



Dental Health in Teens

DENTAL INJURIES & USING MOUTH GUARDS

S h a r e t h e C a r e

San Diego County Health and Human Services Agency





Statistics on Dental Injuries from Sports



- More than **5 million** teeth are injured/knocked out every year
- Results in nearly **500 million** dollars spent on replacing teeth
- **13-39%** of all dental injuries are related to **sports**

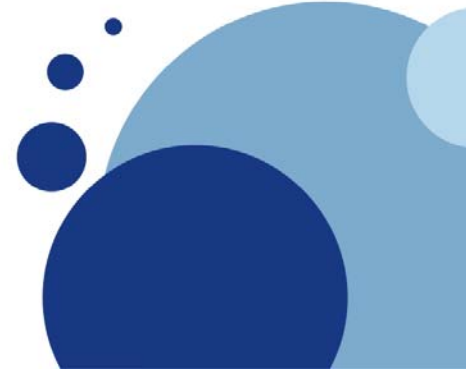




Scope of Dental Injuries



- **Sporting activities** cause the greatest percentage of dental traumatic injuries in teens
- **50%** of all children and teens will suffer at least **one** traumatic injury to a tooth by the time they graduate high school





Dental Trauma and Sports Injuries



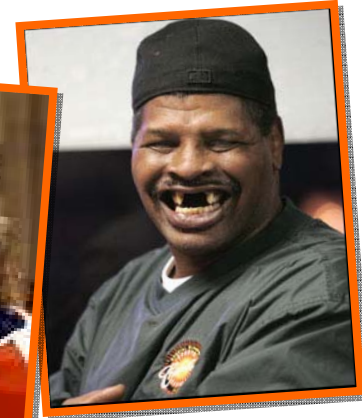
- Broken teeth, neck injuries and abrasions in the mouth are very common among athletes
- These injuries account for more than 600,000 emergency room visits a year!





Teen Dental Trauma and Sports Injuries

- Young men suffer traumatic tooth injuries 2-3 times more often than young women
- Sports related injuries account for 3 times more facial/dental injuries than violence or traffic accidents!





Dental Trauma & Athletes



- Pre-teens and teens have the highest number of sports related dental injuries, with the top 3 sports being:
 - Basketball
 - Biking and
 - Hockey





Dental Trauma and Athletes

- **Basketball** players have an injury potential 13 times that of football players
- Risks for athletes include:
 - Suffering a **fall** during competition
 - Contact from **elbows, hands, arms** or from
 - **Flying equipment**
- Use of a mouth guard is **essential** to **lower** the risk of dental injury in sports





Sports Where Dental Injuries Occur

- Full contact sports, such as:
 - Football, hockey, soccer, basketball, baseball, softball, wrestling and volleyball





Why Wear a Mouth Guard?



- Athletes are **60** times more likely to suffer harm to the teeth when **not** wearing a mouth guard
- **80%** of traumatic dental injuries occur to the **top front teeth**





**M o u t h G u a r d s
P r o t e c t T e e t h !**





Mouth Guards for Sports Injury Prevention



- 200,000 oral injuries are prevented annually in the U.S. by mouth guards
- Mouth guards cut the risk of a concussion by 50%





Prevention of Dental Injuries

- Use a mouth guard during all practices and games to prevent or lessen:
 - **Injuries** to teeth, cheeks, lips and tongue
 - **Concussion**, jaw fractures and jaw injuries





Proper Care of Your Mouth Guard

- Mouth guards should **fit properly** and not block breathing or interfere with speech
- Prevent possible disease transmission and infection through **cleaning** and **proper maintenance**
- Problems occur when a mouth guard is:
 - **Chewed** – will destroy the fit
 - Thrown in with **dirty, sweaty** sports gear
 - **Not cleaned** – allows bacteria to grow





Mouth Guards Need to be Kept Clean

- Mouth guards are **porous** and may allow bacterial growth
- Bacteria in a mouth guard may cause **gum infection** and **illness**
- Warning signs of a dirty mouth guard include:
 - **Breathing difficulties**
 - **Wheezing**
 - **Diarrhea**
 - **Nausea** to the point of vomiting
 - **Bleeding gums**





Steps to Keeping Your Mouth Guard Clean

- Wash after each use in **cold water**
- **Do not use** warm, hot or boiling water because it will change the shape
- Use a **soft** toothbrush to clean
- Store in a **protective case** after cleaning
- Soak in **cold denture cleaning solution** if white, hard deposits form





How to Respond to a Dental Emergency





If a Tooth is Knocked Out

- **Time** is critical
- Do **not** touch the **tooth root**
- Gently **rinse** the tooth
- Place in **milk** or **water** (not tissue!)
- Go to the **dentist** or **emergency room**, with the tooth, **immediately**

Remain calm
Keep tooth moist
See dentist





If a Tooth is Pushed Out of Place or Broken

- Clean injured area with **warm water**
- If there is swelling, apply **cold packs** to outside of face
- Go to a dentist or emergency room **immediately**





If a Jaw is Broken

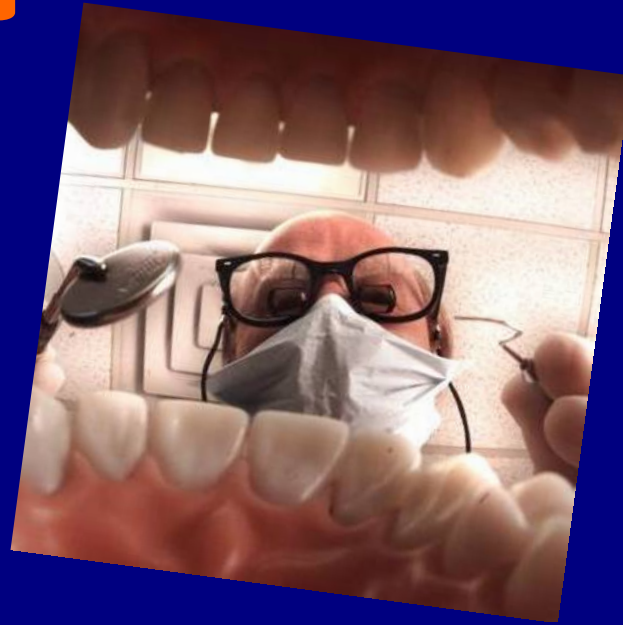
- **DO NOT** move the jaw
- **Wrap** a scarf, handkerchief or towel around the head to keep the jaw **still**
- Go to a **hospital emergency room** immediately!



If a dental emergency occurs... **ACT FAST!**
Contact a dentist immediately!



THANK YOU!



ANY QUESTIONS?

**For Further Questions,
Ask Your NURSE or
HEALTH CARE PROVIDER**



Q?



A!

Dental Health Initiative
Share the Care
San Diego Health and Human Services Agency



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