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Interventions for treating Osteoarthritis in the temporomandibular joint Addis Ababa Ethiopia

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The Temporomandibular Joint (TMJ) or jaw joint is located in front of the ear on either side of the face. However, it is the only joint that the dentists and maxillofacial surgeons predominantly have to deal with. As with many of the other joints, the TMJ can be affected by Osteoarthritis (OA). This is characterized by progressive destruction of the internal surfaces of the joint which can result in debilitating pain and joint noises. Several disorders other than OA may affect the TMJ and the correct diagnosis is important such that it can be matched with appropriate therapy. A range of therapeutic options is available for TMJ OA, which include non-surgical modalities such as control of contributory factors, occlusal appliances, cold or warm packs applied to the joint, pharmacological interventions as well as physiotherapy. Surgical treatment options include intra-articular injections, arthrocentesis (lavage of the joint) as well as attempts at repair or replacement of portions of the TMJ. This review found weak evidence indicating that intra-articular injections of sodium hyaluronate (a natural constituent of cartilage) and betamethasone (an anti-inflammatory steroid) had equivalent effectiveness in reducing pain and discomfort. Occlusal appliances, when compared with diclofenac sodium (a non-steroid anti-inflammatory drug), showed a similar pain reduction, as did a comparison between the food supplement glucosamine and ibuprofen (a non-steroid anti-inflammatory). Future studies should aim to provide reliable information about which therapeutic modality is likely to be more effective for the reduction of pain and other symptoms (e.g. joint sounds) of TMJ OA. Moreover, because the limited evidence available only covers a restricted number of interventions, comparisons with other therapeutic modalities should be encouraged. One of the authors' concerns was the large number of trials which included mixed groups of participants diagnosed with TMJ OA, in addition to other disorders of the TMJ, which could not be considered in this review.

Biography

Robera Chala Abeebe had studied Doctor of Dental Medicine (DMD) at Jimma University from one of the best higher University and pioneer for Dental doctor Medicine in Ethiopia by passing very high competition to enter the Dental School. He was graduated in 2011 from Jimma University by DMD degree. He applied at Myung sung Christian medical center to one of the best Medical centers in Africa for my further training to upgrade myself in more skillful and advanced way. The first two years by regular and practical training, He has taken these training by Clinical General Dentistry which includes Endodontic & Operative, Prosthodontic, Periodontal therapy & Minor oral surgery given to me by south Korean Dentists from 2012 up to 2014. Soon he finished his first training there; he has started soon Orthodontic Specialty training for two years. He is also an instructor teaching dental and oral health for a medical student at Myung sung Medical College. He has received the assistance Professor rank at this college which seen by a special committee of the college. Currently, he was working at Royal Specialized dental center one of the best dental centers in Ethiopia.

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