



NEWSLETTER

VOL. 27, NO. 3

ASD Takes Philadelphia



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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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President's Message

By Rick Knowlton, DMD, MAGD

Sixteen years ago, I went to Columbus to attend my first Academy for Sports Dentistry (ASD) meeting. I left feeling energized and encouraged to follow in the footsteps of some of the best in the field of sports dentistry. It is important to be aware of opportunities to help other dentists feel the excitement and crucial role of sports dentistry. There are many openings for all of us to effectively educate, protect, and treat athletes, both in our dental practice and those in our community.

Here's who we are: The ASD is a multi-disciplinary, international sports dentistry organization that exists to bring together individuals of different backgrounds in order to share experience and knowledge regarding sports dentistry and the dental needs of athletes at risk to sports injuries.

I'll elaborate several lofty goals our ASD board has set for this year. Which ones will inspire you?

Inspiration First

We all have had people we looked up to. Mine was Vince Lombardi. In 12 years through his belief in *individual personal excellence*, he built Packer teams of excellence. ASD's core belief, much like that of Vince Lombardi, is in providing a means for individuals to strive for personal excellence. By doing so, we build teams that provide the best dental care possible, ultimately defining who we are as a community of sports dentists.

It is one of my greatest honors and privileges to be your president. However, I walk in the footsteps of great ones before me and personally acknowledge Dr. Jeff Lloyd for one of the greatest years of service and accomplishments that this Academy has seen.

I also acknowledge the efforts of others. First and foremost I thank our Executive Director, Shelly Lott, who is unequivocally the glue of ASD and one of the greatest assets this organization possesses

I am excited to see that the Membership Committee, led by Wayne Nakamura, has initiated a Mentorship Program. I encourage all of you to take advantage of this—either as a mentor or a mentee—because there is so much to be learned from our successful members. We also hope to place information from our mentors on our website so everyone can share in the inspiration.

I challenge all of you to look around you and help encourage those who, like me sixteen years ago, want to get involved in sports dentistry but don't quite know how. Be a mentor and share your knowledge!

Members Rule!

Like any organization, membership is our lifeblood. We must be constantly striving to recruit new members by touting the benefits of ASD membership. I challenge all of you to get involved with this organization. Having been involved with a number of organizations over the past twenty years, I have seen success and also failure, all because of its volunteers or lack thereof. We need you! Please speak to Shelly, me, or any of our board members to find your best fit.

This last year, you saw better communication on a variety of levels. My hope is to continue to improve and refine communication through our website, e-mails, social networking, and print

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President's Message

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media. Members always have a need to know.

Outstanding Opportunities

I am honored that the USOC has chosen our members to treat their elite athletes, the best in the country (if not the world). To have Team USA choose us to treat their athletes is outstanding. To date we have over 50 members signed up and could use more. Why not participate and give back to these great athletes through better dental care and health? There are many opportunities, both in your office or possibly at a sporting event.

In addition, I would like to see ASD and its members forge new and/or stronger alliances with like-minded organizations. It is my hope where there are USOC-sanctioned or Special Olympics-sanctioned events that both organizations will see our members and our organization as outstanding resources for help and expertise.

Have you considered networking opportunities through NATA? As all of you who are involved with sports teams know, trainers often make game day happen. By developing stronger relationships with NATA, both on a national and a regional level,

we could possibly initiate a program to link our members with sports teams who may be looking for a team dentist.

Being aware of the role that our founding fathers gave this organization—to embrace the materials, techniques, and education—allows us to provide the very best in dental protection for our athletes. It is our primary job to be our members' education resource that allows them to make intelligent decisions. We must also be an educational resource to the governing bodies of sports on a national, regional, and local level, stimulating them to make decisions that are in the best interest of their athletes' oral health.

I'll close with words of Coach Vince Lombardi that I hope will mark my service to you as president: "I firmly believe that any man's finest hour, his greatest fulfillment in all he holds dear, is that moment when he has worked his heart out in a good cause and is exhausted on the field – victorious."

