USE ALL THE EQUIPMENT!

MOUTHGUARDS

IT CAN HAPPEN TO YOU!

You never know when you could take an elbow under the basket, a baseball in the face or a fall from your skates. If you play any kind of sport, don't play another minute without wearing a mouthguard.

An estimated five million teeth will be knocked out in U.S. sports activities this year. As many as 34 percent of all basketball injuries are to the mouth and face. In football, where mouthguard use is required, injuries to the mouth and face have dropped from 50 percent to one percent. **Mouthguards prevent injuries!**

Mouthguards are like shock absorbers for your teeth! Every year, they prevent more than 200,000 injuries to the mouth, teeth and face. Some studies have shown them to be effective in preventing concussions.

MOUTHGUARDS ARE FOR EVERYONE!

Girl's sports can get even meaner and tougher than the guys! Most girls still don't wear mouth - guards even though they should. Girls are just as likely to lose a tooth or get knocked in the face as any guy. When you play it safe, you'll look great too! Mouthguards come in many fun colors.

MOUTH-GUARD USE

There are three types of mouthguards to choose from: stock (ready to wear), mouth-formed (boil and bite) and custom made (by a dentist).

You can buy a mouthguard at any sporting goods store for about $5 - $10. Your dentist can also make one for you. A store-bought plastic guard can be shaped to fit your mouth by heating it in water, and then placing it in your mouth while still warm. Mouthguards made by your dentist may cost a little more, but they offer the best fit.

Take care of your mouthguard by rinsing it with water after each use. Make sure it gets plenty of air when not in use. It will last longer that way. If you keep it in a box, make sure the box has air holes. A good mouthguard will last the length of your season or even longer.

SO YOU THINK MOUTHGUARDS AREN'T COOL?

Think about how you'd look with missing or broken teeth. There is nothing fun about false teeth, or spending lots of time and money in a dental chair. Win or lose, a mouthguard can help you keep that winning smile for now and the rest of your life.

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USE A MOUTHGUARD IF YOU PLAY THESE SPORTS:

Basketball • Racquet Ball • Squash

Rugby • Soccer • Rollerblading

Wrestling • Football • Martial Arts

Baseball • Volleyball • Lacrosse

Ice Hockey • Softball • Boxing

Mountain Biking • Rodeo

Make a mouthguard a part of your uniform and you'll always have it when you need it the most!

IDAHO DEPARTMENT OF HEALTH & WELFARE
Oral Health Program
P.O. Box 83720
Boise, ID 83720-0036
(208) 334-5966

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