

Mouthguard a must

AUGUST 1-7 is Dental Health Week and the aim of this year's annual campaign is to remind the public of the importance of wearing a custom-fitted mouthguard during sport matches and training.

Sporting accidents are the most common cause of preventable dental injury. The use of a mouthguard can help to absorb and spread the impact of a blow to the face. Interestingly, at Geelong Smile Studio, the most common dental emergencies resulting from trauma having occurred not during the actual sporting match, but at training, when mouthguard usage is somewhat perceived to be less important.

There are many types of mouthguards available in Australia ranging from the over-the-counter mouthguard to a professionally fitted custom mouthguard made by a dentist. Not surprisingly, the Australian Dental Association (ADA) prefers the customised mouthguard, citing studies reporting that the degree of protection offered by the boil and bite mouthguard to be only slightly better than wearing no mouthguard at all.

Mouthguards should be worn whilst playing and training any sport where there is potential for contact

to the face. These sports include football, netball, basketball, hockey, skateboarding, snowboarding and skiing to name a few.

So is a mouthguard just a mouthguard? Definitely not! Using the principles of neuromuscular dentistry, these dentists are trained to provide performance mouthguards which precisely position an athlete's jaw into a stable position. These athletes have been found to have improvements in strength, flexibility, balance and endurance. Athletes across the world using this new technology range from golfers, swimmers, Olympic downhill skiers, triathletes, footy and soccer players and baseballers. These performance mouthguards have already begun to infiltrate our elite AFL teams such as Geelong, Essendon and the Gold Coast Suns along with several rugby teams.

So improve your family photos, prevent a life long legacy and wear a customised mouthguard.

To celebrate Dental Health Week Geelong Smile Studio will make you a customised mouthguard for \$70 - that's nearly \$100 off the normal price! This offer is valid for two weeks only. Visit www.smilestudio.com.au