

How to Save Your Smile: Three gruesome stories about athletes losing teeth.

By:
John Caponigro



Those white dots are Pualo Jorge's teeth. Flying.

How to Save Your Smile: Three gruesome stories about athletes losing teeth.

By: John Caponigro

NOTICE:

This Special Report may be distributed for free in its original format only.

DISCLAIMER:

The advice contained in this material might not be suitable for everyone. The information presented is based on the author's experience and research and in no way guarantees that the reader will achieve any specific set of results by applying the ideas detailed on the following pages. It is the full responsibility of the reader to evaluate the suitability of the ideas, tactics, and strategies discussed to their own individual situation and business. In particular, the author accepts no responsibility for the results achieved by applying these strategies. The author particularly disclaims any liability, loss, or risk taken by individuals who directly or indirectly act on contained on the information contained herein. The author believes that the advice presented here is sound, but readers cannot hold him responsible for either the actions they take, or the results of those actions.

Copyright © 2012 John Caponigro, Exquisite Dental Labs. ALL RIGHTS RESERVED. No part of this report may be reproduced, stored in a retrieval system, or transmitted by any means without the written permission of the author.

Did you hear about Duncan Keith, a defenseman for the Chicago Blackhawks who lost SEVEN teeth after he was whacked in the mouth by a flying puck?!

Or how about Keegan Meth, a Cricket Player for the Zimbabwe National Team who lost three teeth when the ball hit him in the face?

These stories are not for the squeamish. In fact, if you are really daring, in a moment I'll post links to some of the videos that exist of the athletes above, and a few others, who have lost teeth while playing sports. Before we get to those though, I want to finish telling you the story about Duncan Keith, Keegan Meth, and Pualo Jorge.



Those white dots are Pualo Jorge's teeth. Flying.

This photo of Pualo Jorge was taken from a game in April 2012 when Real Madrid beat APOEL Nicosia 5-2 in the second leg of their Champions League quarterfinal. Here's how Mr. Jorge lost his teeth that day.

Brooks Peck, a soccer blogger for Yahoo! Sports writes, *“A challenge from Cristiano Ronaldo launched Paulo into the back of teammate William Boaventura and he hit face first, launching a couple of teeth out of his mouth. Apparently one of the teeth that didn't shoot out of his head was a little too loose for his liking, so while the team doctor tended to him, he decided to yank that sucker out and angrily chuck it on the ground before spitting out some blood and getting on with the match.”*¹

CRICKET PLAYER HIT WITH BALL IN FACE LOSES THREE TEETH

During the summer of 2011, The Zimbabwean and Bangladeshi national cricket teams got together for a series of five One-Day International Matches in Bulawayo, Zimbabwe. Zimbabwe won the series 3-2, but not before one of their players went down with a very gruesome injury.

Keegan Meth was the victim of a hard hit ball back to the face. Imagine a pitcher in baseball being hit in the face by the ball immediately after the batter connects. This is precisely what happened to Mr. Meth. Mr. Meth received a cut on his lower lip and lost three upper teeth when he was clobbered by the batted ball at short range. Do you want to know what the worst part about the injury is? In cricket parlance, it occurred on the very last ball of Bangladesh's final over of the day. For North Americans, that means it was Mr. Meth's very last pitch of the game. When they show the close-up slow motion- replay, you can actually see Mr. Meth's teeth go flying almost as soon as the ball hits him.² Yes, there is a link to the video provided, and you can watch it right after you watch the video:

**Duncan Keith Loses 7 teeth in Game 4 of Western
Conference Finals**

Duncan Keith, a veteran defenseman for the Chicago Blackhawks lost seven teeth when he was hit in the mouth with a puck off the stick of Patrick Marleau. The incident occurred during the second period of the Black Hawks' 4-2 victory. Mr. Keith lost four teeth on the bottom, and three on the top. However, despite the damage, Keith returned a short time later and assisted Dave Bolland's

tying goal. Mr. Keith finished the game that night with a game-high 29 minutes, and 2 seconds of ice time. Chris Tuc, a reporter for the Chicago Tribune quoted Duncan Keith with the following:

