

# Dr. Pilar's breakthrough treatment for jaw, face and neck pain

**Story and photo: Tom Riley**

Dr. Mike Pilar DDS has been involved in all phases of dentistry. He has brought relief to tens of thousands of patients.

He is a graduate of NYU Dental School and served a two year surgical residency in the Army. At one time he owned and oversaw the operation of 35 dental offices with several hundred dentists under his employment.

In 1986 he was the President of Sino-American Health Industries, Inc, and was the first American dentist invited to lecture at the Beijing Hospital University to all their dentist.

Today he limits his practice to relieving the suffering of patients who have temporomandibular disorder (TMJ/TMD). His highly effective, non invasive and state of the art treatment program is designed for patients with conditions associated with migraine headaches, head-neck muscle and jaw joint disorders.

Some of the symptoms associated with TMJ/TMD include neck to shoulder to head pain, eye/ear sensitivity, dizziness/blurred eyesight, jaw clicking, ringing in the ears, grinding or clenching of teeth.

"One of the biggest causes of temporomandibular disorder is the clenching of teeth," he told us. "People go to bed at night and clench their teeth while they sleep. Clenching is bad because the back teeth exert 600 pounds of pressure.

"Clenching of the teeth at night is a big problem with females. 70% of people who clench their teeth are females. When you clench your teeth 24/7 it leads to Tension Stress Syndrome and you often feel miserable upon awakening.

"You have 68 sets of muscles in the jaw area. Clenching of teeth leads to poor sleep, a feeling of being fatigued and neck pain. Sometimes patients complain of ear problems and congestion and go to see an ENT. The ENT (ear, nose and throat) physician will often refer them to me once they real-

ize they have TMD. Neurologists have not picked up on the disorder. They often recommend an MRI and muscle relaxants."

Dr. Pilar added: "What I do is safe, non-invasive and I use no drugs. The success rate is close to 100%.

"After a thorough intra-oral and extra-oral patient exam which includes muscle spasm-trigger point evaluation, I employ a dual pronged treatment program consisting of ETPS (Electro Therapeutic Point Stimulation) and a customized muscle orthotic appliance, the (NTI).

"The (NTI), a small, comfortable orthotic mouth appliance that I make prevents jaw clenching at night while they sleep. It prevents undesirable contact of all upper and lower back teeth including the associated head and neck muscular contractions.

Dr. Pilar commented: "I treat the source of the problem and not the symptoms."

If your search for relief from temporomandibular disorder (TMJ/TMD) has not met with success call Dr. Pilar at his office (845)-359-1770.

His cell phone # is (917) 414-8355. You can email him at [mike@DrMikePilar.com](mailto:mike@DrMikePilar.com) or access his website at [www.DrMikePilar.com](http://www.DrMikePilar.com). "I am the only dentist in Rockland County that I am aware of who limits his practice to the treatment of TMJ/TMD," said Dr. Pilar.

His practice is located at 93 Route 303 in Tappan.

Most treatment is covered by medical insurance and Medicare.

**Dr. Pilar demonstrates his unique treatment. His success rate is close to 100%.**

