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Doctor, W... STILL ...Ache?

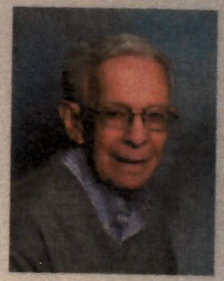
This groundbreaking book... ...ans with persistent headaches, toothaches, jaw pain, and other debilitating facial pain can't find relief—even after seeing many doctors in search of a solution. The problem is that most physicians and dentists look for injury or disease to explain the pain but ignore the relationship between emotions and muscles, which compose most of the face. While the mind-body connection has been applied to treat back, heart, skin and stomach ailments, this is the first book to clearly explain how the brain initiates bodily changes that result in persistent facial pain. Case studies describe the authors' methods to relieve patients' pain, from teaching about the "brain-pain" connection to prescribing medications and administering therapies to help relax muscles. This book will not only benefit people with chronic pain, but also physicians and dentists less familiar with these problems or unable to adequately explain to patients how stress and emotions have fueled their suffering.

This book is a must read for patients with new, recurrent or unremitting facial pain. Dentists, physicians and other health professionals . . . in need of an overview of treatment approaches can benefit as well. — *Andrew S. Kaplan, DMD, Associate Clinical Professor, Department of Dentistry, The Mount Sinai School of Medicine*

Drs. Roistacher and Tanenbaum offer both patients and doctors the perspectives and approaches best suited for helping those with chronic orofacial pain. — *Samuel F. Dworkin, DDS, PhD, Professor Emeritus, Schools of Medicine and Dentistry, University of Washington*

Drs. Roistacher and Tanenbaum have been and remain leaders and critical thinkers in the field of face pain and its management. — *James J. Sciubba, DMD, PhD, Professor, The Johns Hopkins School of Medicine, Departments of Otolaryngology-Head & Neck Surgery, Dermatology and Pathology, Baltimore, MD*

Donald R. Tanenbaum, DDS, MPH maintains a private practice in New York and holds university and hospital appointments. He is a Past President of the American Academy of Orofacial Pain and received a DDS and MPH degree from Columbia University.



S. L. Roistacher, DDS, a founding member of the International Association for the Study of Pain and the American Pain Society, for over 30 years chaired the Department of Dental Medicine, Queens Hospital Center, New York, and the committee on chronic headache pain. He received the DDS degree from New York University.

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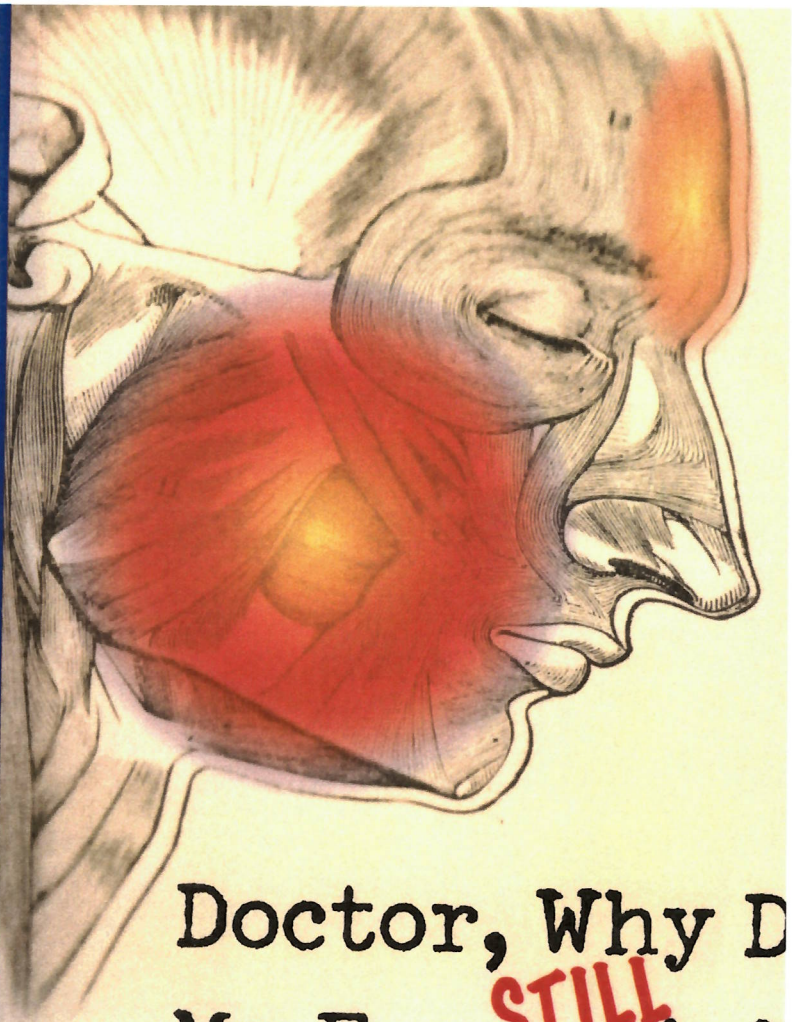

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Donald R. Tanenbaum, DDS, ...

