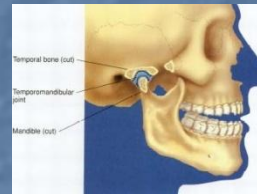


Factors Characterizing TMJ Disorders: A Survey of Affected Individuals



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Objectives

1. Describe a recent survey of individuals registered with the TMJ Association
2. Present selected findings from that survey
3. Provide a perspective of the implications of survey findings

Purpose

To obtain preliminary information
on the past experiences of patients
with TMJ disorders

Methods

- Developed survey instrument
- IRB approval for data collection/analysis
- Emailed invitation to participate to
TMJ Association registry participants
- Obtained informed consent
- Web based questionnaire completed
without personal identifiers

Questionnaire Focus

- Demographic information
- Perceived causes of TMJ
- Pain
- Symptoms
- Quality of life
- TMJ treatments and outcomes
- Co-morbid conditions

Selected Findings

Participation

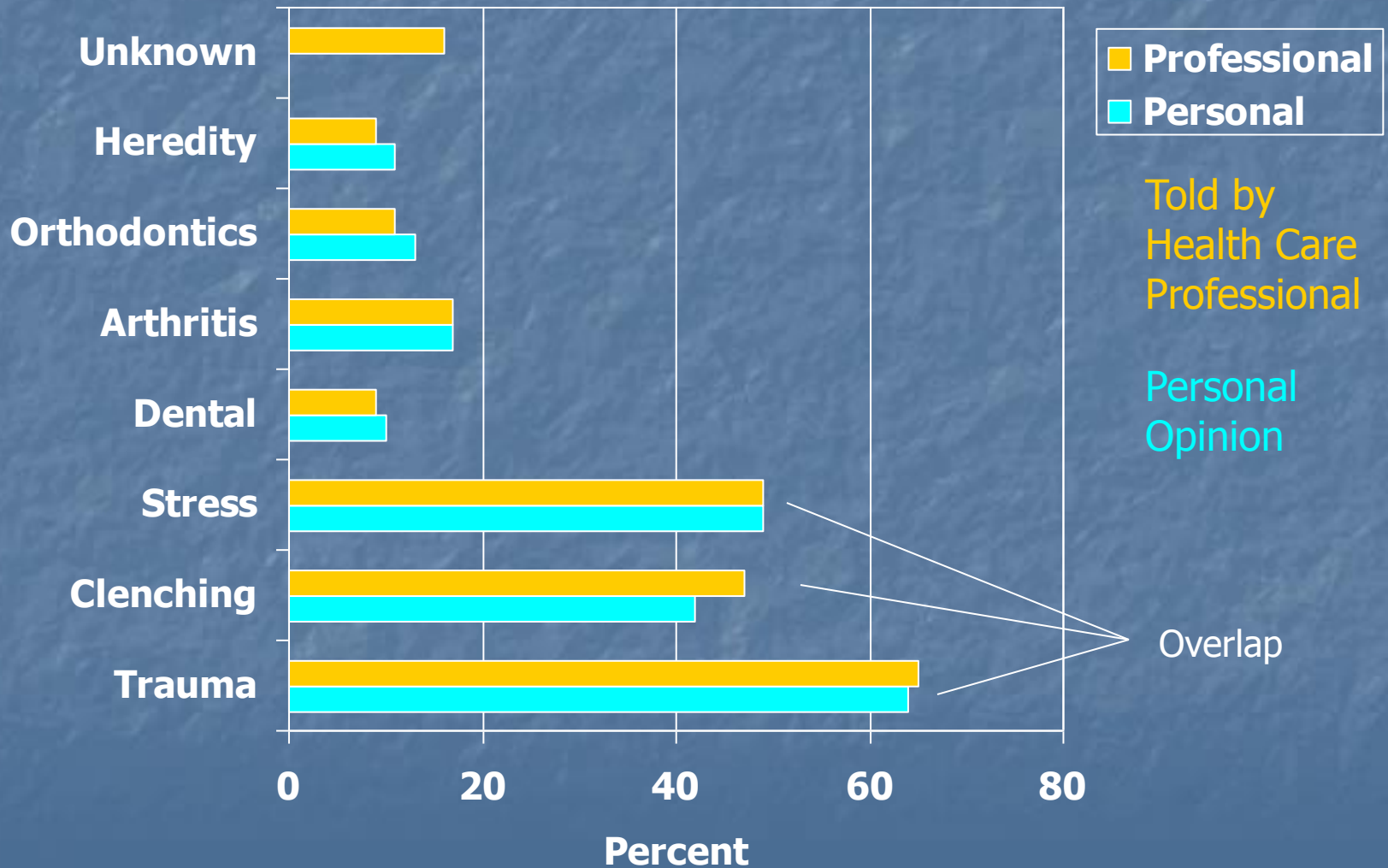
- 10,000 emailed invitations
- Estimated 3,500 individuals received the email based on a subsequent telephone sub-sample survey
- 1,540 responses
 - Estimated 43% of those receiving the survey responded
- 96.4% had been diagnosed with TMJ
- Many respondents reported emotional distress in completing the survey

