

86 - SPORTS DENTISTRY: KNOWLEDGE AVALIATION OF SURGERY DENTIST ABOUT SPORTS DENTISTRY

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INTRODUCTION

The sports competition and the practice of bodily activities have always been connected to the image of healthy people. Those who practice sport should have appropriate physical condition to not put in risk their health and physical integrity. The contemporary world, especially in this last transition of century has been characterized by the pursuit of science as an ally in developing of tools that help the modern man. In sport, has intensified the search engines and support that help in improving athletic performance and consequently the results of athletes. The scientific methodology applied to the sport is closely linked to its present stage of development.

Dentistry as part of natural science, promotes the maintenance of the entire stomatognathic system, contributes to the athletes in the treatment and prevention of orofacial injuries, which allow to improve its performance. The importance of Surgery Dentist in knowing about sport Dentistry in the care of athletes, contributes significantly to promoting health and preventing the possibility of injuries and trauma resulting from sports activities. These attitudes enable better performance in training and during competition, especially in the physical and psychological.

The Athlete, for being an individual who demands more of your body in comparing to other people, need to be ever mindful of their health. Remembering that health begins at the mouth and Dentistry can not get out of this context. The lesions of the oral cavity, mostly, have systemic repercussions in the body and can drastically reduce the yield of an athlete during training and competitions. Therefore, the performance of athletes depend on the physical and psychological conditions in which they are. This balance is crucial in the results of achievements or failures. In this sense, in order to offer the athlete all the facility needed to improve their performance in competition, it is necessary the intervention of a dentist with especific knowledge in Sport Dentistry, to promote the treatment of oral disease properly and effectively act on prevention methods.

The injuries of sport aetiology are very common in day-to-day athletes.

A simple toothache, however subtle it may be, can make a difference in an athlete's performance competition.

This research showed that the majority of surgery dentists surveyed do not know the sports dentistry, care and treatment to athletes.

MATERIALS AND METHODS

It was used as an instrument of data collection for this cross-sectional investigative research, a printed questionnaire, structured with closed questions, multiple choice, which was applied to the forty Dental Surgeons of Tangará da Serra - MT, duly accredited by the Regional Board of Dentistry of Mato Grosso – CRO-MT. The questionnaire content addressed questions related to the training and knowledge of surgery dentists about sport dentistry and care for athletes.

The collected data were registered and subsequently measured according to each answer emitted by the participant for each question. Then interpreted and presented in graphics, based on these data, proceeded to the discussion.

RESULTS

The results of research conducted with 40 surgery dentists in Tangara da Serra-MT are presented in percentages by graphics containing the values related to questions of the questionnaire, data collection, occurred in a single step.

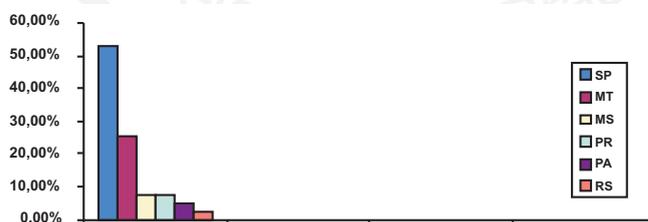


Figure 1 - State of the Federation that Finds the Higher Education Institution, where he studied dentistry

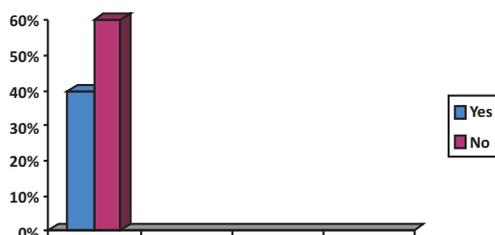


Figure 2 - Knowledge of Dental Surgeons of Sports Dentistry



Figure 3 - How dentists learned about Sports Dentistry



Figure 4 - Percentage of dentists who ask their patients during consultations if they are practicing sports or not.

