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Effect of psychological stress on TMJ experimental study

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Psychological stress is an etiologic factor among several ones contribute to TMD. The effect of psychological stress was previously determined through clinical observational data which lack direct evidence. To provide an evidence-based experimental study that addresses the effect of psychological stress on TMJ. 8 experimental group rats were subjected to psychological stress through communication box one hour daily for one month. After that joint specimens examined through light and electron microscope and inflammatory cytokines measured. Inflammatory mediators showed a significant difference compared to the control group. Light and scanning electron microscope showed rupturing, discontinuity and irregular articulating surfaces of the disc and condyle. Psychological stress is the main factor that causes and contributes to TMD.