



# NEWSLETTER

VOL. 23, NO. 3



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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.

2007-2008  
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# Greetings

## to Academy for Sports Dentistry members and subscribers to the *Journal of Dental Traumatology.*

**Regan Moore, DDS, MSD, President**

Greetings to Academy for Sports Dentistry members and subscribers to the *Journal of Dental Traumatology*. The ASD board of directors has been working diligently on behalf of the Academy. Last June's Charleston, South Carolina meeting is a fond, but seemingly distant memory. Planning is already well along for the 2008 annual meeting which is to be held in Saint Louis, Missouri, June 19-21. This event has been timed to be in collaboration with the National Athletic Trainers Association (NATA) annual meeting. Another success is the ASD website which is expanding in its capabilities and services to members. Our research committee is making progress toward posting reviewed scientific consensus papers on many topics in sports dentistry, including controversies such as the role of mouth guards in brain concussion and the impact of mouth guard-like appliances on athletic performance parameters. The ASD website directory of members is making us more available for inquiries from sports organizations, interested dentists, health organizations and the public.

Generally speaking, especially over the last 12 months, there has been much excitement and activity in the area of sports dentistry. There have been numerous publications in *JADA* and other professional and continuing education journals which are available to the dental community and to the public. Our members are frequently being asked to present to dentists, physicians, the public and sports groups. Some examples include dental study clubs, school parent/teacher organizations and athletic booster organizations, sports medicine groups, athletic trainers and coaches, television and other press media. This is truly an exciting time to be involved in sports dentistry and to be a member of the Academy.

The good news is that our organization is getting more attention and is developing credibility with the public and allied sports organizations. The not-so-good news is that we are doing the job with scant resources. Membership needs to increase in order to answer the manpower demands of servicing sports teams. At the same time our members need to know that their membership dues are being well spent. My primary goal as president of the ASD is to provide value to our members on a year-round basis. The annual meeting should be an accessible and affordable event. In recent past years this meeting has been attended by 1/5th of our members, averaging 100 plus registered attendees. Sponsors and exhibitors are reluctant to support a meeting this small.

I also believe that the Academy needs to be sensitive to the changing demographic of our membership. Many of our longstanding members already have active responsibilities with sports teams, ranging in age from PeeWees to Professionals. But many of our newer members and prospective members would like to know how to both (1) develop their capabilities and (2) attract offers to be a team dentist. I believe our organization is capable of doing both, and on the trauma response and the prevention sides. Training through continuing education programs, additional dental school curriculum, and on-line certification courses will elevate our capabilities. Networking with sports organizations, especially with our co-therapists in NATA, will increase the appreciation for well trained team dentists. The ASD is working hard to be prepared to supply these trained dentists as the demand increases.

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*From the Editor's Pen:*

# A Changing of the Guard

**Steve Mills, D.D.S., Editor**

It has been my great good fortune to have been involved in the area of sports dentistry for many years now. Most of us discover this field and our organization because of a friend or mentor—someone whose commitment and enthusiasm kindled in us at least a curiosity to find out what it's all about. Many dentists have had the advantage to be taught by one of the charter members and founding fathers of the Academy, in my case Cosmo Castaldi.

While many of these founding fathers are advancing in years, many are very active and embody all of the best qualities of sports dentistry. These traits can vary for different people but to me they are dedication to the subject, generosity in selflessly sharing their knowledge with anyone wanting to learn, commitment to service not only to the Academy but to the dental community as well, and the energy to be willing to help whenever called. We have been blessed for many years to have someone who embodies all of these traits. He has also been a good friend to many of us. Our outgoing editor, Mark Roettger, is exactly what I think of when I think of the best of our group and we will miss his leadership with the newsletter.

This is far, far from a eulogy as Mark will be active, probably more than most of us, for many years to come. I spoke with Mark at our Charleston meeting and found out that he is involved with ongoing research in the realm of sports dentistry which could be very important to us. So while we are in no way saying goodbye to Mark it is important to thank him as we are about to make a transition to make sure that he knows how much that he is appreciated. Intelligent, knowledgeable, and committed voices are the ones which are the cornerstone of the ASD and

the ones which bring new members to us and enrich the rest of us. Thank you so much, Mark.

As I come to this position I have several things I would like to accomplish in my tenure with the newsletter. First and foremost I am very aware of the fact that our newsletter appears in a very well-respected scientific journal which is read worldwide. I am currently following the Rugby World Cup 2007 being held in France. The United States has a team but I wonder how many of us deal with rugby players on a regular basis? This is a sport which seems to be growing here and in my area we even have a women's team which travels to tournaments all over the U.S. We are fortunate that our Academy has international exposure and we should learn all we can about other sports and these other areas and present news which has international interest as well. I will try to place at least one item of international news in each of the newsletters. This month we will focus on Australia with our past president Brett Dorney. If any one of our readers would like his or her area highlighted, please let me know.