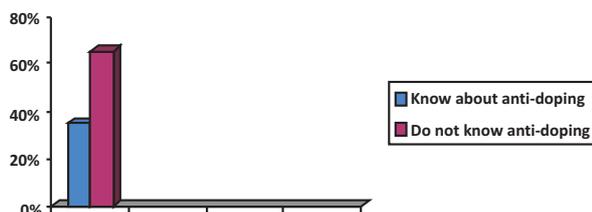


Figure 5 - The Conduct of surgery dentists in the treatment of athletes in relation to anti-doping control

DISCUSSION

Although there are debates about sports dentistry in Brazil, this is not yet recognized by the Federal Council of Dentistry (CFO) as a branch of dentistry and not included as a curricular subject in universities. However, this is a relevant topic that is in evidence, especially by the inclusion of social dimensions and importance that sport occupies in the world. In this sense, Smith (2005) also places that sports dentistry is a recent theme and still little known and unheralded, not being a recognized specialty by the Federal Council of Dentistry and not a subject offered at undergraduate level, having only classes and extracurricular classes.

To Command the discussion, was created in São Paulo - SP, the Brazilian Dental Sport Association (ABRADESP), to stimulate debate. The ABO (Brazilian Association of Dentistry) conceived the project of law 5391/2005 which provides the obligatory presence of surgery dentist specialized in sport dentistry in local of competitions.

Generally, athletes, professionals and amateurs, are treated in a conventional way, which is a mistake, because the treatment of an athlete, especially those who compete must be different from an ordinary person. Oliveira and Lemos (2007), in a study of two sports, reported that the interference of oral disease in the sports of handball players and canoeing, causes great changes in the sporting life, which directly affect the competitive performance.

In Figure 2, was evident in the survey that most of the dentists surveyed, 60% reported being unaware of sports dentistry. This information is important because they demonstrate the need to intensify and deepen the discussion about the topic. Besides ignorance, was also featured in Figure 3 that 65% became aware of the issue through publications in magazines, newspapers, Internet and others. This shows that the information received did not come from institutions related to dentistry, but professionals interested in the subject.

According to Leonardo (2009), the surgery dentist as a health professional, must apply all the resources that may return in benefit to the patient.

In Figure 4, a significant number of respondents, 57.5% answered that during dental visits in their offices, they did not ask their patients if they are practicing or not some kind of sport. There are data showing that the athlete can decrease your performance by up to 23% due to dental problems. In a normal person, for example, can make a restoration of metal, as this is low cost and tougher. This is not indicated to an athlete though. As they constantly suffer impacts on sports, this restoration can end up fracturing a tooth. In this case, indicate resin composite restoration, which is more fragile and pliable, and will not cause fractures in teeth.

Oral diseases in general, can lead to reduced performance of the athlete, such as malocclusion (gear between teeth), mouth breathing, bad breath, tooth loss, TMJ disorder (temporomandibular joint) channel problems, changes gums /periodontal, dental caries, poorly fitted dentures, residual roots and other. This can also lead to increased difficulty in recovering from injuries, such as muscles, joints, tendons, lower aerobic capacity, as well as not taking adequate advantage of the nutrients of the diet, may also occur from changes in posture and vision, headaches, back pain, stress and early fatigue.

In Figure 5, in relation to prescribing medication for treatment of athletes, 65% of respondents said they do not take into account whether the patient is an athlete or not, and if this is an athlete, it ignores the fact that it can be to undergo doping tests anytime and be subject to severe punishment and even compromise his career.

The research sample shows a wide variety of locations around the country, where is the college in which the surgery dentists studied. According to Figure 1, 52.5% in São Paulo, 25% in Mato Grosso, 7.5% in Mato Grosso do Sul, Paraná 7.5%, 5% of Pará and 2.5% of Rio Grande do Sul. These data are important because they show that those surveyed were from dental schools in different regions in the country, with different methodologies and philosophical concepts. Therefore, the lack of surgery dentists on Sports Dentistry is not just a local factor.

