

HEALTH

Custom mouth guards are best

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A change in season brings about a change in recreational activities; when athletes' minds turn to hockey and cheering on the Winnipeg Jets.

Whether you're a young aspiring hockey player or a seasoned athlete, one thing is certain, you want to protect your teeth and jaws.

The Denturist Association of Manitoba, the Academy of Sports Dentistry and both the Canadian and American Dental Associations recognize that custom-made athletic mouth guards significantly reduce the risk of sports-related dental injuries.

Benefits to wearing a custom-fit sport guard include that they:

- are made to fit your mouth only;
- offer increased comfort;
- offer better protection than over-the-

counter guards;

- can be fit around braces;
- protect not only your teeth, but also lips and cheeks;
- reduce forces that contribute to jaw fractures and concussions;
- are available in a variety of colours and designs.

The process of making a custom sport guard is simple and only requires two short visits. We provide you with a storage case and a sport cleaner to keep your athletic guard in good condition.

If you play contact sports without a mouth guard, you are up to two times more likely to suffer an injury to your teeth, jaws and face. Younger players in particular, tend to remove their sport guards, which negates the benefits. A custom fitted guard is much more comfortable and less of a distraction.

Winnipeg Denture has been providing custom-fit sport guards to athletes of all ages for over 18 years. Call us to book an appointment to protect your smile today!

