

FOR IMMEDIATE RELEASE

Perio Workshop 2019 takes a major step forward to help dentists treat periodontitis

- **Around 90 leading experts approve new guideline for the treatment of periodontitis, the most serious gum disease around the world**
- **Chaired by Mariano Sanz, Perio Workshop is a top-level meeting of periodontal scientists, organised annually by the European Federation of Periodontology (EFP)**

Brussels, 26 November 2019. A major step forward for an evidence-based, more effective approach to the treatment of periodontitis stages I, II and III, has been the outcome of Perio Workshop 2019, a top-level scientific meeting organised by the European Federation of Periodontology (EFP) with more than 90 leading periodontal scientists, dental experts, and guideline-development specialists from around the world.

These specialists gathered on 10-12 November in La Granja de San Ildefonso, Spain, reaching a new consensus and developing a guideline on the optimal therapy for treating periodontitis, the most serious gum disease and one of the most widespread chronic conditions in the world. Perio Workshop is widely considered to be the highest-level scientific meeting of experts in periodontal issues.

Chaired by renowned Spanish periodontist Mariano Sanz, Perio Workshop 2019 – “Evidence-based guideline for periodontal therapy” – developed new guidance for dentists and oral-healthcare professionals with precise therapeutic pathways based on the patient’s diagnosis and a set of recommendations on specific interventions.

One key novelty was the recommendation of the “stepped care approach”. Rather than following a sequential fixed order when treating a patient, the stepped care approach allows overlapping of several steps as it delivers the least complex, least resource-intensive therapy in the first place, and only moves to more complex or intensive therapies if monitoring shows that they are clinically indispensable.

The four working groups of experts at Perio Workshop 2019 considered 15 systematic reviews and a position paper on different aspects of periodontal therapy for stages I, II, and III of periodontitis and the maintenance of the successfully treated periodontitis patient. The workshop did not cover periodontitis stage IV, guidelines for which will be drawn up by Perio Workshop 2020 in November next year.

As well as focusing on the scientific evidence supporting the different evaluated interventions, the scientists considered their consistency and value, the clinical relevance of the outcomes, the balance of benefits and harms, patient preferences, and ethical, legal, economic, and practical considerations.

The workshop benefitted from the input from top-level specialists, not only from the EFP but from eight European scientific societies and organisations, representing key groups within the dental profession: the European Federation of Conservative Dentistry, the European Association of Dental Public Health, the European Society for Endodontology, the European Prosthodontic Association, the Council of European Dentists, the European Dental Hygienists' Federation, the European Dental Students' Association, and the Platform for Better Oral Health.

The clinical guideline document drawn up by Perio Workshop 2019 will be published next year, along with other related papers, in a special open-access supplement of the *Journal of Clinical Periodontology*, flagship publication of the EFP and considered the most influential journal in this field.

"Perio Workshop 2019 was an important step forward both for periodontitis patients and for oral-healthcare professionals," explains Mariano Sanz, chair of Perio Workshop 2019. "In the coming years, it will have a major impact on improving patient care by having identified the evidence supporting the different periodontal interventions, together with the adequate step-by-step approach to treatment approach."

"The development of an EFP, S3-level, clinical practice guideline is a very important accomplishment for European periodontology," adds David Herrera, who will chair Perio Workshop 2020 in November next year. "We will now have a solid basis when designing the treatment plan in the management of patients with periodontitis stages I, II and III. For stage IV periodontitis, we will need to wait another year, and the EFP Workshop Committee is already working on the preparations for the generation of a guideline for such a significant condition."

EFP, global benchmark in periodontology

Perio Workshop is an initiative of the European Federation of Periodontology (EFP, www.efp.org) and its 37 national scientific societies, comprising 14,000 specialist periodontists and other members of the dental team focused on improving periodontal science and practice in Europe and around the world.

The EFP is the leading voice on gum health and gum disease globally and the driving force behind EuroPerio, the triennial periodontal congress considered the most important in the world of periodontology, and Perio Master Clinic, a major meeting devoted to dental clinicians eager to improve or update their skills. More information at <http://www.efp.org/periomasterclinic/2020/index.html>

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