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What is bruxism?

It is the **clenching or grinding** of your teeth especially during sleep. Many people suffer from bruxism during their lifetime. For some, this phenomenon is temporary, but for about 11% of cases, this involuntary reflex occurs on a regular basis. Some people clench their teeth during the day as well. Clenching of teeth affects approximately 20% of the population. Usually, apart from chewing or swallowing, your teeth should not be in contact.

When you tighten the jaws the following occurs

- The jaw elevating **muscles** are contracted.
- The **joints** work harder and can wear out
- The **teeth and restorations** are subjected to large forces and can deteriorate.
- The **bone and gums** can be damaged if combined with a poor hygiene.

Symptoms

Frequent or excessive contact of teeth can cause various problems:

- **Pain and stiffness** of the jaws, limited opening of the mouth, earache, headache or feeling tired upon waking, tooth sensitivity and tooth wear, broken fillings.
- **Tension** in the neck and upper back.



Causes

Although the causes are multi factorial, some can explain this phenomenon:

- Anxiety and stress.
- Lack of sleep.
- Most people with the condition are found to sleep on their back
- Missing teeth and occlusal imbalance.
- Loss of support of the posterior teeth and loss of height.
- Demineralization and acidity in the body.

Treatment

-**Awareness of the problem** is a start of treatment. Signs and symptoms can target the probable cause and allow you to choose the appropriate treatment.

-**Reducing stress** can relieve symptoms, which will benefit the general welfare.

- A **mouth guard** may be recommended if the clenching of teeth occurs on a regular basis. It is made from an impression of the teeth and in the optimal positioning of the jaw muscles: this is called a **neuromuscular mouth guard**. It has several roles: to prevent the upper and lower teeth from being in contact, reducing stress on the joints and the symptoms of pain, limiting the wear and tear on the teeth. However, it is important to determine if there is only muscle tension or if there is also a **joint disorder**. If there is a joint disorder, therapy will be different. **Articular therapy** will be recommended to reposition the articular disc (cartilage).

-Our approach for the fabrication of a mouth guard allows us to obtain better results. In addition to taking impressions we use a **TENS (Transcutaneous Electrical Nerve Stimulation)**. The purpose of this technique is to release tension in the jaw muscles in order to find the resting position of the mandible. Once the jaw muscles are relaxed, we take an impression of the opening of the mouth at rest. In this way, the mouth guard is perfectly adapted to the rested position of the jaw which gives the best results.

You have a lot of stress in your life and your teeth are paying the price? We cannot reduce your stress but we can help you protect your teeth and find comfort!

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