



NEWSLETTER

VOL. 25, NO. 2

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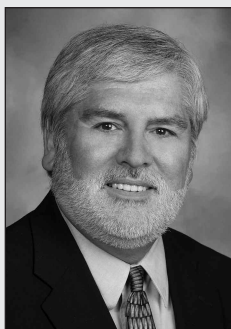
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Bringing You Up to Speed

Dr. Ray Padilla

When asked to give my presidential message I reminisced on my early years of the organization as a founding member in 1983, the progress the Academy has made so far, and the exciting prospects for its future. I have cherished the friendships I have made during these years and the knowledge I have obtained from these professional relationships. I am forever indebted to these individuals for their trust and knowledge as well as to sports dentistry for giving meaning to my dental profession.

We are now experiencing a time in sports medicine where sports dentistry has taken a significant role in the overall health of our patients and athletes. The Academy for Sports Dentistry is presently experiencing professional relationships with the American Dental Association (ADA), the International Federation of Sports Medicine (FIMS), National Athletic Trainers Association (NATA) and the International Association for Dental Traumatology (IADT) with whom we share our journal. ASD also works closely with Oral Health America and the National Spit Tobacco Program (NSTEP).

Major medical congresses and meetings are now including sports dentistry in their agenda. The NFL, NHL, MLS, NBA, MLB and many NCAA Universities have team dentists as active members of their medical staffs for the utmost in medical/dental care for their athletes. Dentistry is now involved in preseason examinations for these teams. This interdisciplinary approach to sports medicine provides not only the best care for our athletes, but also exposes various aspects of medicine to all specialties. By working alongside athletic trainers, team physicians and orthopedists, I have been exposed to medical situations and techniques that were never presented to us in dental school. Hopefully, others have learned some orofacial trauma

treatment and prevention in return. These exchanges are critical.

One of my goals within the organization will be to further explore and increase interdisciplinary relationships with athletic trainers and the medical profession. It is important we establish and maintain mutual respect and that the medical team seeks our input on issues dealing with orofacial problems. This trust is gained by providing the medical profession with true research to back up our treatment modalities. This is vital. Physicians and athletic trainers do not respond or listen to anecdotal experiences and hearsay. I feel it is paramount for the organization to seek out accurate research for precise information on hot topics that are being introduced on a grand scale to the public. For example, there are claims made by some manufacturers that athletic mouthguards and other oral appliances may prevent concussion and/or increase strength and performance. Presently there is little factual true research to support these claims. More research is needed. As sports dentists let us not lose sight of the true purpose of athletic mouthguards--to protect teeth from injury. The ASD has presented guidelines for mouthguards based on injury prevention and compliance.

I am very proud to say the Academy of Sports Dentistry is now involved with the Smile Foundation to further promote the role of the team dentist and spread the word on sports dentistry. Special appreciation goes out to our board and especially to Dr. Jeffery Hoy for the time commitment in helping establish this important liaison. Team dentist guidelines and courses are now being established to promote the general dentist who may have aspirations of working with high schools, universities and professional teams. Dr. Steve Mills will chair

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Steve Mills, DDS
Editor

Editor's Column

A Wake up Call for Sports Dentists

The leadership of the national hockey organization, USAHockey, announced last May that Shock Doctor will serve as the official mouthguard sponsor of USA Hockey and provide safety education materials for USAHockey.com. According to the news release, "The partnership also includes Shock Doctor becoming the presenting sponsor of the Excellence in Safety Award, presented at USA Hockey's Annual Congress every June. In addition, the company will have access to USA Hockey's Player Development Camps, where Shock Doctor will be able to educate coaches, parents and players on the importance of mouthguards."

This is interesting and in some ways disturbing news for many of us who think that dentists should be the primary educators of coaches, parents and players. Sports dentists, in general, also feel that most retail mouthguard products are less than ideal if not second rate. I must admit that I probably fall into this category. However I do have a grudging admiration for the folks at Shock Doctor. They market their products very well, their mouthguard designs are innovative and well engineered, and they have an excellent testing protocol for their products. But that is not the point.

