

Dr. Mike Pilar's breakthrough treatment has helped thousands of TMJ and headache sufferers

Story/Photos: Tom Riley

Dr. Mike Pilar, DDS, at 93 Route 303 in Tappan is a magnet for TMJ (temporo mandibular joint disorder) and headache sufferers.

People come to his office throughout the tri-state area in search of relief from the disabling pain from TMJ and headaches. He has been practicing dentistry for 50 years and is so much in demand that he has limited his practice to treating migraines, TMJ disorders and TMJ trauma.

Dr. Pilar uses a revolutionary treatment that targets the source of the symptoms and successfully helps many sufferers of headaches, migraines, neck pain and jaw joint pain to find relief without the need for invasive surgical procedures.

In his office Dr. Pilar treats tinnitus, light headaches, imbalances and ear congestion. He also treats visual disturbances, sleep disruption, clenching of the upper and lower back teeth, soreness of the neck head and shoulders, jaw clicking and popping and sinus pain and congestion.

Dr. Pilar's highly effective program consists of of MPS (microcurrent point stimulation and the use of Pilar-Type NTI, a custom-modeled muscle orthotic appliance custom made by Dr. Pilar.

"This is my passion. I don't allow the office to make appointments, the patients



Dr. Mike Pilar works on an orthotic and (on opposite page) he demonstrates how TMJ is caused.

speaking directly to me. I want to determine how I can help them and inform them of the cost.

"I deal with pain and quality of life decisions. 85% of all TMJ sufferers are women. If you have sinus trouble, headaches, dizziness, tinnitus, disruption of sleep and tightness in the mouth, chances are you might have TMJ.

"Many people go to neurologists or chiropractors but don't get relief. It's a symptom of a source-you have to find the source.

"It's the trigeminal nerve that is causing the problem. You must direct the care to the nerve, joint and muscle. The muscles are in a state of spasm. Many times doctors give medicine for relief but that is like putting a patch on it.

"In most cases, 98-100% of my patients receive immediate relief. The Pilar-Type NTI is a deep programming muscle orthotic. It stops clenching during sleep. Clenching causes disruption of sleep. The Pi-

lar-Type NTI is custom made by me in the office. I don't trust laboratories. It takes me two or more hours to make one, depending on the degree of difficulty."

Dr. Pilar added: "Along with the custom-made orthotic we treat people with Neuro-Stimulation with Direct Current as opposed to regular Tens units and E-Stim units which is AC current used by health professionals with no success.

"Furthermore I'm the only dentist who constructs these orthotics under Medicare for the elderly. TMJ dysfunction hits many older people. Our success rate is phenomenal."

Here is what Jacqueline K. from Nanuet had to say about her experience with Dr. Pilar. "I don't know where I would be if I didn't meet Dr. Pilar. I was experiencing awful headaches, jaw pain, ear ringing, sinus congestion and eye floaters.

"I went to pretty much every doctor you could go to and nobody could figure out



what was wrong with me. Dr. Pilar's extensive knowledge and experience about TMJ and his friendliness and caring made me feel better.

"He made me a customized orthotic which I've been wearing for three months and most of my symptoms have exponentially gotten better. We are lucky to have someone with such great experience and knowledge in this area."

Don't suffer in silence. Make an appointment with Rockland County's Migraine, TMJ Disorder Expert, Dr. Mike Pilar, DDS. Call 917-414-8355 or visit his web site at www.drmikepilar.com