Respondent Characteristics

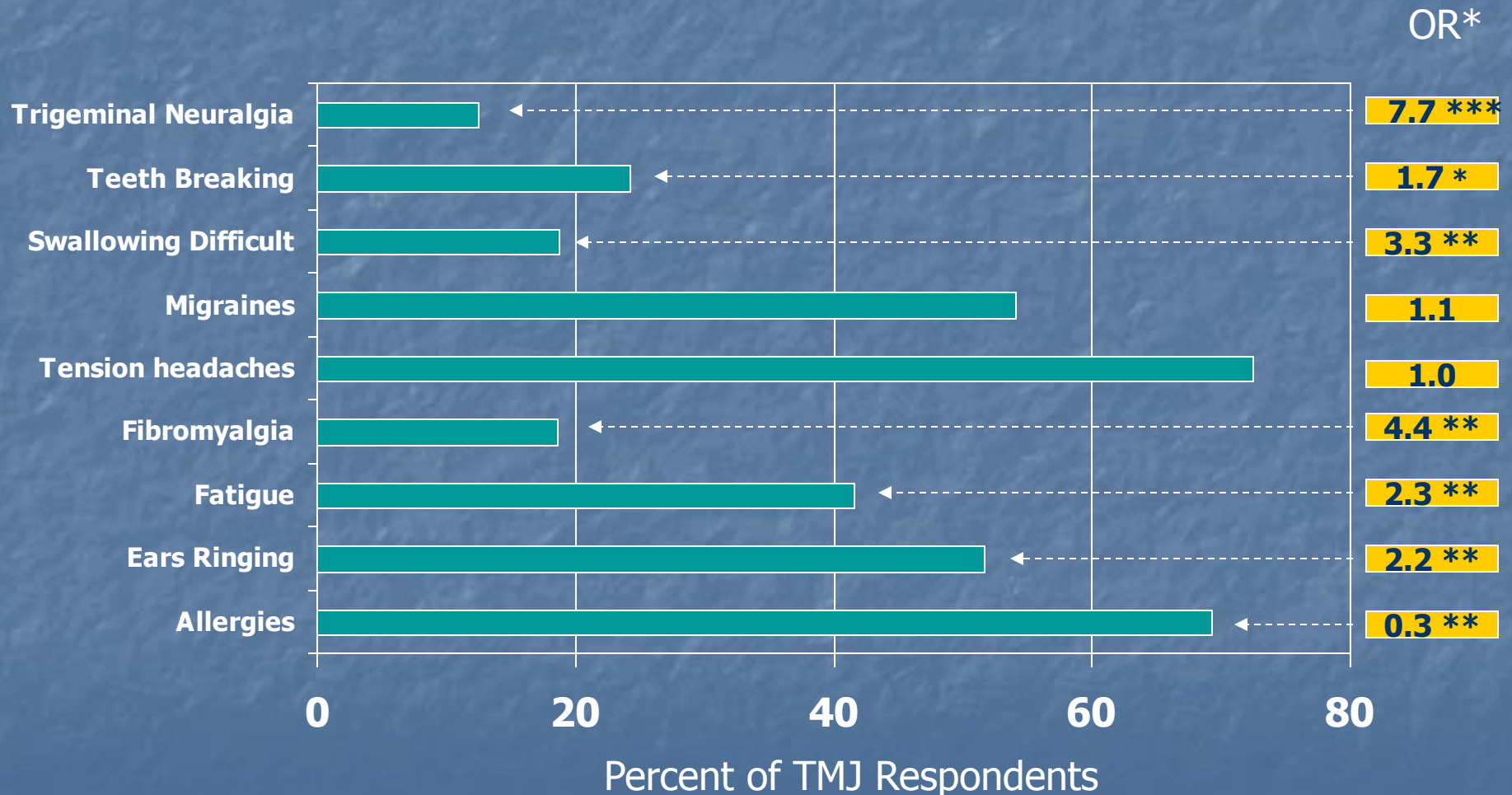
- 90% women
- 96% non-Hispanic white
- 79% college graduate or higher
- Average age: 40.8 years
 - Age at first symptoms: 25.4 years
 - Age at diagnosis: 29.5
- 70% employed
- Marital status
 - 57% married
 - 29% never married
 - 12% divorced



