

QUESTION	<b>WHEN DO YOU NEED A MOUTH GUARD?</b>
ANSWER	<b>ANY TIME YOU PARTICIPATE IN SPORTS!</b>



**Protect Your Smile**

Let’s work together to protect that smile of yours. Just by wearing a mouth guard, you reduce the risk of knocking out teeth or breaking your jaw.

Chances are if you play in organized sports, your coach may already require that you wear a mouth guard. But did you know that even when you’re riding your bike or getting a game together with the kids in your neighborhood that it’s a good idea to wear a mouth guard?

Any time you’re engaged in an activity where your face can come in contact with something hard—say another player, a ball, the pavement, or any hard object—it’s a time that you should be wearing a mouth guard!

Repairing the problems that happen to teeth and jaws is uncomfortable for the patient—and can cost thousands of dollars. Many injuries can be far less severe or even

prevented altogether by the simple act of wearing a mouth guard!

Mouth guards are a smart investment in your dental health. Let’s talk about the best mouth guard to use while you are having orthodontic treatment. When your treatment is complete, your dentist or I can help you select the right mouth guard.

**Get Into The Mouth Guard Habit!**

**April is National Facial Protection Month** is sponsored by the American Association of Orthodontists, the American Association of Oral and Maxillofacial Surgeons, the American Academy of Pediatric Dentistry, the American Dental Association and the Academy for Sports Dentistry.

Mouth guards are a good idea all year long.

For more information, visit [mylifemysmile.org](http://mylifemysmile.org), [aaoms.org](http://aaoms.org), [aapd.org](http://aapd.org), [mouthhealthy.org](http://mouthhealthy.org) or [academyforsportsdentistry.org](http://academyforsportsdentistry.org).



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