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MEETING DATES

ACADEMY FOR SPORTS DENTISTRY
BOARD OF DIRECTORS MEETING
June 5 & 7, 1997
Washington, D.C.

ANNUAL MEETING
June 6-7, 1997
Program Chairmen: Dr. Emilio Canal and
Dr. Michael Messina

April 24 & 25, 1997 1998
Program Chairmen: Dr. Jack Winters

ADA ANNUAL MEETING
October 18-22, 1997
Washington, DC

October 10-15, 1998
San Francisco, CA

October 9-13, 1999
Honolulu, HI

AGD ANNUAL MEETING
July 31-Aug. 3, 1997
Chicago, IL

July 9-12, 1998
Boston, MA

July 22-25, 1999
Salt Lake City, UT

AMERICAN COLLEGE OF SPORTS MEDICINE
ANNUAL MEETING
May 28-May 31, 1997
Denver, CO

June 3-6, 1998
Orlando, FL

June 2-5, 1999
Seattle, WA

AMERICAN ACADEMY OF PEDIATRIC DENTISTS
ANNUAL MEETING
May 22-27, 1997
Philadelphia, PA

May 21-26, 1998
San Diego, CA

May 27-31, 1999
Toronto, Canada

NATIONAL ATHLETIC TRAINERS’ ASSOCIATION
ANNUAL MEETING
June 18-21, 1997
Salt Lake City, UT

June 17-20, 1998
Baltimore, MA

June 16-19, 1999
Kansas City, MO

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The Academy for Sports Dentistry, its officers and Board are not responsible for the opinions, views or statements made in any essay, discussion or in the proceedings which are presented in the Academy for Sports Dentistry Newsletter.

The Academy for Sports Dentistry Newsletter is published quarterly for its members. Comments and suggestions regarding the newsletter should be directed to Dr. David Kumamoto, Editor.
Looking Ahead

by L. King Scott, DDS

All the Officers and the Board of Directors are looking forward to our Sixteenth Annual Symposium in Washington, D.C., June 6-7, 1997. Co-Chairmen Dr. Emilio Canal and Dr. Michael Messina have done a wonderful job in preparation for this meeting. If you want to attend an outstanding symposium with excellent speakers, and have time for you and your family to visit our nation’s Capitol, this is the meeting for you.

At the December Board Meeting, the Officers and Board of Directors voted on and approved a shortened Board rotation time. This will allow more members to be able to spend two years on the Board of Directors of our Academy, giving their insight and input into the direction and leadership of our organization, without having to either sponsor or chair a symposium meeting in their area, and without them having a commit to becoming an officer with long term commitments. We all feel that this is an improvement that will enhance the growth of our organization and allow more input from the membership.

Our organization continues to steadily grow. However, sometimes a member will inadvertently fail to renew his/her membership. Perhaps their annual membership renewal form gets lost in the mail or pushed aside. If you have friends who have stopped getting our newsletter, ask them if they forgot to renew their membership or failed to receive their renewal notice.

Our sponsor research grants are coming to fruition and we are happy to report their findings in our newsletter. Members who would like to work on our next Sam Harris project, a laminated emergency treatment sheet similar to several that many of our members have developed, may contact me at my office (318)325-4600 or home (318)396-3337. We would like to have this committee act and complete development by the end of the D.C. Meeting.

For Safer Sports,
L. King Scott, DDS
P.S. Sponsor a new member! Bring one of your friends to the Annual Symposium. Give one of our newsletters to a friend. Let’s spread the good news about the Academy for Sports Dentistry!

OLYMPIC OBSERVATION

Seventeen, seventeen and thirty-one. Routine numbers by themselves, but forever significant since they represent the numbers of Gold, Silver and Bronze medals I saw awarded during my all too brief eight day attendance at the Centennial Olympic Games. Initially, I was guilty of being the ultimate Homer, rooting only for the athletes from the United States; but the spirit and intent of the Games soon won me over and I grew to appreciate the efforts of all participants.

Fortunately, I missed the explosion in Centennial Park; truly the lowest point of the Games. While it cast a pall over the venues, I reminded myself that the Olympics are such an enormous undertaking that its' closest naturally occurring counterpart is a tidal wave. If a Munich Massacre could not stop the Games, the effect of a mere bomb would be easily obliterated.

Returning home, I read numerous editorials highlighting commercialism, transit chaos and ineffectual security as the primary downside of the Games. Perhaps the authors of the articles truly did experience the problems they depicted, but I can honestly state that I encountered no conditions even vaguely resembling those described. Commercialism was not present within any venue, the trains and buses, although always crowded, were always running and I found security uniformly stringent and superior to FAA standards. I became quite proficient at placing metal items into trays and opening my canvas portfolio for inspections.

