



NEWSLETTER

VOL. 27, NO. 2

ASD and the USOC to Partner for Olympic Athletes

Pages 4 & 5



President's Message

Page 2

Editor's Column

Pages 3 & 6

New Editor Sought

Page 6

31st Annual Symposium

Page 7

New American Dental Association Liaison Announced

Page 8



Hello everyone!

Jeff Lloyd, DDS, FASD

Hello everyone. Greetings from Southern California! Since my last communication with you everyone has been working hard – the board, committees and our executive secretary all to make ASD the premier Academy for Sports Dentistry that it is.

New Website

As of June 2013, our new website has launched. We hope that you like it as much as we do! By now you are aware that with the new website you have the ability to renew your membership online. If you have not renewed your membership, please do so at your earliest convenience so that you don't lose any of the benefits of membership. We hope that you take some time to look around the website to see all of the new features that it has to offer.

ASD's Annual Symposium for 2013

(Philadelphia, Aug. 1-3, 2013)

Our annual symposium is just a couple of weeks away. Pass the word along to all of your colleagues; this meeting will be the best ever! Bring some friends!!! Dr. Steve Mills will be heading the "Team Dentist Course" on Thursday, August 1st, and Dr. Rick Knowlton, General Chair of the Symposium, will be in charge of the lectures and workshops, Friday and Saturday, August 2-3. Don't miss out on a host of great speakers and three fantastic workshops (mouthguard, suturing, and oral cancer). Like sports memorabilia? We'll be adding some new items to our usual auction items for the Friday night President's Banquet. You won't go home empty-handed. Drs. Hans Stasiuk and Jan Chithalen, our incredibly talented auctioneers, will make sure of that! And,

somebody lit a fire under the dental students. Come and see what they have been up to.

USOC/ASD Affiliation

It's official: ASD and the United States Olympic Committee have finalized their affiliation. We'll start rolling out the marketing for this via our new website, email and social media with the big hoopla sign-up at the annual meeting in Philly. Credit goes to Dr. Jack Winters for getting the ball rolling, and Dr. Rick Knowlton for his relentless follow up. Thanks, guys! Applications can be obtained from our executive secretary, Shelly Lott at sportsdentistry@consolidated.net.

News

Our 2014 Annual Symposium has been set for June 20-21, at the Westin in downtown San Diego, CA. It will have just been newly renovated. Dr. Andrew Arriola will serve as the General Chairman. On another note, NATA will be holding its 64th annual meeting in Las Vegas June 24-27, and I will be presenting on behalf of our Academy.

Have you been reading the ASD Update? I hope so. Are you finding the information useful?

I can't begin to thank our board of directors and executive secretary enough for all of their help and support this year. It's indeed been a pleasure serving you as your president. I have thoroughly enjoyed it.

See all of you in Philly,
Jeff Lloyd, DDS, FASD
President



Steve Mills, DDS, Editor

Editor's Message

Do We Practice Evidence-Based Sports Dentistry?

I'm sure that all dentists try to practice dentistry based on a firm foundation of a dental school education supported continually by continuing education efforts and each dentist's personal efforts to keep up with the dental literature. In recent years we have been encouraged to practice the apparently new idea of "evidence-based dentistry."

Isn't that what I've been doing?

Two recent articles led me to question my understanding of what practicing evidence-based dentistry means. The first was a critical summary by Ana Karina Mascarenhas of a 2007 systematic review about mouthguards by J.J. Knapik, et al in the *Journal of Evidence-Based Dental Practice* (June, 2012). The results were that mouthguards work at protecting teeth but the evidence does not support protection against concussions. No surprise there but the protection against dental injuries was not very dramatic and the evidence used in the review was termed "limited." I didn't understand what was meant by "limited." But Dr. Mascarenhas did agree with the authors' assertion that "high-quality research on mouthguard use and concussion is needed and is appropriate."

The second article was by a great friend of the Academy, Asgeir Sigurdsson entitled "Evidence-based Review of Prevention of Dental Injuries" in *Pediatric Dentistry*, Mar/Apr 2013. His conclusions were that, "The few epidemiologic studies that have been published on the possible protectiveness of the mouthguards in vivo are mostly of low level of evidence, and even those studies do not all agree on how much they actually protect the dentition. Once again I began to feel that I was missing something in sports dentistry and my understanding of the literature.

It was time to take the bull by the horns and get educated. I applied for and subsequently attended the American Dental Association's "Champions of Evidence-Based Dentistry" course in Chicago. Here we learned the basics of the concept and we were encouraged to take the information and bring it to others.

