General assembly in Santiago approves new four-year strategic plan for EFP

The EFP’s annual general assembly, held in Santiago de Compostela (Spain) on April 1, approved a new four-year strategic plan, launched the European Projects Committee, and approved the organising committees for EuroPerio10 in 2021 and for the third Perio Master Clinic in 2020.

Gernot Wimmer becomes new EFP president

The EFP’s general assembly saw Juan Blanco hand over the baton as president of the federation to Gernot Wimmer (Austria). Prof Wimmer said that his first priority as president will be to build on the “great legacy” of his predecessors – notably Søren Jepsen and Juan Blanco – to establish the EFP as “the global benchmark in periodontal science and practice.”

Preparing May 12 awareness day

National perio societies are preparing a wide range of activities for European Gum Health Day on May 12.

Perio Master Clinic – a huge success

Perio Master Clinic 2017 in Malta put the clinical spotlight on the aetiology and treatment of peri-implantitis.

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National perio societies prepare wide range of activities for European Gum Health Day on May 12

Plans are now well under way for European Gum Health Day 2017, the EFP’s annual periodontal awareness day, which takes place on May 12 under the slogan “Fighting periodontal disease together.” Twenty-six national perio societies affiliated to the EFP have so far confirmed their participation in this year’s event. Activities planned include free periodontal screenings, events in public spaces, television interviews, and other media activities. Social media will spread the message using the hashtag “#perioday.”

The Austrian Society of Periodontology is organising a press conference on May 12, coinciding with the Vienna Dental Fair, while the Azerbaijani Society of Periodontology (the EFP’s newest member) will offer free periodontal screenings, distribute posters to its members, and send out a press release.

The Belgian Society of Periodontology will run a media campaign emphasising the importance of early diagnosis and treatment of periodontal disease, the British Society of Periodontology is focusing on raising awareness of the links between periodontal diseases and diabetes, and the Dutch Society of Periodontology will offer a “walk-in hour” in periodontal practices and three university dental faculties, where people can receive periodontal-health assessments.

The Finnish Society of Periodontology plans to publish articles in a dental journal, send out a press release, and organise a television interview with its president, Eija Kõnõnen. Meanwhile, the French Society of Periodontology and Oral Implantology is preparing a special event at Montpellier University, in partnership with Procter & Gamble, to raise awareness about the links between periodontal and systemic health.

The German Society of Periodontology is distributing posters and other material to its members to highlight early diagnosis of periodontitis and to explain the Periodontal Screening Index (PSI). In Greece, the Hellenic Society of Periodontology is planning events in shopping malls in Athens and Thessaloniki to promote the message about periodontal health.

The Hungarian Society of Periodontology is making a short video for patients about periodontal disease, while the Irish Society of Periodontology is planning a press release and to promote European Gum Health Day at a national dental conference which takes place the same week.

The Israeli Society of Periodontology and Osseointegration will use a humorous video to promote periodontal-health awareness via social media and the Italian Society of Periodontology and Implantology will provide screenings for periodontitis in several cities.

The Lithuanian Association of Periodontology plans to spread information on periodontitis via Facebook and to give away leaflets in shopping malls. The Moroccan Society of Periodontology and Implantology is organising conferences about periodontal and general health and will provide free periodontal diagnosis for patients with diabetes and heart disease.

The Portuguese Society of Periodontology and Implantology plans to hand out information to the public in the streets of Lisbon, Oporto, and Coimbra, supported by a Facebook campaign, while the Romanian Society of Periodontology is organising a special course to highlight the importance of gingival health in the context of general health.

The Russian Society of Periodontology is preparing an information day for patients with printed information about oral hygiene and a television interview, and the Slovenian Society of Periodontology will hold a round-table discussion on periodontal-systemic interactions and is arranging a 30-minute talk on Slovenian national radio.

The Spanish Society of Periodontology and Osseointegration plans various activities including press conferences, scientific debates, and periodontal check-ups, while the Swedish Society of Periodontology will disseminate European Gum Health Day through press releases and on national television.

