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Cheek-bite keratosis among temporomandibular disorders patients

Cheek-biting commonly reported by patients with Temporomandibular Disorders (TMDs). This cheek biting may cause cheek-bite keratosis. The aim of this research is to study the prevalence of cheek-bite keratosis among TMDs patients. Cross-sectional survey conducted on 373 TMDs patients seen in the TMJ clinic by one TMJ specialist since 2013. Convenient sampling technique was followed where all screened patients having TMDs included in the study. TMDs patients who have cheek-bite keratosis are 226 patients (60.6%). Female TMDs patients are the majority (75.60%) and 78.8% of TMDs patients with cheek bit keratosis were female. The highest number of TMDs patients (4.6%) was at age of 20 years old. Cheek-bite keratosis is an important sign for TMDs screening for the general dentist in the first dental visit. Dentist who find cheek-bite keratosis during intra-oral examination, advised to ask more screening questions and do more clinical examination for TMDs.

Biography

Abdullah Alzahem is an Assistant Professor of Medical Education. He completed his graduation in 1995 with BDS degree and in 1998 completed Post-graduate studies in Temporomandibular Joint Disorders and Advanced General Dentistry in USA. In 2004, he is awarded with the prestigious Fellowship of General Dentistry Academy (FAGD), and in the same year appointed as Dental Consultant. In 2009, he completed successfully two-year Master's program in Medical Education (MME). In 2015, he completed his PhD degree in Medical Education at Erasmus University Rotterdam, and was appointed as Director of Quality Assurance in King Saud bin Abdulaziz University for Health Sciences.

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