

ACADEMY FOR SPORTS DENTISTRY



# NEWSLETTER

VOL. 30, NO. 1

## ACADEMY FOR SPORTS DENTISTRY 34<sup>TH</sup> ANNUAL SYMPOSIUM



**June 23-25, 2016**  
**Baltimore, Maryland**



### **President's Report**

Page 3

### **Historian's Corner**

Page 5-6

### **Special Olympics Report**

Page 7-8

### **Symposium Chair Report**

Page 4

### **Editor's Message**

Page 6

### **Date Saver**

Page 8

S P R I N G   T W O   T H O U S A N D   A N D   S I X T E E N

# ACADEMY FOR SPORTS DENTISTRY 2015-2016

## OFFICERS

<b>PRESIDENT</b>	Dr. James Lovelace 115 E. First Street Hinsdale, IL 60521
<b>PRESIDENT-ELECT</b>	Dr. Wayne Nakamura 2523 So Euclid Ave Ontario, CA 91762
<b>SECRETARY</b>	Dr. Jeffrey Hoy 3440 W. Lomita Blvd., Ste. 340 Torrance, CA 90505
<b>TREASURER</b>	Dr. E. Jan Chithalen 118 Stinson Street Hamilton, ON Canada L8N 1S5
<b>IMMEDIATE PAST PRESIDENT</b>	Dr. W. Robert Howarth 190 Greenbrook Rd. North Plainfield, NJ 07060

## BOARD OF DIRECTORS

### ONE YEAR TERM 2015-2016

Dr. Edward Bick 5806 A West 36th St St Louis Park, MN 55416	Dr. Danette McNew 1300 E Ralph Hall Pkwy Suite 114 Rockwall, TX 75032
---	--

### TWO YEAR TERM 2015-2017

Dr. Jeffrey Laubmeier 14583 Madison Ave Lakewood, OH 44107	Dr. Jared W. Mosley 7055 N Fresno Street Fresno, CA 93720
--	---

### THREE YEAR TERM 2015-2018

Dr. Andrew Arriola 27521 Jefferson Ave Temecula, CA 92590	Dr. Richard Landrgren 1168 N Blackstone Dr Chandler, AZ 85224
---	---

### 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

Dr. Jeffrey Lloyd  
9310 Baseline Rd.  
Rancho Cucamonga,  
CA 91701

### HISTORIAN

Jackson Winters, DDS  
200 Lima Avenue  
Findlay, OH 45840

### EXECUTIVE SECRETARY

Ms. Shelly Lott  
Meeting Accomplished  
118 Faye St.  
P.O. Box 364  
Farmersville, IL 62533

# 2015-2016 ASD COMMITTEES

### Constitution & Bylaws

Dr. Jeffrey Hoy, Chairman  
Dr. Whitney Johnson  
Dr. J. Kent Guebert

### Membership & Credentials

Dr. Wayne Nakamura, Chairman  
Dr. Edward Bick-recruitment  
Dr. J. Kent Guebert-retention  
Dr. Robert Howarth  
Dr. Andrew Arriola  
Dr. Richard Knowlton  
Dr. Jarod Mosley  
Dr. Kristopher Rappold  
Dr. Xavier Gutierrez

### Team Dentist Sub-Committee

Dr. Steve Mills, Chairman

### Fellowship Sub-Committee

Dr. Richard Mariani, Chairman  
Dr. Enrique Amy, Board Liaison  
Dr. Emilio Canal, Jr.  
Dr. Michael Messina

### Research and Education

Dr. Danette McNew, Chairman  
Dr. David Kumamoto  
Dr. Jack Winters  
Dr. Enrique Amy  
Dr. Mark Roettger  
Dr. Wayne Nakamura

### Position Statements- Sub-Committee

Dr. Brett Dorney, Chairman  
Dr. Hans Stasiuk  
Dr. Richard Knowlton  
Dr. Jeffrey Hoy

### Publications

Dr. Hans Stasiuk, Chairman, Newsletter  
Dr. Jeffrey Lloyd, Chairman, Website  
Dr. Emilio Canal, Jr., Journal  
Dr. Stephen Mills

