



Headaches and Temporomandibular Dysfunction: Examining the Relationship Between TMD and Headache Symptoms

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Introduction

Headaches, or head pain, are common symptoms that can be related to various causes, including temporomandibular dysfunction (TMD). TMD encompasses a range of problems affecting the temporomandibular joint and chewing muscles and may contribute to the onset or exacerbation of headaches. This summary explores the association between TMD and headache symptoms.

Objectives

The objective of this summary is to investigate the connection between TMD and headaches, emphasizing how temporomandibular dysfunction can play a significant role in the emergence and persistence of headaches.

Methods

A systematic review of literature was performed based on research in PubMed, Science Direct database and reputable medical sources, to gather information regarding the relationship between TMD and headaches.

Results

TMD can result from various factors such as bruxism, teeth clenching, dental malocclusion, and jaw trauma. These issues can lead to muscle tension in the head and neck region, triggering or contributing to tension-type headaches. Tension-type headaches are a common type of headache associated with muscle tension. TMD, with its symptoms of jaw pain and limitations in mouth opening, may contribute to muscular tension in the head and neck, thus triggering tension-type headaches. While the relationship between migraines and TMD is more complex, studies suggest that TMD can worsen migraine symptoms. Jaw pain and dysfunction may increase stress and tension, which can trigger or intensify migraines in susceptible individuals. Effective treatment of TMD, which may include occlusal therapy, physiotherapy, bite splints, and other approaches, can provide relief from headaches associated with temporomandibular dysfunction. By addressing issues in the jaw joint and muscles, it is possible to reduce the frequency and intensity of headaches.

Conclusions

TMD and headaches are often interconnected, with temporomandibular dysfunction playing a significant role in the occurrence and exacerbation of headaches, particularly tension-type headaches. Effective TMD treatment can alleviate headache symptoms, thereby improving the quality of life for patients. Understanding the relationship between these two conditions is crucial for the appropriate management of individuals experiencing both conditions.

Keywords: Temporomandibular Dysfunction; Headache; TMD.