INSTITUTIONAL EUROPERIO JOURNAL

WORKSHOP

Editor: Joanna Kamma



The EFP targets wide audience with release of Prevention Workshop guidelines

he EFP has published guidelines on the prevention of periodontal diseases and peri-implantitis for periodontologists, general dentists, and other professionals involved in oral hygiene.

These guidelines were unveiled during a live online seminar on November 9 and have been published in a dedicated section of the EFP Prevention Workshop website (prevention.efp.org).

The EFP is also working with its 29 national society members to disseminate the guidelines and the podcast of the seminar in an effective way in each individual country.

"The outcomes of this workshop are fundamental for professionals and also for the periodontal and peri-implant health of our population," said Prevention Workshop chairman Mariano Sanz.

More on pp4-5



The EFP plans big promotional push to celebrate its 25th anniversary in 2016

embers of all the EFP's committees met at the Media & Health Promotion Workshop in Madrid last November to draw up an ambitious communications and public affairs plan for 2016.

Activities planned for this year, the federation's 25th anniversary, include a periodontal awareness campaign, a roadshow to take EFP material to national-society meetings, and events to celebrate European Periodontology Day on May 12.

The EFP will also draw up a health-promotion strategy and plans to visit Geneva and meet high-ranking officials working at the World Health Organization (WHO), building on last June's meetings with members of the European Parliament in Brussels.

Other plans for 2016 include the launch of an online perio magazine for patients and professionals, and the sharing of materials on celebrating perio health with the EFP national societies.

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EFP general assembly in Berlin will be very special

The EFP's 2016 general assembly will be an important occasion as it will mark the conclusion of the federation's first quarter century.

The assembly, which takes place in Berlin on April 23, will be a very special event, at which the EFP and its national-society members will celebrate the 25th anniversary.

In his New Year message to members of the EFP family, president Søren Jepsen said that 2016 will be "a year full of promises" as the federation continues to implement its vision of "Periodontal health for a better life".



Experts invite comments on 'Perio Focus green paper' which calls for new consensus

An international group of top periodontologists has issued a call to action on periodontal diseases, publishing a "green paper" which calls for a new global consensus around periodontology.

Comment is now invited on the document, which puts forward specific plans for the prevention, diagnosis, and treatment of periodontal diseases.

The "Perio Focus green paper" was written by Maurizio Tonetti and Søren Jepsen from the EFP, together with Li-Jian Jin (Asian Pacific Society of Periodontology) and Joan Otomo-Corgel (American Academy of Periodontology), and was drawn up for the Milan World Exhibition 2015 ("Feeding the Planet, Energy for Life").

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INSTITUTIONAL

Swiss-Israeli student exchange programme is launched



The periodontology departments of the University of Bern in Switzerland and the Hadassah and Hebrew University Medical Center in Jerusalem, Israel have unveiled a postgraduate exchange programme between the two universities. Each academic year a student from one department will visit the other for two weeks and will be involved in all relevant student activities. The first exchange took place in August when Rachel Horowitz-Berkun from the Hebrew University visited Bern.

"During this visit I was honoured to be the guest of some of the important figures in European periodontology – Prof Sculean, Prof Salvi, and Dr Ramseier," said Dr Horowitz-Berkun. "I participated in a 'journal club' held in Prof Sculean's private home, and even assisted in several surgeries he performed. It was very interesting to see the similarities and differences in the residency programmes and in their daily practice." The exchange programme was set up by the universities' respective heads of periodontology, Anton Sculean (Bern) and Lior Shapira (Hebrew University), with support from Paro, the Swiss provider of dental and oral healthcare products.



Anton Sculean from the University of Bern, and Rachel Horowitz from the Hebrew University.





6th EFP Postgraduate Symposium reaches 'new high level' in research

The European Federation of Periodontology held the sixth edition of the EFP Postgraduate Symposium in San Lorenzo de El Escorial, Spain, on September 17-19, with 100 participants including 70 students.

"It was impressive to see the high level of clinical performance and the scientific achievements of all the students," declared Prof Moshe Goldstein, chairman of the EFP's post-graduate education committee. "The quality of both the clinical treatment and research activity has reached a new high level."

The postgraduate symposium takes place every two years and is organised by one of the 12 universities and hospitals in Europe, Turkey and Israel that have EFP-accredited postgraduate programmes in periodontology.

