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## The role of dentistry in the care of elite athletes: Why elite athletes should be treated as a special case

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The role of sports dentistry is increasing as professional embraces the concept of good oral health as an integral part of elite athletes' awareness of the potential influence of diet, regular maintenance and preventative measures. Recent studies suggest that the oral health of elite athletes is inferior to that of a similar cohort in the general population, which is reported to have an impact on their way of life and a perception of having an impact on performance. Following London 2012 Olympic Games, there was a realization that poor oral health was having a negative impact on many of the worlds' top athletes. The initial study looked at the oral health of 302 Olympic athletes and found high levels of caries, periodontal disease and erosion. Athletes reported that poor oral health was impacting on quality of life and potentially performance. 33% of athletes seeking medical advice at London 2012 attended for dental related problems. A recent study of professional footballers in the UK reported high levels of caries, periodontal disease and erosion. All dental professionals should be encouraged when dealing with elite athletes- regularly at club level, irregularly in the international arena and occasionally at world sporting events. The introduction of screening for elite athletes, greater emphasis on prevention, dentists who appreciate the special issues that athletes present with and good dietary advice from an oral health perspective is all needed if we have to resolve the challenges of the oral health of elite athletes.

### Biography

M T Baghani has completed his DDS at Shahid Beheshti University and he is pursuing his Post-doctoral studies in Prosthodontics at Shahed Dental School. He has published five papers in reputed journals.

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