

## **\*MOUTH GUARD EDUCATION FORM**

The MIAA HIGHLY RECOMMENDS mouth guards to be worn during practice and game situations in the sports of soccer and basketball. The Sports Medicine Committee of the MIAA has reviewed the research and statistics and concludes that the use of mouth guards will prevent or greatly reduce the chance of the athletes suffering tooth damage or loss, jaw fractures, TMJ problems or damage to the lips, tongue and cheeks.

Organizations that recommend mouth guards for basketball and soccer include the American Dental Association, Massachusetts Dental Society, The Academy for Sports Dentistry, Massachusetts Academy of Pediatric Dentistry, National Athletic Trainers Association, National Youth Safety Foundation, National Association of Secondary School Principals and the National Federation.

The current cost to have a fractured tooth bonded is approximately \$300. If the tooth needs a veneer or crown the cost is \$1200-\$1500. The national average for longevity of these restorations is 5-10 years, therefore over a lifetime of a high school student athlete a fractured tooth may cost \$8500-\$15,000 a tooth. If the tooth needs a root canal, the added fee is \$1000-\$1200. If a tooth is lost and an implant is placed the fee for the bone preservation, implant surgery, and restoration is approximately \$5000.

A properly fitted custom mouth guard is the best type for protection, comfort, breathing and speech, but any mouth guard will give much more protection than none at all. The cost of a mouth guard is minimal. The Massachusetts Dental Society has a program called "Grin and Wear It" in which dentists have agreed to make mouth guards at a reduced fee. Access to further information about this program is on the MIAA webpage.

The MIAA Sports Medicine Committee strongly recommends that mouth guards become part of pre-season meeting, health and safety agenda and be added to "Risk of Participation" discussions.

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Parent Signature

\* Recommended for distribution and discussion at pre-season meetings. Signatures are recommended for purposes of disclosure.