

Wear a Mouthguard... All the Cool Kids are Doing It

By Dr. Allan J. Milewski,
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The other night I was watching the Cleveland Cavaliers play. LeBron James is close in age to my children, and I have watched his meteoric rise with great delight. But on this particular night, part of my enjoyment was realizing that LeBron and his teammates were all, very obviously, very overtly....WEARING MOUTHGUARDS!

Any parent will tell you that getting their child athlete to wear a mouthguard can be a difficult chore. Often that is because the mouthguards do not fit well and impede the child's ability to talk and breathe. The most basic mouthguard, an over the counter stock mouthguard, requires the mouth to be closed to keep it in place. Slightly better but still difficult to wear are the boil and bite mouthguards sold in most sporting goods stores.

These guards are softened in boiling water and then molded to your teeth. These



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guards can also be bulky and uncomfortable to wear.

What LeBron and the rest of the Cavs wear are custom made mouthguards. These mouthguards are available to you too, and can be affordably made by your dentist. A molded cast will be made of your teeth, and the mouthguard is fabricated to fit comfortably over your teeth. A well made mouthguard can protect your mouth from serious injury, cushioning your teeth and soft tissue

from the trauma of a serious blow to the mouth or jaw. According to the Academy of General Dentistry, in some 200,000 cases annually, mouthguards have been known to avert oral injuries and may have an impact on reducing the incidence of concussion.

The next time you are watching the Cavs play, remind your kids that LeBron is wearing a mouthguard and it is important that they do too. See your dentist and have an affordable, comfortable mouthguard made for your child. And make it a mandatory piece of your child's sports equipment.

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For more information about mouthguards and any other dental questions, contact Dr. Allan J. Milewski at (330)7225-2242 or visit us on the web at www.MedinaFamilyDentistry.com. Dr. Milewski is a General Dentist practicing in Medina, Ohio.