

Preview of the Medifocus Guidebook on: Trigeminal Neuralgia

Updated July 5, 2019



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Trigeminal Neuralgia**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

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1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of experienced medical research professionals with vast experience in researching the published medical literature. This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for a more meaningful discussion between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease
- Treatment options

- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)

- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

TRIGEMINAL NEURALGIA

Introduction to Trigeminal Neuralgia

Trigeminal neuralgia (TN), also called *tic douloureux*, is the most common facial pain syndrome and is often described as "the most terrible pain known to man". It is characterized by a sudden (paroxysmal) attack of facial pain described as intense, sharp, like an electric shock, or stabbing. The pain is most commonly felt in the cheekbone, most of the nose, upper lip and upper teeth and, in some people, it also extends to the lower lip, teeth, and chin. Pain is usually felt on one side of the face (*unilateral*) and lasts from a few seconds to two minutes. People with TN report that the intermittent pain attacks and the anticipatory anxiety from not knowing when they will occur result in a significant deterioration of their quality of life and interfere with daily activities such as eating and sleeping. Trigeminal neuralgia is the most frequently occurring nerve pain disorder. The most common cause of trigeminal neuralgia is compression of the trigeminal nerve by a blood vessel near the brainstem. However, many cases remain idiopathic and a specific cause cannot be identified.

There are 12 pairs of nerves, called *cranial nerves*, which innervate (provide the nerve supply to) the right and left side of the head and neck. The *trigeminal nerve*, designated as cranial nerve number V, is the fifth and largest of the cranial nerves. It provides nerve sensation to the face, mouth, and the front of the scalp, as well as controlling the muscles involved in chewing (mastication). The trigeminal nerve is also responsible for sensations such as taste, touch, and pain to the face.

The trigeminal nerve has three branches.

- The *ophthalmic branch* runs through the eye, forehead and nose.
- The *maxillary branch* runs through the upper teeth, gums, lips, cheek, lower eyelid and side of the nose.
- The *mandibular branch* runs through the lower teeth, gums and lip. It also controls jaw movement for mastication or chewing.

The three branches of the trigeminal nerve come together in an area called the *Gasserian ganglion*. From there, the trigeminal nerve root continues along the side of the brain stem and inserts into a portion of the brainstem called the *pons*.

Trigeminal neuralgia most often affects the maxillary branch or the mandibular branch of the trigeminal nerve. One study reported the division of pain in patients with TN to be:

- 44% in the maxillary branch

- 35% in the mandibular branch
- 19% in the ophthalmic branch

Most patients complain of pain in both the maxillary and mandibular branches.

Classification of Trigeminal Neuralgia

The International Headache Society (IHS) has identified two types of trigeminal neuralgia: *classical TN* and *symptomatic TN*.

Classical trigeminal neuralgia, also referred to as *idiopathic trigeminal neuralgia*, is typically caused by a blood vessel (usually the superior cerebellar artery) compressing the trigeminal nerve as it exits from the brainstem. The constant compression of the nerve root, compounded by each heartbeat that causes momentary widening of the artery, results in additional momentary rubbing, and leads to loss of the *myelin sheath*, the covering or insulation that surrounds the nerve fibers. The loss of the protective nerve covering is called *demyelination*. Without proper insulation, the nerve cells become hyperexcitable and begin to fire in an erratic and disorganized manner, resulting in significant pain. This is believed to be the cause of up to 90% of cases of idiopathic trigeminal neuralgia. In young adults, the most common cause of compression is thought to be a vein that compresses the trigeminal nerve, either alone or in addition to arterial nerve compression.

Many patients describe a specific event (*trigger*) that may precipitate an attack of classical trigeminal neuralgia (TN). These triggers include:

- Chewing
- Talking
- Swallowing
- Brushing teeth
- Face washing
- Shaving
- Vibration
- Exposure to cold or a cool breeze across the face
- Light touch to the specific areas of the face, or any vibration

The triggers are usually on the same side of the face as the pain (ipsilateral).