I promise to work my heart out for all of you. I hope you will join me in these many efforts.

ASD Encourages Members to Join with the USOC

The Academy for Sports Dentistry encourages all members to volunteer to provide dental treatment to our Olympic Athletes. This opportunity is exclusive to qualified members of the Academy and applicants must have completed the Team Dentist Course of the ASD. This is a great chance

to be a participant in the Olympic movement and at the same time to help some very elite athletes to realize their dreams. Contact Shelly Lott at sportsdentistry@consolidated.net for details and applications.

The 31st Annual Symposium a Meeting to Remember

“Enhancing the vision of Sports Dentistry” was the theme of the 31st annual symposium of the Academy for Sports Dentistry. By most accounts it proved to be one of the more successful meetings of the Academy. There were 152 attendees from 10 different countries. Dentists of many different specialties, students, and residents added to the picture of a diverse and extremely engaged audience.

The scientific program was in equal parts varied, informative and in all places, stimulating. The program consisted of the lecture format of the symposium along with several workshops and the biannual Team Dentist Course. The lectures were from multiple disciplines and showed that the concerns of today’s athletes and sports dentists can overlap many different areas of dentistry. All of these areas, however, do have direct application and connection with sports today. The meeting showed that lectures on marketing with social media and sleep apnea can, and do, fit nicely with lectures on dental trauma, concussions and dental avulsions.

The workshops were especially well attended and valuable. The suturing workshop, with the significant help of the Hu Friedy Company, and under the direction of Ilhan Uzel, was a great addition to the Team Dentist course. While many team dentists don’t handle the majority of the suturing concerns for their athletes, sports dentists are often asked to do things slightly outside of their normal practice and suturing is one of those areas where practice is critical. Special thanks goes out to Dr. Rick Knowlton for the acquisition and handling of the pig mandibles used. This turned out to be a major issue but he accomplished it beautifully and in the end all went very well.

The mouthguard workshop was equally dynamic, starting with an excellent introduction by Brett Dorney and followed by an efficient and organized hands-on portion. The three companies taking part, Dentsply, Great Lakes Orthodontics,

and Glidewell Laboratories, as well as Dan Brett of Sportsguard Laboratories, were kept very busy as were all of the experienced volunteers who assisted those new to pressure lamination. Workshops like this can be very difficult to organize but this year’s version brought a great balance of being able to personally fabricate a mouthguard and to interact with multiple providers of equipment to evaluate several different approaches.

The highlight of the meeting for most attendees, especially long-time members, is the recognition luncheon and the president’s reception. Fellowship status was conferred on Danette McNew and Alex Della Bella and a special President’s Award was given to Dr. Wayne Nakumora for his great work as the chairman of the Membership Committee. The Distinguished Member Award was given to Brett Dorney of Pymble, Australia. Words cannot describe how much Brett’s presence has meant to the Academy both organizationally and internationally. He personifies the selfless devotion to a very small but critical area of dentistry. His commitment to the ASD from the rigors of travel alone cannot be matched and it is an honor which he humbly and gratefully accepted but which was absolutely deserved. Dr. Dorney especially deserved this award this year by directing the mouthguard workshop, adding a poster presentation and giving a lecture on dental trauma.

The President’s Reception is traditionally the time where new members and old can interact socially, learn from each other, create the networking which is so important to the ASD, and have a good time doing it. The auction benefitting the Research Committee raised over \$3800 and was once again ably handled by the team of Jan Chithalen and master auctioneer Hans Stasiuk. The auction has produced proceeds over the years for research and the Board of Directors continues to encourage anyone interested in research to submit proposals for funding.

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Highlights of the Meeting from a New Member

By Andie Pearson, DMD

The ASD meeting held in August 2013 was my first and it was great. I look forward to the next one in San Diego, June 20-21, 2014. I offered to write a few brief *Cliffs Notes* style overviews from a few of the lectures from my “first time attendee” perspective.

