

## Bruxism Symptoms, Causes and its Risk Factors

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### DESCRIPTION

Bruxism means involuntary habitual grinding of the teeth, typically during sleep. A disorder is known as bruxism. They caused a grind, gnash, or clench your teeth. If you clench or grind your teeth while you sleep or when you are awake, this condition is known as bruxism (sleep bruxism). Sleep bruxism is considered as a sleep-related movement disorder.

More people who clench or grind their teeth when they sleep are more like to snore and suffer to breathing stoppage problem (sleep apnea). Mild bruxism may not be required any treatment. Bruxism is common and severe enough to lead like jaw problems, headaches, tooth damage, and other problems.

### Symptoms

The symptoms which are observed due to bruxism, teeth are flattened, fractured, chipped or loose worn tooth enamel, exposing deeper layers of tooth. Increased tooth pain or sensitivity tired or tight jaw muscles, headache, earache, a painful jaw, which can lead to a condition called Temporomandibular Disorder (TMD), locked jaw that may not open our mouth, neck or face pain or soreness in bruxism.

### Causes

Doctors do not completely understand the real causes of bruxism, because it will be a combination of physical, mental and genetic elements. The emotions of stress, strain, anger and frustration may be the causes. Or it could be a coping method or a habit at some point of deep concentration. Sleep bruxism can be a sleep-associated chewing activity related to arousals at some stages in sleep. Kids might grind their teeth for a few reasons, including:

- Teeth that aren't aligned properly.

- Pain, such as from an earache or teething.
- Stress; for instance, from worry about a test or a change in routine.
- Medical reasons, like hyperactivity, cerebral palsy, or some types of medicines.

### Risk factors

These factors growth your risk of bruxism like stress increased tension or strain, anger, frustration can result in tooth grinding. Bruxism is common in the younger children; however as the time passes, it usually goes away during adulthood. Medications and different substances are present. Bruxism can be an unusual aspect impact of a few psychiatric medications, inclusive of sure antidepressants. Smoking tobacco, consuming caffeinated drinks or alcohol also be the risk factors to get bruxism.

If you have got bruxism, different participants of your own circle of relatives may also have the chance to get bruxism or risk of other problems. Bruxism may be related to a few intellectual fitness and clinical problems, inclusive of Parkinson's disease, dementia, Gastro Esophageal Reflux Disorder (GERD), epilepsy, night time terrors, sleep-associated problems inclusive of sleep apnea, and Attention-Deficit/Hyperactivity Disorder (ADHD).

### CONCLUSION

In maximum cases, bruxism would not be caused serious complications. But extreme bruxism may also lead to: Damage in your teeth, restorations, crowns or jaw, Tension-type headaches, severe facial or jaw pain. Disorders that arise in the Temporo Mandibular Joints (TMJs), placed just in the front of your ears, which may also sound like clicking while you open and close your mouth. Treatment of any conditions associated with bruxism should also be optimized.

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