



University of Minnesota TMD, Orofacial Pain & Oral Medicine Clinic

Greetings from the TMD, Orofacial Pain & Oral Medicine Clinic faculty and staff!

I would like to take this opportunity to thank all of you in the community who have allowed us to share in the care of your patients. We take your trust most seriously.

Our scope of services continues to expand. We are enjoying the skills provided by our newest team members, Drs. Mike John, Leesa Morrow and Subha Giri. Their biosketches are provided and outline their impressive credentials and accomplishments. The continued growth of our oral medicine and sleep disorder services, and especially the new cone beam CT, are exciting new developments for us.

We have lost some important members of our group over the past few months. Dr. Kate Hathaway has been our health psychologist since the Clinic's inception in 1980. Many of you have appreciated Kate's steady, pragmatic approach to complex problems. She is leaving to spend more time with her family and in her private practice. Ms. Connie Bromaghim was our first physical therapist and in recent years she has worked as a part time therapist with "full time" experience. She is also leaving to spend time with family, as well as helping with her husband's dental practice. Kate and Connie have contributed much to who we are and we wish them all the best in the future.

Our research and residency programs continue to flourish, but our first priority is providing multi-disciplinary clinical care for patient's suffering with these complex problems and diseases. We strive to help all of our patients realize the outcome described by the patient testimonial provided on the last page. We appreciate any suggestions you may have to improve our care and services.

Sincerely,

Gary C. Anderson, DDS, MS

Clinic Co-Director

**February 2008
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Dentists

Gary Anderson, DDS, MS

James Fricton, DDS, MS

Subha Giri, DDS, MS

Cory Herman, DDS, MS

Mike John DDS, MPH, PhD

Mariona Mulet, DDS, MS

Donald Nixdorf, DDS, MS

Nelson Rhodus, DMD, MPH

Eric Schiffman, DDS, MS

Clinic Faculty and Staff

Physical Therapists

Karen Decker, PT

Patti Weber, PT

Health Psychologist

Leesa Morrow, PhD, JD, LP

Dental Assistants

Mary Brazil, RDA

Kathy Olson, RDA

Receptionist

Cindy Kiecker

kieck001@umn.edu

Phone Numbers

Clinic: 612-626-0140

Fax: 612-626-0138

Hours

Monday thru Friday

8:30am to 4:00pm

2008 Upcoming Events

TMD Mini residency
September 22-24, 2008

Advanced TMD, Orofacial Pain and Oral Medicine Mini residency
October 24-25, 2008

For information go to:
www.dentalce.umn.edu
or call UMN CDE at:
612-625-1418

Introducing New Team Members

Mike John, DDS, MPH, PhD

Mike T. John, DDS, MPH, PhD joined the TMD Division in January 2007. Dr. John received his dental degree from Martin Luther University in Halle-Wittenburg, Germany. Dr. John continued his dental education and became a board-certified prosthodontist. More recently, he completed studies in public health and epidemiology at the University of Washington in Seattle, receiving a PhD. His field of interest includes investigating the etiology, diagnosis and classification of temporomandibular disorders. Dr. John is actively engaged in international collaborative research and has a number of existing publications. We are very fortunate to have him join our team supporting both our mission of research and teaching as well as providing his expertise in management of TMD and orofacial pain patients.

Subha Giri, BDS, MS

After graduating from dental school, Dr. Giri followed her interest in chronic pain research to the University of Minnesota where she successfully completed a Master's degree and a 2-year Advanced Clinical Fellowship in TMD and Orofacial Pain Management. Her research focus was on the basic mechanisms underlying chronic pain. Dr. Giri strives to provide quality and comprehensive care to her patients. She is able to integrate a thorough understanding of dentistry, pain research and mind-body interactions into the management of TMD, orofacial pain and headache. Besides clinical practice, Dr. Giri is also teaching within the graduate TMD program. We are fortunate to have her as a colleague in our TMD division. Dr. Giri is a member of the Minnesota Dental Association.

