Reducing Your Risk of Temporomandibular Disorders (TMD)

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En Español (Spanish Version)

There are a few things you can do to try to reduce your risk of developing TMD. These include:

Reduce Stress in Your Life

Stress and anxiety can cause you to develop habits (such as jaw clenching, tooth grinding, gum chewing) that predispose you to TMD. Learn effective ways to relieve stress, so that you won’t develop potentially detrimental habits.

Avoid Clenching Your Jaw and/or Grinding Your Teeth

These nervous habits can increase your risk of TMD. Learn other ways of dealing with stress. You may also want to talk to your dentist about wearing a night guard, a plastic device that is worn at night to reduce harmful effects of grinding your teeth.

Don’t Chew Gum Too Frequently

Frequent gum chewing may make you more prone to TMD by over-exercising your jaw joint.

Protect Yourself From Injury

Make sure you take appropriate precautions to avoid injuring your jaw because jaw injuries increase your risk of developing TMD. Wear mouth guards for contact sports, helmets for riding sports, and always wear your seatbelt when in a car. If you’re an adult, ride in cars that have air bags.

REFERENCES:


