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How to Effectively Deal with the Causes and Consequences of Bruxism by [Pierre Cardan](#)

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Most individuals will encounter bruxism at least once in their lives. It is an oral para-functional activity defined by grinding or gnashing of the teeth when one is at a semi-conscious state. While it is normally moderate enough not to result in health complications, some experience bruxism as a chronic sleeping disorder. They endure persistent headaches, gum recession, sore jaw, and more health issues. Bruxism is alarming if not dealt with immediately. Worse situations even induce tooth loss by forced extraction.

The force that induces bruxism is powerful enough to break a nutshell in one bite yet not strong enough to awaken a person. Actually, it is an indication of a deep sleep state. It originates from the interaction of the muscles surrounding the jaw and other muscles in the face and ears. A person affected by bruxism often experiences muscle pain in major parts of his face but is completely unaware of the health issue. The occurrence is considered similar to other nocturnal health issues such as sleep apnea.

When a person is asleep, his brain becomes more alert than it is at a conscious state, allowing it to sense even the slightest movements nearby. Dentists clarify that bruxism is an uncommon result of alertness. Like the eyeballs moving faster when someone is asleep, the muscles of the face respond more intensely, causing bruxism. Viewed as diurnal in several conditions, this illness can also occur when one is awake but not entirely conscious of his physical movements.

Various mouth issues are associated with bruxism if not treated right away. Adults who did not have formal treatment often experience significantly abraded teeth that induce biting complications. Since the enamel that covers the vulnerable layers of the teeth has already thinned, sensitivity issues normally arise. Any Kanata dentist would recommend clients several restorative treatments like installing crowns or veneers to avoid further teeth reduction and its unfavorable impacts.

Bruxism might also invite cavities since the sensitive and vulnerable layers of the teeth are already exposed to bacteria in the oral cavity. With a sufficient force, it can cause fracture or chips in the teeth. Chipped incisors are remedied by veneer installation. Nonetheless, a dentist Ottawa locals prefer would suggest treatment of bruxism first to keep similar problems from happening.

Solutions for bruxism may differ but they all last long as what is being managed is the habit. Mouth guards and other dental appliances are used not only to train the jaw to involuntarily stop clenching but also to minimize further abrasion. Any cosmetic dentist Kanata has delivers this after restoration of affected teeth.

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