dental systems. A total of 77 Surveys and Checklists were coded for anecdotal information. 8 (10.4%) were male, 66 (85.7%) were female and the gender of 3 (3.9%) was undetermined.

8 (10.4%) of these 77 people mentioned the JJAMD in their narratives. Seven of them expressed thanks to the JJAMD for their work and one respondent stated that the JJAMD helped with their problems.

8 (10.4%) of these 77 people expressed the belief that TMJ symptoms were correlated with other environmental factors. 7 (9.1%) felt that they were correlated with stress and 1 (1.3%) felt that they were correlated with the weather.

13 (16.9%) of these 77 people stated that they were either self-educated about TMJ or that they used their own treatments to ease their symptoms. 9 (11.7%) were self-educated and 7 (9.1%) tried self treatments.

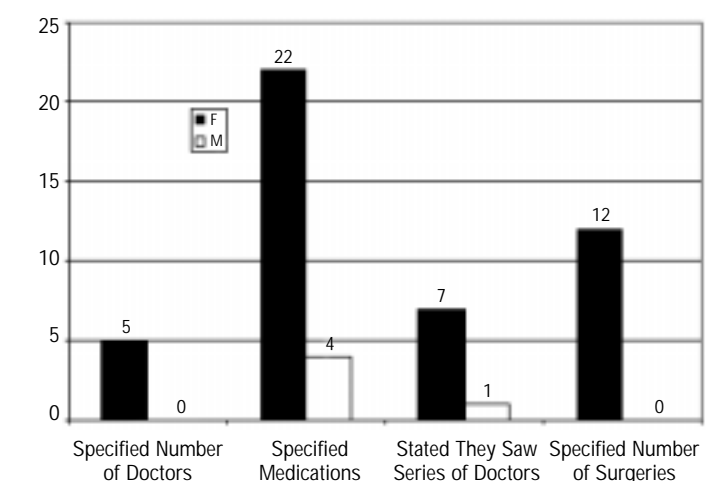
### 5.1 Tallies of Number of Surgeries and Doctors

39 (50.7%) of the 77 respondents listed information about numbers of doctors seen, the numbers of medications, the numbers of surgeries, or stated that they saw a series of doctors. The gender and age breakdown of these 39 people is:

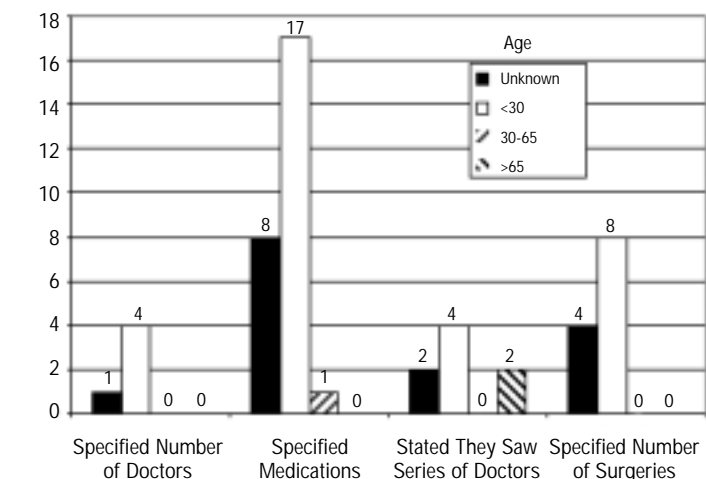
n=39	Unknown	<30	30-65	>65
M	0.0%	1 2.6%	2 5.1%	1 2.6%
F	2 5.1%	11 28.2%	22 56.4%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

Most (22 - 56.4%) of these 39 respondents gave medication information. The graphs of these responses by gender and age are:

### People Who Tallied Doctors & Surgeries



### People Who Tallied Doctors & Surgeries



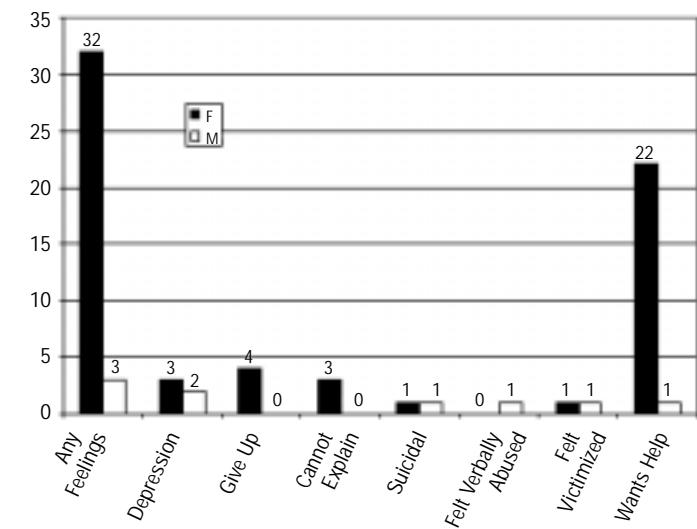
5.2 Expressions of Feelings

36 (46.8%) of the 77 respondents expressed intense feelings in their anecdotal narratives. These feelings were classified as feelings of depression, feelings of giving up, feeling that there is no explanation for their problem, feelings of having been verbally abused, feeling victimized, pleas for help, and two respondents admitted to suicidal thoughts. The gender and age breakdown of these 36 people is:

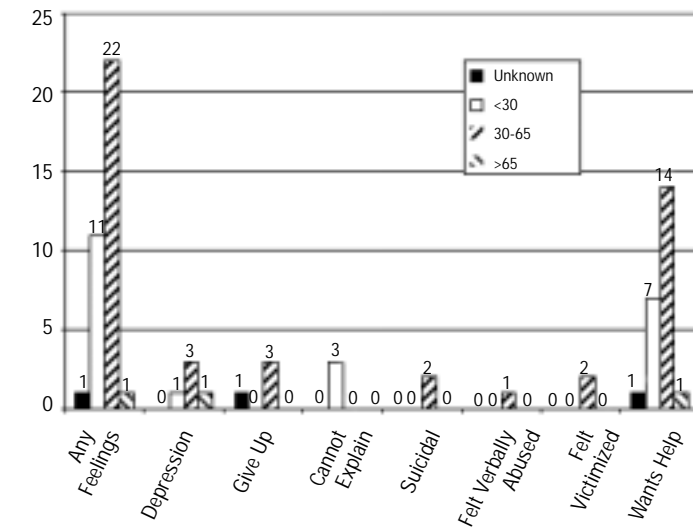
n=36	Unknown	<30	30-65	>65
M	0.0%	1 2.8%	1 2.8%	1 2.8%
F	1 2.8%	10 27.8%	22 61.1%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

Most (22 - 61.1%) of these 36 respondents expressed a need for help with their health disorders. The graphs of these responses by gender and age are:

Types of Feelings Expressed



Types of Feelings Expressed



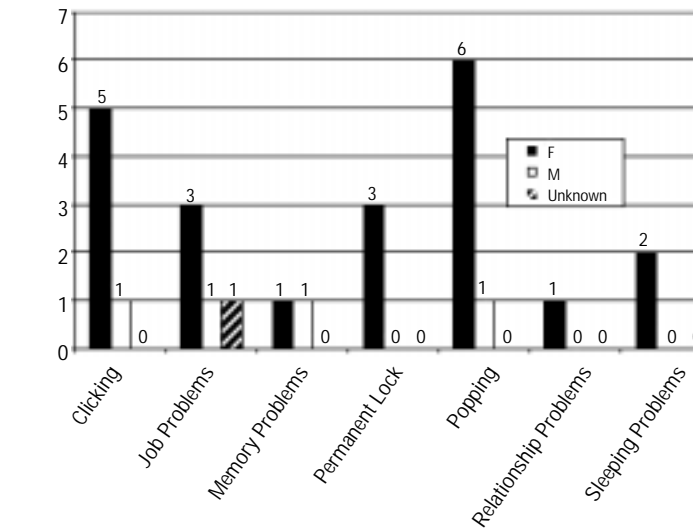
5.3 Symptoms Expanded Upon or Not Included in the Survey or Checklist

17 (22.1%) of the 77 respondents expanded upon or added symptoms that were not in the Survey or Checklist. The additional symptoms that were not included on the forms were memory problems, job-related problems, and problems with relationships. Symptoms that were expanded upon included clicking, popping, permanent locking of the jaw, and sleeping problems. The gender and age breakdown of these 17 people is:

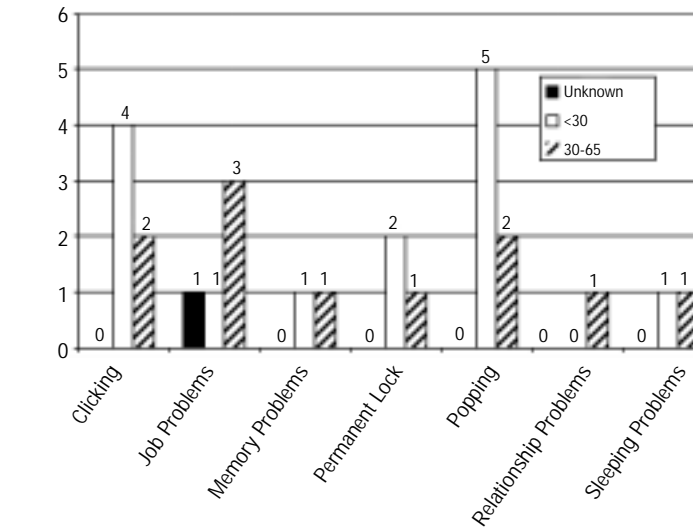
n=17	Unknown	<30	30-65	>65
M	0.0%	2 11.8%	1 5.9%	0.0%
F	0.0%	6 35.3%	7 41.2%	0.0%
Unknown	0.0%	0.0%	1 5.9%	0.0%

The graphs of these responses by gender and age are:

Additional Problems



Additional Problems



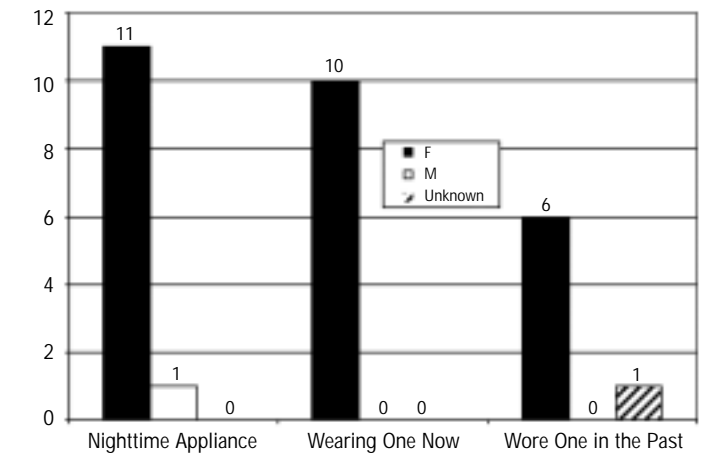
5.4 Information About Splint Therapy Appliances

22 (28.6%) of the 77 respondents gave information about appliances that were used to treat their TMJ problem. The information they gave was classified into statements of whether they wore an appliance in the past, whether they are wearing one now, and whether their appliance was a "nighttime" appliance. The gender and age breakdown of these 22 people is:

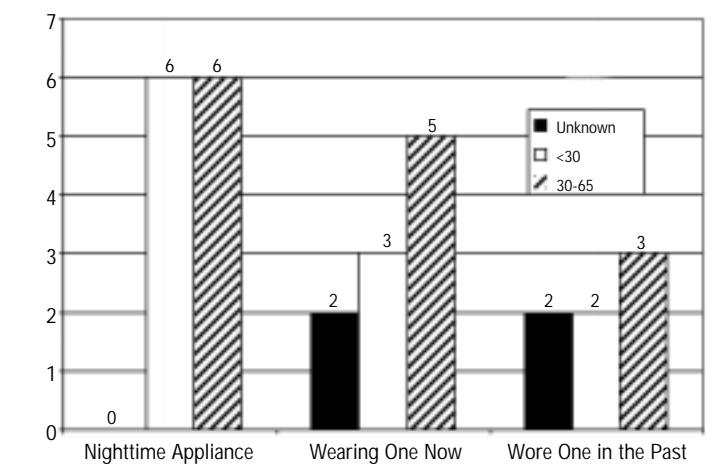
n=22	Unknown	<30	30-65	>65
M	0.0%	0.0%	1 4.5%	0.0%
F	2 9.1%	8 36.4%	10 45.5%	0.0%
Unknown	1 4.5%	0.0%	0.0%	0.0%

