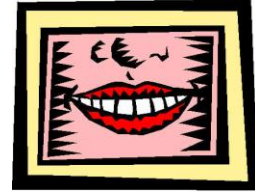


Traveling Smiles

Now that school is over, you may find that you have the opportunity to travel to new places or explore new sites in your hometown. Whether you're going away to camp, traveling with family or touring the neighborhood on your bike, it's the season to be outside and on the move. Don't forget that your smile goes where you go. Follow these tips to keep your "traveling smiles" bright and healthy. When you pack your bags for camp, the family vacation or an overnight at a friend's home don't forget to include your toothbrush and toothpaste. Regular brushing will keep your teeth clean and healthy. During your travels you may need to brush, so pack your toothbrush and toothpaste in a handy place. Try placing them in the glove compartment of your car, your purse or backpack, or in a side pocket of your travel luggage. One more packing tip: don't forget to take your retainer with you. In the activity of getting ready to leave on vacation it's easy to forget your retainer. But, as you know, your retainer is an important part of your orthodontic treatment.



Even if the only thing you pack is a picnic basket, there are a few things to remember. Stay away from hard and crunchy foods such as popcorn, chips, and hard candies. Foods such as taffy, caramel, marshmallows also may damage your braces.

If the only place you travel is on the playing field don't forget to wear your mouthguard. Many athletic and sporting activities can be dangerous to unsuspecting smiles. Mouthguards can reduce the risk of injury to you and protect your braces. Keep your smile bright and healthy and have a wonderful safe summer!

CAUTION FOR THE SUMMER

If you have braces, please wear a mouth guard during summer activities, such as games, swimming, or sports.

Remember - Less breakage of braces = more Nickels = more Gift certificates!

If you are wearing removable retainers, take care when it is out of your mouth. Don't let it stay in the hot sun - the sun can distort the plastic part of your retainer and then it will not fit proper. Please remember to put your retainer in the case not a napkin. It is very easy to do if you are out with your friends enjoying a meal. Sometimes they will get thrown away. That means if the teeth are not retained, your teeth could shift out of position. So be Careful!

Play Hard But Play Safe

According to the American Dental Association, more than 200,000 oral injuries are prevented annually by wearing mouthguards. While this is an impressive preventive figure, it is unfortunately estimated by the National Youth Sports Foundation that more than 5 million teeth will be knocked out in sporting activities this year. These oral injuries will happen to children and high school and college level athletes. In fact, dental injuries are the most common type of orofacial injury sustained during participation in sports



The benefits of mouthguards are well documented. In 1995 a study showed that in football where mouthguards are mandatory, only .07% of all injuries involved teeth and oral cavity. Conversely, in basketball where mouthguards are not worn, 34% of all injuries involved teeth. Obviously dental injuries could be significantly reduced if children, teenagers, and adults involved in the following sports wore mouthguards: soccer, volleyball, baseball, softball, rollerblading, skateboarding, martial arts, boxing, hockey, kickboxing, and mountain biking.

Dr. Razdolsky can recommend the best type of mouthguard for you. Ask us about the "Shock Doctor", the superior mouthguard in strength and comfort.