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Flying Doctor offers a sporting way to save teeth

The Royal Flying Doctor Service (RFDS) South Eastern Section has developed a dental initiative to encourage young footballers in Broken Hill, Wilcannia and Menindee to take better care of their teeth.

RFDS dentist Dr Lyn Mayne developed the idea, which will see young rugby league players in the towns wearing free mouthguards in their team colours.

Dr Mayne said the idea came about as a way of encouraging young people in the community to protect their teeth when they play sports, with the added bonus of improving dental health in the region.

“It’s unfortunate when children who choose a healthier lifestyle by participating in sports end up destroying their teeth,” Dr Mayne said.

“Once an accident has happened it’s often too costly to restore a smile, but the mouthguards will protect the players’ teeth while also giving me a unique opportunity to provide oral health care advice at the same time,” Dr Mayne said.

“So far, the local junior league teams in Wilcannia and Menindee have taken up the offer for the free mouthguards, with more than 50 mouthguards distributed in team colours.

“Now its Broken Hill’s turn and we’re encouraging all junior footballers to come along to Maari Ma Health to get their team mouthguards fitted,” Dr Mayne said.

Players can have their mouthguards fitted at Maari Ma Health on these days:

- Friday 30 July from 2pm to 4:30pm
- Friday 6 August from 2pm to 4:30pm
- Tuesday 24 August from 3pm to 4:30pm.

No appointments are necessary; players are encouraged to walk in during these times.

The RDFS South Eastern Section employs Australia’s only flying dentists, providing a much needed dental service to the people of far western NSW.

The dental initiative is being run in conjunction with Maari Ma Health Aboriginal Corporation and Country Rugby League NSW and is jointly funded by an anonymous RFDS donor and the international law firm Allens Arthur Robinson.

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For more information or photographs, contact Ruth Redfern, acting communications manager, RFDS (South Eastern Section) on 02 9941 8854, 0408 476 341 or ruth.redfern@rdfsse.org.au.