

ACADEMY FOR SPORTS DENTISTRY



NEWSLETTER

VOL. 33, NO. 2



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SUMMER TWO THOUSAND AND NINETEEN

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ANNUAL BUSINESS MEETING JUNE 22, 2019

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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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Ed Bick, DDS

Commitment to Excellence

Hello, everyone! By the time you read this, many unimportant things will have happened. First, I survived the Polar Vortex and record snowfall in February in Minnesota, and second, I survived the Bomb Cyclone in Denver on a trip there in March. If you don't know what a Bomb Cyclone is, well, it was quite an experience! Even with the road closed to the Denver airport and the airport itself closed as I was trying to leave, we still managed to have a pizza party at the airport. If you want details, ask me the next time you see me!

I want to talk about the value of membership in ASD. I know I might be preaching to the choir, but I will share some of my personal experiences in the hope that you can share this information and your own experiences with colleagues and encourage them to join ASD.

As many of you know, I am the Team Dentist for a professional sports team. Since joining ASD, I now have contact with our certified team dentists and other ASD trained dentists all over the country. This helps enormously with the travel schedule of a pro team, so that any dental issues that arise can be efficiently and effectively coordinated from city to city until the team gets home, regardless of whether the player, coach or other traveling staff member is on my team or another team. On one occasion, I received word that one of our players had a dental issue while the team was on the road. The other team's dentist called me shortly after seeing the player to let me know what had happened and his recommendation for follow-up care. On another occasion, our team was on the road on a weekend and I happened to be in the same city. One of our athletic trainers called me because a different player had a dental issue. Rather than our athletic trainer calling the other team's athletic trainer to call their team dentist, and back and forth, I directly called the team dentist – who I had come to know quite well through ASD – and we were quickly able to arrange for the player to be seen at the team dentist's office later that afternoon. This applies

not only to professional athletes. I have had patients from my general practice who have been traveling around the country who have developed a toothache, for example, and through ASD's network, I can make referrals with confidence almost anywhere.

I am currently wrestling with the best way to manage a very challenging and unique case. Through our network, I have been able to reach out to other extremely qualified dentists and specialists around the country for discussion and advise. With these consultations, I'm able to proceed with confidence on the best course of treatment.

Just a few additional things to mention:

- The University of North Carolina Sports Dentistry Club has presented their MVP award, which ASD sponsored, to Stephanie Companioni. Our congratulations go out to her.
- Please continue to use Instagram and Twitter to promote ASD.
- Thanks to Rick Knowlton and his committee for their work on ASD's position statements. They should be completed and ratified by the Board in the near future and publicly available shortly, if they are not already posted on the website.
- Thanks to all who worked on the new website.
- Thanks to all who worked on the Symposium in Toronto.
- If anyone is looking for a research project, I have a thought, so please get in touch with me.

ASD is about education, resources and friendships. Through this combination, we all support each other, making ASD a very valuable organization.

I hope everyone had a great time in Toronto and look forward to seeing everyone next year in Nashville.

Regards,
Ed



Editor's REPORT

Hans Stasiuk, BSc, DMD, FASD

Although most of you know my passion for the Chicago Cubs, my favorite sport is football. My favorite football team is the Winnipeg Blue Bombers who play in the Canadian Football League and my favorite NFL team is the Chicago Bears.

Last fall I was fortunate to meet Adam Bighill, an all-star linebacker for the Winnipeg Blue Bombers. Adam was born with cleft lip and cleft palate and, in spite of all his surgeries and years of orthodontic treatment, he has had a very successful football career. He didn't see his condition as an impediment but instead he has used his outstanding athletic ability to be an inspiration to others!

When I first met Adam, I asked him if I could write a story about his journey in life from birth to being named the 2018 CFL Outstanding Defensive Player. He enthusiastically agreed. I felt that his story would be of interest to our ASD members and others since it includes sport, cleft lip and cleft palate, and years of orthodontic treatment.

This is my last Editor's Report for the ASD Newsletter. After five and a half years I am moving on. I have thoroughly enjoyed my time as editor and I wish my successor, Dr. Steve Mills, all the best in his new "old" role with the ASD. As the famous baseball great, Yogi Berra once said it is "Déjà vu all over again!" since Dr. Mills was also my predecessor as Editor.

I wish to thank all the people who so graciously helped me over the years – our Executive Secretary Sandi Steil, Loretta Prindle, Shelly Lott, my office manager LaRae Toews, Steve Mills, ASD Board Members, and to all those people who contributed articles for the newsletters.

In Memoriam – Dr. Jeff Lloyd



It is with heavy hearts and minds that we announce the loss of one of our great ASD members, Dr. Jeff Lloyd, who passed away on April 9, 2019. Jeff was a 1978 graduate of the Ostrow School of Dentistry at the University of Southern California and lived in Upland, CA. Jeff is survived by his wife, Jackie and his 6 children, 17 grand children, and 2 great grandchildren.

