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| 1. | [My teeth are Premier League standard - completely rotten; As a study reveals that Premier League footballers are plagued by plaque, Bill Borrows asks why British men despair at the thought of the dentist's chair](#doc_id_1) telegraph.co.uk, November 5, 2015 Thursday 5:17 PM GMT, 852 words, By Bill Borrows |

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| 2. | [A kick in the teeth](#doc_id_2) The Express, November 4, 2015 Wednesday, NEWS; OPINION; COLUMNS; Pg. 16, 131 words, FERGUS KELLy |

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| 3. | [Footballers' teeth rotted by sports drinks](#doc_id_3) The Daily Telegraph (London), November 3, 2015 Tuesday, NEWS; Pg. 8, 114 words, Sarah Knapton |

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| 4. | [Kick in the teeth](#doc_id_4) Daily Star, November 3, 2015 Tuesday, NEWS; Pg. 3, 50 words |

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| 5. | [Foul mouthed: why are footballers' teeth so bad?; Dentists who examined 187 professionals from Premier League and Football League clubs have revealed that many players have poor oral health. Is there a root cause?](#doc_id_5) The Guardian, November 3, 2015 Tuesday 6:59 PM GMT, FOOTBALL, 574 words, Leo Benedictus |

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| 6. | [Players' teeth in a foul state; HEALTH](#doc_id_6) i-Independent Print Ltd, November 3, 2015, NEWS; Pg. 2, 191 words |

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| 7. | [Footballers have worse teeth than the general public, study reveals; Tooth decay was 10 per cent higher compared to those of a similar age in the general public, UCL finds](#doc_id_7) Independent.co.uk, November 3, 2015 Tuesday 11:57 AM GMT, NEWS & COMMENT, 322 words, Tom Sheen |

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| 8. | [MATCH OF DECAY; Footie stars with bad gnashers play worse 4in10](#doc_id_8) The Sun (England), November 3, 2015 Tuesday, NEWS; Pg. 26, 195 words, NICK McDERMOTT |

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| 9. | [Premier League footballers plagued by rotting teeth, UCL finds; Nearly four out of 10 professional footballers have ongoing tooth decay, while eight out of 10 have gum disease according to a study by University College London](#doc_id_9) telegraph.co.uk, November 3, 2015 Tuesday 7:04 AM GMT, NEWS, 741 words, By Sarah Knapton Science Editor |

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| 10. | [Footballers' rotten play blamed on bad teeth](#doc_id_10) The Times (London), November 3, 2015 Tuesday, NEWS; Pg. 17, 306 words |

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| 11. | [Footballers' rotten play blamed on bad teeth](#doc_id_11) The Times (London), November 3, 2015 Tuesday, NEWS; Pg. 19, 373 words |

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| 12. | [Premier League footballers plagued by rotting teeth, UCL finds; Nearly four out of 10 professional footballers have ongoing tooth decay, while eight out of 10 have gum disease according to a study by University College London](#doc_id_12) telegraph.co.uk, November 2, 2015 Monday 11:30 PM GMT, NEWS, 741 words, By Sarah Knapton Science Editor |

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| 13. | Manchester United could blame poor displays on bad TEETH as study shows poordental health can have negative impact on players' performances MailOnline, November 3, 2015 Tuesday 11:10 AM GMT, 949 words, |

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| 14. | Footballers' bad TEETH thought to be negatively affecting performances on the pitch;  A study found over three quarters of professional footballers suffer with gum disease, while 40% of players have dental cavities mirror.co.uk, November 2, 2015 Monday 11:42 PM GMT, 557 words, |

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1 of 12 DOCUMENTS



telegraph.co.uk

**November** 5, 2015 Thursday 5:17 PM GMT

**My teeth are Premier League standard - completely rotten;**

**As a study reveals that Premier League footballers are plagued by plaque, Bill Borrows asks why British men despair at the thought of the dentist's chair**

**BYLINE:** By Bill Borrows

**LENGTH:** 852 words

My **teeth** and I have had a fractious relationship over the years, with several of them moving out permanently while others are still performing some kind of ill-tempered sit-in. Admittedly, the ones that vacated the premises were not given any notice - the front four were forcibly removed as a 13-year old when the grown man in front was the recipient of a harai goshi (a sweeping hip throw to you) on the judo mat.

As he was flying through the air his foot caught me full square in the mouth. Luckily, the **teeth** did not fall out straight away but hung there on a brace wire like a primeval necklace as blood dripped down my chin. Not a good look.

"Personally speaking, I would rather have a rectal examination on live TV than go to the dentist"Bill Borrows

The replacements were subsequently kicked out in an altercation with a drunken father and son team over a spilt pint in a public house in Manchester - but not before I had the delights of wearing false **teeth** on a palate for two years (you've never seen genuine revulsion until somebody finishes their pint of Guinness to find four prosthetic central and lateral incisors at the bottom of the glass).