Some of the most important ideas were:

1. Practicing evidence based dentistry is centered on the interplay of three individual concepts: The best evidence available, the individual dentist's clinical expertise and judgment, and the needs and preferences of the patient.
2. It is NOT a cookbook for treatment, it is not a standard of care, it is not a mandate for certain treatments and it does not take the place of clinical judgment.
3. The dental literature is voluminous and changes constantly. It is virtually impossible to read everything on any given important topic. We were educated as to which articles are the most important and useful. Systematic reviews and randomized clinical trials are the most powerful (especially if there is a critical summary of the review) and "bench top" or in vitro studies, animal studies, and case studies are considered "weak." This was a bit troubling as sports dentistry could be considered very heavy in laboratory studies of materials and force dissipations, as well as case studies. Cohort studies and case control studies fall in the middle area.
4. There are several practical ways to access the best literature available, and for most of us in the U.S. the best place to start is the

Continued on page 6

ASD and the USOC to Partner for Olympic Athletes

The leadership of the ASD and the Medical Network of the US Olympic Committee have officially finalized an agreement to allow members of ASD to become volunteer dentists for Olympic Athletes. The intent of the agreement is to partner with the medical network of TEAM USA to supply free regional dental care for athletes who both qualify for this and who express both a need and desire for dental care. This volunteer effort by our members joins with similar efforts by physicians, chiropractors, physical therapists and others seeking to support our Olympic Athletes.

This collaboration took shape at the Joint Commission of Sports Medicine and Science to which the ASD has been a member for many years. Academy liaison, Jack Winters, had preliminary discussions with Dr. Bill Moreau, the US Olympic Committee's Managing Director of Sports Medicine about how our members could be of benefit to the Olympic Athletes. This led to a meeting of incoming ASD President Rick Knowlton with Dr. Moreau and Corey Warner, the US Olympic Committee Director of the National Medical Network in the spring of 2013. Over the next few months, with input from the Board of the Academy and the USOC, the partnership was formally agreed to.

The basic idea is that participating dentists will volunteer to supply specific basic dental health service to Olympic athletes (not Olympic hopeful athletes, rather those who the USOC has designated specifically as their elite Olympic athletes) free of charge. These services will include exams, preventive services, radiographs, restorations, bleaching, and athletic mouthguards. The dentists must apply for the privilege of being a provider and must have completed the Team Dentist Course of the Academy for Sports Dentistry. The Medical Network wants to ensure that the volunteers are competent practitioners who can demonstrate that they are well versed in the needs of the high level athlete. To receive an application for this effort please contact executive secretary,

Shelly Lott at sportsdentistry@consolidated.net. It is stressed that this is a privilege being extended solely to members of the Academy for Sports Dentistry at this time.

According to the agreement, "Dentists who agree to fulfill the service requirements and treat an athlete will receive a certificate with the following verbiage, "PRESENTED IN RECOGNITION OF YOUR SERVICES IN SUPPORT OF TEAM USA ATHLETES," and will be identified as a dental provider on a list with other dental providers that will be available online at TEAMUSA.org. "Volunteers may also use the phrase 'Member of the 2013 USOC Dental Volunteer Program' on their biography or CV's. Volunteers do not however have the right to use any USOC intellectual property (such as the Olympic Rings or the USOC trademark) in any advertising or marketing efforts. In addition, it should be clear that inclusion in this program does not imply an endorsement as the "USOC will not endorse the service of (a) dental provider."

This is a landmark agreement for the Academy for Sports Dentistry and represents the fact that we are considered a viable partner in the world of Sports Medicine. The hard work of both Jack Winters and Rick Knowlton and ASD's continuing commitment to the Joint Commission on Sports Medicine and Science should be congratulated. This agreement also points to the importance of the concept of the "Team Dentist Certification" as it is important to our partners in sports medicine that we can demonstrate that we do have special training and knowledge in our unique field. The Board encourages all members to become Team Dentist certified and to take part in this initiative to help our Olympic Athletes.



UNITED STATES
OLYMPIC COMMITTEE
1 Olympic Plaza
Colorado Springs, CO 80909

May 15, 2013

To: The Academy for Sports Dentistry Members

Thank you for your interest in becoming a participating Dentist in The United States Olympic Committee's Online National Medical Network Provider Database. The USOC is committed to supporting elite U.S. Olympic and Paralympic athletes' performance objectives by maintaining and improving their short and long- term health with a focus on prevention, performance optimization and injury care. To achieve this aim, the USOC will identify partners that have demonstrated a proven track record with high performance athletes by providing medical care, performance support, research, and educational expertise in sports medicine. Identification of these centers/providers will demonstrate and inform the community of their commitment to Team USA.

