MOUTHGUARD MEDIA SUMMARY

Dental Hygienists Prompt Athletes to Wear Protective Mouthguards

OTTAWA, April 25, 2013 (CNW) - Today, the Canadian Dental Hygienists Association (CDHA) is officially launching a public awareness campaign to encourage the use of sports mouthguards. The CDHA Board of Directors recently endorsed the 2012 position statement — Putting More Bite into Injury Prevention.

Research shows that orofacial injury in sport is prevalent and carries significant medical, financial, cognitive, psychological and social costs. Research also confirms that mouthguards can prevent orofacial injuries.1,2

A sports mouthguard is a removable dental appliance that fits over the upper teeth and gums. It acts as a shock absorber so that the force is distributed and absorbed throughout the appliance if you experience a direct blow to the jaw or teeth3. More specifically, sports mouthguards:

1. Protect the teeth, gums and jaws in sports related injuries resulting from a blow to the face;
2. Prevent the loss or fracture of teeth in sports such as baseball, where equipment can come in contact with a player’s mouth and teeth; and
3. Protect top and bottom teeth from severe deceleration which may cause fractures, excessive wear or injury.

According to a 2007 study that evaluated the effectiveness of sports mouthguards, the overall injury risk was found to be 1.5 to 2 times greater when a sports mouthguard was not worn during athletic activity4.

It has been estimated that the cost of this preventable injury is between $22-25 million per year. A 2005 report estimated the cost to treat a lost front tooth over a lifetime was between $5,000 and $20,0005.

"Wearing a sports mouthguard is indeed a cost effective investment in protection," added Lawlor. "The average cost of a custom fitted sports mouthguard can be as low as $50. The cost of hockey skates and other sports equipment can far exceed that."

CDHA is committed to working together with decision makers, sports organizations and other key stakeholders across the country to promote and include the use of properly fitted mouthguards during practices and competition in all sports where orofacial injury is a risk.

"We know that oral health is essential for overall wellness and is an integral part of physical, social, and mental wellbeing," concluded Lawlor. "Including mouthguards as part of health promotion and injury prevention programs is vital to protecting the overall health and safety of all Canadians".

Got Game? Only if your teeth are protected

Sports mouthguards

Research shows that orofacial injury in sports is prevalent but preventable. Hockey, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, BMX, skateboarding, skiing and snowboarding... ALL high risk sports.

Studies evaluating the effectiveness of sports mouthguard protection have shown that a custom-fitted mouthguard can protect the teeth, gums and jaw as a result of participation in sports and support the use of mouthguards in appropriate sports at competitive and recreational levels.

Got Game? Only if your teeth are protected

Protect your teeth when playing sports

Research shows that orofacial injury in sports is prevalent but preventable. Hockey, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, BMX, skateboarding, skiing and snowboarding... ALL high risk sports.

Dental hygienists see firsthand the impact of injuries to the teeth, gums and jaw as a result of participating in sports and support the use of mouthguards in all appropriate sports at competitive and recreational levels.

Read FAQs, tips and other important information on mouthguards! Find out if your sports organization mandates mouthguard protection. If they don’t, ask what they can do to protect your mouth. See a dental hygienist to get your mouthguard and wear it at all games and practices. Put more bite into injury prevention. www.househunting.ca
L'Association des hygiénistes dentaires veut le protecteur buccal obligatoire

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MONTRÉAL - L'Association canadienne des hygiénistes dentaires milite pour une utilisation largement répandue du protecteur buccal dans tous les types de sports.

Qu'ils soient avec ou sans contacts, l'hygiéniste Nathalie Feldberg soutient que le protecteur joue un rôle de premier plan dans la prévention des accidents.

Le baseball, où il est toujours possible d'être atteint par une balle, le soccer où les coups de coudes accidentels peuvent survenir ou même l'haltérothérapie, où les athlètes aiment les dents au moment de faire leurs levées, sont autant de sports risqués pour les dents.

L'utilisation du protecteur buccal est encouragée tant pour les athlètes professionnels que pour ceux qui pratiquent les sports de façon amateur.

Mme Feldberg fait observer que les coûts reliés à une dent perdue, ou à la réparation d'un protecteur buccal, elle est qu'il faut changer la perception des gens et recommande la protection.