Laser-assisted Dentistry



A report from Nordic Dental Laser Society and the Third International Symposium in "Lasers in Dentistry", Hotel Hilton, Slussen Stockholm, November 22—23, 2008.

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_Between 22—23 November 2008, Nordic Dental Laser Society (NDLS) held the Symposium Laser-assisted Dentistry. This was the Third International Symposium in "Lasers in Dentistry" since the establishment of the association in 2006. In a snowy environment constituting the "old town" of Stockholm, the light from the invited speakers spread new knowledge and enlightening to the nearly 100 participants under these two cold winter days. Mainly dentists from the Nordic countries experienced an up-to-date presentation of evidence base, practice and economical benefits from the use of lasers in dentistry.

The opening speaker the first day, Physicist Dr Jörg Meister from AALZ, RWTH Aachen University, Germany, presented a solid ground consisting of the physical background behind the properties of lasers. A needed knowledge for the acceptance of the following lectures. Prof Dr Marita Luomanen DDS, Dep for microbiology, Helsinki University Finland, speaking of Science and Clinic of Dental laser Treatment, presented even new interesting actual research on cellular level. After lunch and active discussions with the exhibiting suppliers of dental laser equipment, the participants had opportunity to experience Clinical Case presentations from the work of Dr Talat Qadri DDS, Karolinska Institute Huddinge, Sweden; Dr Peter Steen Hansen DDS, MSc in Lasers in Dentistry, Denmark, and Dr Peter Fahlstedt DDS, MSc in Lasers in Dentistry, Sweden. The range of







treatment presented covered laser-assisted treatments in all fields of Dentistry. This gave the audience practical advices and visible techniques to make, if possible, even better choices in their daily treatments. As last speaker the first day, Prof Dr Norbert Gutknecht DDS, AALZ, RWTH University Aachen, Germany, presented Evidence Based Laser Dentistry, convincing even the most sceptic listener that Lasers in Dentistry and Science are couplet on highest level. The field of coming research are grand but the evidence based up to day are laying a solid ground for the laser user, who are gaining high quality education.



After free activities in the late Stockholm Saturday night, all were joined together early next morning, when Prof Gutknecht once again let the audience to witness the long, careful and patiently work that are leading to the acceptance of these Scientific Evidence. This day the research behind the treatment protocol of to days laser-assisted endodontical treatment were presented. One of the most respected researcher, author and educator in Low Level Laser Therapy, Dr Jan Tunér DDS, Sweden, continued with a most interesting speech in this well-known method of treatment of inflammatory, infected or decayed tissue. He presented both new and historical research and theories, not least on cellular level, behind the mechanisms leading to desired effects of LLLT. He was well complemented by Dr Per Hugo Beck-Kristensen DDS, Denmark, who let the present dentists taking part of his 20-years of experiences from practical use of LLLT in dentistry.







As a queen on the top of this appreciated series of lectures, Dr Anna-Maria Yiannikou DDS, MSc x 2, Cyprus, and AALZ, gave an unquestionable well performed description of the economical benefits of Lasers in Dentistry.

The evaluation of the symposium gave the board of NDLS good feedback and strength to perform an even more successful symposium next time. We thank all excellent speakers, the participant suppliers of dental laser equipment and the main sponsor Praktikertjanst AB, Sweden, for the fine deliverance of needed knowledge in this most promising method of dental treatment.

The symposium clearly stated that the evinced based knowledge is already a fact, even if further high quality research in all fields of Lasers in Dentistry is needed. Now it is up to all involved parts to make the best informed decision to supply interested dental personnel with a sufficient amount of this knowledge._





