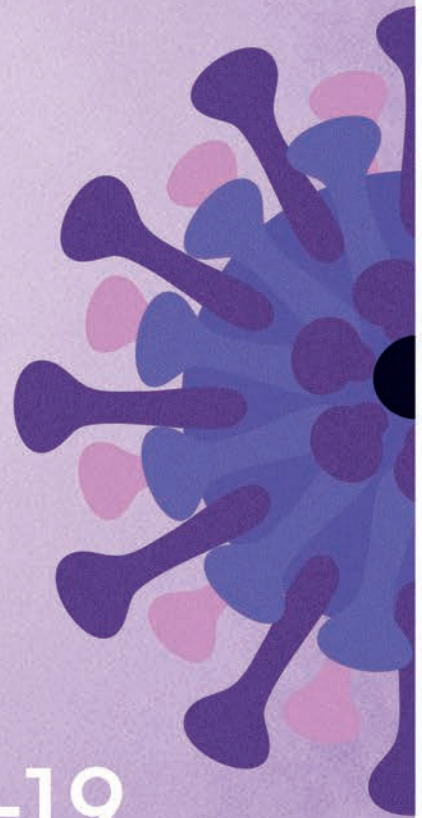
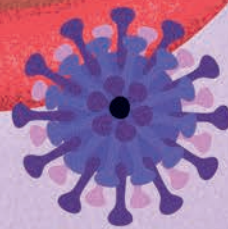
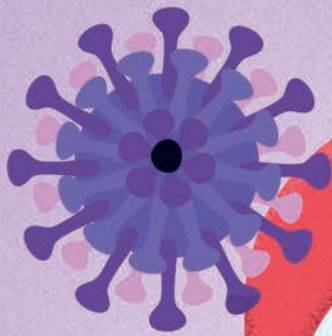
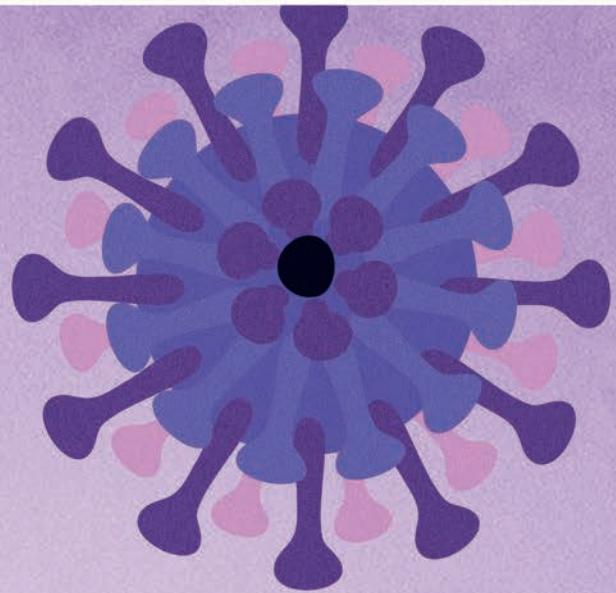


Perio review

Annual report of the
European Federation of Periodontology
2020-21



EFP responds to Covid-19

Perio Sessions and Perio Talks
Clinical Practice Guideline
Gum Health Day
Perio & Cardio campaign

 **EFP**
European
Federation of
Periodontology

The **EFP** responds creatively to 'a tough year'

The last year has been dominated by the Covid-19 pandemic. Despite these difficult circumstances, the EFP and its affiliated national societies of periodontology have risen to the challenge by adopting new forms of communication and offering support to periodontal practitioners and their patients.

Unable to celebrate its 2020 general assembly as planned in Pisa (the hometown of past president Filippo Graziani) on 30 March 2020, the EFP held an online extraordinary general assembly on April 20, followed by the postponed general assembly (also online) on Saturday 3 October.

"This has been a tough year. Uncertainty and doubt have plagued our practices, our classes, our lives – all badly hit by the Covid-19 pandemic," said Dr Struillou, EFP president 2020-21. "At the EFP, we have done our best to provide guidance and answers, and to serve our national societies and their members to the best of our abilities."

In May 2020, the EFP published a safety protocol

for dental clinics during the Covid-19 pandemic and launched a survey of periodontists and hygienists on how the virus was affecting their work. This was followed in August with the "Back to common sense" campaign to encourage people to visit their dentists.

Gum Health Day 2020 became a virtual event as lockdown ruled out the outreach activities usually performed by the national societies. Nonetheless, the message of "Say NO to bleeding gums" was communicated effectively in Europe and elsewhere.

The big decision that the EFP had to take was to postpone EuroPerio10. The Copenhagen congress, originally scheduled for June this year, will now take place in June 2022. Perio Workshop 2020, which was to have drawn up the EFP clinical-practice guideline on stage IV periodontitis, was also postponed, from November 2020 to July 2021.

The big innovation of the year was the creation of EFP Perio Sessions, webinars featuring high-level presentations from leading scientists and

clinicians. The first took place as early as 14 April and a total of 14 were held over the year. EFP Perio Talks – conversations between periodontists on Instagram Live – were also launched.

Perhaps the most important achievement of the year was the publication in July of *Treatment of stage I-III periodontitis: the EFP S3-level Clinical Practice Guide*, the first formal evidence-based guidelines for treating periodontitis. Another key event was the September launch of the Perio & Cardio campaign, an outreach initiative on periodontal and cardiovascular health launched by the EFP in collaboration with the World Heart Federation and sponsored by DentaId.

In terms of communications, the big event of the last year was the June launch of the new-look EFP website, with a modern design and easier navigation. The website includes an expanded section for patients, the Oral Health & Gum Hub. The big achievement was the *Journal of Clinical Periodontology's* attaining its highest ever impact



 Xavier Struillou

factor of 5.241 – testimony to the work of editor-in-chief Maurizio Tonetti who stands down at the end of March to be succeeded by Panos Papapanou. Another communications success has been the expansion of the EFP's activity and influence in social media.

Xavier Struillou's presidency concluded at the 20 March (online) general assembly, after which Lior Shapira (Israel) became president for the next year, which will include the celebration of the 30th anniversary of the foundation of the EFP on 13 December 1991.

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Perio review

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How the **EFP** responded to the challenge of **Covid-19**

The EFP's response to the challenges posed by the Covid-19 pandemic had started towards the end of the year of Filippo Graziani's presidency with the swift and effective transformation of Perio Master Clinic 2020 (6-7 March 2020) into a hybrid face-to-face and virtual event to enable the participation of those who were prevented from travelling to Dublin. This experience helped pave the way for a series of creative responses to the effects of the pandemic over the following months, with a wealth of online educational and informational activity and the rescheduling of key events.

