

Nothing is as reliable as change



For the 20th time, the European Consensus Conference (EuCC), under the auspices of the BDIZ EDI, has produced a guideline on a current topic in implant treatment. In 2025, the paper from 2019 was updated. It contains new findings backed up by scientific studies. In view of demographic change, it is important that the management of diseases is also brought up to the latest scientific standards for implant therapy.

We all know that the outcome of implant therapy depends on the health status of the patient, including medication and nutritional status and the planned procedures and prosthetic restorations. We also know that implants require a physiological bone metabolism, something that is not given in the presence of several systemic diseases such as osteoporosis, osteodystrophia deformans or fibrous dysplasia. Patients receiving proton pump inhibitors (PPI) or serotonin reuptake inhibitors (SRI) exhibit higher rates of implant failure. Conflicting results have also been reported regarding the effect of glucocorticoids and NSAIDs on implant treatment outcomes. Bone metabolism can also be affected by medication, smoking habits or nutritional status. In addition, low level of cholecalciferol (vitamin D3) may compromise osseointegration and graft regeneration or lead to progressing peri-implantitis. But we should always be aware that the most common problems after implant placement are caused by periodontal diseases.

The new practical guide also shows that findings that were incontrovertible just a few years ago can change quickly. For the BDIZ EDI, it is therefore necessary to continually update the state of the art in order to provide implant professionals with a reliable tool for dealing with implant surgery and implant prosthetic treatment.

As moderator of the 2025 European Consensus Conference, Professor Jörg Neugebauer pointed out the changes to the previous paper in 2019. "It was important for this year's EuCC to point out the need to develop specific and therefore patient-related treatment strategies. The restrictive approach to osteoporosis is also outdated. A meta-analysis by Lemos CAA et al. from 2023 motivated the members of the EuCC to use the cautiously optimistic wording that there is 'no increased general risk with osteoporosis'."

In their conclusion, the international EuCC summarised that dental implants are reliable treatment options for restoring patient function and aesthetics. Careful case selection is necessary by considering not only the oral findings alone. Due to the great variability of implant designs and surgical and prosthetic procedures proposed, the individually suggested parameter should be followed to avoid complication. The most important conclusion of the committee: all procedures should be performed by treatment providers with the requisite up-to-date expertise and training.

This brief summary of the work of the European Consensus Conference should give you, dear colleagues, an overview of this scientific part of the BDIZ EDI's work. If you are interested in the EuCC papers and their literature, please visit our website <https://bdizedi.org/en/european-consensus-conference/>.

Stay tuned.

A handwritten signature in blue ink, appearing to read 'K. Berger'.

Christian Berger
President BDIZ EDI