

June 3-6, 2015 - The biggest date in Perio

It is all systems go for [EuroPerio8](#). With registration open since Sept 22, and a record number of 1,614 abstract presentations received by the December 9 deadline -the previous best total was 1,459 at EuroPerio7 Vienna - the run-up to the world's biggest event in periodontology is in the final straight.

"Only 6 months to go and the excitement is mounting. Everywhere I go the enthusiasm for EuroPerio8 is amazing," says EuroPerio8 organising committee chairman Francis Hughes.

"We have had a record number of abstracts submitted already, and it looks like we are on for the biggest and best EuroPerio ever," he said.

Organised by the EFP in association with the [British Society of Periodontology](#), EuroPerio8 will be held in London's [ExCeL](#), a supremely functional venue for a [scientific programme](#) including basic periodontal knowledge, master classes, contemporary practical periodontics,



"The excitement is mounting" says EP8 Chair, Francis Hughes

implant dentistry, and a specialist research and innovations forum. Over 100 international speakers will take part.

A first discount period for [registration](#) ends on February 27, with a second pricing stage running to May 13. Take advantage now.

Perio People – your who's who and what's what of EuroPerio8

The [Perio People](#) blog was launched on November 11 to enhance EuroPerio8 promotion by highlighting the event's scientific programme and offering content about the host city of London. In the first two weeks of December, there have been 1,565 visitors and 4,860 page views and the most popular item to date has been "[How to write an abstract](#)", which had been seen by almost 700 visitors by December 16.

The blog is written and edited by journalist and media analyst Paul Davies, who highlights the cultural attractions of London and offers a more personal picture of the speakers involved, providing them with a platform to give tasters of their EuroPerio8 presentations and to talk about what is happening in [perio today](#). They also have space to talk about what [London](#) means to them and to share their favourite British music – the "[My Music](#)" playlists are already proving to be very popular.



Get a taste of what the world's leading perio conference is all about by watching the [EuroPerio8 promotional video](#).



Season's Greetings from the EFP



After starting winter with an intense but wonderful [EFP Workshop on Prevention](#), I see us approaching that time of the year when we join family and friends for a little less perio and a bit more merry-o...it's



CHRISTMAS.

On behalf of the EFP, I wish all the members of our **29 national periodontal societies** a joyful and restful holiday...

...and a very happy 2015, a year which promises great things in perio, among them the April publication of very important conclusions and guidelines from that Workshop, the completion of the Delphi Study PERIO EU 2025, and the big one, **EuroPerio8**.

Thanks, everyone, and have a great year ahead helping to make Periodontology for All.

Phoebe Madianos, EFP President.

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Keep track of EFP news and views on Facebook. Come and like us [here](#).

You can also subscribe to our newly available channel for EFP videos [here](#) on YouTube, which according to reliable sources processes more searches per month than all other engines except for its owner, Google. View key EFP videos on perio and general health, such as this one - "[The Vital Connections](#)" - which has already had nearly 7,000 hits.

Tweeters can find the EFP on Twitter too [here](#).

INSTITUTIONAL

EFP Mallorca summit promotes younger perio figures

For the very first time, the EFP has drafted junior officers onto its committees - all of them high-level professionals in perio: **France Lambert** (Belgium) joins the Post-Graduate Education Committee, while **Mervi Gürsoy** (Finland) will form part of the Under-Graduate Education Committee. The EFP Workshop Committee makes room for Italy's **Filippo Graziani**. **Brenda Mertens** (France) joins the External Affairs Committee, and **Rajan Nansi** (UK) will work with the Scientific Affairs Committee.

Commenting on the changes announced at the October Executive Committee meeting, former EFP President Michèle Reners said: "Their integration inside the EFP will be positive for them and for the Federation and I sincerely want to thank all the candidates for their motivation and commitment."

EFP News - What is it? Why read it?

The first issue of EFP News (September 2014) has been downloaded by nearly 500 users (according to Canterbury Web Services).

The EFP News is a mini magazine you can read to catch up on three months of news you may have missed on the EFP's main website. News is sorted into five areas: Institutional; Journal of Clinical Periodontology; EuroPerio; EFP Workshop in Periodontology, and the Perio for a Better Life focus on perio and general health. You can download issue 1 and older EFP News issues [here](#).



The EFP Executive Committee had a busy agenda in Mallorca.

EuroPerio9

The EC agreed to establish a **EuroPerio9** committee over the coming months to discuss the 2018 EuroPerio event in Amsterdam.

Delphi Study Perio EU 2025

The meeting also heard that the Delphi Study Perio EU 2025 is nearing completion. The report will be published on the EFP website www.efp.org in the coming months.