The graphs of these responses by gender and age are:

Splint Therapy Appliances Mentioned



Splint Therapy Appliances Mentioned



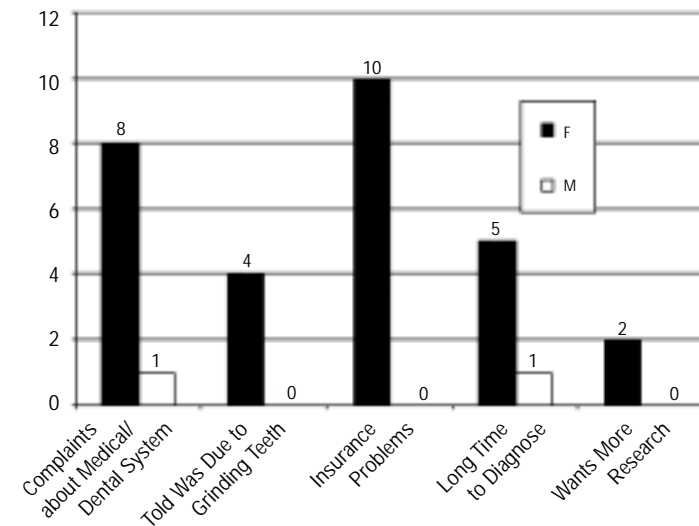
## 5.5 Expressions of Complaints About Insurance or the Medical/Dental Systems

29 (37.7%) of the 77 respondents had general complaints and comments. These comments were classified into complaints about the medical and dental system, complaints about their insurance coverage, statements that the TMJ took a long time to diagnose, expressions of wanting more comprehensive body-wide research to be done, and having been told that TMJ is caused by grinding their teeth. The gender and age breakdown of these 29 people is:

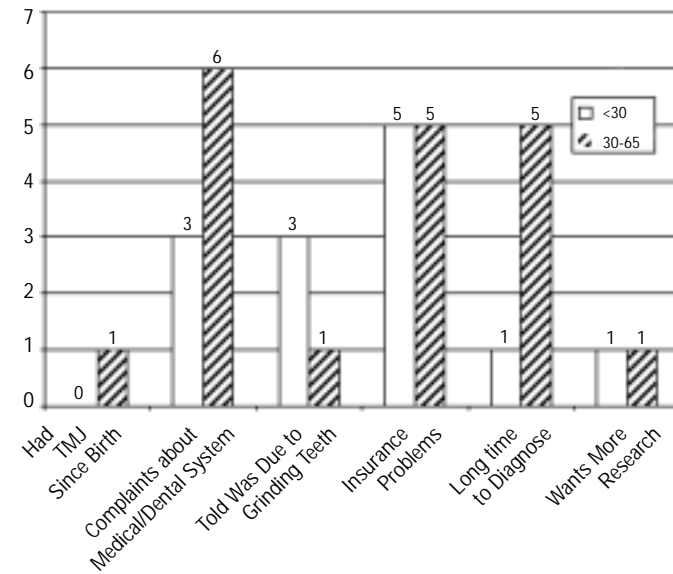
n=29	Unknown	<30	30-65	>65
M	0.0%	0.0%	2 6.9%	0.0%
F	0.0%	12 41.4%	15 51.7%	0.0%
Unknown	0.0%	0.0%	0.0%	0.0%

(10 - 34.5%) of these 29 respondents complained about their lack of insurance coverage. The graphs of these responses by gender and age are:

### Types of Complaints



### Types of Complaints



## V. CONCLUSIONS-JJAMD FOUNDATION

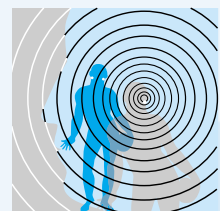
For twenty years, JJAMD has advocated for the dignity and rights of the TMJ population, now estimated by the National Institutes of Health at 10,000,000 in the United States alone. Our core conviction is that by bringing awareness to the medical, dental, scientific academic, insurance, and government communities, they can work on an interdisciplinary basis to solve this complex and invalidated disorder. Despite our best efforts, there still is no coordinated effort to study the Temporomandibular Joints and their related disorders, a necessary step in solving the dilemma.