March: Video: 'Let's stop this virus!'

Towards the end of Filippo Graziani's year as EFP president, on 19 March 2020, the EFP released a video with a clear message about the coronavirus. With the hashtag #letsstopthisvirus, the video was published on the federation's YouTube channel and on its Facebook, Instagram, Twitter, and LinkedIn pages. The video featured 11 speakers giving the same advice – "Stay at home, wash your hands – let's stop this virus" – in 11 different languages.



Nicola West
United Kingdom

April: Launch of EFP Perio Sessions webinars

On April 14, the first EFP Perio Sessions interactive live webinar took place, with Anton



Sculean (EFP president 2018-19) explaining the "Bernese" concept of treatment of single and multiple gingival recessions. Introducing Perio Sessions, Nicola West said that they were a "new concept" for the EFP that would "promote education and awareness of periodontal science, supporting the EFP's guiding vision of periodontal health for a better life."

Prof Sculean said: "Giving a lecture to a huge audience, while being at the same time alone in my room in front of my computer without seeing any faces, was a unique experience. Trying to compress a treatment philosophy that was developed over 12 years in only 30 minutes while

giving clear messages to the audience was inspiring – but also very challenging."

He added that "this unique initiative by the EFP is a wonderful support provided for our member societies in this difficult period we are all facing. I am convinced that this initiative will further forge the unity and strength of our EFP family."

Over the course of the year, a further 13 EFP Perio Sessions were given on topics ranging from the clinical-practice guideline on treating periodontitis and periodontal surgery to smile aesthetics and the effect of sex hormones on periodontal health (see page 8).

April: Virtual extraordinary general assembly

Unable to celebrate the scheduled general assembly in Pisa (Italy) on March 28, the EFP held an extraordinary general assembly online on April 20 covering four urgent topics:

1. Approval of the minutes of the 2019 general assembly.
2. The appointment of Panos Papapanou as new editor-in-chief of the *Journal of Clinical Periodontology* to succeed Maurizio Tonetti.
3. Ratification of the 2019 accounts and approval of the 2020 budget.
4. Ratification of the proposal by the congress committee to hold a Perio Master Clinic in León, Mexico, in 2022.

The meeting involved the core executive committee (president, president-elect, secretary general, immediate past president, and treasurer) and national-society delegates voted by proxy on each point. Commenting at the time, EFP secretary general Nicola West said: "In these unprecedented times, we need to be flexible and agile in order to fulfil our constitutional requirements efficiently and effectively to enable the federation to continue its business unfazed. We thank our national

EFP EFP suggestions for the management of a dental clinic during the Covid-19 pandemic

02. PATIENT ARRIVAL AT THE DENTAL OFFICE

Prior to dental treatment

Patient

- 1 Temperature registered with contactless thermometer
- 2 Remove bags, mobiles & coats
- 3 60" Hand washing
Hand rubbing with hydroalcoholic solution
- 4 Repeat in-office triage
- 5 If triage is OK patients, wearing masks, take their seats
- 6 Put on shoe cover

Clinical staff

- 1 60" Hand washing
Hand rubbing with hydroalcoholic solution
- 2 Put on gloves (first pair)
- 3 Put on gown
- 4 Put on cap
- 5 Put on FFP2/FFP3 with no valve or FFP2/FFP3 with valve + surgical mask
- 6 Put on goggles & shields
- 7 Put on gloves (second pair)

Legend: ● Strongly suggested ● Suggested ● Unknown evidence

⚠ This document is not a guideline but rather a suggestion document based on the limited available literature and observations from clinicians.
Please make sure to follow the legal requirements specified in your country by the government and relevant institutions. The suggestions provided in this document should in no way interfere with recommendations provided by local and national health-care authorities.
Current evidence related to dental management during the SARS-CoV-2 pandemic is observational and prospectively designed interventions, to form the basis for evidence-based recommendations, are missing.
These infographics provide only a snapshot with preliminary information that may change and mature over time with increasing knowledge, evidence from prospective studies, and changes in the pandemic. Therefore, comments may be addressed to European Project Committee of the EFP that may be considered for future updates.

Let's stop this virus #COVID19

www.efp.org

EFP
European Federation of Periodontology

societies for their support and understanding in this process.”

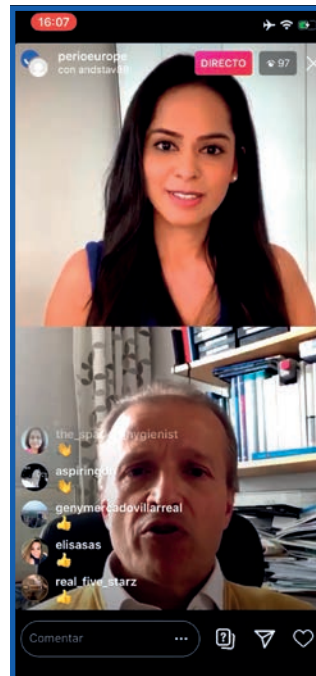
May: Safety protocols for dental practices and survey of periodontists and hygienists

On May 6, the EFP published a set of infographics that provide suggestions on how dental practices can operate safely and manage their patients before, during, and after their treatment. The infographics illustrate protocols for patient triage, patient management in the dental office, and treatment and post-treatment routines, as well a phone-triage questionnaire with questions

how they have been impacted by Covid-19. The questions covered topics including how clinical protocols have changed since the outbreak of the pandemic, which treatments were being provided, and which ones were being prioritised. Survey participants were asked about the precautions they were taking for performing non-surgical treatment, periodontal surgery, and supportive therapy. There were also questions about the use of protective equipment and the potential longer-term economic impact of the pandemic on periodontists.

May: Gum Health Day goes online

Plans for Gum Health Day 2020 on 12 May had to be adapted in the light of the lockdowns and restrictions on public events and free movement. The EFP and its affiliated national societies of periodontology put the emphasis on using online tools to promote the message of “Say NO to bleeding gums” to raise public awareness of how bleeding gums are a sign of gum disease and to encourage good oral hygiene to help prevent it. A live presentation on Instagram by the awareness day’s co-ordinator Andreas Stavropoulos was the main highlight (see page 10).