This year's symposium, sponsored by Procter & Gamble, was organised by the Complutense University of Madrid. Prof Goldstein paid tribute

to the work of Prof Mariano Sanz and Prof David Herrera, and to that of EFP coordinator Mónica Guinea, in putting together the event.

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Effective Prevention of Periodontal and Peri-implant Diseases



EFP

European Federation of Periodontology

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Students present clinical cases and research projects

At the EFP Postgraduate Symposium, students from all 12 affiliated programmes presented clinical cases and research projects.



The subjects of the research projects included the healing of gingival abrasion, the use of dental pulp stem cells for bone regeneration, the possible relationship between periodontal disease and oral cancer, and a clinical and microbiological evaluation of probiotic lozenges. The clinical cases presented at the symposium all involved complex periodontal therapy and used the most up-to-date aspects of anti-infective concepts, regenerative and reconstructive periodontal surgery, and different procedures for implant placement.











Primary co-authors of the Perio Focus green paper. From left to right: Maurizio Tonetti, Søren Jepsen, Joan Otomo-Corgel, and Li-Jian Jin.

Comments are invited on Perio Focus green paper which seeks new consensus on global action on periodontal disease

Responses are requested to the "Perio Focus green paper" issued by an international group of leading periodontologists which calls for a global consensus on the prevention, diagnosis, and treatment of periodontal

Entitled Impact of the global burden of periodontal disease on oral health, well-being and nutrition of mankind, the green paper was prepared by Journal of Clinical Periodontology editor Maurizio Tonetti and EFP president Søren

.....

Jepsen, together with Li-Jian Jin (councillor of the Asian Pacific Society of Periodontology) and Joan Otomo-Corgel (outgoing president of the American Academy of Periodontology). It highlights three areas for action: First, prevention. Periodontitis is preventable through effective management of gingivitis and the promotion of healthy lifestyles at both population and individual levels. Prevention

through diagnosis and risk-profiling. Three-step approach to diagnosis

needs to be tailored to individual needs

Second, diagnosis. There should be a threestep approach to diagnosis periodontal: (1) patient self-detection of symptoms and signs of disease; (2) professional periodontal screening to segment the population into three groups periodontal health, gingivitis, periodontitis; (3) comprehensive periodontal examination and diagnosis to plan appropriate treatment of periodontitis.

Third, treatment. There is overwhelming evidence that periodontitis can be treated and effectively managed in most cases. Delivery of appropriate periodontal care to the individual patient requires a full diagnostic and prognostic assessment, and access to effective treatments able to control inflammation and avoid tooth

Comment on the green paper (which can be read on the Prevention Workshop website, prevention.efp.org) is now invited and contributions - which should state clearly the paragraph and sentence where additions, amendments, or deletions are proposed should be sent to greenpaper@efp.org by Tuesday, February 16.

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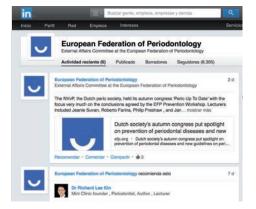
EFP's LinkedIn page now has more than 8,000 subscribers - join the community!

he periodontal community of the EFP's page on the professional network LinkedIn is growing rapidly in size and diversity. More than 8,200 followers – periodontologists, dentists, researchers, surgeons, hygienists, practices, consultants, and other members of the perio family - have subscribed to the EFP's LinkedIn page, es.linkedin.com/in/ europeanperiodontology.

The impact of the EFP's page on this socialmedia platform goes well beyond these 8,200 "direct" followers. Via the connections of these subscribers, there is a potential wider audience of a further 830,000 "indirect followers"

If you are interested in periodontology and perio-related issues, feel free to join this expanding internet community, which includes not only professional periodontists but also public-health experts, university departments, dental students, and private companies. The most numerous number of individuals

and organisations that have subscribed so far come from Spain, the United Kingdom, Italy, and the Netherlands. But there are also plenty of followers from the United States, India, Latin America, and many other countries. As well as LinkedIn, the EFP also has a presence on Facebook, Twitter, and YouTube.



WORKSHOP



EFP targets wide audience with release of guidelines on prevention of periodontal diseases and peri-implantitis

Co-chairmen unveil prevention guidelines via online webinar - watch the podcast

The four co-chairmen of the XI European Workshop in Periodontology (the EFP Prevention Workshop) took part in an online seminar on November 9 in which they explained the newly published guidelines on preventing periodontal disease and perimplantitis.

