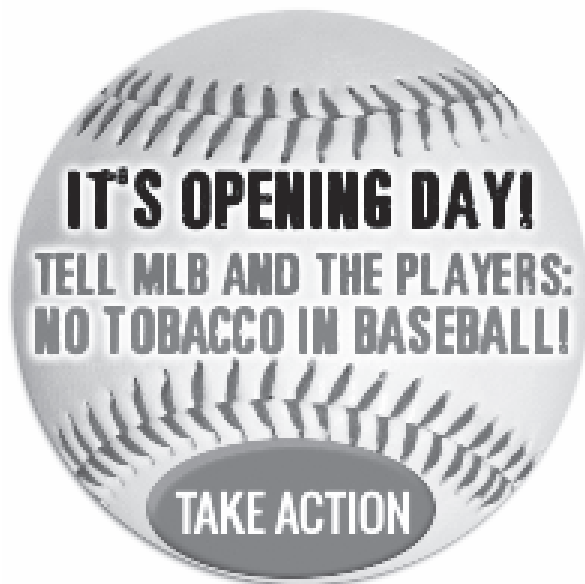




NEWSLETTER

VOL. 30, NO. 2

TAKING TOBACCO OUT OF BASEBALL



President's Report

Page 3

Member Profile

Page 6

Editor's Report

Page 4

Historian's Corner

Page 7-8

Tobacco Free Baseball

Page 5

Brazilian International Congress of Sports Dentistry

Page 8

Date Saver

Page 5

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EDITOR
Dr. Hans Stasiuk
Box 836
Portage la Prairie
Manitoba Canada R1N 3C3
OFF: 204.857.5041
Email: drhans@mts.net

WEBSITE/SOCIAL MEDIA DIRECTOR
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MANAGING EDITOR

Sandi Steil
3085 Stevenson Drive, Suite 200
Springfield, IL 62703
OFF: 217.529.6503
FAX: 217.529.9120
Email: ssteil@associationcentral.org

ACADEMY WEBSITE:

www.academyforsportsdentistry.org



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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.



Commitment to Excellence

Dr. Wayne Nakamura, DDS

It is with great pride and humility that I accept the presidency of the Academy for Sports Dentistry. I would like to thank the Academy's Board of Directors, Executive and Nominating committees, and especially our Immediate Past President Jim Lovelace, for having faith and confidence in me by selecting me as the 34th President of the Academy for Sports Dentistry.

It gives me a sense of pride and humility knowing I will be following in the footsteps of many past and current members, and their noteworthy achievements. Such achievements as Brett Dorney's role in introducing pressure formed custom fitted mouthguards to the United States; John Stenger's initial research in 1964 posing mouthguards as a potential protection against shock to the head, neck and teeth; Gerald Maher and Ray Padilla's work on customized mandibular orthotics decreasing concussion/traumatic brain injuries in football players; Jack Winters' initial research on the role mouthguards may have on reducing mild traumatic brain injury/concussions in high school football players; Paul Nativi and Bob Ogar's role in affiliating the Academy with the National Athletic Trainers Association(NATA); Jack Winters and Rick Knowlton's facilitating the Academy's affiliations with the United States Olympic Committee; and Rick's role in representing the ASD and AGD at the White House Healthy Kids and Safe Sports Concussion Summit last May (Rick was the only dentist present at this summit). This list could go on, and I do apologize to those whose names or achievements I have neglected to mention.

Being a member and president of an international organization, whose identity and

purpose is to bring together individuals of different backgrounds to share our experience and knowledge regarding sports dentistry and the dental needs of athletes, gives me great pride. The Academy facilitates studies and research that may provide for the elimination of dental related sports trauma/concussions in the future. The initiation of this process was begun by past and ongoing research of Drs. Stenger, Maher, Padilla, and Winters.

I believe the role and responsibility of all of our Academy members is to educate the general public, and to influence as many friends, colleagues, and patients on the importance of using oral protection/mouthguards during sports and other physical activities for the prevention of the potentially lifelong impacts of concussions and oral facial trauma on our athletes. My hope is that the legacy of my presidency will be one which facilitated the education and training of all of our Academy members to be able to provide this information to the public.