Symptomatic TN includes all cases where trigeminal neuralgia is secondary to an underlying, demonstrable medical condition that is not related to vascular compression, including:

- Multiple sclerosis - a chronic autoimmune disorder caused by the destruction (demyelination) of the myelin sheath of nerve fibers in the brain and spinal cord. Multiple sclerosis may also result in demyelination of one or more branches of the trigeminal nerve and lead to trigeminal neuralgia. It is estimated that 3-5% of patients with trigeminal neuralgia have multiple sclerosis. These patients are generally younger and may experience their first incident in their mid-40's. They are also more likely to have pain on both sides of their faces and often suffer from other neurological symptoms such as weakness in the arms

or legs.

- Other diseases which cause damage to the myelin sheath such as *leukodystrophy*, a group of diseases that are related to imperfect growth or development of the myelin sheath, chronic inflammatory demyelinating disease, or Guillain-Barre Syndrome.
- A tumor compressing the trigeminal nerve may also cause trigeminal neuralgia.
- Abnormalities at the base of the skull.
- Arteriovenous malformations - abnormal connection between veins and arteries.

Approximately 5-10% of cases of trigeminal neuralgia are caused by one of these underlying medical conditions.

It should be noted that it is important to distinguish *trigeminal neuralgia* from *trigeminal neuropathy*, which refers to a pain syndrome resulting from a more significant injury to the trigeminal nerve. Frequent causes of trigeminal neuropathy are surgical procedures involving the teeth and sinuses, as well as trauma or infections of the face and head.

Incidence of Trigeminal Neuralgia

Trigeminal neuralgia is considered by the National Organization of Rare Diseases (NORD) to be a rare condition that affects approximately 1.7 million people in the U.S., although estimates vary widely. It is estimated by some studies that approximately four to five in 100,000 people develop TN each year in the United States. Other estimates report that approximately 14,000 people in the U.S. develop TN each year. In addition:

- The average age of onset is between 50 and 70 years old, though it can be seen in younger people as well.
- The incidence of TN gradually increases with age.
- TN is uncommon in people younger than 30 years of age and only 1% of cases are reported to occur in people younger than 20 years of age.
- TN affects almost twice as many women as men.
- Some studies report pain to be more common on the right side of the face.

Risk Factors for Trigeminal Neuralgia

A risk factor is anything that increases the chances that a person will develop a particular disease or condition. Risk factors for trigeminal neuralgia (TN) include:

- Age - Average onset of TN occurs most frequently in people 50 years of age or older.
- Gender - Women are 1.5 times more likely to develop TN than men.
- Family history of facial pain - Approximately 5% of patients report a family history of facial pain, perhaps because an inherited pattern of blood vessel formation may increase the likelihood of irritation the trigeminal nerve.
- Multiple sclerosis - Approximately 3-5% of patients with TN also suffer from multiple sclerosis.

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Trigeminal Neuralgia** also includes the following additional sections:

- **Diagnosis of Trigeminal Neuralgia**
- **Treatment Options for Trigeminal Neuralgia**
- **The Role of Complementary Medicine in Trigeminal Neuralgia**
- **Quality of Life in Patients with Trigeminal Neuralgia**
- **New Developments in Trigeminal Neuralgia**
- **Questions to Ask Your Health Care Provider About Trigeminal Neuralgia**

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3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 41 Articles
- General Interest Articles - 42 Articles
- Drug Therapy Articles - 9 Articles
- Surgical Therapy Articles - 8 Articles
- Clinical Trials Articles - 9 Articles
- Stereotactic Radiosurgery Articles - 33 Articles
- Microvascular Decompression Articles - 32 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

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Recent Literature: What Your Doctor Reads

Database: PubMed <January 2014 to July 2019>

Review Articles

1.

Trigeminal neuralgia secondary to multiple sclerosis: from the clinical picture to the treatment options.

Authors: Di Stefano G; Maarbjerg S; Truini A
Institution: Department of Human Neurosciences, Sapienza University, Viale Universita 30, 00185, Rome, Italy. University of Copenhagen, Copenhagen, Denmark. 00185, Rome, Italy. andrea.truini@uniroma1.it.
Journal: J Headache Pain. 2019 Feb 19;20(1):20. doi: 10.1186/s10194-019-0969-0.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=NR018&ID=30782116>

2.