July: Live Perio Talks launched on Instagram

The first EFP Perio Talks live session on Instagram took place on 14 July, providing a preview of the soon-to-be-published EFP S3-level clinical practice guideline on treatment for periodontitis (stages I, II, and III). Former EFP secretary general Iain Chapple explained the purpose of the guideline and its four-step approach to periodontal therapy and answered questions on use of systemic antibiotics and lasers, and how the recommendations were graded according to the strength of the evidence. In conversation with Bruno De Carvalho of the EFP Alumni committee, he also answered

to ask patients when they call the dental practice to make an appointment.

The initiative was co-ordinated by Filippo Graziani (EFP president 2019-20 and chair of the European project committee), who said: “We tried to encapsulate some practical information in graphics to support the dental and periodontal world globally. For the EFP, the safety of our colleagues, co-workers, and patients worldwide is of utmost importance.”

The second stage of this project was launched a few days later – a survey of periodontists and dental hygienists to find out

questions on the impact of protocols introduced because of the Covid-19 pandemic and on how to improve patient compliance.

Since then, a total of nine Perio Talks have taken place, most featuring a conversation between two periodontists. Topics covered have included periodontal and cardiovascular health, dental caries and periodontitis, and perio and stress (see page 8).

August: EFP urges dental patients not to neglect treatment

The EFP issued a reminder to dental patients that they should continue with their dental treatment and that neglecting their oral health could have serious consequences for their health. The federation pointed out that neglecting dental health – even for a limited period – comes at a price and may have a negative impact on overall health because periodontal and dental diseases are linked to serious chronic conditions including diabetes, cardiovascular diseases, and dementia.

“Dentists and periodontists have always been obligated to use effective protection protocols to keep their patients safe from any infection,” said Filippo Graziani, chair of the EFP European projects committee, “The EFP is helping dental professionals to manage patients in a secure manner thanks to clear safety protocols and they are ready and prepared to treat their patients safely.”

To create awareness of the safety protocols and promote the benefits of taking care of oral and gum health, the EFP launched a social-media campaign using the hashtags #back-tocommonsense and #visit-yourdentist.

August: EuroPerio10 postponed until 2022

The EFP and the EuroPerio10 congress organising committee decided to postpone the



congress, originally scheduled for June 2021, until the spring or summer of 2022 in the light of the Covid-19 pandemic.

“The current Covid-19 situation looks unlikely to have resolved substantially by June 2021,” said EFP president Xavier Struillou, secretary general Nicola West, and EuroPerio10 chair Phoebus Madianos in a letter to the EFP’s 37 affiliated national societies of periodontology. “On balance, we expect the situation to be significantly better by June 2022. The EuroPerio10 committee strongly feels that postponing the event until 2022 will considerably increase the chances for a successful meeting, worthy of its tradition and future expectations.”

September: Online student symposium focused on clinical practice guideline

The EFP held an online symposium on September 17 involving students from the universities that teach the federation’s accredited postgraduate programme in periodontology. The symposium focused on the recently published *Treatment of Stage I-III Periodontitis: The EFP S3-level Clinical Practice Guideline*, the first formal evidence-based guidelines for treating periodontitis.

The online symposium, held using the GoToWebinar

application, was organised so that students could learn together what to do with the new clinical practice guideline. Each of the universities was allocated a few chapters from the guideline and students gave presentations explaining the content and how it is being applied in their programmes.

“We believe that the EFP-accredited postgraduate programmes, as the major academic and educational centres within the EFP, should be the ones to lead the implementation of the guideline (as happened with the new classification of periodontal and peri-implant diseases),” explained Moshe Goldstein, chair of the EFP postgraduate committee.

October: Postponed general assembly held online

The EFP held its executive committee meeting and general assembly on October 2 and 3 in

an online format and approved a new five-year strategic plan, prioritising sustainability and communication, with four focus areas: (1) health and well-being, (2) policy and influence, (3) science and research, and (4) education and training. During the assembly, secretary general Nicola West also formally launched the EFP’s *Sustainability Manifesto* and seven-point plan of action.

Decisions taken by the general assembly included:

- The selection of Munich (Germany) as host city for EuroPerio11 in 2024 with an organising committee including Anton Sculean (chair), Lior Shapira (scientific chair), and Elena Figuero (treasurer). At the subsequent May 2021 general assembly the date and host city were changed to Vienna in 2025.
- The choice of Antwerp (Belgium) for Perio Master Clinic 2023, with Peter Garmyn as chair and Virginie Monnet-Corti as scientific chair.
- Darko Božić (Croatia) was voted in as the new elected member of the executive committee and will become EFP president for 2023-2024.
- Francis Hughes was chosen as the new chair of the congress committee.
- The EFP awarded its Distinguished Scientist Award to Andrea Mombelli, its Distinguished Service Award to Gil Alcoforado, and a special award – the EFP International Eminence in Periodontology Award – to Bob Genco, one of the pioneers of periodontal medicine.





• The federation awarded its annual prizes for postgraduate research, with the first prize for basic/pre-clinical research going to Luciano Pitzurra (ACTA, Amsterdam, Netherlands) and the first prize for clinical research to Carla Mozas (UIC, Barcelona, Spain). Nicola West commented: "I am immensely proud that the general assembly proceeded in a virtual forum for the first time. It shows we can work under difficult circumstances and that we can be flexible and agile. I am confident that our strategies are appropriate, dynamic, and far-reaching"

November: EFP Virtual launched with new season of Perio Sessions

A new series of EFP Perio Sessions was launched on 19 November with a webinar by Mariano Sanz on the federation's S3-level clinical-practice guideline on the treatment of stage I-III periodontitis. At the same time, the EFP Virtual section on the federation's website was launched, through which online bookings for the webinars can be made. The new series of Perio Sessions will run until June 2021, with one webinar per month and half of the series is devoted to detailed explanation of the clinical-practice guideline.

February 2021: JCP study shows that periodontitis is linked to Covid-19 complications

Research published in the EFP's *Journal of Clinical Periodontology (JCP)* showed

an association between periodontitis and worse outcomes in patients with Covid-19.

The case-control study, involving more than 500 patients, showed that periodontitis was associated with higher risk of admission to intensive care units (ICU), need for assisted ventilation, and death in Covid-19 patients, and with increased blood levels of biomarkers linked to worse disease outcomes.

The research attracted significant media coverage in press and television, with reports appearing in more than 100 newspapers, radio channels and television stations including *The Times*, *New York Post*, *the Los Angeles Times*, *The Sun*, *El País*, *ABC*, *Fox News* and *Al Jazeera*.

