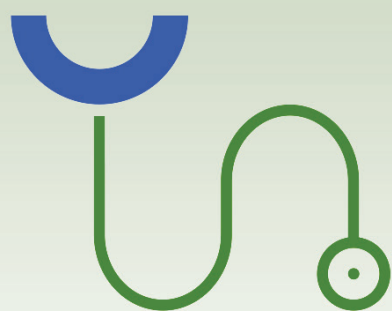


## EFP launched campaign

# Perio & Family Doctors

The European Federation of Periodontology (EFP) recently released the outreach campaign “Perio & Family Doctors”, aiming to raise awareness of how a closer collaboration between dentists and family physicians can mean a huge leap forward when treating diabetes, cardiovascular diseases, and chronic respiratory diseases.



## Perio & Family Doctors

An ongoing and open exchange between oral-health providers and family physicians can effectively improve the quality of their patients' treatment and well-being, and in certain cases even save lives, the EFP says. The closer the collaboration between dental and general practitioners, the bigger the improvement in their patients' treatment standards, particularly in relation to serious chronic conditions such as diabetes, and cardiovascular and respiratory diseases. Family doctors should be informed about gum diseases and their consequences, while oral health professionals should be made aware of the significance of noncommunicable diseases (NCDs) and their associated risk factors. This lies at the core of the new outreach campaign Perio & Family Doctors, an initiative jointly developed by the EFP (European Federation of Periodontology) and WONCA Europe (European branch of the World Organisation of Family Doctors).

In 2022, 18 experts from the EFP and WONCA Europe examined the role of family physicians and the oral-health team and formulated a series of recommendations for both groups of clinicians. Their conclusions were published in a scientific consensus report published earlier this year in the EFP-edited *Journal of Clinical Periodontology*.

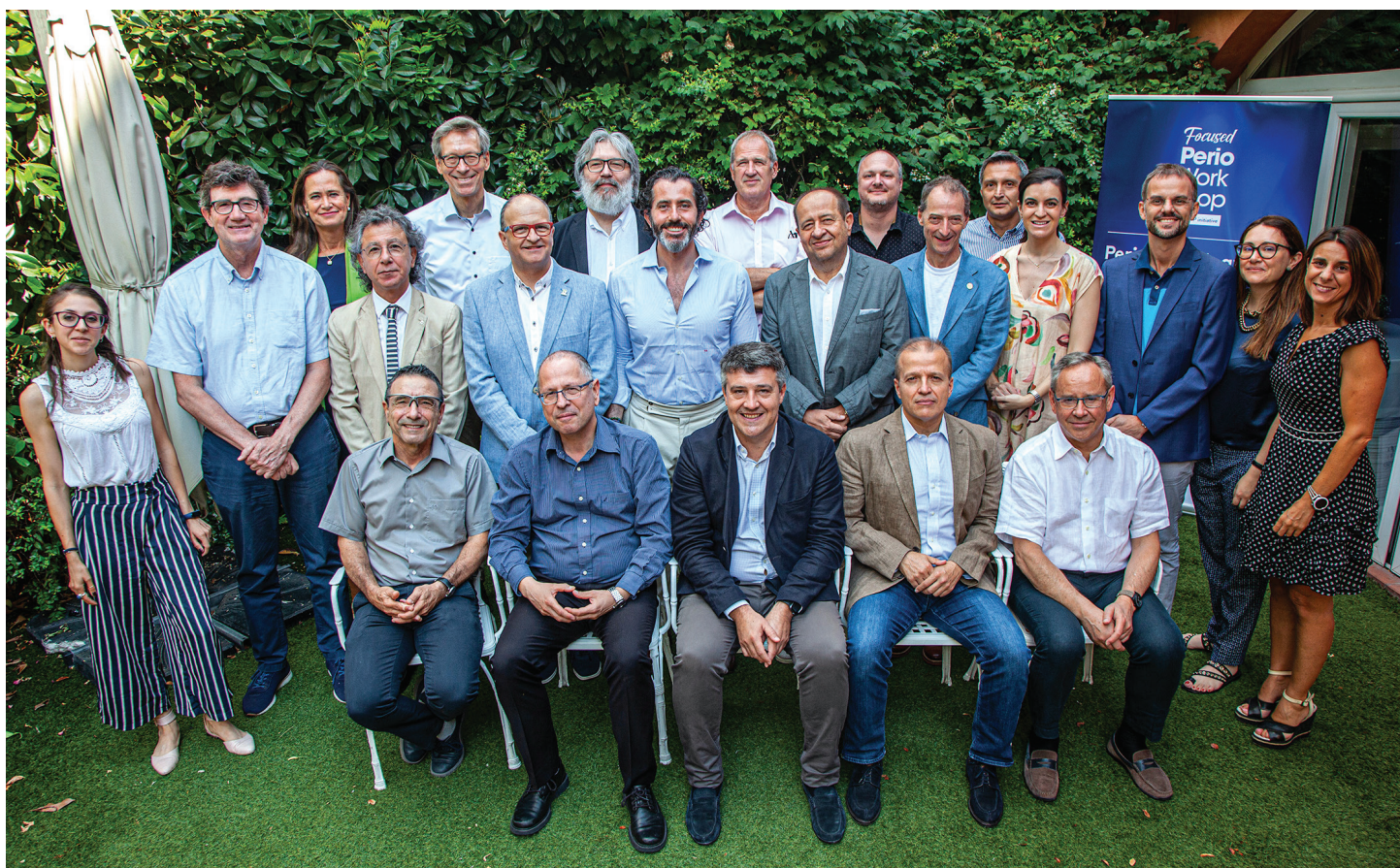
### Tackling and managing systematic health conditions

