

30

Years of
Medical
Experience
to Help You



WE TREAT YOU FOR:

- ✓ CRANIOFACIAL PAIN
- ✓ SLEEP APNEA
- ✓ SNORING

THROUGH CONSERVATION
NON-INVASIVE THERAPY



ISSUE ONE JULY 2008



New Diagnostic And Therapeutic Equipment To Better Serve You

such as the K-7 Evaluation System (Diagnostic Scanning), which includes:

- ◆ Jaw Tracking
- ◆ Surface Electromyography
- ◆ Joint Sound/Vibration Evaluation
- ◆ Low Level Laser Therapy – A form of concentrated light therapy which has been used in the field of physical medicine for over 30 years for joint pain, trigger point activity, and decreased circulation. It is FDA approved for all of the mentioned conditions, and we have had great success with its use.



Metropolitan Area Craniofacial
Pain Center, P.C.

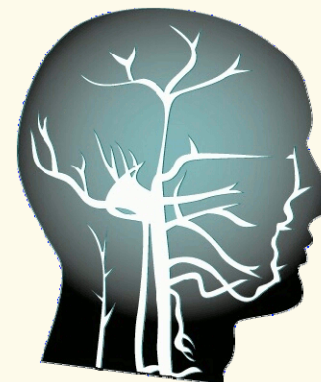
1133 20th Street, NW
Suite #250
Washington, D.C. 20036

202-223-4564 ph
202-223-3994 fax
www.jawpainhelp.com

Metropolitan Area Craniofacial Pain Center, P.C.

Welcome To Our New Facility In Washington, D.C.

And our satellite office in Leesburg, Virginia



We want to welcome our patients to our new state-of-the art facility located at 1133 20th. Street, NW. Washington, D.C. , and also inform you that we now have a satellite office located at 230 Fort Evans Rd, NE in Leesburg, VA. We hope that you will stop-in, say hello, and take a peak at our new innovative and spa-like facility.

We have taken every step in making your visit with us a most rewarding and comfortable experience. We welcome the opportunity to treat you for craniofacial pain, sleep apnea and snoring through conservative non-invasive therapy.

We look forward to seeing and serving you!

2 WHAT IS
THERMOGRAPHY?

2&3 INTRODUCTION
OF OUR TEAM
MEMBERS

3 6 SELF CARE TIPS
FOR TMJ

4 NEW DIAGNOSTIC
& THERAPEUTIC
EQUIPMENT

What Is Thermography

And What Can It Do For You!

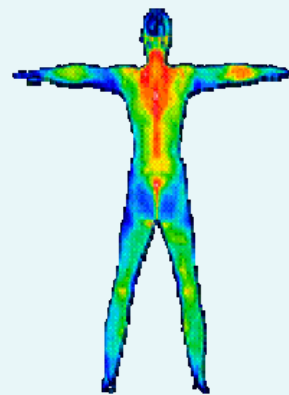
Thermography, also known as digital infrared thermal imaging (DITI), is a totally non-invasive clinical imaging procedure that detects thermal differences within the body, which may indicate the presence of disease or physical injury.

It can be used as an aid, in conjunction with other diagnostic tools, for diagnosis and prognosis, as well as monitoring therapy progress, for conditions and injuries, including:

- ✓ Arthritis
- ✓ Back Injuries
- ✓ Breast Disease
- ✓ Cardiac Dysfunction
- ✓ Carpal Tunnel Syndrome
- ✓ Dental & TMJ
- ✓ Diabetes
- ✓ Disc Disease
- ✓ Digestive Disorders
- ✓ Headaches
- ✓ Inflammatory Pain
- ✓ Nerve Damage
- ✓ Skin Cancer
- ✓ Sprain/Strain
- ✓ Stroke Screening
- ✓ RSD (CRPS)
- ✓ Referred Pain Syndrome
- ✓ Unexplained Pain
- ✓ Vascular Disease
- ✓ Whiplash
- ✓ And more!

