

# 4<sup>TH</sup> WORLD DENTAL CONGRESS

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### **Cheek-bite keratosis among temporomandibular disorders patients: An important diagnostic sign**

Cheek-biting commonly reported by patients with Temporomandibular Disorders (TMDs). This cheek biting may cause cheek-bite keratosis. This research aim 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 numbers of TMDs patients (4.6%) were 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 Mohammed Alzahem is the assistant professor of medical education. He specialises in temporo-mandibular joint disorders and advanced general dentistry. He is appointed as associate dean and director of Quality Assurance in King Saud bin Abdulaziz University for Health Sciences.

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