



NEWSLETTER

VOL. 31, NO. 2

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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.



Dr. Danette McNew

Commitment to Excellence

Hello Academy!

I am completely humbled and yet thrilled to be your new President.

It is hard to believe that after 20 + years of being a fellow member, it is time to rise to the occasion and give back. I am ready. I see Sports Dentistry evolving and adjusting in new directions. We will be encountering some very interesting times in the near future and this is a great time to be involved in leadership.

Early this year, as I expressed my feeling of leadership and responsibility to my husband, he reminded me that ASD leaders support one another and I just need to look around and see all the leaders present who are still involved. Thank you to our leaders who have strengthened this organization and made this Academy successful.

My background is fairly similar to most. I graduated from Baylor College of Dentistry in 1988 (it is now called Texas A&M College of Dentistry and I will be happy to share with you how this happened). I have been an Associate Instructor at the dental college for 25 years starting at three days a week to presently one day a week. I teach in the senior dental student clinic and was the catalyst of our Sports Dentistry course in 1996. Student education is my passion and my gift to our profession. Since graduation, I have practiced general dentistry in Rockwall, Texas. A solo practitioner finds opportunities to continue growing and learning and so I have been very involved with Dallas County Dental Society in many roles and Dallas Study Club, a component of Seattle Study Club. I was proud to be chosen as 2016 Dallas Dentist of the Year. My favorite activities after work are hiking and travel, playing music with my flute and piccolo with a local orchestra and ballroom dance. No, I do not wear a mouthguard when I dance but yes, it can be a full contact sport! I also played softball growing up and love going to the Texas Ranger ballpark.

I anticipate an exciting role as President and would like to see Academy growth in four areas. First, effective communication of our benefits and the development of new benefits for existing and potential members is important. This will include connecting our experienced dentists with new young dentists in a structured mentorship program directed by our Membership Committee.

The second item of focus is leadership growth. It is necessary to develop individuals who desire to move into leadership. Leadership growth is essential for any organization to maintain their longevity in this environment of "moving away" or discontinuing society memberships.

Of course, third, is our ongoing need for Research Development and methods to support our mission statement and policies. Continual encouragement and targeted research projects should definitely be our priority!

Lastly, a new area of growth would be effective Publicity. Publicity is not just advertising but it is "becoming the expert" that the public and dentists seek for answers, information and resources. Advertising is gaining new members by paying for ads and controlling the placement BUT Publicity is announcing and informing and it is usually free. Newsworthy press releases have the ability to place our organization in the forefront. I have an enthusiasm for strengthening the public image and increasing the awareness of our Academy.

Thank you for this opportunity to serve you. I encourage you to become a leader in the Academy for Sports Dentistry. Only with your help can this organization continue to meet the needs of athletes and team dentists.

Danette



Editor's REPORT

By Hans Stasiuk, DMD

The past year has been great for the ASD! I would like to thank our Past President, Dr. Wayne Nakumura for doing such a masterful job guiding the ASD for the past year. It has been a pleasure to work with him over the past twelve months. Congratulations to our new President, Dr. Danette McNew. I know that she will make a wonderful President and I look forward to working with her.

I have been coaching youth football for the past seven years and speed swimming for the past five years. It has always been my philosophy to stress safety first and fun second. With respect to safety, I am a strong proponent of reminding athletes to remain well hydrated. It is so important to drink enough water before you become thirsty and dehydrated. Multi-billion dollar companies use the power of mass media to try and convince parents and their children that they need to consume sports drinks to help stave off dehydration. This could be no further from the truth. Health experts stress that young athletes should only be drinking water while they are participating in athletic activity. The only people that benefit from the consumption of commercially available sports drinks are the shareholders of these sports drinks companies. I asked my good friend, Dr. Brett Dorney, to share his knowledge about sports drinks.