The Turkish Society of Periodontology is planning television interviews and other media activities and will offer free periodontal examinations at universities. Finally, the Croatian, Danish, Polish, and Swiss societies of periodontology are also planning activities for May 12.

The EFP has produced materials for the national societies to use, including guidelines, logos, posters, graphics for social media, and press releases that can be freely used, translated, and adapted to local needs.

Filippo Graziani, the EFP’s co-ordinator of this year’s awareness day, said: “European Gum Health Day is targeted at the population at large. We are finally succeeding in communicating with the public and not only with our patients”. As part of European Gum Health Day, the national societies will promote the EFP Manifesto “Perio and General Health”, a call to action in terms of prevention, early detection and treatment of periodontitis.

More than 550 individuals and institutions from across the world in nearly 60 countries have now signed the manifesto, with more than 100 new signatures since the end of January. The manifesto can be viewed and signed on the EFP website.


To find out more click on the link here.
Perio Master Clinic 2017 explored challenge of peri-implantitis with focus on research and treatment

The EFP Perio Master Clinic 2017: Peri-implantitis – from aetiology to treatment, which took place in Malta on March 3 and 4, proved to be a great success as participants found out about the latest scientific research on peri-implantitis and new approaches to its treatment.

Attendance was “well over 500” with participants coming from 56 different countries, said Korkud Demirel, chair of the organising committee.

After an opening address by Prof Demirel and a keynote lecture from Niklaus Lang on the importance of early diagnosis, participants at Perio Master Clinic 2017 took part in six sessions dedicated to key issues concerning peri-implantitis. The event was rounded off with a discussion, moderated by scientific chair Stefan Renvert, in which all the moderators summed up their sessions.

Unlike the first Perio Master Clinic in Paris three years ago, the Malta event, organised by the Turkish Society of Periodontology on behalf of the EFP, featured an exhibition. Demirel said that this was “very much appreciated by the participants – having coffee and lunch in the exhibition area made it possible to build up fruitful networking possibilities between participants and industry. The weather was sunny and pleasant, and participants were also able to enjoy the old city of Valletta.”

“Participants had the chance to discuss and understand the full spectrum of peri-implant diseases, and prevention,” he continued.

The Perio Master Clinic meetings are purely clinical with a strong scientific basis. On the one hand, they help clinicians to meet science with state-of-the-art clinical practice and, on the other hand, they help the EFP serve its members and the perio world on all possible perspectives.

EFP-IDF workshop reached consensus on links between diabetes and periodontal diseases

The Perio-Diabetes Workshop, held in Madrid on February 19 and 20, produced a scientific consensus on the links between periodontitis and diabetes, along with guidelines for dentists, physicians, and patients.

The two-day workshop, organised by the EFP and the International Diabetes Federation (IDF) in partnership with Sunstar, involved fifteen specialists from around the world who reviewed the scientific evidence on the relationship between the two diseases.

This evidence suggests that periodontitis patients have a higher chance of developing pre-diabetes and type-2 diabetes and that people with periodontitis and diabetes have more difficulty in keeping their blood-sugar levels under control. Furthermore, patients with both diseases are more likely to develop diabetic complications than people with diabetes without periodontitis.

Current evidence indicates that in people with diabetes, periodontal therapy accompanied by effective self-performed oral hygiene at home is both safe and effective – even in people with poorly controlled diabetes. Similarly, there is consistent evidence that periodontal therapy reduces blood-sugar levels in people with diabetes and periodontitis.

Guidelines drawn up by the workshop include providing oral-health education to all patients with diabetes and informing them that they have a greater risk of periodontal disease which, if left untreated, could have a negative impact on metabolic control and may also increase the risk of complications including cardiovascular and kidney disease.
Santiago general assembly backs new strategic plan and launches European Projects Committee

The EFP's annual general assembly, held in Santiago de Compostela (Spain) on April 1, approved a new four-year strategic plan along with a package of projects that will shape the future of the federation – and its impact on global healthcare – for years to come.

