



Mouthguards & Sport Safety

**An Essential Handbook
for Everyone Who Should Wear or
Recommend a Mouthguard**



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What You Need to Know to Minimise or Eliminate Dental Injuries in Sport

The Reason You Need This Handbook

The sole intention of this Handbook is to reduce dental injuries in sport. 'Mouthguards and Mouthguard Safety' will give you information only a few people know. It is written in easy to understand, non-technical terms and will help you assess and select the right mouthguards.

In many ways you will know as much as the professionals and, as a bonus, you or those that you lead, will play better and enjoy sport more.

It is important you realistically consider the degree of impact or collision that may occur when competing or training.

Do You Know The Risk You Are Taking By Not Wearing A Mouthguard?

Do these facts apply to you and, are you putting yourself in danger of permanent damage or disfigurement?

- There is a **95% chance of permanent disfigurement to your most visible upper front teeth** when you have an injury to your teeth.
- **31%** of sporting injuries will result in damage to your **teeth, face and head**.
- In the USA over 200,000 oral injuries are prevented annually by sports mouthguards which is tremendous. But unfortunately, mouthguard usage is so low that **25 times** more teeth are lost in sporting activity. That is more than **5,000,000** teeth per year!
- In American Football, where mouthguards are compulsory, only **0.07%** of all injuries involve teeth and the mouth but, in Basketball, where they are not compulsory, and mouthguards are not worn, the injury rate is **34%**.

So, the problem is serious and you may be in considerably more danger than you realise.

82% Of Mouthguards Are "An Accident Waiting to Happen"

I estimate that 82% of mouthguards can be considered *An Accident Waiting to Happen!* And the probability is – yours is one of them.

I know that you are looking for the best protection and value for money. But, are you *really* getting the best protection? Saving Money? Maybe not! How do you know?

It is currently estimated that if you lose a tooth, it will cost you \$30,000 and possibly more in treatment expenses over your life. When this happens, in addition to the pain and disfigurement, what is the real cost of the mouthguard that you bought so cheaply?

Fortunately you can have a mouthguard that is made by a technique called '*Custom Laminating*'. It may give you up to **9 times more protection** than some Over the Counter 'Boil & Bite' mouthguards plus:

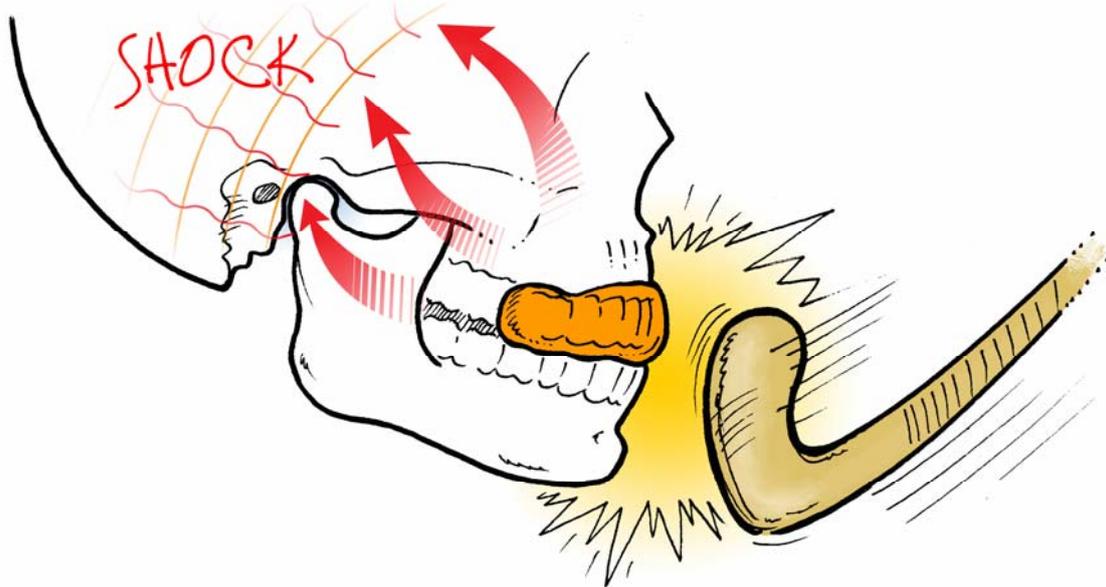
- The ability to breathe and speak with ease
- More choice
- More comfort
- A greater feeling of security

What is surprising is that this type of mouthguard has been available since 1982 but for many years few knew about them!

That is about to change. In this Handbook you will discover much more than you ever imagined about gaining oral protection, reducing dental injuries and playing with more confidence.

Concussion and Mouthguards

Concussion can occur when your brain is forced against and hits your skull from the impact of a sudden blow or collision.



Depending on its severity, concussion may cause short and long term problems. You may experience confusion, loss of memory, loss of consciousness, severe headaches, sudden weakness, double vision and ringing in the ears.

It has been published that mouthguards may reduce concussion, there may be a cumulative effect with repeated concussions and, once concussed, there may be a 4-fold increase in the risk of being concussed a second time.

This may not be so. Dr Paul McCrory, a neurologist and Editor of the Journal of Sports Medicine and others consider that the protective benefits of mouthguards against concussion are unsubstantiated. According to Dr McCrory:

- There is no support for the statement that concussion (as seen in sports) is cumulative
- The international expert consensus (see Vienna 2001 and Prague 2005 Consensus Statements) supports the statement that mouthguard do not prevent concussion
- Published randomised controlled trials in Australian Football and separately in Rugby Union have shown no scientific benefit from mouthguards in preventing concussion.

Irrespective of the extent of the concussion reducing effect of mouthguards, *if it is suspected that a person may have been concussed, even slightly, seek immediate expert medical advice!*