In 2008 Jeff joined the ASD Board as a director. Jeff became the ASD President at Minneapolis in June of 2012 and remained in that position until the summer of 2013. He was also very involved in other facets of the ASD Leadership Team, serving as ASD membership chair, and on ASD Publications, Annual Sessions, Nominations and Fundraising committees. During his term as ASD membership chair Jeff worked most diligently to increase our ASD membership base. After completing his term as ASD Past President, Jeff took on the role of the ASD Website and Social Media Director. He also helped coordinate Mouthguard Workshops at the ASD Symposiums. Most recently, Jeff was involved with the Past President/Strategic Planning Committee

as well as the Fundraising and Affiliation Committees.

Jeff was very interested in spreading the word about Sports Dentistry throughout the world. In the summer of 2016 he helped to organize and attended the first ever International Sports Dentistry Workshop in Honolulu, Hawaii. Jeff also lectured in Japan and Brazil at the invitation of their respective Sports Dentistry Organizations.

In addition to his strong affiliation with the ASD, Jeff was also very involved with the California Dental Association House of Delegates, the American Dental Association House of Delegates and was on the leadership track of the Board of Directors for the Academy of Osseointegration. Jeff was also a full time faculty member at the Western University School of Dentistry in Pomona California, working towards becoming a tenured professor. Jeff participated in sports dentistry as the team dentist for the MLS soccer team, Chivas USA, and as assistant team dentist for the NHL Los Angeles Kings, and MLS soccer team LAFC.

Jeff was very dedicated to everything he did with the ASD; he truly cared about the ASD. Jeff's dedication, expertise, and work ethic will be sorely missed by all, especially for those of us in ASD.

OVERCOMING OBSTACLES AND MAKING A DIFFERENCE!

Adam Bighill has a remarkable story of overcoming obstacles in life to not only become a highly successful professional football player in the Canadian Football League, but also a husband and father. Growing up Adam loved playing football, basketball, soccer, and baseball. Thankfully, he has never sustained an orofacial injury. His dental story began at birth in 1988 in Astoria, Washington, when his parents were told that he had both a cleft lip and a cleft palate.

Adam is currently in his second season as a member of the Winnipeg Blue Bombers. He is the premier linebacker in the CFL and has been recognized twice as the Most Outstanding Defensive Player in the CFL (2015 and 2018).

He had the first of five cleft lip and cleft palate surgeries between 6-8 months of age. Adam had his last required surgery at the age of twelve. His final surgery was a bone graft to close the remaining openings in his palate. To this day there are still some holes in his palate, which pose some challenges. Any future surgeries would be elective in nature for esthetics and his doctors suggested jaw surgery to improve his overall appearance. Adam loved playing sports and he knew that if he had any surgeries while he was in high school it would slow him down in sports. That surgery would have sidelined Adam for 6-8 months, which would mean missing a whole sport season. He loved football so much that he decided the benefits of the surgery were outweighed by the thought of missing a full football season.



Adam says that, in spite of his “long and rough” dental and medical history, he is forever grateful for the doctors, dentists, orthodontists, and all the other associated health care professionals who helped him along his journey. When he was in the 1st grade he had braces placed on his maxillary teeth. He appreciates that treating cleft patients orthodontically can be very tricky and that every case is “unique. He recalls that the alignment of his teeth, in his words, “was a disaster”. He had two teeth whose roots were crossed; they were moved to exchange their positions. To this day Adam is still missing some teeth.

When Adam was in the 6th grade he had braces placed on his mandibular teeth. He said that the goal was to hold all his teeth in place until he was old enough to have a bone graft. Adam is pleased that the bone graft and orthodontic treatments were successful. In addition to braces, he says that he had different kinds of hardware in his mouth such as a spacer and some sort of a “W” thing. Adam was in speech therapy until the 7th grade.

Adam continued “I currently have openings into my sinus; I can bring liquids and food from my mouth into my nose which can be bothersome at times. However, it is far better than it was before. It’s normal life- I don’t know any different. To me it doesn’t seem like a huge issue. It might freak out other people, but I never think about it because it is something that I have dealt with all my life!”

Adam says that he was frequently bullied until sometime around the 4th grade. After that the bullying continued, but it was less frequent. He recalls that his parents gave him lots of confidence and support to build him up as a young child. “I am so thankful for my parents’ support because I wouldn’t be who I am today without it. Unfortunately, many kids with my condition don’t have that kind of support and it can be very tough

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OVERCOMING OBSTACLES AND MAKING A DIFFERENCE! *continued from page 5*

for them. My parents were always checking in with me and if there were any issues they communicated very well with my principal and teachers to look out for things and my needs. My parents always took good care of me. My dad would always say that if I had to take care of myself that I should do what I had to do to defend myself. I had to take care of myself several times; you have to let people know that they need to respect you. That was a small part of it. To really earn people's respect, I beat them on the field and on the court. I was one of the best athletes in my area growing up, so I used that to gain respect and to fit in."

