

Mouthguards reduce sports injuries



Dental hygienists see first-hand the impact of injuries to the teeth, gums, and jaws as a result of participation in sports. Mouthguards are essential, they say. Proven to reduce the risk of such orofacial injuries the dental hygienist can custom-fit a sports mouthguard for you during a regular dental visit.

If you play hockey, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, or if you enjoy BMX, skateboarding, skiing, and snowboarding, find out if your sports organization requires mandatory mouthguard protection. If it doesn't, ask why?

The average cost of a custom-fitted sports mouthguard can be as low as \$50, while the estimated cost to treat a lost front tooth over a lifetime can range from \$5,000 to \$10,000. Clearly mouthguards are a cost-effective investment in protection.

At www.cdha.ca/mouthguards, read the FAQs, tips, and other important information – and most importantly, always protect your mouth at games and practices. Additional information is available online at www.dentalhygienecanada.ca.