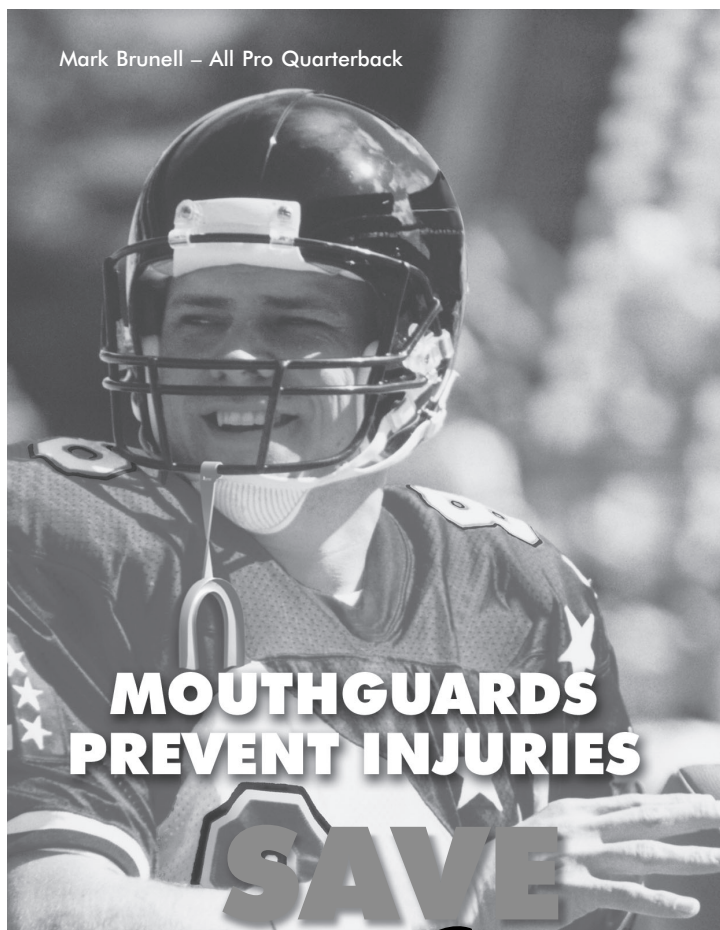


Mark Brunell – All Pro Quarterback



**MOUTHGUARDS  
PREVENT INJURIES**

**SAVE  
THAT  
SMILE**

A DENTAL OUTREACH PROGRAM  
OF THE FLORIDA DENTAL HEALTH FOUNDATION  
AND THE FLORIDA DENTAL ASSOCIATION  
PROMOTING THE USE OF MOUTHGUARDS  
IN ALL CONTACT SPORTS

## **All Pro Quarterback Supports Save That Smile**

We are pleased to have Mark Brunell as the official spokesperson for the FDA's Save That Smile program. Mr. Brunell is a star player who has moved into the top echelon of quarterbacks. An inspiring athlete and community leader, he is committed to young people through his activities for the Mark Brunell Foundation and Wolfson Children's Hospital.

## **FDA Supports Mouthguard Use**

The Florida Dental Association launched the Save That Smile program to encourage Florida's young athletes to use mouthguards in all contact sports. This "seat-belt for your mouth" can reduce the severity and frequency of dental injuries. Part of the FDA's mission is to "... advance public health through professional education and public advocacy."

## **Mouthguards reduce injuries**

- ◆ In 1962, 50 percent of injuries among students participating in football programs in Florida were oral facial. At that time, mouthguard and facemask use became mandatory. It is estimated that this enforced protection prevents more than 200,000 injuries among football players each year.
- ◆ Athletes participating in sports not requiring this protection are 60 times more likely to suffer hard-tissue trauma to the oral-facial area. Other common injuries, including concussion, dental trauma and TMJ, also could be significantly reduced by properly fitting mouthguards.
- ◆ One third of male and one fourth of female students will suffer a dental injury before finishing high school. An Illinois hospital stated only one in every 10 such injuries resulted from collision sports (football, hockey, boxing) where the risk of injury is obvious and protective gear is required.
- ◆ Unfortunately, students participating in basketball, baseball, softball, wrestling, soccer and volleyball do not benefit from mandatory protection. Twelve percent of male athletes 12 to 18 years old sustained oral injury. In Florida, one third of 2,020 high school varsity basketball players surveyed sustained at least one such injury per season. In fact, among basketball players, 34 percent of all injuries reported are oral facial.

## **Top 10 reasons to wear a mouthguard**

10. They come in fashion colors.
9. Smart athletes wear them.
8. They prevent injuries that send you to the emergency room and keep you from finishing the game.
7. They are cheaper than tooth reimplantation, bridgework or tooth repair.
6. They prevent cuts and scarring to your lips and tongue.
5. They keep your teeth attached in your head.
4. It's difficult to eat well without your teeth.
3. It's hard to smile without your teeth.
2. They prevent or reduce concussions and head injuries, allowing you to finish the game while still conscious.
1. It's a "seatbelt" for your mouth. Prevention is the key to a long active life.

