

Association of Respiratory Problems and Bruxism - A Clinical Study

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Abstract

Background: In non-functional behaviors, bruxism is the practice of clenching or grinding one's teeth which impacts children and adults alike. Respiratory disorders are known to be the etiological causes for bruxism, such as asthma and upper airway infections. **Objective:** The aim of this study was to determine any association between respiratory problems and bruxism. **Design:** This was a Cross-Sectional study. **Setting:** Dental department, Sri Manakula Vinayagar Medical College & Hospital **Participants:** 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 6.22 years. The male gender accounted for higher proportion. 66% 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 respiratory problems and bruxism. Further research evaluating this association is indicated.