



NEWSLETTER

VOL. 31, NO. 3

2017 Symposium Highlights



**2017 HONORARY MEMBER
Dr. Bennet Omalu**



**2017 DISTINGUISHED MEMBER
Dr. Leslie Rye**

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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. Hans Stasiuk, Editor.

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Dr. Danette McNew

Commitment to Excellence

Hello ASD members!

I am writing this as I am returning from our annual symposium in San Francisco. We definitely enjoyed a “summer of love” as promoted by the Westin Hotel. This symposium had everything you could possibly want and love.....from fellowship to continuing education to joint affiliations to great food! Thanks to our Annual Session team headed by Xavier and Sam. Great Job Gentlemen!

Symposium Fellowship encompassed international representation as well as a vast majority of the states! I assure you that personalities, cultures, and languages helped make this the largest and the most enjoyable association meeting that I attended this year. The German trio brought their smiles to all activities and even auctioned off their jackets at the auction! The Philippines were a welcomed group as they shared many ideas of how to get ASD started back home. Of course, our Canadians always make a delightful impact to the activities. And, Greece, Tokyo and Australia were well represented with their beautiful voices as we toured AT&T stadium and saw the secret rooms. And yes, of course, our states had their voices represented fully throughout all the days.

Continuing Education courses were unique, informative and beneficial. Who would have known that ph buffering needs to be included in our oral hygiene instructions? Or, intelligent mouthguard technology was upon us? Or even, Sports Dentistry in Europe....a reality with present projects and future ones? This 35th Annual Symposium gave our attendees much to consider, talk and ponder.

During the symposium, *Joint Affiliations* with NATA, USOC, SuperChefs, Healthy Smiles and Special

Olympics were updated. ASD is looking forward to our continued involvement with each of these organizations. These are beneficial programs for each other and plans for future opportunities, growth and awareness will be available.

On a final note, *the Food* was fantastic. From warm brownies during the breaks to the luncheon with a 32nd view of the harbor and downtown San Francisco and the privilege to recognize Dr. Bennet Omalu as an Honorary member. Speaking of the luncheon, Dr. Greg Chang, with SuperChefs, worked with the Westin to provide a healthy food luncheon that was as beautiful as tasty! Thank you, Greg, and thank you Dentsply for helping to bring his team of nutritionist and executive chef to our lecture forum as well as to our stomachs. And of course, who did not have great seafood and steaks while in San Francisco.

Well, if I have not made you sorry for missing this symposium, then I did not do my job very well. But, if you want to experience this yourself, I encourage you to mark your calendars for our next summer symposium.

Location:

New Orleans, LA

Date:

June 28-30, 2018

Hotel:

Windsor Court Hotel

**“Sports Dentistry-Sports Medicine
/The Essential Connection”**

Stay tuned for updates.

Respectfully yours,
Danette



Editor's **REPORT**

By Hans Stasiuk, DMD

I just love the ASD and everything about it. Every year I enjoy reuniting with old friends and I especially enjoy meeting new people. This year was no different.

Our symposium is elevated by the presence of dental professionals from many corners of the world. This year we were blessed to have attendees from Australia, Germany, Japan, Turkey, Greece, and Philippines in addition to Americans and Canadians. The three dentists from Germany “stole the show” at the President’s Reception and Auction. I asked one of them if they would let me auction off one of their German Sports Dentistry jackets. One of them immediately said “yes”! The jacket was very popular with lots of bidding. The other two dentists from Germany saw how much fun everyone was having so that they quickly donated their jackets for the auction as well.

Thank you so much to Dentsply for sponsoring the President’s Reception. They arranged to have NFL Hall of Famer and former San Francisco 49er, Roger Craig available for a Meet and Greet. It was so nice to have the opportunity to meet him. They were also very generous with their prize packages at the President’s Reception.