Thankfully, the current residents have been relatively trouble-free tenants over the last twenty years - I just wish I could say the same for my molars.

Carrying amalgam fillings from the 70s, they have started to show signs of wear and tear, but then the fact that I have studiously avoided anybody sticking sharp instruments in my mouth for several years doesn't help. As Americans put it, I'm not 'current with the dentist.'

Almost all Americans are 'current with the dentist' of course and take great delight in noting the parlous state of the **teeth** in the mother country (think Austin Powers) - but then, as French philosopher Jean Baudrillard once noted, 'Americans may have no identity, but they do have wonderful **teeth**.'

They will, then, be dumbfounded to learn that researchers from University College London have revealed that 80pc of **professional footballers** have at least one filling, 40pc show signs of **tooth** **decay** and one in twenty has to deal with irreversible **gum** **disease.** A significant proportion said that problems with their **teeth** affected their game (former Liverpool forward Luis Sanchez is not believed to have been included in the sample).

Professor Ian Needham explained, "Sports drinks and high energy food can make it harder to train, interrupt sleep and reduce confidence." It appears they can also make you look like Harold Steptoe's dad.

· Top tips for clean, perfect **teeth** (some might surprise you)

You might be excused for thinking that young men with the wealth of Croesus would have the best **teeth** money can buy, but it seems that, in terms of priorities, **teeth** and dental hygiene come a long way behind a Lamborghini or a Louis Vuitton bag. Who can blame them?

Personally speaking, I would rather have a rectal examination on live TV than go to the dentist. In common with aardvarks, bizarrely enough, I don't have enough enamel on my **teeth** so no matter how often or hard I brush, I'm constantly fighting a rearguard action against cavities.

My dad had all his **teeth** taken out when he was in his early twenties, his perfect film star **teeth** only being revealed to be false when he clicked them out for a laugh once when we were crossing swords over the loo. I nearly fainted. And so, in due course, I began an ongoing relationship with a series of dentists and orthodontists. "This might sting a little" they would say as they stuck a foot long needle into my gums. I soon learned how to spot a dentist's lie.

"Can you feel that?" they'd say. A hypothetical question, surely?

"Yes I f\*\*\*\*\*\* can. It feels like it's going to come out of the top of my nose."

"OK we'll give it a couple of minutes."

Let's give it a couple of years shall we?

The comfy chair, Smooth FM on the radio and the mobile hanging from the ceiling are doing nothing for me. The attractive dental assistant is mildly distracting, I'll give you that, but it's hard to concentrate as you scrape the plaque from my **teeth** and I taste blood in my mouth. As you sit in the waiting room, flicking through old Blue Peter annuals (that's how long it's been since I went for a regular check-up), you can't unsee Little Shop of Horrors or unhear Steve Martin as a manic tooth extractor singing:

'I am your dentist And I enjoy the career that I picked I am your dentist And I get off on the pain I inflict

'I thrill when I drill a bicuspid It's swell, though they tell me I'm maladjusted And though it might cause my patients distress Somewhere, somewhere in heaven above me I know that my momma's proud of me 'Oh, momma 'Cause I'm a dentist and a success'

Like most men, I'll see a dentist in an emergency but, generally speaking, I take the line of South African artist Marlene Dumas, "I don't go to a psychiatrist. I don't go to a gym. I run away from my accountant, I run away from my dentist. They are all supposed to help you, but I like to stay in bed, where I have a chance to reflect, like Rossellini." But then, you should have seen the state of his **teeth**.

**LOAD-DATE:** November 5, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper; Web Publication

**JOURNAL-CODE:** WEBDTNS

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The Express

**November** 4, 2015 Wednesday

Edition 1;

National Edition

**A kick in the teeth**

**BYLINE:** FERGUS KELLy

**SECTION:** NEWS; OPINION; COLUMNS; Pg. 16

**LENGTH:** 131 words

Still on the subject of dentistry, a study of leading British **football** clubs by academic researchers has found that the performance on the pitch of **professional** players could be affected by the adverse state of their **teeth.** it blames the predilection of many players for sugary drinks and snacks. Who knows - perhaps Chelsea's dismal run of form which has brought Jose Mourinho to the brink of the sack is down to the players marinading in an after-match bath of Vimto then? Considering all the criticism of fizzy drinks (with two glasses per day said to increase the chances of deadly heart failure) and bacon recently, i'm left wondering how on earth i'd have coped in my younger days without the can of Coke and bacon butty that was the perfect hangover cure.

Or am i missing the point?