Next, I would like to canvas the states and territories of North America and focus on how each tries to educate their particular regions about sports dentistry, sports medicine, and how they approach any specific problems which they may be facing. Recently, for example, several groups in Massachusetts tried unsuccessfully to defend a rule to mandate mouthguards for all high school basketball. The mandate for mouthguards in soccer was upheld. While the Academy supports mandates in general, each region must convince its own population that a rule change is right for

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# Interview With Brett Dorney of Australia

*Dr. Brett Dorney with Dr. Catherine Groenwald, sub-dean in charge of education.*

This will be the first in what will be an ongoing series of interviews with noteworthy sports dentists from different parts of the world. This is the newsletter of the Academy for Sports Dentistry and our membership is primarily from North America, however the world of sports is international. Different sports are played and different attitudes exist towards injury prevention. In this installment we will talk to someone we know well as one of our past presidents, Brett Dorney from Australia. In addition to being our president in 2005-2006, he participated in the medical staff of the Summer Olympics in Sydney in 2004, is a clinical instructor at the University of Sydney, and is in private practice in Pymble, Australia.

## **As a long time member of the ASD it would be interesting to know if sports dentists have formed a similar organization in Australia?**

There is no formal organization like ASD but at the last Australian Dental Congress in March this year there was a meeting of 30 sports dentists to look at creating a communication network.

## **Is sports dentistry a part of the education at dental schools?**

At Sydney University sports dentistry is the first clinical exercise. All students take maxillary impressions, create a master cast, then make a pressure-laminated mouthguard. This practical exercise follows two lectures on the prevention and treatment of traumatic dental injuries. The other dental schools do not have the same emphasis on prevention as Sydney University. At Sydney University Sports Dentistry is the first clinical exercise.

## **How many dental schools are there in Australia and do they all have similar programs?**

There are five dental schools with two more under construction. Dentistry at Sydney University is a four-year course following a three-year undergraduate degree. The other dental schools are following this pattern, changing from a five-year dental program straight from high school.

There are positive signs for sports dentistry with several post-graduate programs each year. For Sydney University, I have been teaching at the graduate level since 1999 and the student level since 2002. The first mouthguard courses I taught looking at pressure-lamination were in 1996.

## **What sports are played in Australia and in which of these are mouthguards used?**

All contact sport require mouthguards. Rugby, field hockey, martial arts and boxing are the main sports.

## **When you say field hockey, is this men's, women's or both?**

Both men's and women's. Australia has achieved success at both Olympic and world Championship level.

## **Speaking of women's sports, have women's contact sports progressed as they have in the U.S. in the Title IX era? For example, here we have women's football leagues, basketball, ice hockey, and even rugby.**

It is the same in Australia with women playing all contact sports including rugby. Women's professional basketball is very successful as is netball. As we have all experienced at the elite level of these sports, many of the women have

experienced traumatic dental injuries as mouthguard use is infrequent. I made mouthguards at the Sydney 2000 Olympics for our women's basketball team and the dental injury incidence was one in two (50%), the same as the incidence in Rugby!

**Do professional sports teams have team dentists on the medical staff on site during contests?**

Only occasionally. However, at large sporting events such as the World Cup for Rugby, there will be a dentist onsite.



**Do you see a difference in the use of protective equipment between the sexes?**

Yes. Women tend to have a higher use of mouthguards but the quality is generally inferior to the men's mouthguards.

**Do you have national rule-making bodies such as our NCAA, USA Hockey, and the National Federation of High School Associations?**

Yes, there are national sporting bodies which look at the rules to try and make their particular sport safer.

**What is your perception of how knowledgeable your dental colleagues are and do many make**

**their own guards or do labs do the majority of these?**

Unfortunately, the sports dentistry knowledge of my dental colleagues is generally poor. Many dentist will try and make single layer vacuum mouthguards but for the more technically demanding pressure-laminated mouthguards they will use a commercial laboratory.

**Are a wide variety of over-the-counter products available to athletes?**

Unfortunately, yes! They are well-marketed and the public thinks because they are termed "mouthguards," they will be protected.

**What do most dentists charge in approximate dollar numbers for a custom-fitted mouthguard?**

A single layer vacuum mouthguard is about \$80. Depending on the complexity of the pressure-laminated mouthguards with a balanced occlusion, the fee range is \$140-\$300.

**Is Dental Traumatology widely read in Australia?**

No. Only by members of the Academy of Sports Dentistry and the International Association of Dental Traumatology.

