



**CDA Encourages Protecting Teeth With Mouthguards**  
*CDA reminds parents and students of the importance of mouthguards*

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**Sacramento, Calif.** — As part of National Childhood Injury Prevention Week, the California Dental Association reminds parents and children of the importance of mouthguards. As the school year begins, parents and children prepare for the after-school recreational sports and activities that typically come with the season. When children suit up with protection for their knees, shins and wrists, CDA encourages parents to think about protecting their children's teeth – with a mouthguard.

Facial and head injuries can be sustained in nearly every game, from contact sports such as football, soccer and basketball to non-contact sports like baseball, gymnastics, bicycling or skateboarding. Damage to the teeth, lips, tongue and jaws are frequent occurrences in both children and adults although most injuries occur at the junior high, high school, community and amateur levels. General dentists see more injuries to the mouth as a result of playing sports than from almost any other single cause.

"The consequences of children not protecting their teeth can be traumatic. I encourage children and adults to use protective mouthguards during both sports and recreational activities," said Lindsay Robinson, DDS, a pediatric dentist.

Mouthguards typically cover the upper teeth and a properly fitted mouthguard can cushion impact to the face, minimizing the risk of broken teeth and injuries to the lips, tongue, face or jaw. A mouthguard will stay in place while worn, making it easy to talk and breathe.

"Staying in shape – and intact – is an integral part of an overall strategy for all sports. Protecting against injuries will keep you in the game. It's important to protect both your general and oral health for your best performance on and off the field," Robinson said.

For more information on mouthguards, call your CDA-member dentist or visit [cda.org](http://cda.org).

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**About the California Dental Association**

*The California Dental Association is the non-profit organization representing organized dentistry in California. Founded in 1870, CDA is committed to the success of our members in service to their patients and the public. CDA also contributes to the oral health of Californians through various comprehensive programs and advocacy. CDA's membership consists of more than 25,000 dentists, making it the largest constituent of the American Dental Association. For more information, visit [cda.org](http://cda.org).*

**California Dental Association**

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