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

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A lot of people can encounter bruxism at least once in their lives. It is an oral para-functional activity characterized by grinding or gnashing of the teeth while a person is at a semi-conscious state. Although it is normally mild enough not to cause health problems, a few experience bruxism as a chronic sleeping disorder. They endure recurring headaches, gum recession, sore jaw, and more health issues. Bruxism is alarming if not treated immediately. Worse cases 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 an individual. In fact, this is a sign of a deep sleep state. It comes from the interaction of the muscles around the jaw and other muscles in the face and ears. An individual affected by bruxism typically experiences muscle pain in major parts of his face but is entirely oblivious of the illness. The disorder is considered similar to other nighttime conditions such as sleep apnea.

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

Numerous oral issues are linked with bruxism if not addressed right away. Adults who did not have professional treatment usually experience seriously abraded teeth that cause biting issues. Since the enamel that covers the vulnerable layers of the teeth has already thinned, sensitivity issues frequently happen. Any kanata dentist will recommend patients several restorative processes such as installing crowns or veneers to prevent further teeth reduction and its negative effects.

Bruxism can also cause cavities as the sensitive and vulnerable layers of the teeth are already exposed to bacteria in the mouth. With enough pressure, it can lead to fracture or chips in the teeth. Chipped incisors are repaired by veneer installation. Nonetheless, a dentist Ottawa clients favor would suggest treatment of bruxism first to keep the same issues from happening.

Treatments for bruxism may change but they all last long because what is being addressed is the habit. Mouth guards and other dental appliances are utilized not only to train the jaw to involuntarily stop clenching but also to prevent further abrasion. Any cosmetic dentist Kanata has offers this after restoration of affected teeth.

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