

Dear Chairman,

We would like to ask for your assistance with regard to our research into the effectiveness of mouthguards in field hockey.

The department of oral and maxillofacial surgery at the Academic Medical Center Amsterdam (AMC) and the dentistry faculty of Amsterdam (ACTA) in the Netherlands are looking to find ways to minimise the impact of mouth injuries in the sport and has entitled the research the 'Study of Hockey and Orofacial Trauma' (SHOT).

We have generated a short digital questionnaire which we would like you to share amongst your club members in the interest of promoting safety in field hockey. Mouth injuries in hockey are often serious, irreparable and can have lasting socio-psychological effects. Further, treatment costs tend to be very high. To reduce the number and impact of such injuries, we want to test the safety levels afforded by the different mouthguards players generally use.

For this programme to be successful, it is important to learn how often orofacial injuries occur in hockey and how current mouthguards may contribute to any injuries. Our aim is to improve the safety of hockey players and enable professionals to better advise hockey players in the future.

To gather relevant data we need the answers to our research questions and that is why we kindly ask for your help by distributing this digital questionnaire to your club members. It will only take them a maximum of 2 minutes to complete and will really help us achieve our important aims and objectives. If you are able to support this research, please send separate emails to each of your club members with the digital link below, or put the link on the club website and encourage everyone to participate.

The results of this study will of course be published and we would be happy to acknowledge your club's contribution. We would like to hear if you would like to 'put your teeth' into this research and therefore contribute to the safety of our hockey players!

For additional questions you can contact me.

Link: [SHOT OMFS](#)

With kind regards,

Kirsten van Vliet, PhD AMC/ACTA

On behalf of,

Prof. de Lange, OMF surgeon and head of dept. OMF surgery AMC

Prof. Lobbezoo, dentist-gnathologist and dept. director ACTA