

## **Dental Traumatology and Sports Dentistry**

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**Abstract:** Sports dentistry has gradually grown as speciality in recent years. It is very common among children to get injured while taking part in any kind of sports activity. Dental Trauma is the major bracket which connects sports and dentistry. In recent years, road traffic accidents, domestic violence have contributed immensely to initiate the dental traumatic injuries which is nowadays considered as a dental public health problem. Sports dentistry is the branch of dentistry which deals with prevention and treatment of oral & maxillofacial injuries. It comprises of two components: first is the treatment of oral and craniofacial injuries and second is the prevention of these sports related injuries. Dentists must be knowledgeable about certain treatment modalities in branches of dentistry such as orthodontics, endodontics, and oral surgery to ensure and provide comprehensive dentofacial care.

**Keywords:** Sports dentistry, Prevention, Dental trauma, Mouthguards.

**DENTISTRY AND SPORTS** It is a well-known fact that that physical activity has contributed significantly to our lifestyle among all age groups.<sup>2</sup> Although there are plenty of reasons for people to participating in different physical activities such as for relaxation, competition, for personality development, for socialization and many more reasons. However, it can also become a cause of concern for persons because at times, either it can lead to some injury or personal disability.<sup>3,4</sup> Dental and facial traumatic injuries are common sports related injuries. Some reports even widely suggested that participation in sports activities can carry a risk of sustancial dental injuries.<sup>5</sup> A study done by the National Youth Sports Foundation for the Prevention of Athletic Injuries, Dental traumatology is a major connecting link between sports and dentistry. Sporting activities have become a huge integral part for those people who want to get involved in recreational activities. Dentistry plays a key role in handling oral and maxillofacial injuries which arise due to any sports activity. Sports dentistry is actually associated with prevention of injuries of oral and maxillofacial region and specific oral diseases in this particular area and its manifestations. Over the years, various preventive measures have become a significant part of sports dentistry which includes the use of mouthguard and dietary counselling. A sports team dentist, who plays a huge part in the diagnosis, management and prevention of injuries and diseases in sports-persons is also a great need in schools and colleges. In this review, we discuss the relationship of sports and dental diseases and how the parents and teachers are becoming an important factor in prevention of sports related injuries. Inc. estimated that around 10% of sports athletes all over the world can sustain injury to craniofacial region.<sup>6</sup> Several studies estimate that

sports related injuries or accidents were 13-39% of dental injuries and 11-13% of these injuries were maxillofacial injuries.<sup>7</sup> It has also been suggested that males suffered more from sports-related trauma as compared to females with the most commonly fractured tooth being the maxillary central incisors. Meadow proposed that in children, sports activities were found to be a significant factor for oral trauma. With increasing in progression of dental injuries in sports, it becomes a big concern for handling of emergencies with the proper care and maintenance. Jackson (1996), has mentioned about how dental professionals should interact with athletes as well as about the various opportunities of dentists in the world of sports. Another study briefly described how dentists can help athletes using their knowledge in different practices in several ways by fabricating mouth guards or conducting pre-season screenings of oral diseases. In 2002, there were three policy statements were recommended by Council of clinical affairs of American academy of paediatric dentistry: Dentists should play a key role in educating the public about the use of protective devices in sports activities which not only reduced the number of injuries but also reduced the cost of preventive care. Prolonged use of preventive measures should be practiced in school and college level sports such as football, ice hockey. Instructions of properly fitted mouthguards in various sports which may cause a risk of dental injuries

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