Bite Tech Raises Awareness of Bruxism During National Facial Protection Month

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Ora-GUARD® could be the solution to help find the relief you have been looking for ™.

Leading manufacturer of popular oral health products focuses on bringing attention to excessive teeth grinding, known to affect millions of Americans.

(Newswire.net -- April 10, 2018) Norwalk, CT -- With the designation of April as National Facial Protection Month, Bite Tech Inc., a leading manufacturer of innovative oral health products, is committed to raising awareness of bruxism, the medical term for excessive teeth grinding. Bruxism is a common yet relatively little known condition that if left untreated can cause significant damage to the teeth and gums, and negatively impact your oral health.

It is estimated that 1 in 5 adults in the U.S. suffers from bruxism, often resulting in symptoms that initially include tooth sensitivity and jaw pain. It has also been reported that ninety percent of bruxism sufferers also tend to suffer other secondary symptoms that can include sleep disruption, chronic headaches, TMJ pain, as well as jaw pain. If left unchecked, over time bruxism can lead to more serious dental issues, including loose teeth, micro-cracks and fractures, as well as potential for tooth loss and periodontal disease. While the exact cause of bruxism is not fully understood, it is widely believed that stress is a primary trigger. Unfortunately, the number of individuals that suffer from bruxism in the U.S. is estimated to be on the rise, and the amount of damage that can occur to teeth within a brief period of time can be quite significant, not to mention painful.

Because bruxism primarily occurs during sleep, it can often go undetected which is why awareness is so important. Identifying bruxism and treating the condition before it becomes a more serious issue is key to preventing further permanent tooth damage. Some of the obvious telltale signs are sore, or fatigued jaw muscles; a dull headache, or sensitivity to hot or cold foods. While there is no medication currently available to treat bruxism, dental experts agree that the use of a dental grind guard is the most effective treatment to mitigate current symptoms of bruxism and prevent the likelihood of future reoccurrence.

A well-fitting dental grind guard prevents the upper and lower teeth from coming into contact with each other, providing a barrier from the tooth enamel rubbing together. Did you know that teeth grinding can occur for as long as 40 minutes for every hour of sleep? The exerted tooth-on-tooth force can be as much as 250 pounds, which is strong enough to crack a walnut. Dental grind guards are removable and are generally worn only when needed (i.e., at night while sleeping). Proactively treating the symptoms of bruxism, like wearing a grind guard, means taking steps towards protecting your teeth, and more importantly, protecting your smile!

Do you suffer from bruxism, or know of someone that may experience these symptoms? If you or someone you know may suffer from the negative effects of bruxism, Ora-GUARD® could be the solution to help find the relief you have been looking for ™.

About Bite Tech Inc

Founded in 1995, Bite Tech Inc. is an innovation-driven oral health products company that manufactures and sells oral products to the dental channel and athletic mouthguards to sporting goods and mass retailers. Bite Tech Inc. holds more than 45 patents and pending patents for its innovative, proprietary designs and technologies. Bruxism sufferers look to Bite Tech dental guards (Ora-GUARD®) for relief from teeth grinding and jaw pain while athletes in virtually all sports rely on Bite Tech mouthguards for protection and performance improvement on and off the field. For more information, visit Ora-guard.com.