On a personal note, I would like to thank my family, my wife, Lisa, daughters, Katie, Kelsey and my son Ryan for their patience and devotion to me during the time of my presidency. I know this will be an exciting time, but may take much of my attention away from precious family time. I would also like to express my thanks to Jeff Lloyd for encouraging me to become a member of the Academy and enlisting me as his assistant team dentist with the former MLS team Chivas USA.

Dr. Wayne Nakamura, DDS
ASD President



Hans Stasiuk, DMD

Editor's Report

This year marks my twenty year anniversary of being a member of the ASD. When I was in Dental School I wrote two papers on Sports Dentistry topics. While doing research for my papers I learned about the ASD. I was so excited to find out that there was an organization that combined two of my interests – Dentistry and Sports. I am very grateful to our founding fathers who had the foresight to meet in 1983 to discuss how they could share and grow information related to sports and dentistry.

I attended my first ASD Symposium in Minneapolis in 1996. I was so impressed by the wealth of information that was presented that I decided to join the ASD. I have been attending the symposium every year since then except for 1997 due to a conflict with my wedding date!

We attend the symposiums hoping and knowing that we will learn something new. I have never been disappointed. In an ideal situation it would be nice if no one ever experienced a traumatic dental injury; however, we all know that life doesn't work that way. You never know when you will get a call at your office to say that there has been someone who has sustained a dental injury. I can proudly say that the lecturers at our symposiums always prepare us well so that we will know how to react when we are faced with having to provide emergency dental treatment.

When our son was six, he was playing in our backyard and ran into our badminton net. I was away at an ASD symposium at the time when my wife phoned to tell me that our son had lost a front tooth after running into the net. Thankfully, it was a deciduous tooth! Recently, on a Monday morning our receptionist came to tell me that one of our patients was on the phone. She said that her

seven year old daughter was playing in the gym at school, got entangled in a badminton net, and displaced one of her front teeth. I said to bring her right down to our office. I was expecting to see a very loose deciduous tooth. I was shocked to learn that her maxillary left central incisor was laterally extruded about 90 degrees – it was looking right at me! After reassuring the patient and her parents what I felt would be the appropriate treatment, I proceeded by administering local anesthetic. Then I repositioned the tooth using my forceps. I splinted the tooth to her adjacent teeth and advised the parents to bring her back in about two weeks for reassessment and to remove the splint.



1 Hour Post Trauma



2 Weeks Post Treatment

Although it was a traumatic event for our patient and her family, I was glad that I had the knowledge from the ASD to be able to provide the appropriate treatment in such a timely manner.

THANK YOU ASD!

Tobacco Free Baseball

To all ASD members,

I had the opportunity to exchange ideas with Dr. Kevin O'Flaherty, the Campaign Director for Tobacco Free Baseball. Their non-profit organization is fighting to take tobacco out of baseball. It seems a natural fit for us at the Academy For Sports Dentistry to team up with them to help with their cause.

In June of 2014, Hall of Famer Major League Baseball player Tony Gwynn died at the age of 54 after a long battle with salivary gland cancer, which he attributed to his longtime use of chewing tobacco. Another former player, World Series winner and Oral Cancer survivor Curt Schilling said about chewing tobacco use, "If I had not seen professional baseball players chewing before I tried it, I never would have tried it." He went on to say, "It doesn't belong in little league fields and it doesn't belong in big league ballparks."

Smokeless tobacco contains 28 cancer causing chemicals and causes oral, pancreatic and esophageal cancer as well as gum disease, tooth decay, and other health issues. Even as cigarette use continues a steady decline among the young, smokeless tobacco use has remained steady. 15% of high school boys use chewing tobacco. Each year in the United States over 500,000 12-17 year olds will try chewing tobacco for the first time.

It's time for city and state leaders to step up to the plate and protect our kids by passing laws to make the game of baseball completely tobacco free. San Francisco became the first city to pass a law to ban smokeless tobacco at baseball parks. Now Los Angeles, Boston and Chicago have also passed similar laws. The hope is that all of the Major League Baseball cities will ban the use of smokeless tobacco in all stadiums.

