

QUIZ ...**Do you have - or have you had any of the following?**

- Jaw joint pain (pain in or near your ears, in your temples, jaw joints or cheeks)?
- Any pain or difficulty in opening your mouth wide?
- Jaw joint clicking, popping, or grating sound when opening or closing the mouth.
- Earache, congestion and/or noises (tinnitus).
- Do you have pain, stiffness or fatigue from your jaw after a dental appointment?
- Any missing, extracted or removed tooth
- If wisdom teeth were removed – any difficulties in their removal.
- Vertigo (Dizziness)
- Tension type headache, pain especially sides and top of head, base of head and neck.
- Headache with pain behind the eyes.
- Night-time clenching or grinding of the teeth.
- On-going facial pain (sharp or dull) or dental pain without obvious cause.
- Neck pain, stiffness or aching.
- Postural problems
- Tightness when trying to turn the head fully to the side.
- Tingling (paresthesia) of fingertips
- Crowding of the teeth.
- History of orthodontic treatment (especially with “fixed” orthodontics.)
- Lisp or lip/cheek biting
- Existing steep palate or increase in front tooth (incisor) overlap
- Heavy snoring.
- Witnessed gasping, breath holding or hesitation at night
- Dry mouth or sore throat in the morning
- Daytime sleepiness or tiredness, feeling of un-refreshing sleep.
- Lack of day-time energy, memory concerns, altered characteristics (“grumpy”)
- Heart burn (GERD)for unknown reason, not related to spicy foods.
- Repeated sinus problems, nasal congestion.
- Palpitations, ‘missed beats’, or arrhythmias.
- Night sweats
- Increased incidence of heart attack, stroke and high blood pressure, in the family.
- Diabetes (type 2), borderline or overt.
- Clicking, popping, locking or noises from the jaw joint.
- Tooth grinding sounds that bother the bed-partner
- A “bite that seems or feels wrong”, is strained, uncomfortable or “doesn’t fit right”.
- Dental crowns and other restorations that have ‘worn through, or show signs of wear.
- “Prematurely aged smile” due to ‘flattening of the incisors’ due to edge wear
- Deeper lines at the edge of the mouth giving an ‘aged appearance’ around the mouth.
- Prematurely aged facial appearance with upper and lower jaws being too close.
- Cheek ridging and/or scalloped (indented) sides to tongue, especially in the morning.
- Upper neck tightness with pain often into the shoulders even finger tingling.
- Jaw joint clicking, popping, or grating sound when opening or closing the mouth.
- Difficulty or discomfort in biting, chewing or swallowing.

Name. **Date**