



TMJ & Sleep Therapy Centre

NEWS RELEASE

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INTERNATIONAL FIBROMYALGIA DAY

May 12, 2014

Brentwood, CA May 12, 2014 – local healthcare facility **TMJ & Sleep Therapy Centre of Brentwood** is helping to provide pain relief for Brentwood area residents suffering with the chronic pain of Fibromyalgia.

Monday May 12, 2014 is International Fibromyalgia Day. ‘Fibromyalgia’, as defined by the U.S. National Library of Medicine is a common syndrome in which a person has long-term, body-wide pain and tenderness in the joints, muscles, tendons, and other soft tissues. Fibromyalgia has also been linked to fatigue, sleep problems, headaches, depression and anxiety.

There are approximately 1 in 50 Americans suffering with the chronic pain of Fibromyalgia and 90% of those patients present with Craniofacial Pain including but not limited to headache pain, and pain in the Temporomandibular Joint (TMJ). **TMJ & Sleep Therapy Centre of Brentwood** is dedicated to treatment and research for these co-morbid conditions.

Fibromyalgia is the second most common ailment affecting the musculoskeletal system after osteoarthritis. In addition to muscle pain, fatigue and ‘tender points’, people with Fibromyalgia may also experience:

- Difficulty Sleeping
- Headaches
- Difficulty Concentrating (thinking clearly)
- Difficulty with Memory
- Tingling or Numbness in Extremities

The 2014 International Fibromyalgia Day theme is “C.A.R.E. & Make Fibromyalgia Visible” which encourages people to Contribute, Advocate, participate in Research and Educate others

Website: <http://www.fmcpaware.org/community/awareness-day-2014.html>

TMJ & Sleep Therapy Centre of Brentwood is a leader in treatments for the conditions of Craniofacial Pain including headaches and temporomandibular joint disorders (TMJ/TMD), and sleep disordered breathing conditions including Sleep Apnea. Directed by Dr Jamil Alkhoury, certified in Craniofacial Pain and Craniofacial Dental Sleep Medicine, the experienced team at TMJ & Sleep Therapy Centre of Brentwood is dedicated exclusively to proper evaluation and diagnosis for successful non-surgical treatments. They provide state of the art techniques and equipment in a caring, friendly environment. Contact TMJ & Sleep Therapy Centre of Brentwood, CA located at 4411 Balfour Road, Suite C Brentwood, CA 94513 <http://www.yourdentistisyourartist.com/> to learn more.