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

- eating hard food: Yes
- eating soft food: No
- biting into food: Yes
- chewing: Yes
- yawning: Yes
- talking: Not yet
- singing: Yes
- smiling: Yes
- laughing: Yes
- swallowing: Yes
- drinking: Yes
- cleaning face: Yes
- brushing teeth: Yes
- flossing: Yes
- maintaining normal weight: Yes
- having your usual facial appearance: Yes
- sexual activity: Yes
- Other: No
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
Fibromyalgia and Widespread Pain

Other comorbid musculoskeletal conditions
DisMod-generated 2010 prevalence of neck pain by age, sex, year and region, GBD 2010.
DisMod-MR-generated 1990 and 2010 prevalence of knee osteoarthritis by age, sex, year and region, Global Burden of Disease 2010 study.
Prevalence of TMD symptoms - lifespan

![Graphs showing the prevalence of TMD symptoms across different age groups and sexes.](Image)

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
Thank You