



## Identifying Risk Factors for Temporomandibular Disorders (TMD)

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### Abstract

*Introduction: Temporomandibular Disorders (TMD) encompass several entities, which may have differing etiologies*

*Aim: To identify risk factors for painful TMD among the Indian population presenting to the dental outpatient.*

*Methodology: Subjects with Painful TMD were classified into one of the following three groups: Group 1 (n=24): myofascial pain only, Group 2 (n=38): arthralgia only and Group 3 (n=41): myofascial pain and arthralgia. Forty-one subjects were included in the asymptomatic control group. Adjusted odds ratios (OR) were calculated from multiple logistic regression models that included the relevant risk factors.*

*Results: Increased risk of myofascial pain with arthralgia was significantly associated with clenching (OR: 7.9, CI: 2.1-30), trauma (OR: 12.3, CI: 2.1-69.9), third molar extraction (OR: 3.7, CI: 1.1-12.6), and nonspecific physical symptoms (NPS) with pain (OR: 8.1, CI: 1.8-35.4). Increased risk of myofascial pain only was associated with clenching (OR: 5.5, CI: 1.3-23.3), trauma (OR: 13.2, CI: 2.2-77.5), and NPS with pain (OR: 6, CI: 1.3-26.7). Increased risk of arthralgia only was associated with trauma (OR: 9, CI: 1.8-45.4).*

*Conclusion: A high proportion of subjects with painful TMD reported having clenching, trauma, NPS with and without pain, and depression.*

### Author Keywords

Temporomandibular disorders, Risk factors, Myofascial pain, Arthralgia, Clenching

### Acknowledgement

The authors acknowledge the immense help received from the scholars whose articles are cited and included in references of this manuscript. The authors are also grateful to authors/editors/publishers of all those articles, journals and books from where the literature for this article has been reviewed and discussed

ISSN Print: 2231-2196

Source Type: Journals

Publication Language: English

Abbreviated Journal Title: IJCRR

Publisher Name: Radiance Research Academy

Major Subject: Health Sciences

Subject area: Radiology, Nuclear Medicine and Imaging

ISSN Online: 0975-5241

Document Type: Journal Article

DOI: <http://dx.doi.org/10.31782/IJCRR.2021.131310>

Access Type: Open Access

Resource Licence: CC BY-NC

Subject Area classification: Medicine

Source: SCOPEDATABASE

### Reference

**Scope Database Link:** <https://sdbindex.com/documents/00000201/00000-73582.pdf>

**Article Link:** [https://ijcrr.com/uploads/3886\\_pdf.pdf](https://ijcrr.com/uploads/3886_pdf.pdf)