

AN ATHLETE'S GUIDE TO GOOD ORAL HEALTH



HOW TO MAINTAIN ORAL HYGIENE?

Poor oral health will prevent athletes performing to their highest potential. It is vital to take care of your oral health. Here are some tips:

Brush twice daily, especially last thing at night.



Use a toothpaste containing >1350ppm (optimally 5000ppm) fluoride.



Use a 0.05% sodium fluoride mouthwash at a different time to brushing.



Clean between your teeth using dental floss or interdental brushes.



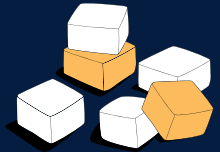
After brushing, spit instead of rinsing.



DID YOU KNOW?

High-endurance athletes actually have a greater risk of tooth erosion due to enamel loss from excess acid!

HOW CAN MY DIET AFFECT MY ORAL HEALTH?



Sports drinks, energy bars and gels have high levels of sugars.

High consumption of such items causes the bacteria in your mouth to be frequently exposed to sugar.

The bacteria will use the sugar to produce acid, which breaks down the hard tooth tissue.

This can generate cavities, causes pain and even lead to infection and tooth extraction.

Additionally, inadequate hydration during intense periods of physical activity leads to a dry mouth.

This lessens the amount of saliva in your mouth, which limits your mouth's ability to remove plaque and bacteria.



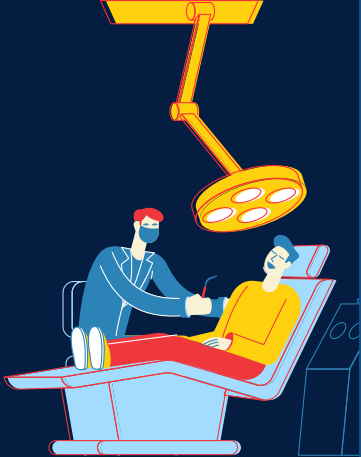
WHAT CAN I DO TO PREVENT CARIES AND FURTHER OMPLICATIONS?



- Try to take acidic beverages and foods during mealtimes. This allows the acidity to be buffered by other foodstuffs.
- Use a straw to consume sport drinks and do not rinse or swish with any acidic drink.
- Seek alternative sports drinks or energy bars which have lower levels of sugar.
- If you require sugary drinks or bars for performance, try to keep the rest of your diet healthy.
- Drink enough water to prevent a dry mouth.
- Use a fluoride-based toothpaste & mouthwash.
- Other methods include fissure sealants which is a protective barrier on the surface of your tooth.



HOW OFTEN SHOULD I SEE THE DENTIST?



During dental check-ups, you can receive oral health coaching and advice.



Athletes should be considered as being at risk for dental disease so more frequent dental visits are necessary.

Suggested shortest and longest intervals between oral health reviews for athletes are:

- not less than three months
- not more than 12 months.



Visit your dentist regularly for treatment on any ongoing dental issues, such as gum disease.

Dental screening should be carried out pre-season/pre-competition to identify and treat problems that might impair performance.



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