CONCLUSION

The research results indicate that most surgery dentists know the Sports Dentistry, above all, the specific treatment directed at athletes, preventing trauma of sport's etiology and contribute to the improvement of performance during training and competitions.

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SPORTS DENTISTRY: KNOWLEDGE AVALIATION OF SURGERY DENTIST ABOUT SPORTS DENTISTRY**ABSTRACT:**

The objective of this research was to verify the knowledge of surgery dentists about sport dentistry, especially directed to attendance of professional and amateur athletes, both in prevention, as in the treatment of diseases and traumas, because, is common the existence of dental problems with athletes before, during and after workouts and competitions, beside those caused by accidents from sports trauma which may compromise significantly the result of work of a long preparation of many efforts and sacrifices, and even derail a promising career.

For this purpose, we developed an investigative research involving 40 surgery dentists in Tangará da Serra - MT, all accredited by the Council Regional Dental Mato Grosso - CRO / MT. The instrument for data collection were questionnaires structured with multiple choice questions.

The data showed that most dentists surveyed 60% do not know the dentistry sports, 26 (equals 65%) learned about it through publications in journals, newspapers, Internet and others. Considering the specificities of the athletes, 90% of surgery dentists recognize that they require special care in dental treatment however, during dental visits, only 42.5% asked their patients if they are participating in any sport. In the survey, was verified that 65% are unaware of the anti-doping test, so they do not observe the restrictions on medication prescription that may interfere the results of athletes.

It is conclude in this research that most surgery dentists do not know the sports dentistry and orofacial treatments recommended for athletes.

KEYWORDS: Surgery Dentist, Athlete and Dentistry Sports.

LES CHIRURGIENS-DENTISTES SAVENT-ILS À PROPOS DE LA DENTISTERIE SPORTIVE?**RÉSUMÉ**

Le but de cette recherche fut de vérifier la connaissance des chirurgiens-dentistes à propos de la dentisterie sportive et surtout d'adresser assistance aux athlètes professionnels et amateurs, concernant autant la prévention que le traitement des pathologies et traumatismes car c'est courant que les athlètes aient des problèmes dentaires avant, pendant et après les entraînements et compétitions, sans compter sur ceux qui proviennent d'accidents avec traumatisme d'origine sportive qui peuvent compromettre considérablement le résultat du travail d'une longue préparation avec beaucoup d'efforts et de sacrifices et même gâcher une carrière prometteuse.

Ainsi, une recherche a été développée concernant 40 chirurgiens-dentistes de Tangará da Serra - MT, tous accrédités dans le Conseil Régional de l'odontologie de Mato Grosso - CRO/MT. L'instrument pour [la collecte de données](#) a été structuré avec des questions de multiple choix.

Les données ont démontré que la plupart des chirurgiens-dentistes qui ont été soumis aux recherches, 60% ignorent la dentisterie sportive, 65% ont pris connaissance du sujet à travers de publications dans des magazines, des journaux, à l'internet et d'autres. Considérant les spécificités des athlètes, 90% des chirurgiens-dentistes, reconnaissent que ceux-ci ont besoin de soins spéciaux concernant les traitements dentaires, de même, pendant les traitements dentaires, seulement 42,5% demandent à leurs patients s'ils ont une modalité de pratique sportive. Dans cette recherche, il fut possible vérifier que 65% ignorent les examens antidopage, par conséquent, ils n'observent pas les restrictions dans les prescriptions des médicaments qui peuvent compromettre le résultat des athlètes.

On peut en conclure à travers ces exemples que la plupart des chirurgiens-dentistes ignorent la dentisterie sportive et les traitements orofaciales convenables pour les athlètes.

