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## **School bags and uniforms may be ready but don't forget the mouthguard**

As children head back to school for the start of another year, the Australian Dental Association (ADA) is calling on parents, teachers and children to also include mouthguards on the list of 'must have' items to keep in the sports bag.

"Many kids understand the need to wear a mouthguard for winter sports such as football and hockey but many people don't consider them for summer sports" said Dr Karin Alexander, President of the Australian Dental Association. "Children who do not wear a custom-fitted mouthguard while playing sport are at risk for damaged and dislodged teeth, broken jaws and cut lips, causing painful, expensive and disfiguring dental injuries. Playing sports such as basketball or cricket carry just as much risk of injury to the mouth or face, so dentists recommend wearing a mouthguard during training and game time."

The ADA recommends wearing a custom-fitted mouthguard that is properly fitted by a dentist, to ensure maximum protection against dental and facial injuries. The ADA does not recommend over-the-counter or 'boil and bite' mouthguards as they offer little or no protection to your teeth and mouth.

Visit the ADA's website [www.mouthguardawareness.info](http://www.mouthguardawareness.info) to access information on why protecting your mouth with a custom-fitted mouthguard is so important, as well as first aid advice for treating an injury to a tooth.

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