



**Auflage:** 1st Edition 2017  
**Seiten:** 184  
**Abbildungen:** 179  
**Einband:** Hardcover, 24,5 x 17,5 cm  
**ISBN:** 978-2-36615-039-1  
**Artikelnr.:** BF013  
**Erschienen:** Oktober 2017

**Quintessence Publishing Company, Inc.**

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## Buch-Information

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**Titel:** Understanding Bruxism

**Untertitel:** Current Knowledge and Practice

**Kurztext:**

Bruxism is a common parafunction, and over the last 15 years the profession has become aware of just how destructive it can be to the masticatory structures when left untreated. However, because it is still seen as a multifaceted phenomenon that is difficult to treat, many practitioners assume that it is incurable. This book answers these doubts and concerns by outlining the various etiologies and aggravating factors of bruxism, distinguishing the different types of bruxism, and demonstrating how to complete a differential diagnosis. Then, in keeping with the latest evidence, the authors promote a more conservative approach to treatment and outline which treatment strategies to use in different situations.

**Contents**

Part I. Current Knowledge About Bruxism

Chapter 01. Bruxism

Chapter 02. Etiologies

Chapter 03. Pathophysiology of Sleep Bruxism

Chapter 04. Clinical Diagnosis of Bruxism

Chapter 05. Differential Diagnosis and Polysomnography

Chapter 06. Awake Bruxism

Chapter 07. Sleep Bruxism

Chapter 08. Sleep and Pain

Chapter 09. Bruxism in Children and Adolescents

Chapter 10. Bruxism and Temporomandibular Disorders

Chapter 11. Dental Wear and Bruxism

Part II. Management of Bruxism

Chapter 12. Advice and Counseling for Management

Chapter 13. Pharmacology and Bruxism

Chapter 14. Oral Appliances

Chapter 15. Bruxism and Restorative Dentistry

Chapter 16. Ultraconservative Rehabilitation of Patients Displaying Severe Tooth Wear

Chapter 17. Extended Bonded Restorative Dentistry

Chapter 18. Bruxism and Implant Restorations

Chapter 19. Follow-up and Maintenance

Chapter 20. Conclusions and Perspectives

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