March 2021: New EuroPerio10 date announced supported by online education

The dates for the postponed EuroPerio10 congress in Copenhagen were announced and the EFP's showcase event is now scheduled to take place from June 15 to 18, 2022. At the same time, the EFP and the EuroPerio10 organising committee announced a special series of interactive sessions within the EFP Virtual online continuing-education portal, starting in June 2021. The EuroPerio Series will bring insights from previous EuroPerio congresses and from the sister EFP event, Perio Master Clinic.

Phoebus Madianos, chair of

the EuroPerio10 organising committee, said that the EuroPerio Series, launching at the time when the congress was originally scheduled, would take "virtual education a step further to bring the world of EuroPerio directly to our community all over the globe."

He added that, while virtual education and online meetings were "a valuable extension", they were no substitute for "the unique atmosphere of in-person events: the special feeling of personal face-to-face interaction among peers, the captivating atmosphere amidst thousands of colleagues listening to experts elaborating on the latest research and state-of-the-art clinical innovation, and the opportunity to learn hands-on about industry developments. My team and I will therefore do our utmost to bring EuroPerio10 in June 2022 to Copenhagen not only for the EFP but also for our global perio community"

March 2021: Results of Covid-19 survey published

The results of the survey of periodontists and dental hygienists, conducted between May and August 2020, were released.

The responses (from 798 periodontists and 337 hygienists) showed that since the start of the pandemic:

- 91% of periodontists changed their clinical protocols.
- 70.8% continued to provide all types of treatment, while 27.7% provided only emergency care and 1.5% provided no treatment.
- 80% continued to offer new examinations.
- 82% continued to offer periodontal supportive therapy (SPT).
- Of those that did not provide SPT or provided less of it, 52% offered telephone support to patients, 32.5% adopted a "wait and see"

approach, 9.5% offered online support, and 6% sent patients didactic material.

- 46% were no longer performing implant treatment, while 35% were not carrying out surgery, and 16.4% had ceased non-surgical treatment.
 - 3% said that they had been infected by the SARS-CoV-2 virus.
- Among the dental hygienists:
- 94% changed their clinical protocols.
 - 79% continued to provide all SPT, 4.5% provided some SPT, while 16.5% provided none.
 - Those that did not provide SPT or provided less of it, 43% offered telephone support to patients, 39% adopted a "wait and see" approach, 13% offered online support, and 5% sent patients didactic material.
 - 86% interviewed or examined patients regarding potential infection with SARS-CoV-2 and 80% took body-temperature measurements.
 - 3% said that they had been infected by SARS-CoV-2.

March: General assembly held online

Originally due to take place in Nantes (France), the 2021 general assembly was rescheduled as an online event, on 20 March, at which Xavier Struillou was succeeded as EFP president by Lior Shapira (Israel). Nicola West noted that lessons had been learned from the previous online general assembly and there was more time provided for discussions: "I have worked very closely with my successor over the last few months," commented Dr Struillou. "Professor Lior Shapira is not only an incredible periodontist and researcher, but he also has an energy and strength that is quite unbelievable."

EFP secretary general **Nicola West:** 'The EFP has performed exceptionally'

This has been a challenging year for several reasons. However, the EFP has demonstrated that it has the correct structure, integrity, expertise, and resource to identify and meet challenges while delivering on its key strategies. I congratulate all members of the executive committee and the national-society presidents on their diligence and resolution. I am privileged to congratulate and thank our outgoing president Xavier Struillou on his remarkable year. His commitment and industry have delivered a programme of notable successes, including guiding us through General Data Protection Regulation (GDPR) and working closely with the national societies to give them improved support and voice. In turn, I give a very warm welcome to Lior Shapira and I look forward to helping ensure that he has a wonderful year as president. I also thank Monique Danser, our treasurer, who has worked tirelessly behind the scenes to ensure that the EFP's work can continue so efficiently and effectively.

Recent events have undeniably confirmed that our vision of delivering EFP healthcare evidence inside the latest educational material using online platforms such as EFP Virtual was indeed inspired. The EFP is providing premium and exemplary educational resources, and the methods of delivery – Perio Sessions webinars, Perio Talks, and the EuroPerio10 virtual series – increase our inclusivity by appealing to a wider audience. By moving to online platforms, the EFP has been able to validate its educational content to meet the stringent criteria for obtaining credits for continuing education. I am sure that they will be valued and utilised by our national societies.



 Nicola West, secretary general

While our considerable successes in this area are commendable, I see no room for complacency as the rest of the world catches up with us. My fear is that our expertise could be drowned out by unaccredited "noise". EFP evidence-based research activities are second to none and I would urge everyone to continue to publish and disseminate gold-standard reference material in periodontology and implant dentistry, to the benefit of members of our profession and the public. Exciting avenues of collaborative research examining the links with systemic diseases should enable us to maintain the eminence of our profile as well as 'moving the mouth back into the body'.

Although the impact of the EFP's online activities has been exceptional and these are set to develop and evolve, there is

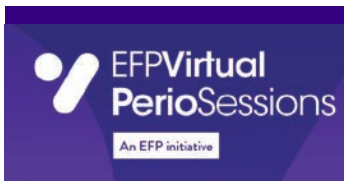
no question of disregarding our traditional values of engaging face to face. Direct interaction offers opportunity not only to meet our objectives effectively but also to develop the friendships and camaraderie that stands the EFP in good stead. Recent opportunity for human contact has naturally been limited and, indeed, led to the postponement of EuroPerio10 in Copenhagen. We are grateful to our national societies for their feedback on changing the congress dates and I look forward to re-establishing personal friendships and meeting new colleagues at the rescheduled congress in June 2022.

As secretary general, I have had to restructure the EFP's organisation and management in response to circumstances and have embedded online meetings into the programme to ensure continuity. Embracing

technology in this way has delivered unequivocal gains in efficiency and effectiveness. However, as with the congress, the executive committee benefits significantly from human interaction and I look forward to the return of at least some of the diversity that comes from face-to-face meetings with friends and colleagues.

I am delighted to highlight the excellent press coverage achieved this year by the EFP and our *Journal of Clinical Periodontology*: each article offers us an opportunity to communicate our strategic vision of "periodontal health for a better life".

The EFP was privileged to have Xavier Struillou as president this year and one of his themes was to increase EFP engagement with the national societies. By looking at the "presidential ladder", the executive committee has given guidance to complement the byelaws so that in an elected member's second year on the committee (the year before coming president-elect), they will have responsibility for liaising directly with the individual national societies, listening to them so that the EFP can be more responsive to the needs of its grassroots membership. The EFP will ensure further engagement with national societies by promoting two central strategies. First, developing social media, and our head of communications Cândia Gasperin is running workshops with the national societies. Second, adopting a more sustainable ethos, and following the 2021 general assembly Sharon Legendre (EFP head of operations) and I are hosting a symposium on sustainability to facilitate and encourage its implementation at the national level.



