



# EuroPerio in London

## Periodontology and implantology

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Every three years, the European Federation of Periodontology (EFP) offers dental professionals from various countries the opportunity for exchange through its EuroPerio Congress. This year, the EFP welcomed numerous representatives in the areas of dentistry and dental hygiene to the conference in the UK capital. After the successful EuroPerio7 in Vienna in 2012 with 7,800 participants, the organisers had hoped for increased attendance and, indeed, there were about 10,000 visitors to the London event, which was held from 3 to 6 June (Fig. 1).

The organising committee under Chairman Prof. Francis Hughes (Fig. 2) spent three years in planning the extensive programme with high-quality presentations by speakers from all over the world. EuroPerio is aimed at not only experts in the fields of periodontology and implantology, but also general dentists and dental hygienists. Much of the programme was taken up by scientific lectures and discussions addressing topics in periodontology and implantology. Through these, participants were given an overview of the current state of periodontal and implant therapy, as well as insights into the concepts and views of their inter-

national colleagues. Furthermore, attendees had the opportunity to learn about the latest trends in science. Lecture topics included application techniques, findings in the area of biofilm research, and peri-implantitis. Exclusive workshops organised by well-known companies, such as Oral-B, Straumann and DENTSPLY Implants, were also part of the event.

### Congress opening

Before the start of the full programme, which ran from Thursday to Saturday, participants could attend the opening ceremony on Wednesday evening. Prof. Hughes cordially welcomed the numerous guests, who were entertained with musical performances by the London Marching Band, among others. The new EFP President, Prof. Søren Jepsen (Fig. 5), also greeted the audience: "I would like to especially thank the students of the London dental faculties who agreed to voluntarily and actively support this event."



Fig. 1



Fig. 2



Fig. 3

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Subsequently, visitors entered the large dental exhibition area with more than 80 sponsors, who in the following three days offered them information regarding their product and service offering concerning periodontology and the treatment of peri-implantitis.

### Increasing awareness

The organising committee agreed that there is still much to do in order to increase the awareness of patients and dentists regarding periodontal and peri-implant diseases. Many patients delay seeking treatment of their periodontal problems and thus increase the risk of a more invasive therapy being required to treat their disease. Of course, there is no universal remedy, Prof. Andrea Mombelli (Fig. 4) said. Although the treating periodontologist individually

adapts the choice of therapy to each patient, the patient has to maintain optimal oral hygiene. Nevertheless, dentistry has had increased cases requiring restoration to an oral condition free of inflammation, said Mombelli. The importance of a well-coordinated therapy in the case of periodontal and peri-implantitis patients was demonstrated by a film presented during EuroPerio. In the film, patients with a long history of periodontal disease give an account of their ongoing treatment for the disease and how this has brought them new confidence. "It is fully recognised



Fig. 4

that, besides the physical impairments caused by periodontitis, patients are affected psychologically," Prof. Ian Needleman, UCL Eastman Dental Institute in London, said at the EuroPerio press conference.

### Determining the causes

There seem to be various reasons that patients contract periodontitis. Because of this, for some years now, there have been increasing research efforts to determine genetic and microbiological associations and mechanisms leading to the disease patterns. In a dedicated forum, Dr Panos N. Papapanou, from New York in the US, presented the possibilities of genetic studies, specifically searching for regulation of gene expression in periodontal disease. Dr Hourri-Haddad Yael discussed the thesis that genetic experimentation in mice could be helpful in detecting possible genetic similarities to humans in the case of periodontal disease. "The systemic analysis of protein compounds (proteomics) appears to be promising as well," remarked Dr Nagihan Bostanci, from Zurich in Switzerland, on the work in this area. These and similar approaches aim to develop methods for early identification of patients most at risk of developing periodontal disease. This is because the earlier therapy is started, the better the possibility of a gingiva largely free of inflammation and of less invasive treatment.

### Outlook for EuroPerio in 2018

This year's EuroPerio was the largest conference on periodontology to date. The geographical scope of the meeting was underpinned by the presence of all 29 member associations of the EFP, with representatives from 110 countries (Fig. 3). The next EuroPerio will take place in Amsterdam in 2018. "Whether we are going to achieve another record attendance is not important to me," Prof. Hughes said. "We rather have to concentrate on maintaining the high quality of the triennial congress."



Fig. 5



[www.efp.org/europerio8](http://www.efp.org/europerio8)