Perceived Causes of TMJ Disorders

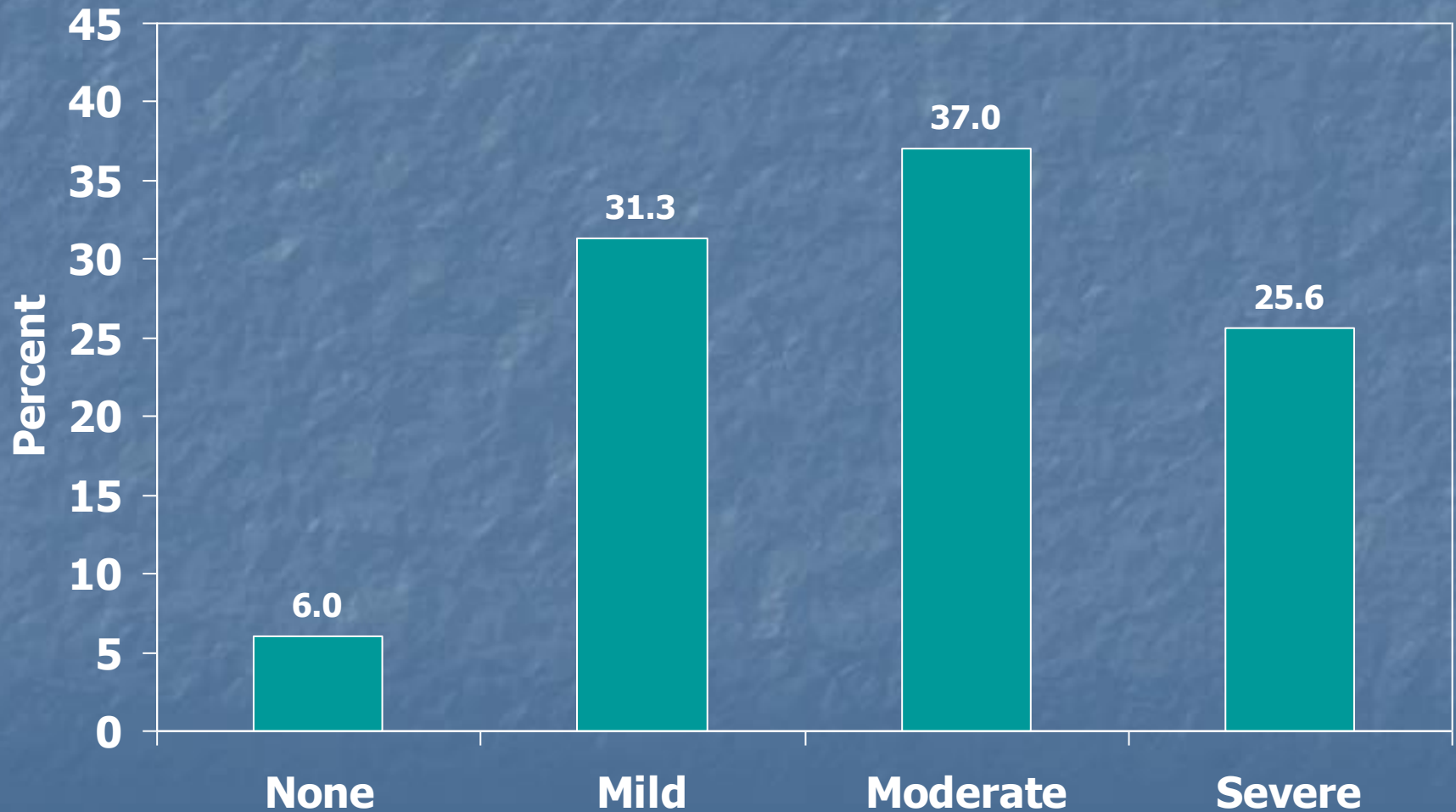


Prevalence of Selected Co-morbid Conditions

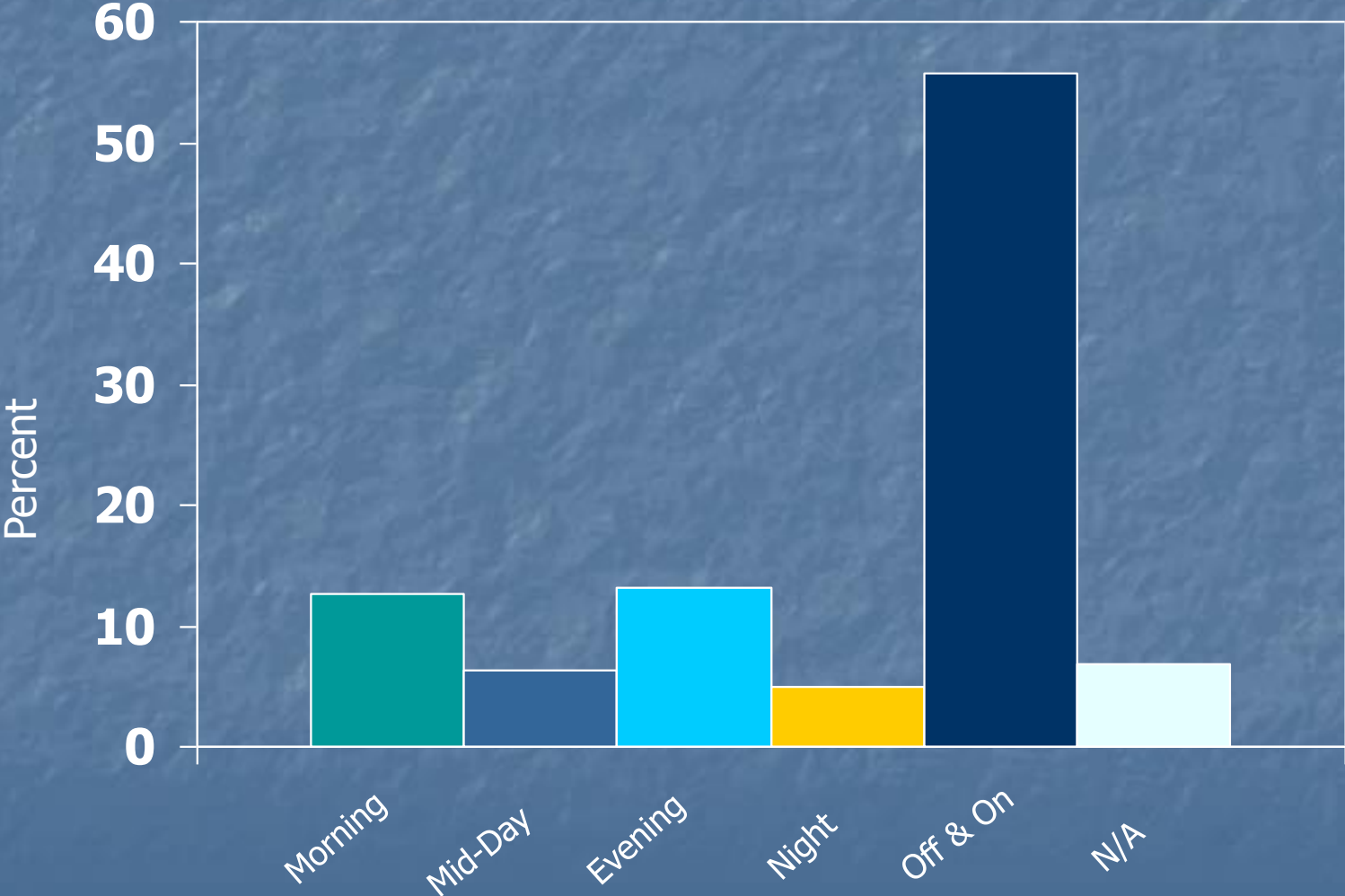