The "webinar", which was watched live by 420 viewers in 28 countries, was streamed from a Madrid TV studio.

It featured both informative videos and discussions between Mariano Sanz, Maurizio Tonetti, Iain Chapple, and Søren Jepsen about the workshop's conclusions and guidelines.

Prof Tonetti described the release of the guidelines as a "time for renewed energy" in the prevention of periodontitis.

The podcast of the webinar can be viewed via the EFP website (www.efp.org), and the guidelines are available at the Prevention Workshop website (prevention.efp.org).

Live streaming webinar Monday, Nov 9th, 2015 - 3.30 pm CET



Guidelines from the Prevention Workshop with Maurizio Tonetti, lain Chapple, Søren Jepsen, Mariano Sanz The EFP has released detailed guidelines on the prevention of periodontal diseases and peri-implantitis, based on the conclusions of the XI European Workshop in Periodontology (the EFP Prevention Workshop).

These guidelines, drawn up by the Prevention Workshop's working groups, are intended for periodontists, other oral-health professionals, hygienists, and dental students.

They have been published in a dedicated section of the Prevention Workshop website (prevention.efp.org) and were given a high-profile launch on November 9, via a live online seminar in which the chairmen of all four working groups discussed the guidelines in details

The EFP is also working with its 29 national society members to disseminate the guidelines and the podcast of the seminar in an effective way in each individual country.

"The outcomes of this workshop are fundamental for professionals and also for the periodontal and peri-implant health of our population," said Prof Sanz, the chairman of the Prevention Workshop, introducing the "webinar".

750 million people risk tooth loss

Prof Tonetti, who chaired the Prevention Workshop's working group on the principles of prevention in periodontal diseases, told the online seminar that there was an "incredible number" of 750 million people around the world with periodontitis severe enough to put their teeth at risk of loss. He added that patient compliance with oral-hygiene instructions was "the biggest challenge". Prof Chapple, who chaired the working group on the primary prevention of periodontitis, noted that rechargeable power brushes were "significantly more effective" than battery-powered brushes in reducing plaque scores and gingival inflammation.

He also emphasised the workshop's finding that there was "insufficient evidence to demonstrate that the use of dental floss offered any significant benefit for patients with gingivitis or periodontitis."

The preferred method for interdental cleaning involves interdental brushes, with flossing restricted to situations where gaps between teeth are too tight for a brush to enter without causing trauma.

Prof Jepsen, chairman of the working group on primary prevention of peri-implant diseases, pointed out that half of patients with implants have peri-implant mucositis and a fifth develop peri-implantitis. He emphasised the need to give patients instructions in oral-hygiene measures and for professionals to carry out plaque removal on a regular basis.

Secondary prevention represents a "weak link" in professional periodontal care, according to Prof Sanz, who chaired the working group on managing complications of gingival



Guidelines issued from the EFP Prevention Workshop had a prominent role at the autumn congress of the Dutch society NVvP. In the photo, NVvP president Monique Danser at the event.



















EFP Prevention Workshop issues nine sets of guidelines for dental professionals

The guidelines from the XI European Workshop in Periodontology have been published in a special section of the EFP Prevention Workshop website (prevention. efp.org) where they can be read and downloaded in pdf format.

These guidelines are based on the conclusions of the Prevention Workshop and were drawn up by its working groups. The EFP considers these guidelines to be crucial information which needs to be shared as widely as possible among dental-health professionals. The guidelines from Working Group 2 (Primary prevention of periodontitis – managing gingivitis) cover the effective

prevention of periodontal diseases. Subjects covered include the importance of professional guidance in oral hygiene, the use of manual and power toothbrushes, the importance of daily interproximal cleaning, the use of mouthwashes, and the reasons why interproximal brushes are considered to be more effective than dental floss.

Four versions, four audiences

Working Group 2's guidelines come in four versions, aimed at different target audiences. As well as a general-guidance version, there is specific guidance for dental surgeons, dental hygienists, and patients and the public.

Guidelines from Working Group 4 (Managing complications of gingival and periodontal diseases and professional mechanical plague control) cover secondary prevention by professional mechanical plague removal, the management of hypersensitivity and halitosis, and the prevention of damage caused by traumatic toothbrushing.

