



Bruxism: Signs, Symptoms, and Risks

Adults and children can experience bruxism

Signs and Symptoms of Bruxism

Have you ever noticed pain around the jaw but can't put a finger on it? There is a possibility that you are grinding or clenching your teeth. The condition is called Bruxism and can be experienced by both children and adults. Bruxism can occur while you're asleep or subconsciously when you're awake. The following are signs and symptoms of bruxism:

- Headache around the temples
- Earache
- Having trouble with opening or closing the mouth completely (locked jaw); stiff jaw
- Chipped, flattened, broken, or worn teeth
- Tooth/jaw ache
- Tooth sensitivity
- Clenching/grinding loud enough to disrupt you or your partner's sleep

Risks

Bruxism can impact living your best life and cause:

- Permanent tooth damage
- Low self-esteem
- Anxiety and depression
- Chronic facial pain
- Eating disorder and weight loss
- Arthritis in the jaw

Schedule a dental appointment or address your concerns during a regular cleaning appointment if you or your dependent experience any signs or symptoms of bruxism. Your dentist may recommend a mouth guard to ease clenching and grinding and to protect the teeth from further damage. If your bruxism is stress related, the dentist can recommend stress management methods or refer you to a specialist.



What causes Bruxism?

Teeth clenching and grinding may be caused by:

- Anxiety
- Stress
- Anger
- Tension
- Sleep disorders
- Medicines

Using recreational drugs and consuming alcohol and/or too much caffeinated drinks can worsen bruxism. It is important to live a healthy lifestyle with a balanced diet and exercise regularly.



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