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Relationship of sports dentistry with other areas of health

Gustavo Ferriera
Odontofitness, Brazil

The Sports Dentistry is an area of practice that includes theoretical and practical segments of Dentistry, aiming to investigate, prevent, treat and rehabilitate, understanding the influence of diseases of the oral cavity on the performance of professional and amateur athletes, with the purpose of Improving athletic performance and prevent injuries, taking into account the physiological particularities of athletes, the modality they practice and the rules of sport. Technical-scientific knowledge regarding the sporting modality and the physiology of the exercise are of singular importance, since both can influence differently in the process of development of alterations or injuries, as well as in the recovery process. Diagnosing and healing all factors that cause a decrease in the physical and psychological performance of the athlete, performing all the necessary procedures, so that the athlete has a standard of excellence when it comes to oral health. Sports dentist care includes: Doping; types of dental materials; dental erosion (isotonic consumption); adequate breathing; body posture (occlusion); facial trauma; dental trauma; mouthguard; periodontitis; follow clinical protocols; oral cancer; dental esthetic and dental disturbances in sleep.

Gustavo@odontofitness.com.br