

# Let's Talk About Teeth

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## GUARDING AGAINST INJURY

For children and adolescents who play contact sports, a mouth guard is an important piece of safety gear. New findings in sports dentistry show that, even in such non-contact sports like gymnastics, mouth guards may help protect the teeth. Thus, many experts now recommend that a mouth guard be worn for any recreational activity that poses a risk of injury to the mouth. While there are ready-made and "boil-and-bite" mouth guards available, mouth guards that are custom made by the dentist are always best at protecting your teeth. Generally, a mouth guard covers only the upper teeth; however, in some cases your dentist will make a mouth guard for the lower teeth as well. A properly fitted mouth guard can help prevent broken teeth and injuries to the lips, tongue, face or jaw.

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