



Sports Safety

An Article You Can Sink Your Teeth Into

Here Are Some Statistics From National Youth Sports Foundation For Safety:

- An athlete is 60 times more likely to sustain damage to teeth when not wearing protection.
- The cost of a fractured tooth is significantly more expensive than a custom made-to-fit mouth guard. In fact, the cost to replant a lost tooth, along with follow up care can be \$5000 or more—per tooth!
- Every athlete involved in a contact sport, like the ones mentioned above or others, such as: hockey, lacrosse, martial arts, racquetball, rugby, skateboarding or volleyball, has about a 10% chance per season to have an injury or as high as 30-55% over a career depending on the sport.
- Mouth guards prevent an estimated 20,000 oral injuries each year.
- While most people assume that football and hockey pose the highest risk for injury, statistics from the Journal of Pediatric Care show that soccer players are three times more at risk for an accident and basketball players are two times more likely.

much soft tissue injury or there are multiple teeth missing, there are several ways to transport the teeth. Carry the teeth in a container of milk. The patient's own

saliva or a convenient alternative, called **Save-A-Tooth** (a small container of a special solution) can be used in the transport of the teeth of an injured athlete to the dentist or the E.R.. Precise alignment is not as crucial as a quick response because teeth that are re-implanted within the first hour have a much better chance of survival. Get to a dentist or Emergency Room immediately. Tetanus updates are often advisable for wounds that have been contaminated.

What about fractures of Natural Teeth?

The care of a tooth fracture depends on the severity and location of the injury. Time factors are not as critical, but may

WE ARE WELL INTO THE FOOTBALL SEASON.

Basketball and hockey seasons are just around the corner. Thousands of dollars are spent each year on shin guards, wrist pads and other protective gears. But what many do not realize is that one of the most important body parts exposed to trauma is the teeth.

Even with proper mouth and face protection, a tooth can still get knocked out during sports. Yet, a tooth that is knocked out does not necessarily mean that it is gone. With quick action, many lost teeth can be successfully replanted to last for years.

In the event of a traumatic accident that involves partial or full tooth loss, it is important to locate the lost tooth. Gently rinse the tooth in tap water, if extremely dirty. Do not attempt to clean off the sides of the root where the tooth had been knocked out. Replace tooth in the socket with light pressure. If there is too

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require immediate attention due to the level of pain and cosmetic concerns. A fractured tooth that is sensitive to hot and cold periodically is considered common, but a tooth that has the nerve exposed is harder to assess and will continue to get more painful rapidly.

Dr. Weigand is a frequent contributor to Northwest Woman™ Magazine on the latest dental technology and he is also the team dentist to the Gonzaga Bulldogs basketball team.