



NEWSLETTER

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The Academy for Sports Dentistry Newsletter is published tri-annually for its members. Comments and suggestions regarding the newsletter should be directed to Dr. Steve Mills, Editor.

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Dr. Emilio Canal

Setting The Stage for Maximum Exposure

As we close out 2009, we have had a lot of activity in the Academy. This past May in Chicago, we had a great turnout and some great presentations including a suturing workshop. The Board has also been working very hard setting the stage for what will be the biggest launch of the Academy for Sports Dentistry (ASD) into mainstream America. To begin, we are preparing to launch our new web site by the beginning of 2010. Our Board member Ryan Salazar has been the driving force in getting this project started and making sure it is completed in time. In Ryan's words, "the new website will have past and current symposium information, silent auction information along with a myriad of pictures from past events. It will have a Team Affiliation section and active member profiles (similar to Facebook) where members can place photos and information about their office. All this in a robust active member listing that will integrate with Google - just to mention a few features of the new site." Ryan will be in Washington for our 2010 ASD Symposium to walk our members through all of the features of our new site. Ryan has also been working on a new line of ASD apparel that will make its debut at that time. On behalf of the Academy and all of its members, we can not thank Ryan Salazar enough for taking on these two massive projects.

With our goal for more exposure as the leader in the field of Sports Dentistry, we are currently developing position statements on mouthguards for the US Lacrosse Federation and the US Soccer Federation. These position statements will be posted on their respective websites and will link the public to our website. We have also been working with Major League Soccer (MLS) to come up with a statement for all of their teams requiring the Team Dentist to: 1) be a member in good standing of the Academy for Sports Dentistry, 2) complete the Team Dentist course offered by the Academy, and 3) maintain the standard of a Team Dentist as set forth by the

Academy. This statement is a huge endorsement of our group and recognition that we ARE the leaders in Sports Dentistry. We are also coming off a very interesting meeting with the National Athletics Trainers Association (NATA) where we are looking for a closer working relationship and partnership in the education, prevention and treatment of oral/facial trauma for non-member Dentists working with athletic trainers.

Our meeting in Washington is set and we have a great line up of speakers: Dr. Martin Trope-Trauma in Young Adult Teeth and Revascularization; Dr. Gerard Gioia-Current Trends in the Evaluation, Diagnosis and Treatment of Concussion in the Young Athlete; Dr. Ryan Kazemi-Trauma in the Aesthetic Zone: From Injury to Restoration; Dr. Douglas Lambert-Tooth is Loose-So Now What? Splinting Material and Techniques; Dr. Dennis Ranalli-Sports Dentistry for Athletes with Disabilities; Dr. David Kenny-Pain, Suffering and Expense: The Unholy Trinity of Severe Dental Injuries; and Dr. Ray Padilla-Theory and Fabrication of Modern Properly Fitted Mouthguards. There will be a Performance Mouthwear Forum featuring Pure Power Mouthguard and Under Armour/ Bite Tech. We will also have a 3D Imaging Technology and Cone Beam presentation. Two hands-on workshops will be available: one in mouthguard and appliance fabrication and the other in photography. Special Events include: a private White House tour, ASD President's reception, Silent Auction, MLB Washington Nationals game or MLS DC United game (schedules permitting) and visits to the Sam Harris National Dental Museum in Baltimore.

I hope to see everyone in DC!

Emilio Canal, Jr., D.D.S., F.A.S.D.
President



Steve Mills, DDS
Editor

Editor's Column

Are We Important?

I enjoy being a Pediatric dentist. I realize that making this declaration leads many of my friends to cringe in disbelief. But for those of us that do this, we really do enjoy it. We like the kids, the challenge of treating them and the enjoyment we get from dispensing useful everyday information to children and parents alike. Often when adults seek dental services they just want it to be over with but when these same adults are the parents of children they become information sponges. Questions about diet, orthodontics, home hygiene, sealants, fluoride (this is always a good one), and many other things take a greater significance when it concerns one's children. There is no unimportant question to be asked when it concerns your children.

