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V3162
Bruxism – Prevention and Treatment

Gordon J. Christensen, DDS, MSD, PhD & Jeff Wyscarver, RPSGT

Materials Included:
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AGD Post-Test

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PRACTICAL CLINICAL COURSES

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PRACTICAL CLINICAL COURSES
Sources of Products Discussed in

V3162 Bruxism – Prevention and Treatment

Presented by: Gordon J. Christensen, DDS, MSD, PhD & Jeff Wyscarver, RPSGT

1. **AccuFilm II**
Parkell, Inc.
300 Executive Drive
Edgewood, NY 11717
(800)243-7446
(631)249-1134
www.parkell.com
2. **Bruxism Home Monitoring System**
Whip Mix Corporation
361 Farmington Avenue
Louisville, KY 40209
(800)626-5651
(502)637-1451
www.whipmix.com
3. **7406 Bur (Finishing & Trimming)**
Dentsply Professional
1301 Smile Way
York, PA 17404-1785
(800)989-8825
(717)767-8500
www.prevent.dentsply.com
4. **Classic**
Dentsply Prosthetics
Ceramco-Trubyte-Austenal
570 West College Avenue
York, PA 17405
(800)243-1942
(717)845-7511
www.prosthetics.dentsply.com
5. **Cotton Roll (6-inch)**
Local Dealer
6. **Dry Tips**
Mölnlycke Health Care US, LLC
5550 Peachtree Parkway
Suite 500
Norcross, GA 30092
(800)882-4582
(678)250-7900
www.molnlycke.com
7. **Madame Butterfly Silk**
Almore International, Inc.
P.O. Box 25214
Portland, OR 97298-0214
(800)547-1511
(503)643-6633
www.almore.com
8. **Mynol XX-Thin**
Ada Products Company
2350 West Florist Avenue
Milwaukee, WI 53209-3723
(800)471-4411
(414)228-9550
www.adaproducts.net
9. **Occlusal Indicator Wax**
Kerr Corporation
1717 West Collins Avenue
Orange, CA 92867
(800)537-7123
(714)516-7400
www.kerrdental.com
10. **Occlusal Splint Laboratory**
Glidewell Laboratories
4141 MacArthur Blvd.
Newport Beach, CA 92660
(800)854-7256
(949)440-2600
www.glidewelldental.com
11. **Occlusal Splint Laboratory**
Great Lakes Orthodontics, Ltd.
200 Cooper Avenue
P.O. Box 5111
Tonawanda, NY 14151-5111
(800)828-7626
(716)871-1161
www.greatlakesortho.com
12. **Occlusal Splint Laboratory**
Keller Laboratories, Inc.
160 Larkin Williams Industrial Ct
Fenton, MO 63026
(800)325-3056
(636)600-4200
www.kellerlab.com
13. **Orthotyp DCL**
Ivoclar Vivadent Inc.
175 Pineview Drive
Amherst, NY 14228
(800)533-6825
(716)691-0010
www.ivoclarvivadent.us.com
14. **Portrait IPN**
Dentsply Prosthetics
Ceramco-Trubyte-Austenal
570 West College Avenue
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www.prosthetics.dentsply.com

15. **Postaris DCL**
Ivoclar Vivadent Inc.
175 Pineview Drive
Amherst, NY 14228
(800)533-6825
(716)691-0010
www.ivoclarvivadent.us.com
16. **Triad TruTray**
Dentsply Prosthetics
Ceramco-Trubyte-Austenal
570 West College Avenue
York, PA 17405
(800)243-1942
(717)845-7511
www.prosthetics.dentsply.com
17. **TrollFoil**
TrollDental
661 Hayward Avenue North
Oakdale, MN 55128
(800)537-8765
(203)775-4342
www.trolldental.com
18. **TruExpression**
Dentsply Prosthetics
Ceramco-Trubyte-Austenal
570 West College Avenue
York, PA 17405
(800)243-1942
(717)845-7511
www.prosthetics.dentsply.com
19. **VITA Physiodens Denture Teeth**
Vident
3150 East Birch Street
Brea, CA 92821
(800)828-3839
(714)961-6200
www.vident.com

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PROGRAM

V3162 Bruxism – Prevention and Treatment

CLINICIANS RESPONSIBLE:

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Founder and CEO, Practical Clinical Courses
Senior Consultant & Previous CEO, CR Foundation
Practicing Prosthodontist, Provo, Utah

Jeff Wyscarver, RPSGT
President of DDME

GOALS & OBJECTIVES

At the completion of this video presentation, participants should be able to accomplish the following:

1. Define grinding bruxism.
2. Define clenching bruxism.
3. Differential between grinding and clenching bruxism.
4. Discuss the prevalence of bruxism in adults.
5. Discuss the prevalence of bruxism in children.
6. Define nocturnal bruxism.
7. Define awake bruxism.
8. Differentiate between the type of bruxism for nocturnal and awake bruxism.
9. Discuss the influence of bruxism on restorative dentistry.
10. Discuss the influence of bruxism on removable prostheses.
11. Discuss bruxism and implant-supported prostheses.
12. Discuss the influence of bruxism on the periodontium.
13. Describe treatment for early bruxism.
14. Describe treatment of moderate bruxism.
15. Describe treatment for advanced bruxism.
16. Describe how the intensity and duration of bruxism can be measured.
17. Discuss the value of occlusal splints as treatment for bruxism.
18. Discuss the value of occlusal equilibration as treatment for bruxism.
19. Discuss cures for bruxism.
20. Discuss preventive care for bruxers.

OVERVIEW

V3162 Bruxism – Prevention and Treatment

This presentation is planned to provide a historical overview of bruxism, the causes, prevention of bruxism, and treatment for bruxism.

The following and other topics are included in the presentation:

- What is grinding bruxism?
- What is clenching bruxism?
- The prevalence of grinding and clenching bruxism
- Nocturnal and awake bruxism
- Bruxism in the adult dentition
- Bruxism in the primary dentition
- Measuring grinding and clenching bruxism duration and intensity
- Influence of bruxism on restorative treatment
- Influence of bruxism on removable prostheses
- Influence of bruxism on implant-supported fixed and removable prostheses and the supporting implants
- Influence of bruxism on the periodontium
- Prevention of bruxism
- Treatment of early bruxism
- Treatment of moderate effects of bruxism
- Occlusal splints
- Seating occlusal splints
- Influence of occlusal splints on sleep apnea
- Occlusal equilibration
- Occlusal equilibration, clinical
- Treatment of advanced bruxism
- Postoperative preventive treatment

SUPPLEMENTAL MATERIALS

V3162 Bruxism – Prevention and Treatment

1. Sanders AE, Essick GK, Fillingim R, Knott C, Ohrbach R, Greenspan JD, Diatchenko L, Maixner W, Dubner R, Bair E, Miller VE, Slade GD. Sleep Apnea Symptoms and Risk of Temporomandibular Disorder: OPFERA Cohort. *JDR Clinical Research Supplement*. 2013 July;92(1):70S-76S. doi: 10.1177/0022034513488140.
2. Maluly M, Andersen ML, Dal-Fabbro C, Garbuio S, Bittencourt L, de Siqueira JTT, Tufik S. Polysomnographic Study of the Prevalence of Sleep Bruxism in a Population Sample. *JDR Clinical Research Supplement*. 2013 July;92(1):97S-103S. doi: 10.1177/0022034513484328.
3. Feu D, Catharino F, Quintão CCA, de Oliveira Almeida MA. A systematic review of etiological and risk factors associated with bruxism. *Journal of Orthodontics*. 2013 June;40(2):163-171. doi: 10.1179/1465313312Y.0000000021.
4. Komiyama O, Lobbezoo F, De Laat A, Iida T, Kitagawa T, Murakami H, Kato T, Kawara M. Clinical Management of Implant Protheses in Patients with Bruxism. 2012 Apr;2012(2012). doi: 10.1155/2012/369063.
5. Lavigne GJ, Khoury S, Abe S, Yamaguchi T, Raphael K. Bruxism physiology and pathology: an overview for clinicians. *Journal of Oral Rehabilitation*. 2008 July;35(7):476-494. doi: 10.1111/j.1365-2842.2008.01881.x.
6. Serra-Negra JM, Paiva SM, Seabra AP, Dorella C, Lemos BF, Pordeus IA. Prevalence of sleep bruxism in a group of Brazilian schoolchildren. *European Archives of Paediatric Dentistry*. 2010 Aug;11(4):192-195.
7. Carra MC, Huynh N, Morton P, Rompré PH, Papadakis A, Remise C, Lavigne GJ. Prevalence and risk factors of sleep bruxism and wake-time tooth clenching in a 7- to 17-yr-old population. *European Journal of Oral Sciences*. 2011 Oct;119(5):386-394. doi: 10.1111/j.1600-0722.2011.00846.x.
8. Cheng HJ, Chen YQ, Yu CH, Shen YC. The influence of occlusion on the incidence of bruxism in 779 children in Shanghai. *Shanghai Kou Qiang Yi Xue* 2004;13(2):98-99.
9. Macaluso GM, Guerra P, Di Giovanni G, Boselli M, Parrino L, Terzano MG. Sleep Bruxism is a Disorder Related to Periodic Arousals During Sleep. *Journal of Dental Research*. 1998 April;77(4):565-573. doi: 10.1177/00220345980770040901.
10. van der Zaag J, Lobbezoo F, Wicks DJ, Visscher CM, Hamburger HL, Naeije M. Controlled assessment of the efficacy of occlusal stabilization splints on sleep bruxism. *J Orofac Pain*. 2005 Spring;19(2):151-8.
11. Okeson JP. The effects of hard and soft occlusal splints on nocturnal bruxism. *The Journal of the American Dental Association*. 1987 June;114(6):788-791.

