

Custom fit Mouth Guards \$50

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Pearly Whites Mobile supports the use of mouth guards even if they are not mandatory! They prevent and reduce injury such as tooth loss or fracture and lacerations to the mouth and gums.

"Prevention is better than cure" you only have to protect the **teeth** you want to **keep!**

Call today to get fitted for your mouth guard.

(613) 281-0848

www.pearlywhitesmobile.ca

email **dentalhygiene@pearlywhitesmobile.ca**

(Con't Over...)

Mouth Guards and Concussions

There has always been the debate of whether a mouth guard will help prevent a concussion.

Regulations have changed just last year in hockey, no longer requiring the use of a mouth guard. I believe the more protection one can take against injury, the better. An ounce of prevention is worth a pound of cure!

An independent dental hygienist or dentist can make a professional custom fit mouth guard that offers superior protection. They fit better, it is easier to breathe and speak with them in, and players are more compliant to wear them!

Here is a great link to a current article that studied custom made mouth guards vs. store bought <http://www.sciencedaily.com/releases/2014/05/140501101133.htm>

The Canadian Dental Hygienists Association has lots of supportive information on the importance of mouth guards. To read about this, check out the following link.

http://www.cdha.ca/cdha/Dental_Hygiene_Canada_folder/Public_Information_folder/Sports_Mouthguards_folder/CDHA/Dental_Hygiene_Canada/Public_Information/Sports_Mouthguards.aspx