

140 - DENTISTRY IN SPORT: HOW TO ACT IN TEAM IN A SAFE MEDICINE PRESCRIPTION?

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With the rise of the sportive popularity in all social levels, the athletes participation, in amateur or professional competitions, it allows some of them to stand out, with the right of exposition on the media that may place these professionals as celebrities.

The search for better times, faster matches, stronger armfuls, further cast have been let in a second plan the Modern Olympic Games slogan, idealized by the Baron of Coubertin in 1896- “the important is not winning, but compete”. Due to several factors, the athletes have been searching pharmacologic resources to increase the physical performance, mainly in high performance modalities, like biking and halterofilism (Silva et al., 2002; Fortunato et al., 2007). Neto(2001) tells that such artifices represent serious risks to the athletes, their team members and competitors, since that the abuse of these substances, problems like chronic fatigue with a decrease of performance, local and general infections, cardioplastic, insomnia, raise of aggressivity among others may develop.

Drugs that increase the performance are not just artifacts of the modern Games, as the use of plants, mushrooms and wine mixture, used by Olympic athletes Greek and Roman gladiators back to 776 BC, although this time the use of these substances was much more empirical (Baron et al., 2007). Over the years, the presence of drugs of choice are changing, going from the use of heroin and cocaine in the 1920s, amphetamines in 1930, to testosterone in the 1940s. In 1953 was produced the first synthetic steroid, with power five times greater than testosterone (Neto, 2001, Baron et al., 2007). With the development of drugs, concern about the possibility of doping in Olympic officials increased, and the first doping control in the Olympics was in 1968 in Mexico City (Gizzarelli, 2005).

According to Laure et al. (2003) 87.5% of French doctors consider doping as a public health problem and 80% as a form of addiction. Regarding the importance of training in preventing the use of doping, 89% of medical volunteers were considered important for this function, but 77% is not deemed suitable for this role. In Brazil, there is information on the perception of health professionals on this topic.

The duties of health professionals who care for athletes ranging from the preventive care of diseases, treatment and recovery from injury, constant review, taking care of self-medication (always advised against), show the importance of good nutrition, recovery of a good quality of life (Vital et al., 2002). These professionals include doctors, physiotherapists, physiologists, psychologists and also the dental surgeon.

Among several health areas, the current literature available about Sport Dentistry is still scarce, and basically refers to the use of protectors and mouth traumas (Ranalli, 2002; Onyeaso & Adegbesan, 2003; Fakhruddin et al., 2007; Frontera et al, 2009).

The role of the dentist in a sports team is, according to Smith (2005), ensure optimum oral health to athletes, identifying factors harmful to him as breathing, positioning of teeth improperly, and administration of drugs with substances that may cause doping positive, working well, so preventive (Lemos & Oliveira, 2007).

Relating to the mouth protectors, is of utmost importance to avoid dental traumatism and lesion in soft mouth tissues (Rodrigues, 2005), common accidents in contact sports. In Brazil, some sports require the use of mouth protector, among them the boxing in amateur and professional category, besides karate, with specifications according to their technical regulations (CBBoxe, 2009; FPK, 2009).

The medical commission of Brazilian Olympic Committee (COB), in his document “Information About the Use of Medicines in Sport” (2009), considers doping the use of substances or methods able to artificially increase the sportive performance, being potentially harmful to the athletes health or to their competitors’, or against to the spirit of the game. Ranalli (2007) published a review of literature warning the dentists about a safe medicine prescription, however, so far, there is no evidences that has been investigated the use of medicines in dentistry like doping. Ranalli (2007) published a review of literature warning the dentists about a safe medicine prescription, however, so far, there is no evidences that has been investigated the use of medicines in dentistry like doping.

In the end of decade of 1990 it was very important for its control in sports, because of the elapse of high prevalence in athletes that used illegal substances in the Biking Turn of France, in 1998, the International Olympic Committee (IOC), decided to organize a congress joining sports administrators, health professionals, athletes and the public in general for the discussion of the matter. In 1999 it was created an independent worldwide organization, WADA-AMA (Anti-doping Worldwide Organization), that started to control the athletes examinations in competitions (Laure et al., 2003; WADA, 2006; Catlin et al., 2008).

In this reasoning line, the Dentistry has relevant importance in the doping prevention, once that is necessary the athlete over treatment be differentiated in relation to medicine prescriptions (Domeniquini, 2007; Frontera et al., 2008). Dentists have been in a privileged position to question their patients/athletes about the use of any substance, asking these questions in a correct and pertinent way. The literature shows the importance that these professionals, working in health services to be prepared to face the challenges that surround the athletes' treatment (Ranalli, 2007).

The concerns of surgeon-dentists in an athlete treatment include the choice of safe medications prescribed allowing this way that during an anti-doping examination the Professional do not be punished because of an incorrect prescription or inadequate protocol related to Information of Therapeutic Use (IUT) (Gizzarelli, 2005).

According to Rodrigues (2005), a publication in the Journal of APCD (Paulista Association of Dental Surgeons), a Brazilian athlete was unable to compete in the Olympics for having dental treatment that was prescribed a drug whose metabolism late positive result in the accused doping test. The athlete was disqualified from competition for not having proof of prescription, thus explaining the importance of knowledge of the dental surgeon and the trainer on the internet prescription drug to athletes, compliance with the protocol required in addition to the sports calendar for your patient / athlete.

Among the substances regulated by the international doping control some are of routinely use in dentists offices such as corticosteroids, used to control the inflammation and ache in dentistry treatments like oral surgeries and endodontic

treatments (Andrade et al., 2006). The administration of forbidden substances for athletes in unquestionable clinical need is already possible, since obeying a close rule (Catlin et al., 2008). Whenever the surgeon-dentist prescribes some of them, must fill out the UTI, available to download in the Search an Study site www.cob.org.br that the sportive entities can analyze the influence of the medication in the athlete performance (COB, 2009).