Images, known as thermograms, can be taken of the whole body or just specific areas. These scans can be used as part of an annual wellness screening or for investigation of a specific clinical problem.

The digitized images are stored on a computer and are sent electronically to a thermologist (certified doctor) for interpretation and reporting. Your report is color printed and a copy can also be sent to your healthcare professional.



X-Ray, C.T., Ultrasound and M.R.I are all tests of 'anatomy'. Thermography Imaging is unique in its capability to show physiological change and metabolic processes.

Continued on top of page 3.

Introduction of our Team Members



WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO INTRODUCE YOU TO OUR STAFF MEMBERS. SOME ARE NEW AND SOME YOU MAY ALREADY BE FAMILIAR WITH. EITHER WAY, WE'RE HAPPY TO HAVE THEIR SKILLS AND EXPERTISE. READ ON TO LEARN MORE ABOUT OUR GREAT TEAM!

Continued from page 2, column 1.

Sherri Fawzi, CT a certified clinical thermographer will be joining our practice in August. We are thrilled to welcome her to our team.



Sherrie received her certification from Duke University Medical Center and is a member of the American College of Clinical Thermology.

She is currently the director of the Virginia Rescue Training Center of Leesburg, and is an active member in many other related organizations.

6 SELF CARE TIPS FOR TMJ...

1 Moist Heat: Moist heat from a heat pack or a hot water bottle wrapped in a warm, moist towel can improve function and reduce pain. Be careful to avoid burning yourself when using heat.

2 Ice: Ice packs can decrease inflammation and also numb pain and promote healing. Do not place an ice pack directly on your skin. Keep the pack wrapped in a clean cloth while you are using it. Do not use an ice pack for more than 10 - 15 minutes.

3 Soft Diet: Soft or blended foods allow the jaw to rest temporarily. Remember to avoid hard, crunchy, and chewy foods. Do not stretch your mouth to accommodate corn on the cob or whole fruits.

4 Over the-Counter Analgesics: Over-the-counter analgesics are helpful in temporarily reducing pain. Be sure to check with your doctor before taking any kind of medication over any prolonged period of time as indicated on the label.

5 Jaw Exercises: Slow, gentle jaw exercises may help increase jaw mobility. Your health care provider or a physical therapist can evaluate your condition and suggest appropriate exercises based on your individual needs.

6 Relaxation Techniques: Relaxation and guided imagery can be helpful in dealing with the pain that accompanies TMJ dysfunction. Deep, slow breathing enhances relaxation and modulates pain sensations.

APRIL

sits at our front desk and is the newest member of our team and is our patient coordinator. She is happy to assist you with all appointments, and make sure that you receive the proper paperwork and forms for any insurance reimbursement you are entitled to. April is a native of Virginia and always displays a happy and willing disposition.

LEE

has been our administrator for many years; and is eager to assist anyone who needs special attention. Lee and the entire staff remain loyal and continue to support the center and keeping our valued patients happy. Lee has been working from home over the last several years, but has now returned to 'active' duty, and looks forward to seeing all those patients she formerly worked with.

ROXANNE

is our myotherapist and has been a team member for over eight years. She is well acquainted with most of our continuing care patients, and looks forward to meeting welcomed new patients.



Roxanne is highly trained and is responsible for all tomography, scans for craniomandibular treatment (TMJ) and all physical modality treatments.

Roxanne is always a warm and welcoming person, and continues to further educate herself to better serve you.

AMANDA

is our therapeutic massage therapist joined our practice when we opened our new facility in D.C.

Amanda is highly trained, and is ready and willing to meet and treat our patients. She has vast experience and expertise, and a calming demeanor which only adds to her high ability level.

Citation for this article taken from: TMJ Diseases & Disorders - Treatments - Self-care Practices. The TMJ Association. June 28, 2008 <<http://www.tmj.org/selfhelp.asp>>. All Rights Reserved. No Copies without permission. Reduced here with permission.