The point is that this was a business decision. Shock Doctor, in all likelihood, paid USAHockey for the ability to be called the "official mouthguard sponsor." This is not an unusual situation. Many organizations, such as the various Olympic committees, will allow companies to use the "official" designation for a price. USAHockey did not canvas the world to find the most scientifically based company to partner with. They even ignored at least one company who had advertised regularly in their publications that promoted custom fitted mouthguards from impressions taken by the

athletes themselves. They chose a company with the best financial ability to support USAHockey and one which could afford to aid them in educating their members. Unfortunately, many of us might not agree with the message that will be given to these hockey players.

Other sports organizations have designated private companies as "official mouthguard suppliers." The NCAA Division 1 collegiate hockey leagues (Hockey East and ECAC) have official mouthguard suppliers as do the USA Field Hockey Association. Many groups, including the National Athletic Trainers Association, list private companies as "corporate sponsors" but this designation does not give these companies exclusive access to the members of the sports agencies. The companies alluded to here are suppliers of custom fitted mouthguards that are made to athlete- fabricate- impressions. I have written of these groups in the past. Perhaps they could be partner to reach more athletes. But again the point is that private groups are effectively reaching the ears of athletes. Do we want to play a role in this or do we want to continue to be merely a resource for dental professionals as well as sports medicine professionals?

We, as sports dentists, must realize that most people get their mouth protection information from non-dentists. We can get mad about this but it will not change the reality that our message, while important, is not effectively made by the small number of us who call ourselves sports dentists. The message will be put forth by groups with money and whose success as companies depend on making their names and products known. We, as a small dental organization, must learn to work with the commercial sector if we want to control the message. We must partner

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Bringing You Up to Speed

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this important task. Another of my goals this year will be to promote these courses and increase the number of schools and teams that include a team dentist. This will incorporate the working relationships with physicians, surgeons, and athletic trainers as previously discussed.

You may have noticed we have a new interactive web site www.academyforsportsdentistry.com. Special thanks goes to Ryan Salazar, RDAEF, for his work in creating this updated site, which will facilitate communications between participants. Members will have additional privileges such as profiles, message centers, forums, and access to the member directory. Prospective members and dentists can learn more about the ASD, trauma treatment and prevention.

We just completed another very successful ASD Symposium in Washington, D.C. Special thanks to Dr. Emilio Canal and Dr. Michael Messina for organizing such an informative meeting. Also, congratulations to Dr. David Kumamoto for receiving the 2010 Distinguished Member Award. Please keep open June 22-25, 2011 for next year's ASD Symposium in Las Vegas, Nevada.

I look forward to this coming year as your president. We have an exceptional board you can be proud of. My avenues of communication are always open. Any suggestions you may have on making the ASD a better organization, please don't hesitate in contacting me or any of our board members.

It is an honor to serve you.

Ray Padilla, DDS
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A Wake up Call

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with groups who share our views on what sports dentistry should mean.

Which companies should these be? The truth is that only dental laboratories, which produce appliances from a dentist's prescription, represent the "dentist controlled" company we would like. However, even the largest dental labs are known mostly to dental professionals and not the general public. Admittedly, this might be a great way to educate more dental professionals and the ASD continues to pursue this. In addition to this, I think we need to look beyond these labs for others to partner with. In this way we will get our message to more athletes. If we don't foster effective partnerships we invite companies like Shock Doctor to dictate sports dentistry policies to the vast numbers of members of national sports organizations.

Let's face it. Our biggest concern is that a company that only makes "boil and bite" and stock mouthguards could perhaps downplay (and maybe exclude) the importance of dental

professionals to both supply athletes with mouth protection and to evaluate adequate appliances. Members of USAHockey will learn the importance of mouth protection but will be steered possibly in only one direction. I have my doubts that quality custom fitted mouthguards will be stressed at all. Perhaps we should partner with Shock Doctor to get our message in at all. I would, however, be very surprised if they came knocking at our door.

