



## **MEDIA RELEASE**

W J O'Reilly, Federal President

### **No Mouthguard – No Play! Don't leave home without one.**

“There are far too many unnecessary, serious and permanent injuries to teeth because a mouthguard hasn't been used or fitted correctly,” Chairman of the Oral Health Committee of the Australian Dental Association, Dr Derek Lewis, said today.

“Dentists are seeing too many cases of chipped and dislodged teeth following sports-related injuries. These injuries would have been prevented had a properly fitted mouthguard been worn. With the football/hockey season getting underway, parents must consider investing in a professionally-fitted mouthguard for their children.’

**“Mouthguards should be compulsory in all contact sports at all levels.** Even in non-contact sports such as bicycle riding and skateboarding, a mouthguard is a useful protective device in addition to a helmet.”

“Anyone participating in a contact sport is foolhardy if they don't wear a custom-fitted mouthguard .”

Australian research has shown that sports injuries account for about one-third of all traumatic injuries to teeth. Perhaps not surprisingly, males have the higher rate of trauma to adult teeth.

Over-the-counter mouthguards available through pharmacies are generally ill-fitting and can restrict normal speech and breathing. The best protection is obtained by a custom-fitted mouthguard available through a dentist.<sup>1</sup> These mouthguards are accurately moulded to a person's teeth and are more comfortable and secure to wear. They provide better protection. Investing in a custom mouthguard costs less than a pair of sporting shoes. This is a small price to pay to avoid the expense and heartache of repairing damaged teeth and gums.

Failure to wear a custom-made mouthguard can double the risk of damage to teeth from sporting injuries.

For more information, see [www.ada.org.au](http://www.ada.org.au).

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<sup>1</sup> Standards Australia-Guidelines for the fabrication, use and maintenance of Sports mouthguards. HB 209-2003.