"I just smashed all my teeth out," Keith said as he opened his mouth to reveal the damage. "They numbed it after it happened; they just stuck a bunch of needles in there and froze it all up. It feels a lot better when we win. It would probably be hurting a lot more if we lost." ... "I took one breath and it felt like my whole mouth was missing, so I knew there were some teeth gone," Keith said. "I saw a couple fall out, and I had one in the back of my throat. I could feel it and coughed it out. A bunch of them disintegrated, it felt like. "That sort of thing happens. I'm not the only guy who's ever lost a bunch of teeth or been hit in the mouth with a puck or stick, and I'm sure I won't be the last guy." ³

By the Monday afterwards, Mr. Keith lost count of his visits to the dentist, but he estimated to his Blackhawks teammates that doctors jammed Novocain-filled needles into his gums and vacated tooth roots maybe 30 times over two days. Extracting seven teeth via high-speed collision with a hockey puck is bad enough. Then the needles come, and afterwards perhaps worst of all, the needling.⁴

Stephen Campbell, head of the University of Illinois at Chicago's department of restorative dentistry said, "Assuming Keith needs implant work done... it could easily be a two-year process to get his teeth back in shape." What's more likely, he said, is that the player will get removable teeth, as the chance of re-injury in Keith's line of work is high.⁵

Ken "Coach Ken" Rzepecki, the on-ice instructor at Johnny's IceHouse in Chicago and a long-time player, estimates he has "maybe three" of his original teeth remaining. He has removable blocks of teeth that he takes out and keeps in a cup whenever he gets on the ice.⁵ Today though; players no longer leave their dentures in the locker when they take the ice. So, what do they do with them?

Dr. Robert Duresa, the dentist for the Chicago Blackhawks, offers a perspective of the sport you won't get from coaches or players. "I'm not seeing nearly as many missing teeth as I did when I started 12 years ago," says the Northwest Side native. "I'd guess maybe only 25 percent of the younger players are missing teeth." The improvement, he says, is a result of advanced dental techniques and, more important, strict safety measures for organized youth

hockey in Canada and the U.S., where full facial shields and mouth guards are required.

What this is resulting in is a new look for hockey players, and athletes. For example, on the picture below look at the smile of Chris Chelios:



Source: http://www.allvoices.com/people/Chris_Chelios

Duresa explains, “Chris has a nice smile, doesn't he? Only one tooth is not the real thing. He lost the original playing hockey at 18. A stick in the chops. It happens. The replacement is permanent. It's the upper left lateral incisor, Duresa notes, next to the midline. Hard to tell, isn't it?” 7

According to the Michigan Association for Endodontists, sports injuries are the leading cause of approximately 5 million teeth that are knocked out each year. Doug Towler, a Davidson High School

Hockey Coach said, “Back in my day you’d see guys lose four or six teeth at once. When a puck is going 90 miles an hour and gets deflected, there’s no time to react. I lost a front tooth myself once when I was blocking a shot.”⁸

“Basketball and baseball are the two biggest mouth-injuring sports,” says Dr. Stephen Mitchell, associate professor in the UAB Department of Pediatric Dentistry. “And the most common injuries we see are broken, displaced or knocked out teeth, and broken jaws.” Dr. Mitchell says mouth guards and helmets with face protectors are the best way for kids to avoid dental injuries while playing sports.⁹

If you participate in organized sports or recreational activities, there’s always the risk of injury to the mouth, says the American Dental Association (ADA).

ADA consumer advisor Matthew Messina, D.D.S., a general dentist from the Cleveland area, says "A properly fitted mouthguard is an important piece of athletic gear that can help protect your mouth, cushion blows that might otherwise cause broken teeth and injuries to the lips, tongue, face or jaw."