The guideline document from Working Group 3 (Primary prevention of periimplantitis – managing peri-implant mucositis) offers guidance to dental professionals on prevention of peri-implant diseases and on what needs to be done before, during, and after placing implants.



and periodontal diseases and professional mechanical plaque control. He stressed the need for good motivational techniques to ensure that patients continue to visit professionals.

The full proceedings and conclusions of the XI European Workshop in Periodontology, which was supported by educational grants from Procter & Gamble and Johnson & Johnson, are available online in a free, open-access supplement of the April 2015 issue of the Journal of Clinical Periodontology.

EFP Manifesto gains more than 300 signatures - please add your name to the growing list

In recent weeks there has been a marked growth in the number of people signing the EFP Manifesto: Perio and General Health, taking the total above 300.

As of January 13, the total number of signatures stood at 325, made up of 72 institutions and 253 individuals, representing no fewer than 43 countries.

There are signatures from continents, ranging alphabetically from Argentina to Venezuela and geographically from Australia in the east to the USA in the west. However, the top three countries in terms of the number of signatures are European: the UK (48), Spain (41), and Italy (39).

The EFP Manifesto: Perio and General Health calls upon

all dental and health professionals to act in the prevention, early diagnosis, and effective treatment of perio disease in order to combat the devastating oral- and general-health effects for individuals and society.

The EFP Manifesto is based on the rigorous scientific analysis of the evidence base for

> reported links between periodontal and systemic diseases which was carried out at the IX European Workshop in Periodontology. The workshop, organised by the EFP and the American Academy of Periodontology, was held at La Granja, Spain, in November 2012. It declared that periodontal disease should be acknowledged as a major public-health issue and that all dental and medical professionals should be provided with relevant treatment guidelines.

The Manifesto can be read

and signed on both the main EFP website (www.efp.org) and the EFP Prevention Workshop website (prevention.efp.org).



WORKSHOP

EFP Media and Health Promotion Workshop helps committee members take forward fresh strategic vision



embers of the executive committee and all the EFP's committees took part in a three-day workshop in November, working with a team of 10 media and health-promotion professionals in exploring how best to take forward the federation's strategic vision of 'Periodontal health for a better life.'

The EFP Media and Health Promotion Workshop, which drew up an ambitious communications plan for 2016, included instruction in how to handle television and radio interviews. It also featured presentations on how to prepare communications plans and outreach campaigns, how to write effectively

for different interest groups, how to manage social media, how to manage institutional relationships, and how to use scientific events and meetings.

Addressing inequalities, promoting health

The keynote lecture was given by Glenn Laverack, a leading expert in health promotion and empowerment who is an honorary professor of health promotion at the University of Southern Denmark.

Dr Laverack emphasised the importance of addressing not only individual patients but also inequality and the social determinants of health, saying that a health-promotion strategy should be both "top-down" (telling people what to do) and "bottom-up" (finding out what people's needs are).

"It was a great workshop and we learnt a lot," said Prof Mariano Sanz, chairman of the European Workshop in Periodontology who acted as chairman for the Madrid event.

"Communication is of paramount importance to the EFP," said Prof Edwin Winkel, chairman of the EFP's external affairs committee.

"This workshop helped us a lot to find the best strategies for the EFP to achieve a better outreach."

WORKSHOP



EFP and AAP to hold world workshop in 2017 on classification of perio diseases

The EFP and the American Academy of Periodontology (AAP) will hold a joint workshop in 2017 devoted to the classification of periodontal and peri-implant diseases. The 2017 World Workshop on Classification of Periodontal and Peri-Implant Diseases, will take place in Chicago. EFP president Søren Jepsen joins the EFP's Mariano Sanz and the AAP's Jack Caton and Panos Papapanou as co-chairmen of the organising committee.

This workshop follows 2012's IX European Workshop in Periodontology, held in Spain, organised jointly by the EFP and AAP, which reviewed links between oral and systemic diseases. The impact of that 2012 workshop is still being felt and the EFP believes that the 2017 workshop will provide a great opportunity to deepen its strategic relationship with the AAP.

INSTITUTIONAL



MEPs support perio in 'Gum Health Matters' video

The short video 'Gum Health Matters', premiered at the EFP Media and Health Promotion Workshop, features positive comments about perio from members of the European Parliament (MEPs).