Around the age of four Adam asked his dad why he was born like this and he told him "that although you were given this challenge, God also gave you extreme athletic ability and gifts that other people don't have." Adam says that he has always believed in the trade-off. "I have this burden, but I also have these gifts that have been bestowed upon me that are very unique and very special, so I always took pride in knowing that as well."

I brought up the topic of custom mouthguards to Adam. He believes that custom mouthguards are very important. Growing up he only wore a mouthguard when he played football. I asked him if he ever wore a custom mouthguard and he answered "No, they didn't exist at that time!" I told Adam that custom mouthguards have been around for over fifty years and he replied, "that they didn't exist where he was from." We discussed that one of the mandates of the ASD is to educate dentists, dental assistants and hygienists, athletic trainers, parents, coaches, and athletes about the availability of custom mouthguards as well as the benefits over stock mouthguards purchased in stores. He said that maybe the area where he grew up people didn't understand the importance of custom mouthguards or that they didn't know of their existence.

Adam continued, "A mouthguard was the most annoying thing that I had to deal with. I knew the importance of it, but it was never comfortable for me to wear. I had to modify it heavily and remold it several times to try to get the right fit. In general, it wasn't shaped for my teeth and my mouth because of my unique case. That was always a pain to me, and I never had a custom fitted mouthguard until my first year of professional football with the BC Lions. It changed my career as far as how comfortable I felt on the field - being able to wear something that could stick to the top of my teeth and I was able to communicate so much better on the field and breath better. To me that was like wow! How huge was that for me?" Adam credits Dr.

Greg Chang (ASD member), the Team Dentist for the BC Lions of the CFL, for convincing him that he should wear a custom mouthguard.

I asked Adam if he felt that wearing a custom mouthguard has helped his on-field performance. He said, "It's tough to say how it could have helped my performance; however, my comfort level on the field went up 1000%. It brought less thought for me towards having to take my mouthguard out to communicate, look around and then put it back in and to wear something that I didn't enjoy wearing, but I knew it was important. So, I mean that the custom mouthguard for me was one of the biggest game changers in equipment that I've been able to experience."

I found it interesting that although Adam played Division II NCAA football in university (college), he was never exposed to custom mouthguards. He explained, "I played Division II football in the U.S. We didn't get access to a lot of things that Division I programs would have - which is fine. I'm from humble beginnings. I don't know anything different. I deal with what I have and make the best of it and that it is what it is and that's why I was so ecstatic to get a custom mouthguard during my first year with the Lions."

Adam said that even when he was younger and he wore a store-bought mouthguard, he knew the importance of wearing a mouthguard. "I understood totally the importance of protecting your mouth and teeth; you can't play a violent sport and not at least think that there could be a major problem. I can't think of a team sport (other than football) where mouthguards are more important. You have a facemask, however, those things don't always work the way you want them to. Helmets come off, they shift around and move; people try to hit you as hard as they can, and bad things can happen. I've seen people lose teeth from not wearing their chin strap properly or from not wearing a mouthguard. I played with two receivers who lost teeth."

I was curious if Adam felt that he cared about his teeth more than his teammates after all the surgeries and orthodontic treatments that he underwent. Adam replied, "It's interesting because growing up I didn't care at all because I hated having to go through the process. I asked my dad why I had to continue to do this. Not only was it a pain to have to go to the orthodontist every two weeks, but it hurt. My teeth, without the bone graft, wanted to move a lot and the amount of pain that I had to go through with orthodontia was not fun. I didn't appreciate what my dad was trying to do for me at the time and I don't think that any kid would. Why I am I doing this? It hurts -it's not fun. You know I have

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OVERCOMING OBSTACLES AND MAKING A DIFFERENCE! *continued from page 6*

grown to the point that my dad was much wiser than me and I appreciate it all very much. I definitely appreciate what I have now. I thank my dad – I didn't fully understand what he was trying to do for me."

Adam credits his parents and members of Oregon Health Science for being so caring during his early and school age years. He said that the team of doctors was amazing. He actually enjoyed going to the OHS Hospital and looked forward to seeing the health care professionals. He made friends with some of them and to this day his father is still in contact with a few of them. Health care such as Adam's case can be expensive, and Adam's family was fortunate that his expenses were covered by OHS. He is thankful to all the donors who helped improve not only his life but so many lives as a result of their generous donations. Adam is so grateful for everything his parents did for him. He said that they both took a lot of time off work and that it was never an issue for them. "They took great care of me!"