During the past 30 years, TMJ has confounded all who have dealt with it. Unproven etiologies, overlapping signs and symptoms, and conflicting theories on diagnosis and treatment only add to the confusion. Despite the glut of journal articles, conferences, and theorizing, there is still no universally accepted science. The victims are the millions of TMJ patients, who suffer from legitimate physiological pain and dysfunction, and bear the indignity of ineffective treatments and being classified with “all-in-the-head” syndrome.

The situation demands comprehensive research by the Public Health sector and various unaffiliated medical disciplines capable of studying TMJ as the whole-body disorder it truly is. This landmark study, compiled from data JJAMD has collected from hundreds of TMJ patients of every age, race, and gender, provides an invaluable database from which research can emanate. TMJ patients, for the first time, have been allowed to describe their medical and dental histories in comprehensive detail. The rich data provides stark evidence that TMJ causes and compounds health problems well beyond the craniofacial complex. It is our hope that this study, which has taken years and Herculean effort by many to compile, will be an invaluable tool for serious and long overdue research, leading once and for all to a resolution of TMJ Disorder.

## VI. FURTHER RESEARCH NEEDED

This analysis represents an initial investigation of the enormous problems TMJ disorders pose for society. We hope it will provide a springboard for future studies. The data is available upon request for use by other researchers for further analysis and further research. A newer professionally designed Survey and Checklist are being completed and have been designed to be database ready.



# SURVEY INSTRUMENT

## Temporomandibular Joints (TMJ) Disorders Survey

This information is provided by the Jaw Joints & Allied Musculo-Skeletal Disorders Foundation, Inc. (JJAMD).

Please fill out this Survey (please print) and check all the information that applies to your health. Add any other information clearly and briefly at the end of this Survey. Please return this Survey to The Jaw Joints & Allied Musculo-Skeletal Disorders Foundation, Inc. (JJAMD), Forsyth Research Institute, 140 Fenway, Boston, MA 02115-3799. (Note: DO NOT send the information to Healthtouch®.) Please insert your name, address, age, and sex. (Your confidentiality will be absolutely protected).

1) Have you been diagnosed specifically with Temporomandibular Joints (TMJ) Disorders?

- Yes
No

When? \_\_\_\_\_

By whom?

- Physician
Dentist

Other \_\_\_\_\_

Specialty \_\_\_\_\_

2) Have you been diagnosed with any other joint problems?

- Neck
Shoulder/s
Elbow/s
Hip/s
Ankle/s

List Other/s \_\_\_\_\_

3) Have you been diagnosed with any of these forms of arthritis?

- Osteoarthritis
Rheumatoid
Juvenile Rheumatoid
Lupus
Fibromyalgia
Scleroderma
Sjögren's Syndrome

- Ankylosing Spondylitis
TMJ (Jaw Joints)

List Other/s \_\_\_\_\_

4) How many different doctors [MDs only] do you see on a regular basis?

- Cardiology
Dermatology
Endocrinology
Family Practice
Gynecology
Internal Medicine
Mental Health
Nephrology
Orthopedics
Rheumatology

List Others/s \_\_\_\_\_

5) Do you see any other alternative medicine or other health care professionals?

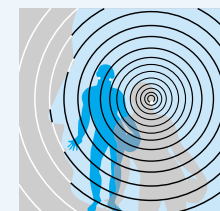
- Yes
No

Who?

- Osteopaths
Chiropractors
Ayurveda Practitioners
Acupuncturists
Podiatrists
Physical or Occupational Therapists
Nutritionists
Massage Therapists
Spiritual Healers
Dentists for "TMJ" treatment
Naturopaths
Other/s (list) \_\_\_\_\_

6) List other alternative specialty treatment therapies you find helpful.

Blank lines for listing alternative therapies.



# SURVEY INSTRUMENT

7) What is the specialty of the doctor you generally see? \_\_\_\_\_

8) Do you see a specialist for your "TMJ"?

- Yes
No

What kind? \_\_\_\_\_

9) How did you select your doctor?

