



## **CURRICULUM VITAE ILIA ROUSSOU**

Dr. Ilia Roussou received her undergraduate degree in Dentistry (D.D.S) from the National and Kapodistrian University of Athens, Greece. She obtained her certificate in Prosthodontics from the graduate program of Temple University, Philadelphia, USA. Continuing her graduates studies, Dr. Roussou received her certificate in Orofacial Pain from University of Kentucky, in Lexington, USA.

In 2004, she obtained her PhD degree from the National and Kapodistrian University of Athens, Greece. Following her professional training Dr. Roussou established a private practice in Athens, limited to Prosthodontics and Orofacial Pain treatment.

She is an assistant professor at the department of prosthodontics, dental school, university of Athens, Greece.

Dr. Roussou is active member of many professional societies. Her professional affiliations include the European academy of Craniomandibular Disorders (EACD), International College of Dentistry (ICD), European Prosthodontics Society (EPA), European Osseointegration Society.

Dr. Roussou lectures extensively nationally and internationally. Her topics of specialty are Orofacial Pain and Temporomandibular Disorders, Occlusion and Occlusal Discrepancies.

## **ABSTRACT RISK MANAGEMENT IN TMD**

Managing pain and dysfunction of temporomandibular disorders (TMD) and orofacial pain i can be a complex dental problem. The complexity arises from the many problems that can be associated with normal function of the stomatognathic system. The equilibrium and the restoration of function of the stomatognathic system is often an everyday challenge during most dental treatments. Even more so for orthodontists and prosthodontists since their treatment plans often require the repositioning of the joint in a three dimensional way against the maxilla. The risks for disrupting normal function upon finishing the dental treatment is high. Therefore

it is important for the dentist to study and fully understand the normal function of the TMJoints, understand how the mandible rests against the cranium in a most favourable position, and of course how occlusion and any dental prosthetic restorations should be adjusted without jeopardising the stability of the stomatognathic system.

Epidemiological studies suggest that 40-60% of the general population have at least one sign of a temporomandibular disorder (TMD). That means that it's not uncommon for such a patient to present at the dental clinic seeking for advise or treatment. Also some dental procedures such as dental anesthesia, third molar extraction, endodontic treatment might secondary cause such a disorder. The dentist does not necessarily need to treat this cases if he/she do not feel comfortable with but they should have the knowledge to recognise the disorders, advise the patient and be able to prevent these disorders from happening during routine dental treatment.

In this lecture the risks that often accompany TMD treatment will be identified and the procedures to avoid their impact will be discussed.