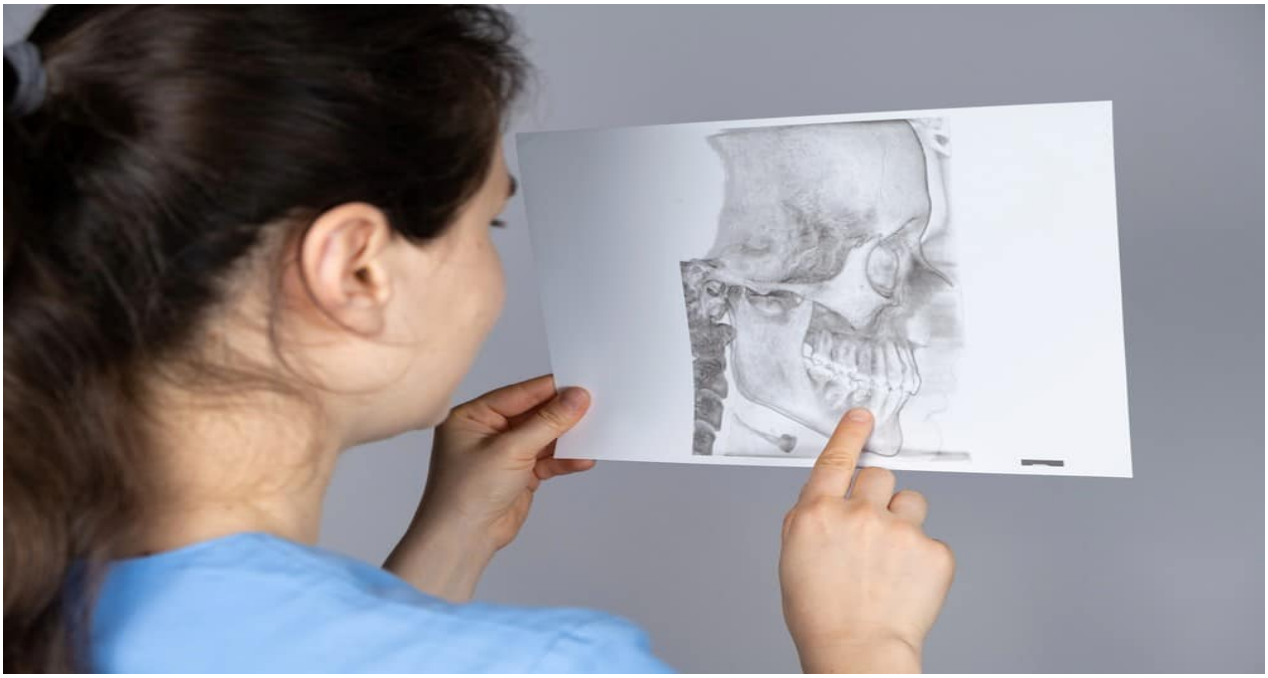

Columbus Dental Practice Expands Public Awareness of Non-Surgical TMJ Treatment Options

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COLUMBUS, OH - July 29, 2025 -
Sleep Better Columbus, a dental practice specializing in sleep-related and oral health disorders, is raising community awareness about non-surgical alternatives for treating temporomandibular joint (TMJ) disorders. The initiative emphasizes the importance of conservative, evidence-based therapies that aim to alleviate TMJ-related pain, enhance jaw function, and improve overall quality of life without the need for invasive surgical procedures.

The team at Sleep Better Columbus is expanding its efforts to educate the public about the benefits of non-surgical TMJ treatment options, particularly the use of custom oral appliance therapy. These appliances are designed to reposition the jaw, reduce muscle tension, and prevent teeth grinding or clenching, which are commonly associated with TMJ dysfunction. The practice offers treatment options that follow current clinical guidelines and are tailored to each individual after a detailed assessment of symptoms, medical history, and contributing factors. Patients can learn more about these treatment options by visiting the Sleep Better Columbus TMJ treatment page on their website.

TMJ disorders, often referred to as TMD, can cause a wide range of symptoms, including jaw pain, headaches, earaches, and difficulty chewing. These issues can affect both function and quality of life. Despite the high prevalence of TMJ-related symptoms, many individuals are unaware that non-invasive treatment options are available. By focusing on public education, the practice aims to empower patients with accurate, research-supported information to help them make informed decisions about their care.

According to Dr. Dawne Slabach, understanding the full range of treatment options is essential. ?Many patients come to us after years of trying to live with chronic jaw discomfort, unaware that surgery isn?t the only path to relief,? Slabach explained. ?We take the time to perform a thorough clinical evaluation, identify the root cause of the symptoms, and then build a treatment plan that supports long-term health and function without unnecessary procedures.?

The practice offers non-surgical TMJ treatments grounded in evidence-based protocols that focus on restoring balance to the jaw muscles and joints. In addition to custom oral appliances, therapies may include behavior modification techniques, dietary adjustments, and referrals to physical therapy when appropriate. Slabach noted that these approaches are not only clinically effective but also patient-centered. ?Our goal is always to treat the patient as a whole. TMJ disorders are complex and often involve a combination of contributing factors. That?s why it?s important to create personalized plans that reflect each person?s unique needs,? she said.

The increased focus on non-invasive TMJ therapies reflects a broader shift in dentistry and healthcare toward conservative treatment planning. Many clinical guidelines, including those from professional dental organizations, recommend that irreversible procedures?such as surgery?be considered only after other options have been explored and exhausted. The team at Sleep Better Columbus echoes this philosophy in their everyday practice.

Slabach emphasized that early intervention can prevent symptoms from worsening. ?When we address TMJ symptoms early, we can often prevent them from progressing into chronic conditions that are harder to manage. It?s one of the reasons we?re so committed to community outreach and education,? she said. This patient-first approach has earned the practice recognition for its focus on improving access to conservative treatment options and its commitment to clinical excellence.

Each patient?s treatment journey at Sleep Better Columbus begins with a comprehensive clinical evaluation. This process includes a detailed review of medical and dental history, a physical examination of the jaw and surrounding muscles, and in some cases, imaging studies to assess the structure and movement of the temporomandibular joints. During the consultation, providers also explore contributing factors such as stress, sleep posture, or underlying conditions that may influence jaw function. This thorough diagnostic approach

ensures that non-surgical TMJ treatment plans are not only customized to the patient?s symptoms but also aligned with best practices in conservative care. By prioritizing individualized assessment, the practice helps patients better understand their condition and the steps available to manage it effectively.

For residents of Columbus and surrounding areas experiencing TMJ-related symptoms such as jaw stiffness, clicking sounds, or facial pain, the team at Sleep Better Columbus encourages early evaluation. Recognizing that symptoms vary widely from person to person, the practice provides detailed consultations to examine the nature of the dysfunction and determine if a non-surgical approach is suitable. Through patient education and conservative care, they aim to reduce the prevalence of untreated TMJ disorders in the local population.

To learn more about TMJ treatment options or to schedule a consultation, visit https://sleepbettercolumbus.com/tmj-treatment/ or explore the available resources on their website. For directions or contact details, refer to the Sleep Better Columbus ? Columbus location.

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Sleep Better Columbus

Sleep Better Columbus helps people with sleep apnea, snoring and the conditions associated with them, such as teeth grinding and fatigue.

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