Amy Hutcheson gave a great lecture on how to promote your practice and your sports dental skills via Twitter, Facebook and a few other forms of social media. Social media and the internet are the new information highways. The best part is that you can link them together (post once and apply to several social media spots) through www.Hootsuite.com, a free social media tool, or you can use www.mysocialpractice.com for a monthly fee. The fee-for-service option is great for doctors new to social media or who are too busy. They do all of the work, you set demographics and general topics along with how often the posts hit.

Hootsuite allows you to preschedule posts. For example, on Sunday you can preschedule posts from your office, special offers, photos etc., for each day of the following week and they are automatically posted. Make sure you use this time to ask the readers to “like” anything you post. Social media is great for developing your practice or just developing certain aspects of your practice. It is also great for establishing yourself in community sports dentistry so that you can work toward involvement in college/professional sports. The most significant advice was: get accounts for Facebook, Twitter, LinkedIn and/or Instagram.

Connect them all, update daily with office info if possible, get seen in the community and get your sites “liked.”

Dr. Barry Glassman gave us the latest data on sleep apnea and the importance of sleep studies—not only before appliance fabrication but also afterward—once the appliance is in place. This is to ensure that it is doing the job, not just masking the issue.

We were also alerted to watch our athletes in a different way. With players doing extra bulking up and using performance-enhancing drugs, they have created a new hazard for their health. There has now been an increase in sleep apnea in these athletes due to their overbuilt size (same affect as obesity) and the overly large neck size. You can use an “Adjusted Neck Circumference “ (ANC) for neck measurements that includes other medical aspects or the simple rule of 15” and over in women or 17” and over in men. With an increased neck size and snoring, grinding, headaches, foggy mind, choking or gasping in sleep or hypertension, a sleep study should be suggested.

Dr. Paul Krasner presented recent news on use of the “Save a Tooth” Hanks solution and compared it to many other possible (or not so possible) solutions. There were many graphs and banks of data showing how each of the solutions performed until a person could reach a dentist. There was also information on what types of oral injuries were possible and the categories they fit into. They all depended on age, environment the tooth “fell” into, the events around the injury, what solution

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Highlights of the Meeting from a New Member

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the tooth was kept in and time between injury and visit with dentist.

Dr. Brett Dorney also spoke on tooth avulsion along with many other aspects of dental trauma. Though he agreed that the Hanks solution hands down had the best performance, he felt that its biggest downside was that no one really has easy “instant” access. It was not as universally available as milk. The Hanks solution has to be purchased from a special place vs. a local market. It also has a two-year shelf life. The best bet is to get as many kits as possible into the hands of park districts, schools and community events. It’s also good to know that milk is a pretty

good second choice. Oh, and by the way, it doesn’t have to just be cow’s milk. Soy and other non-mammal milks appear to also work.

I wish we had more room for deeper detail and information on some of the other really great lectures. As a first time-attendee I was tremendously impressed with the variety and quality of the presentations. I hope to try to work with the web site directors to get more highlights on the website for your future reference. I hope that this recap was enough to get you excited about next year and will encourage you to bring along some new members!

Save the Date!

June 20-21 2014

ASD Goes to San Diego

The 31st Annual Symposium a Meeting to Remember

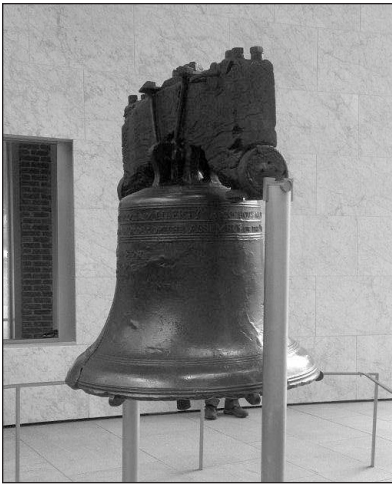
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The most important news from the symposium was the unveiling of the collaborative agreement between the US Olympic Committee and the ASD. This was covered in the president’s message earlier in this issue. Two other items that took place were also important. The first was the inclusion of a group of National Hockey League team dentists using the ASD Annual Symposium as the venue for their own annual meeting. They usually get together at the NHL’s All-Star gathering but, as there was no All-Star Game this year due to the strike-shortened year, eleven members of this group took advantage of our meeting to have their own. ASD would like to suggest that this happen for more groups of organized team dentists at any level. This was good for them and it is especially good for the ASD to be the organization that connects team dentists from many different sports at many different levels.

