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Many people will experience bruxism at least once in their lives. It is an oral para-functional activity characterized by grinding or gnashing of the teeth while an individual is at a semi-conscious state. Although it is normally moderate enough not to cause health issues, a few experience bruxism as a constant sleeping disease. They go through recurring headaches, gum recession, sore jaw, as well as more complications. Bruxism can be alarming if not treated immediately. Worse cases even induce tooth loss by forced extraction.

The pressure that causes bruxism is strong enough to break a nutshell in one bite yet not strong enough to awaken an individual. Actually, this is a symptom of a deep sleep state. It results from the interaction of the muscles around the jaw and other muscles in the face and ears. An individual affected by bruxism typically have muscle pain in major regions of his face yet is completely unaware of the health issue. The occurrence is considered similar to other nighttime conditions such as sleep apnea.

While a person is asleep, his brain is more alert than it is at a conscious state, letting it sense even the slightest movements around. Dentists explain that bruxism is an abnormal effect of alertness. Similar to the eyeballs moving faster when someone is asleep, the muscles of the face react more strongly, causing bruxism. Viewed as diurnal in several conditions, this disorder can also occur when a person is awake but not entirely conscious of his physical responses.

Various oral issues are associated with bruxism if not addressed promptly. Adults who did not have formal treatment ordinarily experience significantly abraded teeth that result in biting issues. As the enamel that covers the sensitive layers of the teeth has already thinned, sensitivity problems frequently arise. Any kanata dentist will recommend patients several restorative processes such as installing crowns or veneers to prevent further teeth reduction and its negative effects.

Bruxism can also invite cavities since the sensitive and vulnerable layers of the teeth are already exposed to bacteria in the oral cavity. With an adequate power, it can lead to fracture or chips in the teeth. Chipped incisors are corrected by veneer installation. Nonetheless, a dentist Ottawa patients prefer would suggest treatment of bruxism first to keep similar problems from happening.

Solutions for bruxism may differ but they all last long as what is being dealt with is the habit. Mouth guards and other dental appliances are used not only to train the jaw to involuntarily stop gnashing but also to prevent further abrasion. Any cosmetic dentist Kanata has offers this after restoration of affected teeth.

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