Finally, this is the response of Shock doctor to being named by USAHockey: "Shock Doctor is excited to be the official mouthguard sponsor of USA Hockey," said Jay Turkbash, senior vice president of product development at Shock Doctor. "We're committed to providing athletes with mouthguards that give the highest level of protection and performance and we look forward to supporting USA Hockey in providing training and education to players, coaches and officials." I'm sure they are VERY excited and I'm sure they will do their best to help the members of USAHockey. The question for us is do we want to become part of the game by partnering with a big retail company like Shock Doctor or not? We must go to them because in all probability they won't come to us. ■

University of the Michigan School of Dentistry Sports Dentistry Program

By Steve Mills, DDS and Cara Voss

The University of Michigan School of Dentistry, under the guidance of Academy for Sports Dentistry founding father Dr. Bill Godwin, has been committed to educating their dental students in the field of sports dentistry and mouthguard fabrication for many years. While many dental schools do not expose their students to subjects related to sports dentistry as undergraduates, the University of Michigan has formal learning experiences for both the dental students and dental hygiene students.

Undergraduate dental students receive a one-hour lecture on mouthguards presented to the entire class in the winter term of their second year. This is followed by groups of 20 students meeting weekly on Thursday mornings for one hour to receive specific instruction on mouthguard fabrication. These small group lectures are followed by a lab session where each student makes a mouthguard for himself or herself with a vacuum technique.

Senior dental hygiene students receive a one-hour lecture and a lab experience identical to the dental students. The dental hygiene program falls under the Department of Periodontics, Prevention, and Geriatrics and is part of the School of Dentistry. They now have an online program and graduated their first BS group this year.

Each year for the last 15-20 years, the Student Council hosts a mouthguard clinic in July. This clinic is advertised in local newspapers and to area schools inviting local athletes to the dental school. Each athlete has an impression taken and a mouthguard fabricated at no charge. Approximately 120 athletes receive these free custom fitted mouthguards every summer. Faculty and staff members volunteer their time as well as the dental students on this annual summer Saturday event. The faculty advisor for this is Dr. Kenneth May of the Department of Biologic and Materials and the current Dean of Multicultural Affairs. The Dental School supplies all of the materials. The mouthguards are made by the one sheet vacuum formed technique for simplicity and cost. The University of Michigan Football Program uses the same mouthguards and has not reported any injuries.



Athletes register for the mouthguard program.



The team at work making mouthguards.

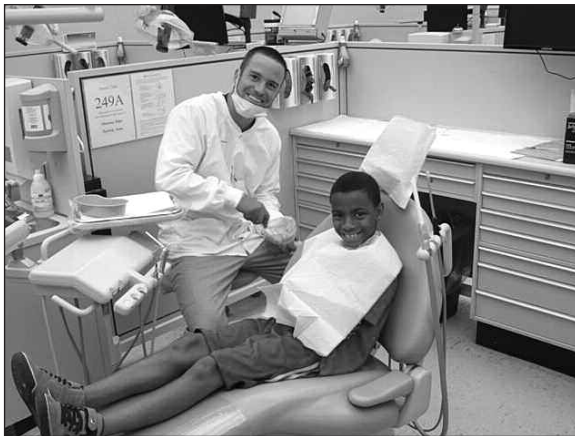


Robert Ogar, a certified athletic trainer, volunteers for the free clinic. He has been a longtime friend of the Academy and has a strong link with the Athletic Trainers.

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Sports Dentistry Program

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The program provides hands-on experience for dental students and free mouthguards for over 100 athletes .



Dr. Kenneth May, faculty advisor and Dean of Multicultural Affairs at the University (left) and Dr. Bill Godwin, ASD co-founder and professor emeritus, at the clinic.



Both patients and volunteers have something to smile about!

The University of Michigan exposes even more students to sports dentistry in two innovative programs: the Pipeline Program and the Profiles for Success (PFS) program. These activities are part of the Health Career Opportunity Program and are funded by an HCOP grant. The Pipeline Program is a program for first and second year college students who want more experience with the sciences and science-based learning. The PFS program is tailored for third and fourth year college students who are getting ready for the Medical/Dental School application process. The PFS program is a clinical as well as a didactic program and the students receive about six hours of mouthguard lectures by Dr. May along with Dr. Godwin.

The success and scope of the University of Michigan School of Dentistry's sports dentistry programs are largely the result of the longtime efforts and ongoing commitment of Dr. Bill Godwin. Dr. Godwin is truly one of the pioneers of sports dentistry and has been publishing scientific articles on mouthguards and sports dentistry since the mid-nineteen fifties. He is one of the founders of the Academy for Sports Dentistry and was its first president-elect (Dr. Bill Heintz was the first president). He is a recipient of ASD's lifetime service award as well. He is a Professor Emeritus at U of M and continues to be very active. He has been a mentor and friend to hundreds of sports dentists. He believes strongly that dental schools across the country should be doing more to educate students in sports dentistry and he wishes that more dental school faculty members were active in the Academy. It is interesting to note that of the eight members of the first slate of officers and executive council of the Academy for Sports Dentistry, a majority were full-time faculty at various dental schools.

