



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION

L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

Sports Mouthguards: Putting More Bite into Injury Prevention



Campaign Public Relations Toolkit

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INTRODUCTION

Prevention of injury in sports is an important priority for sports organizations. As a sports organization member, you can play a key role in the education and promotion of an important injury prevention tool: sports mouthguards.

Dental hygienists see first-hand the impact of injuries to the teeth, gums and jaws as a result of participation in sports and support the use of mouthguards in all appropriate sports at competitive and recreational levels.

On September 28th, 2012, the Canadian Dental Hygienists Association (CDHA) Board of Directors 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. Hockey, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, BMX, skateboarding, skiing and snowboarding... these are ALL high risk sports!

Research also confirms that mouthguards can indeed prevent orofacial injuries. Studies evaluating the effectiveness of sports mouthguards have shown the overall risk of injury is 1.5 to 2 times greater when a sports mouthguard is not worn during athletic activity.

In addition, there is a strong cost benefit to wearing sports mouthguards. It has been estimated that the cost of this preventable injury is between \$22 million and \$25 million a year. A 2005 report estimated the cost to treat a lost front tooth over a lifetime was between CDN \$5,000 and CDN \$20,000. 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.

There are more than 27,000 dental hygienists across Canada. These trained health care professionals can play an integral role in the prevention of orofacial injury in sports. As an essential piece of protective equipment in sports, dental hygienists can fabricate and fit mouthguards to reduce the risks of orofacial injury at the recreational and competitive level, in both practices and games.





CALL TO ACTION

CDHA would like to work collaboratively with you to promote the use of properly fitted mouthguards during practices and competition in all sports where orofacial injury is a risk.

CDHA is recommending that sports organizations join this effort and deliver increased health promotion and education of athletic trainers, coaches, sports officials, organizers, administrators, athletes, and parents about the benefits of wearing a sports mouthguard.

In order to encourage sports organizations to get involved in this new national public relations (PR) campaign, this campaign PR toolkit was created for those who wish to raise awareness, start the conversation and gain positive media coverage for their organization.

CDHA strongly believes that this will allow sports organizations to create a channel of communication between the news media, key stakeholders and their organization, consequently helping them to build awareness and develop a beneficial public image.

In addition to other PR efforts completed by CDHA, this kit has also been created in order to help sports organizations individually raise awareness of the significant benefits associated with wearing sports mouthguards and the important role they play in the health and safety of all Canadians.

CDHA hopes that sports organizations will join them in its communications efforts by contacting their local media outlets and other key stakeholders and sharing this innovative information with them in order to raise the profile and build awareness. We encourage sports organizations to inform the media, stakeholder groups and the general public of the benefits of wearing a sports mouthguard during athletic activity by the means of a calculated communications effort, which is defined in this toolkit.

CDHA believes that media and stakeholder outreach can effectively communicate its unified message:

Sports Mouthguards: Putting More Bity into Injury Prevention!

SAMPLE PRESS RELEASE

Putting More Bite into Injury Prevention

Local Sports Organization Holds Inaugural Clinic on the Benefits of Wearing Protective Mouthguards

July 5, 2013 (Ottawa, Ontario) Today, <insert name of sports organization> is officially launching its injury prevention campaign with a public education seminar and clinic on the benefits of wearing protective sports mouthguards. Today's clinic is part of a national public awareness campaign, supported by The Canadian Dental Hygienists Association (CDHA), to encourage the use of sports mouthguards during athletic activity.

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.

"Prevention of injury in <insert name of sport> has always been our top priority," said <insert name and title>. "We are committed to working collaboratively with dental hygienists to promote properly fitted mouthguards as an essential piece of protective equipment in both practices and games."

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 teeth. 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 clenching 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 activity. 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 \$20,000.

Local dental hygienists will be on hand today to properly fit and sell sports mouthguards for athletes young and old at a competitive price. Normally, custom fitted mouthguards are much more expensive.

"Including mouthguards as part of health promotion and injury prevention programs is vital to protecting the overall health and safety of all Canadians," concluded <insert name>. "We encourage individuals and families to spread the word and protect their teeth by visiting their local dental hygienist today."

