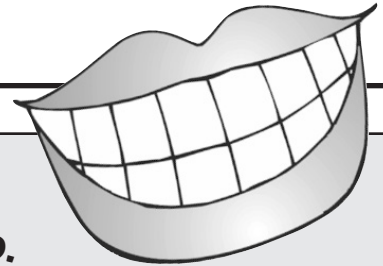


# FAMILY HEALTH HANDOUT: DENTAL SMILE GUARDS



## HEALTH CHALLENGE

Wear protective gear such as a mouthguard when you play sports.



**STICK IT UP!  
PUT THIS  
HANDOUT BY  
YOUR SPORTS  
GEAR AS A  
REMINDER  
TO USE A  
MOUTHGUARD  
AND OTHER  
PROTECTIVE  
GEAR.**

## GUARD YOUR SMILE WITH A MOUTHGUARD. DON'T PLAY WITHOUT ONE.

Mouthguards help prevent injuries to the mouth, teeth, lips, cheeks, and tongue. Children, teens, and adults can be hurt in these areas when they play sports.

Do you play any of these sports?

Baseball/Softball	Football	Martial Arts
Lacrosse	Volleyball	Racquetball
Hockey	Gymnastics	Basketball
Skateboarding	Trick Bicycling	Riding Scooters
Soccer	Boxing	Wrestling

Mouthguards soften the impact of blows to the head and neck.

Injuries are costly. Mouth guards cost very little.

<i>Injury</i>	<i>Cost to Treat</i>
Bruised or bleeding mouth .....	150.00
Chipped or broken tooth.....	250.00
Loss of permanent (adult) teeth .....	950.00

Mouthguards are U-shaped, molded plastic and fit over the upper teeth. A mouthguard on the lower teeth makes it too hard to breathe.

There are three types of mouthguards:

1. Ready-to-use mouthguards – Put it in the mouth and bite down.
2. Fit your own – One type is a boil and bite. The other type you pour material into a U-shaped piece of plastic and bite down as it hardens. Both types are easy to fit. They cost only a few dollars.
3. Your dentist can make a custom-fit mouthguard. It is the best protection against injuries. It costs more than the others.

Choose a mouthguard and use it every time you play. Whatever type of mouthguard you choose to use, it will protect your smile.