**LOAD-DATE:** November 4, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DXP

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The Daily Telegraph (London)

**November** 3, 2015 Tuesday

Edition 1;

National Edition

**Footballers' teeth rotted by sports drinks**

**BYLINE:** Sarah Knapton

**SECTION:** NEWS; Pg. 8

**LENGTH:** 114 words

PREMIERSHIP managers hoping to improve their clubs' fortunes might do worse than looking at players' **teeth.**

Better **dental health** could enhance on-pitch performance, a study suggests. Nearly four in 10 **professional footballers** had ongoing **tooth decay,** nearly six in 10 had tooth erosion and eight in 10 had **gum disease,** in some cases irreversible, researchers from University College London found. They said sugary sports drinks may be to blame. In the general population only one in three adults suffers **tooth decay.** Writing in the British Journal of Sports Medicine, the researchers said there was an "urgent" need to tackle poor dental hygiene. They studied 187 players from eight clubs.

**LOAD-DATE:** November 3, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DTL

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Daily Star

**November** 3, 2015 Tuesday

Edition 1;

National Edition

**Kick in the teeth**

**SECTION:** NEWS; Pg. 3

**LENGTH:** 50 words

**FOOTBALLERS** from top clubs including Manchester United have poor **dental health** which affects their performance.

Almost four out of 10 have dental cavities, while one in 20 has **gum disease,** says a study in the British Journal of Sports Medicine.

Experts think that too many fitness drinks may be the reason.

**LOAD-DATE:** November 3, 2015

**LANGUAGE:** ENGLISH

**GRAPHIC:** FOUL: Check-up

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DST

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The Guardian

**November** 3, 2015 Tuesday 6:59 PM GMT

**Foul mouthed: why are footballers' teeth so bad?;**

**Dentists who examined 187 professionals from Premier League and Football League clubs have revealed that many players have poor oral health. Is there a root cause?**

**BYLINE:** Leo Benedictus

**SECTION: FOOTBALL**

**LENGTH:** 574 words

Their bodies are young and fit, their diet is controlled by experts, they have the best medical care in the world, lots of spare time and they are rich beyond imagining, yet a **professional footballer's teeth** are, on average, in worse shape than yours or mine. It's hard to believe, but it seems to be a fact.

As part of a study just published in the British Journal of Sports Medicine, club dentists examined virtually all the senior players at Hull City, Manchester United, Southampton, Swansea City, West Ham United, Brighton and Hove Albion, Cardiff City and Sheffield United - 187 players in total. They found that 37% had "active dental caries [cavities]"; 77% had at least one filling (and, on average, five); 53% showed "dental erosion"; 77% had gingivitis covering at least half their mouths; 5% had "moderate-severe irreversible periodontal [gum and jaw] disease"; and 45% were actively "bothered" by their oral health. A fifth of players said the problems reduced their overall quality of life, and 7% said it affected their training or performance. "Oral health of **professional footballers** is poor," the report concluded, putting it mildly.

How could this be? Modern **football** clubs are understandably obsessed with the health of their players. On arriving at Arsenal, Arsène Wenger famously decreed that the whole squad should get their **teeth** checked. Robin van Persie and others have at times put their injury problems down to their **dental** **health.** How could such preventable diseases still be rife?

One possible culprit considered by the study was sugary sports drinks, which nearly two-thirds of the players said they consumed at least three times a week. No actual correlation between consumption of sports drinks and **tooth decay** was found, however. Besides, with the right dental regime, it's not even clear that sports drinks necessarily harm your **teeth**.

Another possibility is that **footballers**, especially those who grew up in the developing world, may have had poor access to dental care and education as children. Yet everyone who participated in the study was over 18, so virtually all of them will have been wealthy - and living in a wealthy country - for at least a few years. Moreover, the players' oral health got worse as they got older, suggesting that money doesn't makes the problem go away. And three-quarters had been to the dentist for at least one checkup in the past year.

If there is a mystery here, it is not confined to **footballers**. The study author, Professor Ian Needleman, also looked at athletes competing in the 2012 Olympics and found that their mouths were, if anything, even worse. All the same problems existed at similar or higher levels, and 18% of those taking part said that their **dental** **health** had affected their performance.

A clue does stand out in the report, however. At one of the eight clubs - "club E" - dental problems were far less serious than at the others (club A also wasn't bad). This might indicate that the club E dentist is lax about recording problems, or it might mean that he or she is just doing a good job. For all the pampering **footballers** receive, perhaps they are just not eating as carefully as they should - maybe swayed by the allure of Dunkin' Donuts (official partners of Liverpool), Gatorade (Arsenal) or Coca-Cola (official Fifa partners and World Cup sponsors). Perhaps, no matter how rich you are, someone needs to pester you to brush your **teeth**.

