

## **Athletics and Oral Health**

**#1: Protect from trauma!**

**Football, Basketball, Soccer,  
Hockey, & Weightlifting,  
all need mouthguards.**

We can custom make mouthguards to fit your mouth and teeth for the ultimate comfort and **protection**. Athletes come in many sizes and shapes, store bought mouthguards come in just a few.

If an athlete has braces, a custom mouthguard is a must.

If your athlete does have some trauma to their teeth, see your trainer (if available) first so he can check for any additional injuries.

Dr. Ruehle is available by pager for any emergencies.

Information supplied by the ADA

Dr. Pat Ruehle pager: 940-565-6852