

Nutrition Awareness

March is National Nutrition Month®, a nutrition education and information campaign created by the Academy of Nutrition and Dietetics.

The pain and jaw dysfunction associated with Temporomandibular Disorders (TMD) often affects your ability to chew and swallow food. How and what you are able to eat can seriously compromise your nutritional and health status—an aspect of TMD that is often overlooked by both patients and health care providers.

Your TMJ Association (TMJA) asked patients their opinions on this topic. Here are a few comments we received:

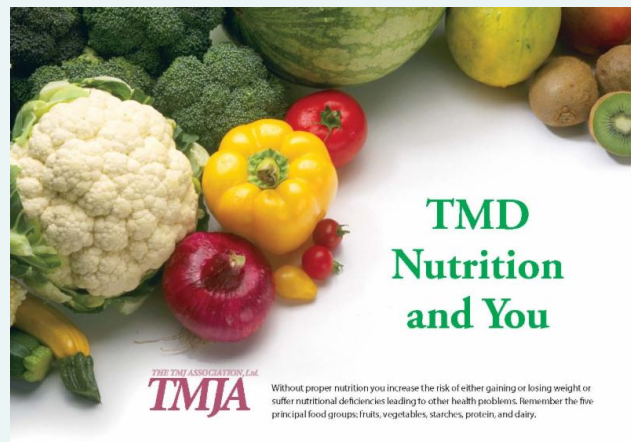
"...Eating fruits, veggies, and health foods tends to be very hard on my jaw; I can get a headache just from eating an apple or a few carrots. I would much rather sit around and eat mashed potatoes and not hurt..."

"...There are days I am so hungry, but I know the price I will pay if I 'chew' the wrong foods..."

"...My daily food choices are very limited, due to the possibility of my jaw locking up while chewing crunchy or chewy foods..."

In honor of this campaign, *TMJ News Bites* is pleased to include the latest in TMD nutrition research by Dr. Justin Durham in Newcastle upon Tyne, England.

Additionally, TMJA is offering a [free downloadable copy of TMD Nutrition and You](#), a nutritional guide booklet we specifically developed to help those with compromised oral function maintain a healthy diet despite oral disability.



TMD Nutrition Research

Dr. Justin Durham, Senior Lecturer/Honorary Consultant Oral Surgeon and National Institute for Health Research Clinician Scientist, School of Dental Sciences, Newcastle University, Newcastle upon Tyne, England, submitted the following update on TMD nutrition research currently underway at the University.

Research at Newcastle University's Centre for Oral Health Research is examining the diet and nutrition of individuals suffering from a muscular form of TMD. The research is part of a PhD project to determine if there are differences in dietary choices between those with and without TMD and whether any such differences manifest in terms of different levels of vitamins in the blood, in particular antioxidant levels. In addition, the research team is interviewing TMD patients in order to gain appreciation for their experiences in trying to eat when suffering from TMD. The diet and blood analyses are ongoing but preliminary interview data highlights the problems individuals face:

- Avoiding certain foods when eating in public or on social occasions because of difficulties in chewing
- Feeling self-conscious because of noises from the joint whilst eating in public
- Concerns that eating might cause a worsening of pain
- Loss in weight because of changes in diet
- Changes in food selection because of TMD so that enjoyable or favorite foods are avoided

The team hopes to have the results sufficiently analyzed to present the findings next year at the annual meeting of the International Association for Dental Research in London. The members will provide a lay summary of the results to TMJA when available and they are working with the Association on another project, so stay tuned.

Action Item: We Need Your Vote!

The National Institutes of Health (NIH) Nutrition Research Task Force is seeking input to help develop the first ever [NIH-wide strategic plan for nutrition research](#) over the next 10

years. As a TMJ patient, you know the impact dysfunction and pain can have on your nutrition. It is important that we inform the NIH of the importance of including temporomandibular disorders in their strategic plan for nutrition research. The TMJA submitted a suggestion to the task force and we would appreciate your vote!

Here's how you can help:

- Go to: <https://ideabuzz.com/a/buzz/nih/strategic-plan>
- Create an account (or link to an existing Facebook or Twitter account)*
- Search through the proposed topics and vote for: **Study the impact of facial and chronic pain conditions have on nutrition**

For each vote received, our submission moves up the list. We just submitted our idea this morning so our suggestion is currently toward the bottom, but with your help we'll move to the top!

** The account setup process takes a bit of time to complete, but only your name and email address are required.*

How Dietary Factors Influence Disease Risk

The following article is from NIH Research Matters: <https://www.nih.gov/news-events/nih-research-matters/how-dietary-factors-influence-disease-risk>

Having too much sugar, salt, or fat in your diet can raise your risk for certain diseases. Healthy eating can lower your risk for heart disease, stroke, diabetes, and other health

conditions. A healthy eating plan emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products; includes lean meats, poultry, fish, beans, eggs, and nuts; and limits saturated and trans fats, sodium, and added sugars.

