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| MEET YOUR MOUTH |  |
| IT’S PART OF YOUR BODY |  |
| Your Mouth and Sports |  |
| Even sports can impact your oral health. |  |
| Add a mouth guard to your uniform to protect against dental trauma in high-contact sports. |  |
| Dehydration can dry out your mouth, decreasing the amount of saliva you produce. |  |
| This limits your mouth’s ability to clean itself of plaque and bacteria. |  |
| If plaque and bacteria build up, your risk of decay and disease highly increase. |  |
| Energy drinks and other supplements can contain added sugars and acidic ingredients that can erode your enamel and tooth health. |  |
| Make sure you stay hydrated throughout your sport, be cautious of added sugars disguised in energy drinks, and protect your teeth in contact-heavy sports. |  |
| More Information |  |
| Minnesota Oral Health Coalition |  |