

Dr. Pilar's revolutionary treatment beats the agony of TMJ

Story and photos: Margaret Thompson

If you have experienced migraine or tension headaches, neck and shoulder pain and stiffness, dizziness or imbalance, ringing and congestion in the ears, sleep disruption or sore, sensitive teeth, you could be one of the thousands of people who suffer with undiagnosed or improper treatment of temporomandibular joint disorder (TMD), more commonly referred to as TMJ.

From the beautiful Montvale Health Associates office just over the New York border, Dr. Mike Pilar takes me through the anatomy of this disorder.

Though there are many contributing factors that make some more prone than others to have TMD, overwhelmingly woman make up over 85% of all cases. And while heredity plays a part, (for example the shape or structure of our face may cause an imbalance in the alignment is the mouth or jaw) environmental factors are also a key component (i.e. stress, improper dental and orthodontic care, and hormonal changes).

Dr. Pilar says: "We are a composite of imbalance"

TMD involves clenching the back part of the teeth, a practice that puts the equivalent of 900 pounds of pressure on them. When we clench our teeth (as opposed to grinding), the force becomes localized and intense and causes inflammation to many of the muscles in the face, head, neck, shoulders and back.

A key element of the care Dr. Pilar provides addresses the often unrecognized, uncontrollable problem of clenching.

Dr. Pilar uses a specially customized orthotic mouth appliance that breaks the pattern of clenching. The appliance, which is called the Pilar-Type NTI prevents all contact between the upper and lower side and back teeth, eliminating the associated head and neck muscular contractions, especially during sleep.



Above: Dr. Pilar in the beautiful Montvale Health Associates offices. Right: he works with a patient.

A regular night-guard or horseshoe type appliance doesn't effectively stop the affected muscle activity which can result in symptoms ranging from sinusitis to tension and migraine headaches and more.

Each NTI orthotic is handmade by Dr. Pilar in his onsite lab. In addition, the Pilar-Type NTI is the only FDA approved orthotic of its type and has been a critical step in preventing migraines and helping patients reduce or eliminate reliance on prescription and over-the-counter pain medications.

Maria, of Upper Saddle River, NJ, has been under Dr. Pilar's treatment and care for three weeks. After suffering with migraine headaches for five years and seeking treatment from a variety of medical disciplines, she called Dr. Pilar.

She told us: "The level of care Dr. Pilar provides is wonderful. He is very approachable.

"When you call, you speak directly to him. I have been using the orthotic at night or if I'm driving in the car and have noticed a remarkable reduction in my migraine headache pain."

Although Maria still has more treatment to undergo she is encouraged by her improvement in only three weeks and says

she no longer needs the pain medication she had been using.

In conjunction with the Pilar-Type NTI orthotic, Dr. Pilar's comprehensive treatment includes Electro Therapeutic Point Stimulation (ETPS) which is used at an extremely low frequency level to pinpoint and treat trigger points that cause painful muscle contractions and debilitating symptoms.

A non invasive, painless cold laser treatment may also be used, which sets off biological reactions in the cells, causing the production of natural pain killing endorphins and reduces inflammation while accelerating healing, growth and repair.

For those living with head, neck and jaw pain, relief may be just days away. Call for a free consultation today and end the cycle of pain.

Dr. Pilar will work with most medical insurance or Medicare plans.

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