- Referral by another doctor
Recommendation by a friend
Support Group recommendation
Arthritis Foundation
Physician referral
Dental referral
Hospital referral
Referral service - Other (list) \_\_\_\_\_

\_\_\_\_\_ HMO or PPO coverage

\_\_\_\_\_ Listing in the phone book

Other (please explain) \_\_\_\_\_

10) Do you feel your doctor/s keep up with the latest information on "TMJ"?

- Yes
No

Explain \_\_\_\_\_

11) Have you ever received information specifically on "TMJ"?

- Yes
No

By whom? \_\_\_\_\_

12) Do you belong to a Support/Self-Help Group?

- Yes
No

Name the Group \_\_\_\_\_

13) Have you been diagnosed with any of the following disorders which might overlap with "TMJ"?

- Abused child
Accident (specify)
Allergies
Asthma

- Battered Woman
Birth Defects [specify]
Chronic Fatigue Syndrome
Carpal Tunnel Syndrome
Ehlers-Danlos
Paget's
Parkinson's
Premature Birth
Respiratory Disorders
Anorexia and or Bulimia

List

Others \_\_\_\_\_

Blank lines for listing other conditions.

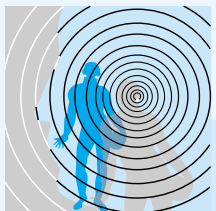
The Jaw Joints & Allied Musculo-Skeletal Disorders Foundation (JJAMD), an independent 501(c)(3), nonprofit, educational, advocacy organization, was founded in 1982 in response to the void in dealing with the TMJ Dilemma. "TMJ," the acronym for Temporomandibular Joints and the disorders affecting these jaw joints, is one of the most pervasive, least understood, and controversial health disorders in existence today.

A patient-friendly Plain Talk Guide to TMJ: With Self-Help Tips To Keep Your Jaw Joints Healthy, is available for a \$5 donation. Patient membership in JJAMD for Healthtouch users is available for \$10 for new members only. Please send a large self-addressed stamped envelope to JJAMD, Forsyth Research Institute, 140 Fenway, Boston, MA 02115-3799. JJAMD's fax number is 617-267-9020.

Please note: While JJAMD disseminates helpful, important, and useful patient and professional educational materials, the Foundation cannot provide doctor referrals or specific medical/dental advice, in the absence of any universally accepted scientifically proven treatments, which was concluded by the 1996 NIH TMD (TMJ) Technology Assessment Conference Panel.

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You can find this article and more information from Healthtouch Online at http://www.healthtouch.com



## Checklist On Temporomandibular Joints (TMJ) Disorder

This information is provided by the Jaw Joints & Allied Musculo-Skeletal Disorders Foundation, Inc. (JJAMD).

Temporomandibular Joints (TMJ) Disorder can spread pain and dysfunction throughout the entire body and lead to loss of productivity at home, work, and play. TMJ Disorder has also been referred to as “The Great Imposter” because of the wide diversity of symptoms and disorders it mimics.

This Checklist is intended to help you examine or re-examine all the symptoms you are experiencing throughout your entire neuromusculo-skeletal system, including dysfunction and pain. It also can serve as a history of your care and add data for future research.

Please add any other information clearly and briefly in chronological order at the end of this leaflet. Include information on the causes; symptoms; all diagnoses; all treatments, including all drugs, dosage, and frequency of use; and good and bad results. Please state what has helped you, what has not helped you, and what you believe has hurt you and in what way.

Please send a copy of this Checklist to: The Jaw Joints & Allied Musculo-Skeletal Disorders Foundation, Inc. (JJAMD), Forsyth Research Institute, 140 Fenway, Boston, MA. 02115-3799. (Note: DO NOT sent this information to Healthtouch®.) Please include your name, address, age, and sex. (Your confidentiality will be absolutely respected.)