The general assembly also approved a strategic plan. The plan has five focus areas – science and research; policy and influence; improving health and well-being; education and training; communication and awareness. Five EFP officers will oversee the plan's implementation in each of these areas.

The general assembly also approved the creation of new bodies: the European Projects Committee and the European Observatory of Periodontology and Implant Dentistry (EOP). The European Projects Committee has been set up to harmonise major EFP projects and will see senior EFP officers and representatives of the five larger member societies (those of Spain, Germany, the United Kingdom, Italy, and the Netherlands) work together with three representatives of the smaller societies – initially Ireland, Poland, and Portugal.

The smaller societies will participate on a rotating basis, ensuring a balance in decision-making. However, said EFP secretary general Iain Gernot Wimmer

Gernot Wimmer is new EFP president as general assembly elects officers

The EFP's annual general assembly, held in Santiago de Compostela (Spain), saw Juan Blanco hand over the baton as president of the federation to Gernot Wimmer, with Anton Sculean (Switzerland) becoming president-elect and Xavier Struillou (France) a new elected member of the executive committee.

The assembly appointed Philip Preshaw (UK) as chair of the undergraduate education committee for the next three years, replacing Korkud Demirel (Turkey). Moshe Goldstein (Israel) was reappointed for a further three-year term as chair of the postgraduate education committee.

The assembly also saw the new junior officers, selected by the executive committee last October, take their posts. They are: Moritz Kebschull (Germany), Workshop committee; Rok Gaspersic (Slovenia), undergraduate education committee; Peter Harrison (Ireland), postgraduate education committee; Kristina Bertl (Austria), scientific affairs committee; Antonio Liñares (Spain), communications committee.

Full details of the make-up of all EFP committees can be found on the federation’s website at www.efp.org/aboutefp/committee.

The general assembly welcomed new representatives from the national societies of Germany (Christof Dörfer), Hungary (Balint Molnar), Spain (Adrián Guerrero), Sweden (Ann-Marie Roos Jansaker and Andreas Stavropoulous), Switzerland (Patrick Gugerli), the United Kingdom (Ian Needleman), Russia (Liudmila Orekhova), and Ukraine (Yulia Chumakova).

As the newly elected member of the executive committee, Xavier Struillou will become the co-ordinator of 2018’s European Gum Health Day, the annual awareness day promoted by the EFP and organised by the national societies. He will also sit on all the EFP committees – postgraduate, undergraduate, Workshop, scientific affairs, communications and the congress task force – as well as the organising committees for EuroPerio9 and Perio Master Clinic 2020. Struillou is due to become EFP president at the general assembly in 2020.
New EFP president outlines his priorities

New EFP president Gernot Wimmer’s first priority is to build on the “great legacy” of his predecessors – notably Soren Jepsen and Juan Blanco – to establish the EFP as “the global benchmark in periodontal science and practice.”

In a video message on his priorities for the next year, Prof Wimmer promises to “put perio high on the agenda,” conveying a clear message to dental practitioners, health professionals, and public authorities that gum health can help prevent and control systemic diseases in individuals. Also, that it represents a “cost-effective way for governments to improve our general health, public health, and the well-being of citizens.”

A third priority is to help EFP-affiliated national societies raise awareness and disseminate relevant scientific knowledge in their own countries.

Chapple, “if this is to work as we expect, then this committee will need to operate through consensus and not have to fall back on voting.”

Prof Chapple described the European Projects Committee as “a universally popular solution to what had become a minor crisis within the EFP and we can now move forward with a full mandate to deliver our ambitious strategic plan.”

He said it had become clear that the EFP needed “a vehicle through which we could design, co-ordinate, and – most importantly – communicate bi-directionally our major projects to our member societies. The European Projects Committee will do that and avoid conflicts of interest with national-society initiatives and our loyal partners who fund these initiatives.”

