

# Tackling childhood sports injuries: Quick action can keep knocked-out teeth in the game

It doesn't matter if it's hockey, soccer, or baseball — participation in any sport could put your child's smile at risk. According to research by the American Association of Endodontists (AAE), sports injuries are one of the leading causes of knocked-out teeth. With proper emergency action, a knocked-out, or "avulsed," tooth can be successfully replanted, and last for many years. The key is to act quickly, yet calmly, and follow these five simple steps:

1. Handle the tooth carefully by the crown (chewing surface), not the root.

2. If the tooth is dirty, gently rinse it with a spray of water. Take care not to handle the root surface. Don't use soap or chemicals.

3. Reposition the tooth in the socket immediately, if possible. To reinsert, carefully push the tooth into the socket or position the tooth above the socket and close the mouth slowly.

4. Keep the tooth moist at all times. If it can't be replaced in the socket, put it in a glass of milk or in

the mouth next to the cheek. If none of these is practical, use water, preferably with a pinch of salt.

5. See your dentist or an endodontist within 30 minutes. A tooth can sometimes be saved even if it's been outside the mouth for an hour, but getting professional help within 30 minutes significantly improves the odds of successful reimplantation.

Your child's dentist and endodontists are well-qualified to handle an avulsed tooth. Endodontists are dentists who specialize in performing root canal treatments (RCT) and saving natural teeth. In many cases endodontists can save teeth that may appear hopeless.

Once RCT and restoration are completed, the treated tooth often can last a lifetime.

*Submitted by Dr. Karam Ashoo who operates at Georgetown Endodontics, a practice limited to root canal therapy and root-end surgery, 92 Guelph St. Georgetown. His website is [www.georgetownendodontics.com](http://www.georgetownendodontics.com).*

# Tips for living with tinnitus.

Practical  
tips

**You can beat tinnitus.** A positive attitude is very helpful. Relaxation techniques, an active social life, sports and hobbies can assist you in taking control of your life – even with tinnitus. On the following page, we've summarized a few practical tips, recently developed by Siemens together with ENT physicians, psychologists, and audiologists.



## ■ Relearning how you hear

Listen consciously to the world around you. Everything that provides your ears with varied sound impressions deflects attention away from tinnitus.

## ■ Tips for recuperative sleep

Avoid black tea, coffee or heavy meals in the evening. A warm bath before you go to bed is a good option.

## ■ Get active, stay on the move

Relish life with family and friends, and organize your private life to include plenty of activity and variety. Keep an open mind. Everything that increases your personal sense of well-being and enjoyment of life decreases tinnitus' hold over it.

## ■ Avoid silence

Give yourself a break now and again. However, avoid complete silence, which is an open invitation for tinnitus to take hold. Opt for enjoyable sources of sound stimulus – an audio book or relaxing music.

## ■ Promote your physical fitness

People who participate in sports are healthier and this also applies to people with tinnitus. Everything you enjoy doing and that tests your physical fitness is good for you.

## ■ Learn to relax effectively

Because tinnitus causes tension, it is important to learn relaxation methods and use them regularly. Some recommended relaxation methods are Feldenkrais, yoga, tai chi, and qi gong.

## ■ Get more information

Visit the American Tinnitus Association website: [ata.org](http://ata.org)

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