*OR = Odds of occurrence after TMJ Dx. compared with before

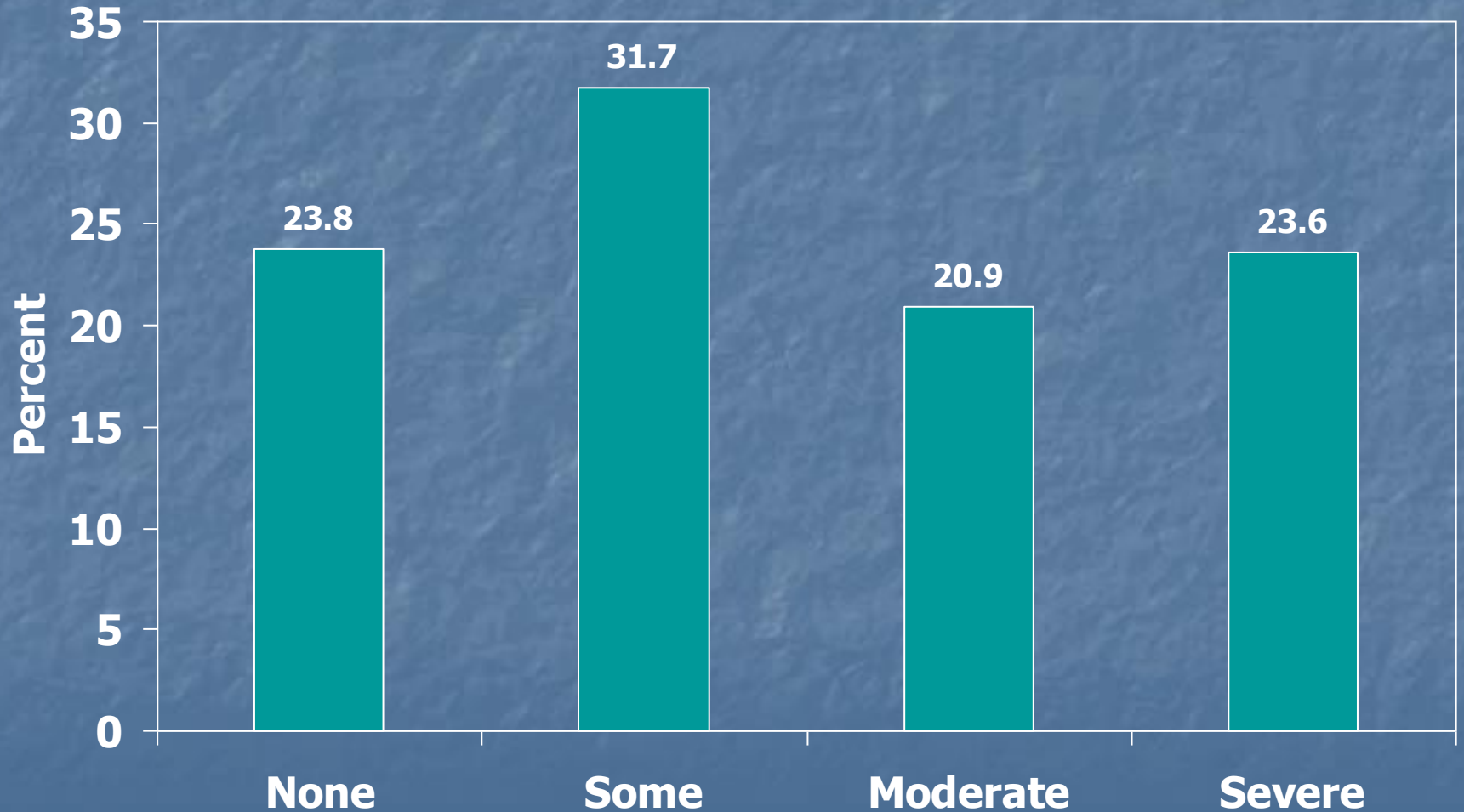
Respondent report of TMJ-related pain in the past 4 weeks



