

AVALIAÇÃO DO USO DOS PROTETORES BUCAIS EM ADOLESCENTES PRATICANTES DE ESPORTES

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Ciências da Saúde 4.00.00.00-1 - Odontologia 4.02.00.00-0

RESUMO: INTRODUÇÃO: Impactos diretos ou indiretos sobre os dentes e estruturas anexas da cavidade bucal resultam em lesões bucais de diferentes características. **OBJETIVO:** Avaliar o uso dos protetores bucais em adolescentes que praticam atividades físicas, com contato e sem contato, além da prevalência de traumas bucais durante essas atividades. **MATERIAL E MÉTODO:** Foi realizado um estudo observacional com amostra de conveniência, no qual 61 adolescentes foram entrevistados com idade entre 12 e 16 anos que praticam esporte de contato e sem contato, na Escola Estadual Campos Teixeira no município de Maceió-AL. Os adolescentes responderam a um questionário contendo perguntas relacionadas a prática de esportes, traumas sofridos, uso de protetor bucal e conhecimento sobre protetores bucais. Para análise estatística o teste qui-quadrado foi utilizado e em todas as análises foi considerado nível de significância de 5%. Esses mesmos dados foram analisados de forma descritiva. **RESULTADOS:** O teste do qui-quadrado revelou uma diferença significativa com relação aos traumatismos bucais quando comparados os esportes de contato e sem contato, além da associação entre não conhecer o protetor bucal e não o usar. Análise descritiva demonstrou que 95,3% dos adolescentes não fazem uso do protetor bucal enquanto praticam esportes e que todos os alunos consideram importante o uso do protetor bucal. **CONCLUSÃO:** O uso do protetor bucal durante a prática de esportes de contato é importante para reduzir os traumatismos bucais. O seu uso deveria ser obrigatório uma vez que todos os alunos consideram importante, porém não o utilizam durante a prática de esportes de contato, devido a falta de conhecimento.

Palavras-chaves: adolescentes, protetores bucais, traumatismo dentário.

Agradecimentos: Escola Estadual Campos Texeira.

ABSTRACT: INTRODUCTION: Direct or indirect impact on teeth and attached structures of the oral cavity results in mouth lesions of varying characteristics. **OBJECTIVE:** To evaluate the use of mouthguards in teenagers who practice physical activities, contactless or otherwise, and the prevalence of mouth lesions during said activities. **MATERIALS AND METHOD:** A convenience sample was chosen for an observational study in which 61 teenagers between the ages of 12 and 16 who practice contact and contactless sports at Escola Estadual Campos Teixeira in the city of Maceió-AL were interviewed. The subjects answered a questionnaire on sports practiced, trauma suffered, on the use of mouthguards, and knowledge of said protection. The chi-squared test was utilized in all statistical analyses and, for those, a level of significance of 5% was considered. The same data were analyzed descriptively. **RESULTS:** The chi-squared test revealed significant contrast on oral trauma when contact and contactless sports were compared, and whether or not the subjects knew about mouthguards and didn't make use of them was taken into account. Descriptive analysis has shown that 95,3% of teens do not make use of mouthguards when practicing sports but that all students consider its use to be of importance. **CONCLUSION:** The use of mouthguards during sports practice is paramount in reducing oral trauma. Its use should be mandatory since all students acknowledge its importance but don't wear it when playing sports due to a lack of proper instruction.

Keywords: dental trauma, mouthguards, teenagers.

Acknowledgements: Escola Estadual Campos Texeira.

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