The clinic runs from 10:00am – 2:00pm today at the Sportsplex, located at 123 Street. For more information, please visit <insert local website> or www.cdha.ca/mouthguards.

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For more information or to set up an interview, please contact:

Name: Name

Telephone: 123-456-7890

Email: name@companyname.com

CONTACT INFORMATION

Canadian Dental Hygienists Association (CDHA)

1122 Wellington St. W.,

Ottawa, ON K1Y 2Y7

Phone: 1-800-267-5235

Fax: (613) 224-7283

E-mail: info@cdha.ca

Web: www.CDHA.ca/mouthguards



**THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION**

**L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES**



Sports Mouthguard Promotional Materials and Fact Sheets

Got game? Only if your teeth are protected

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 first-hand the impact of injuries to the teeth, gums and jaws as a result of participation in sports and support the use of mouthguards in all appropriate sports at competitive and recreational levels.



Studies evaluating the effectiveness of sports mouthguards have shown the overall risk of injury is 1.5 to 2 times greater when a sports mouthguard is not worn during athletic activity. Mouthguards are a cost effective investment in protection. The estimated cost to treat a lost front tooth over a lifetime can range from \$5,000-\$20,000. 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.

Read FAQs, tips and other important information at www.cdha.ca/mouthguards. Find out if your sports organization requires mandatory mouthguard protection and if they don't, ask why? Most importantly, protect your mouth. See a dental hygienist to get a custom fitted sports mouthguard and wear it at all games and practices. Sports mouthguards put more bite into injury prevention!



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

For immediate release

Media Release

Putting More Bite into Injury Prevention

Dental Hygienists Prompt Athletes to Wear Protective Mouthguards

April 25, 2013 (Ottawa, Ontario) 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}

“CDHA strongly believes that dental hygienists play an integral role in the prevention of orofacial injury in sports,” said Sandy Lawlor, CDHA President. “Dental hygienists remain committed to promoting properly fitted mouthguards as an essential piece of protective equipment in sports that present a risk of orofacial injury at the recreational and competitive level, in both practices and games.”

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 teeth². 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 clenching 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 activity¹.

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 \$20,000¹.

“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”.

Serving the profession since 1963, CDHA is the collective national voice of more than 24,000 registered dental hygienists working in Canada, directly representing 17,000 individual members including dental hygienists and students. Dental hygiene is the 6th largest registered health profession in Canada with professionals working in a variety of settings, with people of all ages, addressing issues related to oral health. For more information on oral health, visit: www.cdha.ca.

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For more information or to set up an interview, please contact:

Angie D’Aoust
613-224-5515 ext 134
adaoust@cdha.ca

References:

1. CDHA Position Paper on Sports Mouthguards *Putting More Bite into Injury Prevention*. November-December 2005, Vol.39,NO.5.
http://www.cdha.ca/pdfs/profession/resources/Mouthguard_Position_2005.pdf
2. American Dental Association (ADA). *Statement on Athletic Mouthguards*. February 2009.
<http://www.ada.org/1875.aspx>



Listen to “The Coach” for the Best Advice.

Answers to commonly asked
sports mouthguard questions:

What is a sports mouthguard?

A removable dental appliance that fits over the upper teeth. Acts as a shock absorber to prevent injury to the jaw and mouth during sports activities.

Is a sports mouthguard necessary for non contact sports?

Yes. Examples of injuries from non contact sports include:

1. Blow to the face and mouth from baseball equipment
2. Jaw and teeth injury caused by severe clenching of teeth in weight lifting
3. Inadvertent contact in basketball.

Do any sports associations have mandatory policies for sports mouthguards?

Sports mouthguards are mandatory in Canada in most minor hockey leagues, amateur football, amateur rugby, karate, taekwondo, lacrosse and amateur and professional boxing.

Are there different types of sports mouthguards?

There are four types of sports mouthguards.

1. Stock: “One size fits all” are available commercially in stores. Requires wearer to clench teeth together to hold it in place. Bulkiness makes it difficult to speak and breathe when wearing. Least expensive and offers least protection
2. Mouth formed: “Boil and bite”. Available

commercially. Better fit, less bulky than stock type but may still require wearer to clench teeth to hold it in place. Impedes speech and breathing. Economical to purchase and slightly better protection than stock type.

