

Dear **(INSERT YOUR SENATOR/REPRESENTATIVE'S NAME),**

Patients with painful temporomandibular (jaw) joint and muscle disorders (TMJDs) desperately need research to improve understanding and lead to safe and effective treatments—ones that will not cause further pain and suffering. Every year since 1993 Congress has advised the National Institutes of Health (NIH) to expand research on TMJDs. Our hope for relief lies in the answers only science can provide and that science is largely funded by the National Institutes of Health (NIH).

I applaud Congress for its continuous support of the needs of TMJD patients. I am writing to ask you **(INSERT SENATOR/REP. NAME)** and your colleagues to urge the NIH to move forward in creating a plan for interdisciplinary research with the goals of finding improved means of diagnosing, treating, and preventing these painful conditions.

**(INSERT YOUR TMJ STORY)**

Thirty-five million Americans suffer from TMJDs, and they (we) are counting on your support. With the backing of caring elected officials and much-needed research dollars, TMJDs can be studied in their totality, with innovative and coordinated research to generate new treatment options and means of prevention. The resulting savings in healthcare costs and lost wages will be significant benefits.

I urge you **(INSERT SENATOR/REP. NAME)** to take an extra moment when reviewing legislation to ensure that the agencies supported by our tax dollars are advised of their responsibilities with regard to your constituents suffering from TMJDs. I thank you in advance for your support.

Sincerely yours,

**(INSERT YOUR NAME)**

**(INSERT YOUR CONTACT INFO.)**