
Preface

Sport is integral to contemporary society. It enriches social and cultural relations, induces economic prosperity and improves both the physical and psychological wellbeing of those taking part.

Despite the irrefutable health benefits of regular exercise, the implications for oral health have been largely overlooked. Of interest to the sporting population, dental practitioners and health professionals alike, this guide aims to heighten awareness and promote a deeper understanding of the interrelationship between sporting performance and oral health.

The first part of this guide enters the multifaceted world of training and performance. An understanding of the physiological and psychological demands athletes face permits an identification of the oral health risks linked to exercise.

The second section classifies and explains each of these specific sports-related risks, ranging from hyposalivation, modified eating habits, traumatology and immunological modifications to even the lack of prioritisation of dental care amongst the sporting population.

This is followed by a comprehensive clinical guide to common periodontal and dental consequences and how problems such as malocclusion, infection and dental pain can interfere with sporting performance.

To conclude, the key elements of personal and professional dental management are addressed, including the need for a collaboration between a wide range of specialists. These include specific preventative strategies and therapeutic solutions which promote optimal oral health and help athletes reach peak performance.

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Sport and Oral Health

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