

Association of Dental Caries and Bruxism – A Clinical Study

N Padma Priya

Dr. N. Padma Priya, Associate professor, Sri ManakulaVinayagar Medical College and Hospital Kalitheerthalkuppam, Madagadipet, Puducherry, 605107. Email: drpadmapriya0@gmail.com

Abstract

Background: Dental caries is the childhood's most serious chronic infectious disease induced by bacterial activity, mostly *Streptococcus mutans* and sweet substances on tooth enamel. This research aimed at establishing the incidence of dental caries and bruxism in children and their related factors **Objective:** The aim of this study was to determine any association between dental caries and bruxism. This was a Cross-Sectional study was conducted in the Dental department, Sri Manakula Vinayagar Medical College & Hospital. N=50 children with either complete primary or mixed dentition who were not in dental treatment were included in the study. **Methods:** After obtaining consent, all the children underwent detailed history taking and thorough oral clinical examination. Data was collected as per a questionnaire. Data were presented in the form of statistical Tables and charts. SPSS software version 20 was used for statistical analysis. **Results:** The mean age of the study population was recorded to be 5.93 years. The male gender accounted for slightly higher proportion. 78% of the children with bruxism were found to have respiratory problems which were statistically significant ($p < 0.05$). **Conclusion:** There was a significant association between dental caries and bruxism. Further research evaluating this association is indicated.