



American Association of Oral and Maxillofacial Surgeons

Five Health Organizations Double Down on Mouth Guards

Rosemont, Ill., April 1, 2016– April is National Facial Protection Month and this year five of the nation’s top dental associations are reminding athletes and recreational sports players to wear mouth guards to protect their teeth. Mouth guards are an essential piece of athletic gear and can help prevent serious, painful facial injuries that affect the mouth and teeth.

The dental experts at the Academy for Sports Dentistry (ASD), American Academy of Pediatric Dentistry (AAPD), American Association of Oral and Maxillofacial Surgeons (AAOMS), American Association of Orthodontists (AAO), and the American Dental Association (ADA) urge parents, caregivers, athletes and coaches to be proactive about staying safe by using a mouth guard. They offer the following important statistics to keep in mind as spring sports season begins:

3 – Types of mouth guards: Custom-fitted mouth guards are made by your dentist for you personally. Stock mouth guards come pre-formed and may offer a bulky fit. Boil and bite mouth guards are softened in boiling water and then inserted and allowed to adapt to the shape of your mouth.

5 – The number of top dental associations that encourage athletes and recreational sports players to wear mouth guards to keep their teeth and smiles intact.

7 to 11 – The ages during which children are most vulnerable to sports-related mouth injuries.

60 – The number of times that athletes are more likely to suffer harm to the teeth if they’re not wearing a mouth guard.

All – How many sports during which you should wear a mouth guard. Collision and contact sports may be high-risk for the mouth, but you can still experience a dental injury from other sports such as gymnastics or skating.

About National Facial Protection Month

National Facial Protection Month is sponsored annually during the month of April by the Academy for Sports Dentistry (<http://www.academyforsportsdentistry.org>), American Academy of Pediatric Dentistry (<http://www.aapd.org>), American Association of Oral and Maxillofacial Surgeons (<http://www.MyOMS.org>), American Association of Orthodontists (<http://www.mylifemysmile.org>), and the American Dental Association (<http://www.mouthhealthy.org>). Visit the websites listed for more information and helpful materials.