**LOAD-DATE:** November 3, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** WEBGNS

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i-Independent Print Ltd

**November** 3, 2015

First Edition

**Players' teeth in a foul state;**

**HEALTH**

**SECTION:** NEWS; Pg. 2

**LENGTH:** 191 words

**Footballers** in England and Wales have poorer **dental health** when compared with the rest of the population and this could be affecting their wellbeing and performance on the pitch, according to researchers, including some from University College London. Dentists checked the **teeth** of **footballers** from eight clubs including Hull, Manchester United, Swansea City and Sheffield United and found that some players had infections and irreversible **gum disease.**

**Footballers** and their **teeth** 1 in 5 The number of **footballers** who reported injury to their **teeth** or face from playing the game 37% The percentage of **footballers** who had at least one tooth affected by decay WORDS: SERINA SANDHU GRAPHIC: JOHN BRADLEY 3 in 4 More than three-quarters of **footballers** needed fillings 27% More than a quarter of players were sensitive to hot and cold drinks 32 84884 Incisors Canines Premolar Molars Wisdom **teeth** Adult **teeth** Percentage of adults who regularly visit the dentist Scotland 69% Wales 69% 61% England 60% N Ireland 1 in 4 The number of adults in the UK who don't brush their **teeth** twice a day SOURCES: BRITISH JOURNAL OF SPORTS MEDICINE, NATIONAL SMILE MONTH

**LOAD-DATE:** November 2, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** III

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Independent.co.uk

**November** 3, 2015 Tuesday 11:57 AM GMT

**Footballers have worse teeth than the general public, study reveals;**

**Tooth decay was 10 per cent higher compared to those of a similar age in the general public, UCL finds**

**BYLINE:** Tom Sheen

**SECTION:** NEWS & COMMENT

**LENGTH:** 322 words

A study has revealed that **professional footballers** have poor **teeth**, with a nearly four out of 10 players having cavities.

Carried out in the British Journal of Sports Medicine, dentists checked the **teeth** of players at eight clubs in England and Wales, with West Ham medical staff admitting that athletes often had **teeth** in a poorer condition than the general population.

Dentists from the International Centre for Evidence-Based Oral Health at University College London, the **teeth** of 187 players from the clubs.

They found that more than half (53 per cent) had dental erosion, 45 per cent were bothered by the state of their **teeth**, with seven per cent saying that it had an impact on training or performance. Another 20 per cent even said the state of their **teeth** impacted on their quality of life.

Stoke City were one of eight clubs whose players were checked

**Tooth decay** was 10 per cent higher in the players examined, at 40 per cent compared with 30 per cent of people of a similar age in the general public.

"These are individuals who otherwise invest so much in themselves so it's a surprising finding," Prof Ian Needleman, one of the researchers, told the BBC.

"There are two main groups - some have a catastrophic effect, they have very severe abscesses that stop them in their tracks and they cannot play or train.

"There'll be others experiencing pain affecting sleeping or sensitivity every time they take a drink.

"At this level of athlete, even small differences can be quite telling."

Nutrition and the frequent consumption of sugary and acidic foods is though to be one of the main causes, while a lot of air in the mouth - and therefore less protection from saliva - is another.

Players from Manchester United, Hull City, Southampton, Swansea City, West HamUnited, Brighton & Hove Albion, Cardiff City and Sheffield United all took part in the study.

Prof Needleman added that clubs are now giving **dental** **health** a "higher priority".

**LOAD-DATE:** November 3, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper; Web Publication

**JOURNAL-CODE:** WEBI

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The Sun (England)

**November** 3, 2015 Tuesday

Edition 1;

Scotland

**MATCH OF DECAY;**

**Footie stars with bad gnashers play worse 4in10**

**BYLINE:** NICK McDERMOTT

**SECTION:** NEWS; Pg. 26

**LENGTH:** 195 words

TOP **footballers** are struggling for form due to their dodgy **teeth**, experts claim.

Four in ten have decay and one in 20 **gum disease** - linked to heart troubles, a study shows.

More than 80 per cent of **professional** players have at least one filling and half have dental erosion.

And seven per cent say dental troubles affect their per-formance in crunch games. Researchers quizzed 187 aces from eight clubs including Premier League sides Man Utd, West Ham and Southampton.

Thirty-seven per cent had rotting **teeth**, compared to the national average of 30 per cent among young men.

Almost three-quarters of players had been to the dentist within the past 12 months while more than one in five reported a history of trauma to their gnashers or face during matches.

Researcher Prof Ian Needleman, from University College, London, said: "Oral health of **professional footballers** is poor, and this impacts on wellbeing and performance.

"Pain can make it harder to train, interrupt sleep and reduce confidence."

Ex-Liverpool star Luis Suarez, left, was famed for his **teeth** - as well as nibbling rivals.

nick.mcdermott@the-sun.co.uk

4 in 10 have dental cavities

8 in 10 have at least one filling

**LOAD-DATE:** November 3, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** SUN

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telegraph.co.uk

**November** 3, 2015 Tuesday 7:04 AM GMT

**Premier League footballers plagued by rotting teeth, UCL finds;**

**Nearly four out of 10 professional footballers have ongoing tooth decay, while eight out of 10 have gum disease according to a study by University College London**

**BYLINE:** By Sarah Knapton Science Editor

**SECTION:** NEWS

**LENGTH:** 741 words

Premier League managers hoping to turnaround their club's fortunes might ordinarily look to changing tactics, boosting morale and improving fitness.

But a new study suggests that rotting **teeth** may be holding back players from giving their peak performance and better **dental** **health** could enhance their on-pitch performance.

