



# Vire to Wire

Newsletter for the Patients,  
Family and Friends of


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## Wear Mouth Protectors, Save a Tooth!

It's Mouth Madness time, which means, you  
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;ketball! Filled with exciting slam  
and, well...elbows. Elbows?  
ng one of the numerous dangerous  
as a hazard to those pearly whites  
ivities.

Accidents happen, especially during physical activities. To protect your teeth, wear a mouth protector. A mouth protector can help cushion a blow to the face that otherwise might result in an injury to the mouth.

There are three types of mouth protectors, and knowing the pros and cons of each type could save a tooth.

1. **Stock:** Inexpensive, pre-formed, ready to wear, mouth protection. These guards unfortunately, usually don't fit well, can be bulky and make breathing sometimes difficult.
2. **Boil & Bite:** Bought at any sporting goods shop, offer a little better fit than stock mouth protectors. If you do not follow the directions properly they will fit very poorly.
3. **Custom-fitted:** Mouth guards made by your dentist to fit your mouth perfectly. They are more expensive, because of their customization. They offer a better fit than anything you can buy on a shelf. These custom-fitted mouth guards are especially recommended for people with braces or fixed bridge work.

Talk to us today about recommendations on mouth protectors that will provide you with the best protection. Your teeth are important, protect them! And always remember if you wear a retainer or other removable appliance; do not wear them during any contact sports.



## St. Patrick's Day FUN FACTS

☘ 34 million Americans have Irish ancestry, according to the 2003 US Census. That's almost nine times the population of Ireland, which has 4.1 million people.

☘ According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14!



### St. Patrick's Word Scramble

okschram	rhisI	naldrIe
hreaeulncp	vrleco	bwnraoi
rdlëmaE sIë	ernge	dlgo

Answers: shamrock, Irish, Ireland, leprechaun, clover, rainbow, Emerald Isle, green, gold

### Scratch Pad



### MARCH TRIVIA

- On what day is St. Patrick's Day Celebrated?  
a. 21st      b. 16th      c. 13th      d. 17th
- What season starts at the end of March?  
a. summer      b. spring      c. winter      d. fall
- A great Roman Emperor was assassinated on the "Ides of March", what is his name?  
a. Socrates      b. Napoleon Bonaparte      c. Julius Caesar      d. Abraham Lincoln
- What god is March Named after?  
a. The god of war      b. the god of love      c. the god of music
- What is the birthstone for the month of March?  
a. Opal      b. Aquamarine      c. Topaz      d. Diamond
- What zodiac signs fall in the month of march?  
a. Aries      b. Leo      c. Pisces      d. Aquarius