

# Temporomandibular Disorders

- improving patient care pathways

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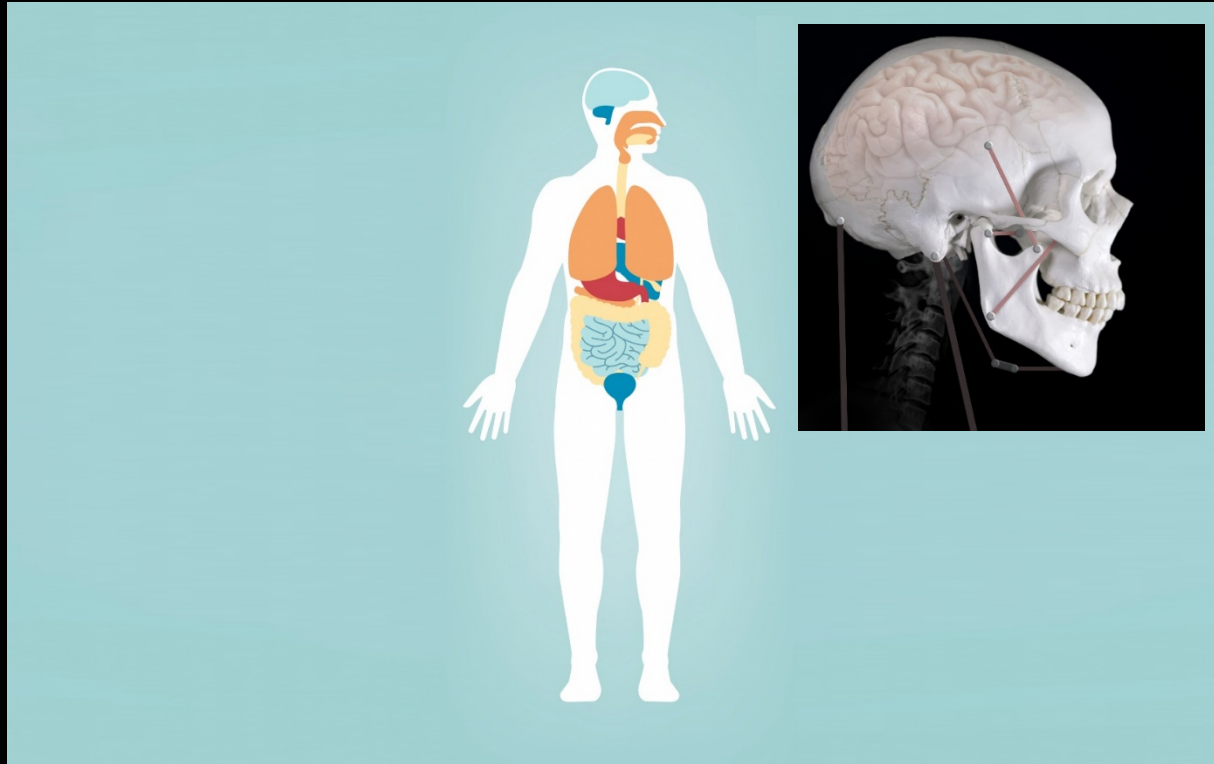
NASEM workshop on TMD