### Annual Session

Dr. Howard Salob, General Chairman  
Dr. Rob Howarth  
Dr. James Lovelace  
Dr. Emilio Canal, Jr.  
Dr. Steve Mills  
Dr. Hans Stasiuk- Silent Auction  
Ms. Shelly Lott

### Nomination Committee

Dr. Rob Howarth, Chairman  
Dr. James Lovelace  
Dr. Wayne Nakamura

### Past Presidents /

### Strategic Planning Committee

Dr. Paul Nativ - Chairman  
Dr. David Kumamoto  
Dr. Alex Della Bella  
Dr. Stephen Mills  
Dr. Mark Roettger  
Dr. Enrique Amy  
Dr. Brett Dorney  
Dr. Jeff Lloyd  
Dr. Emilio Canal

### Student Affiliate Program Committee

Dr. E. Jan Chithalen, Chairman  
Dr. Hans Stasiuk  
Dr. Danette McNew  
Dr. Stephen Mills  
Dr. Mark Roettger  
Dr. Dave Kumamoto  
Dr. Michael Robinson  
Dr. Reginald Jewell  
Dr. Kristopher Rappold  
Dr. Jeffrey Laubmeier

### AGD Research Sub-Committee

Dr. Danette McNew, Chairman  
Dr. Richard Knowlton  
Dr. Rob Howarth  
Dr. Hans Stasiuk  
Dr. Stephen Mills  
Dr. Jack Winters  
Dr. James Lovelace  
Dr. David Kumamoto

### AGD Publication Sub-Committee

Dr. David Kumamoto, Chairman  
Dr. Hans Stasiuk  
Dr. Richard Knowlton

### Affiliation Committee

Dr. Rick Knowlton,  
Chairman and Board Liaison  
Dr. Robert Howarth  
Dr. Wayne Nakamura  
Dr. Jeff Lloyd

### SOSS-Sub-Committee

Wayne Nakamura, Co-Chairman

### USOC-Sub-Committee

Jared Mosley, Co-Chairman

### NATA-Sub-Committee

Paul Nativ, Co-Chairman

### Fundraising Committee (Corporate Sponsorship)

Dr. Emilio Canal, Chairman  
Dr. Paul Nativ  
Dr. Jeff Lloyd  
Dr. Jeff Hoy

## ACADEMY FOR SPORTS DENTISTRY LIAISONS 2014-2017

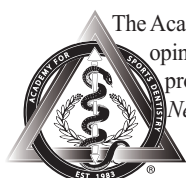
American Dental Association –  
Ms. Sharee Clough  
Academy of General Dentistry –  
Dr. Richard Knowlton  
Canada – Dr. E Jan Chithalen  
FIMS International Federation of Sports  
Medicine – Dr. Hans Stasiuk  
Joint Commission on Sports Medicine and  
Science – Dr. Jack Winters  
American Academy for Pediatric Dentistry  
– Dr. Andrew Spadinger  
International Association for Dental  
Traumatology – Dr. Emilio Canal  
ASTM International (Standards)  
National Collegiate Athletic Association –  
Dr. Jack Winters  
International Olympic Committee –  
Dr. Paul Piccininni  
American College of Sports Medicine –  
Dr. Stephen Mills

### 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



The Academy for Sports Dentistry, its officers and Board, are not responsible for the opinions, views or statements made in any essay, discussion or in the proceedings which are presented in *The Academy for Sports Dentistry Newsletter*.

*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

**James R. Lovelace, DDS, FASD**

I would like to update all ASD members regarding the ASD activities since our last Symposium in June. The 2015 Symposium was a huge financial success for ASD. Without listing names, I would like to thank all committee and board members who worked so tirelessly to help in our Symposiums' success. I am sure the terrific line up of lecturers who presented at the symposium helped, as well as who wouldn't want to come to Chicago- The city of the Stanley Cup Champion Chicago Blackhawks!

