

# Mouth- guards The Ultimate Protection

By Kenneth J. Canzoneri, D.D.S.

**D**ental sports injuries affect all ages and skill levels. Teeth, lips, gums can be damaged during pee-wee football or a professional hockey game.

These injuries go beyond cut lips and fractured crowns to jaw fracture and displacement, and the biggest statistic of all - a tooth or teeth knocked out. This year five million teeth will be knocked out - mostly belonging to amateur athletes and school kids.

Most dental sports injuries can be prevented or minimized by wearing a mouthguard, an athlete is 60 times more likely to damage his or teeth.

A mouthguard is a plastic U-shaped device that works by covering the teeth protecting the lips, tongue, gums and cheeks creating a cushion between the upper and lower jaws. I am often asked in what sports should I wear a mouthguard? Anytime there is a strong chance for contact with other participants or hard surfaces, it is advisable to wear a mouthguard. Mouthguards should be worn when participating in football, basketball, baseball, wrestling, soccer, rugby, martial arts, skateboarding and bicycling.

There are three general types of mouthguards. Stock mouthguard; The lowest cost option, which offers the least protection because adjustment is limited. Mouth formed protectors: These are the boil and bite guards. Custom - made protectors: These are the best choice because it is custom made by your dentist to fit your teeth.

Enjoy sports and recreational activity just be sure to protect your smile.

Dr. Kenneth J. Canzoneri, maintains a private practice in Arcadia. He is a member of the American Academy of Cosmetic Dentistry, on the Board of the California Academy of General Dentistry and on the Board of Advisors for the World Clinical Laser Institute.

Please call for  
an appointment

**(626) 446-1679**

Questions regarding  
dental health can be sent to

**Dr. Kenneth J. Canzoneri,**

by E-mail a

**drkencinfo@yahoo.com**