



JAW PAIN

Tenderness or pain in the jaw and in front of the ears

JOINT PAIN

Stiffness or pain in the joints

CAUSES

TEMPOROMANDIBULAR DISORDERS (TMD)

The temporomandibular joint refers to the joint of the jaw, that may become swollen or strained due to overuse or trauma. Health conditions like arthritis may make incidences of TMD more likely to occur in some people. TMD is characterized by pain when chewing, speaking and moving the jaw.

Symptoms:

- Pain and clicking in the jaw when opening and closing the mouth
- In some cases, the inability to close the mouth.
- Pain in the jaw in the morning, upon waking up

DO:

- Refrain from opening the mouth too widely.
- Eat food that is easy to swallow and chew.
- Apply ice to the affected area if a hard blow is the cause of the pain.
- Seek help if the symptoms persist.

A temporary case of jaw pain may be relieved by applying ice to the affected area. However, a fractured or dislocated jaw needs emergency medical treatment.

ARTHRITIS

See page 124.

GOUT

A person suffering from gout may experience symptoms of an intensely painful arthritis. This metabolic disease brings on the inflammation of the joints, usually one joint at a time. Gout is caused by a build-up of uric acid in the blood, the crystals of which form in the joints and tissues, resulting in inflammation. The condition runs in families and is more common in men than women.

Symptoms:

- Intense pain in the joint, worsened by movement
- Redness, tenderness and swelling of the joint
- Fever, in some cases

DO:

- Apply an ice pack on the affected area. Remove the ice when the area begins to feel numb.
- Get some rest and try not to move the affected joints for a while.
- Drink lots of water and juice to lessen the risk of kidney stones.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen.
- Review your diet and avoid an excess of purine-rich food like animal liver, wine, alcohol and sardines.
- Seek help if you suspect a gout attack.

DON'T:

- Don't engage in high-impact physical activity if your joints are still painful and swollen.



JOINT PAIN

Stiffness or pain in the joints

CAUSES

INFECTION

Pain in the joints that includes swelling and a fever indicates a possible bacterial infection.

Symptoms:

- Pain, swelling in the joints
- Fever

DO:

- Apply an ice pack on the affected area. Remove the ice when the area begins to feel numb.
- Get some rest and try not to move the affected joints for a while.
- Seek help to determine the cause of the infection and the antibiotics you might need.

DON'T:

- Don't engage in high-impact physical activity if your joints are still painful and swollen.

INJURY

Overusing the joints doing high-impact physical activity such as running is a common cause of joint pain. This may be treated at home.

Symptoms:

- Pain in the joints
- Swelling

DO:

- Apply an ice pack on the affected area. Remove the ice when the area begins to feel numb.
- Get some rest and try not to move the affected joints for a while.
- Get regular and moderate exercise. Under-using the joints may eventually cause joint pain as well.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen.

DON'T:

- Don't engage in high-impact physical activity if your joints are still painful and swollen.