A study by University College London found that **footballers** at clubs like Manchester United, Southampton, West Ham, Hull City and Swansea have higher levels of **tooth decay** than the general population, possibly caused by drinking too many sugary sports drinks to boost energy levels.

"A significant percentage of our top **footballers** are affected by dental decay, tooth erosion and **gum disease**"Professor Ian Needleman, UCL

Nearly four out of 10 **professional footballers** have ongoing **tooth decay**, 57 per cent had tooth erosion, while eight out of 10 had **gum disease** which in some cases was irreversible. In contrast one in three adults have **tooth decay** in Britain.

Writing in the British Journal of Sports Medicine, researchers at UCL's Centre for Oral Health said there was an 'urgent' need to tackle poor levels of dental hygiene in **football.**

Research lead, Professor Ian Needleman, said: "Although the severity of oral ill-health varied from team to team, overall we found that a significant percentage of our top **footballers** are affected by dental decay, tooth erosion and **gum disease**, much of which is preventable.

"But while these findings are worrying we are pleased that clubs are already embracing the findings and building on their existing interventions by placing oral health care at the forefront of their medical agenda.

"We hope that other teams follow their lead and introduce robust oral health screening and promotion as a routine element of their programs."

Researchers enrolled 187 **professional footballers** from eight clubs in England and Wales. As well as the premiership clubs, the study included Championship teams Brighton & Hove Albion, Cardiff FC and from League One, Sheffield United.

Six dentists checked the tooth and gum health of every player and each **footballer** was asked about the impact of **dental** **health** on their personal and **professional** lives.

Nearly half said they were 'bothered' by poor tooth and gum health while 7 per cent said it adversely effected their training.

In 2012, West Ham player Ravel Morrison, was sent home from a pre-season tour to have seven **teeth** removed.

Club officials were initially preparing to fine the midfielder for missing a training session but when an examination revealed the parlous condition of his mouth they were forced to act.

West Ham went on to spend £28,000 on dental implants for Morrison, who now plays for Italian side Lazio.

The Upton Park club has since begun regularly screening players and has become one of the first clubs to start taking **dental** **health** seriously.

Stijn Vandenbroucke, Head of Medicine and Sports Science at West Ham said: "**Teeth** problems never come at a good time, so we at WHUFC prefer to screen and plan preventive interventions with the dentist in the off and pre-season.

"Oral health is an area where many athletes have greater problems than the general population so it has been a massive achievement for so many **professional football** clubs to collaborate with each other to help us understand the scale of this problem better.

"Being part of this study has also helped us as a club to implement tailored interventions to treat and prevent further problems.

"There aren't many areas of screening in sport, which meet all screening criteria and can be so useful with such clear preventive benefits for athletes and club. Hopefully those who read the study will see the advantages as well."

Winston Reid, West Ham centre back and New Zealand captain, said: "In the beginning of the season WHU organised a long screening day.

"The medical team had a look at our heart, blood, eyes and **teeth**. The dentist screened my **teeth** and explained to me in detail the dental problems that needed to be tackled to prevent painful **teeth** resulting in missing training.

"The club doctor organised a few dentist appointments and now a few months later I am smiling without worries, really top job from our medical boys."

A separate study found that drinking two or more glasses of sweetened drinks raises the risk of heart failure in men by 23 per cent.

The research by the University of Navarra, in Spain, was published in the journal Heart.

**LOAD-DATE:** November 3, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper; Web Publication

**JOURNAL-CODE:** WEBDTNS

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The Times (London)

**November** 3, 2015 Tuesday

Edition 2;

National Edition

**Footballers' rotten play blamed on bad teeth**

**SECTION:** NEWS; Pg. 17

**LENGTH:** 306 words

Fans have become wearily used to losing **football** managers blaming the incompetence of the referee, or the thickness of a goalpost. Now it seems they may have a new excuse: the left back needed a filling (Chris Smyth writes).

**Professional footballers** have terrible **teeth** and it seems to be affecting their performance, a study of leading British clubs has found. Too many sugary energy drinks and snacks have been blamed for the finding that almost four out of ten players have cavities and almost eight in ten have **gum disease.**

While many supporters might assume that Luis Suárez's **teeth** are the only set to have caused problems on the pitch, the research found that 7per cent of players felt tooth problems were affecting their performance. The findings have persuaded several clubs to introduce stricter dental hygiene rules.

Ian Needleman of University College London, who led the research, had previously found that Olympic athletes had poor **teeth** and said it was not surprising that this put elite sportsmen off their game. "Some of these conditions are painful and that can have an impact," he said. "The pain can be catastrophic, like an abscess, so you can't play, or it can distract when you're playing or disturb your sleep."

He found that levels of decay were about 10 per cent higher than in the average British man of the same age.

Winston Reid, the West Ham centre back, was among the players told they needed to brush up on their oral hygiene.

