

the whole tooth

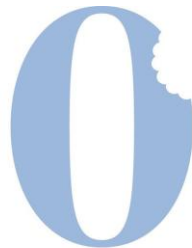
Athletes urged to use Mouthguards

According to the Academy of Sports Dentistry, wearing a properly fitted mouthguard could protect thousands of athletes from oral and facial injuries. Woman, in particular, should be encouraged to use mouthguards, as they are increasingly participating in competitive sports.

The ADA estimates that the use of mouthguards and facemasks in high school and college football has prevented more than 200,000 injuries to the face and mouth. But mouthguards should be used in any sports where there's the possibility for contact. That includes team sports such as field hockey and soccer, as well as recreational sports as mountain biking and skate boarding.

Besides warding off broken teeth and facial bones, mouthguards offer some protection against concussion by preventing the jaw from being forced back toward the brain when a player takes a hit to the chin.

For the greatest protection and comfort, athletes are encouraged use custom fitted guards created by a trained dentist. For more information on athletic mouthguards contact:



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