Being identified as a provider in the USOC Online National Medical Network Database occurs through an invitation from the USOC and the acceptance of participation by a medical provider/institution to provide medical care and/or performance services for one or more specialty and fiscal and additional resources as agreed upon. While considering the dentistry needs of our athletes, The Academy for Sports Dentistry (ASD) members appeared to be a strong fit to join the Online National Medical Network Provider Database which offers national resources for our elite athletes.

Based on the education and experience of providing dental care to athletes, the USOC would like to pursue participation from the members of ASD and propose the participation requirements outlined in the enclosure for your consideration. Please note, being identified in the USOC Online National Medical Network Database does not provide members with marketing rights to promote member participation or rights to use any USOC marks/IP.

To become involved as a provider please complete the application and forward it to Shelly Lott at:

Academy for Sports Dentistry
118 Faye Street, P.O. Box 364, Farmersville, Illinois 62533
Phone: 800-273-1788 US ● Outside the US 217-227-3431 ● Fax: 217/227-3438

Thank you again for the interest in the USOC's National Medical Network Database. We look forward to discussing this further and establishing a relationship that is mutually rewarding

Sincerely,

Cory Warner, US Olympic Committee Director, National Medical Network

CC: Dr. Bill Moreau, US Olympic Committee Managing Director, Sports Medicine

Do We Practice Evidence-Based Sports Dentistry?

continued from page 3

ADA's evidence-based web site, ebd.ada.org. There are tutorials to guide you through the site but it is fairly simple. In addition to making the ADA library of articles accessible there are also links to PubMed, the Cochrane reviews, and other sources.

5. Many dental schools are using this hierarchy of literature for their students. Students are not as often told to go to innumerable small studies and are taught to use randomized clinical trials and systematic reviews first. The Dental School at the University of Texas Health Science Center at San Antonio actually has a very fine and useful website (cats.uthscsa.edu) in which students are required to place reviews called "CATs" (Critically Appraised Topics) of various articles for use by the visitors to the site. Readers can also comment on the student's reviews. This is a very useful guide and a great initiative.

Sports dentistry needs to progress and it needs to be based on solid, clinically relevant research. I am not dismissing all of the wonderful laboratory work done by excellent scientists worldwide. I am also not dismissing important case studies and clinicians observations. Without these there would be no new ideas. But ultimately these must be shown to have clinical relevance and effectiveness.

I would like to propose that the ASD have an in depth workshop at a future Annual Symposium on the topic of Evidence-Based Dental Practice targeting topics of importance to sports dentistry. I would also highly recommend the course by the ADA that has been held annually. I would be interested to hear what you think about this.

New Editor for the ASD Newsletter Sought



The Academy for Sports Dentistry is encouraging applications for the position of editor of the Newsletter of the Academy for Sports Dentistry. The Newsletter is published three times a year in the journal *Dental Traumatology*.

The editor has full support of a managing editor who assists with layout and design, proofreading, and serving as liaison with the printer. The editor is responsible for identifying topics of interest in sports dentistry, writing or securing articles, and working with the managing editor to supervise the

layout of each issue. Graphic design experience is NOT necessary for the editor position.

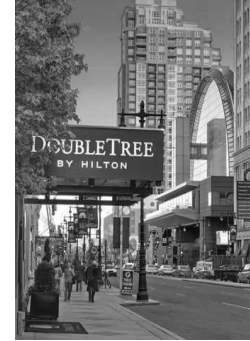
The editor is invited to all meetings of the Board of the Academy. All interested applicants should contact Shelly Lott at sportsdentistry@consolidated.net. The usual commitment is three years. This is a wonderful way to keep abreast of the world of sports dentistry as well as a very rewarding way to serve the Academy.



Academy for Sports Dentistry 31st Annual Symposium

August 1-3, 2013

**Doubletree by Hilton
Philadelphia City Center
237 South Broad
Philadelphia, Pennsylvania 19107
(800) 222-8733
<http://www.philadelphia.doubletree.com>**



Philadelphia is a dynamic destination, where you will find a full-on fusion of historic and hip, traditional and trendy. It's a must experience city that people visit to make great memories. World-renowned museums, historic gems, a vibrant arts-and-cultural scene, no tax on clothing and shoes, and an abundance of opportunities to learn and network, make Philadelphia the smart choice for travelers from around the globe!

