

## Plano Dentist Tapped to Give Opinion on New Performance-Enhancing Mouthpiece

### Image Gallery



***The CW's Channel 33 News team recently asked Dr. John Hucklebridge, D.D.S., F.A.G.D., a Plano cosmetic dentist, to give his expert opinion about a performance-enhancing mouthpiece that is taking the athletic world by storm.***

***Online PR News – 09-March-2010*** Plano, Texas – The CW's Channel 33 News team recently asked Dr. John Hucklebridge, D.D.S., F.A.G.D., a [Plano cosmetic dentist](#), to give his expert opinion about a performance-enhancing mouthpiece that is taking the athletic world by storm.

The news segment, which has since been reposted on several Web sites, described the popularity of custom-fitted mouthpieces, which are said to help athletes deliver 'jaw-dropping' performances in all varieties of sports. The mouthpiece repositions the jaw, which is reported to enable the athlete's brain and muscles to function better.

Athletes from all over the world have started using the devices, including Derek Jeter and several members of the New Orleans Saints championship football team. Barry Carpenter of the Channel 33 News team wanted to know if the \$500 dentist-fitted mouthpieces worked, so they turned to Dr. Hucklebridge.

"Clenching teeth releases a fatigue-inducing hormone called cortisol," said Hucklebridge. The mouthpieces reportedly prevent athletes from being able to clench their teeth, keeping cortisol from becoming an issue during workouts or games.

Rutgers University recently studied the mouthpieces, and concluded that athletes wearing the devices did perform better. However, the jury is still out on how much of an effect the mouthpieces actually had. "They don't know if it's the placebo effect or if it's the appliance, but they have felt some improvement," Hucklebridge added.

Dr. John Hucklebridge of Plano Smile Studio is one of the premier [cosmetic dentists in Plano](#) and the areas surrounding Dallas, Texas. He offers a wide selection of cosmetic dental procedures including tooth whitening, veneers, Invisalign, tooth contouring, bonding, and dental implants. Dr. Hucklebridge, who also practices [sedation dentistry in Plano](#), focuses on a patient-centered approach to dental care that is personal and individualized in order to provide the highest quality experience for his patients.

If you would like additional information about this subject, or to schedule an appointment with Dr. Hucklebridge, please call 972-398-2550 or e-mail [info@planosmilestudio.com](mailto:info@planosmilestudio.com).

## Media Information

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