



DENTAL STUDIO

Roya N. Akbar, D.M.D

Sedation . Cosmetic . Implant

"Imagine yourself with a new smile"

Dear Parents,

We are excited to be a **proud sponsor** of your child's sports team this season!! As we kickoff the season we want to ensure that your child's health and well-being is a first priority. We all know the importance of wearing a protective gear, but we often underestimate the importance of a mouth guard and what it does. **Mouth guards provide protection for not just teeth, but lips, cheeks, and gums as well.**

The American Dental Association is very clear on their endorsement of mouth guards, and I agree with them - they definitely do work. They protect teeth from trauma and chipping while absorbing impact, and can go a long way in preventing a lifetime of problems. I've seen **many** "high school football mouth injuries" still affecting someone in their 30's, and costing thousands of dollars. So yes, a mouth guard is a good investment if your children play sports or do physical activities.

There are three common mouth guard types:

1. **"Stock"** – are simple and available in many retail outlets. They are typically cheap and come in several "sizes." Despite the sizing, they usually don't fit all that well, because everyone's mouth is a little different (small / medium / large may be ok with t-shirts, but not mouth guards).
2. **"Boil and Bite"** – are the most popular mouth guards, because they are readily available in sporting goods stores at a reasonable price, and can be "customized" for a better fit. You heat the mouth guard, and then bite down on it to shape it to your mouth. They often become too thin and do not cover all of the teeth. These still tend to fit improperly, fall out of the mouth and athletes often bite through the material.
3. **"Custom Fitted"** – are used by every professional athlete. Your dentist will take an impression of your athlete's mouth and have a guard made that fits perfectly over each tooth and will not fall out. Obviously, this is going to be the most comfortable and will offer the best protection. There is research done by companies, such as Under Armour, that claims an increase in athletic performance. A custom mouth guard **increases airflow and breathing**, while lessening teeth clenching. This can lead to higher endurance, and even better decision making and reaction time, as the brain gets more oxygen.
4. As a proud sponsor of your child's sports team, and a firm believer in protecting your smile, I would like to invite you and your athlete to visit our office for a **COMPLIMENTARY**, customized mouth guard. Please sign the waiver form below and set up an appointment. We would love TO welcome you and your family to our practice and encourage you to come in with your athlete and meet our team!

Dr. Roya N. Akbar, D.M.D and Team

P.S. Don't forget to visit our website at **www.drakbar.com** and like us on Facebook:
www.facebook.com/AkbarDentalStudio

Improper Fitting Mouth guard vs. Proform Custom made Mouth guard

Improper fitting mouth guard requires the athlete to bite down in order for it to stay in and may not cover the teeth. This interferes with the athlete's ability to breathe and speak. Communication is essential on the field.

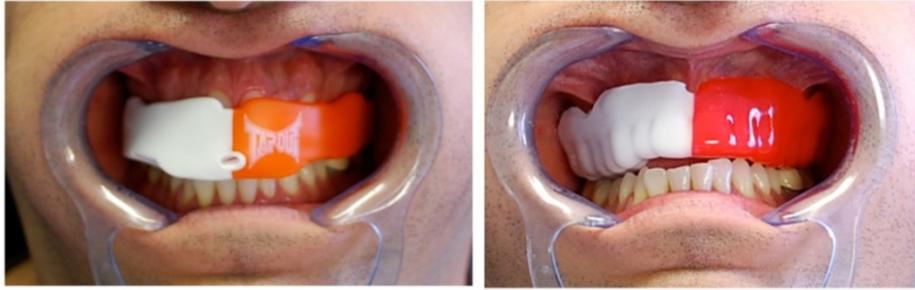


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The proform custom fit is made from a mold of the athlete's teeth ensuring a perfect fit. It is important to keep your mouth guard in at all times during the game.



An improper fitting mouth guard does not cover the posterior teeth and is uncomfortable and bulky. A bulky mouth guard does not allow the athlete to breathe properly and may decrease their performance.



Mouth guards made from thermoplastic material (boil and bite) are easy to cut or bite through. This increases the athlete's chance of injury. Especially dangerous injuries such as concussion can occur from being hit in the chin. The proform mouth guard is customized from proform shock-absorbent material.