Top award winners



The following EFP Awards, to be given at the General Assembly in Athens in March 2015, were recently announced: **Eminence in Perio - Gianfranco Carnevale** (Italy); **Distinguished Service Award - David Hillam** (United Kingdom); **Distinguished Scientist Award - Thorkild Karring** (Denmark).

For full information on qualification for these awards, click [here](#).

February 27, your deadline for early EuroPerio8 registration

Take advantage of discounts on **EuroPerio8 registration**, but hurry. The **deadline for early booking discounts is February 27, 2015**. There are huge savings to be had by EFP members and non-members. EFP members can register before Feb 27 for just **495€**, a **140€ saving** against the non-member early price of **635€**.

Master Clinic planned for 2017

Following its success with the February 2014 **Master Clinic** in Paris, the EFP has issued



congress guidelines for a Master Clinic 2 in 2017. This document has been sent to national periodontal societies with a call for bids from those wishing to host the event in their country. Deadline for submission is January 22, 2015. Only full member societies can bid.

February's first ever Master Clinic attracted a full house of over 500 participants, all eager for cutting-edge knowledge on surgical techniques. The event is aimed at clinicians who want to hone their skills. Top international speakers filled one-and-a-half days with top-level presentations. It was also the first EFP event to boast 3D videos.

Happy 100th Anniversary AAP



The American Academy of Periodontology celebrated its 100th anniversary at its September conference, and an EFP delegation was there to help blow out the candles. Though the event was too late to make the last issue deadline of EFP News, our photo shows, L-R, current AAP President **Joan Otomoto-Corgel**, President Elect **Sören Jepsen**, EFP President Phoebus Madianos and then AAP President Stuart Froum. EFP European co-ordinator Mónica Guinea was also with the delegation.

WORKSHOP

XI EFP Workshop sets up spring release of major new guidelines on preventing periodontal and peri-implant diseases

Johnson & Johnson

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Effective Prevention of Periodontal and Peri-implant Diseases was the focus of the EFP's XI European Workshop in Periodontology, held in Spain from November 9-12, an event whose intense focus on the relevant research will change the way oral health professionals try to prevent diseases affecting gums and implant sites. The conclusions and guidelines following this analysis by over 70 leading periodontal researchers of key recent papers on prevention will be made available in April 2015 in an open supplement of the **Journal of Clinical Periodontology**.

Reviews examined these areas: 1) Principles in Prevention of Periodontal Diseases; 2) Treatment of gingivitis as a primary preventive strategy for periodontitis; 3) Treatment of peri-implant mucositis as a primary preventive strategy for peri-implantitis; 4) Treatment of halitosis; 5) Complications associated with oral preventive strategies.

Sponsored by Johnson & Johnson, and Procter and Gamble, the event was led by chairman **Prof. Mariano Sanz**, and co-chairs **Profs. Iain Chapple, Maurizio Tonetti, and Soren Jepsen**. For full photo gallery of the event click [here](#).

WK 1. Principles in Prevention of Periodontal Diseases. Chairman: Maurizio Tonetti; Reviewer: Ian Needleman, Christoph Ramseier, Tim Newton, Klaus Lang; Participants: Gary Armitage, Philippe Bouchard, Renate Deinzer, Thomas Dietrich, Peter Eickholz, Ekaterina Fabrikant P&G, Angela Fundak J&J, Francis Hughes, Thomas Kocher, Bruno Loos, Rodrigo López, Luigi Nibali, Panos Papapanou, Bernadette Pretzl, Ulrich Schlegelhauf, Jean Suvan, Ubele Van der Velden.

WK 2. Primary prevention of periodontitis – Managing gingivitis. Chairman: Iain Chapple; Reviewer: Fridus Van der Weijden, Christof Doerfer, David Herrera, Lior Shapira; Participant: Mario Aimetti, Nicole Arweiler, Nikos Donos, Filippo Graziani, Henry Greenwell, Malgorzata Klukowska P&G, Eren Kuru Bahar, Anna Louropoulou, Eli Machtei, Phoebus Madianos, David Polak, Wim Teughels, Arie Van Winkelhoff.

WK 3. Group 3- Primary prevention of peri-implantitis – Managing peri-implant mucositis. Chairman: Sören Jepsen; Reviewer: Frank Schwarz, Giovanni Salvi, Ioannis Polyzois, Cristiano Tomasi, Jan Derks; Participant: Tord Berglundh, Korkud Demirel, Svetlana Farrell P&G, Elena Figuero, Robert Genco AAP, Jean Louis Giovannoli, Moshe Goldstein, France Lambert, Anne Merete Aass, Giovanni Serino, Nicola Zitzmann.