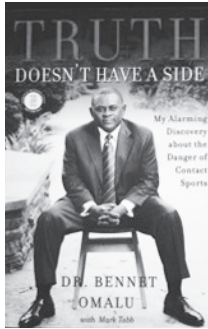
On behalf of the ASD, I would like to thank all our sponsors, exhibitors, lecturers, and attendees who all played a role in making our symposium a success. Drs. Xavier Gutierrez and Sam Thacher organized a wonderful symposium – thank you to you and your committee for the great week in San Francisco.

The highlight of the Symposium for me and I presume, many of my colleagues, was to have the pleasure of both listening to and meeting a true gentleman – Dr. Bennet Omalu. He was so gracious in his acceptance of his ASD Honorary Member award. To say that his speech was captivating is an understatement. We were in awe. There wasn’t one person on their phone or sleeping when he was speaking. You will find an article about him and his new book, *Truth Doesn’t Have A Side*, in this newsletter.

Congratulations to our other award winners as well. Dr. Rye received the ASD Distinguished Member Award for her dedication to the ASD over the years. Drs. Rick Knowlton and Xavier Gutierrez were presented with an ASD Fellowship in recognition of their hard work in the field of Sports Dentistry. Mr. Zachary Smith received the Student Award for his poster presentation.

This year’s Fun Run had seven participants running (although Dr. Chithalen walked part of the way) on the Streets of San Francisco! We only had one female, a new member, Dr. Kelly-Marie Betts. She also gets the award for “The Best Singer”! On Friday night, she stole the show when she sang “Don’t Stop Believing” with the band at the Top of the Mark lounge.

*Look for information on the
2018 ASD Symposium in New Orleans
in our Winter Newsletter.*



Dr. Bennet Omalu - Recipient of the ASD Honorary Member Award

By Hans Stasiuk

**What an amazing human being! Passionate!
Determined! Driven! Honest! Great sense
of humor! Religious! Genuine!**

*I can't think of a more deserving
person to receive this award!*

Most of the world learned who Dr. Bennet Omalu was on December 25, 2015, when the movie *Concussion* was released in movie theaters. The storyline of the movie begins in 2002 and it follows the research that Dr. Omalu conducted on human brains and the connection to chronic traumatic encephalopathy (CTE) in professional football players. He performed an autopsy on former Pittsburgh Steeler Mike Webster. The NFL tried to dismiss his research but, in spite of threats, he forged on with his research to try to establish a link between playing football and CTE.

Dr. Omalu was born in Nigeria and entered Medical School in Nigeria at the age of 16. In 1993, he moved to the USA to further his training in medicine. He is a physician and a forensic pathologist as well as a neuropathologist.

On June 23, 2017, the attendees at the Academy for Sports Dentistry Symposium in San Francisco had an exclusive opportunity to listen to this incredible man in person. The ASD awarded Dr. Omalu with an Honorary Member Award in recognition of his perseverance and determination related to his concussion research. After receiving his award, Dr. Omalu spoke for a few minutes about his dedication to his research. His talk was captivating, inspiring, and motivating.

Dr. Omalu opened his talk by saying that he always speaks from his heart – nothing could have been further from the truth! He openly talked about his battle with depression as well as the challenges he faced from his detractors as he did his research.

Dr. Omalu told us how he lost his job. He said that no research institution would recognize what he was doing. He said: “even if you deny me, I cannot deny myself. The best thing that you can do for yourself is

to be yourself. You should not conform to the expectations of society – be yourself. The best contribution that you can make to society is to be yourself.” That philosophy motivated him to continue with his “controversial research”.

He explained how he dissected human brains on his apartment balcony and then how he examined the tissues on his kitchen table.

Brains are his life. Dr. Omalu said: “as long as you accept the truth, then there is only one truth. Truth will always prevail. The truth is vindicating and empowering.” His autopsies have changed the world. He talks about how we are all members of one common family – humanity.

Here's some shocking information that he shared with us. “If a child sustains just one concussion that child is three times more likely to die by the age of 42. They are three times more likely to commit suicide and four times more likely to develop a psychiatric disorder.”