The major cardiometabolic diseases-heart disease, stroke, and type 2 diabetes-pose substantial health and economic burdens on society. To better understand how different dietary components affect the risk of dying from these diseases, a research team led by Dr. Dariush Mozaffarian of Tufts University analyzed data from CDC's National Health and Nutrition Examination Survey (NHANES) and national disease-specific mortality data. The study was supported in part by NIH's National Heart, Lung, and Blood Institute (NHLBI). Results appeared on March 7, 2017, in the *Journal of the American Medical Association*.

The researchers investigated the relationships of 10 different foods and nutrients with deaths related to heart disease, stroke, and type 2 diabetes. They also compared data on participants' age, sex, ethnicity, and education. They found that nearly half of all the deaths in the United States in 2012 that were caused by cardiometabolic diseases were associated with suboptimal eating habits. Of 702,308 adult deaths due to heart disease, stroke, and type 2 diabetes, 318,656 (45%) were associated with inadequate consumption of certain foods and nutrients widely considered vital for healthy living, and overconsumption of other foods that are not.

The highest percentage of cardiometabolic disease-related death (9.5%) was related to excess consumption of sodium. Not eating enough nuts and seeds (8.5%), seafood omega-3 fats (7.8%), vegetables (7.6%), fruits (7.5%), whole grains (5.9%), or polyunsaturated fats (2.3%) also increased risk of death compared with people who had an optimal intake of these foods/nutrients. Eating too much processed meat (8.2%), sugar-sweetened beverages (7.4%), and unprocessed red meat (0.4%) also raised the risk of heart disease, stroke, and type 2 diabetes-related deaths.

The study showed that the proportion of deaths associated with suboptimal diet varied across demographic groups. For instance, the proportion was higher among men than women; among blacks and Hispanics compared to whites; and among those with lower education levels.

"This study establishes the number of cardiometabolic deaths that can be linked to Americans' eating habits, and the number is large," explains Dr. David Goff, director of the NHLBI Division of Cardiovascular Sciences. "Second, it shows how recent reductions in those deaths relate to improvements in diet, and this relationship is strong. There is much work to be done in preventing heart disease, but we also know that better dietary habits can improve our health quickly, and we can act on that knowledge by making and building on small changes that add up over time."

These findings are based on averages across the population and aren't specific to any one person's individual risk. Many other factors contribute to personal disease risk, including genetic factors and levels of physical activity. Individuals should consult with a health care professional about their particular dietary needs. -Tianna Hicklin, Ph.D.

Advocating for Research on Capitol Hill

On February 29, TMJA staff and over 70 others participated in the Friends of the National Institute of Dental and Craniofacial Research (NIDCR)/American Association of Dental Research Advocacy Day on Capitol Hill.

We visited six offices of elected officials that afternoon to inform them of the vital role the National Institutes of Health (NIH) and NIDCR play in providing the research on TMD and its overlapping pain conditions. At these appointments, we shared patient stories and pictures with staffers so they had a better understanding of what our patients go through in trying to obtain care. We were encouraged by the support they expressed and will continue to work hard to advance TMD research and awareness at the national level.



Face Caddy Wrap Donation

Wow! We were overwhelmed with the responses last month to the free Face Caddy give-away. We received over 75 emails from patients for the 10 wraps available. We were touched by the many comments that accompanied these requests.

We shared this news with John Lucas, the owner of Face Caddy, and in response he wrote: "...this is so encouraging to me to keep Face Caddy available. I am going to send you 10 more to give away. I wish I could send you 100, but our TMJA page is still available with the discount code if you want to post that again www.facecaddy.com/tmja. I'll put those 10 in the mail tomorrow."

The lucky 20 winners were: Emily of Minnesota, Karen of New York, Dee of Colorado, Stephen of New York, Kelsey of Minnesota, Sonya of California, Linda of New Hampshire, Dana of Texas, Alison of New York, Deborah of Virginia, Jo of Arizona, Ann of Georgia, Margo of Colorado, Denise of Georgia, Patti of Mississippi, Patricia of New Jersey, Karen of Texas, Tammy of Tennessee, David of California, and Lisa of Tennessee.