Some of the highlights of the 2015 year include:

1. Development of ASD's new power point presentation designed to help educate coaches, athletic trainers, parents, athletes and fellow dentists on the risks and prevention of orofacial sports injuries.
2. Updating the ASD position statements on both mouthguard standards and smokeless tobacco which can be found on the website.
3. Launch of our first regional team dentist course which was held in Dallas. ASD realizes that the team dentist course needs to be offered more frequently than just at the Annual Symposium. With the expansion of our relationships with NATA and USOC, it is evident that we need more certified dentists.
4. Improvement of the ASD website to allow our members to be more interactive through our member discussion forums and member resource library. The website also allows new members access to other members through our mentorship program.
5. ASD authored articles in the special edition dedicated to Sports Dentistry in AGD's General Dentistry November/December publication. This came to fruition due to the

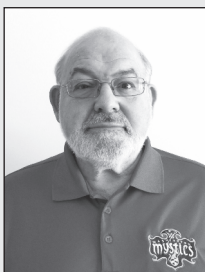
hard work of the committee and the authors.

6. Enhancement of our ASD/NATA referral program to connect certified team dentist with athletic trainers who need our dental assistance. This is yet another reason why all members should complete the team dentist course. Quite often the athletic trainers are responsible for assembling the medical teams and very excited that ASD has certified dentists willing to join the medical teams. We continue to educate the athletic trainers regarding dental injuries and the importance of custom fabricated mouthguards.
7. Treatment of US Olympic athletes through our affiliation with USOC. Certified ASD team dentists have performed not only screenings on the athletes at training facilities but many ASD members have performed dental procedures on some of the athletes at their private offices. ASD is also exploring the possibility of fabricating custom mouthguards on the athletes at an Olympic training facility.
8. Some ASD members were asked to attend the Special Olympics World Games this past summer in Los Angeles and perform dental screenings on the athletes. This venture grew from our relationship with Dr. Steve Pearlman and his affiliation with Special Kids Special Smiles.

As you can see ASD has been quite busy and we would like to invite all of our members to consider getting involved and offer your talents to our winning team.

Sincerely  
James R. Lovelace, DDS, FASD  
ASD President





**Dr. Howard Salob, DDS**

# Symposium CHAIR REPORT

Charm City USA aka Baltimore, MD welcomes everyone to the Academy for Sports Dentistry's 34th Annual Symposium. The 2016 Annual Symposium will take place June 23-25 at the Renaissance Baltimore Harbor Place in Baltimore, MD. I am very honored to have been asked to chair this year's Symposium. I have been a charter member of the Academy since its inception in 1983 and have served on the Board of Directors of the Academy. Having served as a Team Dentist for 3 professional sports teams in Washington, DC for the past 40 years has helped me to appreciate how much sports dentistry furthered my dental career. Affiliation with this Academy has enabled me to interact with many wonderful dentists from all parts of the world and glean from them many tips that I have used during my 46 years as a dentist.

We will once again kick off our weekend with our Team Dentist Course chaired by Steve Mills and Jeff Hoy. This course is intended to assist attendees in becoming a Certified Team Dentist. There will be lectures and workshops throughout Thursday, June 23 for those who have registered for this very special course.

I want to thank my local arrangements committee - Dr. Emilio Canal, Dr. Leslie Rye, and Dr. Mike Messina for helping me put together a great slate of speakers for our Symposium which begins on Friday, June 24 and continues through Saturday afternoon, June 25. Presentations will include a variety of topics that are of interest to many of us.

We will have our Recognition Luncheon on Friday, June 24 where we will honor Alexander Della Bella for his service to the Academy. Friday evening, June 24 will, once again, be highlighted by our President's Reception and Auction. Our Silent/Live Auction will be directed by our dynamic duo of Hans Stasiuk and Jan Chithalen. Proceeds from the Auction will benefit the ASD Research and Education Fund. We are also looking into social events to take place at the Samuel Harris Dental Museum and at Oriole Park

at Camden Yards.

I hope that many of you will be accompanied by your family. Attractions in Baltimore for families include the National Aquarium in Baltimore, the Maryland Science Center, the B&O Railroad Museum, and Port Discovery. These attractions are close to the Renaissance Harbor Place.

As you can see, our Symposium will include a time for education and fun for all. This Symposium gives those with an interest in Sports Dentistry an opportunity to share their knowledge, expertise and enthusiasm in the treatment of athletes and our non-athlete patients. Sports injuries not only happen to athletes on teams but also to our general dental population. I look forward to seeing many of you in Baltimore.