March 29, 2019

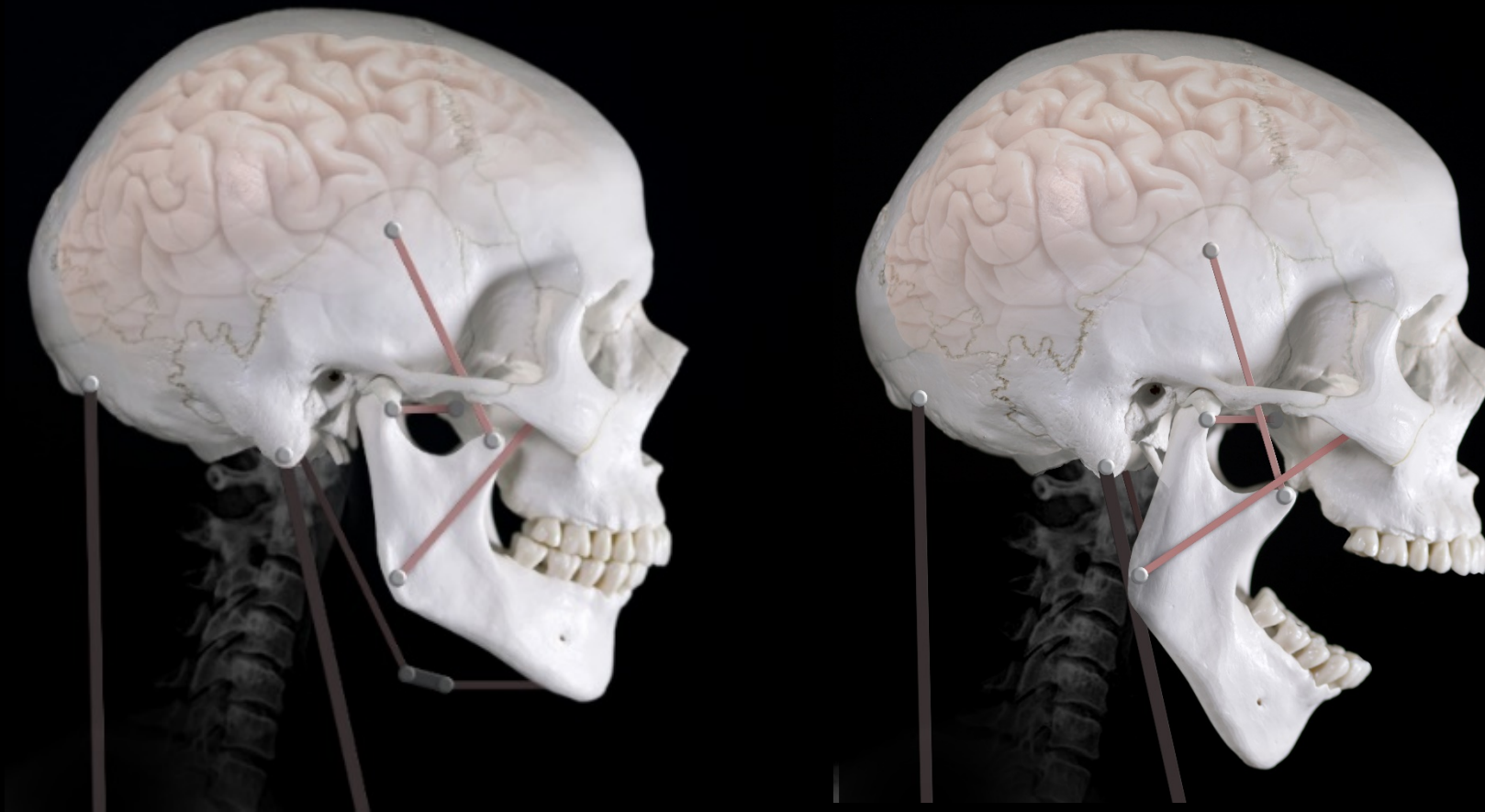


# From the perspective of AAPHD

- TMD affects oral health and general health

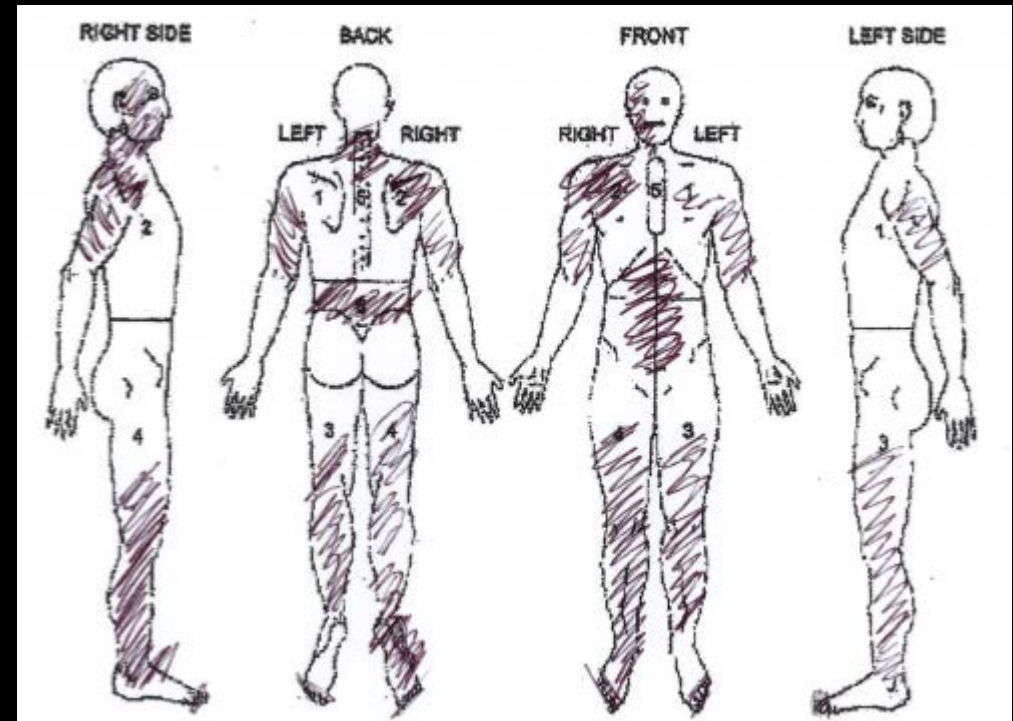


TMD = Pain and Functional Limitations





# Pain



# Functional Limitations

10. What activities does the problem(s) prevent or limit you from doing?

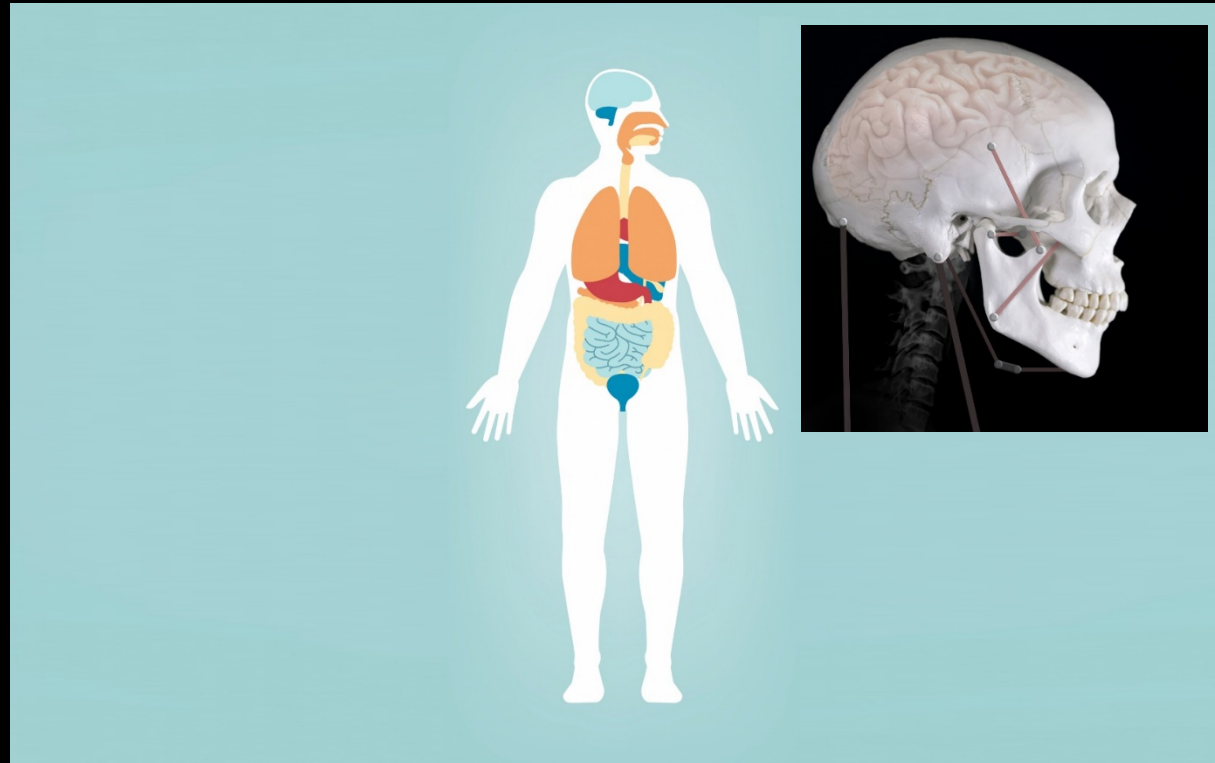
|                        | <u>Yes</u>                          | <u>No</u>                           |
|------------------------|-------------------------------------|-------------------------------------|
| eating hard food.....  | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| eating soft food ..... | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| biting into food ..... | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| chewing.....           | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| yawning .....          | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| talking .....          | <input type="checkbox"/>            | <input type="checkbox"/>            |
| singing.....           | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| smiling.....           | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| laughing.....          | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |

Not yet.

|                                       | <u>Yes</u>                          | <u>No</u>                           |
|---------------------------------------|-------------------------------------|-------------------------------------|
| swallowing.....                       | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| drinking.....                         | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| cleaning face.....                    | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| brushing teeth.....                   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| flossing.....                         | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| maintaining normal weight .....       | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| having your usual facial appearance.. | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| sexual activity.....                  | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| Other.....                            | <input type="checkbox"/>            | <input type="checkbox"/>            |

# From the perspective of AAPHD

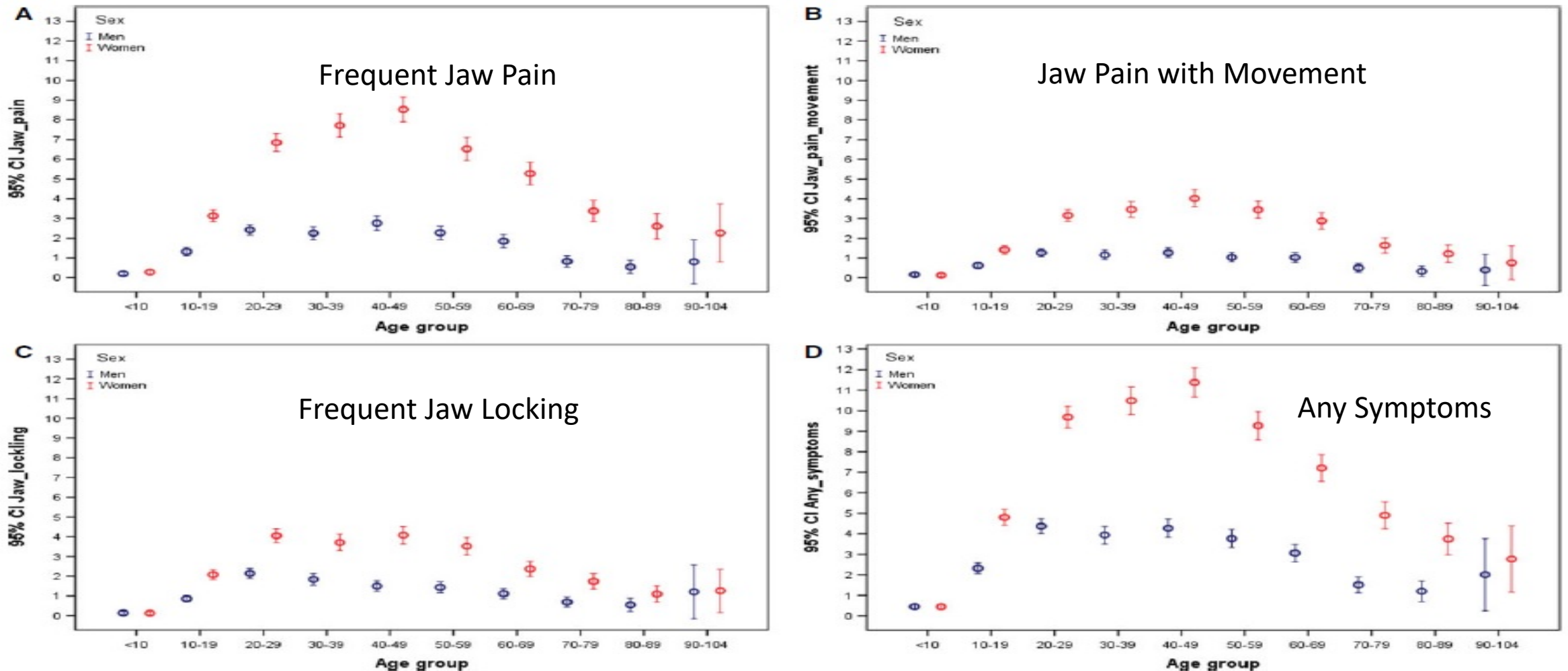
- TMD affects oral health and general health



## From the perspective of AAPHD

- Treating TMD in later stages will not change the prevalence or negative impacts on society
- Prevention and early intervention are essential

