

## بررسی شیوع صدمات دندانی ناشی از ورزش های غیر رزمی کشتی، فوتبال و بسکتبال در ورزشکاران مذکر شهر مشهد در سال ۱۳۸۰

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**Title: A prevalence study of traumatic dental injuries in male Athletes in non martial sports in Mashhad in 2001**

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**Introduction:**

In our country were the youth form a high percentage of the population and we can observe their growing presence in athletic fields, the study of prevalence of traumatic dental injuries and the ways of preventing them seems necessary. The purpose of this study is to specify the rate of prevalence of traumatic dental injuries caused by non- martial sports in the city of Mashhad.

**Materials & Methods:**

In this cross-sectional study, 409 male athletes from 12 gyms (both professional & non- professional) in Mashhad were examined for traumatic dental injuries in 3 kinds of non-martial sports (wrestling, football and basketball) through a questionnaire containing data about their athletic backgrounds. Statistical analysis was made by Epl6 software and was analysed using X2 statistical test.

**Results:**

1. Out of the total number of those examined 33% had traumatic dental injuries.
2. The highest rate of injuries was related to the upper jaw dental injuries (75.2%) central incisors (60.5%) and the incisal third (26.1%).
3. Out of all those having traumatic dental injuries 24.7% had referred for comprehensive treatment.

**Conclusion:**

Considering high rate of prevalence of dental injuries among athletes (33%) and with regarded to the outcomes caused by not having proper and timely treatment, it seems necessary to instruct sports coaches sanitary instructors of schools, and the athletes about the importance of using mouthguards and the early treatment of dental injuries.

**Key words:**

Dental trauma, athletes, Non-martial sports.

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### چکیده

#### مقدمه:

در کشور ما که جامعه جوان، درصد زیادی از جمعیت را به خود اختصاص می دهد و شاهد حضور هر چه بیشتر جوانان در میادین ورزشی هستیم، بررسی شیوع صدمات دندانی و راه های پیشگیری از آن ضروری به نظر می رسد. هدف از این مطالعه تعیین میزان شیوع صدمات دندانی ناشی از ورزش های غیر رزمی کشتی، فوتبال و بسکتبال در ورزشکاران مرد شهر مشهد بود.