Alas, now to the focus of my report; Dental presence at the Olympics. I was unable to contact the Dental Liaison for a tour of the facilities within the Olympic Village. In retrospect, such an endeavor would have been futile since the Olympic Village itself was an armed camp, with extremely effective perimeter security. I was told by several French athletes that emergency dental services were offered, but they were not able to provide specific information.

Despite the routine use of eight power binoculars, I was unable to detect the use of mouthguards in any of the judo, weight lifting or baseball venues. I openly admit that I was not closely observing the contestant's mouths at the Women's 400 meter Individual Medley Final.

As the fates would have it, my father's ceramic crown fell off and I sought a Dental referral from the Medical office located within the Georgia World Congress. The nurses on duty were very sympathetic, but twenty minutes of telephone and radio communication revealed that there was no Dental coverage for the average Olympic attendee. Fortunately, I was able to purchase some drugstore ZOE cement and with expert use of a champion Swiss Army Knife, the crown was recemented in simple fashion.

While it is commonplace for people to visit the grave sites of their ancestors, most Americans are especially grateful to their immediate predecessors for having had the ultimate courage to leave their homelands for a new world. Attending the Olympic games provokes a similar level of gratitude, only in this case, one feels extremely indebted to the Baron Pierre de Coubertin; the visionary who revived the Olympic spirit a short century ago.
A successful mouth guard program begins at the top. Whether it is a high school or college program, you must have complete cooperation with the Athletic Director, Head Coach, Head Athletic Trainer, and their staff.

Dr. William Godwin was the pioneer in establishing the mouth guard program at the University of Michigan and is still active today. His research and testing along with Dr. Robert Craig at the University of Michigan Dental School developed the material and technique for producing custom fitted mouth guards. The basic fabrication procedures developed by Dr. Godwin are still used today in a modified form due to improved equipment.

The football mouth guard program starts the first day of practice in the Fall by taking impressions of all incoming freshman players. (See figs. 1 & 2)

FIGURE 1.

Unless the athlete is having extensive restorative work or is being treated orthodontically, most athlete's arches at this age (18+ years) are fully formed and won't change much from year to year. New impressions are taken for any athlete if for some reason their mouth guard does not fit properly. Otherwise, models of the upper classmen are stored from the previous year along with any leftover mouth guards. Sometimes a model is broken and a new impression may need to be taken for the upperclassmen. (See fig. 3)

A good alginate upper impression is the starting point of a good mouth guard. We use Coe-perforated metal trays numbers four, one and X1. The trays are color coded for easy identification by the attending dentists. We keep several lower trays available in case a lower model is needed. The impression of the upper arch with good muscle trim on the labial and buccal is essential to a good fitting guard. We do not cover the palate. A name tag is attached to the impression tray for identification. (See fig. 5)

A group of approximately six dentists volunteer their time to take the impressions and pour and trim the models. We use the same dentists every year and have the best results this way. There will be between forty and fifty impressions taken. The trays are cleaned, sterilized, and stored for the next set of impressions. (See fig. 6)

We start impressions at 8:00am and by 10:00am all models are poured and some are already trimmed.

The athletic training staff at Michigan is very adept at pouring and trimming the models. They are also instructed on the fabrication of the custom guard and essentially take over the care and maintenance of the guards for the duration of the season. (See fig. 7-9)

Models are kept in storage boxes for safe keeping. (See fig. 4)
A special table has been constructed approximately 20” x 96”. Each athlete has a square assigned and labeled with his name. The athletic trainers place the mouth guards on this table for the players to pick up on their way out to practice. After practice the athletes deposit the mouth guards in a bucket. The athletic trainers inspect, clean and return the mouth guards to the board prior to their next practice.

The mouth guards are rinsed in cold water and put in disinfectant over night (Zephrin Chloride). Guards that are considered worn or ill fitting are replaced. The athletic trainers always have three guards prepared for each player. They maintain this back-up throughout the season.

There is a travel case and travel board which is used for away games. Again, three guards are carried along for each player. The travel board is approximately half the size of the practice board and it is in two sections hinged together for easy storage. (See fig. 10)

Straps are not used on our mouth guards because:
1. They are too cumbersome.
2. They could be grabbed by another athlete.
3. The athlete’s helmets may come off during play and pull the guard with it.
   (There have been incidents where teeth would have been lost or damaged had the mouth guard also been pulled out.)
4. The mouth guards are disinfected each day.
5. The mouth guards are inspected for wear daily.

The extra effort is made at Michigan to provide the best for the athletes. Therefore, we choose to make custom fitted mouth guards for our athletes. Similar programs are established with other contact sports at the University of Michigan.