### Which Of These Symptoms Do You Have?

Before each pertinent item, check symptoms that apply, then mark as appropriate:

- 1= Mild
- 2= Severe
- S= Sometimes
- A= Always
- P= Pain
- D= Dysfunction
- L= Left side only
- R= Right side only
- B= Both sides

### Symptoms

#### Head & Face:

- Forehead
- Migraine Type
- Sinus Type
- Temples
- Back of Head
- Shooting Pain
- Throbbing Pain
- Other

#### Eyes:

- Asymmetrical
- Glasses Don't Help
- Itch & Burn
- Light Sensitive
- Pain Behind Eyes
- Other

#### Ears:

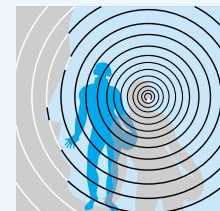
- Clogging
- Dizziness
- Earache
- Hissing
- Pain, No Infection
- Reduced Hearing
- Ringing (Tinnitus)
- Other

#### Mouth:

- Can't Find Bite
- Discomfort
- Jerky Opening
- Limited Opening
- Locks Open
- Locks Shut
- Other

#### Teeth:

- Chewing Problems
- Clenching
- Dentures
- Grinding
- Ground Down by Dentist



- Orthodonture
- Pain (Chronic)
- Other

#### Throat:

- Feeling of Foreign Object
- Frequent Coughing
- Laryngitis
- Sore Throat
- Swallowing Difficulties
- Voice Irregularities
- Other

#### Jaw Joints:

- Clicking
- Grating
- Muscle Pain
- Popping
- Uncontrolled Movement
- Other

#### Neck:

- Dull Pain
- Lack of Mobility
- Sore Muscles
- Stiffness
- Throbbing Pain
- Tired Muscles
- Other

#### Back & Appendages:

- Arm or Finger Numbness
- Backache
- Cramps in Legs
- Muscles
- Numbness & Tingling
- Shoulder Ache
- Tired or Achy
- Other

#### Seemingly Diverse Disorders:

- Depression
- Fatigue
- Insomnia

- Nausea
- Nervousness
- Sleep Disturbed
- Stomach Upset
- Fibromyalgia
- Chronic Fatigue Syndrome
- Myofascial Pain Disorder
- Tinnitus
- Ehlers-Danlos
- Lupus
- Scleroderma
- Sjögren's Syndrome
- Ectodermal Dysplasia
- Anorexia or Bulimia
- Carpal Tunnel Syndrome
- Ulcers
- Heart Problems
- Osteoarthritis in other joints
- Rheumatoid Arthritis in other joints
- Other

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A patient-friendly *Plain Talk Guide to TMJ: With Self-Help Tips To Keep Your Jaw Joints Healthy*, is available for a \$5 donation. Patient membership in JJAMD for Healthtouch users is available for \$10 for new members only. Please send a large self-addressed stamped envelope to JJAMD, Forsyth Research Institute 140 Fenway, Boston, MA 02115-3799. JJAMD's fax number is 617-267-9020.

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The Forsyth Institute

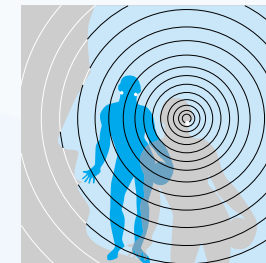
140 Fenway

Boston, Massachusetts 02115-3799

Fax: (617) 267-9020

E-mail: [TMJoints@aol.com](mailto:TMJoints@aol.com)

or visit our website at: [www.TMJoints.org](http://www.TMJoints.org)



Jaw Joints & Allied Musculo-Skeletal Disorder Foundation, Inc. (JJAMD), is a nonprofit 501(c)(3) educational charitable organization. Established in 1982, JJAMD is the pioneer TMJ patient-advocacy organization in the United States.

**JJAMD:**

- Promotes education at all levels on the importance of healthy Jaw Joints and their relation to total body health and the prevention of TMJ disorders
- Fosters patient advocacy and encourages the formation of TMJ self-help groups
- Sponsors and conducts independent research and advocates for basic scientific TMJ research
- Encourages the medical profession to “rejoin the Jaw Joints to all other joints in the body,” and work together with the Dental Profession
- Believes that TMJ is largely preventable through awareness and education

**JJAMD disseminates helpful, important, and useful patient and professional educational material. The Foundation cannot provide referrals or specific medical/dental advice. The 1996 NIH Technology Assessment conference noted the absence of any universally accepted scientifically proven treatments and concluded that future advances in diagnosis and treatment require collaboration of multidisciplinary fields involving basic and applied science and practice. The conference concluded that “a consensus must be developed regarding the professional expertise needed to diagnose and treat these serious health problems.”**