# Prevalence of TMD symptoms - lifespan





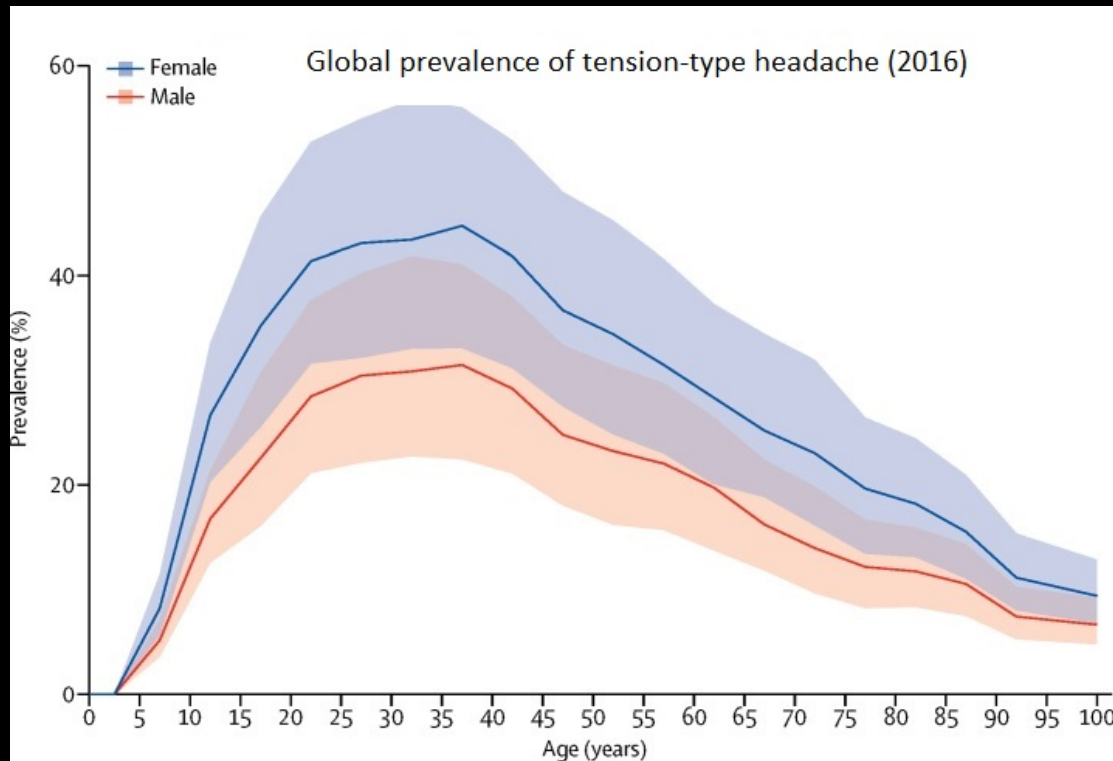
# TMD comorbidities across lifespan

# Headache

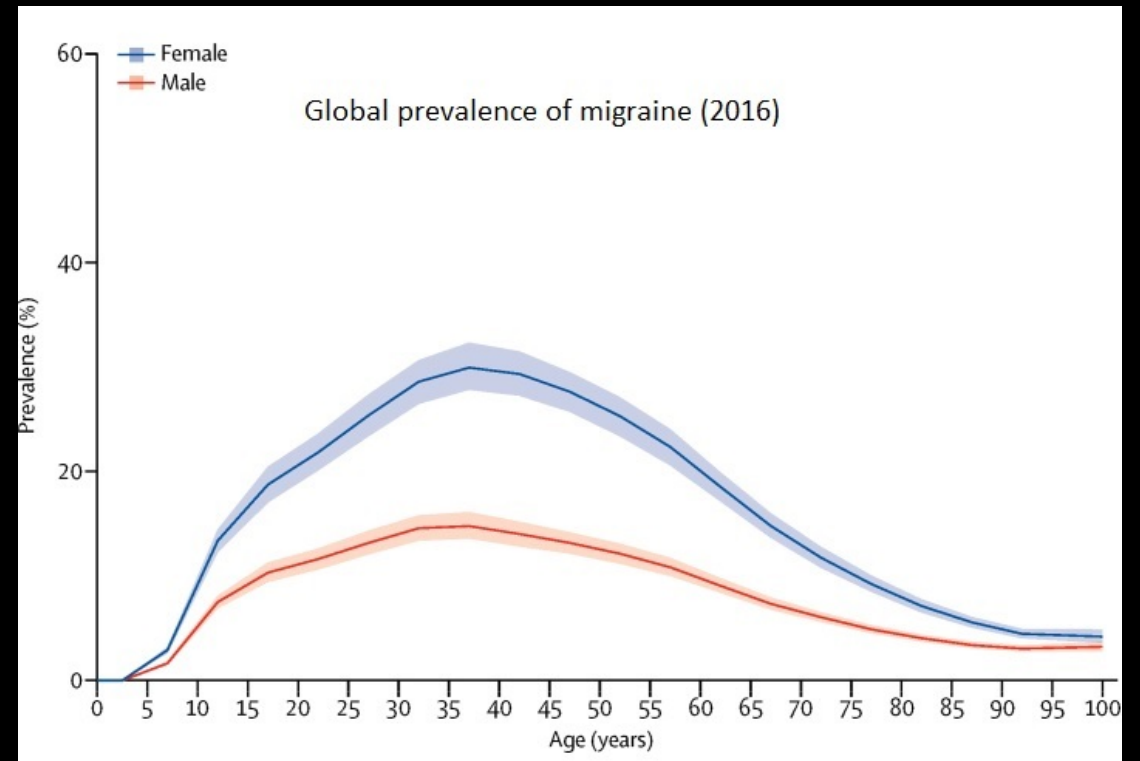
- Common types of headache in TMD:
  - Tension-type headache
  - Migraine

