



## Rehab Warns of Drugs With Jaw-Clenching Symptom

*March 27, 2024*

SCOTTSDALE, AZ - March 27, 2024 - PRESSADVANTAGE -

Pinnacle Peak Recovery, a substance use and mental health recovery facility in Scottsdale, Arizona, recently posted a blog discussing the side effects of substance use. Specifically, they highlighted a lesser-discussed symptom ? jaw-clenching. As a facility that is well-versed in substance use and its side effects, and also cares deeply about their community, they wanted to utilize this blog to provide education. They believe that providing more information about substance use helps community members make informed decisions about their health.

To start the piece off, they first dive into a common question about the source of jaw clenching. ?Jaw clenching, otherwise known as bruxism, can happen both consciously and unconsciously. It occurs when you grind or clench your teeth and it can happen any time of day, from when you first wake up to even when you?re fast asleep. Some people aren?t even aware of the fact that they have bruxism until they start experiencing side effects.?

Pinnacle Peak understands that many side effects, like jaw clenching, can be subtle and go unnoticed. To help readers be able to identify if they might be experiencing jaw clenching unknowingly, they provide a handy list of symptoms that correlate to jaw clenching.

From there, a reader might wonder if jaw clenching should be addressed by a doctor. Pinnacle Peak utilizes their knowledge base to elaborate on what jaw clenching can be caused by, and when it should be a point of concern. ?Jaw clenching is usually a side effect of minor things, such as stress and aggression. It more commonly occurs when someone might be nervous or have high tension, usually in a negative way. There are some instances, however, that have shown a connection between snoring, sleep apnoea, and teeth grinding.? They then remind readers that they can always seek a doctor if a symptom is bothering them, no matter the severity or reason.

After laying this groundwork, Pinnacle Peak dives into the real source of concern ? whether jaw clenching can be caused by substance use. ?Beyond stress and high anxiety situations, there are drugs that have been linked with jaw clenching, too. The most common substances that have been tied to it are SSRIs (a form of antidepressant), alcohol, ecstasy, and cocaine.?

?These substances can cause jaw clenching for a variety of reasons? Studies have shown that antidepressants and the way they interact with our brain chemistry can sometimes cause the side effect of jaw clenching. While this isn?t always the case, and some SSRIs are more prone to it than others, it can occur.?

To wrap up the article, they offer solutions both for how to lessen jaw clenching and for where to seek help for substance use disorders that are causing jaw clenching. ?One of the simplest solutions is to invest in a mouthguard. You can wear this at night or any time of the day if you?re concerned about jaw clenching. A mouthguard will help protect your teeth from the damaging effects of teeth grinding.?

They finish the blog with a simple message. ?Many of the side effects that can occur from long-term or heavy substance use can be addressed, but it?s important to address them alongside recovery. Jaw clenching and its after-effects can be worked on, especially with the tools and skills you?ll learn during your journey with our Pinnacle Peak team.? Readers can learn more about jaw-clenching and the programs offered at Pinnacle Peak by reading the blog or visiting their website.

Recovery is possible for all who are currently managing an alcohol use disorder. Pinnacle Peak Recovery can help people beat their alcohol use and regain control of their lives. To learn more about Arizona alcohol problems and statistics, or to get information on their rehabilitation center, please contact them at (866) 954-0524 or [info@pinnaclepeakrecovery.com](mailto:info@pinnaclepeakrecovery.com). They are located at 8070 E Morgan Trail Unit 200, Scottsdale, AZ 85258.

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For more information about Pinnacle Peak Recovery, contact the company here:[Pinnacle Peak](#)

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## **Pinnacle Peak Recovery**

*Pinnacle Peak Recovery is a residential and intensive outpatient addiction treatment facility located in Scottsdale, Arizona. We offer nationally recognized, evidence-based treatment options for those needing drug rehab services.*

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