TIME FOR ACTION

What is the Problem?

Athletes are at increased risk of poor oral health due to:

- ↑ Saliva production during exercise
- Dehydration
- ↑ Air flow through the mouth
- ↑ Carbohydrate intake via nutritional supplements
- Impaired immune system function with high training load and other stressors

Seven Key Recommendations for Action

1. Optimise Implementation Research
2. Consider more frequently in the athlete especially pre-season
3. Dental Check-ups x2/Year
4. Avoid Supplements Not Benefiting Training, Competition or Recovery
- Decrease intake of supplements containing sugars
- Work with sports nutrition to identify alternatives
- Milk, Water, Real food
5. Optimise Oral Hygiene
- Spittle after brushing: DO NOT rinse
- Use a fluoride mouth-rinse daily (0.05% NaF) at a different time to brushing
- Apply Simple Risk Mitigation Strategies
- Dentists can play a key role in identifying tooth erosion from disordered eating
- Example: 2-bottle strategy using water immediately after carbohydrate solution to neutralise intra-oral effects

Oral Health of Elite Olympic & Professional Athletes*

- Any impact on sport performance (32%)
- Oral pain (29.9%)
- Difficulty in training/competition (9%)
- Performance affected (5.8%)
- Reduced training volume (3.8%)
- Difficulty eating (34.6%)
- Difficulty relaxing (15.1%)
- Difficulty smiling (17.2%)