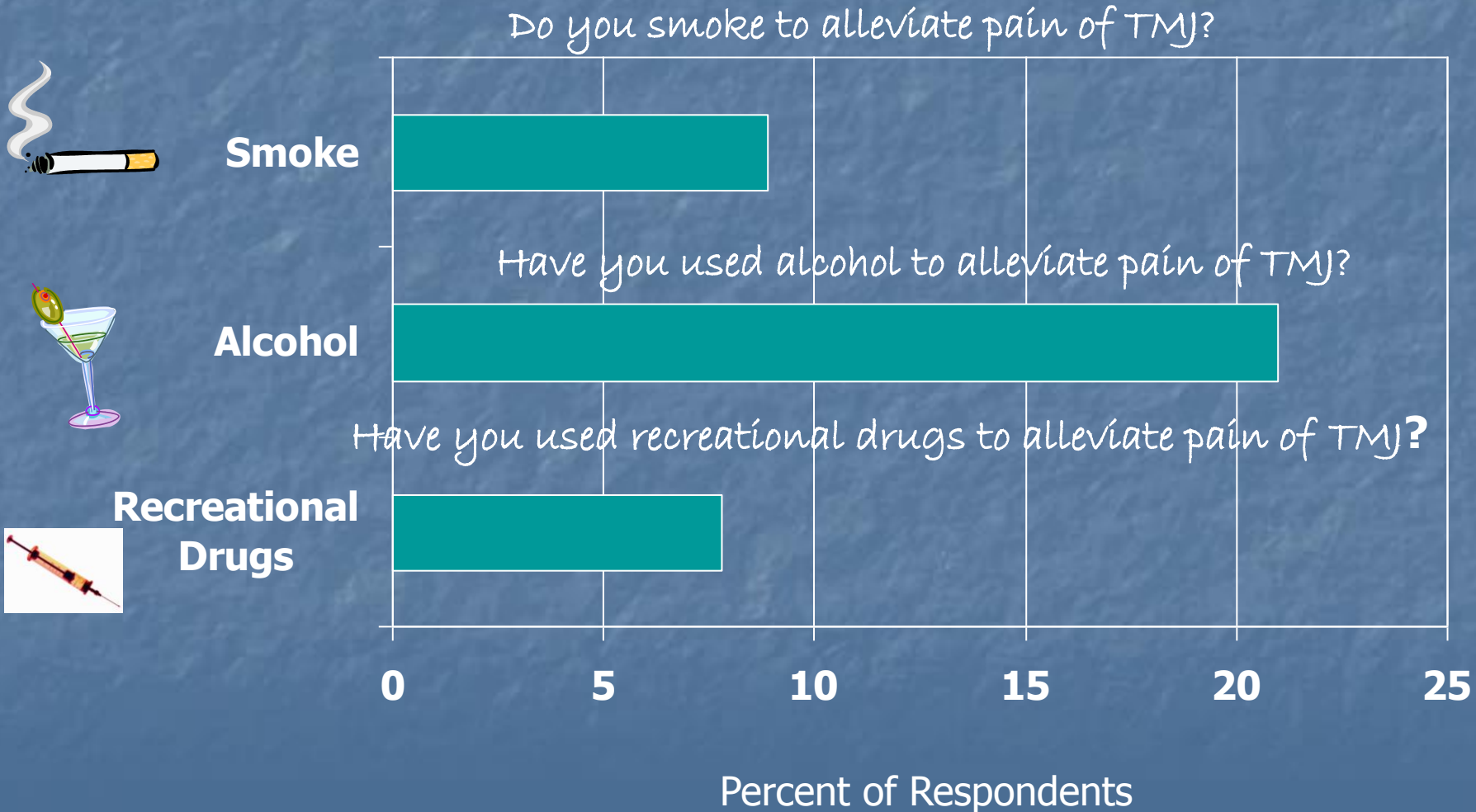
Occurrence of TMJ-Related Pain by Time of Day



