November

A Little Awareness Can Make a Big Difference!

TMJ Awareness & Oral Cancer Action Month

TMJ Awareness Month



Know the Signs. Get the Right Care.

Your temporomandibular joints (TMJ) connect your jaw to your skull and play an important role in everyday activities like talking, chewing, and yawning. When these joints or the surrounding muscles aren't functioning properly, it can lead to temporomandibular disorders (TMD).

Common Signs & Symptoms:

- Jaw pain, tenderness, or soreness
- Clicking or popping sounds when opening or closing your mouth
- Difficulty opening or closing your mouth
- Frequent headaches or facial pain
- Earaches or discomfort around the jaw

If you're experiencing any of these symptoms, don't ignore them! A dental evaluation can help determine whether your symptoms may be related to your jaw joints or surrounding muscles and whether further treatment is needed.

Oral Cancer Action Month



Know the Signs. Early Detection Can Save Lives.

Oral cancer can affect anyone, and early detection makes a big difference. That's why it's important to know what to look for and to keep up with your routine dental examinations.

Warning Signs to Be Aware Of:

- Sores or ulcers in the mouth that don't heal
- Red or white patches inside the mouth
- Unusual lumps or thickened areas in the mouth, lips, or neck
- Persistent soreness or difficulty swallowing
- Unexplained changes in your mouth or throat

Although these symptoms don't necessarily indicate cancer, any unusual or persistent changes should be evaluated by a dental or medical professional.

Your Oral Health Matters!

At Dr. Foust's office, we're committed to helping you maintain a healthy smile and overall oral health. Routine dental visits allow us to monitor changes, address concerns, and perform oral cancer screenings as part of your exam.

If it's been a while since your last visit, or if you've been experiencing jaw discomfort or other changes, we'd love to help!

Please reach out to our office with questions or to schedule your next appointment.

Thank you for trusting us with your dental care!