

Re: Sue's campaign of misinformation

Source: <http://sci.tech--archive.net/Archive/sci.med.dentistry/2005-12/msg02168.html>

- *From:* "Sue" <chrli699@xxxxxxxxxx>
 - *Date:* 22 Dec 2005 05:07:34 -0800
-

letsconnect wrote:

>>>>The dentists on Dentaltown brought up autonomic function and its
>>>>potential role in the parafunction associated with TMJ disorders.
>
> I can see how the ANS could be involved in causing nighttime bruxism,
> but the effect might be more via glandular involvement (adrenal medulla
> rather than smooth muscle), or via the enteric nervous system (the
> third division of the ANS)?
>
>
>> Q. What causes involuntary bruxing and grinding at night?
>
>> Amatus: No one yet knows the answer to that question. If anyone did,
>> we could treat the disorder.
>
> I was under the impression that involuntary bruxing and grinding at
> night is oftentimes caused by stress. I've been wondering for a while –
> if this is the case, should dentists offer preventative advice in this
> area with regards to relaxation techniques (similar to dispensing
> smoking cessation information)?

"bruxing and grinding at night is oftentimes caused by stress."

Reply. This is my understanding as well. As such, and if this is the case, the ANS is involved in this syndrome (IMO), even though the trigeminal nerve (fifth cranial) is sensory/motor.

"should dentists offer preventative advice in this area with regards to relaxation techniques (similar to dispensing smoking cessation information)?

Reply. Relaxation methods and meditation have been found to be helpful. (As per the dentists located on DT , anyway). Your idea makes perfect sense to me.

Gotta run. Hubby is havin colonoscopy today... yuck.. and so close to the holidays. He has been putting this off! Now I think he was just trying use up our flexible spending account money before the end of the

year.

Take care Amber.

:~)

Sue

PS I have an original and unsubstantiated thought. I wonder if the "chewing reflex" is controlled by mechanoreceptors? ... analogy thought process ... like the baroreceptors that act in response of acute blood pressure changes.

• **Follow-Ups:**

- ◆ **[Re: Sue's campaign of misinformation](#)**
◇ From: Dartos
- ◆ **[Re: Sue's campaign of misinformation](#)**
◇ From: Tim Dixon

• **References:**

- ◆ **[Sue's campaign of misinformation](#)**
◇ From: Tim Dixon
- ◆ **[Re: Sue's campaign of misinformation](#)**
◇ From: Sue
- ◆ **[Re: Sue's campaign of misinformation](#)**
◇ From: Tim Dixon
- ◆ **[Re: Sue's campaign of misinformation](#)**
◇ From: Whamatus_B
- ◆ **[Re: Sue's campaign of misinformation](#)**
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