



Carel's Pharmacy & Compounding Center

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TMJ

Two joints and several jaw muscles make it possible to open and close the mouth. They work together when chewing, speaking and swallowing. These structures include muscles and ligaments, as well as the jaw bone, the mandible (lower jaw) with two joints, the temporomandibular joint (TMJ). TMJ disorders include a variety of conditions that cause tenderness and pain in the TMJ.

The temporomandibular is one of the most complex joints in the body. Located on each side of the head, these joints work together and can make many different movements, including a combination of rotating and translational (gliding) action, used when chewing and speaking.

Several muscles help open and close the mouth. They control the mandible as it moves forward, backward, and side-to-side. Both TM joints are involved in these movements. Each TM joint has a disc between the ball and socket. The disc cushions the load while enabling the jaw to open widely and perform rotating and translational movements. Any problem that prevents this complex system of muscles, ligaments, discs and bones from working together properly may result in a painful TMJ disorder.

Between 5 percent and 15 percent of people in the United States experience pain associated with TMJ disorders, according to the National Institute of Dental and Craniofacial Research (NIDCR), part of the National Institutes of Health. Women are more likely than men to develop TMJ disorders.

Signs and symptoms of TMJ disorders may include:

- Pain or tenderness of your jaw
- Aching pain in and around your ear
- Difficulty chewing or discomfort while chewing
- Aching facial pain
- A clicking sound or grating sensation when opening the mouth or chewing
- Locking of the joint, making it difficult to open or close the mouth
- Headache
- Uncomfortable bite
- An uneven bite, because one or more teeth are making premature contact

The cause of some TMJ disorders can be traced to trauma from a severe blow to the jaw, degeneration of the joint, osteoarthritis, rheumatoid arthritis or other forms of inflammation.

The causes of many cases of TMJ disorders, however, aren't always clear. Some experts believe that responses to stress or anxiety such as clenching and/or grinding of the teeth may be a primary or contributing causal factor.

Poor posture can also be an important factor. For example, holding the head forward while looking at a computer all day strains the muscles of the face and neck.

This month's featured compound is **Keto-Flex Gel**.

Keto-Flex Gel is a prescription compound treatment for TMJ disorder. It is a combination of keto-profen 10% and cyclobenzaprine 1% in an anhydrous base. Keto-profen is the most prescribed and effective NSAID used transdermally. It is used to treat the pain and inflammation associated with TMJ. Cyclobenzaprine is the most frequently prescribed skeletal muscle relaxant on the market today. It is used topically to relieve muscle tension and spasm. These two ingredients used transdermally work synergistically to provide relief to without the undesirable side effects of oral medication. Our anhydrous base is specially formulated for rapid penetration and rapid onset of action. Keto-Flex Gel is applied directly to the patient's Temporomandibular Joints four to six times daily as needed.

IMPORTANT NOTE:

We would like to invite you to explore our new website.....

www.carelspharmacy.com

Our website offers basic information on compounding, Bio-Identical Hormone Replacement Therapy, Andropause, veterinary compounding, compounding for pain management and much more.

Our website includes downloadable issues of our newsletter. You can find the issues by topic or date. If you have any questions, please call us at (580) 355-4540!