MOTS-CLÉS: chirurgien-dentiste, athlète et dentisterie sportive

EN ODONTOLOGÍA DEPORTIVA: CIRUJANOS DENTISTAS CONOCEN SOB ODONTOLOGÍA DEPORTIVA?**RESUMEN**

El objetivo de esta investigación fue verificar el conocimiento de los Cirujanos Dentistas sobre Odontología Deportiva, fundamentalmente, direccionado a la atención de atletas profesionales y aficionados, tanto en la prevención, como en el tratamiento de patologías y traumatismos, pues, es común la existencia de problemas odontológicos com atletas antes, durante y después de los entrenamientos y competencias, además de aquellas originadas por accidentes con traumatismo de

origen deportivo, que podría comprometer significativamente el resultado de trabajos de larga preparación y de muchos esfuerzos y sacrificios, y hasta acabar con una carrera promisoría.

Por este motivo, se desarrolló una investigación envolviendo 40 cirujanos dentistas de Tangará da Serra – MT, todos acreditados em el Concejo Regional de Odontología de Mato Grosso – CRO/MT. El instrumento para recolectar los datos fueron cuestionarios estructurados con preguntas de múltiple elección.

Los datos demostraron que la mayoría de los cirujanos dentistas encuestados 60% desconoce la odontología deportiva, ya 65% tenían conocimiento sobre el asunto a través de publicaciones en revistas, periódicos, Internet y otros. Considerando las particularidades de los atletas, 90% de los cirujanos dentistas reconocen que necesitan de cuidados especiales en los tratamientos odontológicos durante las consultas, apenas 42.5% preguntan a sus pacientes si practican alguna modalidad deportiva. En la investigación, se verificó que 26 (equivalente al 65%) desconocen el examen antidoping, por lo tanto, no observan las restricciones en la prescripción de medicamentos que puedan interferir en los resultados de los atletas.

Se concluyó en esta muestra, que la mayoría de los cirujanos dentistas desconoce la odontología deportiva y los tratamientos odontológicos indicados para atletas.

PALABRAS CLAVES: Cirujano Dentista, Atleta y Odontología Deportiva.

ODONTOLOGIA DESPORTIVA: CIRURGIÕES DENTISTAS CONHECEM SOBRE ODONTOLOGIA DESPORTIVA?

RESUMO

O objetivo desta pesquisa foi verificar o conhecimento dos Cirurgiões Dentistas sobre odontologia desportiva, sobretudo, direcionado ao atendimento de atletas profissionais e amadores, tanto na prevenção, como no tratamento das patologias e traumas, pois, é comum a existência de problemas odontológicos com atletas antes, durante e depois dos treinamentos e competições, além daquelas originadas por acidentes com traumas de origem desportiva, que poderá comprometer significativamente o resultado do trabalho de uma longa preparação de muitos esforços e sacrificios e até mesmo inviabilizar uma carreira promissora.

Para tanto, desenvolveu-se uma pesquisa investigatória envolvendo 40 Cirurgiões Dentistas de Tangará da Serra – MT, todos credenciados no Conselho Regional de Odontologia de Mato Grosso – CRO/MT. O instrumento para coleta de dados foram questionários estruturados com perguntas de múltipla escolha.

Os dados demonstraram que a maioria dos Cirurgiões Dentistas pesquisados 60%, desconhece a odontologia desportiva, já 65% tomaram conhecimento sobre o assunto através de publicações em revistas, jornais, Internet e outros. Considerando as especificidades dos atletas, 90% dos Cirurgiões Dentistas reconhecem que estes necessitam de cuidados especiais nos tratamentos odontológicos, todavia, durante as consultas odontológicas, apenas 42,5% perguntam para os seus pacientes se estes são praticantes de alguma modalidade esportiva. Na pesquisa, verificou-se que 65% desconhecem o exame antidoping, portanto, não observam as restrições na prescrição medicamentosa que podem interferir nos resultados dos atletas.

Conclui-se nesta amostragem, que a maioria dos Cirurgiões Dentistas desconhece a odontologia desportiva e os tratamentos orofaciais indicados para atletas.

PALAVRAS CHAVES: Cirurgião Dentista, Atleta e Odontologia Desportiva.