

MOUTH WISE

Script

For Classroom Teacher

MOUTHGUARDS

- SLIDE 1 "Hello class. During today's health lesson, we'll discuss preventing dental injuries by using mouthguards in competitive sports."
- SLIDE 2 "I want to warn you that some of these photographs may be a little graphic."
- SLIDE 3 "Surveys show that ten million dental injuries will occur and between 4 and 5 million teeth will be knocked out this year. Injuries to front teeth occur in 25 percent of Americans between the ages of 6 and 50."
- SLIDE 4 "How many of you would know what to do if a friend or a teammate had a tooth knocked out?"
- SLIDE 5 "Most sports related dental injuries can be prevented with the use of mouthguards."
- SLIDE 6 "Soft-tissue injuries can occur to the lips, cheeks and tongue. Cuts, scrapes and swelling are the most common types of injuries."
- SLIDE 7 "This is an example of a lip injury. Playing which sport may cause this type of injury?"
- SLIDE 8 "Here's an example of a tongue injury. Do you think this injury could have been prevented by wearing a mouthguard?"
- SLIDE 9 "The trauma caused by an injury can damage the hard tissues, which are the teeth, bones and joints."
- SLIDE 10 "Injuries to teeth include fractures, partial avulsions and complete avulsions. Fractures can damage the crown and root of the tooth. A partial avulsion is separation of part of the tooth from the jaw bone. A complete avulsion is separation of the entire tooth from the jaw bone."
- SLIDE 11 "Here's an example of a fractured tooth. This injury could have been prevented by wearing a protective mouthguard."

- SLIDE 12 "This is an example of a complete avulsion. The tooth is separated from the jaw bone."
- SLIDE 13 "This is another example of a partial avulsion and a complete avulsion."
- SLIDE 14 "Dental injuries are common and it is estimated that 10 million dental injuries will occur this year. One of every four Americans between the ages of 6 and 50 will have damage to their front teeth."
- SLIDE 15 "By the end of high school, one of three boys and one of four girls will have suffered a dental injury."
- SLIDE 16 "The number of sports related injuries is rising because of increased involvement in school and community athletics. The number of girls involved in organized sports also has increased. In 1960, boys had three times as many dental injuries as girls. Now, the ratio is 1.5 to 1. Higher levels of competition is another contributing factor."
- SLIDE 17 "Dental injuries are common in basketball."
- SLIDE 18 "Basketball has more incidences of oral injuries than any other sport. In Florida, 31 percent of high school basketball players surveyed reported an oral injury during the season."
- SLIDE 19 "Dental injuries are common in basketball because athletes engage in physical contact."
- SLIDE 20 "Baseball is another sport that has a high number of dental injuries. More than 31,000 dental injuries have been reported in young baseball players."
- SLIDE 21 "The risk is high in baseball because dental injuries can occur when players are hit in the face with a ball or bat, or when they misjudge a fly ball."
- SLIDE 22 "Soccer players also are at risk for dental injuries that can be prevented by using mouthguards."
- SLIDE 23 "Athletes can prevent dental injuries by wearing mouthguards."
- SLIDE 24 "Here are examples of different types of mouthguards. How many of you have worn mouthguards when you were playing

sports? Types of mouthguards include stock or pre-formed, mouth-formed (boil and bite) and custom made.”

SLIDE 25

“Before football players wore mouthguards, oral injuries accounted for 50 percent of all injuries. After players began wearing mouthguards, oral injuries accounted for .5 percent of all injuries.”

SLIDE 26

“Here’s an example of a football player wearing a mouthguard. Why is it necessary for a football player to wear a protective mouthguard when he or she already is wearing a protective helmet?”

SLIDE 27

“A mouthguard is a soft, protective device athletes wear on their teeth to minimize trauma to oral-facial tissues in the case of an injury.”

SLIDE 29

“Custom-made mouthguards help prevent concussions, as well as dental and jaw injuries.”

SLIDE 28

“Mouthguards provide impact-absorbing support for the lower jaw. They can prevent concussions by separating the upper and lower jaws and help keep impact from being delivered to the base of the skull.”

SLIDE 30

“Mouthguards should be comfortable, fit well and allow you to speak and breathe easily. They also should be tear-resistant. Above all, they should protect your teeth, gums and lips.”

SLIDE 31

“It’s important to remember that any type of mouthguard is better than no mouthguard.”