# Tension-type Headache and Migraine

## Tension -type headache

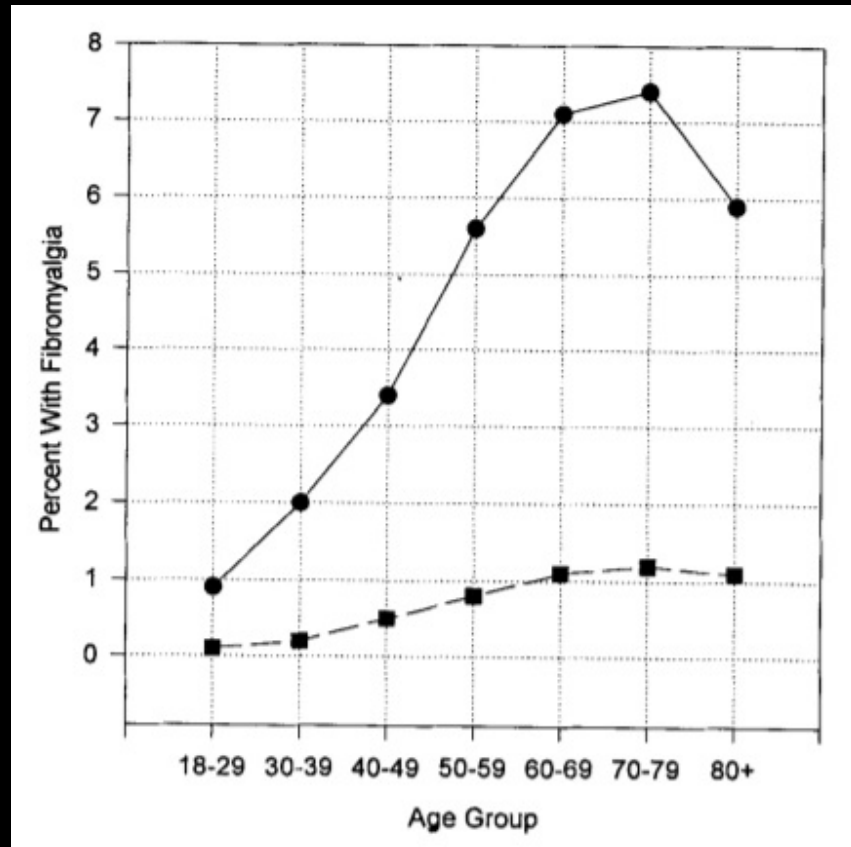


## Migraine

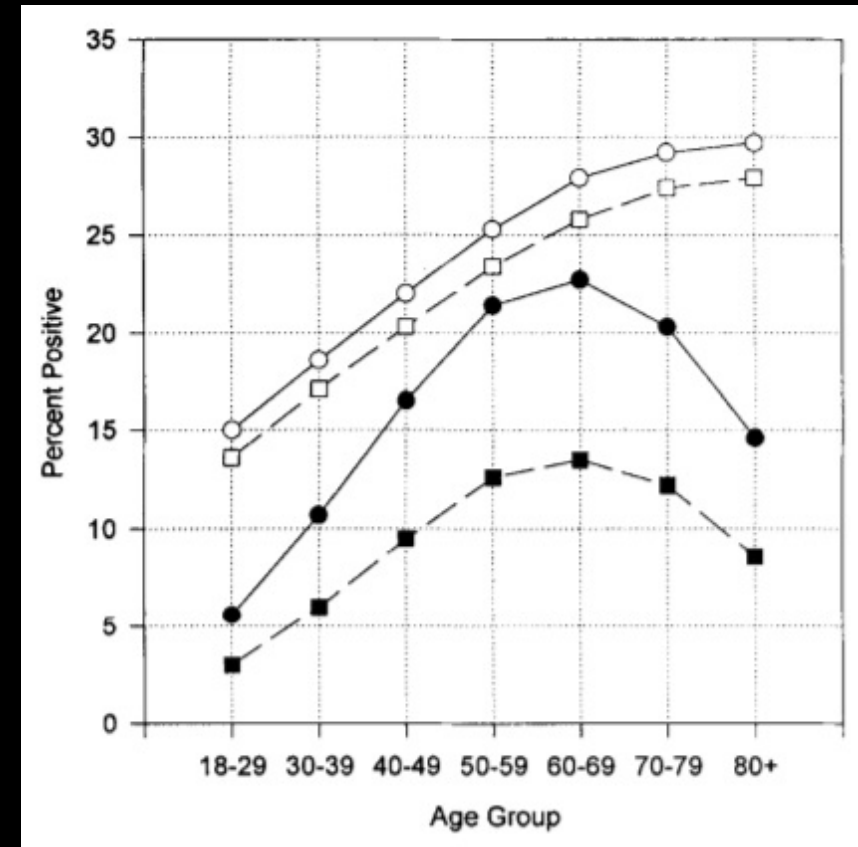


# Fibromyalgia and Widespread Pain

Fibromyalgia



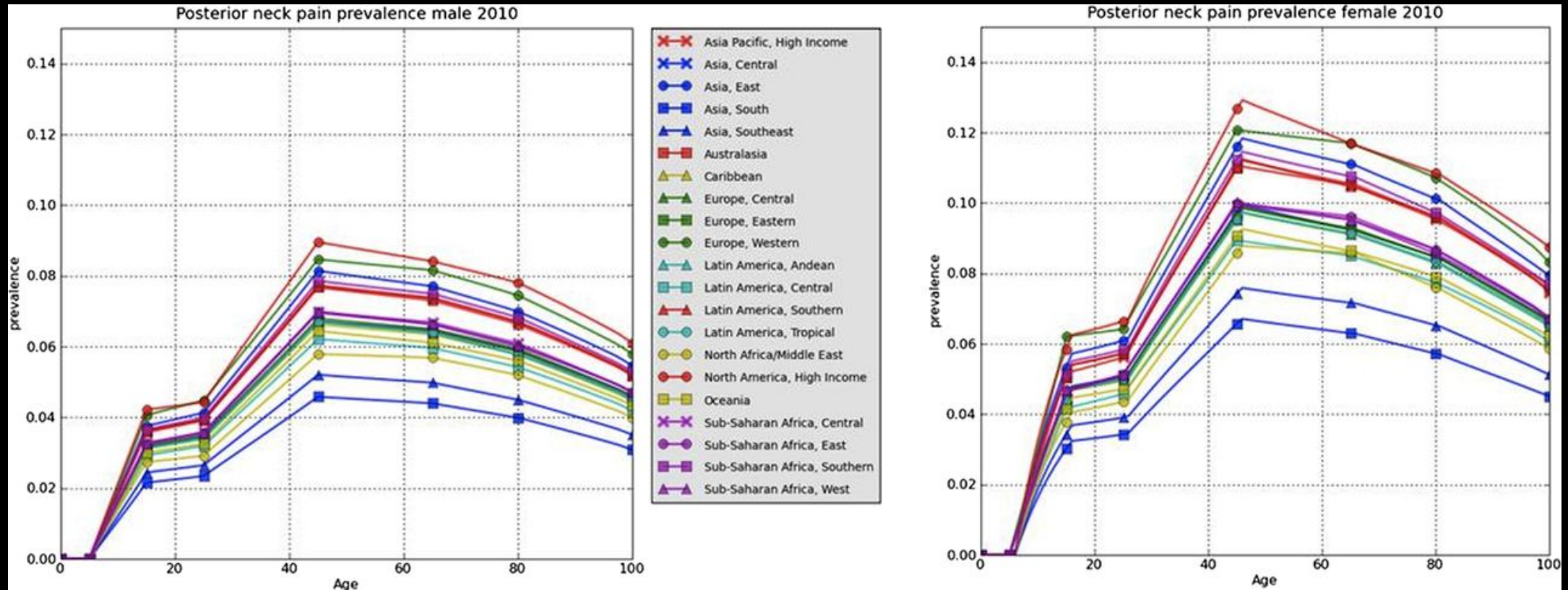
Widespread pain



Other comorbid musculoskeletal conditions