Leesa Morrow, PhD, JD, LP

Dr. Morrow completed a doctorate in Clinical Health Psychology at the University of North Texas and an internship in Clinical Psychology at Indiana University School of Medicine. She has devoted her career to a blend of clinical practice and teaching. Dr. Morrow has expertise in the treatment of acute and chronic pain, as well as stress exacerbated systemic illnesses. She uses a variety of treatment modalities including biofeedback, hypnosis and cognitive-behavioral therapy. After many years working as a clinical psychologist, Dr. Morrow completed a degree in law at Indiana University School of Law. This additional education expanded Dr. Morrow's professional expertise with the understanding of bioethics, medical malpractice, HIPAA, and issues related to informed consent.

Oral Medicine Clinic

Oral Medicine is the area of dentistry concerned with the diagnosis and management of medically related disorders or conditions affecting the oral and maxillofacial region. Treatment of oral medicine patients at the University of Minnesota (UMN) is based on thorough medical history and physical examination. Oral medicine conditions typically encountered at the UMN include: vesiculobullous or ulcerative oral mucosal disease such as lichen planus, pemphigoid; and aphthous stomatitis (canker sore), oral burning due to local or systemic conditions; xerostomia; candidiasis; leukoplakias and other non-specific oral mucosal lesions; oral hypersensitivity reactions. Treatments range from biopsy and topical medications to systemic drug therapy. Patient visits are billed through medical insurance, as are TMD related visits. For information or appointment scheduling, please call 612-626-0140.

Cone Beam Computed Tomography

January 2008 marked the installation of an i-CAT Cone Beam Computed Tomography (CBCT) unit at the University of Minnesota School of Dentistry. CBCTs are designed for three dimensional imaging of the hard tissues of the maxillofacial region. The i-CAT CBCT image provides a high resolution image with significantly reduced radiation exposure when compared to conventional medical CT. Acquiring a CBCT image takes only one minute and total appointment times are approximately 15 minutes. CBCT technology allows the practitioner to thoroughly evaluate the maxillofacial skeleton and is very useful during differential diagnosis of pain in the maxillofacial area. CBCT imaging is available both to University of Minnesota practitioners, as well as practitioners in the community. For information, or to schedule a CBCT imaging appointment, please call 612-624-6061.

Research Updates

Eric Schiffman, DDS, MS

Randomized Effectiveness Study of Four Therapeutic Strategies for TMJ Closed Lock

E.L. Schiffman, J.O. Look, J.S. Hodges, J.Q. Swift, K.L. Decker, K.M. Hathaway, R.B. Templeton, and J.R. Friction. *J Dent Res.* 86(1): 58-63, 2007.

This clinical trial involved 106 patients with painful TMJ disc displacement without reduction with limited mouth opening (closed lock). Patients were randomized to: 1) medical management (self-care with medications), 2) rehabilitation (physical therapy, splints and behavioral therapy), 3) arthroscopic surgery with post-operative rehabilitation, or 4) arthroplasty with post-operative rehabilitation. Follow-up evaluations were done over a 5 year period. No differences between groups were found for pain reduction or improvement in jaw function. These results suggest that treatment for TMJ closed lock patients should start with medical management and advance, as indicated, to rehabilitation. This approach will avoid unnecessary surgical procedures.

James Friction, DDS, MS

In 2002, the National Institute Dental Research awarded Dr. Friction a contract for the development of the TMJ Implant Registry and Repository (TIRR) at the University of Minnesota. The TIRR provides a mechanism to conduct research on TMJ implants. The current clinical database of over 1500 TMJ patients, biological samples, and retrieved implants are currently available to basic and clinical researchers to improve understanding of the pathology of TMJD and provide information for the development of new TMJ implants. The research from TIRR has found that when TMJ implants breakdown due to excess or abnormal biomechanical forces a local and systemic immune response occurs resulting in pain and dysfunction. Genetic factors may play a role in amplifying this reaction. New TMJ implants designed to have less fragmentation have resulted in significantly improved outcomes.