**Thank you so much for being a valuable member of our organization.**





# ASD 2008 Annual Symposium

The ASD will be providing programming for the attendees of the National Athletic Trainers Association meeting as a part of our program. ASD will also be presenting a session at the NATA meeting.



**June 19-21, 2008**  
The Ritz Carlton  
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Situated strategically on the banks of the Mississippi River, Saint Louis is known as America's Gateway City – Previous to being acquired by the United States as part of the Louisiana Purchase in 1803, the area around St. Louis had been explored and populated by French and German settlers for nearly a century. By 1904, St. Louis' place on the global stage was confirmed as it held a wildly popular World's Fair and became the first American city to host the Olympic Games.

Today, St. Louis is a city with readily apparent European influences, but whose pioneering spirit is decidedly American. Leaders in industries as varied as brewing, pharmaceuticals and aeronautics have found corporate homes here. At the heart of St. Louis is a charming community of distinctive neighborhoods, dotted with a diverse selection of boutiques, antique shops, art galleries, sidewalk cafes and restaurants. Over the ripples of the Mississippi River drift the sounds of jazz and blues, calling diners and strollers along the revitalized historic riverfront to the colorful stages of the St. Louis nightlife.

Explore the infinite possibilities that surround The Ritz-Carlton, St. Louis- a AAA Four Diamond hotel that is perfectly centered in the city, remarkably ten minutes from most of its cultural and entertainment offerings.



Please watch our website for additional information as it becomes available  
[www.sportsdentistry-asd.org](http://www.sportsdentistry-asd.org)

**Mark your calendars!**  
**This is a meeting that you won't want to miss!**

The photography is provided courtesy of the St. Louis Convention & Visitors Commission and the Ritz Carlton



# New Mouthguard rules for USA Hockey

The Safety and Protective Committee of USA Hockey has entertained two proposals this year to be put to their Board of Directors for votes. First is a proposal to make straps mandatory for all mouthguards. This proposal was defeated. The second was to make all players 19 and under wear mouthguards which are colored. This was accepted.

Another decision was to make a rule to not require girls under 10 to wear mouthguards. This is the rule for boys in the mites, squirts, and mini mites age brackets (ages ten and under). The reason for the lack of a mouthguard rule was that all children wear full face protection and essentially no claims had been made for dental injuries in the under 10 age group. The wearing of mouthguards was recommended but it was thought unnecessary to make it a rule. However the Board does continue to support the use of mouthguards and does endorse the use of custom fitted guards, The wording used is: "It is strongly recommended, in all age classifications, that all players wear a mouthguard form-fitted by a dentist."

According to Director Dr. Thomas Lenz, who is also a member of The Academy for Sports Dentistry, "The Safety and Protective Equipment Committee's recommendation was to not require mouthguards at the non checking levels of boys youth hockey. Even though there is no checking in girl's and women's hockey, USA Hockey tries to keep the rules for common age categories in line with the boys."

This decision can be viewed in several ways. Many seem to believe that the only way to make mouthguard use commonplace for older age groups is to start athletes early wearing them. On the other hand, there is very little data to support the need for mouthguards in younger age groups in most sports so why make families go to the expense and inconvenience of making their children wear something with no documented need. Rule changes in USA Hockey stay in place for two years.

## *President's Message*

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The June 2008 meeting in St. Louis will be a tremendous opportunity for ASD members to network with our colleagues in the National Athletic Trainers Association. Remember that NATA is organized by geographic regions. This meeting represents a major effort by the ASD to offer quality educational opportunities in sports dentistry for athletic trainers, and for sports dentistry to be recognized as an integral part in addressing the unique health care needs of athletes of all ages. Please consider this your personal invitation from me to be a member of ASD, or to renew your existing or lapsed membership. Visit [www.sportsdentistry-asd.org](http://www.sportsdentistry-asd.org) often to stay informed. And please plan on coming to St. Louis in June 2008 for what promises to be an outstanding experience as dentistry and sports come together.

Sincerely,  
Regan Moore, DDS, MSD

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## *From the Editor's Pen*

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it. It is essential we know what some states are going through so we don't have to reinvent the wheel with each dispute. In our last issue Dr. Roettger editorialized about the result and we will give the issue some more background which may be useful for anyone trying to start mouthguard initiatives elsewhere.

Finally, Dr. Roettger tried to engage members voluntarily to contribute to the newsletter with some success. I will try to continue this by actively seeking out members and recruiting them, in fact tasking them with adding their experience to our journal. Be aware that I may be calling with a request for you. At the same time anyone is welcome to offer to contribute at any time. There will always be a place for reader comments or letters.

I am looking forward to this new endeavor and I will try to make the newsletter meaningful and important. I will try to make it a true extension of the Academy and ensure that we may all be well informed, current and connected to one another.