Taking continuing education online and into social media

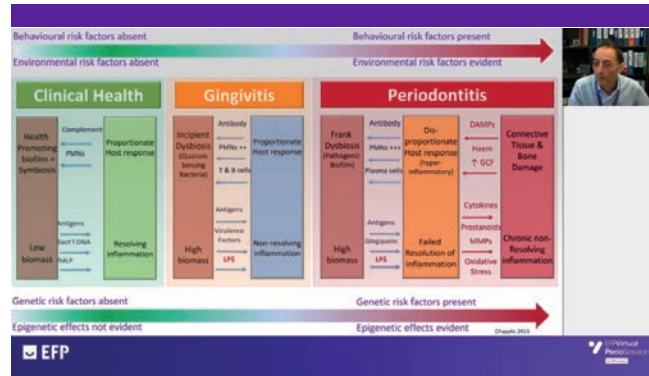
The EFP launched two initiatives that take education about periodontology and implant dentistry into the online space in an effective way that will ultimately be of benefit to patients.

In April 2020, the first **EFP Perio Sessions** webinar took place. These are interactive webinars about important scientific issues in global periodontology and implant dentistry given by leading experts. The first nine webinars, held between April and June, were offered free of charge and then made available for subsequent viewing on the EFP's YouTube channel.

After the summer, the format evolved into a paid-for service with each webinar requiring prior registration and the payment of a fee of €35 (plus VAT). Bookings are made by the new EFP Virtual section of the federation's website. These sessions meet the standards for continuing professional education and participants, after answering three questions, receive a certificate. "We wanted to make sure that our education fits the highest specification so that it is fit for purpose for our national societies to use in continuing professional education," noted EFP secretary general Nicola West.

Running until July 2021, five of the eight sessions in the new series of Perio Sessions are devoted to in-depth exploration of the EFP's S3-level clinical practice guideline for the treatment of stage I-III periodontitis.

In July, **EFP Perio Talks** was launched on the EFP's Instagram page (@perioeurope). The format is a conversation of up to an hour between two clinicians who also respond to the questions posed by people who are viewing the dialogue live. The recording is then available for viewing. In October, Perio Talks joined Perio Sessions under the EFP Virtual umbrella.



[Iain Chapple's webinar on Guideline Step 1.](#)

EFP Perio Sessions

(April 2020-March 2021)

Season 1

1. The Bernese concept for the treatment of single and multiple gingival recessions

Speaker: Anton Sculean
Moderator: Nicola West
April 14

2. Periodontal surgery of complex defects

Speaker: Filippo Graziani
Moderator: Darko Božić
April 23

3. Improving smile aesthetics with periodontal plastic surgery

Speaker: Virginie Monnet-Corti
Moderator: Monique Danser
April 30

4. Non-surgical periodontal treatment: maximising the outcome using a personalised approach

Speaker: Orly Nir-Shapira
Moderator: Monique Danser
May 7

5. Soft-tissue management of immediate post-extraction implant placement

Speaker: Moshe Goldstein
Moderator: Darko Božić
May 21

6. Sex hormones: Do they have an effect on periodontal health?

Speaker: AliÇekici
Moderator: Spyros Vassilopoulos
May 28

7. A tissue-engineered biocomplex for clinical periodontal regeneration

Speaker: Danae Apatzidou
Moderator: Nicola West
June 4

8. The use of leukocytes- and platelet-rich fibrin in periodontology and implant dentistry

Speaker: Andy Temmerman
Moderator: Mark Ide
June 18

9. The role of diet in preventing and treating periodontal diseases

Speaker: Johan Wölber
Moderator: Spyros Vassilopoulos
June 25

Season 2

10. Clinical Practice Guideline: Treatment of periodontitis stages I, II, and III from diagnosis to treatment planning

Speaker: Mariano Sanz
Moderator: Spyros Vassilopoulos
November 19

11. Oral health, elite sport, and performance

Speaker: Ian Needleman
Moderator: Nicola West
December 10

12. Clinical Practice Guideline, Step 1: Behavioural change, risk-factor control, and professional mechanical plaque removal (PMPR)

Speaker: Iain Chapple
Moderator: Spyros Vassilopoulos
January 28

13. Can periodontology save your life? The links between periodontal and cardiovascular diseases

Speaker: Filippo Graziani
Moderator: Henrik Dommisch
February 25

14. Clinical Practice Guideline, Step 2 (subgingival instrumentation and adjunctive therapies)

Speaker: David Herrera
Moderator: Spyros Vassilopoulos
March 11

EFP Perio Talks

(July 2020-March 2021)

Season 1

EFP S3-level clinical practice guideline

Iain Chapple and
Bruno De Carvalho
July 14

Diabetes and periodontitis: the bidirectional relationship

Lior Shapira and Reena Wadia
August 18

Perio & Cardio campaign

Filippo Graziani and
Álvaro Marco del Castillo
September 16

Perio & Caries campaign

Mariano Sanz and
Richard Lee Kin
October 22

Season 2

Perio and stress

Michèle Reners and
Monique Danser
November 26

Associations between periodontitis and Covid-19 complications

Filippo Graziani and Lior Shapira
February 3

JCP Digest: latest research in periodontology and implant dentistry

Phoebus Madianos and
Susana Noronha
February 4

Periodontitis linked to Covid-19 complications

Faleh Tamimi and Belinda Nicolau
February 23

Social media for dentists and dental practices

Reena Wadia and
Bruno De Carvalho
March 18

EFP publishes first evidence-based treatment guidelines for periodontitis

The EFP published the first formal evidence-based guidelines for treating periodontitis in a move that will help clinicians all over the world provide better treatment to their patients.

Treatment of Stage I-III Periodontitis: the EFP S3-level Clinical Practice Guideline was published in July 2020 in a special issue of the *Journal of Clinical Periodontology*. It provides oral-healthcare professionals with precise therapeutic pathways – based on the patient’s diagnosis – and recommendations on specific interventions to treat the different stages of periodontitis.

The guideline was drawn up at the EFP-led Perio Workshop 2019 (also known as the XVI European Workshop on Periodontology) in November 2019, where 90 experts from 19 countries evaluated 15 systematic reviews on different forms of periodontal therapy.