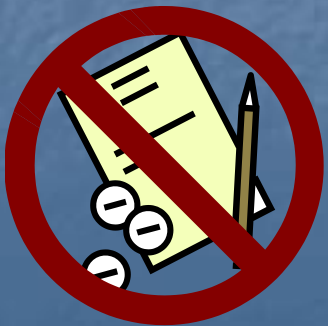
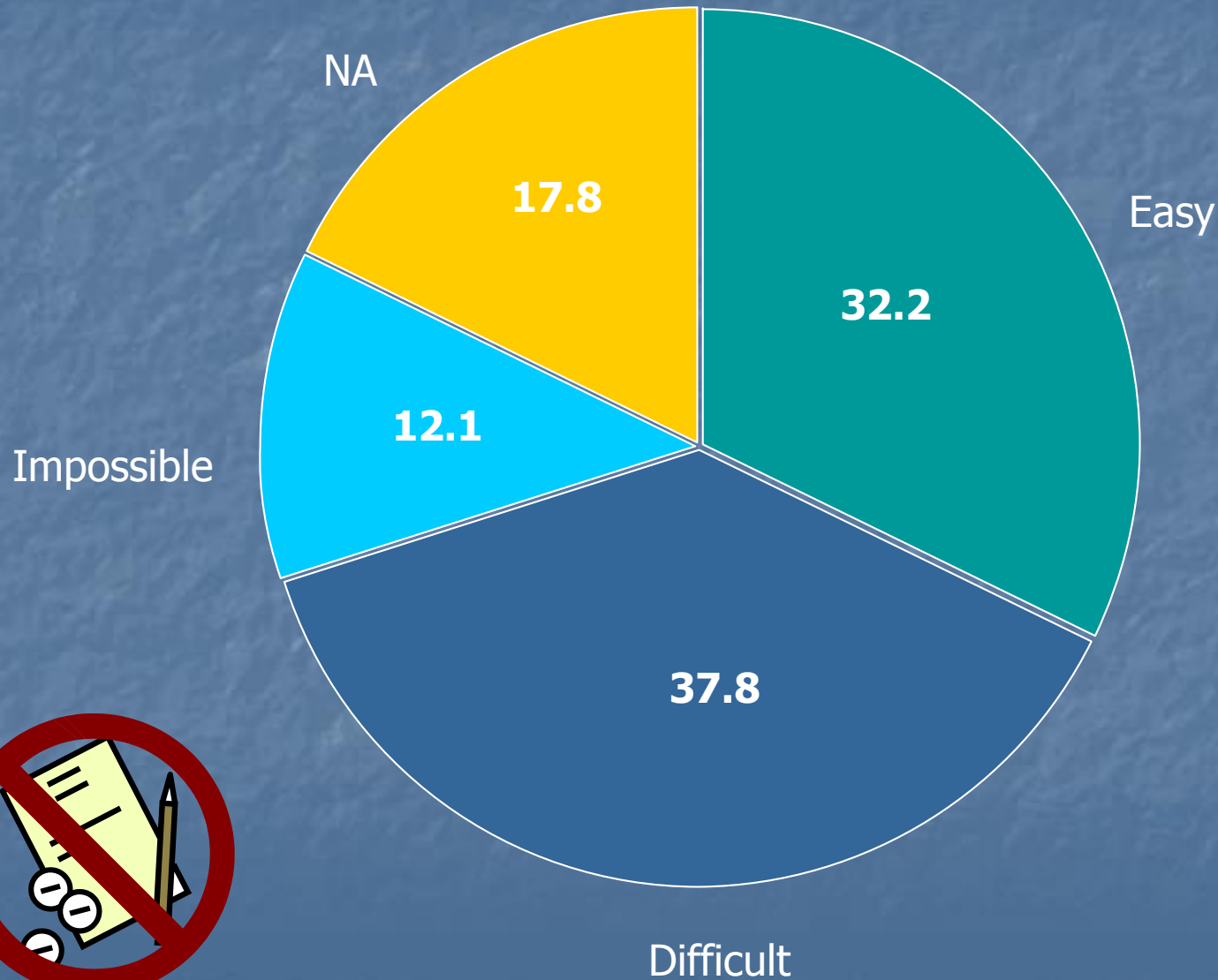
Pain interference with activities in past 4 weeks



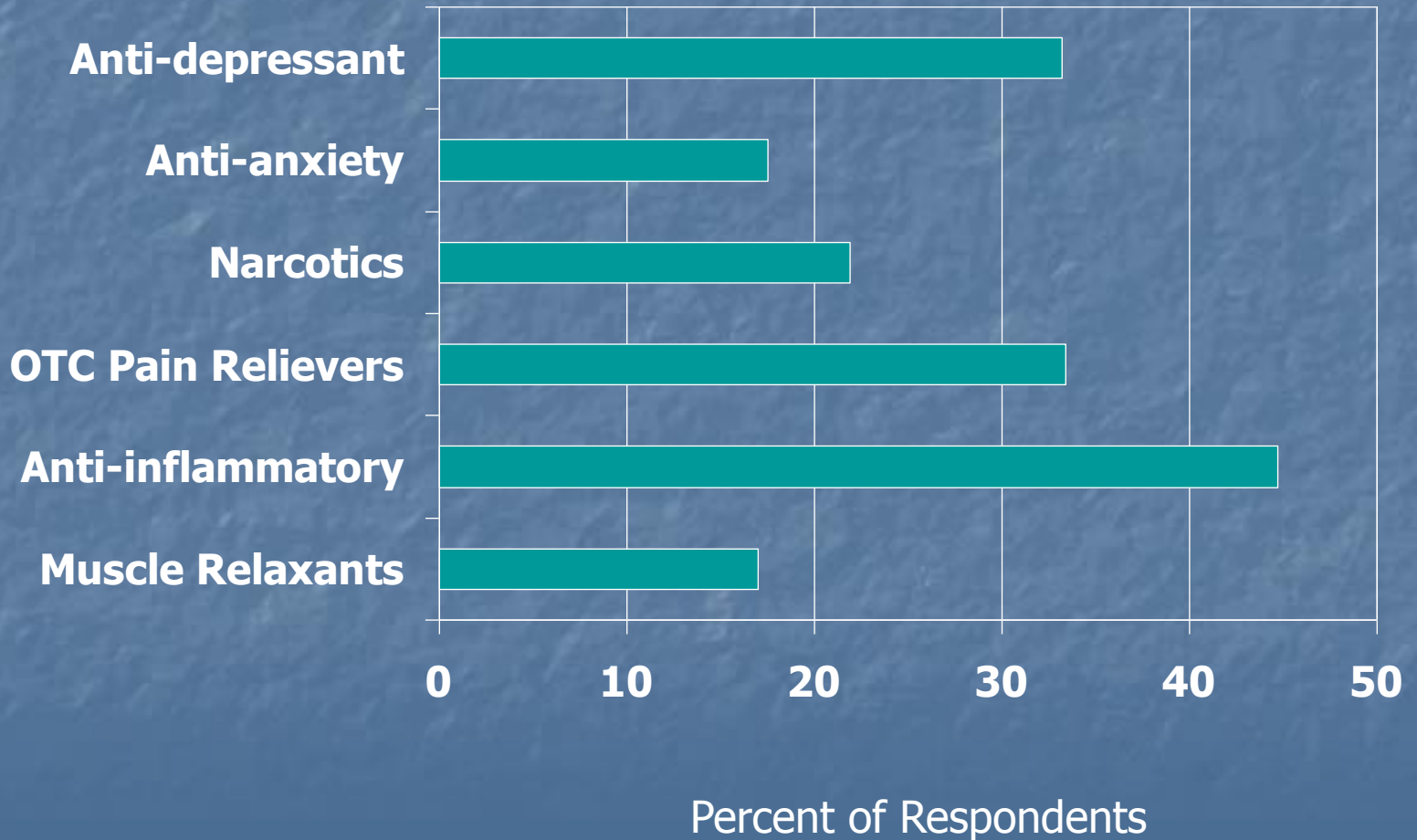
Personal behaviors used to relieve TMJ pain