In fact the injury risk is nearly two times greater. According to a 2007 evaluation of the effectiveness of mouthguards in reducing

injuries, the overall injury risk was 1.6 to 1.9 times greater without a mouthguard, relative to the use of mouthguards during athletic activity. Another study of collegiate basketball teams found that athletes wearing custom-made mouthguards sustained significantly fewer dental injuries than those who did not. Dr. Messina explains, "Findings in sports dentistry show that even in non-contact sports, such as gymnastics, mouthguards will help protect participants, and many experts recommend that everyone—from children to adults—wear a mouthguard during any recreational activity that might pose a risk of injury to the mouth, including practice and training sessions."¹⁰

Lastly, According to the National Youth Sports Safety Foundation (NYSSF), student athletes account for a significant part of the 15 million dental injuries and the five million cases of traumatically lost teeth that occur every year. In addition, The Pennsylvania Dental Association (PDA) recommends that both children and adults wear a mouthguard when participating in any sport or recreational activity where injury to the mouth can occur including football, field hockey, ice hockey, baseball, basketball,

softball, wrestling, soccer, lacrosse, rugby, in-line skating and martial arts. ¹¹

THERE ARE 4 TYPES OF MOUTHGUARDS AVAILABLE FOR AN ATHLETE

1. BOIL AND BITE

Boil and Bite mouthguards are the least expensive, and provide the least protection. These must first be boiled. Once the mouthguard is boiled, you must try and fit it to form properly to your teeth. In most cases, they do not fit properly, do not stay in place, can be chewed through, and may get distorted while trying to form the mouthguard to your teeth. ¹²

2. STOCK

Stock mouthguards are inexpensive and come pre-formed, but are more expensive than boil and bite. There is no real protection provided to the athlete. They are bulky, can be chewed through, and the athlete will struggle to speak and breathe. Also, they do not fit properly nor tight to the athlete's teeth, therefore, making it difficult to keep in place in their mouth. ¹²

3. VACOUM FORMED

Vacuum formed mouthguards provide a better fit and more protection than boil and bite or stock mouthguards, but not as well as pressure formed. Usually these types of mouthguards are made by dental professionals, however, are manufactured using older style equipment and material.¹²

4. PRESSURE LAMINATED

Pressure laminated mouthguards have the most superior fit over any other mouthguard that you can buy on the market. Given that pressure laminated mouthguards are made under an intense amount of pressure, they provide the most superior fit compared to vacuum formed. Pressure Laminated mouthguards also provide the most protection, the most comfort, fit snugly to the athlete's teeth, and cannot be chewed through. Pressure Laminated mouthguards give all athletes the greatest ability to perform at their peak performance, and stay in the game. ¹²

WHAT TO LOOK FOR WHEN CHOOSING

THE RIGHT MOUTH GUARD

Finding the perfect mouth guard can seem like a daunting task, especially when athletes who have had teeth knocked out, and have

not had their “teeth properly preserved or replanted. They face lifetime dental costs of \$10,000 - \$15,000 per tooth, hours in the dentist's chair, and the possible development of other dental problems such as periodontal disease.”¹³

However, the sports dentists and health professionals at sportsdentistry.com highly recommend the custom made mouthguard, especially the pressure laminated type for the very best in mouth and facial protections, as well as concussion deterrence (as described in type 4 above). There are presently two ways of obtaining a Pressure Laminated Mouthguard; dentist fabrication with either the Druformat, Erkopress-2004 or Biostar in the dental office; or referral to a qualified commercial laboratory presently using the pressure lamination technique. ¹³

One qualified dental lab that uses the pressure lamination technique is Exquisite Dental Studios, which produces Grill Armor Mouthguards. Grill Armor Mouthguards can help bring the following advantages to your game and performance.

**ATHLETES WHO USE GRILL ARMOR MOUTH GUARDS
HAVE THE FOLLOWING ADVANTAGES IN THEIR GAME
AND PERFORMANCE**

ATHLETES FEEL MORE AGGRESSIVE AND CONFIDENT

Mouthguards provide a psychological benefit to athletes. Findings suggest athletes feel more confident and aggressive when they have the proper protection. ¹⁴

ATHLETES PERFORM BETTER

Grill Armor mouthguards allow you to breathe normally to give you better endurance. The perfect fit also allows you to focus on the game rather than trying to keep your mouthguard in place. ¹²

ATHLETES COMMUNICATE BETTER

Grill Armor mouthguards are not bulky like all other mouthguards, so you will have the ability to speak more clearly. ¹²

ATHLETES ARE BETTER PROTECTED

Grill Armor mouthguards will protect you better with Polyshok.