Educating dental students at the present time is a very daunting task given the total scope of dentistry. While many dental schools have sports dentistry programs, the Academy for Sports Dentistry continues to think that all dental students should be exposed to sports dentistry in some way during the four years of dental school. The University of Michigan School of Dentistry's commitment to this goal is a model that many schools could use. The students get a valuable learning experience and the school generates excellent public relations and community service benefits. It wouldn't hurt if each school had a Dr. May and a Dr. Godwin either. ■

“Red, Hot and New! the 28th Annual Symposium of the ASD”

The 28th Annual Symposium of the Academy for Sports Dentistry was held at the Ritz Carlton Hotel in Washington D. C. from June 24-26, 2010. The theme of the meeting was “What’s Red Hot and New! What’s Happening in Sports Dentistry?”. The meeting was a resounding success both as an educational experience as well as an enjoyable time to get together with colleagues and old and new friends.

President Emilio Canal, General Chairman Michael Messina, Local Arrangements Chairperson Leslie Rye, and Vincent Mascia put together a varied and interesting program. Topics included revascularization of immature permanent, teeth, concussions in the young student/athlete, and the treatment of facial blast injuries from the wars in Iraq and Afghanistan. Perhaps the most memorable session of the meeting was a panel discussion that included experts representing the Under Armour Mouthguard and the Pure Power Mouthguard. This topic is somewhat controversial among sports dentists but it was important to have this presentation as there is no doubt that appliances such as these are gaining significant popularity in the sports world. Other presentations covered subjects such as mouthguard fabrication, intraoral photography, psychological and social effects of trauma, cone beam imaging and dental splinting techniques.

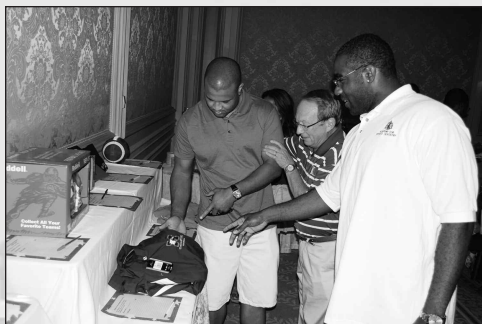
Besides being educated and enlightened the attendees and their families, enjoyed a variety of social events. Perhaps the most coveted aspect of any trip to Washington, D. C. would be a guided tour of the White House. In this heightened age of security tours such as these are not easy to get and yet the organizing committee was able to schedule several small, guided tours for attendees and their families. It was a definite highlight of the meeting.

Another event was a WNBA basketball game between the Los Angeles Sparks and the Washington Mystics. Tickets for this game were free to those who wanted them compliments of Dr. Howard Salob, the team dentist of the Mystics.

The President’s Reception and Silent/Live auction traditionally is the most popular aspect of the meeting as it affords the attendees and their families to have fun, socialize and to get to know one another. Most members will tell anyone who asks that they learn as much by talking with others at these types of gatherings as from attending lectures at our symposium. The auction was the most financially successful in Academy history. The auction included a truly impressive list of items donated and the always successful efforts of Dr. Hans Stasiuk to encourage the most generous giving during the live auction. A record amount for one item was bid for a soccer ball signed by the entire U.S.A National Men’s Soccer Team.

The most honored guest of the Annual Symposium every year is the recipient of the Distinguished Member Award. This year’s honoree was David Kumamoto, DDS. Dr. Kumamoto has held every post the Academy has to offer and was our president from 1993 to 1994. He has had a long career in academic dentistry as a faculty member of the University of Illinois, Chicago School of Dentistry and a distinguished career in organized dentistry culminating with his presidency of the Chicago Dental Society. One of the most knowledgeable people in the world of sports dentistry, especially on the epidemiology of sports related issues, Dave is known equally for his generosity, mentorship and friendship to all who know him.

