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Dental related injuries among Yucatecan Sports Institute's youth athletes and their oral health perception

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Sports dentistry (SD) has been acquiring a major role in some grand institutions worldwide; many authors reported that dental injuries have a negative impact on athletes' performance, the most representative research made by Needleman, et al. at London 2012 Olympics. Mexico sports dentistry association states that there are no official epidemiological researches available in the whole country, so our main goal was to establish the prevalence of dental injuries among youth athletes. Having the informed consent signed, we made a dental record among athletes looking for carious lesions (CL), periodontal index (PI), dental erosions (DE), pericoronitis (PC) and exogenous pigmentations (EP) on hard tissues, followed by a questionnaire evaluating habits and SD perception. 89 athletes took part in dental records, with an average age of 17.1 years, distributed in five disciplines: Athleticism, boxing, judo, weightlifting and bullet throw. About 67% of the athletes had CL, 19% EP, 11% and 3% had DE; Russell's PI showed an overall tendency to Gingivitis. 76% consumed sports drinks. We asked them if they heard about SD and 74% answered negatively; 25% felt bothered by their oral health; 57% believed that a good oral health is not necessary for a good performance and 73% of the athletes believed that a dentist would be helpful. CL and Gingivitis were the most prevalent injuries, we strongly believe that further research is needed to develop SD locally which will help to design oral health promotion among athletes and encourage them to have a good health

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