

Could It Be TMJ/TMD?

The word "migraine" is commonly used in reference to "bad or recurring headaches." But there can be other reasons for a "bad headache."

The symptoms of TMD (Temporomandibular Joint Disorder) are very similar to the symptoms of a migraine and are directly caused by inflammation in the TMJ (temporomandibular joint).

Because of these similarities, TMD can be misdiagnosed as a migraine headache.

Jaw LOCKING? EARACHES or RINGING In the Ears? Severe HEADACHES?

Three Main Causes of TMJ/TMD:

- **Misaligned Bites**
- **Grinding/Clenching**
- **Trauma to the Face/Head**

"Headaches, neck pain, shoulder and arm pain all combined to hinder my ability to function in simple day to day tasks. After one week of wearing Dr. Urbanek's TMJ device, my symptoms began to dissipate. Three weeks later, I am happy to say I am pain free!"

– Allie M.



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