Science theme: The microbiome: health and performance implications

Title: The athlete diet, the oral microbiome and oral health:

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Abstract

Oral health is a key determinant of athlete health, wellbeing and performance. The mechanisms underpinning these relationships are complex and include psycho–social elements related to quality of life components, acute and chronic pain, oral and systemic inflammation and the oral microbiomes. The oral microbiomes are important for normal physiologic homeostasis, can protect both oral health and general health and can promote optimal athlete performance. However, when out of balance, the microbiomes can become dysbiotic i.e. favouring the development of diseases. In this presentation, I will briefly outline the contribution of oral health to athlete health and performance and the relevance of the oral microbiomes. I will also describe how and why the oral microbiomes may become dysbiotic and why this is important to athletes. Finally, I will suggest simple oral health strength and conditioning tips that can be adopted by athletes and their support team.