3. Custom fabricated: Created from an impression of teeth taken by a dental hygienist to fit the wearer’s mouth perfectly. Comfortable, allows wearer to speak and breathe properly. Superior protection to #1 and #2, but more expensive
4. Pressure laminated: Custom fit from an impression of the teeth taken by a dental hygienist and manufactured in a dental laboratory. Highest level of protection, fit and comfort, but most expensive.

What are the characteristics of a properly fitted sports mouthguard?

1. Durable, at least 3 mm thickness to keep the jaws separated.
2. Comfortable, snug fit.
3. Wearer can speak and breathe easily.

Do sports mouthguards prevent concussion?

There is no clear evidence to prove that the use of sports mouthguards prevents concussion but research is ongoing.

Do sports mouthguards wear out?

Sports mouthguards last for two to three seasons of play, depending on the frequency of use. Replace if torn, thin or worn out.



SPORTS MOUTHGUARDS Q&A

Putting More Bite into Injury Prevention



What is a sports mouthguard?

A sports mouthguard is a removable dental appliance that fits over the upper teeth and gums to prevent and reduce injuries such as tooth loss or fracture and lacerations to the mouth and gums.



How do sports mouthguards protect the jaws and teeth?

If you experience a direct blow to the jaw or teeth, a sports mouthguard acts as a shock absorber so that the force is distributed and absorbed throughout the appliance.^{1,2}

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 activity.^{1,3,4}



I don't engage in contact sports. How do injuries from non-contact sports occur?

Even in non-contact sports, injuries to the teeth and gums can happen.

Sports mouthguards:

- Prevent the loss or fracture of teeth in sports such as baseball, where a ball or bat can come in contact with a player's mouth and teeth
- Protect top and bottom teeth from severe clenching which may cause fractures, excessive wear or injury. Sports such as weightlifting can result in this type of injury.
- Protect the teeth, gums and jaws during sports play from jaw fractures resulting from an inadvertent elbow to the face in basketball

Is hockey more dangerous than other sports?

Yes for two reasons:

1. Hockey pucks are a 6 oz. (170 gram) piece of solid rubber
2. can hit a hockey player's mouth at speeds up to 193 kilometres per hour.¹



Are there any other benefits to wearing a Sports mouthguard?

Sports injuries can result in orofacial disfigurement with a range of effects varying from embarrassment and avoidance of social contacts to conditions that affect an individual's ability to eat and speak.^{1,5}

What is the cost benefit of wearing sports mouthguards?

It has been estimated that the cost of this preventable injury is between \$ 22-25 million /year¹. A 2005 report estimated the cost to treat a lost front tooth over a lifetime was between CDN\$5,000 and CDN\$20,000.^{1,2}

Do any sports associations have mandatory policies for sports mouthguards?

Sports mouthguards are mandatory in Canada for most minor hockey players, amateur football, amateur rugby, karate, taekwondo, lacrosse and amateur boxing. The only professional sport where sports mouthguards are mandatory is boxing.¹

Are there different types of sports mouthguards?

There are four types of sports mouthguards.¹

1. *Stock*: "one size fits all" Stock Sports mouthguards are commercially available in stores. Because they are not customized to fit your mouth, they are often uncomfortable and restrict breathing and speech. In addition, the wearer has to clench their teeth together to get the sports mouthguard to stay in place. This is the most economical sports mouthguard but it also offers the least protection.¹
2. *Mouth-formed*, commonly referred to as "boil and bite" are warmed in water and the user bites into it to fit their teeth. Most have a removable strap to attach to a helmet. They are less bulky than the stock types and fit slightly better, but often have a loose fit and still require the wearer to clench their teeth together to hold the sports mouthguard in place. These are also inexpensive and offer a lower level of protection as compared to custom fabricated sports mouthguard.⁴



3. *Custom fabricated* sports mouthguards are created by using a mould or impression of the teeth taken and processed by the dental hygienist so that the sports mouthguard exactly fits the athlete's mouth. Because it is perfectly customized, it has a comfortable fit which allows the athlete to speak and breath properly and does not require the wearer to clench to keep it in place. Although it offers good protection, it is more expensive when compared to the previous examples.¹



4. *Pressure Laminated* sports mouthguards are made the same way as the custom fabricated ones, but layers of protection are fused together in a dental laboratory. This type of sports mouthguard is the most expensive and provides the highest level of protection.¹

If sports mouthguards are so effective, why don't all sports organizations require wearing one?