# What to do in a dental emergency

**Knocked-out tooth:** Hold the tooth by the crown and rinse off the root of the tooth in water if it is dirty. Do not scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the tooth in its socket. If that is not possible and the person is conscious, place the tooth in gauze and place it inside the cheek area. If these options are not feasible, then place the tooth in a cup of milk or in "save a tooth" solution (or wrap in a wet napkin if these are not available) and go to the dentist for follow-up as quickly as possible.

**Partially knocked-out tooth:** Make sure no fragment of the tooth may be swallowed and go to a dentist as quickly as possible for repositioning and stabilization of the tooth.

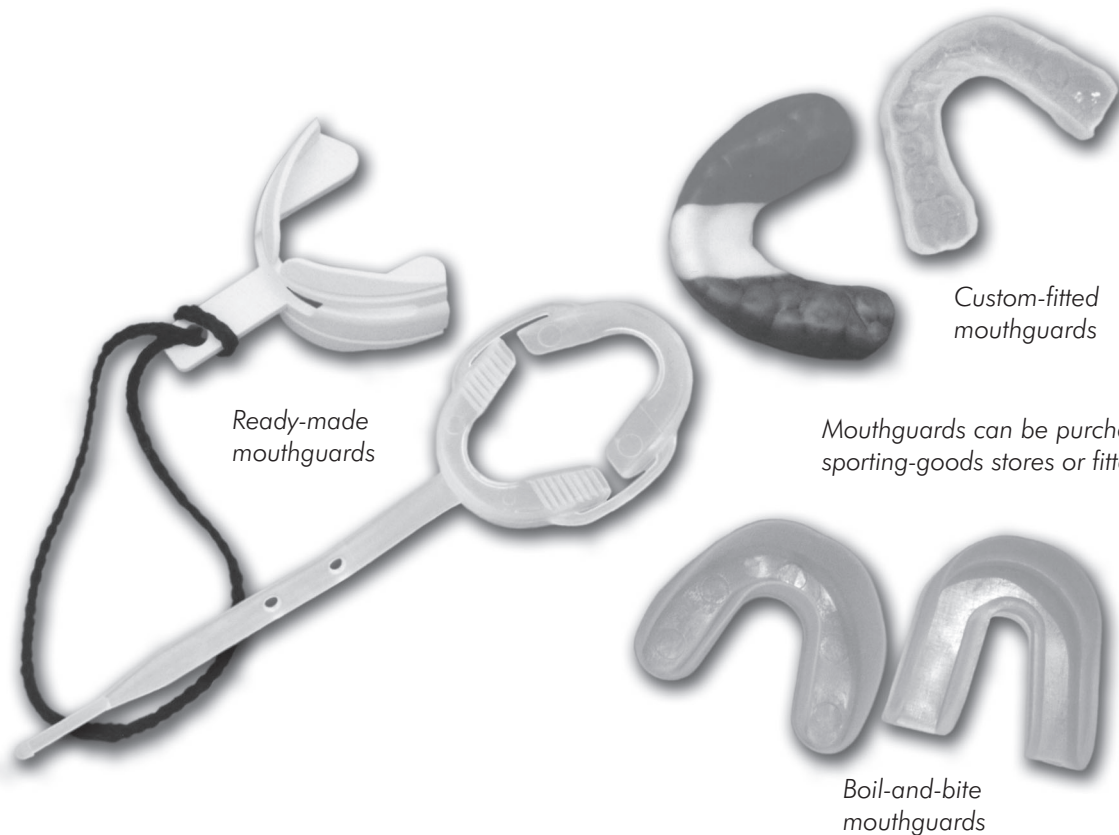
**Broken tooth:** Rinse the mouth with warm water to keep the area clean. Put cold compresses on the face to reduce swelling. Go to the dentist immediately.

**Bitten tongue or lip:** Clean the area gently with a cloth, and put cold compresses on the area to keep the swelling down. Add pressure, holding the bleeding area tightly with gauze. If bleeding is excessive or doesn't stop in a short period of time, go to the dentist or a hospital emergency room.

**Objects caught between teeth:** Gently try to remove the object with dental floss. If you are not successful, go to the dentist. Do not try to remove the object with a sharp or pointed instrument.

**Possible broken jaw:** Apply cold compresses to control swelling. Go to your dentist or hospital emergency room immediately.

Source: *Handling Your Child's Dental Emergency*, American Dental Association, 2001.



Ready-made mouthguards

Custom-fitted mouthguards

Mouthguards can be purchased at most sporting-goods stores or fitted by your dentist.

Boil-and-bite mouthguards

## Online Resources for Mouthguard Information

- ◆ <http://www.ada.org/public/topics/mouthguards.html>
- ◆ <http://www.agd.org/consumer/topics/mouthguards/main.html>
- ◆ <http://www.sportsdentistry.com/mouthguards.html>
- ◆ [http://www.goodinnovations.com/mouthguards/mouthguards\\_intro.html](http://www.goodinnovations.com/mouthguards/mouthguards_intro.html)
- ◆ <http://www.dentalresourcenet.com.mx/patient/pe/english/mouthgrd.htm>