He said: "The dentist screened my **teeth** and explained to me in detail the dental problems that needed to be tackled. The club doctor organised a few dentist appointments and now a few months later I am smiling without worries, really top Job from our medical boys."

Professor Needleman's team inspected 187 players for the research published in the British Journal of Sports Medicine.

**LOAD-DATE:** November 3, 2015

**LANGUAGE:** ENGLISH

**GRAPHIC:** JOHN PETERS/MANCHESTER UNITED/GETTY IMAGESCristiano Ronaldo, left, and Winston Reid, below, tackled their dental problems.Luis Suárez, above, has had tooth troubles of a different kind - bans for biting opponents

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** TIM

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The Times (London)

**November** 3, 2015 Tuesday

Edition 1;

Scotland

**Footballers' rotten play blamed on bad teeth**

**SECTION:** NEWS; Pg. 19

**LENGTH:** 373 words

Fans have become wearily used to losing **football** managers blaming the incompetence of the referee, or the thickness of a goalpost. Now it seems they may have a new excuse: the left back needed a filling (Chris Smyth writes).

**Professional footballers** have terrible **teeth** and it seems to be affecting their performance, a study of leading British clubs has found. Too many sugary energy drinks and snacks have been blamed for the finding that almost four out of ten players have cavities and almost eight in ten have **gum disease.**

While many supporters might assume that Luis Suárez's **teeth** are the only set to have caused MAJOR problems on the pitch, the research found that 7per cent of players felt that tooth problems were affecting their performance. The findings have persuaded several clubs to introduce stricter dental hygiene rules in the hope of extra points.

Ian Needleman of University College London, who led the research, had previously found that Olympic athletes had poor **teeth** and said it was not surprising that this put elite sportsmen off their game. "Some of these conditions are painful and that can have an impact," he said. "The pain can be catastrophic, like an abscess, so you can't play, or it can distract when you're playing or disturb your sleep. If it's distracting it can also affect your confidence and in elite athletics these small differences can have a big impact."

He found that levels of decay were about 10 per cent higher than the average British man of the same age.

Winston Reid, the £60,000-a-week West Ham centre back, was among the players told they needed to brush up on their oral hygiene. He said: "The dentist screened my **teeth** and explained to me in detail the dental problems that needed to be tackled to prevent painful **teeth** resulting in missing training. The club doctor organised a few dentist appointments and now a few months later I am smiling without worries, really top Job from our medical boys."

Professor Needleman's team inspected 187 players for the research published in the British Journal of Sports Medicine.

Cristiano Ronaldo, left, and Winston Reid, below, tackled their dental problems.

Luis Suarez, above, has had tooth troubles of a different kind - bans for biting opponents

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**November** 2, 2015 Monday 11:30 PM GMT

**Premier League footballers plagued by rotting teeth, UCL finds;**

**Nearly four out of 10 professional footballers have ongoing tooth decay, while eight out of 10 have gum disease according to a study by University College London**

**BYLINE:** By Sarah Knapton Science Editor

**SECTION:** NEWS

**LENGTH:** 741 words

Premier League managers hoping to turnaround their club's fortunes might ordinarily look to changing tactics, boosting morale and improving fitness.

But a new study suggests that rotting **teeth** may be holding back players from giving their peak performance and better **dental** **health** could enhance their on-pitch performance.

A study by University College London found that **footballers** at clubs like Manchester United, Southampton, West Ham, Hull City and Swansea have higher levels of **tooth decay** than the general population, possibly caused by drinking too many sugary sports drinks to boost energy levels.

"A significant percentage of our top **footballers** are affected by dental decay, tooth erosion and **gum disease**"Professor Ian Needleman, UCL

Nearly four out of 10 **professional footballers** have ongoing **tooth decay**, 57 per cent had tooth erosion, while eight out of 10 had **gum disease** which in some cases was irreversible. In contrast one in three adults have **tooth decay** in Britain.

Writing in the British Journal of Sports Medicine, researchers at UCL's Centre for Oral Health said there was an 'urgent' need to tackle poor levels of dental hygiene in **football.**

Research lead, Professor Ian Needleman, said: "Although the severity of oral ill-health varied from team to team, overall we found that a significant percentage of our top **footballers** are affected by dental decay, tooth erosion and **gum disease**, much of which is preventable.

"But while these findings are worrying we are pleased that clubs are already embracing the findings and building on their existing interventions by placing oral health care at the forefront of their medical agenda.

"We hope that other teams follow their lead and introduce robust oral health screening and promotion as a routine element of their programs."

Researchers enrolled 187 **professional footballers** from eight clubs in England and Wales. As well as the premiership clubs, the study included Championship teams Brighton & Hove Albion, Cardiff FC and from League One, Sheffield United.

Six dentists checked the tooth and gum health of every player and each **footballer** was asked about the impact of **dental** **health** on their personal and **professional** lives.

Nearly half said they were 'bothered' by poor tooth and gum health while 7 per cent said it adversely effected their training.

