

TS

ORAL HEALTH

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Bruxism Fast Facts



- Bruxism: “repetitive jaw-muscle activity characterised by clenching or grinding of the teeth and/or by bracing or thrusting of the mandible”¹
- Sleep bruxism: short bursts of muscle activity during elevation from **deeper** to **lighter** sleep stages or even partial arousal (it does not wake the person, but the person may wake while bruxing)
- Awake bruxism: characterized by clenching or grinding while awake
- They appear to be etiologically distinct
- Sleep bruxism is more common in children with prevalence of 5-50%, depending on diagnostic criteria²
- The condition tends to decrease into adulthood, where about 5-8% of adults brux
- Most bruxers have no pain or dysfunction associated with this condition, unless it is severe, or there is a pre-disposition to injury (e.g. benign joint hypermobility, Ehlers-Danlos syndrome, etc.)
- It tends to run in families (i.e., possible genetic links)³

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- Primary bruxism has an unknown etiology, but all evidence points toward the CNS as the cause. There are contributing factors that can stimulate or worsen bruxism, as seen in the table below⁴:

Pathophysiological	Psychosocial
Sleep disturbances/arousals	Stress
Altered brain chemistry	Anxiety
Medications/drugs	Fear
Alcohol/caffeine consumption	Frustration
Genetic factors	Anger
Smoking	Poor social support
Allergies	Personality

- Medications that contribute to bruxism¹ (modified from article):

Medication class	Individual medication
Anticonvulsants	Methylphenbarbitol
	Phenobarbital
	Diazepam
	Lorazepam
	Midazolam
	Carbamazepine
	Oxcarbazepine
	Valproic acid
	Tiagabine
	Vigabatrin
	Topiramate
	Phenytoin
	Ethadione
	Levetiracetam
	Lamotrigine
Lamotrigine	
phenethylamines	Amphetamine
	Dextroamphetamine
	Lisdexamfetamine
	Methylphenidate
SSRI	Citalopram
	Escitalopram
	Fluoxetine
	Fluvoxamine
	Paroxetine
	Sertraline
	vilazodone
SNRI	Duloxetine
	Venlafaxine

- Problems associated with bruxism: jaw muscle pain; jaw joint pain; TMJ internal derangements; jaw muscle fatigue; tension headaches; tooth wear; tooth fracture; tooth pain; restoration failure; implant failure
- Possible benefits of mild-moderate bruxism: saliva stimulation; bone density maintenance; higher frequency bruxism possibly protective against pain (exercise)⁵

Sources

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