The European Observatory of Periodontology and Implant Dentistry will act as the EFP’s primary point of reference for matters concerning periodontal and peri-implant diseases. Chaired by Lior Shapira (Israel), deputy chair of the scientific affairs committee, it will be a repository for evidence-based information and the authoritative body for comment and statements on issues relating to periodontal diseases and implant dentistry.

Future events

The executive committee presented a single proposal for the organising committee for EuroPerio10, which will take place at the Bella Center centre in Copenhagen (Denmark) in 2021. The committee is led by Phoebe D’Maddhi (Greece) as chair, David Herrera (Spain) as scientific chair, and Nicola West (UK) as treasurer.

Another important decision taken was to select a country and an organising committee for the EFP’s third Perio Master Clinic. The general assembly decided that this event should be held in Dublin in March 2020, with Declan Corcoran (Ireland) as chair and Anton Sculean (Switzerland) as scientific chair. The proposed topic is “Challenging paradigms in hard- and soft-tissue reconstruction.”

This proposal won more votes than the alternative one for the Master Clinic to be held in Krakow, Poland, chaired by Dr Nela Brodzikowska (Poland) and Filippo Graziani (Italy) as scientific chair, with the proposed topic of “Minimal invasiveness in periodontal and implant surgery.”

The postgraduate education committee informed the assembly that this year’s EFP Postgraduate Symposium will be held on September 7-9 at the Slieve Russell Hotel in Ballyconnell, Ireland.

The Santiago general assembly also received an update on plans for EuroPerio9 in Amsterdam in June 2018. Innovations in the scientific programme include a special session dedicated to alumni of the EFP’s accredited postgraduate programmes in periodontology, various new session formats, and live surgery.
Juan Blanco: “The EFP has achieved much over the last twelve months”

The last 12 months have been a busy time for the EFP, which has been very active in a wider range of areas, seeking to put into practice its motto of “periodontal health for a better life.” For Juan Blanco, who stood down as the federation’s president at the EFP general assembly on April 1, held in his home town of Santiago de Compostela (Spain), the achievements of the last year are almost too many to mention.

"I think we have undertaken a lot of important tasks during this last year," he says, “but I would like to highlight in particular the clear improvement in communication (the result of a great job from our communications committee, chaired by Tiernan O’Brien), the important impact of the European Day of Periodontology on May 12 last year (this year called “European Gum Health Day 2017”) in which the vast majority of national societies participated, and our relationships with various institutions such as ORCA (for Perio Workshop 2016), the International Diabetes Federation (for Perio-Diabetes Workshop 2017), and the Platform for Better Oral Health in Europe.”

In addition, Prof Blanco highlights the celebration of the EFP’s 25th anniversary, the “great success of Perio Master Clinic 2017 (directed by Korkud Demirel and Stefan Renvert) and – last but not least – securing our future with the new strategic plan for the next four years, which was approved at the general assembly.”

Looking back on his year as EFP president, he recalls two special moments – one at the beginning of his time in office, the other at the end.

“The first one was last year in April when I took over the presidency of the EFP,” he says. “Suddenly something special came into my head which is difficult to describe. I understood that from that moment on and throughout the year ahead, responsibility and common sense were going to be of utmost importance and that I should be fair to everyone in the EFP, combining those two qualities which I learnt from one of the federation’s pioneers, Jean-Louis Giovannoli: ‘efficacy’ and ‘democracy’.

“The second ‘special moment’ was welcoming the EFP family to Santiago, a small but important university city that was able to bring together probably the most important people in periodontology across the whole of Europe. For me, this was a great honour.”

Prof Blanco has a brief message for Gernot Wimmer, his successor as EFP president: “Dear Gernot, you have in front of you a very short, intense but nice time and a great project. Work as much as you can, be honest and fair with everyone, and remember those two words: ‘efficacy’ and ‘democracy’. Good luck!”