With the raise of cases of doping and the arousing of new substances, the coach role, instructor, physical education teacher relating to his athlete overpasses the fields, tracks, pools and others competition squares, turning this relation even more present and important, being responsible also to follow the dentistry treatment of the athletes, and to know the harmful substances to their careers (Lôbo et al., 2005; Gomes & Cruz, 2006), also becoming aware of the training team for avoiding unintentional doping, guiding the athlete properly (Agapito et al., 2008).

For students of Physical Education, that the future may be teachers, coaches, athletes and sports directors, we highlight the need for adequate dissemination and encouragement to the knowledge of dentistry sport. (Sizo et al., 2009).

The attention of the multidisciplinary team should always be geared to the athlete, so that there are no spaces for illegal forms that aim to win, bribery or the use of substances that increase the performance (Rubio, 2007).

This way, considering the importance of doping cases prevention on Sport reach, arises the need of multi-professional team work, so that the athletes do not have their careers harmed due to the administration of illegal substances.

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DENTISTRY IN SPORT: HOW TO ACT IN TEAM IN A SAFE MEDICINE PRESCRIPTION? ABSTRACT

The sportive dentistry has a very important role in the athlete's life because it provides some actions, among others, related to traumas prevention and infection control that may cause the loss or decrease of the physical performance. An aspect that has been neglected by dentist surgeons, couches and athletes referring to a safe medicine prescription.

The use of substances for the increase of performance in sportsmen has been gaining strength in the last decades,

and the International Olympic Committee, through the Anti-doping Association launches annually a list of forbidden medicines, and some of these medicines have been used routinely in the dentistry. Physical Education teachers and coaches must be aware of the dentist treatments of their athletes, getting in touch with the dentist surgeons, to follow the routine of a safe medicine prescription.

KEY WORDS: Doping, Sportive Dentistry, Multi-professional Team.

ODONTOLOGIE DU SPORT : COMMENT AGIR EN ÉQUIPE DANS LA PRESCRIPTION SANS DANGER DE MÉDICAMENTS ?

SOMMAIRE

Eu égard aux actions liées entre autre à la prévention de traumatismes et au contrôle des infections dont résulteraient la perte ou la diminution du rendement physique, l'odontologie tient, dans la vie de l'athlète, une place d'extrême importance. Il apparaîtrait qu'un des aspects négligés, non seulement par les chirurgiens dentistes mais aussi par les entraîneurs et les athlètes, serait la prescription sans danger de médicaments. L'utilisation de substances, en vue d'augmenter le rendement des sportifs, gagne du terrain depuis les dernières décennies et le Comité international olympique, au travers de l'Association Antidopage lance, annuellement, une liste de médicaments interdits sachant que certains d'entre eux sont d'utilisation routinière dans le milieu de l'odontologie. Les professeurs d'éducation physique et les entraîneurs devraient être attentifs aux traitements odontologiques de leurs athlètes. De fait, ils devraient établir un contact avec les chirurgiens dentistes qui les accompagnerait ainsi dans cet usage de prescription sans danger de médicaments.

MOTS CLÉ : Dopage, Odontologie sportive, Équipe multiprofessionnelle

ESTOMATOLOGIA DEL DEPORTE: COMO ACTUAR EN EQUIPO EN LA PRESCRIPCIÓN DE MEDICAMENTOS?

RESUMEN

La Estomatología deportiva tiene un papel de extrema importancia en la vida del atleta, por contemplar acciones relacionadas con la prevención de los traumatismos y el control de las infecciones, entre otras, que pueden dar como resultado la pérdida o disminución del rendimiento físico. Un aspecto que viene siendo convenido por los cirujanos dentistas y entrenadores de los atletas se refiere a la prescripción segura de los medicamentos. La utilización de sustancias para el aumento del rendimiento en deportistas viene ganando fuerza en las últimas décadas; El Comité Olímpico Internacional a través de La Asociación Antidoping lanza anualmente una lista de medicamentos prohibidos, siendo algunos de estos medicamentos usados de rutina en La Estomatología. Profesores de educación física y entrenadores deben estar atentos a los tratamientos estomatológicos de sus atletas, estando en contacto con los cirujanos dentistas; para acompañar la rutina de La prescripción segura de los medicamentos.

PALABRAS CLAVE: Doping, Estomatología del deporte, Equipo Multidisciplinario

ODONTOLOGIA DO ESPORTE: COMO ATUAR EM EQUIPE NA PRESCRIÇÃO SEGURA DE MEDICAMENTOS?

RESUMO

A odontologia desportiva tem um papel de extrema importância na vida do atleta por contemplar ações relacionadas à dentre outros, prevenção de traumatismos e controle de infecções que podem resultar na perda ou diminuição do rendimento físico. Um aspecto que vem sendo negligenciado por cirurgiões dentistas, treinadores e atletas refere-se à prescrição segura de medicamentos. A utilização de substâncias para o aumento de rendimento em esportistas vem ganhando força nas últimas décadas, e o Comitê Olímpico Internacional, através da Associação Antidoping lança anualmente uma lista de medicamentos proibidos, sendo alguns destes medicamentos de uso rotineiro na odontologia. Professores de Educação Física e treinadores devem estar atentos aos tratamentos odontológicos de seus atletas, estando em contato com os cirurgiões dentistas, para acompanhar a rotina de prescrição segura de medicamentos.

PALAVRAS CHAVE: Doping, Odontologia Desportiva, Equipe Multiprofissional.

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