

The TMJ Association, Ltd.
2015 Annual Report



P.O. Box 26770, Milwaukee, WI 53226 ♦ www.tmj.org

Message from the President

We are grateful for your moral and financial support which has enabled several impressive accomplishments in 2015.

Science meeting. The TMJ Association published and distributed *TMJ Science*, which includes the summary and recommendations from our 7th scientific meeting. This publication is also available on our website, www.tmj.org. We hope you're impressed with how far the science of Temporomandibular Disorders (TMD) has come.



Tissue engineering and regenerative research. Among the NIH initiatives addressing TMD is one important to patients who need jaw implants. In September, the National Institute of Dental and Craniofacial Research funded planning grants totaling more than \$2 million for projects aimed at establishing resource centers for the development of tissue engineering and regenerative medicine. This initiative is in addition to one on the *Biology of the Temporomandibular Joint in Health and Disease*.

Expanding the field. This year The TMJ Association launched the **Chronic Pain Research Alliance** (CPRA) initiative. This initiative evolved from research showing that TMD often overlaps with other chronic pain conditions, suggesting common underlying biological mechanisms. The CPRA initiative is important because these other pain conditions are treated by a range of specialists in the medical community. By connecting TMD with these conditions, medical professionals will become educated about TMD and the complexity of these disorders. TMD's inclusion in additional research studies will expand the base of scientific expertise on the condition and lead to new treatment options, not only for TMD, but also for the comorbid conditions. We're proud to have Christin Veasley, a long-term health research advocate, lead this effort.

Informational guides. To address the oral disability which affects the dietary choices of TMD patients, in March we published *TMD, Nutrition and You*, a guide to help maintain healthy nutrition. We also published *Temporomandibular Disorders, Dental Care and You*, which provides suggestions for oral hygiene self-care and ways to make dental appointments as painless as possible.

We will continue our advocacy, information dissemination, patient support, and education efforts on TMD and those conditions that coexist with TMD.

With deepest gratitude,

A handwritten signature in cursive script that reads "Terrie Cowley".

Terrie Cowley
President & Co-founder

2015 Achievements

...in Fostering Scientific Research

- **NIH Funding Announcements**
 - Pharmacogenomics of Orofacial Pain Management (R01) & (R21)
 - Biology of Temporomandibular Joint in Health and Disease (R01)
 - Research on Chronic Overlapping Pain Conditions (R01) & (R21)
 - Building Genetics and Genomic Knowledge about Dental, Oral, and Craniofacial Diseases and Disorders (R01)
 - Blueprint Neurotherapeutics Network: Small Molecule Drug Discovery and Development for Disorders of the Nervous System (UH2/UH3) & (U44)
 - NIAMS Musculoskeletal Biology and Medicine Resource-based Centers (P30)
 - Exploratory Technologies to Understanding the Control of Organ Function by the Peripheral Nervous Systems for SPARC (U18)
 - MAPP Network Basic/Translational Science
 - Immune System Plasticity in the Pathogenesis and Treatment of Complex Dental, Oral, and Craniofacial Diseases (R01) & (R21)
 - United States Bone and Joint Initiative, Career development & grant mentoring program call for applications
 - Postdoc fellow and junior faculty funding opportunity

- TMJA participated in Johns Hopkins Bloomberg School of Public Health study to identify what health outcomes matter to people with pain.
- Christin Veasley joins the TMJA as the Director and co-founder of the Chronic Pain Research Alliance (CPRA) initiative.

...in Advocating for TMD Patients

- TMJA's advocacy work has resulted in Senate report language for 2016 for TMD and chronic overlapping pain conditions.
- Over the course of the year, the TMJA impressed upon federal representatives the need for increased scientific research.

...as a Resource and Support Network for TMD Patients

- **Reports on Current Research and Related Findings**

Some of the topics that the TMJA covered in its publications during 2015 included:

 - Effects of occlusal stabilization splints on obstructive sleep apnea: A randomized controlled trial