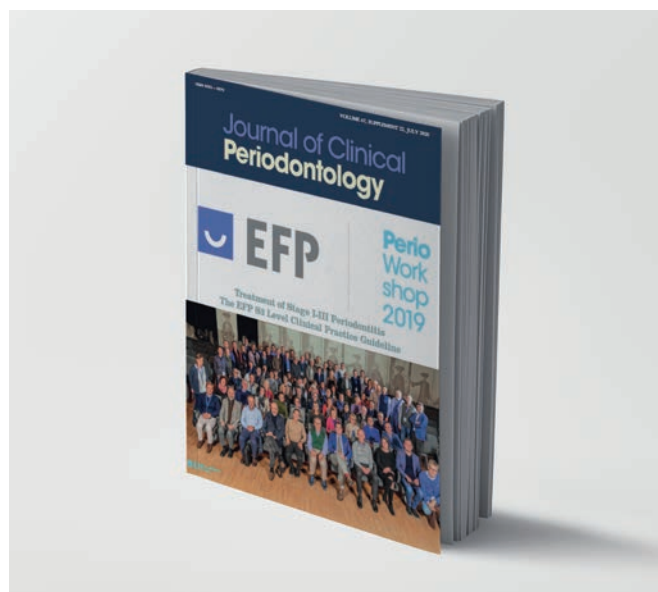
It provides evidence-based recommendations for therapy in relation to the first three stages of periodontitis, according to the new classification of periodontal and peri-implant diseases and conditions. Iain Chapple,

former EFP secretary general and one of the guideline authors, explained that having established the classification system for periodontal diseases, the next question was how to treat it.

“We think that in perio, we have more evidence than most other disciplines in dentistry – but sometimes when you dive down into the evidence there is not as much as you think,” he said. “And so that’s why we set about developing evidence-based guidelines at the S3 level – the highest level – so that we could guide people as to what the evidence says. It doesn’t mean you have to practice that way, but it’s what the consensus is, what the evidence suggests.”

Four steps

The guideline approaches the treatment of periodontitis stages I, II, and III using a pre-established stepwise approach to therapy that – depending on the disease stage – should be incremental, each including different interventions. Recommendations for therapy in relation to periodontitis stage IV, the most advanced manifestation of the disease, will be drawn up at Perio Workshop 2021 in July.



The guideline recommends four sequential steps to periodontal therapy:

- Good oral hygiene and a healthy lifestyle to reduce inflammation is the foundation for an optimal response to treatment and long-term control of the disease. This step also includes professional removal of supragingival bacteria (plaque and tartar).
- Thorough professional cleaning of root surfaces below the gum line, and additional therapies if needed.
- More complex treatments, such as surgery, which may be needed in some patients.
- Long-term supportive care to prevent relapse, with healthy lifestyles, good oral hygiene, and regular check-ups that include cleaning.

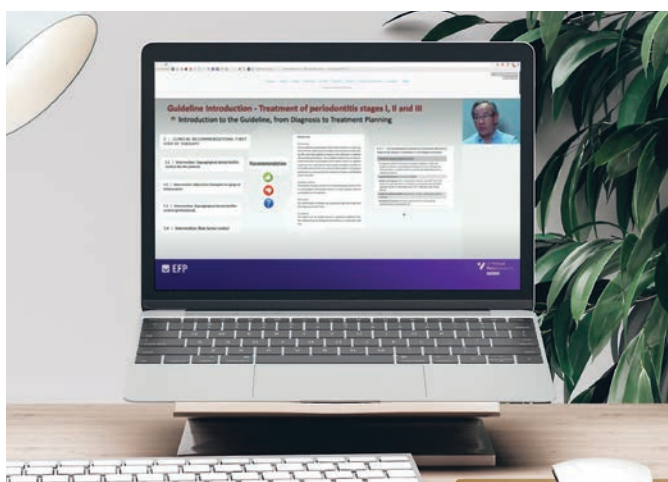
“This guideline will ultimately benefit the patient who would receive the best possible treatment under its provisions,” said Mariano Sanz, who chaired Perio Workshop 2019. “Periodontitis is a devastating condition which leads not only to pain and soreness in the gums, but

also to chewing problems, unpleasant changes to tooth length and position, poor self-esteem, withdrawal from social activities, and an increased risk of other inflammatory conditions including diabetes.”

He added that the four steps overlap, and that good oral hygiene is essential throughout the whole process: “Professional cleaning is only effective if patients clean their teeth thoroughly, and surgery is not recommended in those with poor oral hygiene.”

Having created the guideline, the next step is implementing it on a country-by-country basis, through “adoption” [Adaptation, Adoption, De Novo Development, part of the Grading of Recommendations: Assessment, Development, and Evaluation (GRADE) process] – work that has already been done in the UK, Spain, and Germany by the respective national societies of periodontology.

Various webinars in the EFP Perio Sessions series (see page 8) have been devoted to detailed explanation of the guideline.



“Five Perio Sessions webinars are being devoted to the Guideline”

GUM HEALTH DAY 2020 - virtual but effective

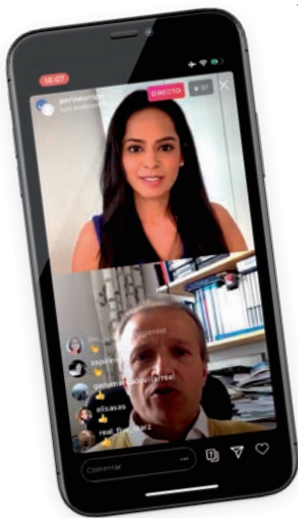
"This year, Gum Health Day was exceptionally challenged due to Covid-19, as no physical actions could be executed. Nevertheless, the national perio societies adapted excellently to the situation and we once again managed to have a successful Gum Health Day and our message 'Say NO to bleeding gums' reached a very wide audience all over the globe."

That was the verdict of Andreas Stavropoulos, the EFP's co-ordinator of Gum Health Day 2020 on the activities carried out by societies of periodontology all around the world to celebrate the annual periodontal-health awareness day.

Many planned activities in public places had to be abandoned because of the Covid-19 lockdowns and other restrictions. Nonetheless, thanks to innovation and a skilful use of webinars and social media, the EFP and its affiliated societies – joined by other societies and institutions – were able to deliver the message about bleeding gums to a wide audience.

The EFP worked with its member societies to create videos that each society could use in their campaigns and then released the videos on the federation's YouTube channel. From Norway in the north to Australia in the south, from Chile in the west to Bangladesh in the east, videos, graphics, infographics, and other information were distributed to explain how bleeding gums can be the first sign of periodontal disease and represent a call to take prompt action.