Parental Consent Form

I hereby authorize **Dr. Roya Akbar, DMD/Dental Studio** or her assistants to take impressions of my child's
2513 Shallowford Road, BLDG 100, Marietta, GA 30066, 770-977-3977, frontdesk@drakbar.com



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teeth to make a customized sports mouth guard at his/her dental appointment. These impressions will not be used for any other purpose. I understand that there will be no fees or charges associated with this procedure as it is complimentary from a Team Sponsor.

I attest that I am the parent or guardian of the child (ren) indicated below. I have read this release and approve terms and conditions.

Name of Minor: _____ Age: _____

Parent Signature: _____ Date: _____

Parent Phone Number: _____

Parent e-mail: _____

Request an appointment!

We welcome you and your family to our practice. If you would like us to contact you to set up an initial visit, please fill out the form below.

Best way to reach you (Phone number or email): _____

If you would like to request a specific time and date we will do our best to accommodate you

___/___/___ at _____ or ___/___/___ at _____ or ___/___/___ at _____

Members in the family that would like to visit us:

Name: _____ Age: _____

Custom-made mouth guards reduce athletes' risk of concussion, study shows

Academy of General Dentistry

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High school football players wearing store-bought, over-the-counter mouth guards were more than twice as likely to suffer mild traumatic brain injuries/concussions as those wearing custom-made, properly fitted mouth guards, and reports a new study. Researchers suggest that when it comes to buying a mouth guard, parents who want to reduce their child's risk of a sports-related concussion should visit a dentist instead of a sporting goods store.

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High school football players wearing store-bought, over-the-counter (OTC) mouth guards were more than twice as likely to suffer mild traumatic brain injuries (MTBI)/concussions than those wearing custom-made, properly fitted mouth guards, reports a new study in the May/June 2014 issue of *General Dentistry*, the peer-reviewed clinical journal of the Academy of General Dentistry (AGD).

"Researchers and, most importantly, parents, are looking for ways to better protect children against concussions," said lead author Jackson Winters, DDS, a pediatric dentist who also served as a high school and collegiate football official for 28 years. "Consumers may believe that today's advanced helmet design provides sufficient protection, but our research indicates that, when compared to over-the-counter versions, a custom-made, properly fitted mouth guard also is essential to player safety."

The study followed 412 players from six high school football teams. Three teams (220 athletes) were randomly assigned to wear custom-made mouth guards, and three teams (192 athletes) wore standard OTC mouth guards of their own choosing. All players wore the same style of football helmet.

According to the study, 8.3 percent of athletes in the OTC mouth guard group suffered MTBI/concussion injuries. For those with custom-made mouth guards, however, the rate was only 3.6 percent.

Many variables contribute to MTBI/concussion injuries, and mouth guards -- whose primary function is protecting the teeth -- cannot completely prevent them from occurring. Previous studies have theorized that mouth guards can reduce concussion risk, however, because they help absorb shock, stabilize the head and neck, and limit movement caused by a direct hit to the jaw.

Mouth guard thickness also has been shown to be a factor that contributes to the level of protection. The average thickness of the custom-made mouth guards in this study was 3.50 millimeters, while the average thickness of the OTC mouth guards was only 1.65 millimeters.

"Although more research on this topic is needed, our study shows the value of a custom-made mouth guard," Dr. Winters said. "The benefits of protecting your child far outweigh the costs associated with a dental or medical injury, which is likelier to occur with a store-bought model."

Custom-made mouth guards also can last longer than store-bought models and may be less prone to damage by the athletes, said AGD Spokesperson Eugene Antenucci, DDS, FAGD. "Over-the-counter mouth guards are not fitted to the athlete's mouth, making them less comfortable than custom guards made by a dentist," said Dr. Antenucci. "When a mouth guard is not comfortable, the athlete is likely to chew it, reducing its thickness and resulting in less protection."

Dr. Antenucci offers the following tips for caring for a custom-made mouth guard:

1. After each use, brush your mouthguard with a toothbrush and cool (not hot) water.
2. Keep your mouthguard in a well-ventilated, plastic storage box when not in use. Your dentist will provide you with a case for your mouthguard.
3. Heat is bad for a mouthguard, so don't leave it in direct sunlight or in a hot car. The heat can melt the mouthguard, altering the way it fits in your mouth and resulting in less protection.
4. When you see your dentist twice a year for your regular cleanings, bring your mouthguard with you. Your dentist can give your mouthguard a thorough cleaning and check its structure and fit.
5. Call your dentist if you have any concerns about your mouthguard.

To get custom-made mouthguard for your child, talk to your general dentist.