

Bruxism: A Practitioners Treatment Plan:

A South Texas Oral Health Network and National Dental PBRN Short Survey

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BACKGROUND

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

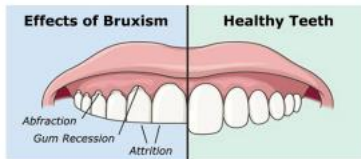


Figure 1. Comparison image of healthy teeth vs. the effects of bruxism

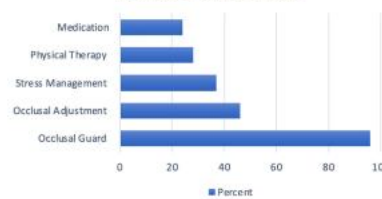


Figure 2. Side view of bruxism effects on teeth

RESULTS

- A total of 400 dental practitioners participated in the survey

Treatment Options Offered When Treating Patients with Bruxism



CONCLUSIONS

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



Figure 3. Occlusal guard treatment

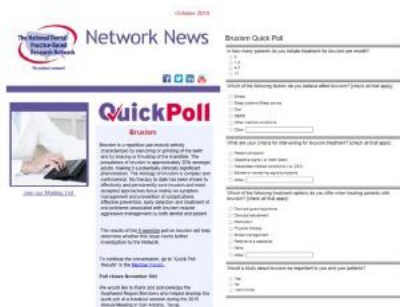


Figure 4. Pain relief from enhanced treatment



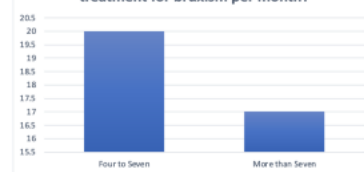
METHODS

- 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

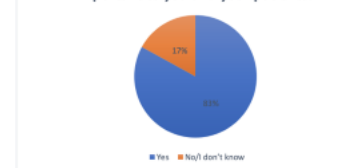


- Most dentists see three patients per month for bruxism
- According to the quick poll

In how many patients do you initiate treatment for bruxism per month?



Would a study about bruxism be important to you and your patients?



CITATIONS

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STOHN

- <https://friscokidsdds.com/teenage-academic-stress-and-teeth-grinding/>
- <https://www.spectrumhealthlakeland.org/lakeland-ear-nose-and-throat/ent-health-library/Content/3/84698/>
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- <http://survey.constantcontact.com/survey/a07ebcjjwkticq6x6j/a01cflcv8qlyun/questions>