WK 1



WK 2



WK 3



WK 4

WK 4. Managing complications of gingival and periodontal diseases and professional mechanical plaque control. Chairman: Mariano Sanz; Reviewer: Marc Quirynen, Leonardo Trombelli, Nicola West, Philip Preshaw; Participant: Amelie Baumer, Nurcan Buduneli, Pier Paolo Cortellini, Henrik Dommisch, Roberto Farina, Eijja Könönen, Kenneth Kornman, Gerard Linden, Maria Mantzourani J&J, Joerg Meyle, Anja Rist P&G, Silvia Roldán, Anton Sculean, Dagmar Slot, Edwin Winkel.

JOURNAL

Over 3,000 downloads for JCP Digest

One of the EFP's most recent projects is the JCP Digest, a monthly précis of research from the Journal of Clinical Periodontology (JCP), aimed at clinicians who have no time to read full research papers.

Launched in spring 2014, the 8 Digests up to December 1 attracted well over 3,000 downloads in total (figures from Canterbury Web Services).

Each study chosen by the JCP is summarised by rapporteurs from post-graduate periodontology courses who abbreviate it under supervision by a leading periodontal academic.



Digest 08 examines the success of coronally advanced flap and connective tissue graft techniques in treating deep gingival recession in the lower incisors, and is downloadable [here](#). To see all JCP Digests, click [here](#). The next Digest (09) studies the efficacy of Subgingival air-polishing with erythritol.

JCP Digest | Journal of Clinical Periodontology 2014:41 | Paper Digest 01

Extraction Sockets: Erratic Healing Impeding Factors

Kim JH, Sato C, Mui JH, Suh JY, Song JI, Kim Y, Wang J, Kim KJ
J Clin Periodontol, Jan 2014; 41: 80-85.

Study: In day-to-day clinical practice, adverse reactions following tooth extraction may arise and can result in impaired healing, which may reduce socket bone fill and compromise definitive space occupation by implant placement.

Study Aims: The aim of this study was to analyze the prevalence of extraction sockets with either max or min occupying the extraction site (rather than bone).

Methods: Computerized tomography was used to evaluate socket characteristics and calculate "Maximalized unit" scores (an index used to assess bone mineral density). A total of 1226 dental records from Seoul National University Dental Hospital archives, including patients referred to extraction prior to implant placement were evaluated.

Results: Severe sockets (5.71%) and 97 sites (4.26%) exhibited impaired extraction socket healing. Maxillary incisor (anterior) sites showed the lowest prevalence (0.47%), whereas mandibular molar sites the highest (5.41%) occurrence. 72% of the cases of erratic healing were of tooth extraction due to periodontal reasons.

Conclusions and Impact: Conclusions: The factors that were associated with erratic healing were:
 • Age: subjects older than 50 years
 • Hyperkeratin
 • Both: teeth exposed more erratic healing
 • Site: the highest incidence of bone loss was at the buccal wall (49.2%)
 • Single tooth extractions
 • The vast majority of erratic healing sites (72%) were of teeth extracted for periodontal reasons.

Impact: What can we learn as practitioners?
 • Erratic extraction socket healing appears not to be a uncommon phenomenon. It may arise in one or many teeth cases.
 • Spontaneous socket healing (without socket preparation) resulted in good healing in the vast majority of cases.
 • When planning tooth extraction one should be aware of systemic and local factors that may be major contributors to erratic healing, either pre- or post-extraction, such as cases of mandibular molars and advanced periodontal disease.

PERIO FOR A BETTER LIFE

Lifestyle at the heart of perio



At least two recent national society conferences have reflected the growing focus on lifestyle issues relating periodontal and general health. So-called "inflammaging" conditions, exercise, diet, and other preventive measures took up day one of the two-day 2014 Autumn Conference of the **British Society of Periodontology**. Speakers included the US govt. health adviser and holistic and herbal specialist

Dr. Tieraona Low-Dog. Ageing and lifestyle also dominated the science at the Autumn Congress of the Dutch Society of Periodontology (Nederlandse Vereniging voor Parodontologie, or **NVvP**) on November 28 in Ede. The **'Dutch Masters: On Art of Ageing'** programme included presentations on epigenetics, 'diseases of affluence', food, and how to change lifestyle habits.

EFP MANIFESTO - Calling all health professionals



It's easy to **sign** and it should be welcome reading for health and related professionals who accept the evidence linking **Perio and General Health** and see what this means for society. This EFP MANIFESTO calls upon all dental and health professionals to act in the prevention, early diagnosis, and effective treatment of periodontal disease to combat the devastating oral and general health effects for the individual and society. Support this Manifesto and help boost Periodontal Health for a Better Life.

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| Full Member Societies | Croatian Society of Periodontology | Finnish Society of Periodontology | Hungarian Society of Periodontology | Norwegian Society of Periodontology | Slovenian Society of Periodontology | Turkish Society of Periodontology | Romanian Society of Periodontology |
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