Here are a couple of comments we received from patients:

"OH, YOU HAVE MADE MY DAY! Thank you so much! Also, I am willing to participate in future research, education and advocacy opportunities that arise. Please feel free to call on me anytime. I will do my best to do anything possible for this cause. I am going through a rough patch now with a flare-up and as I get older the symptoms are getting worse. It has been a bad couple of weeks, and people who don't understand TMD think or have the impression that we are all just hypochondriacs. Thank you too for the website! Thank you so much for the FACE CADDY WRAP! I know it is going to feel wonderful!" Sincerely, Denise of Georgia

"Yeah! Thank you so much for letting me know that I'll be receiving a Caddy Wrap. I'm so excited to get it! I'm in so much pain so I'm hoping it'll help alleviate some of the pain. The doctor who cured my TMJ symptoms has retired. I can't find anyone in the state of New Jersey that treats TMJ and takes my insurance. Because I'm on a limited income, I can't afford to pay out of pocket for treatment. So I'll be grateful

for this Caddy Wrap. Thank you to the person who donated these. He truly is a guardian angel. Thanks again." Patricia of New Jersey

[If you'd like to give the Face Caddy a try, Mr. Lucas has offered to provide our readers with a \\$5.00 discount.](#) Be sure to enter "TMJA" when ordering online in the coupon code area to receive the discount. The TMJA does not benefit financially from the company or your sales. We just thought you might like to know about this tailor-made product for TMD discomfort.

Clinical Studies: Volunteers Needed

The TMJA has been informed of the following clinical studies seeking qualified candidates to help in research. Read on to see if you are eligible to participate.

Understanding Relationships Between Chronic Non-Cancer Pain, Pain-Related Psychosocial Factors, and Exercise Participation

Researchers at the University of Saskatchewan, College of Kinesiology are studying what people with chronic pain experience in their lives, including what beliefs might relate to their exercise levels.

Participants in this study must be at least 18 years of age, had pain for at least six months, and tried to exercise at least once since the pain started.

Volunteers will be asked to complete three online surveys. [Click here to view the informed consent form](#) as well as [additional information on how to participate in this study](#).

Comparative Study of Women Considering or Currently Receiving Botox® Injections for TMJ Pain

Are you a woman within the Los Angeles or New York City areas with TMJ pain in facial muscles, who has either:

- a. recently had Botox® injections for your pain or
- b. not had Botox® for your pain but has thought about such treatment?

If either is true for you, you may qualify for an observational research study centrally administered by the New York University College of Dentistry. It is funded by the National Institutes of Health (NIH). The purpose of this study is to understand potential health risks that may be caused by treating "TMJ pain" with Botox® injections. Potentially eligible women must first complete a brief interview via telephone to confirm eligibility. [Click here for further study information and details](#).

Genetics of Facial, Jaw and Headache Pain

Chronic orofacial pain represents an economic burden both in the United States and worldwide affecting 5-10% of the population. Researchers at the University of Maryland, Baltimore have developed a novel and comprehensive genetic, behavioral and imaging approach to study the role of genetic variations on pain mechanisms in healthy participants as well as participants with facial, jaw and headache pain.

Who is eligible to participate?

You may qualify if you:

- Are 18-65 years of age.
- Speak and understand English.

- Are either in good health, or you have had headaches, facial pain, and/or jaw pain recently.

This research study requires:

- One screening visit for ensuring eligibility.
- One experimental study session lasting no more than four hours.

Compensation for all sessions and parking vouchers are provided. If you are interested, please email CollocaLab@son.umaryland.edu or call 410-706-5975. For more information, please read the [informational flyer](#).

Biobehavioral Pain Management in TMD

Researchers at Johns Hopkins School of Medicine and the University of Maryland Dental School (Baltimore) are looking for volunteers with widespread pain that includes jaw pain (TMD) to participate in a research study to investigate the effect of three different non-drug treatments on pain and sleep symptoms. If you have fibromyalgia and jaw pain, you may be eligible. For additional information, please read through the [study information brochure](#) and [patient consent form](#).

NIH Funding Opportunities

Basic and Clinical Research

In an effort to promote greater understanding of TMD and to develop safe and effective evidence-based diagnostics and treatments, The TMJ Association promotes and encourages basic and clinical research on Temporomandibular Disorders. [We invite you to view a listing of the latest National Institutes of Health \(NIH\) funding opportunities for scientists interested in advancing TMJ research.](#)

[Blueprint Neurotherapeutics Network: Small Molecule Drug Discovery and Development for Disorders of the Nervous System \(UH2/UH3\)](#)

[Blueprint Neurotherapeutics Network: Small Molecule Drug Discovery and Development for Disorders of the Nervous System \(U44\)](#)

NIDCR is interested in neurotherapeutics development for painful disorders of the orofacial region including **temporomandibular joint disorder**, trigeminal neuropathies, burning mouth syndrome, and other conditions. Recent advances in genomics and phenotyping of subjects with orofacial pain conditions have expanded the scope of potential targets to treat these conditions. Receptor systems, ion channels, and pro- and anti-inflammatory molecules have been implicated in chronic pain. NIDCR is interested in supporting research that will lead to highly efficacious and specific pharmacological treatments of subjects with orofacial pain disorders. Investigators are encouraged to contact NIDCR program staff to discuss potential research projects prior to application submission to determine alignment of the planned studies with priorities of the Institute mission and strategic plan.