I feel both honored and blessed to have had the opportunity to not only hear Dr. Omalu speak but to also talk with him. He is such a gentleman. When I asked him if he would mind if I wrote an article about him in the ASD Newsletter he was very obliging. He said that he would send me a copy of his latest book, *Truth Doesn't Have A Side*. A week later I received his book in the mail. I felt very privileged to have been given a special advanced copy. I started reading it that same night.

Dr. Omalu says that he didn't want to write this book. He says that he chose to write this book because “I wanted to keep our kids safe. It may take only one concussion to ruin the brain.” One of his reasons for writing this book was “to provide information to parents so that they can protect their children from a lifetime of symptoms.”

After having read this book I must say that it is one of my favorite books and I encourage everyone to read it. Dr. Omalu shares his life story in the book. The book opens by talking about his family and growing
continued on next page

Dr. Bennet Omalu

continued from page 5

up in war-torn Nigeria. It then describes his concussion research. He is a very religious man and he says that his deep faith in God inspired him to take a closer look at the impact of concussions on the brain.

Society should be grateful to have such a caring person like Dr. Bennet Omalu to dedicate so much of his life to the research of concussions. I look forward to meeting him again.

2017 ASD Distinguished Member Award: Dr. Leslie Rye

Dr. Rye grew up in Southern California and received her bachelor's degree from the University of California at San Diego. She earned her Master's degree from Boston College. Following molecular biology research at NIH and Georgetown, she earned her DDS from Georgetown University followed by a Veteran's Administration Hospital General Practice Residency. She now resides in Falls Church, Virginia with her husband John.

Simultaneous to her private general practice, Dr. Rye taught restorative dentistry, oral medicine and pharmacology at Georgetown's dental school. Throughout her professional career she has taught CE courses and contributed to several professional publications as an author or editor. Dr. Rye has initiated mouthguard programs at several local high schools and for local lacrosse and ice hockey organizations. She has served on many community advisory boards and commissions related to health, athletics and access to care.

She has been active in many professional dental organizations including the Academy for Sports Dentistry, where she served as a Director, Secretary and President. She has either co-chaired or served on symposium committees for 4 ASD symposiums and joined the Team Dentist faculty at its start in San Antonio. Leslie is still an active member of the American Dental Association, Academy of General Dentistry and the local District of Columbia and Northern Virginia Dental Societies. She has participated regularly in the Mission of Mercy and Give Kids a Smile programs. For many years she has provided restorative services at the Spanish Catholic Center dental clinic in Washington, D.C. She has served as a mentor for Georgetown undergrads interested in a future in dentistry by providing presentations and coordinating dental office visits and internships.

Dr. Rye has been recognized as a Fellow of the Academy of Sports Dentistry, the Academy of General Dentistry, and the International College of Dentists.

Administrative Brief

Dr. Danette McNew

What a fantastic year and a half since ASD has transitioned from Shelly as sole Executive Secretary to joint coordinators Shelly Lott of Meeting Accomplished and Sandi Steil of Association Central, Inc.

As many of you know, in 2018 the transition will be complete. The Board approved Shelly as Symposium Coordinator with her continuing role of managing location, contract negotiation, speaker details, onsite needs and many more general responsibilities to the Annual Symposium. She does a fantastic job of this... thank you, Shelly. As well, Sandi Steil of Association Central, Inc., has taken over the day to day academy management responsibilities of membership database,

Fellowship Program, Affiliation responsibilities, dues renewals, attend Board meetings and record and document minutes, coordinate communications, inventory, financial, journal, website and many behind the scenes services. What a great team of women we have helping our Academy remain viable and strong. Thank you, team.

