

## Media Release

28 February 2018

### Victorian dentists urge parents to consult their dentist for a custom-fitted mouthguard for their children for the sporting season ahead

The Australian Dental Association Victorian Branch (ADAVB) is reminding parents and sport players to consult their dentist for a custom-fitted mouthguard for the sporting season ahead. The condition of existing mouthguards should also be checked to ensure they fit properly and offer adequate protection.

Australian research shows that sports injuries account for approximately one-third of traumatic injuries to teeth. These injuries can lead to potentially extensive and costly dental treatment<sup>1</sup>.

Dr Susan Wise, ADAVB President, said, "It is important to always consult your dentist for a custom-fit mouthguard to ensure you are receiving an effective and safe product. A dentist can also help you with a range of other oral health issues while you're there. My nine-year old son, Benjamin always wears a mouthguard during training sessions and games when he plays contact sports such as AFL and hockey. His mouthguard was professionally made by a dentist to ensure the best fit and protection".

A dental trauma study (audit of all emergency presentations at the Royal Dental Hospital 2009-2012) found 31.4% of dental trauma presentations occurred at sports and recreational areas<sup>2</sup>. About 2,000 dental injuries were treated in Victorian hospital emergency departments between 2002 and 2004. People under 25 are most at risk (71%)<sup>3</sup>.

The ADAVB is reminding parents and sports players that a mouthguard, custom-fitted by your dentist, can reduce the risk of such dental injuries. A dentist can ensure that the initial impression and resulting fit is accurate minimising the risk of injuries from an ill-fitted mouthguard.

The ADAVB says that DIY kits can be difficult for some people to use and that your dentist can complete the whole process for you, eliminating quality and impression issues.

Dr Susan Wise said, "There are a number of mouthguard products available, however for peace of mind it is always best to consult your dentist. Your dentist is experienced in fitting mouthguards, understands your needs and types of potential impacts and is better placed to assist you. Encourage your dentist to take part in our eViDent Mouthguard March campaign and they will also contribute to the oral health of our community".

## eviDent's Mouthguard March campaign

Have your mouthguard fitted at a participating Mouthguard March dental practice and a donation will be made to the eviDent Foundation to improve the oral health of Australians. Practices can sign up to the campaign and contribute a portion of mouthguard sales to eviDent.

To register: <https://www.evident.org.au/get-involved/partner-with-us>

## Interviews

Dr Susan Wise, ADAVB President

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## References

1. [DHSV](#) website 2011
2. [ADJ \(2015\)](#)
3. [Better Health Channel](#) (Smartplay 2014)