ODONTOLOGIA ETA KIROLA

Maitena Urberuaga Erce

PREBENTZIOA

- Beharrezkoa da kirolariek ohiko berrikuste ahodentalak egitea.
- Arazo gehienak erraz prebenitu daitezke
- Jasaten dituzten arazoetako gehiengoa ohitura osasungarri eta ahoko higienez aurrez egiten dira.

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Original article

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Oral health and impact on performance of athletes participating in the London 2012 Olympic Games: a cross-sectional study

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ABSTRACT

Background Oral health is important both for well-being and successful elite sporting performance. Reports from Olympic Games have found significant treatment needs; however, few studies have examined oral health directly. The aim of this study was to evaluate oral health, the determinants of oral health and the effect of oral health on well-being, training and performance of athletes participating in the London 2012 Games.

Methods Cross-sectional study at the dental clinic within the Polydinic in the athletes' village. Following informed consent, a standardised history, dinical examination and brief questionnaire were conducted.

Results 302 athletes from 25 sports were recruited with data available for 278. The majority of athletes were from Africa, the Americas and Europe. Overall, the results demonstrated high levels of poor oral health including dental caries (55% athletes), dental erosion (45% athletes) and periodontal disease (gingivitis 76% athletes, periodontitis 15% athletes). More than 40% of athletes were 'bothered' by their oral health with 28% reporting an impact on quality of life and 18% on training and performance. Nearly half of the participants had not undergone a dental examination or hygiene care in the previous year.

Conclusions The oral health of athletes attending the dental clinic of the London 2012 Games was poor with a resulting substantial negative impact on well-being, training and performance. As oral health is an important

are few data available that have explored this relationship.

A recent International Olympic Committee (IOC) Medical Commission report called 'for further studies to assess more accurately the oral health of the athlete population'.[7] Most of the published studies to date have not investigated oral health directly, but, instead, have reported on the dental care provided during the games as a proxy for oral health status. Therefore, in view of the increasing demand for oral care at Olympic Games and the recognised priority for further research, the aim of this study was to evaluate the oral health of elite athletes participating in the London 2012 games and the impact of oral health on well-being, training and performance.

METHODS

Study design

This was a cross-sectional survey.

Eligibility criteria and setting

All athletes participating in the London 2012 Games and able to understand the consent process (or attending with a translator) were eligible. Recruitment took place in the dental clinic of the polyclinic. Athletes attended the dental clinic for a variety of reasons including periodic dental examination and hygiene care, dental problems and pro-

Ortopantomografia

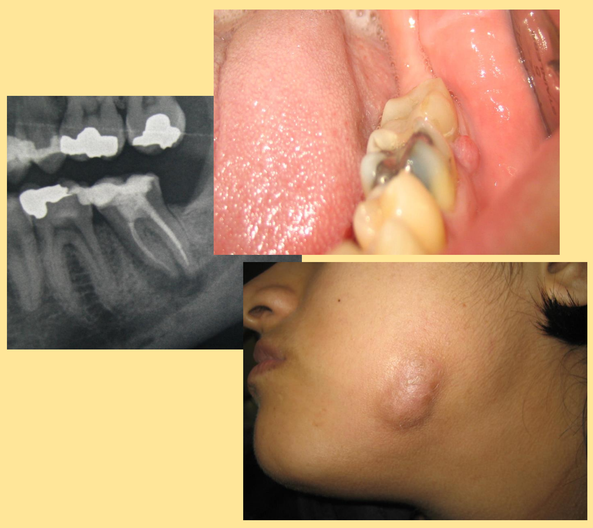
Ahoko babeslea

What are the new findings

- The oral health of athletes appears to be poor across a wide range of sports.
- Dental caries and dental erosion affect the majority of sampled athletes with irreversible periodontitis affecting up to 15% of participants.
- Poor oral health may affect athletic performance.

Txantxarra

Es



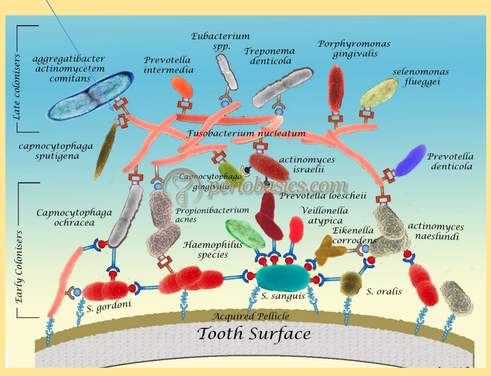
Traumatismoa

EFEKTURA KAUSATIK

Oklusio txarra
Masailezurreko tentsioa
Mastikatze arazoak
Bizkarreko eta lepoko mina
Foko infekziozo dentala kronifikaz
Lesioen
Haginako mina
Kirol praktika mugatu

Gaixotasun periodontala

Maloklusioa

Bruxismoa

Perikoronaritisa