

Inauguration of the First Temporomandibular Joint Day in Korea by the Korean Academy of Orofacial Pain and Oral Medicine

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Temporomandibular Joint Day was inaugurated in November 9th, 2018 and aims to emphasize the importance of the temporomandibular joint in maintaining overall orofacial health and celebrates the benefits of proper treatment of its related disorders including temporomandibular disorders to raise awareness of the public on significant temporomandibular joint-related conditions.

The inauguration was supported by the increasing prevalence of temporomandibular joint disorders and the building interest of the public concerning its treatment. According to records from the Korean Health Insurance Review and Assessment Service, as many as four hundred thousand patients received treatment due to temporomandibular joint-related conditions in 2017 and this number has increased by 24% during the last 5 years. Temporomandibular disorders is a collective term for structural and functional problems occurring in the disc, ligament, muscle, and bony structures of the temporomandibular joint and the exact cause is yet to be fully elucidated. The disorder is known to occur more frequently in certain occupational groups including teachers, consultants, and those with high job related stress levels such as police officers and firefighters. Temporomandibular disorders can result in various complications such as facial asymmetry and sleep disorders without proper treatment so timely management by dentists with in-depth knowledge and experience is crucial.

Temporomandibular Joint Day is an annual event, intended to be a celebration of the temporomandibular joint and a call to act on important issues related to the temporomandibular joint, including medical treatment, education,

and social aspects. It is organized by the Korean Academy of Orofacial Pain and Oral Medicine and aims to lower the burden of temporomandibular joint problems on society through education, prevention and management. Temporomandibular Joint Day will be held on November 9th each year. This specific day was selected because 119 is the call number for emergencies in Korea which will be easily remembered by the public and also underlines the urgent need to introduce the importance of the temporomandibular joint and proper management of its related disorders by dentists with advanced knowledge of both the joints physiology and pathology.

This year's event was the beginning of many days to come and the future dates will be November 9, 2019 and November 9, 2020.





This year's event was held on November 9th, 2018 at the Hall of the Korean Dental Association. Many eminent members of the Korean dental society gathered to celebrate this most meaningful day including the current and past presidents and board members of the Korean Academy of Orofacial Pain and Oral Medicine, the president of the Seoul Dental Association, the president of the Korean Dental Hospital Association, and the head of the Yongsan Fire Department.

November 9th is also Firefighting Day in Korea, and in accordance to this anniversary firefighters received treatment for temporomandibular disorders and bruxism offered by the Korean Academy of Orofacial Pain and Oral Medicine at the Department of Oral Medicine of Seoul National University Dental Hospital without compensation.

Three essential statements were made on this memorable day as below:

- 1) Dentists of Korea are responsible of maintaining a healthy status of the temporomandibular joint of the people.
- 2) Dentists of Korea strive for the research and management of temporomandibular joint related conditions



3) November 9th is annually celebrated as the Temporomandibular Joint Day in Korea

Poster of the first Temporomandibular Joint Day which emphasizes the role of dentists in maintaining temporomandibular joint health

The annual Temporomandibular Joint Day was started by a group of dedicated dentists working and studying in the area of oral medicine and orofacial pain research. The goal of the first Temporomandibular Joint Day was to bring together healthcare providers to discuss and distribute information nationally.

The Korean Academy of Orofacial Pain and Oral Medicine will continue its effort to educate the public of the importance of the temporomandibular joint and its proper treatment through public propaganda, lectures on health, and various events including those is form of talent donation for patients who are in need.