Sports mouthguard use is influenced by the attitudes of players, officials, coaches and parents.^{1,6} Studies indicate that while most players in a contact sport believe that sports mouthguards provide protection, only one player out of five actually wears one. In another survey of parents with soccer playing children, the cost of a custom sports mouthguard ranged from \$60 to \$285, but 24% of the parents were unwilling



to pay more than \$25.00 for a custom fitted sports mouthguard⁵.

What are the characteristics of a properly fitted sports mouthguard?

1. Thickness should be at least 3mm to keep the jaws separated⁷
2. It should be comfortable⁷
3. It should be durable⁷
4. The wearer should be able to breathe and speak easily⁷
5. The wearer should not have to clench their teeth together to keep the sports mouthguard in place.⁷

Do sports mouthguards prevent concussion?

There has been some investigation as to whether sports mouthguards prevent concussion during sports activities. Research is ongoing, but at this point there is no clear evidence proving that the use of sports mouthguards prevents concussion.^{1,2}

Do sports mouthguards wear out?

Generally speaking sports mouthguards last for two to three seasons of play, depending on the frequency of use. After a time, the "memory" of the appliance deteriorates such that the fit of the sports mouthguard is not as good as when it was first purchased.

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4. American Public Health Association. *Promotion of Quality-Fitted Mouthguards for Oro-Facial Injury Prevention*. 2005. <http://www.apha.org/advocacy/policy/policysearch/default.htm?id=101>
5. American Academy of Pediatric Dentistry (AAPD). Policy on prevention of sports-related orofacial injuries. Clinical Affairs Committee and Council on Clinical Affairs, AAPD. Oral Health Policies. *Reference Manual*. 2010: 34(6);67–70.
6. Academy For Sports Dentistry FAQ's. 2010. <http://academyforsportsdentistry.org/Resources/FAQs>
7. Darby ML, Walsh M. *Dental Hygiene Theory and Practice 2nd Edition* Page 623

Be a Legend Because of Your Game, Not Your Missing Teeth

Proper Use and Care of Your Sports Mouthguard Leads to a Better Smile



WHAT TO DO

1. Sports mouthguards are recommended for sport such as: ice and field hockey, football, rugby, martial arts, lacrosse, boxing, soccer and extreme sports to name a few;
2. Wear a sports mouthguard for practice and games;
3. The best sports mouthguards are made by a dental hygienist or other oral professional to fit your mouth perfectly;
4. Choose a coloured sports mouthguard so that it can be retrieved if lost on the playing field or ice;
5. Remove orthodontic retainers and other removable appliances before inserting your sports mouthguard;
6. If you have orthodontic braces (bands), a sports mouthguard will prevent wire cuts and lacerations;
7. Replace your sports mouthguard every 2 or 3 years or if it becomes torn or split or worn or no longer fits;
8. Rinse the sports mouthguard with cold water or with mouthrinse before and after each use. Clean with toothbrush and toothpaste;
9. Store and transport the sports mouthguard in a firm, perforated container to prevent damage and to provide adequate air circulation;
10. Bring the sports mouthguard to your dental hygiene visit to have it evaluated.



WHAT NOT TO DO

1. Don't chew on your sports mouthguard;
2. Don't use hot water to clean your sports mouthguard;
3. Don't leave your sports mouthguard in direct sunlight or in the glove box of a car. Extreme heat can alter the sports mouthguard material and decrease its effectiveness;
4. And finally – **DON'T SHARE YOUR SPORTS MOUTHGUARD!**

For more information: www.cdha.ca/mouthguards



THE CANADIAN DENTAL
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DES HYGIÉNISTES DENTAIRES



SPORTS MOUTHGUARD - CDHA POSITION STATEMENT UPDATE

Sports Mouthguard - Putting More Bite into Injury Prevention



On September 28, 2012, the Canadian Dental Hygienists Association (CDHA) Board of Directors endorsed the 2012 Position Statement — *Putting More Bite into Injury Prevention*. This position statement was based on the 2005 CDHA Position Paper on Sports Mouthguards: *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. CDHA therefore strongly recommends that dental hygienists play an integral role in the prevention of orofacial injury in sports and that dental hygienists promote properly fitted mouthguards as an essential piece of protective equipment in sports that present a risk of orofacial injury at the recreational and competitive level, in both practices and games.