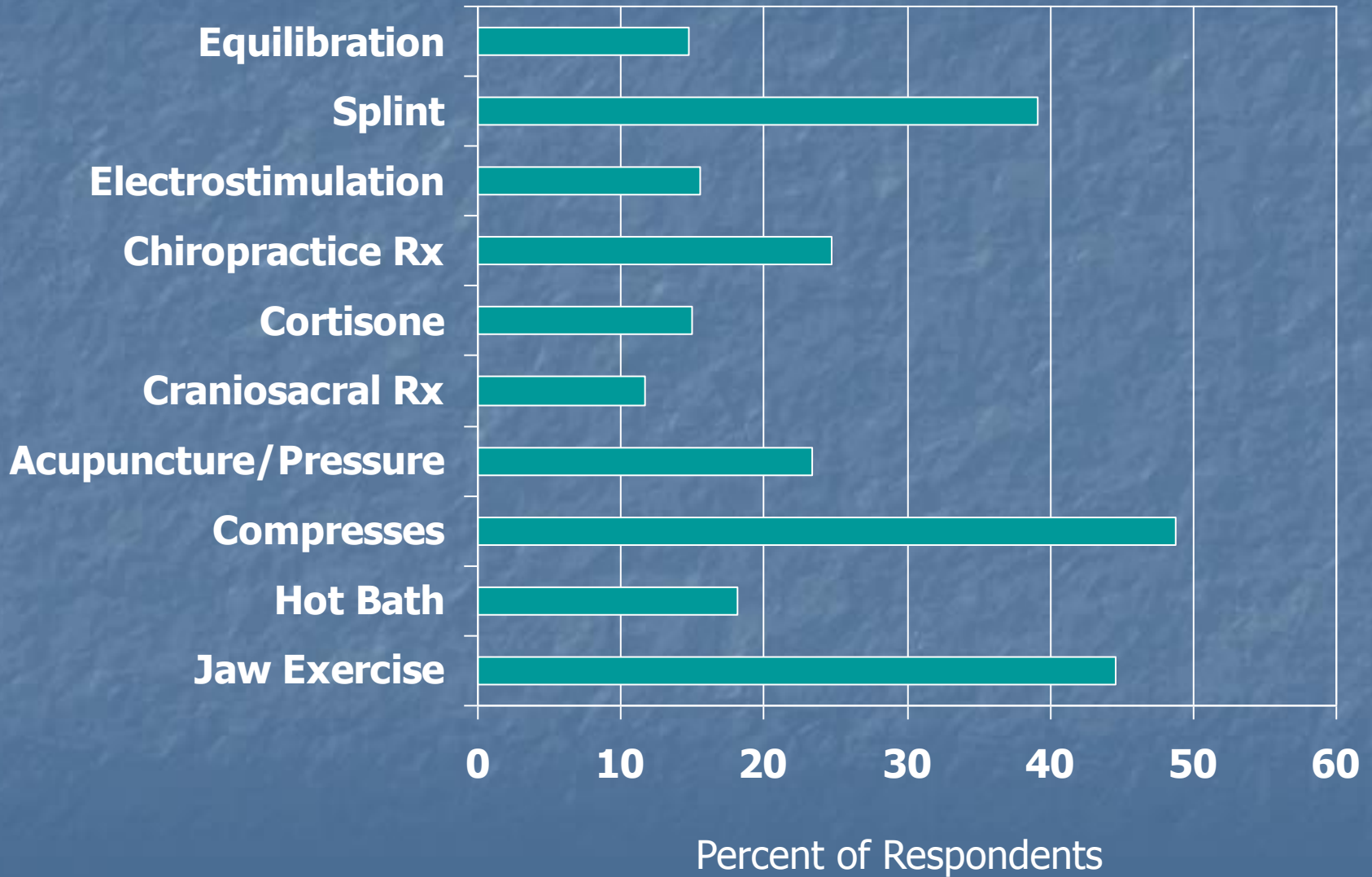
Experience with obtaining pain medications