Brett Heggstad of the University of Minnesota Dental School made a very informative and professional presentation to the group about their ASD Student Affiliate Organization. This group is

largely student run, is very regular and organized and receives some funding from the university. Dr. Mark Roettger is the faculty sponsor of the group but he stated that his involvement is mostly as a resource and that the group is self-sustaining. Dr. Heggstad described his interest in sports dentistry very eloquently and reminded many of us just what attracted us to this area in the first place. Student affiliations can be very important for the ASD and the Minnesota model could be very useful for other schools.

Special thanks are due to many but most importantly to immediate Past President Jeff Lloyd, President Rick Knowlton and Executive Secretary Shelly Lott. In a small organization, it is often a few who do the work of many and these three took the yoke on their shoulders and produced one of the most comprehensive and collegial meeting in years. There have been many great meetings in the past but this one brought together the attendees in a fun and collaborative way in addition to providing excellent learning options that was a joy to all.



31st Annual Symposium, Philadelphia, Pennsylvania

A Meeting To Remember



Suturing Workshop Illhan Uzel



Rick Knowlton and Jose Peralta



Suturing workshop



Suturing workshop



Suturing Workshop



*Mike Engel and Scott Eyre,
2008 Word Series Pitcher at
the welcome reception*



*Mouthguard Workshop
with Brett Dorney*



Mouthguard Workshop, Dentsply



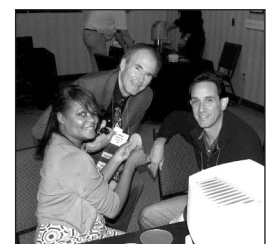
Mouthguard Workshop Dan Brett



*Mouthguard Workshop
Greatlakes Orthodontics*



Mouthguard Workshop Great Lakes



Mouthguard Workshop Glidewell



Brett Dorney, Rick Knowlton, Cory Warner, Jeff Lloyd, Bill Moreau and Jack Winters



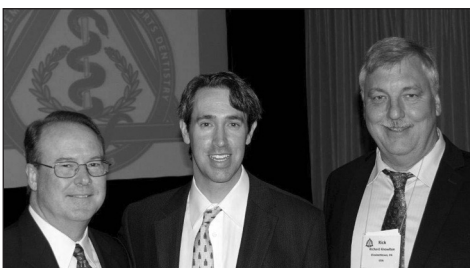
2013-2014 Board – (Back) Mike Robinson, Jan Chithalen, Kent Guebert, Jeffrey Hoy, Rob Howarth, Rick Knowlton. (Front) Jim Lovelace, Wayne Nakamura, Danette McNew, Ed Bick, and Jeff Lloyd



Pediatric dentists and residents: Rick Landgren, Megan Smith, Ashley Hebert, Shauna Woody, Jasmine Elmore, Steve Mills, Jack Winters, and Justin Chong.