SUPPLEMENTAL MATERIALS (Cont'd)

V3162 Bruxism – Prevention and Treatment

12. Dao TT, Lavigne GJ. Oral Splints: the Crutches for Temporomandibular Disorders and Bruxism? Sage Journals: Critical Reviews in Oral Biology & Medicine. 1998;9(3):345-361. doi: 10.1177/10454411980090030701.
13. Lavigne GJ, Kato T, Kolta A, Sessle BJ. NEUROBIOLOGICAL MECHANISMS INVOLVED IN SLEEP BRUXISM. Sage Journals: Critical Reviews in Oral Biology & Medicine. 2003 Jan;14(1):30-46. doi: 10.1177/154411130301400104.
14. Lobbezoo F, Naeije M. Bruxism is mainly regulated centrally, not peripherally. Journal of Oral Rehabilitation. 2001 Dec;28(12):1085-1091. doi: 10.1046/j.1365-2842.2001.00839.x.
15. Ohayon MM, Li KK, Guilleminault C. Risk Factors for Sleep Bruxism in the General Population. Chest. 2001 Jan;119(1):53-61. doi: 10.1378/chest.119.1.53.
16. Bader G, Lavigne G. Sleep bruxism; an overview of an oromandibular sleep movement disorder. Sleep Medicine Reviews. 2000 Feb;4(1):27-43.
17. Lavigne GJ, Rompre PH, Montplaisir JY. Sleep Bruxism: Validity of Clinical Research Diagnostic Criteria in a Controlled Polysomnographic Study. Sage Journals: Journal of Dental Research. 1996 Jan;75(1):546-552. doi: 10.1177/00220345960750010601.
18. Cheifetz AT, Osganian SK, Allred EN, Needleman HL. Prevalence of Bruxism and Associated Correlates in Children as Reported by Parents. Journal of Dentistry for Children. 2005 May-Aug;72(2):67-73(7).
19. Lobbezoo F, Van Der Zaag J, Van Selms MKA, Hamburger HL, Naeije M. Principles for the management of bruxism. Journal of Oral Rehabilitation. 2008 July;35(7):509-523. doi: 10.1111/j.1365-2842.2008.01853.x.

POST-TEST

V3162 Bruxism – Prevention and Treatment

1. Awake bruxism is most common in_____.
 - a. males.
 - b. females.
 - c. both males and females have equal awake bruxism.
 - d. times of low stress.

2. Grinding bruxism:
 - a. steepens incisal guidance.
 - b. influences canine rise most.
 - c. influences centric relation most.
 - d. is not as destructive as clenching bruxism.

3. An occlusal splint in a daytime bruxer:
 - a. is not indicated.
 - b. should be used when awake in times of stress.
 - c. should be worn during sleeping.
 - d. can worsen bruxing.

4. Children:
 - a. do not brux.
 - b. brux more than adults.
 - c. carry their bruxing habit into adult life.
 - d. often brux until the mixed dentition stage.

5. Occlusal splints:
 - a. cure bruxism.
 - b. have no effect on bruxism.
 - c. reduce bruxing while they are being worn.
 - d. should not be used on daytime bruxers.

6. Occlusal equilibration:
 - a. is mandatory for bruxism.
 - b. should be done only on severe bruxers.
 - c. is elective in treatment of bruxism.
 - d. has been shown to increase bruxism.

7. Treatment for initial bruxism includes:
 - a. education about the condition.
 - b. use of an occlusal splint.
 - c. an evaluation to determine if it is grinding or clenching bruxism.
 - d. all of the above.

POST-TEST (Cont'd)

V3162 Bruxism – Prevention and Treatment

8. Treatment for moderate bruxism should **not** include:
- a. an occlusal splint.
 - b. education about the condition.
 - c. an occlusal equilibration.
 - d. none of the above apply.
9. Bruxism:
- a. can be cured with occlusal splints.
 - b. can be cured with an occlusal equilibration.
 - c. can be stopped by good counseling for the patient.
 - d. cannot be cured.
10. The bruxism monitor discussed in this presentation measures:
- a. presence of grinding.
 - b. presence of clenching.
 - c. duration of bruxing.
 - d. presence of snoring.
 - e. all of the above.

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