

THE CANADIAN DENTAL **HYGIENISTS ASSOCIATION**

L'ASSOCIATION CANADIENNE DES HYGIÉNISTES DENTAIRES

MOUTHGUARD MEDIA SUMMARY





basketball, baseball, BMX, skateboarding, skiing and parding - all high-risk sports. Dental hygienists see first-hand the of injuries to the teeth, gums and jaws as a result of participation ts, and they support the use of mouthguards in all appropriate

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Got Game?

Only if your teeth are protected

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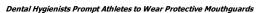
Thanks to the Cdn Dental Hygienists for raising the importance of wearing mouth guards for Kids/Canadians who love sport! #Oshawa

Northumberland "A View Like No Other" View.c

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Read FAQs, tips and o mouthguards. Find out mouthguard protection protect your mouth. Se mouthquard and wear



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,

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;
- 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 mouthquards as part of health promotion and injury prevention programs is vital to protecting the overall health and safety of all Canadians".



Sports mouthguards

(NC)- Research shows that orofacial injury in sports revalent but preventable. Hockey, soccer, football, rugh nartial arts, lacrosse, boxing, basketball, baseball, BMX, skat oarding, skiing and snowboarding... ALL high risk sport Dental hygienists see firstDhand the impact of injuries to the eeth, gums and jaws as a result of participation in sports ar upport the use of mouthguards in all appropriate sports competitive and recreational levels.

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Read FAQs, tips and other important in mouthguards. Find out if your sports or mouthquard protection, and if they don't

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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 they support the use of mouthguards in all appropriate sports at competitive and recreational levels

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Read FAQs, tips and other important information mouthguards. Find out if your sports organizati mouthguard protection, and if they don't, ask w protect your mouth. See a dental hygienist to g mouthquard and wear it at all games and pract put more bite into injury prevention! www.newso

Protect your teeth when playing sports

Research shows that orofacial injury in sports is prevalent but preventable.

Entertainment Life

Hockey, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, BMX, skateboard-ing, skiing and snowboarding are 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 11/2 to two times greater when a sports mouthguard is not worn during athletic activity.

Mouthguards are a costeffective 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



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