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## Información sobre el libro

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**Título:** Understanding Bruxism

**Subtítulo:** Current Knowledge and Practice

#### Texto breve:

Bruxism is a common parafunction, and over the last 15 years the profession has become aware of just how destructive it can be to the masticatory structures when left untreated. However, because it is still seen as a multifaceted phenomenon that is difficult to treat, many practitioners assume that it is incurable. This book answers these doubts and concerns by outlining the various etiologies and aggravating factors of bruxism, distinguishing the different types of bruxism, and demonstrating how to complete a differential diagnosis. Then, in keeping with the latest evidence, the authors promote a more conservative approach to treatment and outline which treatment strategies to use in different situations.

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