

2010 Pi-Ume-Sha Men's Traditional Contest



In Honor of Arthur Mitchell, Sam Colwash and Nathan "8Ball" Jim

40 and older Men's Traditional Contest in honor of the late committee and founders of Pi-Ume-Sha Treaty Days Pow-Wow: Arthur Tewee Mitchell, Sam Colwash and Nathan "8 Ball" Jim.

1st Place – Pendleton Blanket/Jacket and \$300

2nd Place – Pendleton Blanket and \$200

3rd Place – Pendleton Blanket and \$100

For more info, contact Carlos Calica at 541-460-0772.



Jennifer Easter, Miss Siletz; Ashliegh Ramirez, Jr. Miss Siletz Princess; and Makiah Woodruff, Little Miss Siletz (above) take part in the Loyalty Days parade in Newport, Ore., on May 1.

Tribal Chairman Delores Pigsley watches Jennifer Easter perform The Lord's Prayer at the opening ceremonies of the Traveling Vietnam Wall and 1000 Flags Traveling Memorial in Newport on April 29.

Courtesy photo (top) by Cova St. Onge

Photo right by Natasha Kavanaugh



Tooth Talk – "Absence of Proof Is Not Proof of Absence"

By Mary Ellen Volansky, RDH, MS

Sports mouth guards are a necessity, a highly recommended safeguard for any sport that carries a chance of a blow to the head. What sports would that be? It might be easier to name some sports that don't have this risk.

Golf? There is the risk of lightning striking you, not helpful there. How about a golf ball to the head? Seems like a helmet issue. Swimming would be OK, as long as diving into hidden rocks is not a concern.

Kite flying would be safe. Bicycling is not a sport to play without a mouth guard. I've already proven to myself a mouth guard would be helpful, as would a few other guards.

Why is a sports guard a necessity? Hitting your lower jaw moves your teeth together. Doing that a few times, or just once hard, can break or knock out a tooth. Or it can fracture or crack a healthy tooth or two.

Remember the person who broke a tooth eating mashed potatoes? That tooth might have earned itself a crack or two years before, while playing sports – football, basketball, soccer, hockey, wrestling, skateboarding, skiing, etc.

OK, I am realistic enough to know that protecting teeth is not most people's priority. As I mentioned with bicycling, it hasn't been for me either. Then there is comfort and comfort can reflect many forms – looking different (i.e., funny), sounding weird when speaking. Aren't I being a bit grandiose, thinking "I" need a sports mouth

guard? Then there is having to deal with a hunk of plastic in one's mouth.

Another reason a sports guard could be a necessity is preventing head injury. So what if my chin hits a solid object like a cement curb or tree trunk or even the helmet of another player? It's just my lower jaw and my teeth coming together? Yes. And no.

Our chin is movable. When the chin is hit, it moves. The force that lands on the chin moves the jaw back and up under our skull. In the skull is our brain. Could a strong force cause damage to our brains? Yes. How much damage? That's unsettled for now.

Consumer Reports on Safety (2006) recommends the following: "Wear the correct, properly fitting ... mouth guard ... every time you practice or play in a game." The National Federation of State High School Associations (2008) recommends: "A properly fitted and unaltered mouth guard has been shown to not impede communication, breathing, or create any hazards to the airway or oral cavity."

"For more than 50 years, the American Dental Association has promoted the protective value of wearing properly fitted mouth guards while participating in athletic or recreational activities that carry a risk of dental injury."¹

What might motivate me/us to wear a sports mouth guard? How about "1.6 to 3.8 million sports-related concussions per year in the U.S. alone ... Think of concussions among athletes and you'll likely picture football players or hockey players injured during heated contests. But in fact,

concussions are pervasive throughout all sports, from the beginner trails on a ski mountain to a wide range of girls' sports to simply falling off the monkey bars on the playground."²

What is the big deal about a concussion? "Dizziness, loss of consciousness, confusion or slurred speech, a headache – these are the typical symptoms of an initial concussion. Other signs that may not appear for hours or days after injury include changes in mood, inability to focus, lack of concentration, sensitivity to light and noise, and insomnia or other sleep problems."³

Traumatic, or primary, head injury is injury to one's brain usually from one injury. Most likely we know of this type of injury from car accidents.

Another type of head injury is called repetitive head injuries, or second-impact syndrome (SIS). This happens when a person receives a second injury to the head before the symptoms from the first head injury have resolved.⁴ In other words, head injuries can add up, even over six to 18 months post injury.⁵

If you choose to wear a sports mouth guard and don't have braces, have the Siletz Dental Clinic prepare one especially fitted to your mouth. If you purchase one in a store, be sure it covers the biting surfaces of all your back teeth and is 3-4 mm of thickness. The American Dental Association warns not to cut off the back portion of the guard – the portion that covers the molars.

If you wear braces, you have additional concerns where the brackets and wires are and not interfering with the movement the braces are meant to provide. Someone with braces can pick up a guard to fit your needs at the clinic or purchase it at the store. Just ask your dentist for help.

Wear a sports mouth guard for your protection and so others can learn of its value and follow your lead. Wear one because they are required by high school sports association rules. Wear one because it may prevent concussions and injuries to your teeth and mouth. Whatever your reasoning, wear one.

The webpage www.sportsdentistry.com recommends sports mouth guards to reduce injury to the mouth and face. This is the one "authority" that has yet to find sufficient evidence to recommend sports mouth guards to prevent concussion.

Yet, www.sportsdentistry.com included this quote from Dr. Paul McCrory, which I leave with you for your consideration, "Absence of proof is not proof of absence."

1 Journal of the American Dental Association, Vol. 137, No. 12, 1712-1720 or <http://jada.ada.org/cgi/content/full/137/1712>.

2 Concussion Update, Part I: Natasha Richardson's Death and Brain Injury Awareness Month, p. 1.

3 Ibid.

4 <http://emedicine.medscape.com/article/92189-print>

5 Ibid.