

20TH ANNUAL WORLD DENTAL SUMMIT

March 20-22, 2017 Rome, Italy



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Prevention of Loss of Tooth Tissue, both Acute and Chronic, in Professional and Amateur Athletes.

Both professional and amateur athletes have been shown to loose tooth tissue in an acute way through trauma and in a chronic way through erosion. This workshop will discuss the various ways that dentists can influence and prevent the loss of tooth tissue and advise sportsmen and women on preventative measures. Acute trauma is a familiar and dramatic form of tooth loss/damage, the incidence of which can be reduced by appropriate preventative means. Chronic tooth surface loss as result of diet, system illness and poor oral health is much more difficult to recognize and prevent. The screening and education of athletes needs to be considered in order to prevent tooth surface loss as a result of erosion. The workshop will endeavor to discuss the various elements involved in preventing tooth surface loss, the difficulties in educating elite athletes and preventative measures at our disposal. Depending on the number of delegates attending the workshop, I will give a brief introduction to the topic and then divide the delegates into small groups to discuss: i) Preventative measures for acute trauma to the dentition, ii) The role that diet has to play in preventing tooth surface loss, iii) The role that regular screening of athletes has in prevention, iv) The influence of systemic disease ion tooth surface loss and v) What do we have at our disposal to prevent chronic tooth surface loss. Each group will then present their findings to the workshop and conclude with a final summing up.

Biography

Peter Fine has been running the Sports Dentistry Programme at UCL Eastman Dental Institute for 7 years. In addition to running a general dental practice he teaches on the Master's Restorative course at the Eastman and has been one of the founding members of the group involved in Sports Dentistry, who undertook research at the London 2012 Olympic Games. As a result he has published articles on the oral health of athletes and reviews possible articles for a number of journals.

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