In 2012, West Ham player Ravel Morrison, was sent home from a pre-season tour to have seven **teeth** removed.

Club officials were initially preparing to fine the midfielder for missing a training session but when an examination revealed the parlous condition of his mouth they were forced to act.

West Ham went on to spend £28,000 on dental implants for Morrison, who now plays for Italian side Lazio.

The Upton Park club has since begun regularly screening players and has become one of the first clubs to start taking **dental** **health** seriously.

Stijn Vandenbroucke, Head of Medicine and Sports Science at West Ham said: "**Teeth** problems never come at a good time, so we at WHUFC prefer to screen and plan preventive interventions with the dentist in the off and pre-season.

"Oral health is an area where many athletes have greater problems than the general population so it has been a massive achievement for so many **professional football** clubs to collaborate with each other to help us understand the scale of this problem better.

"Being part of this study has also helped us as a club to implement tailored interventions to treat and prevent further problems.

"There aren't many areas of screening in sport, which meet all screening criteria and can be so useful with such clear preventive benefits for athletes and club. Hopefully those who read the study will see the advantages as well."

Winston Reid, West Ham centre back and New Zealand captain, said: "In the beginning of the season WHU organised a long screening day.

"The medical team had a look at our heart, blood, eyes and **teeth**. The dentist screened my **teeth** and explained to me in detail the dental problems that needed to be tackled to prevent painful **teeth** resulting in missing training.

"The club doctor organised a few dentist appointments and now a few months later I am smiling without worries, really top job from our medical boys."

A separate study found that drinking two or more glasses of sweetened drinks raises the risk of heart failure in men by 23 per cent.

The research by the University of Navarra, in Spain, was published in the journal Heart.

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**November** 3, 2015 Tuesday 11:10 AM GMT

Manchester United could blame poor displays on bad TEETH as study shows poor**dental health** can have negative impact on players' performances  
  
**BYLINE:** PA REPORTER  
  
**SECTION:** SPORTS NEWS  
  
**LENGTH:** 949 words

* Top footballers are struggling for form due to bad teeth, experts claim
* Study shows four in 10 footballers have dental cavities
* Poor level of **dental** **health** affects footballers' performance and wellbeing

Footballers from top clubs including Manchester United have poor **dental** **health,** which affects their performance, researchers say.

Almost four out of 10 **professional** footballers have dental cavities, while one in 20 has irreversible gum disease.

Others suffer infections, while many experience regular toothache, found the study, published online in the British Journal of Sports Medicine.

This poor level of **dental** **health** affects footballers' performance and wellbeing, and the sport 'urgently' needs to promote better dental care, experts behind the research said.

The **dental** **health** of footballers appears to be worse than for the general population, though experts have yet to pinpoint the exact reasons why.

Many footballers drink sports drinks several times a week, although evidence is 'unclear' on whether this is to blame.

The study involved 187 footballers from eight clubs - Hull, Manchester United, Southampton, Swansea City, West Ham, Brighton and Hove Albion, Cardiff and Sheffield United.

Six dentists checked the tooth and gum health of every player - equivalent to more than 90 per cent of each senior squad - and each footballer was asked about the impact of **dental** **health** on their personal and **professional** lives.

Almost three-quarters of players (73 per cent) had been to the dentist within the past 12 months and 22 per cent reported a history of trauma to their teeth or face due to the sport.

Some 64 per cent of players said they drank sports drinks at least three times per week, while 5 per cent used tobacco, mainly smokeless or chewing tobacco.

Researchers found that 37 per cent of the footballers had at least one tooth affected by decay while 77 per cent had needed fillings, with some needing more than five.

Overall, 84 per cent of all footballers had at least one decayed or filled tooth.

In 2012, former West Ham youngster Ravel Morrison was even sent home from a pre-season tour in need of urgent dental work and eventually had seven rotten teeth removed.

Dental 'erosion', where the tooth is worn away by acid, was present in 53 per cent of footballers, while 77 per cent of footballers had half of their mouth affected by gingivitis (inflammation of the gums). In 5 per cent of footballers, this was moderate to severe and irreversible.

Some 8 per cent of footballers had at least one ulcer, abscess or open sore, while one in 10 had regular toothache and 16 per cent experienced pain in their mouths. Over a quarter (27 per cent) had sensitivity to hot or cold drinks.

More than 45 per cent of footballers said they were 'bothered' by their oral health, with 20 per cent reporting an impact on their quality of life and 7 per cent reporting an impact on training or performance.

During the summer, West Ham defender Winston Reid revealed he was involved in a pre-season screening day after which he was told about his dental problems.

He said: 'In the beginning of the season West Ham organised a long screening day.

'The medical team had a look at our heart, blood, eyes and teeth. The dentist screened my teeth and explained to me in detail the dental problems that needed to be tackled to prevent painful teeth resulting in missing training.

'The club doctor organised a few dentist appointments and now a few months later I am smiling without worries, really top job from our medical boys.'