We are so blessed that many of our colleagues had the foresight in 1983 to form the Academy for Sports Dentistry. Some of the founding members are still members of the ASD. I especially look forward to listening to their thoughts on the current state of Sports Dentistry. As members of the ASD we all have a keen interest in the prevention and treatment of dental injuries. Many of you are affiliated with high level sports teams either at the collegiate or professional level. You

will see and treat dental trauma on a more frequent basis than the rest of us. I came across two stories that I thought you might find interesting.

Prior to the 2017 NFL Draft, Jon Gruden had a series of reports on ESPN called Best of Gruden's QB Camp. One of the players he talked to was Miami Hurricanes quarterback Brad Kaaya. On October 8, 2016 he was on the wrong end of an illegal hit to the head. He was hit so hard that a piece of his tooth chipped. The story appeared in the Palm Beach Post website on October 9, 2016 and the headline stated that he had a tooth knocked out. Actually, the damage sustained was that a piece of one of his molars fractured. I found it interesting that after speaking to a dentist who was familiar with the incident, he said that the media exaggerated the incident. That being said, the headline did peak my interest especially since I don't hear of these stories very often.

While I was writing this report I came across another dental story in the media. In an NBA game between the Boston Celtics and the Washington Wizards, Celtics player Isaiah Thomas had a tooth knocked out. According to Fox Sports, the Celtics issued the following statement:

"As a result of a collision that occurred in Game 1 of the Boston Celtic's Eastern Conference Semifinals series against the Washington Wizards, Isaiah Thomas sustained multiple front teeth injuries including a complete fractured tooth and two other subluxed/shifted teeth that required extensive oral surgery to stabilize. He did not suffer a fractured or broken jaw.

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Thomas is currently wearing a four piece temporary bridge that cracked after being re-injured. This necessitated a replacement at halftime during Game 3 of the series. The spanning bridge is to protect and stabilize the injuries. Members of the Celtics medical team

anticipated the need to replace the temporary bridges, and are prepared at any time to do so. Thomas will receive a permanent bridge at a future date."

I am so thankful to everyone over the past several years who have shared their Sports Dentistry knowledge. Hopefully, all of us are better prepared to handle sports injuries thanks to the Academy for Sports Dentistry.

Sports drinks: To drink or not to drink?

Dr. Brett Dorney



Sports drinks are designed to deliver a balanced amount of carbohydrate and fluid to allow an athlete to simultaneously rehydrate and refuel during exercise. It is believed that the compositional range which provides rapid delivery of fluid and fuel and maximises gastric tolerance and palatability is 4-8% carbohydrate and 23-69mg/100ml of sodium. The electrolyte content of sports drinks, particularly sodium, helps to preserve the thirst drive. It is thought a sodium content of 10-25mmol/L enhances the palatability and voluntary consumption of fluids consumed during exercise. (American College of sports Medicine et al.2007) www.foodstandards.gov.au/

[code/proposals/Documents/P1030-HC-Sfoods-CFS.docx](#)

The pros of sports drinks

Sports dieticians advise sports drinks are designed for adults and are of most use during intense and prolonged exercise. The carbohydrate content fuels the body, they may delay fatigue, electrolytes and fluid are provided and the flavour can stimulate greater fluid uptake to <https://www.sportsdietitians.com.au/wp-content/uploads/2015/04/Sports-Drinks.pdf>

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Sport Drinks

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The cons of sports drinks

Sports drinks contain sugar so in an aerobic class you are adding calories while you are trying to burn them off. The sodium may not be necessary if you are not losing it through sweat. Sports drinks also contain acid which attacks enamel with devastating effects in a dry mouth.

So, should you drink them?

