Bruxism: A Practitioners Treatment Plan:
A South Texas Oral Health Network and National Dental PBRN Short Survey
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South Texas Oral Health Network (STOHN)

**BACKGROUND**

- Bruxism
  - Teeth grinding and clenching
  - Affects ~20% of adults
  - Factors affecting bruxism
    - Diet
    - Stress
    - Disordered sleep patterns

**RESULTS**

- A total of 400 dental practitioners participated in the survey

**CONCLUSIONS**

- Primary treatment option
  - Occlusal guards for bruxism management
- Importance of bruxism research
  - Improve patient quality of life and sleep
  - Reduce pain-related visits

**METHODS**

- STOHN Practice-Based Research Network
- 5-Question Survey: Frequency and Type of Treatment of Bruxism
- Distributed via The National Dental PBRN October 2015 Newsletter
- Data collected anonymously

**CITATIONS**

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