"The success of the Gum Health Day initiative is based on the enthusiasm and hard work of the national and affiliated societies, and the rest of the supporters," noted Prof Stavropoulos. "The EFP only provides the material, but the societies put in the energy and work to make it all happen."



A key EFP event for Gum Health Day 2020 was a live online educational session on the Instagram social-media platform in which key messages on gum health were put across to an audience of dental professionals and patients. The 15-minute Instagram Live session took place on 12 May and featured Andreas Stavropoulos in conversation with Reena Wadia, a British periodontist and member of the EFP communications team. The awareness day's co-ordinator described the history of Gum Health Day, which started in 2014 as an initiative of the Spanish Society of Periodontology and Osteointegration (SEPA) called the European Day of Periodontology and then evolved into European Gum Health Day and later Gum Health Day, as more national societies of periodontology from around the world – including some that are not members of the EFP – joined in.

Asked by Dr Wadia to explain this year's Gum Health Day slogan of "Say NO to bleeding gums", Prof Stavropoulos said that in previous years slogans had tended to "very motivational, with a positive tone", but that he wanted something that "people can relate to – and bleeding gums everyone has experienced at one time in their life."

After this successful use of Instagram Live, the EFP went on to develop the Perio Talks series of dialogues between clinicians on the social-media platform.

Gum Health Day 2021: using humour to communicate

The focus of Gum Health Day 2021 will be a series of animated videos that use humour to highlight various oral-health problems and encourage people to visit their dentist. The videos have been produced by the EFP to be used by its affiliated national societies of periodontology in their individual campaigns for Gum Health Day on May 12.

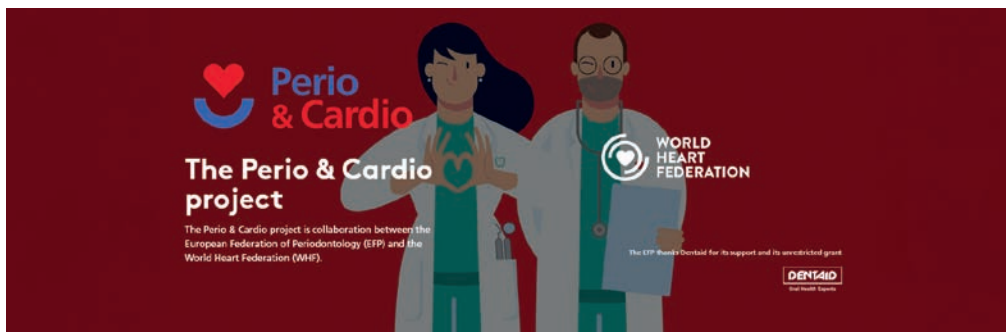


The four 30-second videos have a common message, "Gum diseases are preventable", and a simple call to action "Visit your dentist". Each one focuses on a different factor that can be a sign of gum disease or can play a role in provoking it: bad breath, wobbly teeth, sensitive teeth, and smoking. They have been made as humorous cartoons with no spoken words, which facilitates the creation of versions in different languages. Each national society can add its own logo and details to the videos.

"We wanted to keep it as simple as possible and not overload people," said Gum Health Day 2021 co-ordinator Henrik Dommisch (Germany), who emphasised that the target audience of Gum Health Day "is the population at large and not the profession – we want to reach everyone who may not be aware of gum disease."



Campaigns 1: Perio & Cardio with the WHF



In September 2020, the EFP and the World Heart Federation (WHF) launched an outreach campaign to highlight the links between periodontal and cardiovascular diseases.

The Perio & Cardio campaign offers clear advice, based on the latest scientific evidence, about the significance of the associations between the two diseases and about the steps that should be taken in terms of prevention and treatment.

The campaign, which was made possible thanks to an unrestricted grant from Dentaïd, includes recommendation documents designed specifically for

three groups of people: oral-healthcare professionals, medical professionals and pharmacists, and patients and the public. It also includes infographics and a video animation, as well as the consensus report of the Perio-Cardio Workshop, upon which all the materials are based.

At this workshop – held in Madrid in February 2019 and organised jointly by the EFP and the WHF, with sponsorship from Dentaïd – 20 experts reviewed the latest scientific evidence on the links between periodontitis and cardiovascular diseases. They found that there is strong epidemiological evidence that periodontitis causes an increased risk

for future atherosclerotic cardiovascular disease.

They also concluded that patients with periodontitis should be advised that they have a higher risk of suffering cardiovascular diseases – including myocardial infarction and stroke – and that they should actively manage risk factors (such as smoking, lack of exercise, excess weight, blood pressure, and a diet high in saturated fats and refined sugars).

Accessible formats

The campaign has translated the findings of the workshop into accessible and lively formats. It was created by the EFP's communications

team working with expert advisers Filippo Graziani (chair of the EFP European projects committee) and Henrik Dommisch, Hady Haririan, and Paula Matasanz (the committee's junior officers).

“The health implications and recommendations from this consensus report should serve all stakeholders in implementing actions aimed at the prevention of both cardiovascular and periodontal diseases,” said Mariano Sanz, co-chair of the Perio-Cardio Workshop and lead author of the consensus report.