This professional-quality, EFP-produced video demonstrates the growing political support for periodontology and for raising public awareness on gum health. It was produced following the visit of an EFP delegation to the European Parliament in June.

'Gum Health Matters' is part of a broader EFP initiative to boost the conversation at key European and international institutions about gum health, its role in general health and public health, and the potential of periodontology to improve citizens' health and also save billions of euros of expenditure in public-health systems.

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Søren Jepsen says advancing strategic vision of 'Periodontal health for a better life' is his top priority



Søren Jepsen, president of the EFP, believes that an important task facing the federation is to expand and improve its dissemination of scientific knowledge.

"My top priority is to strive for the advancement of our strategic plan according to our vision: 'Periodontal Health for a Better Life'," he says. "This is such a powerful theme, message, and mission – and it is what the EFP is all about."

Jepsen says that the EFP has "always been very good at creating strong scientific content," citing the evidence-based research findings and consensus reports produced by the 11 editions of the European Workshop in Periodontology.

Their impact has been high, he says, because the content has been published in the *Journal of Clinical Periodontology*. In addition, through the triennial EuroPerio congresses "we have been able to communicate our findings to periodontists, dentists and dental hygienists from all over the world."

Threat to general health

But, says the EFP president, the federation "has not been successful with the dissemination of our knowledge to our patients, to the public, and also to health policymakers." He says that the EFP needs to "let people

know" that periodontitis is widespread, that it

can be prevented, and that it can be treated, especially when detected early. "But we also have to let them know that, in its severe form, it can become a serious threat not only to oral health but also to patients' general health and well-being."

For this reason, the EFP is busy preparing a media campaign to disseminate the conclusions of European Workshops – on periodontitis and systemic diseases, and on the prevention of periodontal and peri-implant diseases.

"This public awareness campaign is aimed at changing attitudes and behaviour and will be conducted together with our national societies," says Prof Jepsen.

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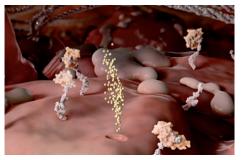
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PERIO FOR A BETTER LIFE



3D animated film on oral and general health will be available soon

The 3D animation film 'Oral Health and General Health: The Links between Periodontitis, Atherosclerosis, and Diabetes' was released in November and will soon be available for viewing via the EFP website. The film, supported by EFP partner Sunstar and produced by Quintessence, explores the scientific question of whether periodontitis contributes to the development of general diseases or negatively influences their course. Specialist input was provided by an international team of experts including Hendrik Terheyden and Søren Jepsen (Germany), Bernd Stadlinger (Switzerland), and Mariano Sanz (Spain), as well as an advisory board whose members were lain Chapple (UK), Robert Genco and Evanthia Lalla (USA), and Shinya Murakami (Japan).

EUROPERIO



Video of EuroPerio8 closing ceremony now available for viewing

A video of the memorable ceremony which closed the EuroPerio8 congress is now available on the EFP's website and its YouTube channel. The 98-minute video, '25 years of periodontology in Europe', gives those who attended EuroPerio8 in London the chance to relive one of the event's highlights and enables those who could not be there to see what all the fuss was about.

The June 6 closing session offered a comprehensive review of periodontology over the past 25 years in Europe, an early celebration of the EFP's quarter-century anniversary in 2016. Mariano Sanz, scientific chairman of EuroPerio8, and Maurizio Tonetti, editor-in-chief of the *Journal of Clinical Periodontology*, presented this review, which featured video interviews with leading perio researchers and practitioners.





JCP Digest 2015 brings latest perio research to a wider audience in six languages

A new cycle of the JCP Digest, the EFP's research summary, has so far brought six papers published in 2015 in the federation's flagship scientific publication the *Journal of Clinical Periodontology* (JCP) to a wider audience. The JCP Digest offers perio research in a concise format for clinicians who may lack the time to read dense research papers but who wish to keep their knowledge up to date.

Each issue offers a concise account of a study first published in the JCP, which has been summarised by rapporteurs from EFP-accredited postgraduate periodontology courses.

Following the conclusion of the first cycle of 12 issues devoted to material published in the JCP during 2014, the second cycle began with JCP Digest 01 (2015:42), which offers an account of research into the use of short (6mm) dental implants in patients with atrophied posterior maxilla. JCP Digest 02 deals with changes in the prevalence

JCP Digest 02 deals with changes in the prevalence of periodontitis shown by two German population-based studies, while issue number 03 addresses the question 'Which life-course model better explains the association between socio-economic position and periodontal health?'.