For your convenience, the new address and phone number for the Academy is:

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Historian's Corner

Dr. Jack Winters

As the summer ends and the high school athletics come into play, here is a review of the Position Statement of the National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC). It was last reviewed in October of 2014 and reads as follows:

POSITION STATEMENT AND RECOMMENDATIONS FOR MOUTHGUARD USE IN SPORTS

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

The NFHS mandates the use of mouthguards in football, field hockey, ice hockey, lacrosse and wrestling (for wrestlers wearing braces). Multiple studies by the American Dental Association, the American Academy of Pediatric Dentistry, and the American Academy for Sports Dentistry have shown a significant reduction of orofacial injuries with the use of a properly fitted mouthguard. The Sports Medicine Advisory Committee (SMAC) of the NFHS recommends that athletes consider the use of a properly fitted, unaltered mouthguard for

participation in any sport that has the potential for orofacial injury from body or playing apparatus (stick, bat, ball, etc) contact. Research currently does not support the theory that the use of a mouthguard minimizes the risk or severity of a concussion*.

A properly fitted mouthguard should separate the biting surfaces of the teeth, protect the lips, gums and teeth, and fully cover all of the upper teeth. Mouthguards which cover the lower, rather than the upper, teeth are preferred if the lower row of teeth protrudes farther out (are the leading edge) than the upper teeth. It is strongly recommended that mouthguards be properly fitted and not be altered in any manner which decreases the effective protection. Proper fit is insured by: (1) being constructed from a model made from an impression of the individual's teeth or (2) being constructed and fitted to the individual by impressing the teeth into the mouthguard itself.

A properly fitted and unaltered mouthguard has been shown to not impede communication, breathing, or create any hazards to the airway or oral cavity. Mouthguards cannot be clear (except for wrestling) and must be of any visible color other than white to allow for easier rule enforcement by officials**.

Types of mouthguards which comply with NFHS rules and the relative advantages and disadvantages of each are listed below.

<u>TYPE OF MOUTHGUARD</u>	<u>ADVANTAGES</u>	<u>DISADVANTAGES</u>
Mouth-formed	Inexpensive Form-fitted	Deteriorates over time May not last entire season Pressure on cheeks and gums if not fitted well
Custom	Accurate fit Comfortable May offer superior protection	Most expensive Several trips to dentist may be required
Stock	Easily fits over braces	Poor fit and easily dislodged Can disrupt normal breathing and make intelligible speech very difficult

Things have changed since 2014. To make the position statement more current, I would recommend two changes:

**The thoughts for 2017 are: Current ongoing research out of Japan and the United States have found that a Properly Fitted Mouthguard with a thickness of >3.00+ mm in the posterior occlusal area and an occlusal seat, may have an influence on the incidence of, or the severity of a concussion injury if a blow or force is directed to the mandible. Ongoing research on this topic is so timely making the 2014 statement out of date.*

***This requirement was deleted from the football rule book several years ago.*

I recommend that the Academy for Sports Dentistry contact the National Federation of State High School Associations (NFHS) to discuss updating the 2014 position statement.

Dr. William H. Olin, Sr. 1924 - 2017



William H. Olin Sr., 93, died Monday, September 18th at University of Iowa Hospitals and Clinics (UIHC) following a sudden illness.

Bill Olin was a Founding and Charter Member of the Academy for Sports Dentistry that was established in 1983. Dr. Olin hosted the 4th Academy for Sports Dentistry Annual Symposium at the University of Iowa in 1988. He fabricated custom mouthguards for athletes in the University of Iowa

Athletic program and served as Secretary/Treasurer/Editor of the Academy in the late 80's and early 90's. He published articles promoting the use of custom mouthguards and compiled an extensive bibliography of "sports dentistry" papers. He was elected one of the first Fellows of the Academy in 1999 and was recognized as the Distinguished Member Award Winner in 2000. Bill was also one of the few individuals who was recognized as a lifetime member of the Academy for Sports Dentistry.

<http://www.legacy.com/obituaries/press-citizen/obituary.aspx?pid=186703771>

2017 SYMPOSIUM HIGHLIGHTS



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Mouthguard Workshop



ASD New Members



Student Attendees



ASD Student Award Winner, Zachary Smith



*ASD Fellowship Recipient
Dr. Rick Knowlton*



*ASD Fellowship Recipient
Dr. Xavier Gutierrez*