BACKGROUND

The following describes the process that CDHA used when updating the Sports Mouthguards position statement.

In 2005, CDHA published a Position Paper on Sports Mouthguards: *Putting More Bite into Injury Prevention* and a corresponding CDHA Position Statement, which was based upon the evidence in the position paper. In 2012, CDHA undertook a review of the 2005 position statement by examining recent position statements and publications from the following organizations and groups. This information suggested that the 2005 position statement remains relevant.

American Academy of Pediatric Dentistry¹

American Dental Association²

American Dental Hygienists Association³

American Public Health Association⁴

Academy of General Dentistry⁵

Academy for Sports Dentistry⁶

Australian Football Academy⁷



British Dental Association⁸

Canadian Academy of Sport and Exercise Medicine⁹

Canadian Dental Association¹⁰

FDI World Dental Association¹¹

United States Department of Health and Human Services¹²

RECOMMENDATIONS

Dental hygienists can:

- Work together with other health professionals to deliver health education, injury prevention, and mouthguard promotion campaigns on either a one-to-one basis or to groups of clients, parents, athletes, athletic teams, sports coaches and officials, and gym teachers;
- Act as change agents to influence a culture in sports that accepts use of mouthguards as a normal part of dressing for sport;
- Fabricate mouthguards and advise on the use and care of properly fitted mouthguards, and
- Conduct research on the oral health promotion of mouthguards and the prevention of injury.

Sports governing bodies, local injury prevention centres, and school districts can:

- Mandate the use of properly fitted mouthguards during practices and competition in all sports where orofacial injury is a risk (i.e., hockey, ringette, basketball, baseball, soccer)
- Develop a plan to address compliance in sports that mandate mouthguards, and
- Deliver increased health promotion and education of athletic trainers, coaches, sports officials, organizers, administrators, athletes, and parents.

Dental hygiene professional organizations and educational institutions can:

- Work with national sports and school organizations to develop an approach for expanding mouthguard regulations in sports and for addressing compliance issues in sports that have existing mouthguard rules, and



- Provide ongoing opportunities during college/university and in continuing professional development to gain knowledge and experience with mouthguard issues.

Governments can:

- Fund health promotion and injury prevention programs that include mouthguards;
- Work with local or provincial injury prevention centres to establish an Injury Prevention Centre of Canada (IPCC) that would be responsible for an injury surveillance system, for monitoring injury exposure and incidence, and for assessing injury trends in activities when new equipment or regulations are introduced, and
- Establish an injury research and demonstration fund to test and evaluate injury prevention and control approaches.



Health insurance industry can:

- Consider covering the cost of properly fitted mouthguards in health plans and promote the use of custom fabricated mouthguards.



REFERENCES

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3. American Dental Hygienists Association. *The American Dental Hygienists' Association to Encourage Proper Oral Care for Children during National Children's Dental Health Month*. January 2009. http://www.adha.org/media/releases/01262009_ncdhm.htm
4. American Public Health Association. *Promotion of Quality-Fitted Mouthguards for Oro-Facial Injury Prevention*. 2005. <http://www.apha.org/advocacy/policy/policysearch/default.htm?id=101>
5. Academy of General Dentistry. *Mouthguards Fight "Weekend Warrior" Syndrome*. 2012 http://search.agd.org/search?site=KnowYourTeeth&client=KnowYourTeeth&proxystylesheet=KnowYourTeeth&output=xml_no_dtd&oe=latin1&q=mouthguards
6. Academy for Sports Dentistry. *FAQ Academy's Position on Mandating Mouthguards*. April 2010. <http://academyforsportsdentistry.org/Resources/FAQs/tabid/73/Default.aspx>

Researchers can:

- Conduct high quality mouthguard research, including randomized controlled trials on topics such as:
 - Efficacy of various types of mouthguards in preventing orofacial injuries and concussion;
 - Cost effectiveness of mouthguards and infection control;
 - Effectiveness of population based interventions and sports regulations, including an increased penalty severity for mouthguard rule infractions, for increasing mouthguard use;
- Survey dental hygienists and other oral health professionals to determine the general knowledge and experience levels with respect to mouthguards and to determine attitudes of dental hygienists with respect to advocating for use of mouthguards, and
- Improved product design of an effective, comfortable mouthguard that would facilitate widespread compliance.