The fourth issue of the new cycle discusses a randomised controlled study of the impact of the impact of structured plaque control for patients with gingival manifestations of oral lichen planus.

The cycle continues with JCP Digest 05, on the cost-effectiveness of non-surgical peri-implantitis treatments, and issue number 06, which considers whether weight gain is associated with the incidence of periodontitis.

A further six issues based on JCP research published in 2015 will be available in the coming months.

The JCP Digest, which can be downloaded from the EFP website (www.efp.org) free of charge, is co-ordinated by Iain Chapple, chairman of the EFP's scientific advisory committee, with the cooperation of JCP editor Maurizio Tonetti.

Vast scope of perio research

Prof Chapple said: "The 2015 JCP Digests provide a rich and varied sample of key research findings in fields as diverse as periodontal medicine, periodontal-systemic links, therapeutics, epidemiology and implant dentistry – testimony to the vast scope of periodontal research and its impact upon oral and general health." As well as being published in English, the JCP Digest is available in French, German, Italian, Portuguese, and Spanish, with translation carried out by local periodontal experts. The translators are: Alexandre Sarfati (French), Alexandra Stähli (German), Filippo Graziani (Italian), Ricardo Faria Almeida (Portuguese), and Ana Molina (Spanish).

EFP full member societies

- Austria Österreichische Gesellschaft für Parodontologie
- Belgium Société Belge de Parodontologie / Belgische Vereniging voor Parodontologie
- Croatia Hrvatsko Parodontološko Društvo
- Czech Republic Česká Parodontologická Společnost
- **Denmark** Dansk Parodontologisk Selskab
- Finland Suomen Hammaslääkäriseura Apollonia
- France Société Française de Parodontologie et d'Implantologie Orale
- Germany Deutsche Gesellschaft für Parodontologie
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- Hungary Magyar Parodontológiai Társaság
- Ireland Irish Society of Periodontolgy
- Israel Israeli Society of Periodontology and Osseointegration
- () Italy Società Italiana di Parodontologia e Implantologia
- Netherlands Nederlandse Vereniging voor Parodontologie
- Norway Den norske tannlegeforening
- Poland Polskie Towarzystwo Periodontologiczne
- Portugal Sociedade Portuguesa de Periodontologia e Implantologia
- Serbia Udruzenje Parodontologa Srbije
- Slovenia Združenje za ustne bolezni, parodontologijo in stomatološko implantologijo
- Spain Sociedad Española de Periodoncia y Osteointegración
- Sweden Svenska Parodontolog föreningen
- Switzerland Société Suisse de Parodontologie / Schweizerisch Gesellschaft für Parodontologie / Società Svizzera di Parodontologia
- Turkey Türk Periodontoloji Dernegi
- United Kingdom British Society of Periodontology

EFP associate member societies

- Lithuania Lietuvos Periodontologų Draugija
- Morocco Société Marocaine de Parodontologie et d'Implantologie
- Romania Societatea de Parodontologie din Romania
- Russia Российской Пародонтологической Ассоциации
- Ukraine Асоціація лікарів-пародонтологів України





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Sweden's Sahlgrenska Academy presents honorary doctorate to Mariano Sanz

The Sahlgrenska Academy at the University of Gothenburg in Sweden presented an honorary doctorate to Prof Mariano Sanz, chairman of the European Workshop in Periodontology, at a ceremony on October 15. "He has published more than 200 scientific articles and book chapters and is one of the most popular international lecturers on odontology," the Sahlgrenska Academy said in its official announcement of the award.

"His longstanding collaboration with researchers at Sahlgrenska Academy had a major impact on advances in knowledge about healing processes after tooth extraction."

Prof Sanz is professor and chair of Periodontology at the Faculty of Odontology at the Complutense University of Madrid, and also the president of the Osteology Foundation. Within the EFP, Mariano Sanz was president in 1993 and secretary general from 1998 to 2005. He was also the scientific chairman of EuroPerio8.

The Sahlgrenska Academy awards honorary doctorates

"to those who have played a key role in research or education at the academy or who have otherwise promoted progress in the fields that it addresses."