Sixteen main sponsors have already agreed to support the EuroPerio9 congress, which takes place in Amsterdam in June 2018, and discussions are taking place with other companies. Many of these firms have been loyal to the EFP as sponsors of previous EuroPerio congresses, but new partners are coming on board and the total number of sponsors is set to increase.

With up to 10,000 delegates from perio and dentistry expected at the triennial EuroPerio congress, sponsors are keen to come on board to reach this large audience of oral-health professionals. Mondial Congress and Events, the EFP’s professional conference organiser, confirmed that sponsorship co-operation for EuroPerio9 has been agreed for six “diamond”, two “platinum”, and eight “gold” sponsors. EFP thanks all of them for supporting EuroPerio9.

Oscillating-rotating power brushes from Oral-B improved root coverage after mucogingival surgery in a clinical study published by Prof. Giulio Rasperini and Dr. Raffaele Acunzo from University Milan, Italy.

Recent issues of *JCP Digest* provide accounts of major new research in periodontal science

The EFP’s research summary *JCP Digest* continues its cycle of concise accounts of scientific papers first published during 2016 in the federation’s prestigious journal the *Journal of Clinical Periodontology* (JCP).

*JCP Digest 03 (2016:43)* focuses on the retention costs of periodontally compromised teeth. It summarises a German study that sought to quantify the costs per year of the long-term retention of periodontally affected molars and to identify the factors that influence cost-effectiveness. Carried out by researchers in Berlin and Kiel, the study concluded that the retention of periodontally affected molars can be successfully achieved with a limited amount of therapy and at a limited annual cost.

*JCP Digest 04 (2016:43)* offers an account of a study which retrospectively analysed the starting point and overall amount of peri-implant marginal bone loss in patients with existing peri-implantitis nine years after implant placement.

The study, carried out at the Sahlgrenska Academy of the University of Gothenburg in Sweden, sought to address the lack of research on the onset and pattern of progression of peri-implantitis. Researchers concluded that peri-implantitis shows a progressive pattern of bone loss and detectable bone loss occurs in most cases within the first three years after implant loading.

*JCP Digest 05 (2016:43)* concerns the concept of periodontal medicine, which emerged in the 1990s and which has since established a two-way relationship between periodontal diseases and overall health. Research has shown how periodontal disease is linked to cardiovascular disease, diabetes, and adverse pregnancy outcomes.

Researchers have also suggested other associations but evidence so far remains week. Various clinical trials are taking place to assess the extent of these associations and the impact of periodontal treatment on systemic conditions. The study summarised for *JCP Digest* sought to evaluate the topics of current clinical trials related to periodontal medicine and to assess the evolution of periodontal medicine in clinical periodontal research. *JCP Digest 06 (2016:43)* explores a three-year randomised study of the use of power toothbrushes, which has been claimed to cause more soft-tissue trauma in people with gingival recession than manual brushes.

The study concludes that clinicians can safely prescribe either kind of toothbrush even for patients with pre-existing gingival recessions. *JCP Digest*, launched in 2014, offers concise periodontal research to enable clinicians to keep their knowledge up to date, summarising studies from the *Journal of Clinical Periodontology* (JCP), the official scientific journal of the EFP which is ranked as one of the top dental journals according to impact factor. It is edited by Prof Phoebus Madianos and Prof Lior Shapira (chair and deputy chair of the EFP’s scientific advisory committee), with the co-operation of *JCP* editor-in-chief Prof Maurizio Tonetti.

Each edition is put together by rapporteurs from EFP-accredited postgraduate periodontology courses, working under expert supervision. With the recent addition of a Hebrew version, *JCP Digest* is now published in seven languages: English, French, German, Hebrew, Italian, Portuguese, and Spanish.

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**EFP LinkedIn page reaches 15,000 followers**

More than 15,000 oral-health professionals – periodontologists, dentists, researchers, surgeons, hygienists, practices, consultants, and others – have now subscribed to the EFP’s LinkedIn page (linkedin.com/in/europeanperiodontology).

