



The American Prosthodontic Society
Promoting the Advancement of Prosthetic Dentistry Through Clinical Research and Education

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Title

Everything You Need to Know About Bruxism - From Dentistry to Medicine

Abstract

In 2013, consensus was obtained on a definition of bruxism as repetitive masticatory muscle activity characterized by clenching or grinding of the teeth and/or by bracing or thrusting of the mandible, and specified as either sleep bruxism or awake bruxism. In addition, a grading system was proposed to determine the likelihood that a certain assessment of bruxism actually yields a valid outcome.

Recently, a need for an update and upgrade of such consensus emerged, with specific focus on the specification that: 1. sleep and awake bruxism are masticatory muscle activities that occur during sleep (characterized as rhythmic or non-rhythmic) and wakefulness (characterized by repetitive or sustained tooth contact and/or by bracing or thrusting of the mandible), respectively; 2. in otherwise healthy individuals, bruxism should not be considered as a disorder, but rather as a behavior that can be a risk (and/or protective) factor for certain clinical consequences; 3. both non-instrumental approaches (notably self-report) and instrumental approaches (notably electromyography) can be employed to assess bruxism; and 4. standard cut-off points for establishing the presence or absence of bruxism should not be used in otherwise healthy individuals; rather, bruxism-related masticatory muscle activities should be assessed in the behavior's continuum.

All this information is currently under overview by an expert panel with the IADR, which recently suggested the introduction of the first bruxism evaluation system, viz., the Standardized Tool for the Assessment of Bruxism (STAB) (Manfredini et al., J Oral Rehabil 2020). The STAB aims at collecting data on bruxism etiology, status, and consequences, by the adoption of validated items and tools for use to gain subject-based, clinically-based, and instrumentally-based information. All these topics will be briefly reviewed and touched upon in this lecture.

Learning Objectives

1. To know the most updated concepts on the nature and cause of bruxism, with focus on the emerging concept that bruxism is not necessarily a treatment-demanding condition
2. To understand the possible clinical consequences of bruxism, and how to diagnose and effectively manage it
3. To be able to Identify whether a patient is a good candidate for the different treatment options for bruxism, including oral appliance therapy, medications, botox injections, psychology, and management of risk factors