Howard Salob, DDS  
2016 Annual Symposium  
General Chairman





Jack Winters, DDS

# Concussions and Properly Fitted Pressure Laminated Mouthguards

## Years of Significance 1994 — 2005 — 2014 — 2015

The movie CONCUSSION was released December 25th. I was impressed by the attendees viewing the movie this Holiday Season. It was a mixture of senior citizens, young families and teenage athletes. As a former high school football quarterback, high school and college football official, Working Scout for Football Officials for the NFL, Pediatric Dentist, and author of articles on Sports Dentistry, I am concerned about the concussion injuries and youth's participation in contact athletic activities.

1994 - In the early Fall of 1994, I had a Saturday off from officiating in the Mid-American Conference (MAC). My wife and I attended the IADT meeting in San Diego, California. Arriving the night before the conference, we went to dinner in the hotel. Our table was next to another couple that spoke with a British accent.

The next day Dr. Ray Padilla said to me; "You have got to meet this dentist from Australia. He has a new approach to custom mouthguards that is better than we are making in America." Needless to say, the dentist was Dr. Brett Dorney with his wife Di. (The couple from the next table the night before.) The mouthguard and technique he introduced to us and to America that weekend was pressure lamination.

On Saturday afternoon of the conference, I took a break to watch the University of Southern California (USC) football game on television. I wanted to check it out since I had been assigned to referee the Notre Dame vs USC game in the LA Coliseum on the Friday after Thanksgiving. I noticed that the USC QB was not wearing a mouthguard. I knew that I was going to be put on the spot if I did not enforce the mandatory equipment rule when I refereed the ND/USC football game. I told Ray about it and he contacted the head athletic trainer at USC. A few weeks later I was officiating the ND/USC game. During the first time out, I noticed that the USC QB was not wearing a mouthguard. I stepped into the huddle asked him where his mouthguard was. He

pulled it out of his pants. I told him not to embarrass me. "I am a dentist. You better wear it!"

It was a highly contested game. Bowl Invitations were on the line. It was the only game on TV that Thanksgiving Friday night. It was a split crew of officials from the PAC-TEN and the MAC. We had never officiated together before.

The game ended in a 17 - 17 tie. It was the last major college football game to end in a tie. The next year the NCAA went to overtime. Both teams got Bowl Games. The QB for USC wore his "Cut-Off" MG most of the rest of the game after our time out talk.

That weekend at the IADT Meeting, in San Diego, Dr. Brett Dorney introduced Pressure Laminated Mouthguards to Dr's Padilla and I. The Academy for Sports Dentistry (ASD) encompassed the thoughts and added the terms: "Properly Fitted and Properly Worn Mouthguard" as recommendations for ASD.

This chance meeting at the IADT meeting in 1994 changed the attitudes and thinking of the Academy of Sports Dentistry and increased my awareness of the quality of mouthguards the football players were wearing on the fields.

2005 - The first controlled study was conducted looking at high school football. High school athletes from 6 football teams were recruited to participate in a study to look at mouthguards and the incidence of concussion injury during the course of a season of high school football. Three teams wore Properly Fitted Pressure Laminated Mouthguards (LM). Three teams wore Over The Counter Mouthguards (OTCM).

2014 - It took nine years for the study from 2005 to get the information and findings published. Like the movie, we met resistance. Mouthguards could not possibly make a difference in the concussion injury

*continued on next page*

## Historian's Corner continued from page 5

situation. Articles had been published from data collected from questionnaires over the Internet. The authors did not physically examine the mouthguards the athletes were wearing at the time of the concussion injury nor did they look at the MGs of the non-injured players. The conclusion reached was mouthguards did not make a difference. The thrust of research was concentrated on helmet research. That thinking remains. However, the movie and this article, published in General Dentistry, will possibly stimulate a new direction in research.

**"ROLE OF MOUTHGUARDS IN REDUCING MILD TRAUMATIC BRAIN INJURY/ CONCUSSION INCIDENCE IN HIGH SCHOOL FOOTBALL ATHLETES"**

Jackson Winters DDS,  
Richard De Mont PHD, CAT (C) ATC  
May/ June 2014 General Dentistry

In this controlled study, the authors found that wearing custom made properly fitted LM MG's with >3 mm. thickness in the posterior occlusal area statistically reduced the incidence of MTBI/ concussion injury when compared to OTC MG's during a season of play.

