



Let's Talk About TMJ, Oral Health and Pain
A Virtual Educational Opportunity

Friday June 28, 2024

12:00 – 3:00pm MT

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1200h **Welcome Remarks**
Dr. Ivonne A Hernández

1205h **The 5 W's of TMJ**
Dr. Reid Friesen
Dr. Friesen will discuss the Who, What, When, Where and Why of Temporomandibular Joint Disorders (TMDs). Discussion will include clinical signs and symptoms of TMD, how it is diagnosed, and conservative treatment strategies for patients dealing with this condition.

1245h **The Link between Oral and Systemic health**
Dr. Einas Abdulrehman

It's no surprise that there is a strong connection between the health of our mouths, the portal to the body, and our overall health and wellbeing! Optimal oral care helps to avoid many medical conditions including but not limited to CV disease, diabetes, and respiratory infections.

1325h **Wellness Break**

1345h **Welcome Back**
Evan Ward

Breathing and Jaw Exercises
Diane Roylance, Physiotherapist

1355h **If it is not my tooth, what is it then?**
Dr. Ivonne A Hernández

Dr. Hernandez will discuss the clinical features of a typical toothache and the possible diagnoses that may mimic a toothache. Clinical cases will be shown along with tips to prevent unnecessary treatment.

1415h **Healthy Smile, Healthy Life: Tips for Optimal Health of the Mouth**
Dr. Einas Abdulrehman

A glowing, confident smile is not just a portal to social acceptance but also an emblem of good health! Maintaining optimal dental health requires a combination of consistent oral hygiene practices, mindful dietary choices, and regular visits to the dentist.

1430h **My 19 Year journey of TMJ and headache pain**
Karen Rumleski

My goal is to provide tips and strategies to better cope with chronic pain on a daily basis. I hope that by sharing my experience I bring hope and it is possible to manage my pain rather than the pain managing me.

1440h **Panel Discussion with all presenters**

1500h **Closing Remarks**
Dr. Ivonne A Hernández

Meet our Presenters



Dr. Einas Abdulrehman has been practicing dentistry in the city of Edmonton since 2012. To expand her knowledge and experience, she pursued a master's degree in Orofacial Pain and Oral Medicine from the University of Southern California in 2018. Following this, she went on to become a diplomat in Orofacial pain in 2020 and she is currently an active member of the American Academy of Orofacial Pain. Dr. Abdulrehman's philosophy is to provide evidence based dental care with a patient centered approach. Dr. Abdulrehman is committed to applying her expertise and extensive knowledge in the field of orofacial medicine to improve the quality of life of her patients.



Dr. Reid Friesen is an Assistant Professor at the University of Alberta and is involved in training Oral Medicine graduate students, as well as undergraduate dental and dental hygiene students. Additionally, he is a member of the Royal College of Dentists of Canada (RCDC), the American Academy of Oral Medicine (AAOM), the Pain Society of Alberta, the American Academy of Sleep Medicine and the Canadian Academy of Oral and Maxillofacial Pathology and Oral Medicine. His clinical and research interests focus on the management of patients with chronic temporomandibular joint dysfunction and early diagnosis of potentially malignant disorders.



Dr. Ivonne A Hernández is an Associate Clinical Professor at the University of Alberta and teaches Orofacial Pain, Temporomandibular Joint Disorders and Sleep Disordered Breathing to Oral Medicine graduate students. In October 2023 she was elected to be the Pain Society of Alberta (PSA) President and she is a diplomate in Orofacial Pain (ABOP) and Sleep Medicine (ABDSM). Additionally, she is a member of several pain organizations including the Canadian Pain Society (CPS) and the International Association Study for Pain (IASP). Her private practice is devoted to the diagnosis and management of Orofacial Pain, Temporomandibular Joint Disorders and Sleep Apnea.



Diane Roylance is a Fellow of the Canadian Academy of Manipulative Physiotherapists and has practiced physiotherapy for 29 years primarily in the areas of orthopedics and complex pain. She is passionate about helping people move whether an elite athlete or a reluctant mover. Diane's practice areas include private practice and interdisciplinary care. She helps educate other health care providers and students on chronic pain, myofascial pain and fibromyalgia to name a few, through lectures, workshops, curriculum development and in clinic mentorship. Diane loves moving and is happiest when skiing, biking, climbing, swimming, meditating...with her loved ones.



Karen Rumleski is a Person with Lived Experience (PWLE) who has been living with severe headaches and associated neck, shoulder and TMJ pain for about 19 +years. In her chronic pain journey, she has been able to find strategies and ways to adapt to a new normal. She is still able to work regular hours and enjoy attending recreational activities. The expertise of many skilled practitioners has played an important role in her successful journey.