

## Presenting Perio Insight, the EFP's new 'magazine'

The EFP is pleased to announce the launch of Perio Insight, a 'magazine' section of the federation's new-look website which will include interviews, opinion, analysis, and in-depth reports on the activities of the EFP and its member societies.

The new section will have a particular emphasis on perio science and clinical practice, and will also cover education, health

promotion, public affairs, and institutional matters.

The first articles to be published in Perio Insight include a debate about the use of antibiotics to treat periodontal diseases and an interview with Edwin Winkel, who is standing down as chairman of the External Affairs Committee after six years.

There is also an article about the EFP's

25th anniversary in which members of EFP committees and the presidents of national societies discuss the achievements of the last quarter-century and the challenges that lie ahead.

Perio Insight is edited by Joanna Kamma and supervised by the EAC, and the Scientific Affairs Committee, and the Secretary General.

### PEOPLE

## Edwin Winkel looks back with pride on the first six years of the External Affairs Committee, which he 'started from scratch'

Edwin Winkel may go down in history as the first and only chairman of the EFP's External Affairs Committee (EAC). He hands over the reins to Tiernan O'Brien on April 23 at the General Assembly in Berlin, which will be asked to approve changing the name of this committee to the Communication and Co-ordination Committee.

"After six years working with the EAC it is clear in my mind that the wording 'external affairs committee' is incorrect," says Prof Winkel. "It should be more the communications committee, meaning communication within the EFP – and that means communication with the national

societies, because the national societies are the EFP."

Assessing the committee's achievements since it was created at the EFP's General Assembly in Ljubljana, Slovenia in February 2010, Winkel highlights an increasingly professional approach to communications, the imminent launch of the revamped website, the creation of monthly newsletters and quarterly bulletins, and the EFP's social-media activity.

He also draws attention to the creation of the federation's new brand and visual identity, to the co-ordination of communications so that messages are consistent, to the provision

of clear guidance to professionals and patients based on the consensus findings of the EFP's European Workshop in Periodontology, and to the development and dissemination of the EFP Manifesto.

"Today, in my mind, we have professionalised the whole content machine. I like very much that the website is continuously improving and this will never stop. I like the way we have disseminated the work of the Workshop and the fact that the External Affairs Committee did the new branding of the EFP, which will hold for many years. We have done an enormous job in six years. And that's not me – it's the whole group. As a chairman, you are

on the side line, you try to stimulate, you try to find direction. I am absolutely proud and happy with what we did the last six years. This group has been absolutely fantastic." Speaking of his successor as chairman, he adds: "I am sure that Tiernan O'Brien will take over in a very, very nice way – he's a great man to do the job."



Edwin Winkel, chairman of the EAC

### EFP PARTNER - ADVERTISING

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SUNSTAR is proud to announce that the "Cell to Cell Communication-Oral Health and General Health" animated video, produced by Quintessence Publishing Group in collaboration with SUNSTAR Foundation, will be available in English, German, Italian, Spanish, Japanese and Chinese on its website from June 2016 onwards. Visit [www.sunstar.com](http://www.sunstar.com) to learn more about Sunstar's commitment to generate awareness of the links between Oral Health and General Health and its mission to help people everywhere achieve better health and quality of life.

# The EFP at 25: what has changed in European periodontology?

To mark the EFP's 25th anniversary, *Perio Insight* asked the presidents of the national societies and members of the EFP committees to talk about the changes over the last quarter century, about what the EFP has achieved, and about the federation's priorities for the future. The first of a series of three articles focuses on the question: "What have been the most important changes in European periodontology over the last 25 years?"

There are four areas in which periodontology in Europe has changed over the last 25 years, according to members of EFP committees and presidents of the national societies that make up the federation.

In terms of science, they highlight the advances in understanding the aetiology of periodontal diseases and the emergence of the links between periodontitis and systemic diseases such as diabetes.

Over the last quarter century, clinical practice has changed thanks to the development of new treatments and an increased emphasis on prevention.

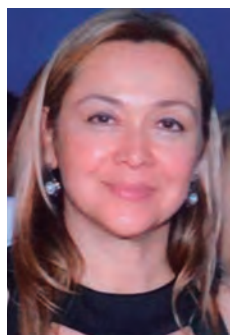
A third change concerns the development of implant dentistry and the rapid increase in the number of patients with implants, together with the emergence of a new problem – peri-implantitis – and the challenges that this now poses to periodontal practitioners.

Finally, the EFP itself has played an important role in changing perio in Europe, bringing together the national societies, leading the way in scientific research, and organising the world's most important conference on periodontology.

Iain Chapple, the chairman of the scientific affairs committee who becomes the EFP's secretary general at the Berlin general assembly in April, highlights as an important change the recognition that "the major cause of tissue damage is the host's response to a dysbiotic plaque biofilm."

This has led to a focus on host-risk determination and risk-factor management, and to "the recognition that thresholds of plaque accumulation required to trigger disease vary from one patient to the next – so preventive plans must be individualised."

Bahar Kuru, president of the Turkish Society of Periodontology, points to increased



Bahar Kuru

knowledge about periodontopathogens, host response, stress, and other risk factors and how these affect clinical features and disease susceptibility. "This has brought significant changes to the concept of aetiology, prevention, and treatment of periodontal diseases," she says.

## Links with systemic diseases

This growing awareness of the links between periodontitis and systemic diseases is also highlighted by Juan Blanco, who becomes the new EFP president after the April general assembly. He describes "increased knowledge of the pathogenesis of periodontal disease and its relation with systemic health and diseases" as one of the most significant developments of the last 25 years. Treatment options for periodontal diseases have evolved considerably during the 25 years since the EFP was created.

"Periodontal therapy has become less surgical and surgical treatment has become more focused on a few particular defects that do not respond to nonsurgical treatment," notes Peter Eickholz, president of the German Society of Periodontology.



Peter Eickholz

"We have substantial evidence that even severely periodontally compromised teeth may be maintained over long periods if supportive treatment is provided." Mariano Sanz, chairman of the European Workshop in Periodontology,

highlights "very effective antimicrobial compounds" that support daily oral hygiene practices and improved strategies for non-surgical periodontal treatment. He also points out that, in terms of soft-tissue reconstruction, "we have improved surgical techniques and biomaterials that make the goal of reconstructing the gingival tissues around teeth achievable."

For Katrien Vermeylen, president of the Belgian Society of Periodontology, one of the big changes is that patients are now "more involved in their treatment, they know more, and they have often looked up on the internet what periodontal treatment involves."

## Challenge of peri-implantitis

One of the big changes over the last 25 years has been the growth of implant dentistry and the advent of a new problem – peri-implantitis.

"For me, the single biggest change has been related to the evolution of implant dentistry" says Tiernan O'Brien, who succeeds Edwin Winkel as chairman of the External Affairs Committee.

"Initially, implants were seen as a revolutionary solution to the problem of tooth loss. But as time passed it became clear that implants themselves also have issues that create problems in their own right.

"Today we realise that the implant is not always a better option and we have come full circle in recognising that holding onto teeth for as long as possible may still be the better option for many patients."

As well as the evolution of perio science, better understanding of periodontal diseases, new treatments, and the development of implant dentistry, the other big change from 25 years ago is the existence of the EFP itself. For Moshe Goldstein, chairman of the postgraduate education committee, it is the formation of the EFP that has been the most important change over this period:

"The EFP has built a pan-European platform for the profession, thus improving the periodontal science and clinical activity in all the member countries," he said.



Katrien Vermeylen



Moshe Goldstein

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