“This groundbreaking campaign marks a giant leap forward in enlightening family doctors, periodontists, and other oral health providers about the potential for closer collaboration. Together, we can proactively tackle and manage prevalent systemic health conditions that impact patients worldwide, such as cardiovascular disease (CVD), hypertension, obesity, diabetes, smoking, and hyperlipidaemia,” explains Darko Božić, EFP President. “Our

campaign is also addressed to the general public, as patients should be aware of the advantages and benefits of good oral health,” Prof. Božić indicates. “In light of our recent findings, it is imperative to recognise that periodontitis transcends its localised origins in the oropharynx,” highlights Shlomo Vinker, President of WONCA Europe. “Instead, it emerges as a condition intimately intertwined with broader systemic disease states. To address this paradigm shift, the collaboration between dentists and family doctors becomes paramount. Together, we must institute proactive strategies for the early identification of periodontitis within primary care centers and, conversely, of cardiovascular diseases and diabetes within dental settings.”

Prof. Vinker adds: “Strengthening the bond between oral health professionals and family doctors is instrumental not only in the early detection and management of NCDs but also in fostering healthier lifestyles.

The development and evaluation of pathways for early case detection of periodontitis in family medicine practices and NCDs in dental practices marks the next frontier in our collective pursuit of comprehensive healthcare.” The Perio & Family Doctors campaign materials include infographics and other digital content available at the EFP website at [efp.org/periofamilydoctors/](http://efp.org/periofamilydoctors/). “Our aim with these materials is to make visual and intuitive the core messages of the consensus report, which thoroughly examined the latest scientific evidence available supporting that periodontal disease, in particular



In 2022, Experts from the EFP and partners examined the role of family physicians and oral health teams and formulated some recommendations.

periodontitis or chronic inflammation of the gums, is independently associated with cardiovascular diseases, diabetes mellitus, and respiratory diseases, such as chronic obstructive pulmonary disease, sleep apnoea, and COVID-19 complications,” explains Prof. Anton Sculean, chair of the EFP’s projects committee.

### Who they are

The EFP (European Federation of Periodontology, [www.efp.org](http://www.efp.org)) is a non-profit organisation dedicated to promoting awareness of periodontal science and the importance of gum health for oral-health professionals and the public. Its guiding vision is “Periodontal health for a better life”. Founded in 1991, the EFP is a federation of 38 national periodontal societies representing more than 16,000 periodontists, dentists, researchers, and oral-health professionals in Europe and around the world. It organises events and campaigns

grounded in evidence-based science in periodontal and oral health, including EuroPerio (the world’s leading congress in periodontology and implant dentistry), Perio Master Clinic, and Perio Workshop. Gum Health Day, its awareness campaign for the public celebrated annually on 12 May, brings key messages on gum health to millions of people across the world. The EFP also organises workshops and outreach campaigns with its partners: past projects have covered the relationship between periodontal disease and diabetes, cardiovascular disease, and caries, as well as women’s oral health during pregnancy. The extensive list of EFP publications include the *Journal of Clinical Periodontology*, the research summary *JCP Digest*, and the online magazine *Perio Insight*, which offers expert views on periodontal science and clinical practice. The federation’s work in education is also highly significant, notably its accredited university-based programmes

for postgraduate education in periodontology and implant dentistry. The EFP has no professional or commercial agenda.

Source: EFP

### More information

Association between periodontal diseases and cardiovascular diseases, diabetes and respiratory diseases: consensus report of the joint workshop by the EFP and WONCA Europe” available at:

[https:// doi.org/ 10.1111/jcpe. 13807](https://doi.org/10.1111/jcpe.13807)