The researchers, including from University College London, said several things contribute to poor **dental** **health,** including food and drink and how much emphasis is placed on oral health in sport.

Some teams had worse teeth than others, suggesting there is a role for preventing **tooth decay** and introducing formal screening in clubs, they said.

'Few teams integrate oral health promotion within overall medical care, and there is therefore lack of ongoing support and reinforcement of this health area for the athletes,' they wrote.

'Oral health of **professional** footballers is poor, and this impacts on wellbeing and performance. Successful strategies to promote oral health within **professional football** are urgently needed.

'Furthermore, this study provides strong evidence to support oral health screening within **professional football**.'

The experts stressed the 'relationship between sports drinks and dental erosion remains unclear'.

One review, which was just on children, found no link, although another study on 3,000 people found drinking sports drinks was linked to**tooth decay**.

The footballers were typically aged 24, though they ranged in age from 18 to 39.

The British Dental Association's scientific adviser, Professor Damien Walmsley, said: 'If your favourite soccer team isn't doing well, you might want to ask them if they are they looking after their teeth.

'The high degree of erosion seen in footballers' teeth is likely to reflect a high consumption of either 'sports' or fizzy drinks following strenuous exercise. Footballers, like the rest of us, would be better off drinking water to quench their thirst after strenuous exercise rather than sports or fizzy drinks that place teeth at risk.

'Contrary to expectation, sports drinks are rarely a healthy choice. They don't necessarily contain high amounts of sugar, but the high levels of acidity can cause irreversible damage to teeth.

'The acid in these drinks breaks down the tooth's enamel, the shiny outer layer of your teeth, causing them to become sensitive to temperature changes and touch. On the other hand, many fizzy drinks do contain sugar and this will place teeth at risk of developing cavities or teeth decay.'

mirror.co.uk

**November** 2, 2015 Monday 11:42 PM GMT

Footballers' bad TEETH thought to be negatively affecting performances on the pitch;   
A study found over three quarters of **professional** footballers suffer with gum disease, while 40% of players have dental cavities  
  
**BYLINE:** By Andrew Gregory  
  
**SECTION:** SPORT,**FOOTBALL,**NEWS  
  
**LENGTH:** 557 words

Wondering why your favourite **football** team aren't up to scratch? It may be because your heroes are not looking after their teeth.

University College London researchers found stars at top clubs including Manchester United are having their performance on the pitch affected by bad teeth.

Four out of 10 **professional** footballers have dental cavities, while a staggering 77% have gum disease.

Others are suffering with constant infections, and many regularly have toothache, according to the study published in the British Journal of Sports Medicine.

The shocking level of **dental** **health** is harming footballers' performance and wellbeing, experts said.

The **dental** **health** of footballers also appears to be worse than for the general population, though it is not clear precisely why.

Many drink sports drinks several times a week, although evidence is "unclear" on whether this is to blame.

The study involved 187 footballers from eight clubs - Hull, Manchester United, Southampton, Swansea City, West Ham, Brighton and Hove Albion, Cardiff and Sheffield United.

Dentists checked the tooth and gum health of the players and each was quizzed about the impact of **dental** **health** on their personal and**professional** lives.

Researchers found 37% of the footballers had at least one tooth affected by decay while 77% had needed fillings, with some needing more than five.

Overall, 84% of all footballers had at least one decayed or filled tooth.

Dental "erosion", where the tooth is worn away by acid, was present in 53% of footballers. And 77% of footballers had half of their mouth affected by gingivitis (inflammation of the gums). In 5%, this was moderate to severe and irreversible.

Some 8% of footballers had at least one ulcer, abscess or open sore, while one in 10 had regular toothache and 16% experienced pain in their mouths. Over a quarter (27%) had sensitivity to hot or cold drinks.

More than 45% of footballers said they were "bothered" by their oral health, with 20% reporting an impact on their quality of life and 7% reporting an impact on training or performance.

The researchers said several things contributed to poor **dental** **health,** including food and drink and how much emphasis was placed on oral health in **football.**

Some teams had worse teeth than others, which suggests there is a role for preventing **tooth decay** and introducing formal screening in clubs, they said.

The study did not reveal which of the clubs' players had the best and worst teeth.

They wrote: "Few teams integrate oral health promotion within overall medical care, and there is therefore lack of ongoing support and reinforcement of this health area for the athletes.

"Oral health of **professional** footballers is poor, and this impacts on wellbeing and performance. Successful strategies to promote oral health within **professional football** are urgently needed. Furthermore, this study provides strong evidence to support oral health screening within **professional football**."

The experts stressed the "relationship between sports drinks and dental erosion remains unclear".

One review, which was just on children, found no link, although another study on 3,000 people found drinking sports drinks was linked to**tooth decay**.

On average, the footballers were aged 24, though they ranged in age from 18 to 39.

Do you think footballers with bad teeth would play better if they had good teeth?