# DisMod-generated 2010 prevalence of **neck pain** by age, sex, year and region, GBD 2010.

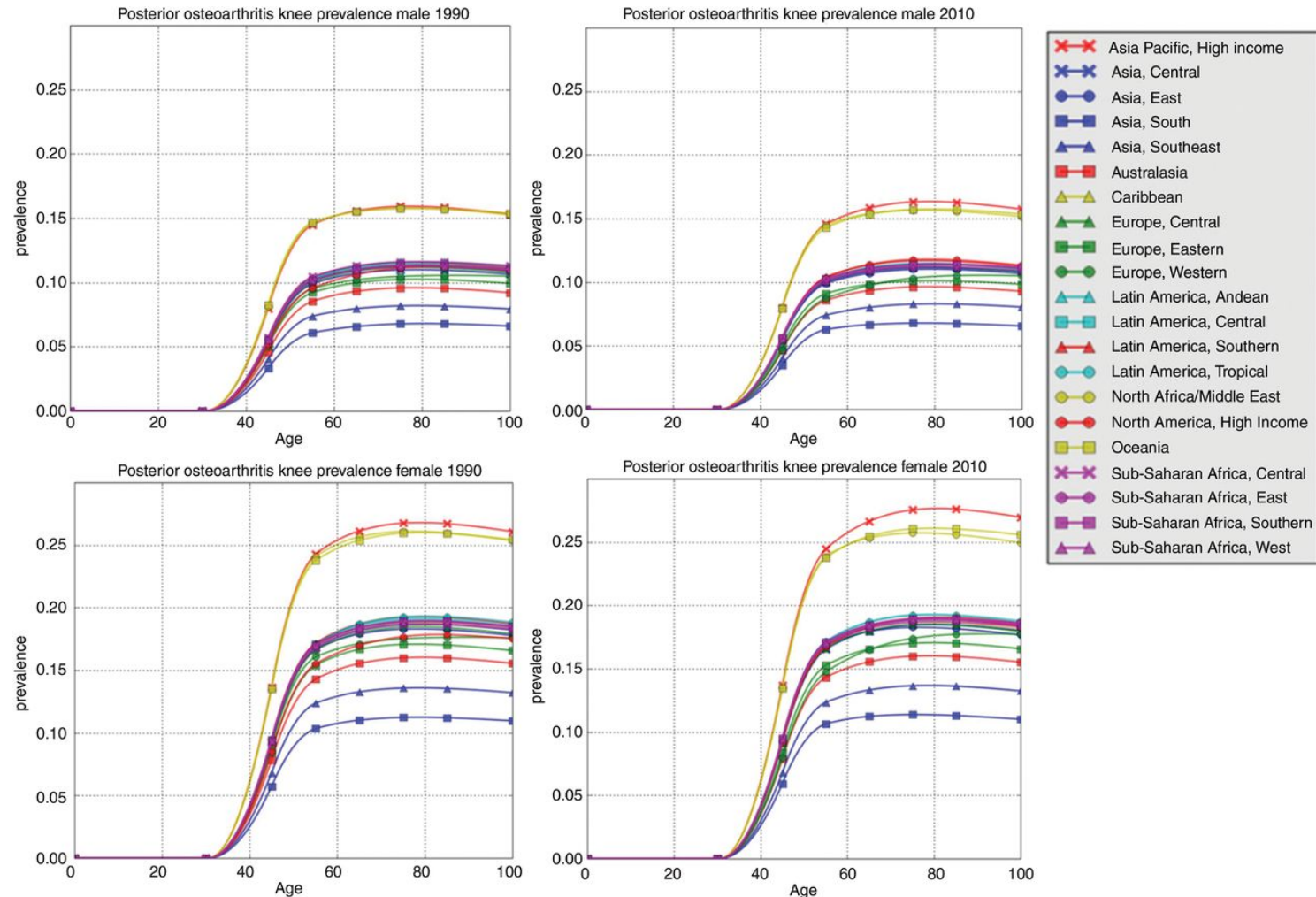


Damian Hoy et al. Ann Rheum Dis 2014;73:1309-1315

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ARD

# DisMod-MR-generated 1990 and 2010 prevalence of **knee osteoarthritis** by age, sex, year and region, Global Burden of Disease 2010 study.