ASD can help this cause in a few ways. We can all continue to educate our patients/athletes about the harmful effects of smokeless tobacco. We can also help by writing letters to our local representatives, councilmen, congressman and senators to ask for their help to ban use of smokeless tobacco in public places. We can also write to Major League Baseball and ask for their help in protecting their players by instituting this ban as well. Please also consider financial support for this non-profit organization. You can check on their website for more information at tobaccofreebaseball.org.

Please also check our website as well for the latest going on with ASD.

Sincerely,
James Lovelace
ASD-President 2015-2016



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M e m b e r P r o f i l e

Dr. Richard Langren

I was born and raised in Rockford, Illinois. In 1992 I received my Bachelors Degree in Political Science from Brigham Young University. After graduating with a dental degree from the University of Iowa in 1996 I fulfilled my dream of moving to Arizona. In 2003, I completed my Pediatric Dentistry studies at the Children's Hospital in Denver, CO.

I have been a Cubs fan ever since my father took my two older brothers and me to my first Cubs game at Wrigley Field when I was seven years old. I have been a die-hard Cubs fan ever since. To me, there is no other baseball team than the Chicago Cubs! I've been to Cubs and White Sox games, but ever since my first visit to Wrigley Field (one of the last true baseball shrines left) I will always be a true blue, Cubs Fanatic! I don't want to jinx the Cubs...but I believe this IS the Cub's year and they will win the World Series this year. The only thing that will disrupt that is injuries (I wish Kyle Schwarber a full recovery)! My father passed away last year at 88 years of age and was a true blue, die-hard Cubs fan his entire life. He never got to see his dream realized but I believe I will see it for him.

I have been doing the dental screening portion of the pre-participation physical exams for the Cubs organization since 2006. I worked with the Minor League players from 2006-2012 and then I have worked with both the Major League & Minor League players from 2012 to the present. We screen approximately 250 players each spring. I also worked with the Phoenix Coyotes as one of their team dentists from 2006-2013.

I am a life-long Chicago Blackhawks fanatic! My father had season tickets to the Hawks when I was a little kid. I have many fond memories of my parents taking my siblings and me to watch the Blackhawks at the Chicago Stadium. I love the United Center, but the Stadium was the greatest sports building in the

world! I am also a Chicago Bears fan! With respect to college sports, I am a die-hard Iowa Hawkeyes and BYU Cougars football fan. I go to at least one football game each fall in Iowa City, Iowa and Provo, Utah.

I am obviously a huge sports fan (having played football, basketball, hockey, and baseball in high school) but I also love classic motion pictures. I have all of both Jimmy Stewart's and Buster Keaton's movies. I enjoy playing golf and tennis weekly and Arizona is the best place in the USA for being outdoors!!

I can't remember when I joined the ASD but my first convention was in Santa Monica, CA. I've been to every convention ever since. I love being involved with this organization (ASD) because of the camaraderie among the members. Being able to combine a few of my passions (sports and dentistry) makes this organization perfect for me. There are so many great people I've come to know over the years through my involvement with the ASD, I really look forward to the summer each year when we all spend a few fun days together! I've made several life-long friends with some really good individuals who share similar interests as mine.



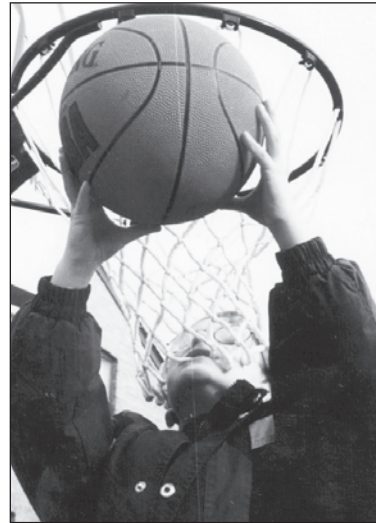
Historian's Corner



Jack Winters, DDS

In 1997 Dr's David Kumamoto and Jackson Winters published an article in the September 1997 Journal of the American Dental Association:

“TOOTH AVULSIONS RESULTING FROM BASKETBALL NET ENTANGLEMENT”⁽¹⁾



The authors conducted a survey of dentists regarding tooth avulsions from basketball net accidents. Although the numbers of people injured was small. The dental injuries were serious. In many cases, multiple teeth were avulsed as a result of maxillary anterior teeth becoming entangled in the net while the patients were attempting to slam dunk a basketball either on a lowered backboard or from a raised take-off area.

