

Teeth Grinding Or Bruxism Explored In Simple

Have you noticed people grinding and clenching their teeth from time to time and sometimes even during sleep? This may appear a non-relevant act but if frequently manifested by an individual in a manner that already appears like a habit, then this should be reason enough to worry about. This is a medical condition referred to as bruxism. One's occasional grinding of the teeth may not appear alarming or to some maybe not even when it is already being done quite frequently as this looks "harmless" so to speak.

Why do people grind their teeth and how did bruxism come about this is probably the most commonly encountered question with regards to this matter. There are various reasons by which bruxism may be pointed out to have been caused. Some says its stress and anxiety which is at most times true to some people. Teeth grinding during sleep may also be caused by an abnormal bite or probably crooked or missing teeth.

Teeth grinding during sleep may be a bit difficult to know particularly when you are sleeping alone and have no way of telling. So how does one exactly know whether he is grinding teeth during sleep or not? Telltale signs of bruxism include dull and constant headache or in some cases sore jaw. Even if you are not for certain yet you suspect that you may be grinding your teeth during sleep you should take the initiative to speak with your dentist. If there is one person to help you understand and confirm whether your suspicion is indeed true it would be your dentist. By examining your mouth and jaw, your dentist will be able to tell you if you have the signs of bruxism as they can see jaw tenderness and teeth abnormalities.

If bruxism in general not really that of a harmful condition, it does not eliminate it from one of the conditions that may still cause you harm in one way or another. How? Some people have chronic teeth grinding that the frequency results in loss of teeth. Others even get their teeth fractured which cause oral distress. Your teeth can be worn out because of bruxism and may well even cause you to need implants, dentures, bridges, crowns or get root canals. An effect on your jaw should also be kept on the lookout where you may find that your hearing is affected.

There are mouth guards available for your teeth protection however if your case of bruxism is caused by stress you should ask your doctor about ways on how to reduce your stress level. There are also other things you can do on your own and that includes the cutting back on drinks that contain caffeine, avoiding any alcohol and many more.

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