Many of the most famous attractions of the city is the center of the country: Independence Historical National Park, Liberty Bell, Independence Hall (where the Declaration of Independence was signed) and Constitution Center, honoring States Constitution United. Besides places full of history, "Philly" as locals call it, also has artistic and cultural interests, with a renowned orchestra, world-renowned museums and excellent restaurants. Kimmel Center for Performing Arts is the shining jewel of the city's artistic crown.

The Doubletree by Hilton Hotel Philadelphia Center City is centrally located in the heart of Philadelphia's cultural district on the Avenue of the Arts. Across from the Academy of Music, this comfortable high-rise Philadelphia Hotel is within walking distance of many of Philadelphia's attractions including City Hall, and the Liberty Bell.



Highlights will include:

Team Dentist Course

Presentations

**Brett Dorney, BDS, FASD
Sam Elias
Barry Glassman, DMD
Paul Krasner, DDS
Joel Laudenbach, DMD
Robert Lowe, DDS
Steve Perlman, DDS, MScD
Mehmet Illhan Uzel, DMD, DSc
Andy Wagenheim**

Hands on Workshops

**Mouthguard
Suturing
Oral Cancer Screening**

Social Events

**Recognition Luncheon
President's Reception, Silent Auction**

Please watch our website for additional information as it becomes available
www.academyforsportsdentistry.org or
call (217) 227-3431

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

New American Dental Association Liaison Announced

The Academy for Sports Dentistry is pleased to announce a new liaison to our organization. Sharon (Sharee) Clough has been designated the liaison from the American Dental Association to the ASD. This relationship with the ADA has existed almost since the founding of the Academy in 1983. It has been a close and mutually beneficial relationship for both organizations. The Academy has been aided and validated by its recognition by the ADA and the ADA has benefitted by using the ASD and its members as a resource on sports dentistry for information and input on several of its publications.

Ms. Clough's official position is the Coordinator of Preventive Health Services of the Council on Access, Prevention and Interprofessional Relations (CAPIR) of the American Dental Association. Sharee is a registered dental hygienist (William Rainey Harper College). She earned her bachelor's degree in Health Arts from the University of St. Francis and her M.S. Ed from Northern Illinois University. She has been a clinical hygienist, a member of the faculty for two dental hygiene programs, and served as the Illinois State Oral Health Coordinator for the Illinois Primary Health Care Association. She joined the ADA in 2011 and assists in the management of fluoridation and other population-based activities.

The ASD is gaining a new colleague but we are losing a valued friend and associate. Nicole Stoufflet-Catral has served as our liaison for many years. She followed Dr. John Kylop, our first liaison, who initiated the position and created the strong bonds between the two organizations. Nicole joined us in 2006 and further developed the way the ASD could be aided by the ADA. It was a direct result of her efforts that articles on sports dentistry began to regularly appear in the newsletter of the American Dental Association and our meetings were also prominently acknowledged. Our members were often asked to submit both information and photographs for brochures and other printed materials of the ADA

and the Academy was always given credit for any submission that was used.

The most recent example of Ms. Catral's commitment to the importance of sports dentistry was that the American Dental Association became a cosponsor of National Facial Protection Month (NFPM) in April of 2013, joining the American Association of Oral and Maxillofacial Surgeons, the American Association of Orthodontics, the American Academy of Pediatric Dentistry, and the Academy for Sports Dentistry. Nicole was responsible for notifications on the ADA Facebook page and Twitter account. In addition, a "Banner" on sports dentistry was posted on the ADA's Mouth Healthy.org website. And last, but not least, an article appeared by Stacie Crozier (another good friend to the Academy) in the *ADA News* highlighting NFPM and many of the resources available through the ADA.

Ms. Clough related an interesting story about an image from the Facebook post that showed LeBron James when he appeared to be chewing his mouthguard. Members of the ASD are often miffed by images that don't show the best in oral protection styles and usage. While CAPIR did not approve the use of the photograph, they allowed it to be used, as the feeling was that intent of the picture was to support the message "sport stars wear mouth guards and so should you!" As a direct result of our liaison relationship it is gratifying to see that our messages of what constitutes good rules of mouthguard use are recognized.

The Academy for Sports Dentistry welcomes Sharee Clough and we are sure that both the ADA and the ASD will benefit from her involvement. The Academy would also like to extend a warm note of thanks to Nicole Stoufflet-Catral for her years of friendship, hard work and dedication to her role with us. We wish her the best in her continuing activities with the ADA where she will oversee the Give Kids a Smile program that has "become the world's largest charitable program and the ADA's signature access-to-care endeavor."