The Obesity Policy Coalition argues sports drinks are high in sugar and generally unhealthy. They should not display health claims that could mislead the public into thinking sports drinks were a healthier choice than water. www.opc.org.au/latestnews/mediareleases/pages/fat-chance-of-fair-game.aspx

The Australian Beverages Council takes the stance that there are advantages to hydrating with sports drinks, but ONLY for people who truly need them. Sports drinks are designed for those who engage in intensive exercise and are not suitable for kids. <http://www.australianbeverages.org/changed-labelling-sports-drinks-minimal-australian-consumers/>

Erosion and sports drinks

There is no doubt significant diet and lifestyle factors can contribute to tooth wear. These factors must be considered and controlled to manage and prevent tooth wear.

Dental erosion is defined as the progressive, irreversible loss of Dental hard tissues by a chemical process without bacterial involvement.⁽¹⁾ Studies have identified the consumption of acidic carbonated (soft drinks) and non carbonated beverages (sports drinks) as a large contributor to Dental erosion. Following consumption of these beverages there is the potential for the tooth surface to be softened particularly with frequent consumption and a reduced salivary function.

Continual exposure to acids along with other physical and biological influences will result in irreversible loss of tooth structure. If left uncontrolled and not managed correctly the damage can escalate causing rapid and substantial loss of tooth structure.

Intervention and assessment

It is essential to recognize the presence of tooth wear and also the activity status of this process. Most patients are unaware of their tooth surface loss and when it commenced. Patients should be educated so they can take responsibility for managing their diet and lifestyle choices, for reducing the risk factors and ensuring correct maintenance of their oral environment.

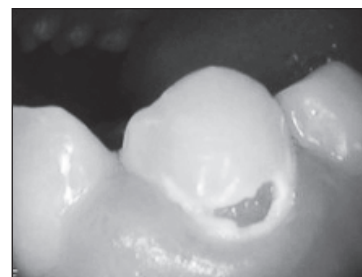
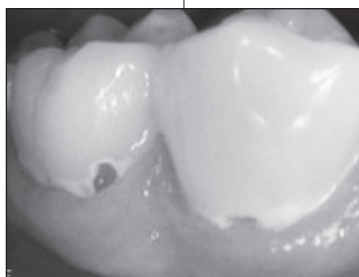
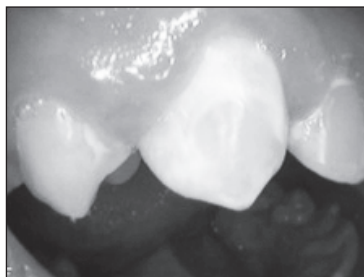
Patients should be made aware that sports drinks contain citric acid and sugar with excessive sugar actually stopping the clearance of fluid from the stomach. Sports drinks are not for children. They are heavily marketed as improving performance and recovery with taste, packaging, bright colors and convenience all selling points. Water alone is not enough.

As it has been established sports drinks contribute to dental erosion guidelines for their use have been proposed.⁽²⁾

- No swishing of sports drinks in the mouth.
- Minimize contact with teeth
- Avoid brushing teeth for 30 minutes after using a sports drink
- Rinse mouth out with water after consuming a sports drink
- Consume milk products or chew sugar free gum after drinking a sports drink
- Be sensible and use sports drinks correctly

References;

1. Taji S, Seow WK,. A literature review of dental erosion in children. Australian Dental Journal 2010; 55; 358-367
2. Meyers I, Committee report, Oral health, Tooth wear, erosion and acidic beverages. Australian Dental Association newsletter, September 2015; 23-25





FEATURED ASD Member Dr. Andrew Arriola

My name is Dr. Andrew Arriola and here is a little bit about me.

Growing up in Southern California, more specifically, West Covina, was great. I played basketball, soccer and baseball, my favorite being baseball. I attended USC for one year, then decided that the smaller Cal Poly Pomona University in California was more my style. That is why, after graduating from UCLA Dental school 1986 with my Doctor of Dental Surgery degree, I settled and opened my practice in the quaint Temecula Valley in California.

I have been at the same location for more than 30 years.