A few issues ago in this newsletter, Past President King Scott talked about sports dentist's unique message and how other organized dental groups seem to use "our" message from time to time. This is very true and I am going to expand on his idea to say that these topics are important to many people beyond the dental community. Many people seem to want to hear what we have to say.

I was asked recently by Dr. Garry Rayant, a periodontist in San Francisco, to help with a sports dentistry issue of a magazine called "Dear Doctor" which he edits. For those of you who are not familiar with this publication, it is a very well done magazine targeting the public with dental issues that they feel people will find useful and interesting. Great waiting room material. Dr. Rayant found the subjects covered by sports dentists fascinating and he continually remarked that he thought the messages were "important." I enjoyed the fact that he found sports dentistry so interesting and I am looking forward to the issue.

I must admit that I often question my sometimes overwhelming interest in sports dentistry. I question if it is "important enough" to occupy so much of my time. In my particular specialty there are health care reform issues, hot topics in caries research, access to care for our nation's children, sedation safety, and so many other issues which could be considered more important and in fact critical to the lives of my young patients.

Then I realize that knowing everything concerned with dentistry is the important thing for dentists in general. Anything which concerns the oral health of the public must be part of our profession and nothing can be ignored. Those of us who have been doing this for a while now realize how complicated the study of dentistry can be and how dental schools must edit their programs to include only the most critical subjects and must not include all "important" ones.

Being the champion of an ignored topic in a profession which must not ignore any topic is very important. When presented with the ideas of sports dentistry, parents, athletic trainers, physicians, and newly aware dentists find it truly interesting. This goes a long way to justifying my continuing commitment to sports dentistry.

I would encourage our members to take every opportunity to speak to different groups, to your patient families, to physicians, to athletic trainers, sports teams, athletic administrations and even coaches. Coaches can be a tough audience but I am pretty sure that everyone will be interested in the knowledge conveyed, in the topic itself, and they will all find it "important."

Women's Roller Derby An Exciting New Opportunity for Sports Dentists

Sports dentists interested in becoming involved with a sports team have a new opportunity to pursue. A national movement to increase the visibility and popularity of roller derby has been going on for over 5 years and now has 78 member league organizations or teams from Maine to California. While the sport is currently played in the US and Canada according to Gabriell Garcia (aka Chica Loca president of the Sacred City Derby Girls of Sacramento California and the marketing officer for the Women's Flat Track Derby Association), there are approximately 13000 women on "international rollergirl rosters" with teams in the UK, Germany and one starting in Switzerland. She also states that it is difficult to estimate the number of teams due to the sport's rapid growth, and she guesses that there are over 400 teams worldwide.

This is not the "sport" many remember from decades ago which was largely theatrical and played by both men and women. The sport is now played by women only and instead of using a banked oval track it is played on a flat oval laid out on a surface such as a basketball floor. Hence the name Women's Flat Track Derby Association (WFTDA). The leagues started in April of 2004 as the United Leagues Coalition but changed the name to the WFTDA in July of 2005. There is very little theatricality other than the unusual stage names that the women assume and the edgy look of tattoos and fishnet stockings, which are often worn. The action now is pure sport which is strictly refereed and played at a very high level.

The sport consists of two teams of women skating around an oval track. Two designated skaters called "jammers" try to skate through the pack and then they try to "lap" or overtake the other skaters. They receive points for each opposing player they lap. The other skaters try to block each other to aid their jammer and to impede the other team's jammer. It takes a great deal of skating ability to both race to the lead, to block, avoid being blocked and to physically upset the other skaters. There is a great deal of strategy but the resulting action is fast and aggressive, and potentially dangerous.



The reason that dentists can become involved is that the league has set mandatory safety equipment rules for helmets, kneepads, wrist guards, elbow pads and athletic mouthguards. Helmets with face guards or other facial protection are not allowed. Failure to wear any of the required items results in a penalty. The sport is a continuous action sport with great deal of body contact and a great need for player communication. These factors make the need for good quality mouthguards, which are properly fitted and properly worn very desirable.