Acupuncture for primary trigeminal neuralgia: A systematic review and PRISMA-compliant meta-analysis.

Authors: Hu H; Chen L; Ma R; Gao H; Fang J
Institution: The Third Affiliated Hospital of Zhejiang Chinese Medical University, Hangzhou City, Zhejiang Province, China; Zhejiang Chinese Medical University, Hangzhou City, Zhejiang Province, China. Electronic address: fangjianqiao7532@163.com.; The Third Affiliated Hospital of Zhejiang Chinese Medical University, Hangzhou City, Zhejiang Province, China.
Journal: Complement Ther Clin Pract. 2019 Feb;34:254-267. doi: 10.1016/j.ctcp.2018.12.013. Epub 2018 Dec 24.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=NR018&ID=30712736>

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4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

CA - California

Name of Author

Chang SD

Institutional Affiliation

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Loma Linda University School of Medicine, Loma Linda, California, USA. address: chakrav@ccf.org.

Gospodarev V

Loma Linda University School of Medicine, Loma Linda, California, USA. address: chakrav@ccf.org.

Graff-Radford S

The Pain Center, Cedars-Sinai Medical Center, 444 South San Vicente Blvd., #1101, Los Angeles, CA, 90048, USA, Steven.Graff-Radford@cshs.org.

The **Centers of Research** in the complete **Medifocus Guidebook on Trigeminal Neuralgia** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

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5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Trigeminal Neuralgia** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

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6 - Directory of Organizations

American Academy of Neurology

1080 Montreal Avenue; St. Paul, MN 55116

800.879.1960 651.695.2717

memberservices@aan.com

www.aan.com

American Academy of Orofacial Pain

19 Mantua Road Mount Royal, NJ 08061

(856) 423-3629

aaopco@talley.com

www.aaop.org

American Academy of Otolaryngology - Head & Neck Surgery

1650 Diagonal Road, Alexandria, VA 22314-2857

703.836.4444

www.entnet.org

American Academy of Pain Management

13947 Mono Way #A; Sonora, CA 95370

209.533.9744

aapm@aapainmanage.org

www.aapainmanage.org

American Association of Neurological Surgeons

5550 Meadowbrook Drive; Rolling Meadows, IL 60088

888.566.2267; 847.378-0500

info@aans.org

www.neurosurgery.org

American Association of Oral and Maxillofacial Surgeons

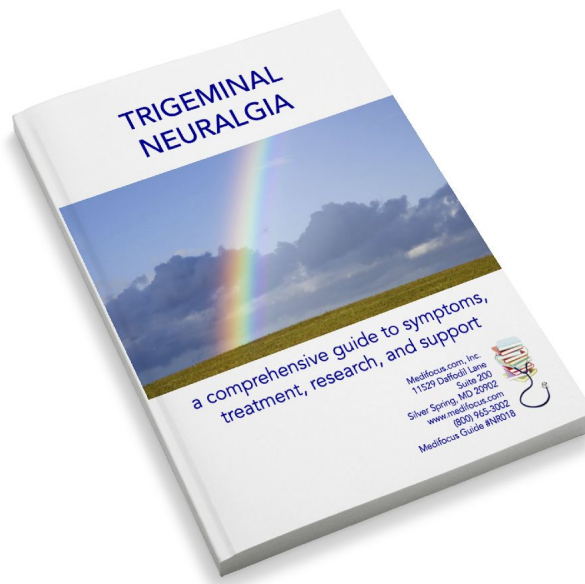
9700 West Bryn Mawr Avenue; Rosemont, IL 60018-5701

800.822.6637; 847.678.6200

www.aaoms.org

The **Directory of Organizations** in the complete **Medifocus Guidebook on Trigeminal Neuralgia** includes a list of selected disease organizations and support groups that are helping people diagnosed with Trigeminal Neuralgia.

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