The emphasis in a successful mouth guard program is on cooperation. The mouth guard is only a small part in the protection of the athlete.
### FRIDAY, JUNE 6, 1997

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:00-8:00 AM</td>
<td>Registration</td>
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<tr>
<td>8:00-8:30 AM</td>
<td>Welcome Remarks</td>
<td>Michael Messina, DDS L. King Scott, DDS (President ASD)</td>
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<tr>
<td>8:30-10:00 AM</td>
<td>New Concepts in Treatment of Tooth Avulsions and Other Dental Injuries</td>
<td>Paul Krasner, DDS</td>
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<td>10:00-10:15 AM</td>
<td>Break</td>
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<tr>
<td>10:15-11:30 AM</td>
<td>Injury Prevention &amp; Mouthguards (including the new Type IV)</td>
<td>Ray R. Padilla, DDS</td>
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<tr>
<td>11:30-1:00 PM</td>
<td>Lunch/Exhibits</td>
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<tr>
<td>1:00-2:30 PM</td>
<td>Risk Management for Concussions, Jaw Joint and Internal Head Injuries in Sports</td>
<td>Edward D. Williams, DMD</td>
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<td>2:30-2:45 PM</td>
<td>Break</td>
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<tr>
<td>2:45-3:30 PM</td>
<td>A Case Study—Care of a Professional Soccer Player Following a Bilateral Mandibular Fracture (Multidisciplinary Approach)</td>
<td>Neil R. MacDonald, PT, ATC Martin T. McGuinity, ATC</td>
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<tr>
<td>3:30 PM</td>
<td>Business Meeting</td>
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<tr>
<td>4:30 PM</td>
<td>Welcome Reception</td>
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### SATURDAY, JUNE 7, 1997

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<th>Time</th>
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<tbody>
<tr>
<td>7:00-8:00 AM</td>
<td>Registration</td>
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<tr>
<td>8:00-9:00 AM</td>
<td>Development of a High School Mouthguard Program</td>
<td>Nancy C. Burke, ATC</td>
</tr>
<tr>
<td>9:00-10:00 AM</td>
<td>Sports Science and the NCAA: The Injury Surveillance System, Update of Dental Injuries in the NCAA</td>
<td>Randall W. Dick, MSMS, FACSM</td>
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<tr>
<td>10:00-10:15 AM</td>
<td>Break</td>
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<tr>
<td>10:15-11:15 AM</td>
<td>“Special Athletes—Special Smiles, Olympic Games and World Championships.” How Dentists Can Take an Active Role in Major Events in Their Community</td>
<td>Paul M. Piccininni, BS, DDS</td>
</tr>
<tr>
<td>11:15-12:00 PM</td>
<td>Potpourri</td>
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### SATURDAY, JUNE 7, 1997

**Post-Symposium Participation Course**

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<th>Time</th>
<th>Event</th>
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<tr>
<td>12:30 PM</td>
<td>Lunch</td>
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<tr>
<td>1:00 PM</td>
<td>Didactic Lecture</td>
<td>Ray R. Padilla, DDS</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Fabrication of Mouthguards (bring a maxillary stone cast of your mouth for the hands-on portion)</td>
<td>Ray R. Padilla, DDS Michael Messina, DDS Emilio Canal, Jr., DDS</td>
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<tr>
<td>4:00 PM</td>
<td>Adjourn</td>
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### REGISTRATION INFORMATION—16TH ANNUAL ACADEMY FOR SPORTS DENTISTRY SYMPOSIUM—JUNE 6-7, 1997

#### MEALS—Continental breakfasts on Friday and Saturday, and lunch on Friday will be provided. Lunch on Saturday for workshop participants.

#### INFORMATION—Dr. Emilio Canal, Jr. or Michael Messina at 703/437-5700 or Fax 703/391-8828

#### REFUND POLICY—A full refund, less a $35 administrative fee, will be made up to one week prior to course. Simply call or write for a refund. You will receive your refund approximately 4-6 weeks after we have received your request.

#### HOTEL ACCOMMODATIONS—Rooms have been reserved at the Hyatt Regency on Capitol Hill for a special group rate of $125 single/double occupancy per night. Call 1(800)233-1234 for reservations. Please reserve early as there is a limited number of rooms at this rate.

#### LOCATION—The Hyatt Regency on Capitol Hill is located ten minutes from Washington National Airport, 45 minutes from Washington-Dulles and Baltimore-Washington International Airports and two blocks from Amtrak’s Union Station and Metro Subway.

