

PROF. IAN NEEDLEMAN



BDS, MSc, PhD, MFDRCS (Eng), FDSRCS (Eng), FHEA

CHAIRMAN'S COMMENTS:

"Prof Needleman always delivers an informative and entertaining lecture whatever the topic. He has been and is at the forefront of Periodontal research and is sought after whenever research groups want advice on how to devise iron clad research protocols."

"This topic represents an interesting and new area of research and another way that dental health impacts patient's lives. As dentists we need to be aware of this new area of oral health care."

ORAL HEALTH, ELITE SPORT AND PERFORMANCE.

PROFILE

Ian is Professor of Restorative Dentistry and Evidence-Based Healthcare at UCL Eastman Dental Institute and Honorary Consultant in Periodontology with UCLH.

He is a clinical specialist in periodontics at UCL and in specialist practice at PerioLondon. He also leads the Centre for Oral Health and Performance which has been awarded recognition by the International Olympic Committee as a research centre in collaboration with the Institute of Sport Exercise and Health and the National Centre for Sport and Exercise Medicine.

His research has been awarded prizes by the European Federation of Periodontology, Royal Society of Medicine, German Periodontal Society, German Cochrane Centre and International Association for Dental Research.

He was nominated as an inspiring teacher at UCL in 2007 and awarded the Provost's Prize for Institutional Leadership in Public Engagement in 2017.

Ian was a member of the International Olympic Committee, Scientific Committee for the 2014 Conference on Prevention of Injury and Illness in Monaco.

COURSE DATE: Thursday 22 February 2018

COURSE OVERVIEW

Our research at the London 2012 Olympics, Premier League Football, current Olympians and professional cycling and rugby shows consistently poor oral health with high levels of caries, erosive tooth wear and periodontal diseases. What is most striking is that more than 1 in 5 athletes report an impact of their oral health on training and performance. In this presentation, I will share some of the data from our research studies in elite sport and discuss both the causes and how to improve this situation. I will also explore just how oral health can affect performance.

COURSE OBJECTIVES

- Describe the oral health of elite athletes.
- Understand the causes of poor oral health in elite sport.
- Understand the mechanisms by which oral health can affect performance.