The meeting was an unqualified success with excellent content, attendance, enjoyment and financial reward. We can now look forward with anticipation to Las Vegas in 2011. More photographs from the meeting can be viewed at the Academy website at www.academyforsportsdentistry.org. ■



President's Reception Silent Auction bidding.



Mr. Ryan Salazar presenting information on the new Academy for Sports Dentistry website.



Mouthguard Forum Panel.



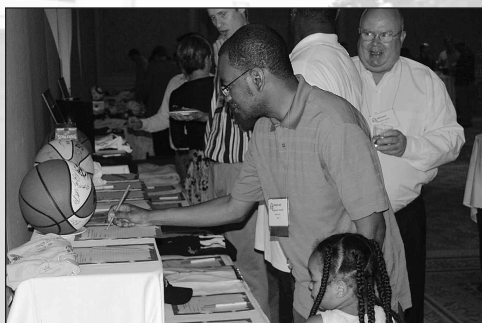
Dr. Emilio Canal, Jr., Jaime Moreno, DC United and Dr. Vincent Mascia.



Academy for Sports Dentistry 11th Class of Fellows. (Left to right): Dr. Michael Messina, Mr. Ryan Salazar, Dr. Paul Nativi, Dr. Marco Leyte-Vidal and Dr. Emilio Canal, Jr.



Dr. James Lovelace, his wife Mary and daughters Kelly and Julie.



President's Reception Silent Auction bidding.



Hands on Mouthguard Workshop.



Dr. David Kumamoto being presented with the Distinguished Member award by Dr. Jack Winters and Dr. Emilio Canal, Jr.



Dr. Emilio Canal, Jr. presenting Mr. Ryan Salazar with the President's Award.



Hands on Photography Workshop.



Skylar Pitcher modeling the Wizards Jersey at the President's Reception.



Incoming President Dr. Ray Padilla presenting Dr. Emilio Canal, Jr. with a plaque for his service as President over the last year.

The Academy for Sports Dentistry Joins the "Stop Sports Injuries" Initiative

The Academy for Sports Dentistry has agreed to become an organizational partner in a new initiative by the American Orthopaedic Society for Sports Medicine called "Stop Sports Injuries." According to the SSI website (StopSportsInjuries.org) "There is a growing epidemic of preventable youth sports injuries that are dismantling kids' athletic hopes and dreams at an early age. In response, the STOP Sports Injuries campaign was created by a coalition of organizations and corporations to help prevent athletic overuse and trauma injuries in kids.

ASD will be joining the American Academy of Orthopedic Surgeons, the American Academy of Pediatrics, the American Medical Society for Sports Medicine, the National Athletic Trainers Association, the National Strength and Conditioning Association, Safe Kids USA, and the Sports Physical Therapy Section as organizational sponsors. The only corporate partner listed is Depuy Mitek Inc. which is a Johnson & Johnson company, and is the leading developer and manufacturer of innovative surgical sports medicine and soft tissue repair devices.

The group boasts an impressive list of members on their "Council of Champions" which includes Jack Nicklaus, Henry Aaron, Bo Jackson, Bart Starr, and John Smoltz, to name just a few. The co-chairs of the SSI are the well-known orthopedic surgeons James R. Andrews, MD, and Neal S. ElAttrache, MD.

"The STOP Sports Injury Campaign provides helpful information and materials about youth sports injuries and overuse prevention. Explore, discover and share what you learn with fellow athletes, parents, coaches or healthcare providers." The resources available to the public are consensus statements from various sports organizations, videos and podcasts highlighting issues of sports safety and research information from scientific journals.

This partnership will give the ASD the ability to have a greater exposure and allow many more people to have access to our policy statements. We will also to work with SSI to develop fact sheets and informational items for their library.

The ASD has important partnerships with many dental and sports organizations. Firm and valuable relationships exist with the Joint Commission on Sports Medicine, the International Federation of Sports Medicine (FIMS), the National Athletic Trainers Association, and others. We also have strong working relationships with the American n and the American Academy of Pediatric Dentistry.

As a small but very well respected organization, ASD is well served by being connected with organizations in the forefront of the field of sports medicine. The subject of preventable sports injuries is one which many groups can work together on for the benefit of many individuals, athletes, parents, coaches and administrators. ■