### POST-SYMPOSIUM—MOUTHGUARD FABRICATION WORKSHOP—JUNE 7, 1997

- $65 member ASD
- $75 nonmember ASD
- $50 dental assistant/athletic trainer

### REGISTRATION BY MAIL—Registrations must be mailed along with your check to the following address:

**Academy for Sports Dentistry, c/o RDAC**

11503 Sunrise Valley Drive, Reston, VA 20191

Please Register by May 6, 1997

<table>
<thead>
<tr>
<th>Name</th>
<th>Mailing Address</th>
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<td></td>
<td>City State Zip</td>
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<td>Office Phone Number</td>
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<td>Affiliation (eg. NBA, NCAA, H.S., Special Event, ...)</td>
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Olympic Gold Medalist Backs Mouthguard Project for Girl’s Basketball Team

Former Penn State basketball star and Olympic Gold Medalist, Suzie McConnell, joined forces with a community service project by the University of Pittsburgh Dental Hygiene Alumni group. McConnell is currently head coach for the Oakland Catholic girl’s basketball team in Pittsburgh.

The mouthguard project was developed out of a Sports Dentistry continuing education course presented this past August by Dr. Dennis Ranalli, Executive Director of Dental Alumni Affairs at Pitt and a member of the Board of Directors of the Academy for Sports Dentistry. During his presentation, Ranalli pointed out that while dental hygienists have a strong tradition of promoting prevention of dental caries and periodontal diseases, they have been less involved in promoting the importance of mouthguards for prevention of sports-related dental injuries and concussions.

Ranalli, who also served as the project’s supervising dentist, worked with project coordinator Ms. Connie Bird. Ms. Bird, Alumni Vice President for Dental Hygiene, enlisted the support of the Pitt Dental Hygiene faculty and students. Working together with the Dental Hygiene alumni, they provided free custom fabricated mouthguards to all players in the girl’s basketball program at Oakland Catholic. The Proform mouthguard materials for the project were donated by Doug Murphy.

The team was scheduled for impressions during the preseason conditioning period, prior to the 1996-1997 high school basketball season. This time frame was selected to permit players to become accustomed to their new mouthguards before participating in actual competition. In addition to instructions in proper brushing and flossing techniques, players were given information on the benefits of mouthguard use as well as proper home care of the appliance.

Twenty players, including the freshman team through the varsity, participated in the project and are now protected with a properly fitted custom mouthguard.

Participants: Connie Bird, Diane Macramara, Lisa Gjebre, Barbara Donatelli, Angelina Ricciello, Dr. Dennis Ranalli, Linda Hageden, Melinda Miller, Marie George and Coach Susie McConnell (seated).

Not pictured: Vicki Falina-Gallo, Nora Jockers, Adrienne Ruggiero, Renee Briceland, Rachel Kessler, and Julie Rock.

WELCOME NEW MEMBERS  Continued from page 2

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Napoleon, OH
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Canada
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Littleton, CO
Les Latner
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Howell, MI
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Lake Forest, IL
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Joseph Mercardante
Pismo Beach, CA
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Commack, NY
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San Bernardino, CA
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Palm Bay, FL
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Albuquerque, NM
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Fort Lauderdale, FL

Hal S. Wolfson
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Curtis Dill
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Stoughton, MS
Bernie Unrau
Calgary, Alberta, Canada
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Worthington, OH
Allan F. Huber
San Diego, CA
Joseph R. Mikula
St. Clairs Shores, MI
Todd G. Pollack
Nashua, NH
Thomas J. Gibbons
Dallas, TX

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ACADEMY FOR SPORTS DENTISTRY NEWSLETTER
NOTICE

The Annual ASD Symposium in Washington, D.C., June 6-7, is presently AGD and NATA accredited; CERP/ADA accreditation is pending.

The ASD Membership Director is approaching completion and should be available at the Annual ASD Symposium in June.

MEMBERSHIP APPLICATION
THE ACADEMY FOR SPORTS DENTISTRY

Please Print
NAME ____________________________

SPECIALTY/TITLE ____________________________

OFFICE ADDRESS ____________________________

CITY ____________________________ STATE ______ ZIP ______

PHONE (_______) ____________________________ HOME (_______) ____________________________

FAX (_______) ____________________________ E-MAIL ____________________________

My Experience with Sports Dentistry includes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Other Comments: ____________________________

□ DENTIST $70.00  □ TRAINER $50.00  □ STUDENT $50.00  □ AFFILIATE $50.00

Please fill out entirely & return with appropriate fee (U.S. funds) to:

David P. Kumamoto, DDS
Mailcode 555, UIC College of Dentistry
801 S. Paulina St., Chicago, IL 60612
Phone 312/413-0174 • Fax 312/996-3535

Frank Stoevey, DDS
Suite 202, 151 York Blvd.
Hamilton, Ontario, Canada L8R 3M2
Phone 905/577-0770 • Fax: 905/577-0721

NOTE: Initiation fees are $25.00 with annual dues of $45.00 for dentists and $25 for trainers, students and affiliates.