**2015 CONCLUSION** - There are many variables that contribute to the concussion injury. After viewing the movie CONCUSSION, more research and rule changes are needed to make the game safer for the athletes at all levels that play the great American team sport of football. Also other contact sports would benefit from further research.

Jack Winters, DDS  
Historian Academy for Sports Dentistry



**Hans Stasiuk, DDS**

## Editor's Report

Over the Christmas holidays I had the pleasure of going to the theater with my family to see the movie, Concussion. We really enjoyed the movie. Our 12 year old son, is a quarterback and kicker on a youth tackle football team. Although we are always fully aware of the possibility of Andrew getting a concussion and/or some other injury, it was an eye opener to see how devastating some of the long term effects of concussions can be. Hopefully, this movie can act as an impetus for further rule changes in football and other contact sports.

I feel blessed to be part of such a wonderful profession. In general, I find that most dentists are very giving of both their time and money when it comes charitable causes and volunteering. Growing up as the son of a dentist I saw how much my father volunteered both in our community and with our provincial dental association. He never talked to me much about volunteering but his actions inspired me. It wasn't until I graduated from dental school that I realized how much better our world is when

people volunteer. It is very heart warming and so much fun to volunteer. You feel that, in a very small way, you have helped to make the world a better place. I currently coach three different sports – football, speed swimming, and basketball. I find it very rewarding to help our youth to become better people. Recently my wife, son, and I have been helping 10 Somali orphans who recently moved to Canada. I have offered to help one of the dentists at the University of Manitoba Dental School coordinate dental services for these children.

Three members of the ASD, Dr. Wayne Nakamura, Ms. Lesley McGovern, and Dr. Jeff Lloyd volunteered at the 2015 Special Olympics World Summer Games Healthy Athletes Village. They thoroughly enjoyed their experience. While you are in Baltimore in June I encourage you to speak with them and see how you can help out with Special Olympics Special Smiles program.

I am looking forward to seeing everyone in Baltimore!



# SPECIAL OLYMPICS WORLD GAMES 2015

## HEALTHY ATHLETES



*Drs Wayne Nakamura, Steve Perlman, Founder of the Special Olympics Healthy Athletes Program, and Jeff Lloyd.*

Dr. Steve Pearlman (Special Olympics Special Smile Founder and global clinical director) invited the ASD to help with the Special Olympics Healthy Athlete Village. This past July, Jeff Lloyd, Lesley McGovern and myself, Wayne Nakamura, were honored to witness and represent the ASD at the ribbon cutting and opening of the 2015 Special Olympics World Summer Games Healthy Athletes Village. The Special Olympics Healthy Athletes Village is part of the Special Olympics program that offers health services and information to athletes in need. This village housed facilities for seven disciplines where Special Olympics athletes, their care givers and coaches, could receive free examinations in podiatry, physical therapy, health promotion, audiology, sports physical examinations, vision and dentistry. The three of us were able to volunteer and participate in the Special Smiles tent to provide dental screenings, oral health information and education, and delivery of mouthguards for those athletes requesting them. Individuals seeking dental treatment were able to be cared for by the local dental schools which provided staffing and mobile facilities for dental treatment such as dental prophylaxis, restorations and extractions.

While some may ask what does this have to do with sports, they should know that Special Olympics mission to raise awareness about the abilities of people with intellectual disabilities uses sports as the



*The celebratory figure in the 2015 Los Angeles Special Olympics logo represents the courage, determination and joy of the Special Olympic athlete.*



*Check-in tent for the Special Olympic athletes on the campus of USC.*

vehicle to showcase the skills and dignity of athletes, overcoming everyday barriers and bringing communities together to see and be a part of the transformative power of sports. Special Olympics believes in our world there are millions of people with different abilities not disabilities. Special Olympics believes many valuable lessons can be learned from sports, some of which are the joy in learning to dream when we train and strive for a goal, the self determination, and willpower to keep going when we suffer roadblocks, setbacks and losses before reaching our goals.

