

The Importance of Mouthguards in Sports

Every parent, grandparent, or family member worries about the safety of their child when participating in sports. We worry about the accidental injuries that may or may not happen. To protect our children, we spare no expense when buying them their safety equipment. After all, our job is to protect our children. When it comes to sports, one of the major injuries we worry about is a concussion. There is now evidence to support that custom-made mouthguards can reduce the risk of a concussion. According to the May/June 2014 issue of General Dentistry, athletes wearing an over-the-counter mouthguard were twice as likely to suffer a concussion than those athletes wearing a custom-made mouthguard. This makes a custom-made mouthguard essential for every players safety.

At Valley Dental Works, we believe every player should have a custom-made mouthguard; and we are now teaming up with Clackamas Youth Lacrosse and Clackamas Cavalier's to offer their lacrosse players FREE custom-made mouthguards. It is our mission to restore teeth to beauty and function, and protect teeth from injury. In the process of protecting teeth, we can also reduce the risks of concussions.

FREE Custom Mouth Guards!

VALLEY DENTAL WORKS TEAMS UP WITH

**CLACKAMAS
CAVALIERS
YOUTH LACROSSE**

MOUTH GUARD CLINIC & PARTY

Includes Lacrosse through High School

Tuesday, February 20th • 3pm- 5pm

Enjoy Food, Prizes and Games!



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