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NEW RESEARCH PROVES TROUBLESOME JAW PAIN YIELDS TO ACUPUNCTURE

Movements of the lower jaw result in pain for a significant number of people. Now, a study recently concluded in Great Britain shows that Acupuncture may provide a sufficient means of relief for those plagued by this discomfort.

The official name for this condition is temporomandibular dysfunction (TMD). Temporomandibular refers to the joint where the skull near the temples and the jaw bone (mandible) meet. Many people, particularly those between 20 and 40 years of age, experience this pain. About twice as many women as men suffer from this disorder.

Members of the British Dental Acupuncture Society recommended sixty patients for treatment of TMD by Acupuncture. Fifty of these patients were women. Prior to administering the first session of Acupuncture, a “pain score” was determined for each patient based on a 10-point system with 10 representing the highest degree of pain. The average score in the group was 7.35.

Following just one treatment, 51 members of the group reported a beneficial effect. Each patient went on to receive an average of 3.4 treatments, lasting approximately twelve minutes each. Treatment focused on Acupuncture points near the temporomandibular joint and the surrounding muscles leading into the neck.

After receiving Acupuncture, the average pain score decreased by almost five points per patient to 2.67. The results showed that Acupuncture could be effectively used to combat TMD pain in a dental practice. The researchers described Acupuncture as a simple, relatively safe, potentially efficacious and a useful technique in the management of TMD.