Because of my love for sports, I became a sports Dentist and joined the Academy for Sports Dentistry over 20 years ago, which was one of the best choices I could have made. I have been the Team Dentist for one of our local high schools for 20 years and the team Dentist for the lake Elsinore Storm which is a San Diego Padre affiliate since 1995. More recently, I have been supporting the San Diego Sabers semi-pro hockey team. On another non-sports note, I have supported the UCLA Dental School by accompanying them and helping to oversee the students on their bi-annual Honduras Missions trip where we saw and performed dentistry on hundreds of the locals in the middle of the Honduras jungle.

Here are some things you may not know about me. I had my 15 minutes of fame when I was on the TV show Street Smarts. I first met my wife in high school however, I did not start dating her until 30 years later and



we later married. When I was a junior in high school I was able to participate in the CIF baseball championships and played Anaheim Stadium the home of the Los Angeles Angels of Anaheim. We were victorious and won the CIF championships! And lastly, one of my mantras is based off of the bible verse found in the book of Joshua "Be strong and courageous. Do what is right. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

One dental fact that you may not know about me is that I

recently started placing dental implants and I thoroughly enjoy everything about the process. The other dental fact that you may not know about me is that my all-time favorite Academy for Sports Dentistry meeting was the Miami, Florida meeting, which just happened to correspond with the Hooter Convention.

On a personal note, my wife Renée and I enjoy many activities together. We like long walks, attending and volunteering at church together, swimming, baseball games, concerts and of course, traveling to the meetings of the Academy for Sports Dentistry, to name a few. Combined, Renee and I have 5 great children. Mine are Tony (26) and Nick (23). Renee's are Wesley (29) Arielle (27) and Jordan (26). We love getting together with our children to play ping pong, fly mini helicopters and tennis. The last thing I would like you to know about me is that although I serve as the Team Dentist for the Padres Organization, I wear Dodger Blue, through and through. Go Dodgers.



Academy for Sports Dentistry 36th Annual Symposium

June 28-30, 2018

Windsor Court Hotel
300 Gravier Street
New Orleans, LA 70130
Phone: (800) 262-2662

<https://www.windsorcourthotel.com/>
\$189.00 Single/Double



Tucked into a quiet corner of the Central Business District near the Mississippi Riverfront, some of the city's most fashionable shopping, the exciting Arts & Warehouse District, galleries, restaurants, entertainment, and the energy and the nightlife of the historic French Quarter are all within a two-block stroll of the Windsor Court Hotel.

In addition to the renowned venues within Windsor Court (The Grill Room, The Polo

Club Lounge and Le Salon – for traditional afternoon tea), New Orleans itself provides its visitors with an abundance of city sights, enough to enjoy a wide variety of experiences. Choose from our famous restaurants, lively jazz clubs, stately ante-bellum plantations and homes, art galleries and museums. The very essence of the Crescent City is 'joie de vivre' and as such New Orleans is to be enjoyed by her visitors!



A timeless city with a unique way of life, New Orleans is a celebration. Steeped in European traditions and Caribbean influences, the Big Easy calls curious minds to sounds and aromas fueled by three hundred years of history.

From the moment you arrive New Orleans will beckon your ears, allure your eyes and enchant your heart. Follow the scent of gumbo floating out the kitchen window, foster a path that leads to the sounds of drums and a Blues guitar, create the route that welcomes you to a historic mansion or a hidden courtyard.

New Orleans is many things to many people – a home for the arts, a hub of innovation, an agent of inspiration. After the meeting, explore your own New Orleans. Take the historic streetcar down a line of shady oak trees on St. Charles Avenue, enhance an art collection in the Warehouse / Arts District galleries, and feast on authentic culinary delights that call Louisiana home.

We believe our lagniappe – a little something extra – will stay with you, calling you back to discover the mystery behind our magical city. New Orleans is and will always be a picturesque metropolitan, a culturally rich haven and an authentic experience.



Highlights will include:

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Hands on Workshops

Social Events

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Click here to view the 2017 Visitors Guide.
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This is a meeting that you won't want to miss!



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