

Multidisciplinary Clinic for Post-Trauma Orofacial Pain and Wellness



The aftermath of war leaves visible scars—but also hidden ones. One of the most overlooked consequences of trauma is its impact on oral and facial health. Many people exposed to stress and violence suffer from jaw pain, tooth fractures, facial tension, and difficulty chewing or speaking—conditions caused or worsened by stress-related behaviors like teeth grinding and clenching.

A recent study at Tel Aviv University, conducted after the October 7, 2023 attacks, found that awake bruxism (daytime teeth grinding) nearly doubled during wartime—from 34% to 65% in young adults. Those experiencing adjustment disorders were especially vulnerable: nearly 70% showed signs of stress-induced facial muscle tension, clenching, and grinding. These effects are not only painful but deeply disruptive to everyday life.

Even more striking, the study showed that the key to recovery wasn't just reducing stress—but building resilience. People with stronger coping mechanisms were more likely to relax their facial muscles and avoid long-term damage. This is why we need more than just dental care—we need integrated, trauma-informed healing.



WHY THIS MATTERS FOR PUBLIC HEALTH

Temporomandibular disorders (TMD), facial pain, and bruxism are not just dental problems. They are public health issues with wide-reaching consequences:

- One in four chronic TMD patients misses work days each year due to pain and dysfunction.
- Facial pain is linked to depression, anxiety, and social isolation.
- Many trauma survivors remain undiagnosed or misdiagnosed because symptoms like headaches, earaches, and jaw tension are mistaken for other conditions.
- Caregivers, evacuees, and soldiers—those most affected by trauma—often lack access to specialized, trauma-sensitive care.

OUR VISION: ISRAEL'S FIRST NATIONAL CLINIC FOR POST-TRAUMA OROFACIAL WELLNESS

To meet this urgent need, the **Goldschleger School of Dental Medicine at Tel Aviv University** is launching a national initiative: the **Multidisciplinary Clinic for Post-Trauma Orofacial Pain and Wellness**.

This one-of-a-kind clinic will bring together dentistry, psychology, physical therapy, and the arts to help patients recover not just physically, but emotionally and socially. Our mission is to relieve pain, restore function, and help people reclaim their lives.

THE CLINIC WILL BE BUILT ON FOUR CORE PILLARS:

1. Comprehensive Treatment

Integrated care that includes:

- Dental and periodontal treatment
- Physical therapy for the head, neck, and jaw
- Psychological support and trauma counseling
- Non-invasive therapies like mindfulness, music therapy, neurofeedback, and guided relaxation

2. Groundbreaking Research

In partnership with experts in psychology, music, and rehabilitation, we will study how trauma affects oral health—investigating the root causes of bruxism, pain, and inflammation under stress.

3. Education & Training

We will train a new generation of dentists, psychologists, and therapists in trauma-informed care—equipping them to respond compassionately and effectively in a post-crisis world.

4. Community Outreach

We will serve as a national referral clinic while reaching out to high-risk communities with early screenings, public education, and prevention programs.

JOIN US IN BUILDING A CENTER FOR HEALING

This clinic will be more than a treatment center. It will be a **beacon of recovery**, a hub for innovation, and a compassionate response to a growing crisis.