DOCTOR, WHY DOES MY FACE STILL ACHE?

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by

Donald R. Tanenbaum, DDS, MPH

and

S. L. Roistacher, DDS

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Dr. Donald R. Tanenbaum:

As I embarked upon a career in dentistry in 1982, at what was then known as Columbia University School of Dental and Oral Surgery, little did I know that, almost 30 years later, I would be involved in one of the most exciting, stimulating and professionally rewarding areas of healthcare. The privilege of taking care of patients in pain is one that is not taken lightly, and not a day goes by that I don't in some way reflect on how fortunate I have been to have met so many giving professionals who either set me on or joined me on my ongoing journey.

A debt of gratitude must be extended to my friend and colleague Michael Gelb, DDS, who, with his simple question during my first year in dental school, "Do you want to hear my father lecture about TMJ?", gave me my first glimpse of what it would be like to dedicate a career to helping those in pain. With curiosity stimulated, Harold Gelb, DDS, opened my eyes and gave me the opportunity to see what life beyond dental school could be, if I was willing to be open minded, committed to excellence, and sensitive to the concerns and needs of patients, who would be putting their trust in my hands. His steadfast belief and insistence that I, as a dentist, could have a significant impact on the health and quality of life experienced by thousands of patients throughout my career, helped to shape the character and principles that pervade my practice today.

My relationship with my coauthor, S. L. Roistacher, DDS, began during a summer externship following my second year in dental school, and culminated in a dental residency that he directed at Queens Hospital Center in New York. This was the beginning of what is now a cherished friendship, built on shared interests and the love of learning. Dr. Roistacher's approach to teaching and patient care provided critical guidance, and his encouragement to pursue a career taking care of pain patients was instrumental in my career development. As the years passed, the idea of writing this book became a reality, and has allowed us to

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DIRECTORY OF HELPING ORGANIZATIONS

If you are seeking more information about facial pain, you can contact any of the following organizations on the Internet for more information, advice, or guidance.

*

American Academy of Orofacial Pain: http://www.aaop.org/

American Headache Society: http://www.americanheadachesociety.org/

International Association for the Study of Pain: http://www.iasp-pain.org/

TNA: Facial Pain Association: http://www.endthepain.org

American Pain Society: http://www.ampainsoc.org/

American Academy of Pain Management: http://www.aapainmanage.org/

European Academy of Craniomandibular Disorders:
http://www.eacmd.org

Ibero Latin American Academy of Orofacial Pain:
(English): http://www.aildc.org/
(Spanish): http://www.ailde.net/

National Institutes of Health: http://www.nih.gov/

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Donald R. Tanenbaum, DDS, MPH

While pursuing a dual degree in Dentistry and Public Health at C University (DDS/MPH) in New York City, Dr. Tanenbaum envi career that would focus on helping patients with facial pain pr Following a 2-year dental residency at Queens Hospital Center York City, where he learned the essentials of the diagnosis and ment of chronic benign pain of the head, face and mou Tanenbaum started his professional career. Over the last 26 year maintained private practices in New York City and Long Isl devoted countless hours to teaching dental students, dental resid practicing dentists throughout the United States.

Dr. Tanenbaum holds several prominent positions, including Assistant Professor at the School of Dental Medicine at the State sity of New York at Stony Brook, Clinical Assistant Professor at t Shore-LIJ School of Medicine at Hofstra University, and Section the Division of Orofacial Pain/Dental Sleep Medicine at the Lon Jewish Medical Center. Dr. Tanenbaum is a past president American Academy of Orofacial Pain, a Fellow of the American A of Orofacial Pain, and a Diplomate of the American Board of O Pain. He has given lectures at medical grand rounds, dental soci study clubs, and continues to pursue training and education specialized area of pain.

S. L. Roistacher, DDS, FACD, FICD

A pioneer in the field of facial pain, Dr. Seymour Roistacher is a member of the International Association for the Study of Pain American Pain Society. For over 30 years, he was chair of the De

of Dental Medicine at Queens Hospital Center in New York City and chair of the committee on chronic headache pain. Because of Dr. Roistacher's groundbreaking work and unusual success with chronic pain patients, he became the person to whom the medical staff would turn when their best efforts to deal with major headache and facial pain failed. Dr. Roistacher often conducted grand rounds on the diagnosis and management of chronic benign pain of the head, face and mouth for the departments of internal medicine, otolaryngology, and neurology.

Dr. Roistacher has held numerous faculty appointments, including Clinical Professor of Dentistry, Columbia University School of Dental Medicine; Professor of Dental Medicine, State University of New York at Stony Brook; and Professor of Dentistry, Mt. Sinai School of Medicine. As a member of the American Dental Association's Committee on Graduate Dental Education, he succeeded in having the science, identification, and care of chronic benign headache included in the requirements for approval of dental residency programs. Dr. Roistacher has also written many articles on the diagnosis and treatment of facial pain for numerous medical journals, including the *Journal of Oral Medicine*, the *Journal of Dental Education*, and the *Clinical Journal of Pain*.

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