The EFP’s LinkedIn followers come from more than 100 countries. The most numerous number of individuals and organisations that have subscribed so far come from Spain, the United Kingdom, Italy, and the USA. But there are also plenty of followers from Latin America, India, Australia, and many other countries.

The EFP typically publishes two or three posts on LinkedIn every week.

As well as LinkedIn, the EFP maintains an active presence on Facebook, Twitter, and YouTube.
The EFP is encouraging users of its website to download and share the documentary film The Sound of Periodontitis, which offers a vision of periodontal disease and treatment from the perspective of the patient.

The aim is to ensure the widest possible distribution for the EFP-backed film, which shows how periodontitis can have a big impact on peoples’ lives as well as the beneficial effects of treatment. The EFP believes that periodontists, dentists, and others involved in oral health could use the film to provide information to patients and to train dental professionals. The Sound of Periodontitis is available in its original English version and with subtitles in Croatian, Estonian, French, Polish, Russian, and Spanish. The federation is making The Sound of Periodontitis available free of charge, the only requirements it imposes are that the film is not edited or modified in any way and that it is attributed to the European Federation of Periodontology.

Those interested in sharing the documentary can do so by completing a form on the EFP website, providing information about themselves, how they plan to use the film, and which version they require. They will then receive the appropriate link via email. The Sound of Periodontitis, premiered at EuroPerio in London in June 2015, is the fruit of a collaboration between the British Society of Periodontology and the British Society for Dental Hygiene and Therapy, led by the UCL Eastman Dental Institute with support from the UCL Public Engagement Unit.

Ian Needleman, professor of restorative dentistry and evidence-based health care at the UCL Eastman Dental Institute and president of the British Society of Periodontology, said: “The film continues to grow in its reach across Europe well beyond our expectations.”

National perio societies hold scientific and clinical conferences

Recent activities by the 30 national societies of periodontology affiliated to the EFP include:

- The British Society of Periodontology (BSP) joined the British Endodontic Society, the British Society for Restorative Dentistry, and the British Society for the Study of Prosthetic Dentistry in the PanDental Society Conference, in Birmingham in November 2016. The Czech Society of Periodontology held a meeting in Prague on November 4, 2016, at which keynote speaker Dr Albert Fonzar (Italy) addressed the “main dilemma in the treatment plan” of whether to maintain periodontally affected teeth or to use implants.

- The Dutch Society of Periodontology held a congress on March 31 on the conclusions of Perio Workshop 2016 on the boundaries between caries and periodontal disease and the German Society of Periodontology (DG Paro) is inviting applications for its annual prize for research on implant therapy. Papers published in international peer-reviewed journals between 1 May 2016 and 30 April 2017 are eligible for the €5,000 prize, donated by Nobel Biocare in cooperation with DG Paro.

- The Israeli Society of Periodontology and Osseointegration (ISPO) held a well-attended annual meeting on February 1 and 2, at which leading national and international speakers addressed the topic of “biology alongside technology.”

- The Lithuanian Association of Periodontology held its annual meeting in Vilnius on February 24 and 25, celebrating its 20th anniversary with a series of presentations from leading perio scientists, including Niklaas Lang, Stefan Renvert, Wim Teughels, and Giedre Matuliene.

- The third international congress of the Moroccan Society of Periodontology and Implantology took place in October 2016 under the heading “Aesthetics in periodontology and implantology.” The annual meeting of the Portuguese Society of Periodontology and Implantology took place in Lisbon on February 18 under the heading of “Scientific evolution as a guide for modern practice in periodontology.”

- The Swiss Society of Periodontology has issued a call for young dental scientists and clinicians to take part in the annual SSP Research Poster Competition. Prizes will be presented to the authors of the two best posters, with a total value of up to CHF 2,000 (€ 1,870).

- The Ukrainian Society of Periodontists held an interdisciplinary symposium in Kyiv on February 9 which brought together professionals from three specialties – periodontology, endodontics, and restorative dentistry – with a focus on complex interdisciplinary treatment for perio patients.