PolyShok provides the maximum shock absorption for better protection. As high impact polymer, PolyShok provides more shock absorption than any other comparable material in use today.

Including 85% more energy absorbency than the leading competitor, and over 150% more energy absorbency than ethyl vinyl acetate (EVA) for total energy absorption.¹²

CUSTOM FIT FOR EACH ATHLETE

Grill Armor mouthguards are made specifically for you on a dental model made from an impression of your teeth.¹²

CUSTOM DESIGN FOR EACH ATHLETE

The dental technicians at Grill Armor mouthguards do all kinds of custom team logos, other logo designs, text phrases, names, and more! You also get to pick your own colors.¹²

BEST COMFORT AVAILABLE FOR ATHLETE

Grill Armor mouthguards fit tight and secure in your mouth.¹²

EXCELLENT REPUTATION

Grill Armor Custom Mouthguards have a reputation for exceptional quality, expert technical knowledge, and an extensive understanding of the oral environment. ¹²

THE BEST CHOICE OF PROTECTION YOU CAN BUY

Grill Armor Custom Mouthguards are the best choice of protection you can buy, because they are made by dental technicians who have been in the dental industry for more than 25 years. ¹²

**GRILL ARMOR ATHLETES ARE ABLE TO FOCUS ON
BREAKING RECORDS... NOT TEETH!**

This paper merely scratches the surface on the advantages of having a pressure laminated mouth guard custom made for you by Grill Armor Mouthguards. Remember, according to the Academy of General Dentistry, an athlete is 70 times more likely to sustain damage to teeth when not wearing a mouthguard and almost one-third of all dental injuries are sports-related. During a single athletic season, athletes have a 1 in 10 chance of suffering a facial or dental injury.¹¹

Mouthguards can also help prevent more serious injuries such as concussions, cerebral hemorrhages, jaw fractures and neck injuries.¹¹

Lastly, remember the stories of Duncan Keith, Keegan Meth, and Jorge Pualo? You can read more about them, and watch the videos of them losing their teeth by going to the links at the end of this paper or in the End Notes section. After viewing the videos, to help make sure this doesn't happen to you, visit Grill Armor Mouthguards at www.gamouthguards.com. Here you can find more information about us, view the different types of custom mouthguards we've made, and see what types of mouthguards we offer.

If you have any videos or stories of athletes who have lost their teeth or suffered mouth injuries as a result of not wearing a mouthguard, we want to hear about it. Contact us today at Grill Armor Mouth Guards, by visiting www.gamouthguards.com to share your story. We might publish them on our website, or on facebook.com, and you will receive full credit for the stories of course.

My name is John Caponigro, and together with my wife Dawn, we have over 25 years of experience in the dental industry. We also own Exquisite Dental Studios, a dental lab that helps athletes improve their game and performance through pressure laminated mouthguards called Grill Armor Mouthguards.

If you are athlete who wants to improve performance, and concentrate on breaking records instead of your teeth; the first step in becoming a Grill Armor Athlete is to contact myself or Dawn today at info@gamouthguards.com or 1-877-388-5667.

Links to Videos

Chicago Blackhawks' Duncan Keith with Classic Hockey Line after losing 7 teeth <http://www.youtube.com/watch?v=FXtXKkNO8c4>

Duncan Keith Loses 7 teeth in Game 4 of Western Conference Finals <http://www.youtube.com/watch?NR=1&feature=fvwp&v=IfJx1L71DUU>

National Hockey League. "Duncan Keith History will be Made".
25 May 2010.

http://www.youtube.com/watch?v=4_ZqcGyJYpA

PAULO JORGE loses teeth vs Real Madrid

<http://www.youtube.com/watch?v=GnRSO9FbkAk>

iPaolo Jorge se rompe los dientes! - R.Madrid vs Apoel (04/04/2012)

http://www.youtube.com/watch?feature=fvwrel&NR=1&v=Hnv-KIW-o_k

Peck, Brooks. "DTotD: APOEL's Paulo Jorge gets teeth knocked out by teammate's back." 4 April 2012.