[Neuroskeletal Biology of the Dental and Craniofacial Skeletal System \(R01\)](#)

[Neuroskeletal Biology of the Dental and Craniofacial Skeletal System \(R21\)](#)

The purpose of this Funding Opportunity Announcement (FOA) is to encourage research on the role of the nervous system in metabolism, homeostasis, remodeling and/or regeneration of the postnatal dental and craniofacial skeletal system (DCS) in health and disease. The objectives are to enhance basic science knowledge about interactions between the peripheral and central nervous systems (PNS/CNS) and the DCS, and facilitate development of strategies to optimize normal function, reduce the impact of disease, and develop capacity to repair and regenerate injured teeth and craniofacial bones.

The following announcements are for ME/CFS, one of the overlapping chronic pain conditions of TMD.

[Myalgic Encephalomyelitis/Chronic Fatigue Syndrome \(ME/CFS\) Collaborative Research Centers \(CRCs\) \(U54\)](#)

This Funding Opportunity Announcement (FOA) invites applications for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) Collaborative Research Centers (CRC). The overarching goal of this initiative is to establish a network of Centers that will work collaboratively to define the cause(s) of and discover improved treatments for ME/CFS. Research areas of interest for the participating ICs include: **Mechanisms of co-morbid pain syndromes with ME/CFS.**

[Data Management and Coordinating Center \(DMCC\) for the Myalgic Encephalomyelitis/Chronic Fatigue Syndrome \(ME/CFS\) Collaborative Research Centers \(CRC\) \(U24\)](#)

The purpose of this Funding Opportunity Announcement (FOA) is to invite new cooperative agreement applications for the Data Management and Coordinating Center (DMCC), which supports the Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) Collaborative Research Centers (CRC). This FOA will support the DMCC (U24) cooperative agreement that will focus on providing the infrastructure and support to the individual ME/CFS CRCs in their activities. Clinical data management for efficient data collection as well as data mining and data sharing will be addressed in the data management and coordinating center (DMCC).

Research E-Newsletter

Cutting Edge - COPCs Research Advances, is an electronic newsletter published by the Chronic Pain Research Alliance, an initiative of The TMJ Association. Developed to keep the medical-scientific community abreast of



recent research advances, this publication contains abstracts of recently published studies on the epidemiology, pathophysiology and clinical management of Chronic Overlapping Pain Conditions. These conditions include **temporomandibular disorders**, chronic low back pain, chronic migraine and tension-type headache, endometriosis, myalgic encephalomyelitis/chronic fatigue syndrome, fibromyalgia, vulvodynia, irritable bowel syndrome and interstitial cystitis/painful bladder syndrome.

The most current issues are now available for your review at:

http://www.cpralliance.org/New_Findings. If you would like to receive future issues of *COPCs Research Advances*, [click here to register](#).

Educational Brochures on TMD

Your Guides for Temporomandibular Disorders - This brochure written by the TMJA is a straightforward, easy-to-read booklet that guides patients in how to make health care decisions. It is available [by mail](#) or as a [PDF on our website](#) and we encourage you to share it with your friends, health care professionals and family members.

TMJ Disorders - This brochure is produced and distributed by the National Institute of Dental and Craniofacial Research in partnership with the Office of Research on

Women's Health, components of the National Institutes of Health (NIH) in Bethesda, Maryland. Part of the U.S. Department of Health and Human Services, NIH is one of the world's foremost medical research centers and the federal focal point for medical research in the United States. This booklet is available in English and Spanish at: <https://www.nidcr.nih.gov/OralHealth/Topics/TMJ/TMJDisorders.htm>.

Dental Care Guide

Temporomandibular Disorders, Dental Care and You

The TMJ Association developed this guide to provide you with oral hygiene self-care tips that you can do at home, as well as suggestions for future dental appointments. Routine maintenance of your teeth and gums should reduce the risk of dental disease and the need for invasive dental treatments. [Click here to view on our website.](#)

Support Our Work

The TMJ Association (TMJA) is the only patient advocacy organization fighting for the best science that will lead to a greater understanding of Temporomandibular and related disorders, as well as safe and effective treatments. We cannot *change the face of TMJ* without YOU.

[Click HERE to make a tax-deductible online contribution today!](#)



About The TMJ Association

Changing the Face of TMJ

The TMJ Association, Ltd. is a nonprofit, patient advocacy organization whose mission is to improve the quality of health care and lives of everyone affected by Temporomandibular Disorders (TMD). For over 25 years, we have shared reliable information on TMD with people like you. We invite you to visit our website, www.tmj.org.

- If you're not currently receiving *TMJ News Bites* and would like to [be on our mailing list, sign up here.](#)
- [Past issues of *TMJ News Bites*](#) are also available on our website.

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