The member organizations are broken down into four national divisions: the East with 17 organizations, the North Central with 19, the South Central with 19 and the West with 23. The individual member groups are listed on the organization's web site at www.wftda.com.

While the bouts, as the contests are called, are well run and admission is charged, the women in general do not create a great income for themselves. Each member organization is run by the individual team members who do everything from publicity, to training, travel arrangements, coaching, and anything else concerned with the running

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Roller Derby

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of their individual franchises. The teams do travel quite extensively within their divisions as well as trying to get their teams to the National Championships which this year will be held in Philadelphia, Pennsylvania from November 13-15, 2009.

Dentists interested in becoming involved should contact a local team but it probably will be an involvement which is done for enjoyment and not for income. It is, however, a fun experience: the women seem to enjoy their sport immensely, there is a great camaraderie between both team members and opponents alike, and it is another way to spread the word about the difference between quality mouth protection and poor alternatives.



Editor's note: If anyone has a sport opportunity which they would like to highlight or publicize, they are encouraged to contact the managing editor at marybyers@comcast.net.

ASD Announces New Web Address

The Board of Directors of the ASD is working to make the Academy's web site easier to use, more informative and more beneficial to both members of the ASD and to others who just want to learn more about Sports Dentistry. Newly elected board member Ryan Salazar is directing these efforts and one of the first steps is to rename the web site. Although the exact date of the change is uncertain, it is hoped that the change will be in effect by the first day of 2010. The new web address will be www.academyforsportsdentistry.org. The contact email address will be info@academyforsportsdentistry.org.

It is assumed that the use of any old web address will be forwarded to the Academy. Further improvements in the web site will be considered but the next one which will be important is to make the Academy more accessible on search engines by linking us to key words or phrases such as "custom mouthguards." Members are encouraged to look forward to more changes which will continue to make the web site more powerful and informative in an effort to strengthen the Academy's position as the most important organization dealing with sports dentistry.

Performance Enhancement Panel Set for The Yankee Dental Congress

One of the hottest topics in sports dentistry is the use of performance enhancing intraoral appliances. These are not “mouthguards” per se as many of them don’t have any dental protection built into their design. The idea of the use of these devices started decades ago but lost favor as a result of a lack of reproducible scientific evidence. In recent years these have, however, resurfaced and are now being used by some of the highest profile athletes in the world. In addition there are more than one style of appliance and several different private businesses, which are touting the benefits of their own product.

Dr. Nathan Birnbaum of Wellesley, Massachusetts has put together a half day program entitled “How the Pros Do It” for the Yankee Dental Congress in Boston, on Friday January 29, 2010 where a panel of different individuals who support the various types of devices will be given the opportunity to present their products and to explain the science and efficacy of each. This is, to the best of Dr. Birnbaum’s knowledge, the first presentation of its kind and the first to put multiple experts on the same panel together. The presentation will be held from 8:00 am until 11:00.

The moderator of the presentation will be Dr. Noshir Mehta, the Director of the Gelb Craniofacial Pain Center of Tufts University. He will introduce the subject and then proceed to introduce Dr. Harold Gelb, the man many consider the originator of the idea of performance enhancing appliances with the mandibular repositioning appliance (MORA).

The proposed lineup of speakers (subject to change) is Gerald Maher, Anil Makkar (Pure Power Mouthguards), William Balanoff (Bite-Tech Mouthwear), and possibly a representative of the BrainPad mouthguard and Shock Doctor mouthguards. Each presentation will be limited to twenty minutes and this will be followed by a question and answer session.

The popularity of performance enhancement is on the rise but the science and epidemiology of its effectiveness is not definitive and is just emerging. The question of exactly how these appliances work and if, in fact, they work at all is not accepted as fact.

The various devices are all slightly different and no one idea of how the occlusion should be set and how the appliance should be fabricated has been agreed upon. It is timely to put the major players in the industry together in one room to compare the ideas and theories behind each.

In addition to the presentations, all of the companies presenting at the symposium “are required by the Yankee Dental Congress to take a booth on the floor of the conference.” This will give all of the attendees the opportunity to follow up with any of the companies and their products for further information.

The rise in the use of these devices has been nothing short of amazing especially in light of the lack of hard evidence which may be used to recommend them. Star athletes like Manny Ramirez, Derek Jeter, Zdeno Chara, and Victor Martinez have all been seen with these distinctive appliances in place. They have been convinced that the appliances improve balance, strength, endurance, reduce concussions and improve posture. While these claims may be true, they are largely supported by anecdotal claims. Excellent research is being done now to support and explain the claims being made, especially by people like Dena Garner of the Citadel in South Carolina, but the reports so far could be considered promising at best. There is a body of literature from other countries, specifically Japan, which supports the probability of performance enhancement but how to achieve this with an intraoral appliance is not simple or easily defined.

The mantra of dentistry for quite a while now is that we should recommend treatments which are “evidence based.” This panel will be an excellent forum to challenge the representatives of the different products to defend their individual theories and rationale. While all of the presenters believe in their devices, they are of course also trying to sell their products. Dr. Birnbaum has “suggested to the companies that each presentation be more scientifically based with perhaps a brief element of promotion.” This is a reasonable goal for this groundbreaking discussion.

Information on the meeting can be accessed by going to www.yankeedental.com.



ASD 2010 Annual Symposium

June 24-26, 2010
The Ritz-Carlton Pentagon City
(703) 415-5000



**Highlights
will include:**



On the Potomac River in Arlington, Virginia directly across from Washington, D.C., The Ritz-Carlton, Pentagon City is situated in one of the area's most attractive shopping districts, near many national attractions less than one mile from Regan National Airport.

Presentations

Martin Trope, DMD

Trauma in Young Adult Teeth and Revascularization

Gerard Gioia, PhD

Current Trends in the Evaluation, Diagnosis, and Treatment of Concussion in the Young (student) Athlete

H. Ryan Kazami, DMD

Trauma in the Aesthetic Zone: from Injury to Restoration

Douglas Lambert, DDS

Tooth is Loose-So Now What? Splinting Materials and Techniques

David Kenny, DDS, PhD

Pain, Suffering and Expense: The Unholy Trinity of Severe Dental Injuries

Ray Padilla, DDS

Theory and Fabrication of Modern Properly Fitted Mouthguards

Dennis Ranalli, DDS, MSD

Sports Dentistry for Athletes with Disabilities

Cone beam and 3D technology

Bite Tech/Under Armour and Pure Power Mouthguard

Performance Mouthwear Forum

Hands On Workshops

Douglas Lambert, DDS — Sports Photography Workshop

Ray Padilla, DDS — Mouthguard Workshop

Social Events

Private White House Tours

Outing to either a DC United or Washington Nationals Game
(Schedules permitting)

President's Reception

Silent Auction

Featuring direct access to the Metro on the blue and yellow lines, business travelers are moments away from Crystal City, Rosslyn, The Pentagon as well as Capitol Hill and the Central Business District in downtown Washington, D.C. Enjoying the sights of the nation's capital is seamless as the hotel is conveniently located in close proximity to Arlington National Cemetery, the September 11th Pentagon Memorial, The National Mall and all major downtown monuments.

The Fashion Centre at Pentagon City is located at the Ritz-Carlton and just moments from the nation's capital, and on the Washington DC Metro system, offers a world-class shopping experience. A scenic glass elevator ride to the Third Level reveals more than 170 appealing stores and restaurants including Macy's, Nordstrom, Ann Taylor, Apple, Banana Republic, Guess, J. Crew, Kenneth Cole, Steve Madden, Swarovski Crystal Gallery, and Victoria's Secret.

**Please watch our website for
additional information as it
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Mark your calendars!
This is a meeting that you won't want to miss!

Photos courtesy of Destination DC, Jake McGuire and Mary A. Behre
For more information on things to do in the DC area go to www.destinationdc.com