Donald Nixdorf, DDS, MS

Dr. Nixdorf continues his research interest in persistent trigeminally-mediated pain. He is the principal investigator of a FDA clinical trial assessing the efficacy of methotrexate in treating residual pain associated with Proplast or Silastic TMJ implant use. Dr. Nixdorf is involved with a multi-site study regarding the mechanisms involved in persistent pain following root canal therapy. This study will use the Dental Practice-Based Research Network (DPBRN), which is enrolling private practicing dentists in Minnesota. If you are interested in learning more about this project or would like the opportunity to participate as a clinician, please e-mail Dr. Nixdorf <Nixdorf@umn.edu>. These studies, as well as functional MRI research assessing jaw muscle pain, are supported in part by a career development grant Dr. Nixdorf obtained from the National Institute of Health.

Continuing Education - Miniresidency opportunities

Dr. Eric Schiffman and Karen Decker, PT, continue to co-direct the TMD Miniresidency held annually through UMN Continuing Dental Education. The upcoming course is September 22-24, 2008. This intermediate level course includes didactic and clinical training for both dentists and physical therapists who treat patients with temporomandibular disorders and orofacial pain. Course reviews have been excellent.

In addition to the annual miniresidency opportunity, an Advanced TMD, Orofacial Pain and Oral Medicine Miniresidency is scheduled for October 24-25, 2008. This program is suitable for practitioners who want a more in-depth program with more discussion on challenging, complex cases. The format includes advanced lectures followed by breakout sessions and case presentation. Topics range from advancement in TMD research to the treatment of painful oral lesions and team management of the complex orofacial pain patient. To facilitate active learning and discussion, participants will have the opportunity to bring their own complex cases for presentation and discussion. Contact UMN Continuing Dental Education at 612-625-1418 to register for these courses.

Cory Herman, DDS, MS

Dr. Herman completed his D.D.S. and training fellowship in temporomandibular disorders and orofacial pain at the University of Minnesota. He is active with The Minnesota Pain Study Group, the American Academy of Orofacial Pain and the American Headache Society. Clinically, Dr. Herman enjoys helping people with all types of orofacial pain complaints where he emphasizes the importance of education and self management.

In the Spotlight

Mariona Mulet, DDS, MS

Dr. Mulet continues to teach and provide clinical care in our Division. She evaluates and treats both TMD and Oral Medicine patients and is currently the Director of the TMD and Orofacial Pain Graduate Program. She is a Diplomate of the American Board of Orofacial Pain (ABOP). Her randomized controlled clinical trial on jaw exercises and self-care was recently published in the Journal of Orofacial Pain.

Patricia Weber, PT

Patti Weber PT joined the Clinic as a physical therapist in 2003. She has 9 years of experience treating patients with TMD symptoms and headache. She also has extensive training in spine care and has treated people with neck and back injuries, postural dysfunction and musculoskeletal problems. Patti especially enjoys the opportunity to work with dentists and health psychologists in a multidisciplinary team approach to patient care.

Patient Feedback: "I'm pleased to write you all and tell you how well I'm doing as a result of the work I've done with you all over the last year. I can say that my TMJ pain is 90% gone. My severe headaches have been reduced dramatically and I have them at a rate of about 2 a month for the first time in 20+ years. My stress level has been minimal as a result of the daily stretches I do and the relaxation techniques I learned... Thank you all for your expertise and let me know if I can recommend your program to potential patients"
- from a grateful patient

Teledentistry TMD, Orofacial Pain & Oral Medicine teledentistry services are available between the Hibbing Community Dental Clinic in Hibbing, MN and the University of Minnesota School of Dentistry in Minneapolis, MN. This service was made available in 2005 through a State of Minnesota grant. For more information, or to arrange an appointment, contact the Hibbing clinic at 218-263-2916, or the University clinic at 612-626-0140.

University of Minnesota

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- Eric Schiffman, DDS MS

Teledentistry

James R. Friction, DDS, MS

Health Psychologists

Leesa Morrow, PhD, JD, LP

Physical Therapists

- Karen Decker, PT
- Patricia Weber, PT

Patient name: _____

Telephone: _____

Referring Dr. (first & last name): _____

Office Mailing Address/Telephone/E-mail Address: _____

Primary Concerns: _____

Please forward any relevant patient records to us, including x-rays.

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