In the 1997 survey, of the 33 patients experiencing a dental problem, 32 were males one was a female. The mean age was 12.3 years the mean height was 5 feet 4 inches 25 % were wearing orthodontic appliances. None of the 33 were wearing a mouthguard at the time of the accident.

The CONCLUSION reached from this article was:

- (1) Basketball backboards should not be lowered to a level at which the face may come into contact with the net especially in children younger than 14.
- (2) Players should be discouraged from raising the take-off area under the backboard.
- (3) Players should not hang on or climb on the basketball rim or backboard.
- (4) A mouthguard should be worn when playing basketball, either recreationally or competitively. A mouthguard may prevent teeth from becoming entangled in the basketball net.

This article prompted the Lowered Basketball Backboards Manufacturers to place a warning on their products.

WARNING

“Failure to observe may cause property damage and or serious injury. This product is not designed to support a player hanging from any component of this basketball system. Rim height adjustment should be under parental supervision.

Wear a mouthguard when playing to avoid dental injuries during play. DO NOT wear jewelry, objects may entangle in the net.”⁽²⁾

While this article was written almost 20 years ago, the authors Kumamoto and Winters have from time to time considered a second questionnaire to follow up with current findings on the topic. Our thoughts have been the problem for a dental trauma from the lowered backboards seems to have decreased. Possibly the manufacturers WARNING has had an influence on the safety issues in spite of the growing trend of the

continued on next page



Historian's Corner

continued from page 7

NCAA and NBA players dunking the basketball on a regular basis. Maybe mouthguards are more widely being worn by basketball players?

HOWEVER, on a sad note this March, after a freak accident, a 16 year old basketball player from my high school, Bucyrus, Ohio, died of injuries from dunking a basketball on an outdoor basketball backboard. To quote the newspaper Account; "The player jumped up and grabbed on a lowered rim and the support pole snapped and landed on him breaking his jaw. His brain was without oxygen for an unknown amount of time, causing damage to the portion that controlled his heart." He was life-flighted to a Children's Hospital and died two weeks after the accident. (3)

There are many questions and concerns with this tragic accident; Read again the WARNING LABEL The user's beware! For the readers of this article, "The ball is in your court.....to spread the word."

- (1) Kumamoto DP Winters JE Tooth avulsions resulting from basketball net entanglement JADA, Vol. 128 Sept 1997 (1273-1275)
- (2) Dick's Sporting Goods Store. Lowered Backboard WARNING LABEL
- (3) www.bucyrustelegraphforum.com Lear 03-22-16.

Jack Winters, DDS
Historian
Academy for Sports Dentistry

BRAZILIAN INTERNATIONAL Congress of Sports Dentistry

The first ever International Congress of Sports Dentistry took place in Sao Paulo, Brazil, August 27-28, 2015 and received high marks in research, technical, scientific and clinical presentations provided by professionals and academics engaged in sports dentistry. One of Academy for Sports Dentistry's very own, Dr. Jeff Lloyd, represented the United States and presented several outstanding lectures, including: Oral Health and Athletic Performance, Drugs and Athletes, Trauma and Sports, and the Structural Makeup of the Academy for Sports Dentistry in the U.S. The scientific program was given the "thumbs up" by over 200 attendees who

came for the event. In addition, the Congress's website had over 11,000 hits during the meeting. A total of 20 poster presentations were also displayed.

On August 29th the Brazillian Academy for Sports Dentistry held a meeting of their Board of Directors and voted to award Dr. Lloyd with an honorary membership for his ceaseless efforts in Sports Dentistry.

The Brazilian International Congress of Sports Dentistry was a huge success, and the APCD (São Paulo Dental Association) will organize a 2nd International Congress of Sports Dentistry in 2017.

