

Etiology, types and symptoms of tooth clenching.

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Description

Bruxism is the term for when someone grinds or clenches their teeth without chewing. The action frequently takes place when the person is asleep, and they are frequently unaware of it. The development of teeth, an improper bite, stress, as well as several neurological and other diseases, are among the causes. When someone grinds their teeth, they chew while moving their teeth against one another. When someone clenches their muscles without moving their teeth back and forth, they are clenching their teeth together. Both day and night, people may clench or grind their teeth. 8% to 10% of people in the United Kingdom experience bruxism, according to the Bruxism Association.

Although the cause of bruxism is unknown, there are four main hypotheses

Local variables: The oral and maxillofacial region's conditions and traits are the main local causes of bruxism. As the jaw tries to reach a comfortable resting posture, dental problems such as crooked teeth, unnatural bite patterns, and missing teeth can cause teeth grinding. Another factor is malocclusion, which is when the upper and lower teeth are out of alignment. Bruxism is strongly related to Temporomandibular Joint (TMJ) problems, which are characterized by pain and dysfunction in the jaw joint. In addition, oral injuries, dental restorations, and tooth decay can all cause bruxism. Smoking, mental tension, anxiety, and excessive caffeine or alcohol consumption might increase local variables, raising the likelihood of problems from bruxism.

Neurological components: Neurological components are very important in bruxism. Involuntary teeth grinding may result from central nervous system dysfunction. As neurotransmitters like dopamine and serotonin can impact how muscles are regulated, abnormalities in these chemicals are linked to bruxism. Because they affect motor control, certain neurological disorders like Parkinson's disease and Huntington's disease are linked to bruxism. Neurological causes for sleep disorders, including sleep-related bruxism, may also exist because the brain struggles to maintain the appropriate level of muscle relaxation while we sleep. In order to diagnose and treat bruxism, it is essential to comprehend these neurological variables, which frequently calls for a

multidisciplinary approach comprising dentists, neurologists, and sleep specialists.

Medication: In general, drugs are not very successful in treating bruxism; further study is required to ascertain this. Some medications that can be used to treat bruxism include the following:

Muscle relaxants: In some circumstances, your doctor could advise taking a muscle relaxant for a brief length of time before bed.

Botox injections: People with severe bruxism who don't react to other therapies may benefit from Botox injections, a kind of botulinum toxin.

Stress or anxiety medication: Your doctor may advise you to take antidepressants or anxiety pills for a brief period of time to help you cope with the stress or other emotional problems that may be the root of your bruxism.

Risk elements

Stress: Grinding your teeth may result from feeling more anxious or stressed. As well as rage and frustration.

Age: Bruxism is frequent in young children, but by adulthood, it usually disappears.

Personality: Having an aggressive, competitive, or hyperactive personality type can raise your risk of bruxism.

Medications and other substances: Some psychiatric medications, such as some antidepressants, may have a rare adverse effect called bruxism. Using recreational substances, ingesting alcohol or caffeine-containing beverages, or smoking cigarettes may all raise the risk of bruxism.

Bruxism in the family: Sleep bruxism frequently runs in families. Other family members who have a history of grinding their teeth may also do so.

Other disorders: Bruxism can be connected to various medical and mental health conditions.

Three different types of teeth grinding

Sleep bruxism: Sleep The most typical case of bruxism is when you grind your teeth while you sleep at night (or

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primarily while you sleep). Your companion can be startled awake at night by the sound, even if you may not even be aware of it.

Awake bruxism: This type of bruxism is less common and a little bit simpler to recognize and treat. When under a lot of stress, you could clench your teeth firmly or grind them.

Children's bruxism: Children who bruxise their teeth are thought to do so between 15% and 33% of the time. The two primary times when the issue typically disappears are when the baby teeth erupt and when the permanent teeth erupt. But if it persists, your youngster might need assistance.

Symptoms

Bruxism has repercussions that go beyond simple noise. Due to the excessive force used when grinding, those who have bruxism may have a variety of physical symptoms, including jaw discomfort, headaches, and stiffness in the muscles of the face. This can eventually result in tooth damage, such as chipping, flattening, or even fractures. Additionally, bruxism can contribute to TMJ issues, which can impair a person's ability to open or close their mouth properly and create jaw discomfort. It is critical to detect these symptoms and get dental or medical care when required in order to diagnose and treat bruxism successfully.

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