

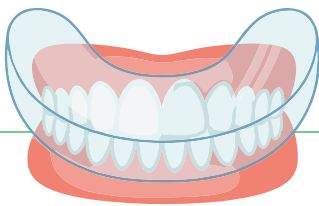
Be On Guard. Athletes, Save Your Smile!



Nationwide, **athletes lose up to 5 million teeth each year** while playing sports. Remember to wear a mouthguard when playing sports so your teeth don't end up in the count too!

Mouthguards can help protect you from jaw fractures and tooth loss. Wearing a mouthguard can help you save your smile, especially if you play a high contact sport like football or have braces.

No mouthguard? No problem!



- Check out this QR code to find out how your team can get mouthguards for free courtesy of HDS!



www.hawaiidental-service.com/mouthguards



Caring for your mouthguard:



- Clean your mouthguard between uses with soap and warm (not hot) water.
- Keep mouthguard clean and dry between uses.
- Don't leave your mouthguard in a hot area, such as direct sunlight or a hot car.
- Sports mouthguards usually need to be replaced every season or six months, so check occasionally if you need a replacement.