- Link between sleep bruxism, sleep disordered breathing and TMD: An evidence-based review
 - Release of the NIH chronic overlapping pain conditions report
 - NIH Director's blog post on managing chronic pain
 - NIH primers for women's health: learn about your body in 52 weeks
 - Ethics of TMD treatments
 - Finding the right practitioner to manage your TMD problem – combining ethical principles with practical considerations
 - Research trends
 - Clinically relevant animal model of TMD and IBS
 - How pain affects women
 - Further evidence that botulinum toxin injections cause bone loss in the jaw
 - Patient bone-related safety of Botox for treatment of TMD
 - Lyme disease and misdiagnosis
 - FDA strengthens warning of heart attack and stroke risk for non-steroidal anti-inflammatory drugs
 - Important things to know if you have a TMJ device
 - Study cautions use of steroids for TMJ arthritis in children
 - Link between tinnitus and chronic pain
 - Some TMD patients like it hot
 - New TM joint bone formation discoveries
 - The case for TMD heritability
 - Efficacy of stabilization splint treatment on facial pain
 - FDA tells Nexus CMF to stop selling TMJ implants
 - Need an all titanium TMJ implant?
 - Clinical predictors of temporomandibular joint arthritis in juvenile idiopathic arthritis: A system literature review
- **Educational Information and Reader Alerts**
 The TMJA publishes educational topics that provide patients with guidance and support. The following topics were addressed in our newsletter and website in 2015:
 - TMJ Nutrition guide, *TMD Nutrition and You*, was specifically developed for those with compromised oral function to help them maintain a healthy diet in spite of their oral disability.
 - Dental Care Guide, *Temporomandibular Disorders, Dental Care and You*, was developed to provide patients with oral hygiene self-care tips, as well as suggestions for future dental appointments.
 - *TMJ Science*, which includes the summary and recommendations from our 7th scientific meeting--*Genetic, Epigenetic, and Mechanistic Studies of Temporomandibular Disorders and Overlapping Pain Conditions*.
 - A white paper on Chronic Overlapping Pain Conditions, *Impact of Chronic Overlapping Pain Conditions on Public Health and the Urgent Need for Safe and Effective Treatment – 2015 Analysis and Policy Recommendations*.

- Chronic Pain Research Alliance (CPRA) initiative website launch.
- *Action item* – Act now to support the first national strategic plan for pain
- *Action item* – Newcastle University study on oral disabilities
- FDA Product Safety alert: unintentional injection of soft tissue filler in blood vessels in face

- **Provision of One-on-One Support & Guidance**

The TMJA serves as a central source to collect and share information with patients, government agencies, elected officials, and the health care and research communities. In addition to communicating through its publications, the TMJA carries out its role through one-on-one telephone patient support. Facebook, Twitter, and LinkedIn accounts where the TMJA can share urgent news as well as provide for the sharing of personal experiences.



...in Promoting the Organization

The presence of the TMJA staff, in addition to the involvement of the Scientific Advisory Board members, increases awareness of the needs of TMD patients and creates opportunities to draw attention to the need for more research and funding.

- **Representation**

- Terrie Cowley attended the Friends of NIDCR annual meeting in Washington, DC on Jan. 27-28, 2015
- Terrie Cowley and Deanne Clare attended the TMD and Orofacial Pain and Headache meeting in Arizona on Feb. 6-7, 2015
- Terrie Cowley attended the MDEPiNet SMART Think Tank meeting in Maryland, Feb. 24-15, 2015
- Terrie Cowley attended the Consumers United for Evidence-based Healthcare annual meeting in Washington, DC, July 24, 2015
- Terrie Cowley attended the MDEpiNet annual meeting in Washington, DC, October 1-2, 2015
- Terrie Cowley and Christin Veasley attended the Clinical Research Resources for Overlapping Pain Conditions meeting in North Carolina, Sept. 10, 2015
- Terrie Cowley and Deanne Clare attended the American Association for Dental Research meeting in Washington, DC, Nov. 3-4, 2015

2015 Contributors

\$1 - \$49

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Mary and Leonard Boczkowski
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Robin Cartwright
Said Chakri
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(amounts not disclosed)

Josephine Brunson

Jordan Busche

Lena Najarian

**Statement of Activities and Changes in Net Assets
For the Year Ended December 31, 2015**

Summary of Revenue & Support

Contributions	\$69,051
Grants	34,046
Scientific Meeting	-
Dividend and interest	323
Other	54
Total revenue and support	\$103,474

Summary of Expenses

Program	\$120,437
Administrative	8,521
Fundraising & Related Expenses	5,341
Total expenses	\$134,299
Change in net assets	(30,825)
Net assets, beginning of year	299,401
Net assets, end of year	\$268,576

The TMJ Association is a non-profit tax exempt organization. A copy of the annual financial report of The TMJ Association can be obtained by contacting: Mr. David Hilker, CPA, Hilker Associates, 300 W. Walnut Street, Milwaukee, WI 53212.