



Ron Perkins, DDS, MSD

TMJ, Headaches & Migraines,
Snoring & Sleep Disorders

Do you suffer from frequent headaches or migraines, or have trouble sleeping, including snoring or sleep apnea? TMJ problems, which are often related to headaches, are a strong symptom of a sleep disorder, where a patient is clenching or grinding their teeth during the night. Dr. Ron Perkins has been successfully treating patients with TMJ-related problems for many years, and has drastically increased his success rate to more than 96 percent by using a modified oral sleep appliance to treat the TMJ and sleep problems. He is treating the CAUSE of the TMJ problem rather than just the SYMPTOMS.

Many people suffer needlessly even though the diagnosis and treatment is simpler than you might think. If you grind or clench your teeth there's a strong possibility you may have one or more of these problems, which will continue to get worse throughout your lifetime. Common symptoms like depression, high stress, anxiety, cognitive problems, night sweats, acid reflux or indigestion, fibromyalgia, and many types of headaches can be related to interrupted sleep.

Too often patients' SYMPTOMS are being treated and not the CAUSE of their problems. For example, high blood pressure, which is a very common symptom of a sleep disorder, is usually treated with medication. Acid reflux and indigestion, common symptoms of sleep disorders, are also usually treated with medication. Many patients are taking strong drugs for headaches and poor sleep, which mask symptoms and don't address the cause of their pain and suffering.

CONTACT

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Dr. Perkins understands his patients' struggles because he himself has suffered from sleep apnea. This treatment has become his life passion and mission. Dr. Perkins custom fits each patient with an appliance that has the highest success rating of all the oral appliances in the industry. It's custom made and fitted specifically to each patient's needs, making it much more comfortable and

Take a free TMJ or Sleep Disorder Survey at PerkinsOrthodontics.com and get a phone consult from Dr. Perkins!

Dr. Perkins shares his information in lectures and seminars with anyone who would like to learn more about sleep disorders. Contact him to learn more!

easier to wear. Most patients realize major improvements in the way they feel within a few days to a few weeks.

If you have tried other options like CPAPs, oral appliances, bite splints, night guards, or even surgery without success, then the TMJ Balanced Appliance from Dr. Perkins may be right for you.