

Mayo Clinic Medical Edge

Bruxism

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WE'VE ALL BEEN THERE... THE KIDS ARE SCREAMING OR THE PHONE'S RINGING OFF THE HOOK. FINALLY THE STRESS BUILDS UP AND YOUR TEETH CLENCH DOWN.
Chris Viozzi, M.D. Track 4 (:10)	"THE TERM FOR THAT IS BRUXISM AND THAT MEANS THE INAPPROPRIATE CLENCHING AND GRINDING OF YOUR TEETH. IT'S A VERY COMMON PROBLEM."
	MORE-SO FOR SOME THAN OTHERS, SAYS MAYO CLINIC DR. CHRIS VIOZZI. SEVERE GRINDING USUALLY TAKES PLACE AT NIGHT, WHILE PATIENTS ARE ASLEEP. UNTREATED, IT CAN LEAD TO

	<p>FACIAL PAIN AND ACTUALLY WEAR YOUR TEETH DOWN. PATIENTS MAY NEED TO WEAR A DENTAL DEVICE CALLED A BITE SPLINT. SIMILAR TO AN ORTHODONTIC RETAINER, THEY NOT ONLY PREVENT WEARING DOWN OF THE TEETH, BUT...</p>
<p>Dr. Viozzi Track 4 (3:50)</p>	<p>“STUDIES HAVE SHOWN MUSCLES DON’T SEEM TO CONTRACT AS MUCH WHEN THESE TYPES OF APPLIANCES ARE WORN SO THEY HAVE A THERAPEUTIC AS WELL AS A PROTECTIVE BENEFIT.”</p>
	<p>HELPING PATIENTS LEARN TO DEAL WITH STRESS IS ALSO A BIG PART OF TREATING THE PROBLEM.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>