On a personal note, the time spent away from my practice and volunteering for this event was more than compensated by the experience of being able to witness not only the athletes' unbridled joy and sense

*continued on next page*

# Special Olympics World Games

continued from page 7

of accomplishment of reaching their goals of participating in the world games, but also the universal feelings of goodwill and giving of everyone associated with the games from fellow athletes, coaches, and volunteer staff, to the fans in attendance. I was proud to be able to be present and witness such a memorable and positive experience and also being able to give back through the use of my profession. I would encourage everyone to get involved with Special Olympics Special Smiles or some other charitable function, as the old saying of "you get more back than what you give" was truly my experience. I would like to mention that to possibly facilitate and enhance this ability to volunteer, the Academy for Sports Dentistry Board of Directors and Special Smiles, through the support and assistance from Dr. Perlman, is in the process of researching a possible affiliation to provide volunteers and dental consultants for Special

Olympics events both domestically and internationally.

At this time I would like to publicly acknowledge Dr. Perlman's role in bringing to light the problems facing individuals with intellectual disabilities with regards to dental health care disparities as it cannot be praised enough and also to thank him for all of his hard work and dedication in this endeavor. The association between Special Olympics and Special Smiles was made possible through Dr. Perlman's successful treatment and care for Rosemary Kennedy (of the famous Kennedy family). As a development of this relationship with Rosemary's legal guardians, Eunice Shriver and Senator Ted Kennedy, Dr. Perlman was able to bring clarity and awareness to the significant health disparities that exist for people with intellectual disabilities to the Kennedy family and was granted a request to align the Special Smiles program with the Special Olympics Healthy Athletes' role in becoming the largest global public health organization dedicated to serving people with intellectual disabilities.



## Academy for Sports Dentistry 34th Annual Symposium

June 23-25, 2016

**Renaissance Baltimore  
Harbor Place  
202 East Pratt Street  
Baltimore, MD 21202  
(888) 236-2427  
\$229.00 Single/Double**

Baltimore is a year-round vacation destination filled with experiences that appeal to travelers of all interests. From free museums and unforgettable dining experiences to strolls along the Inner Harbor and afternoons at Camden Yards - Baltimore's attractions leave visitors wanting more.

The Babe Ruth Birthplace museum, which closed for a few months for renovations, is scheduled to open on Orioles Opening Day (April 10, 2015) with improved public access to exhibits and other parts of the building. The museum will also present "Babe Ruth: 100 Years," a permanent exhibit to celebrate Babe Ruth entering professional baseball a century ago, with rare artifacts such as the scorebook from his first game with the then minor league Baltimore Orioles.



Please watch our website for additional information as it becomes available  
[www.academyforsportsdentistry.org](http://www.academyforsportsdentistry.org)  
Or call (217) 227-3431

Click here to view the 2015 Baltimore Visitors Guide.  
<http://guide.baltimore.org/>

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

Photos courtesy of Renaissance Baltimore Harbor Place and Visit Baltimore

Renaissance Baltimore Harborplace Hotel sits poised in Baltimore's famous Inner Harbor, offering luxurious guest rooms and suites - many with harbor views. You'll get equally dramatic water views at Watertable, our fine dining restaurant featuring menus inspired by regional producers and ingredients.

With our hotel's location overlooking the Inner Harbor, you're perfectly positioned to discover Baltimore's most iconic sights. For an insightful overview of the area's history, we can point you in the direction of Baltimore Heritage Walk. You can also go on foot to many of Baltimore's most famous restaurants and attractions.



### Highlights will include:

#### Team Dentist Course

##### Presentations

George Chiampas, DO, FACEP, CAQSM  
Brett Dorney, BDS, FASD  
Ruben Echemendia, PhD  
Steven Guttenberg, DDS, MD  
Douglas Lambert, DDS, FASD  
Paul Rupp, MS, ATC, VATL  
Glenn Shermer, DMD  
Mitchell Stark, DDS

#### Hands on Workshops

Mouthguard Workshop  
Splinting Workshop

#### Social Events

Recognition Luncheon  
President's Reception, Silent Auction  
Baltimore Orioles Game



Approved PACE Program Provider FAGD/MAGD  
Credit Approval does not imply acceptance by a  
state or provincial board of dentistry or AGD  
endorsement.  
04/01/2016 to 03/31/2018