USOC Approved Providers



Jeff Lloyd, Joel Laudenbach, Rick Knowlton



Rick Knowlton, Cory Warner, Jeff Lloyd and Bill Moreau USOC



Brad Clatt, Dentsply and Xavier Gutierrez



Jack Winters and Brett Dorney – Distinguished Member award presentation



Richard Knowlton, General Chairman of the 2013 Symposium, Jeff Lloyd presenting



Jeff Lloyd and Steve Mills, Award for service as editor for the last 6 years



Presidents Award presentation Wayne Nakamura and Jeff Lloyd



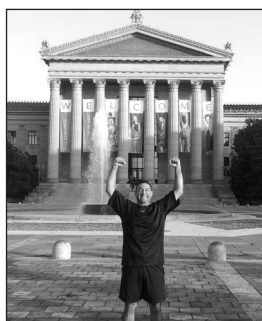
Jeff Lloyd and Rick Knowlton –Presenting the President Plaque



Distinguished Member Award Recipients who were present – Enrique Amy, Jack Winters, Brett Dorney, Mark Roettger



Emilio Canal, Mike Messina, and Enrique Amy presenting Danette McNew with her Fellowship Award



Jose Peralta



Rocky Run Group



Barry Glassman



Emilio Canal, Alex Della Bella, Mike Messina, Enrique Amy presenting Alex with his fellowship award

NHL Team Dentists and the League's Injury Surveillance System

The National Hockey League Team Dentist Association is perhaps the most organized group of team dentists of any major sport in North America. These dentists try to meet at least once a year as a group and that usually happens in connection with the NHL's Annual All-Star festivities. This year the regular season was shortened by the league's strife over the various contractual disputes and the All-Star Game was cancelled. The dentists subsequently decided to convene at the Annual Symposium of the ASD in Philadelphia. Approximately 11 dentists representing 7-10 teams took part.

This connection gave the Academy the opportunity to ask about the NHL's orofacial injury reporting system. The collection of orofacial injury data in any sport would be of considerable value but especially in a sport such as ice hockey that has long been identified with dental injuries. Dr. Mike Pelke, team dentist of the Minnesota Wild and the current president of the NHL Team Dentists Association was kind enough to explain the injury surveillance system.

The team dentists utilize an online form, however, there are currently no specific guidelines as to what is and what is not reported. According to Dr. Pelke, any injuries requiring suturing have been reported for quite some time. It has only been in the last few years that "dental specific injuries" (those involving just the teeth) which either did or did not result in the loss of teeth, have been included. The athletic trainers primarily controlled the database entries, up until 2010. In other words, if the athletic trainer did not deem the injury significant enough to include, it was not reported. Dentists now are responsible for any injury that they think is of consequence.

At present it seems like there is very little standardization as to what is considered a reportable occurrence but it is essential that all team dentists are more or less equally invested in this process. An individual team dentist is responsible for his or her own players, but half of all games for these players are away from their

home arena. Therefore, it is important that all team dentists report for one another's players as well. Also, if an injury occurs but is not immediately noted, it can become an issue later (such as delayed pulp necrosis). For professional athletes, situations like this can become insurance or workman's compensation issues.

The importance of a database for a major sport league cannot be overstated. Hockey leagues at all age levels and ability levels look to elite leagues to set safety and rule policies. Injury trends, coupled with the use of various protective devices such as face shields and athletic mouthguards, may reveal information that could be of use to amateur, collegiate and high school policy-making bodies as well as professional leagues. Hockey leagues have struggled with policies in recent times concerning concussions as well as crippling eye injuries. They have used collected information to make rule changes for these conditions. The world of ice hockey at high levels might never view dental injuries in the same light as these other injuries. But the collection of information at the highest level could someday be critical to policies for all hockey players.

The information being generated is gathered in a secure online database that is accessible to all NHL team dentists and doctors. The information has not been gathered to produce any scientific study or publication. The most important value at present is to make the dental history of players available to all the dentists when players need care when in a new venue or if traded from one team to another. In the future, if the process becomes more standardized and consistent across the league, the information could possibly generate data that could be added to the sports dentistry literature.

Hopefully the NHL Team Dentist Association will once again combine its meeting in 2014 with the Annual Symposium of the ASD in San Diego as the Winter Olympics will once again preempt the NHL All Star Game. The presence of this group and the individual dentists added a great deal to Academy for Sports Dentistry Annual Symposium this year.