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SPORTS MOUTHGUARDS POLICIES - SPORTS ORGANIZATION

Putting More Bite into Injury Prevention



Sport	Policy in place requiring use of mouthguards*		
	Yes	No	Recommended but not required
Baseball	-	Baseball Canada	-
Basketball	-	National Basketball League of Canada	-
Boxing (Amateur)	Canadian Amateur Boxing Association	YK, BC, AB, SK, MB, ON QC, NB, NS, PE, NL	-
Boxing (Pro)	Canadian Boxing Federation	-	-
Field Hockey	-	Field Hockey Canada	-
Football (Amateur)	Football Canada, NB, PE, BC	AB	-
Football (Pro)	-	-	NFL & CFL
Hockey (Amateur)	ON, QC, PEI, NL, SK, Hockey Canada	NB, NS	AB, NT
Hockey (Pro)	-	-	National Hockey League
Karate	National Karate Association	-	-
Lacrosse	Canadian Lacrosse Association	-	-
Martial Arts	Canadian National Martial Arts Association	-	-
Racquetball	-	Racquetball Canada, AB	-
Ringette	-	-	National Ringette League, BC, AB, SK, MB, NB, NS, PE, ON
Rugby (Amateur)	Rugby Canada, ON, AB, SK, NB, BC, MB	-	-
Rugby (Pro)	-	International Rugby Association	-
Squash	-	International Squash Federation	-
Soccer	-	Canadian Soccer Association	-
Taekwondo	Taekwondo Association of Canada	-	-
Volleyball	-	Volleyball Canada, NT, BC, SK, NB, PE, NL	-

*This document serves as a quick reference guide. Provincial and local league rulings vary by organization. For further information, please contact info@cdha.ca

For more information: www.cdha.ca/mouthguards



SPORTS MOUTHGUARDS - SAMPLE POLICY ORGANIZATIONAL POLICY 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 sports mouthguards can prevent orofacial injuries. Properly fitted sports mouthguards should be considered as an essential piece of protective equipment in sports that present a risk of orofacial injury at the recreational and competitive level, in both practices and games.



Sports Mouthguard Policy Statement

Name of sporting organization

- Mandates the use of properly fitted sports mouthguards for all registered players during practices and competition
- Will develop a plan to address compliance for mandatory wearing of sports mouthguards
- Will provide health promotion and education for athletic trainers, coaches, sports officials, organizers, administrators, athletes, and parents.



Recommendations:

1. A custom-fitted sports mouthguard fabricated by a dental hygienist or other oral health care professional is highly recommended as offering the best protection.
2. It is recommended that the sports mouthguard be coloured so that it can be easily spotted if it falls out of the athlete's mouth
3. Ideal sports mouthguards should have 3mm of shock absorbent thickness
4. Replace the sports mouthguard every 2-3 years or if it becomes torn, split, worn or no longer fits
5. Bring it to all dental hygiene visits to ensure it fits correctly.



For more information: www.cdha.ca/mouthguards



**Get Involved and See
Results!**

**Recent Media Coverage
on Sports Mouthguards**



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HYGIENISTS ASSOCIATION

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Only if your teeth are protected

NEWS CANADA MAY 1, 2013

Research shows that orofacial injury in sports is prevalent but

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NEWS CANADA MAY 1, 2013

OTTAWA CITIZEN

Research shows that orofacial injury in sports is prevalent but preventable. Hockey, soccer, football, rugby, martial arts, lacrosse, basketball, baseball, BMX, skateboarding, skiing and snowboarding - all high-risk sports. Dental hygienists see first-hand the impact of injuries to the teeth, gums and jaws as a result of participation in sports, and they support the use of mouthguards in all appropriate

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Colin Carrie @ColinCarrie 8m

Thanks to the Cdn Dental Hygienists for raising the importance of wearing mouth guards for Kids/Canadians who love sport! #Oshawa

Expand

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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}

Lawlor, CDHA President. "Dental hygienists remain committed to promoting properly fitted mouthguards as an essential piece of protective equipment in sports that present a risk of orofacial injury at the recreational and competitive level, in both practices and games."