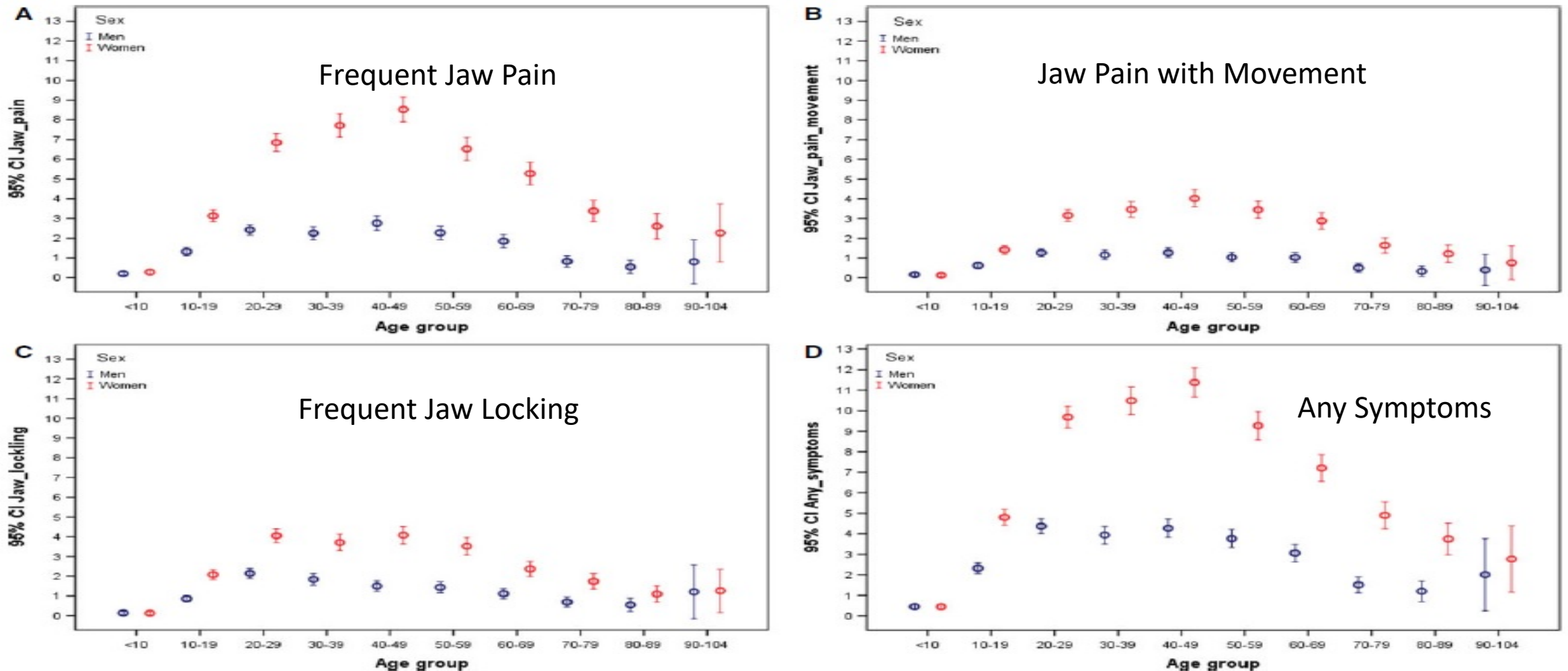


Marita Cross et al. Ann Rheum Dis 2014;73:1323-1330

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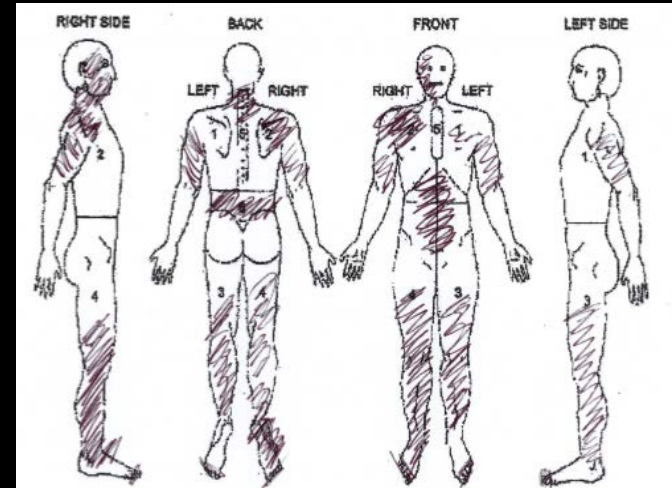
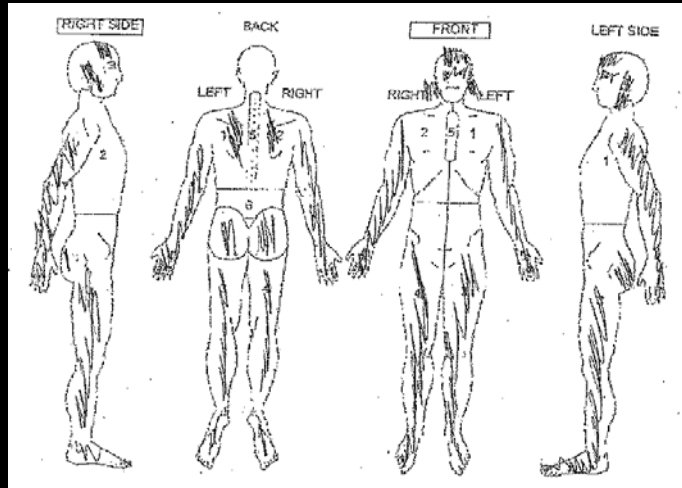
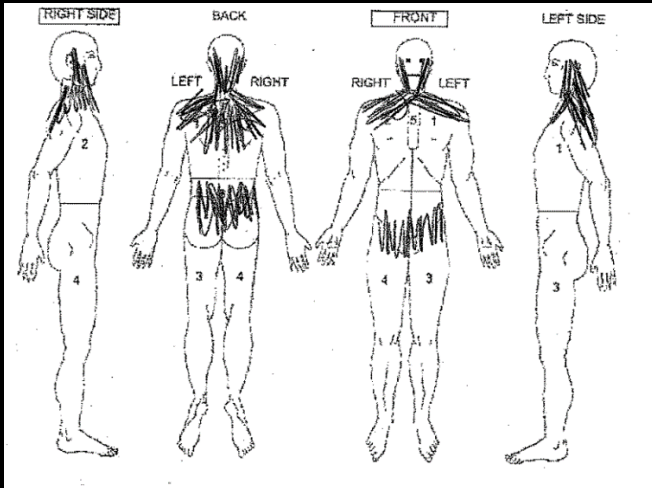
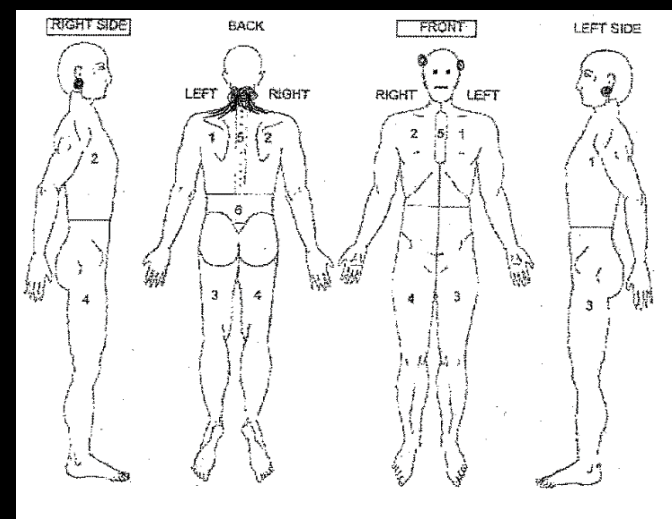
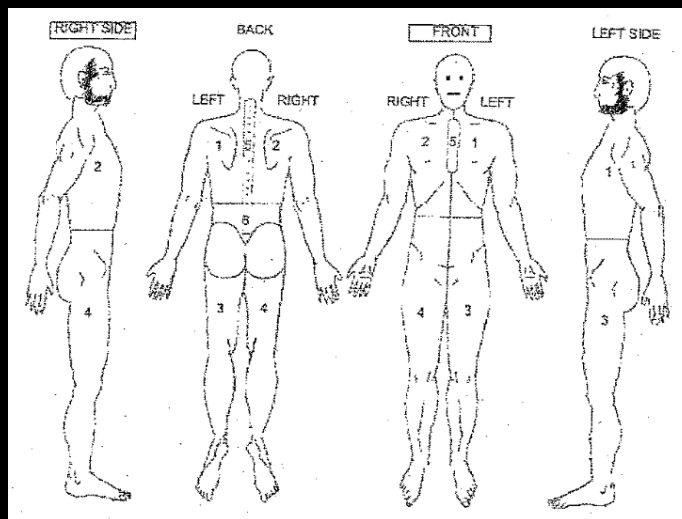
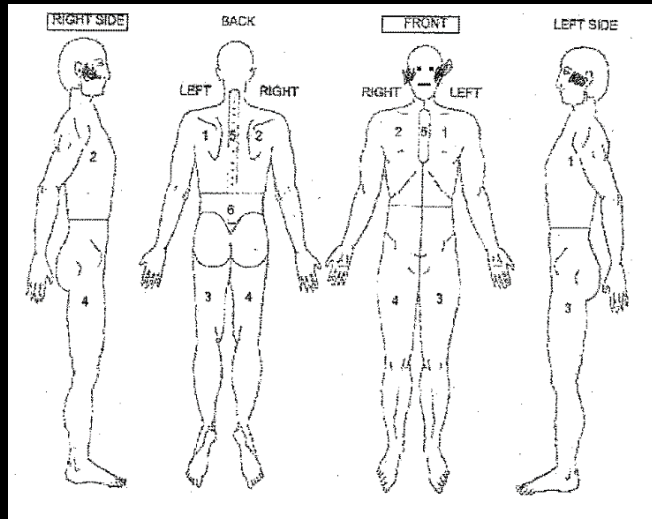


# Prevalence of TMD symptoms - lifespan





# Currently: Identical Treatment for all Types/Levels of TMD



# From the perspective of AAPHD

- Insurance policies for TMD –

Need a TOTAL Makeover!

# Current insurance dilemma

1. Most physicians are not trained to evaluate and manage TMD
2. Dentists are better trained to evaluate and manage TMD
3. Dentists are willing and capable to provide TMD care
4. BUT
  - Medical insurance companies won't credential dentists
  - Dental insurance won't provide TMD coverage

# Summary: Risk Identification, Prevention, and Early Intervention are Essential

- Insurance policies
  - Unite medical and dental coverage for TMD
  - Encourage risk screening, prevention, and early intervention.
- Research
  - Incorporate inter-professional collaboration
  - Develop chair-side risk assessment tools
  - Develop risk-based practice guideline
  - Develop mechanism-based prevention and early intervention strategies
- Dental and medical education
  - Require education on risk assessment, prevention, and early intervention
  - Increase inter-professional cross-training
- Clinical care
  - Develop inter-disciplinary care network to help care access
  - Primary care: implement risk screening, prevention, and early intervention





COLLEGE OF DENTISTRY