Translation of Medical Texts

What Is Bruxism?

SOURCE TEXT

Bruxism is a condition where teeth grind together or clench their jaw muscles. Bruxism is a disorder that affects people of all ages. It occurs when someone clenches their teeth or grinds their teeth for no apparent reason. The grinding can cause pain in the face, neck, shoulders, arms, hands, and even the back.

What Causes Bruxism?

Bruxism is caused by stress, anxiety, fatigue, sleep deprivation, and other issues. People who suffer from bruxism often feel tense and anxious before bedtime. They also tend to eat more than usual before going to bed. This leads to increased levels of cortisol, a hormone that makes them feel stressed out.

The Symptoms Of Bruxism

Bruxism is characterized by clenching and grinding of the teeth. These habits can cause pain in the face, neck, shoulders, and back. In addition, people with bruxism may notice headaches, sore jaws, and tooth sensitivity.

TARGET TEXT

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Translation of Medical Texts

What Is Bruxism?

ANSWER KEY

SOURCE TEXT

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TARGET TEXT

Bruksizm, dişlerin birbirine sürtmesi veya çene kaslarını sıkması durumudur. Bruksizm her yaştan insanı etkileyen bir hastalıktır. Birisi dişlerini sıktığında veya belirgin bir sebep olmadan dişlerini gıcırdattığında ortaya çıkar. Gıcırdatma yüz, boyun, omuz, kol, el ve hatta sırtta ağrıya neden olabilir.

Bruksizm Neden Olur?

Bruksizm, stres, kaygı, yorgunluk, uyku yoksunluğu ve diğer sorunlardan kaynaklanır. Bruksizmden muzdarip insanlar genellikle yatmadan önce gergin ve endişeli hissederler. Ayrıca yatmadan önce normalden daha fazla yemek yeme eğilimindedirler. Bu, onları stresli hissettiren bir hormon olan kortizol seviyelerinin artmasına neden olur.

Bruksizm Belirtileri

Bruksizm, dişlerin sıkılması ve gıcırdatılması ile karakterize edilir. Bu alışkanlıklar yüz, boyun, omuz ve sırtta ağrıya neden olabilir. Ayrıca bruksizmi olan kişilerde baş ağrısı, ağrılı çene ve diş hassasiyeti görülebilir.

Translation of Medical Texts

What Is Bruxism?

ANSWER KEY

KEY TERMS

Bruxism Bruksizm Clench Sıkma

Grind Gıcırdatma
Jaw Muscles Çene Kasları
Disorder Hastalık

Apparent Reason Belirgin Sebep Fatigue Yorgunluk

Sleep Deprivation Uyku Yoksunluğu

Cortisol Kortizol
Hormone Hormon
Sensitivity Hassasiyet

