



Prevalence of TMJD and Its Signs and Symptoms

The prevalence of temporomandibular joint and muscle disorder (TMJD) is between 5% and 12%. Unusual for chronic pain conditions, the prevalence rates of TMJ disorders are higher among younger persons. TMJ disorders are at least twice as prevalent in women as men, and women using either supplemental estrogen or oral contraceptives are more likely to seek treatment for these conditions.

Table 1: Prevalence of TMJD and its Signs and Symptoms

The measurement of facial pain and TMJD is complicated. There is no standard definition for TMJD; it is measured by asking about various types and durations of muscle, joint, and facial pain, difficulty with chewing, joint sounds, etc. Table 1 lists a number of recent studies along with the method of measuring TMJD and the prevalence of various TMJD symptoms.

Table 1: Prevalence of TMJD and its signs and symptoms

Source	Pub. Year	Subpopulation	Measure	Results	Comments
Johansson et al ¹	2002	Total populations of two counties in Sweden	Pain from TMJ Joint sounds Difficulty opening jaw Bruxism Sensitive teeth Burning mouth Chewing difficulty	Males / Females 6.7% / 12.4% 12.0% / 16.5% 8.2% / 11.2% 15.5% / 20.2% 30.0% / 38.9% 4.1% / 5.3% 27.2% / 24.8%	Cross-sectional study (mail questionnaire, response rate 71%) (n=8,888)
McFarlane TV ²	2002	Patients in a general medical practice, England	One month period prevalence of oro-facial pain Males Females All, 18-25 All, 26-35 All, 36-45 All, 46-55 All, 56-65 Overall	 20.8% 29.8% 30.0% 27.6% 26.5% 25.1% 21.7% 25.8%	Cross-sectional study (n=2504)
Pow EH et al ³	2001	Adult Chinese residents of Hong Kong	Jaw pain Difficulty opening Clicking Bruxism Poorly rested Severe Pain	Males / Females 33.4% / 32.5% 7.5% / 8.9% 30.2% / 29.7% 25.1% / 24.0% 19.1% / 18.5% 9.3% / 5.8%	Cross-sectional study (telephone survey, response rate 56%) (n=1,526)

Spanish National Oral Health Survey ⁴	2000	Age 35-44 Age 65-74	Specific TMJD Symptoms: Jaw clicks Pain Limited mobility Jaw clicks Pain Limited mobility	17.6% 1.8% 1.8% 15.5% 2.5% 2.9%	Retrospective population survey (n=2380)
Goulet et al ⁵	1995	French-speakers age 18+, Province of Quebec	"Jaw pain in your jaw muscles or jaw joints, often or very often." 18-34 35-54 >55 All Ages	Males / Females 3.5% / 8.7% 6.8% / 10.4% 3.3% / 9.7% 5% / 9%	Retrospective population survey (n=897)
National Health Interview Survey (Lipton et al) ⁶	1993	US civilians, age 18+	"During the past 6 months, pain in the jaw joint or in front of the ear"....more than once. Males Females All, 18-34 All, 35-54 All, 55-74 All, 75+	3.5% 6.9% 6.5% 5.0% 4.0% 3.9%	Retrospective population survey (n=42,370)
Osteoarthritis Initiative (OAI) ⁷	2007	Men and women ages 45-79 with a history of knee pain.	"Jaw joint or in front of ear, pain or aching, past 30 days" Jaw joint or in front of ear, how many days had pain or aching, past 30 days"	Males / Females 3.8% / 10.9% 8.5 / 9.1%	Longitudinal, prospective observational study (n=4579)

References

- ¹ Johansson A, et al: Gender difference in symptoms related to temporomandibular disorders in a population of 50-year-old subjects. *J OROFAC PAIN* 2003; 17:29-35.
- ² Macfarlane TV, Blinkhorn AS, Davies RM, Kincey J, Worthington HV. Oro-facial pain in the community: prevalence and associated impact. *Community Dent Oral Epidemiol* 2002; 30: 52-60
- ³ Pow EH et al : Prevalence of symptoms associated with temporomandibular disorders in Hong Kong Chinese. *J Orofac Pain* 2002; 15(3):228-34.
- ⁴ Llodra-Calvo JC et al. *Encuesta en Salud Oral En Espana*. RCOE 2002, 7:19-63
- ⁵ Goulet et al: Jaw pain prevalence among French-speaking Canadians in Quebec and related symptoms of temporomandibular disorders. *J Dent Res*; 1995. 74(11):1738-44.
- ⁶ *Ibid* reference 1.
- ⁷ Unpublished data derived by author from Osteoarthritis Initiative data files available from <http://www.oai.ucsf.edu/datarelease/about.asp>.