Current Use of Selected Classes of Medications by Respondents



Reported Treatments



Perceived Effectiveness of Therapies

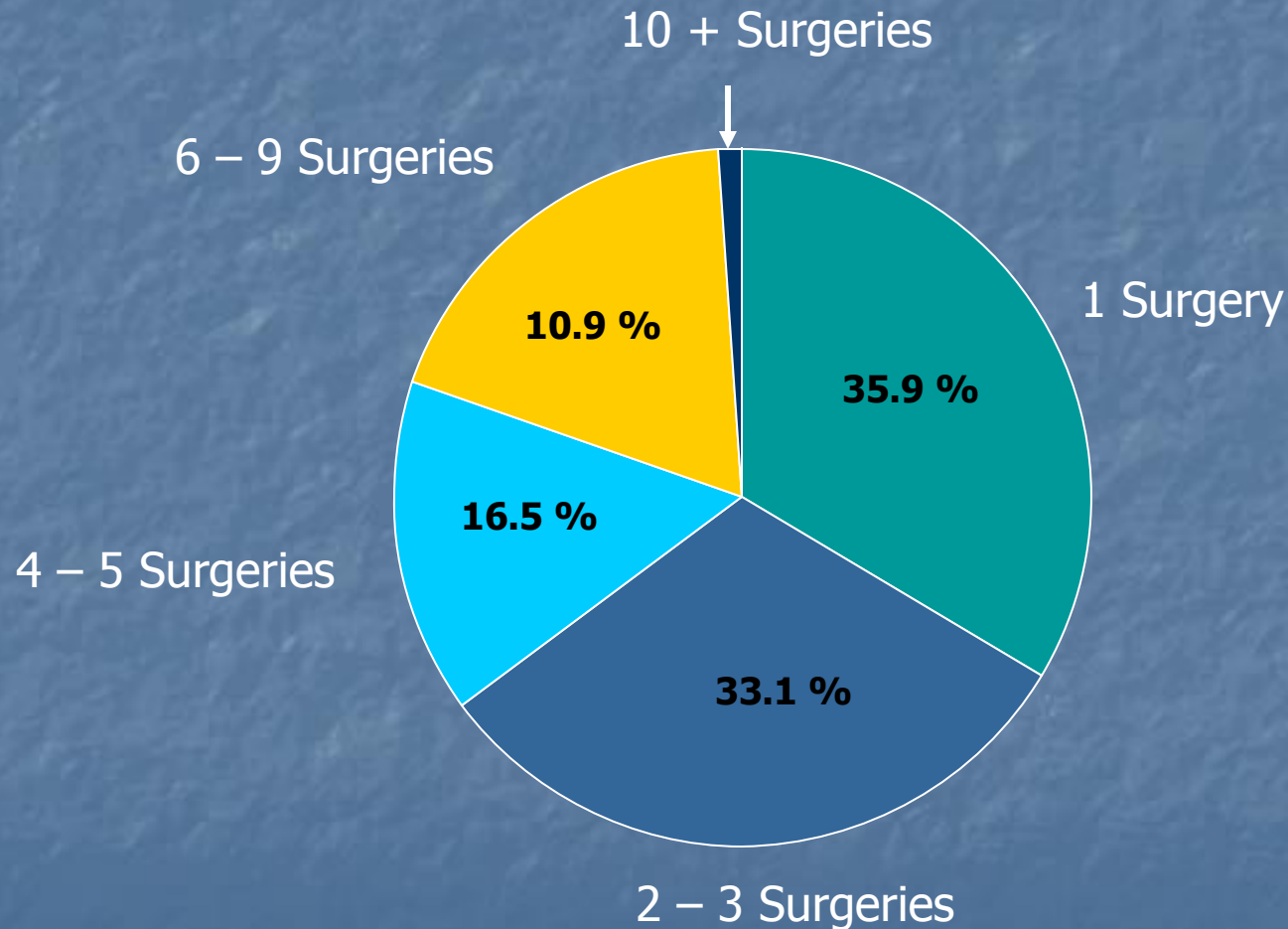
Most Effective



Least Effective

- Hot or cold compresses
- Jacuzzi or hot bath
- Craniosacral therapy
- Chiropractic therapy
- Accupressure
- Botox injections
- Flat-plane /stabilizing splint
- Accupuncture
- Light therapy
- Electro-simulation
- Biofeedback
- Jaw exercises
- Cortisone injections
- Magnabloc injections
- Aqua flow mouth piece
- Elastic mandibular advancement appliance
- Aroma therapy
- Bridgework
- Dentures
- Magnetic therapy
- Equilibration (teeth ground down)
- Facial flex

Frequency of Bilateral Joint Surgeries Of Individuals Who Have Had Surgery (19.4%)



Total respondents that had surgery= 284 (19.4 % of respondents)

Advantages

- Availability of TMJ registry
- Opportunity to learn from affected individuals
- Involvement of multidisciplinary investigators
- Low cost
- Preliminary information for focus of future research

Survey Limitations

- Self-selected target population
- Low receipt rate of emailed questionnaire
- Relatively low response rate
- Diagnosis by self-report
- Respondents may not be representative of TMJ registry participants
- No control group
- Cross sectional study

Some unanswered questions raised or reinforced by the survey?

- What is the natural history of TMJ?
- What are the outcomes of various therapeutic interventions?
- What are the characteristics of individuals who present with TMJ?
- What are the risk factors for TMJ?
- What is the knowledge, attitudes and beliefs of professionals with regard to TMJ?

What do we need to answer these questions?

- Registry of incident cases under medical care submitted by health care providers
- Standardized criteria for diagnosis
- Longitudinal follow-up of a cohort of TMJ patients
- Appropriate controls
- Survey of professional practices regarding TMJ