

## BRUXISM- the answer key

*Substitute underlined word with a synonym or a word with similar meaning from the GLOSSARY section*

1. One of the most common reasons for teeth clenching is malocclusion. [grinding, bad occlusion]
2. The top part of tooth may be damaged and chipped and will sometimes need root canal treatment. [cusp; require]
3. Bruxism may have both short and long-lasting effects and some of them may be present for good. [short and long-term consequences; permanent]
4. Stress may bring on /cause subconscious teeth grinding. [trigger]
5. Some researchers say that it is difficult to find one common reason for bruxism. They say that this habit may involve many aspects. [claim; may be multifaceted]

*Complete the text about night guard with verbs from the table in proper forms.*

|              |               |             |
|--------------|---------------|-------------|
| <i>keep</i>  | <i>rinse</i>  | <i>take</i> |
| <i>make</i>  | <i>fit</i>    | <i>wear</i> |
| <i>clean</i> | <i>remove</i> |             |

**A night guard** is a piece of hard or soft plastic or silicone molded to 1) fit the shape of your teeth. Its purpose is to 2) keep teeth from grinding into one another. A night guard is 3) worn while sleeping and 4) taken out in the morning. There are several types of night guards on the market, and most can be placed into one of two categories: hard night guards and soft night guards. Hard night guards are usually 5) made of a hard acrylic or another hard plastic substance that is virtually unbreakable. Soft night guards are usually made of silicone or another malleable plastic, and tend to be mushy or squishy when placed between the teeth. Patients must be cautious when 6) removing the night guard. It should be 7) rinsed nightly in mouthwash or with soapy water and 8) cleaned thoroughly before returning the night guard to mouth.

*Complete the crossword puzzles*

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | n | i | g | h | t | g | u | a | r | d |
|---|---|---|---|---|---|---|---|---|---|---|

|   |   |   |   |   |   |   |   |   |   |  |
|---|---|---|---|---|---|---|---|---|---|--|
| 2 | h | a | b | i | t |   |   |   |   |  |
| 3 | c | u | s | p |   |   |   |   |   |  |
| 4 | p | e | r | m | a | n | e | n | t |  |
| 5 | f | l | e | x |   |   |   |   |   |  |
| 6 | a | l | t | e | r |   |   |   |   |  |

1. A removable, custom-fitted plastic appliance that fits between the upper and lower teeth to prevent them from grinding against each other particularly during one's sleep.
2. A recurrent, often unconscious, pattern of behavior that is acquired through frequent repetition.
3. A pointed top part of a molar or pre-molar
4. Lasting or remaining without essential change
5. Another word for 'bend'.
6. Synonym of 'to change'