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REPORT ARTICLE

Connecting the Sports Dentistry Community Through Podcasting

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1. THE SPORTS DENTISTRY PODCAST

In the realm of sports dentistry, dentists can often find themselves isolated in practice due to the niche nature of their specialty. The demands of working independently, coupled with limited opportunities for professional interaction, may lead to feelings of detachment from wider dental networks[1]. This isolation is further compounded by the unique challenges faced in treating athletes, which are not always widely understood or shared by colleagues in general dentistry.

Conferences have traditionally served as vital hubs for sports dentistry professionals to network face-to-face, exchange ideas, and build meaningful relationships. These in-person events offer rich opportunities for direct interaction and hands-on learning, often fostering collaborations that would be difficult to achieve remotely. However, attending such gatherings can pose significant challenges, with factors like geographical distance and the associated expenses making participation difficult for many[2]. As a result, not all practitioners are able to benefit from the connections and learning these events provide, highlighting the need for alternative networking solutions within the field.

Podcasting offers an accessible platform for sports dentistry professionals to connect, share experiences, educate and exchange knowledge[3]. By featuring interviews, case discussions, and expert insights, podcasts can bridge gaps between practitioners, fostering a sense of community and encouraging collaboration. This

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medium not only enables dentists to stay informed about developments in their field but also provides opportunities to network with peers and specialists from across the globe.

The inspiration for The Sports Dentistry Podcast was ignited at the inaugural UK Sports Dentistry Association conference in November 2024. During the conference's sporting event, a conversation between Dr Umair Mohammed and Dr John Haughey provided the spark that led to the creation of the podcast, with both sports dentists recognising the need for a platform to share insights and foster greater connectivity within the sports dentistry community.



Initially, The Sports Dentistry Podcast began as an audio-only series, with episodes recorded online to accommodate guests from all corners of the globe. This virtual approach enabled the inclusion of a diverse range of sports dentistry professionals, who could join the conversation regardless of their geographical location. Over time, the podcast has evolved to feature both audio and video formats, and now also includes in-person interviews conducted at major conferences. This development has enriched the content, allowing for more dynamic and engaging discussions that capture the energy of live events and face-to-face interactions. Video podcasting provides an opportunity for learning and teaching[4].

Guests have included sports dentists, sports medicine professionals, athletes and dental companies. An audience of listeners from over 40 countries worldwide has heard from experienced sports dentists and information about sports dentistry associations globally. Interprofessional collaboration between the hosts and sports medicine professionals has the potential to improve professional practice[5].



The Sports Dentistry Podcast serves as a valuable platform, enabling sports dentists across the globe to connect, share knowledge, and build professional relationships in a manner that is both accessible and cost-effective[6]. By utilising audio, video, and in-person interviews, the podcast overcomes geographical barriers and fosters a sense of community within the speciality, providing opportunities for collaboration and ongoing learning that might otherwise be difficult to achieve.

In conclusion, The Sports Dentistry Podcast has significantly enhanced networking and information-sharing within sports dentistry, bridging the gap for professionals who may have felt isolated and offering an inclusive medium for global engagement and professional development.



If you would like to learn more about The Sports Dentistry Podcast, you can email thesportsdentistrypodcast@gmail.com, keep up to date with new episodes by following the podcast on Instagram @thesportsdentistrypodcast and listen on YouTube, Spotify and Apple Podcasts apps.

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