Today, Adam is very busy during the year volunteering with a charity called Making Faces

(www.makingfaces.ca). The charity helps people with facial differences and supports anti-bullying initiatives. They host workshops for parents and children. Volunteers such as Adam share their stories and then teach children, through games and improvisation to project their voice, build their confidence, help them to make eye contact, to be proud, and to communicate successfully. Individuals like Adam show these children that there are people like them who have become extremely successful. Although he plans to play in the CFL for many more years, this past off-season he began preparing for life after football by embarking in a career as an investment broker.

Everyone who follows Canadian football knows that Adam is an outstanding player. His story shows the extent to which he is an outstanding citizen. Adam has overcome many obstacles to achieve success in sports. This article was researched with the initial intention of bringing attention to mouthguards, but that is just one small part of the story. I am grateful to have had the pleasure of meeting and interviewing such a remarkable human being.



Academy for Sports Dentistry 38th Annual Symposium

June 25-27, 2020

Hilton Nashville Downtown
121 Fourth Avenue South
Nashville, TN 37201
Phone: 615-620-1000

www.hiltonnashvilledowntown.com

\$299.00 Single/Double/Triple/Quad



Highlights will include:

Team Dentist Course

Presentations

Hands on Workshops

Social Events

Fun Run

The sounds coming from Nashville are those authentic, soulful, powerful and unpretentious sounds that can only come from the place where music is inspired, written, recorded and performed.

There is only one Music City. And today, Nashville continues its emergence as a cultural, artistic and entertainment-rich destination, filled with unique music and event venues, a myriad of art galleries, botanical gardens and greenways, plantation homes, honky-tonks, professional sports and fine dining.

With an orchestra of options to satisfy every taste, you'll be encouraged to dance to the beat of your own drummer. So whether it's listening to live music, soaking in the art scene, exploring tene to live music, soaking in the art scene, exploring history or just history or just relaxing, we know you'll find many ways to enjoy Music City and learn for yourself why music calls us home.

Click here to view the 2020 Visitors Guide.
<https://bit.ly/2V8300q>

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MEMBER PROFILE

Dr. Greg Chang



I got my start in sports dentistry when the BC Lions, the Canadian Football League club based in Vancouver BC, relocated its training center near my dental practice. After introducing myself to the team athletic trainer, I have worked with the Lions for over 25 years alongside a dedicated sports medical team, taking care of players, coaches and team administrative staff, while getting to know many passionate athletes and team members involved with the club. As a sports enthusiast, the experience has been exciting and fun -being part of several Grey Cup championships, taking care of dental and protective needs of the club, and sharing many memorable moments with great athletes and coaches over the years. Membership in the Academy of Sports Dentistry was key in learning the most current issues in Sports Dentistry, and meeting other dentists in this unique area of dentistry allowed a sharing of ideas and best practices, while making great friends during the yearly ASD Symposium who have a shared interest in sports.

This interest in sports dentistry has also included my staff, as my dental assistant, Anne, is also an integral part of the team. Also a sports enthusiast, she has become an expert in fabricating laminated sports mouthguards and enjoys making them for the team. Being a part of the medical team has added fun to our day to day activities in the office and we enjoy the time spent away from the office to help with training camp physicals as well as checking in with our athletes over the course of the season.

Combining my dental health training with a passion for the culinary arts, I cooked up a health program called

SuperChefs. SuperChefs has partnerships with Fortune 500 companies, government organizations, universities and leading advocacy groups to stir up fun in the kitchen for kids aged 8-12 years. SuperChefs provides free culinary, nutrition and sports programs to marginalized communities both in my community as well as around the world through a partnership with Westin Hotels and Resorts. Through the relationship with the BC Lions we involve players in many community events to showcase them as advocates for healthy eating. Over the years the players have enjoyed working alongside our organization to give back to community while strengthening their relationship with their team dentist- which is always a good thing when playing an impact sport. I am happily married (most of the time) and the proud father of three beautiful children. One child is in the financial industry and my other two children are in dental school.

About SuperChefs: Greg has used his training as a dentist, chef, clown, writer and educator to bring nutritious fun and wellness to communities around the world. Working with experts from Sesame Street, The White House, MasterChefs, Canadian Football League/NBA, Yale/Harvard/UBC, IACP, NASA, he created SuperChefs, an award winning non-profit that teaches food literacy and physical activity to kids and families. Through a global partnership with Westin Hotels, SuperChefs developed the Eat Well Kids Menus for over 200 Westin Hotels worldwide and inspired a myriad of international SuperChefs cooking events. SuperChefs was one of the five finalists for Michelle Obama's Partnership for A Healthier America's 2018 Impact Award for being at the forefront of America's culture shift towards health and wellness. A Fellow of the International College of Dentists and the American College of Dentists. Dr. Greg was very fortunate to receive the Canada 150 Community Award and recently the UBC Alumni Builder Award 2019.