



## A Word from Kim

Well the summer is half way through and the time to think about getting back into the swing of things is upon us. Please remember that it takes on average 6-8 weeks to construct new dentures, so if you're heading south this winter you may wish to get started soon, so that we don't have to rush and you can get the result that you're after. This will also give you time to become accustomed to a new set of dentures before you go.

I would also like to mention that this month we are featuring Mouthguards in our newsletter as "Back to School" is approaching quickly and many sports activities will be starting fairly soon. With the hockey season quickly approaching, we are promoting our custom Mouthguards at the low price of \$30.00 each during the months of August and September. That's a savings of \$20.00 off of our regular price. Please note that appointments are required as we need to take impressions. Also, we will be closed for holidays during the week of August 17th.

Some of you are aware that we are in the midst of renovations. Parking has been a bit of a challenge and I would like to thank you for your patience. Everything should be completed fairly soon. Our wheel chair ramp and front step have been revamped for more accessibility and we have plans to change our front door as well to make it easier for our patients. Towards the back of the building there have been some changes as well and we are hoping that this will result with a few more parking spaces. Please bear with us while these changes are completed.

Enjoy the rest of your summer and I look forward to seeing you in the near future.

Kim

## When Should Someone Wear a Mouthguard?

Mouthguards should be worn by athletes as part of their safety equipment during sports activities that involve a risk of falls or head contact with other players or equipment. It helps aids in the prevention of concussions, brain trauma and multiple severe oral injuries.

We use Pro-Form Mouthguard Laminates which is a strong two layer material made of high energy absorbing EVA vinyl. The laminate is 0.160" thick and is available in many colours. It does not interfere with breathing, talking or drinking. The risk of injuries is lessened by about 90% when wearing a Pro-Form mouthguard. Pro-Form sports performance mouthguards are the only sports mouthguard endorsed by the NHL & NFL. Hockey and football are not the only sports that require mouthguards to be worn. Other sports activities such as; baseball, basketball soccer, skateboarding, snowboarding and even gymnastics also require mouth protection. We usually think of football and hockey as the most dangerous sports for teeth, but did you know that nearly half of sports related mouth injuries occur in basketball and baseball?

Each mouthguard is custom fitted for the individual wearing it. We must take an impression to get an exact fit of the person's mouth. No two mouthguards are the same. They are adapted to fit comfortably over the upper teeth. Mouthguards are important because the average cost of dental treatment over a lifetime for one tooth lost is approximately \$5000.00. When it comes to sports equipment, mouthguards are a priority. They protect not only the teeth, but the lips cheeks and tongue.

## Mouthguard Care Tips

When not in use, all mouthguards should be stored in a plastic container to avoid damage due to excessive heat or cold. They should be washed after each use, using cold or lukewarm water. Hot water may cause distortion. Prior to insertion, a mouthguard may be rinsed in mouthwash to freshen the taste.

As a general rule, it is recommended that a standard mouthguard be replaced every two to three years.



*Kim Dadswell, Denturist*

*We have a full service denture lab on the premises which is cost effective for our patients.*

*If you like our service, 'tell someone'. If you don't then, 'tell us'.*

*Call our office to schedule an appointment that is convenient for you.*

*Our practice continues to grow by referrals from our patients.*

*Thank you recommending us.*



## Helpful Facts

Whatever your age or sport, mouthguards are an important part of sports safety and your exercise routine. Do what you can to protect your smile and preserve your health. Ensure that you have a properly fitted mouth guard made by a professional.