<http://sports.yahoo.com/blogs/soccer-dirty-tackle/dtodd-apoel-paulo-jorge-gets-teeth-knocked-teammate-210120678.html>

Esteban. "Cricket Player Loses Three Teeth When Ball Hits Him in the Face(Video)". 22 August 2011.

<http://www.totalprosports.com/2011/08/22/cricket-player-loses-three-teeth-when-ball-hits-him-in-the-face-video/>

ELBOW FROM DAVID LEE, CHANDLER LOSES TOOTH

<http://www.nyknicksbeat.net/2010/11/elbow-from-david-lee-chandler-loses.html>

End Notes

1. Peck, Brooks. "DTotD: APOEL's Paulo Jorge gets teeth knocked out by teammate's back." 4 April 2012.
<http://sports.yahoo.com/blogs/soccer-dirty-tackle/dtodd-apoel-paulo-jorge-gets-teeth-knocked-teammate-210120678.html>
2. Esteban. "Cricket Player Loses Three Teeth When Ball Hits Him in the Face (Video)". 22 August 2011.
<http://www.totalprosports.com/2011/08/22/cricket-player-loses-three-teeth-when-ball-hits-him-in-the-face-video/>
3. Tuc, Chris. "Keith able to smile despite losing 7 teeth." The Chicago Tribune. 23 May 2010.
http://articles.chicagotribune.com/2010-05-23/sports/ct-spt-0524-side-blackhawks-sharks--20100523_1_teeth-smile-mouth
4. Hamilton, Brian. "Keith thankful puck hit just teeth." The Chicago Tribune. 25 May 2010.
http://articles.chicagotribune.com/2010-05-25/sports/ct-spt-0526-brite-blackhawks-chicago-20100525_1_teeth-puck-hawks
5. Huppke, Rex W. "Duncan Keith loses 7 teeth in clincher." The Chicago Tribune. 24 May 2010.
http://articles.chicagotribune.com/2010-05-24/news/ct-keith-teeth-story_1_teeth-puck-removed
6. Chris Chelios photo.
http://www.allvoices.com/people/Chris_Chelios

7. Galloway, Paul. "Hockey's Generation Gap." The Chicago Tribune. 22 April 1993. http://articles.chicagotribune.com/1993-04-22/features/9304220040_1_mouth-guards-teeth-partial-dentures
8. Reiz, Rose MARY. "Dental work: It's not so hard to save a tooth from sports injury." The Flint Journal. 28 November 2007. http://www.aae.org/uploadedFiles/AAE_Members/Practice_Management/Media_Outreach/FlintJournal.pdf
9. Lollar, Jennifer. Sports Dental Injuries are no laughing matter." UAB News. 22 August 2011. <http://www.uab.edu/news/latest/item/1577-sports-dental-injuries-are-no-laughing-matter?tmpl=component&print=1>
10. American Dental Association. "American Dental Association Says Mouthguard Important Piece of Athletic Gear." 27 May 2010. <http://www.ada.org/4176.aspx>
11. Dental Health Magazine worlddental.org "The Best Way to lose a tooth- do not use a mouthguard." Dental Health Magazine. 28 April 2008. <http://worldental.org/teeth/the-best-way-to-lose-a-tooth-do-not-use-mouthguard/228/>
12. Grill Armor Mouthguards. "Why GA?" 27 May 2012. http://www.gamouthguards.com/index.php?main_page=page&id=4
13. Sports Dentistry Online. "Types of Mouthguards" <http://sportsdentistry.com/mouthguards.html>
14. Vastardis, Peter D., DMD. "Athletic Mouthguards: Indications, Types, and Benefits". Dentistry Today. 1 December 2005. <http://www.dentistrytoday.com/sports-dentistry/357-athletic-mouthguards-indications-types-and-benefits>