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Many people can experience bruxism at least once in their lives. It is an oral para-functional activity characterized by grinding or gnashing of the teeth when one is at a semi-conscious state. While it is typically mild enough not to cause health problems, some experience bruxism as a chronic sleeping disease. They endure recurring headaches, gum recession, sore jaw, and other complications. Bruxism can be challenging if not managed promptly. Worse situations even result in tooth loss by forced extraction.

The force that causes bruxism is strong enough to break a nutshell in one bite yet not strong enough to wake up a person. Actually, it is a sign of a deep sleep state. It results from the interaction of the muscles around the jaw and other muscles in the face and ears. A person affected by bruxism typically have muscle pain in major sections of his face yet is completely unaware of the health issue. The occurrence is considered similar to other nocturnal conditions like sleep apnea.

When a person is asleep, his brain becomes more alert than it is at a conscious state, enabling it to sense even the slightest motions nearby. Dentists clarify that bruxism is an uncommon result of alertness. Similar to the eyeballs moving faster when one is sleeping, the muscles of the face respond more intensely, causing bruxism. Viewed as diurnal in some conditions, this illness can also occur when an individual is awake but not completely aware of his physical movements.

Numerous oral problems are linked with bruxism if not treated promptly. Adults who did not have professional treatment usually experience seriously abraded teeth that lead to biting complications. Since the enamel that covers the sensitive layers of the teeth has already thinned, sensitivity issues normally happen. Any kanata dentist will recommend clients some restorative processes such as installing crowns or veneers to prevent further teeth reduction and its unfavorable consequences.

Bruxism might also induce cavities because the sensitive and vulnerable layers of the teeth are already exposed to bacteria in the oral cavity. With an adequate force, it can cause fracture or chips in the teeth. Chipped incisors are corrected by veneer installation. Nonetheless, a dentist Ottawa clients prefer would insist treatment of bruxism first to keep the same problems from recurring.

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

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