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 teeth². 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 denching 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 activity¹.

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 \$20,000¹.

"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".

Northumberland View.ca

"A View Like No Other"



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}

[2] "CDHA strongly believes that dental hygienists play an integral role in the prevention of orofacial injury in sports," said Sandy Lawlor, CDHA President. "Dental hygienists remain committed to promoting properly fitted mouthguards as an essential piece of protective equipment in sports that present a risk of orofacial injury at the recreational and competitive level, in both practices and games."

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Got Game? Only if your teeth are protected

NEWS CANADA MAY 1, 2013

Research shows that orofacial injury in sports is prevalent but preventable. Hockey, boxing, basketball, baseball, snowboarding - all high-risk sports, and they support the use of mouthguards at competitive and recreational levels.

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CBCnews | Politics

Inside Politics Blog

Also running the press gallery gauntlet this morning:

- Representatives from the Canadian Dental Hygienists Association kick off a new public awareness campaign to "encourage the use of sports mouthguards at the recreational and competitive level, in both practices and games."
- Former parliamentary budget officer Kevin Page reminisces about his

protected

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EDMONTON JOURNAL

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Colin Carrie @ColinCarrie
With Sandy Lawlor, president of the Canadian Dental Hygienists Association in Ottawa #Oshawa pic.twitter.com/TI57hYDWE



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Read FAQs, tips and other important information at www.cdha.ca/mouthguards. Find out if your sports organization requires mandatory

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Parachute Canada @parachutecanada

Canadian dental hygienists launch campaign to promote sports mouthguards to prevent orofacial injury. ow.ly/ks9Fi

Expand

26 Apr

FAMILY MATTER

Sports mouthguards

(NC)— 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 first-hand the impact of injuries to the teeth, gums and jaws as a result of participation in sports and support the use of mouthguards in all appropriate sports at competitive and recreational levels.

The Record

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Richmond News

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Read FAQs, tips and other important information about sports mouthguard protection, and if they don't, ask your dentist to help you protect your mouth. See a dental hygienist to get a custom-fitted sports mouthguard and wear it at all games and practices. Put more bite into injury prevention! www.news.ca

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The Gazette

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metro

Protect your teeth when playing sports

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Mouthguards are a cost-effective investment in protection. The estimated cost to treat a lost front tooth over a lifetime can range from \$5,000 to \$10,000. The average cost of a custom-fitted sports mouthguard is \$100 or less. The cost of hockey skates and other sports equipment can far exceed that.

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ANN WRIGHT

CANADIAN DENTAL HYGIENISTS ASSOCIATION

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The StarPhoenix

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THE VANCOUVER **courier**

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GOT GAME? Only if your teeth are protected

(NC) — 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



LE HUFFINGTON POST QUÉBEC

L'Association des hygiénistes dentaires veut le protecteur buccal obligatoire

CP | Par La Presse Canadienne
Publication: 25/04/2013 13:27 EDT | Mis à jour: 25/04/2013 13:34 EDT

LA PRESSE CANADIENNE 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'haltérophilie, où les athlètes serrent 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, qu'elle soit avant ou après un accident, dépassent de loin ceux d'un protecteur buccal.

Elle croit qu'il faut changer la perception des gens et recommander la protection.



THE VANCOUVER SUN



Hu-Friedy @hu_friedy

RT @thecdha Press Conference has commenced. @theCDHA Dental Hygienists Prompt Athletes to Wear Protective Mouthguards bit.ly/Y6CByV

25 Apr

north shore news

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Read FAQs, tips and other important information at www.cdha.ca/ mouthguards. Find out if your sports organization requires mandatory mouthguard protection, and if they don't, ask why. Most importantly, protect your mouth. See a dental hygienist to get a custom-fitted sports mouthguard and wear it at all games and practices. Sports mouthguards put more bite into injury prevention! www.newsCanada.com

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