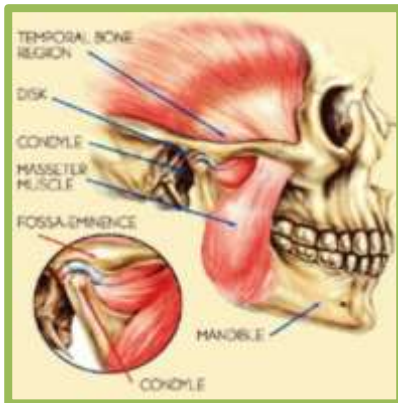




## TEMPORO MANDIBULAR JOINT (TMJ) SYNDROME

This is a common disorder usually manifested by pain in proximity to the ear and/or the muscles used for chewing affecting about 20% of the adult population.



The condition becomes apparent to Audiologists assessing clients for hearing aids, when the discomfort is reported prior to and sometimes after hearing aid fitting, in and around the ear.

In the absence of obvious explanations for the reported pain the potential of TMJ is usually explored. Often absence of teeth causing an asymmetric chewing pattern is identified. This, combined with a timing

mismatch between the left and right mandible upon closing, is a further indication that a TMJ problem may exist.

Sometimes the chewing muscles can be much tenderer on one side than another. Pressing internally on the muscles behind the molar teeth, with a suitable gloved hand, can be further evidence supportive of a TMJ diagnosis,

Discussion with your doctor is advised if you have indications of TMJ. They may consider referring you to an ENT specialist or a Dentist to confirm the diagnosis and to provide appropriate treatment.

In regard to hearing aid fitting the changing of the earmould to soft and pliable materials usually removes the aid as an aggravating factor or indeed switching to a pliable dome acoustic coupling, where feasible, can assist.