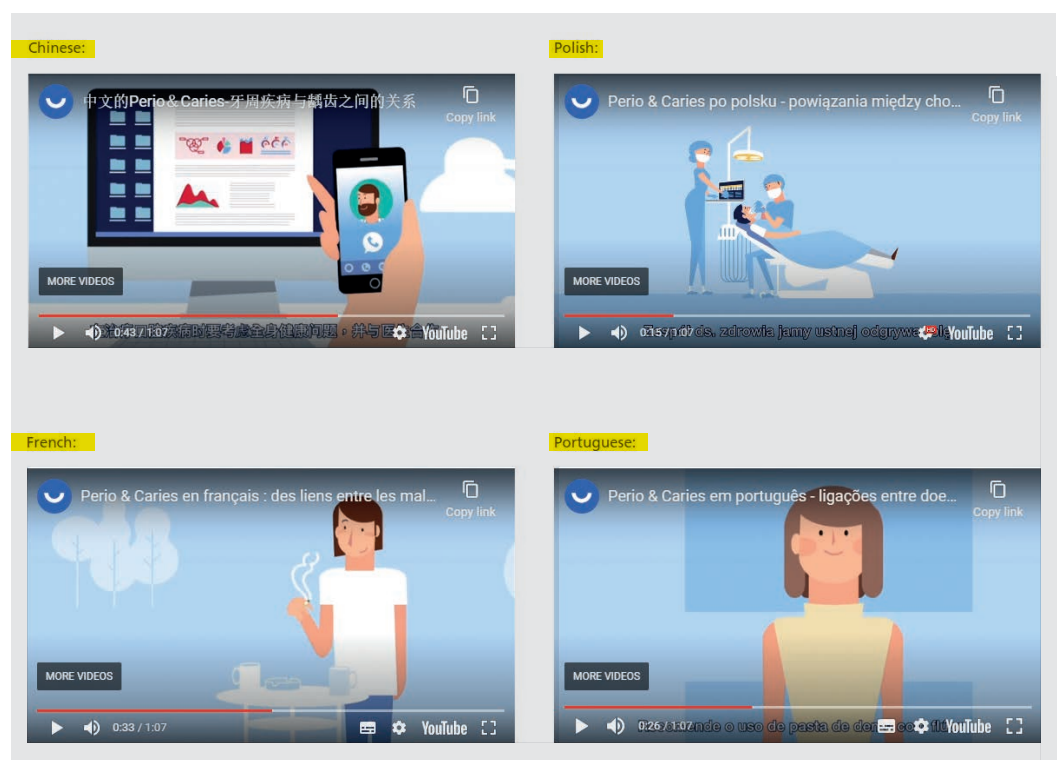
Pablo Perel, the WHF's senior science adviser and editor of its *Global Heart* journal, added: “Cardiovascular diseases are the leading cause of death and disability worldwide. This report shows that there is an association between periodontitis and coronary heart disease, and people with periodontitis share many of the cardiovascular risk factors. It is important to be aware of this association and emphasise that tackling risk factors such as smoking or poor diet in people with periodontitis will also have a significant impact on cardiovascular risk.

Campaigns 2: Perio & Caries, multilingual animation

The EFP released in October a new animation for the Perio & Caries campaign, focusing on the role of dental biofilm in causing both dental caries and periodontal disease.

The one-minute animated video *Perio & Caries* explains how all members of the oral-healthcare team have a role to play in educating and motivating patients to improve their oral hygiene and to address risk factors.

This animation is provided in 10 languages: Arabic, Chinese, English, French, German, Italian, Polish, Portuguese, Romanian, and Spanish. It complements the existing material of the Perio & Caries campaign, sponsored by Colgate, which was launched in January 2018.



Maurizio Tonetti looks back on 15 years as *JCP* editor in chief



At midnight on March 31, Maurizio Tonetti steps down as editor-in-chief of the EFP's *Journal of Clinical Periodontology* after 15 years at the helm. Over that time, the EFP's flagship publication has grown in strength, it has consistently ranked in the top three journals in dentistry, and last year achieved its highest-ever impact factor of 5.241. Looking back, he explains how the *JCP* has evolved, its impact and influence, and his confidence in his successor Panos Papapanou who takes the helm on April 1.

"As a journal it is important to have a high impact factor for two reasons. Number one is to attract the best authors and the best papers. Second, you want a high impact factor not only for the journal but also for the field, so that periodontology stays at the forefront of academic development. Seeing perio as the top of the impact factors within dentistry means that perio is still the number one area of oral science – and that is important for promotion and for who is going to get professorships in the future.

However, the real impact of the *JCP* is not measured by the impact factor alone but also by the 1.1 million annual downloads of its papers published, by the 7,424 institutions around the world that take it, and by the number of its papers that inform policy documents. In my view, the impact of the *JCP* is measured in the way it has changed the field and has transformed periodontology. We need to think about who the real end-users are, and in our field the end-users are indirect – they are the patients with the disease. And the impact of the journal comes through the education of the clinicians and through the policies that are informed by the papers. And that is an enormous impact.

When I became editor-in-chief in 2005, taking over from Jan Lindhe, it was still a print publication with a traditional workflow with physical manuscripts and typesetting. I started to set up the electronic office, the digital workflow, and publishing electronic files on the web – we were the first dental journal to do this. Introducing electronic submissions speeded up the whole process

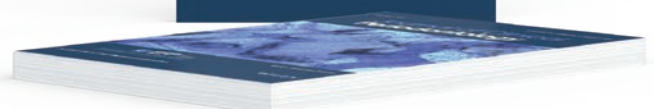
dramatically and brought innovation to the profession.

I think three factors have helped to drive the *JCP*'s success: credibility, integrity, and experience. Credibility is based on quality, so we need to make sure that the quality of what we publish gets better and better, always raising the bar, and always asking for a little improvement. Integrity of the research is also important, and we made big changes here in terms of transparency, disclosure of conflicts of interest and sources of funding, and we print this in every article. We were the first to do that. And we introduced a series of checks, so when authors submit a paper, they agree to provide the raw data if I ask for it. The third element is really about experience. After 15 years, being the editor is a little bit like eating in everybody's kitchen: you learn about each person, each research group, what are their strengths and weaknesses, but most importantly what is possible. You know the field, you have your finger on the pulse, and this gives you the possibility to sense if something is not good or if it doesn't fit.

Another big change has been in the number of academic institutions that contribute to the *Journal*. 15 years ago, fewer than 10 institutions from only three countries would provide 50-60% of the papers published. This is no longer the case and there are more research groups from many more countries and universities contributing.

Submissions to the *JCP* increased by a third over the last year, which is probably for two reasons: the higher impact factor encourages people to just give it a try and, because of the pandemic, people have been at home for a long period and a lot of people have been writing. But the increase in submissions has not been matched by an increase in quality – only 17% of papers submitted in 2020 were accepted compared with 25% in 2019. It is important to remember that perio is a small field, which means that there is only so much good research being done.

One thing I have always been keen to do is to bring the *JCP* to clinicians. Ours is a scientific journal and not one that bridges the gap between science and application. So, over the years, we have made a series of activities to bring the *Journal* to the clinicians in a different way. First was the



yearbook and in 2014 we launched the *JCP Digest*, where we take a paper that is clinically relevant that can be popularised, taking it away from the scientific language and translating it clinically. It means you can say things in a different way and by doing this you directly reach the end-user. Also, there is the language barrier, so translation – the *Digest* is available in seven languages (English, French, German, Spanish, Italian, Portuguese, and Croatian) – is fundamentally important to reach clinicians in a useable fashion. This is another way you bring value – not only to the reader but you may also bring value to the patient, to the EFP, and to the national society which sends out the *Digests* in the different languages.

I admit that it is not easy to let go of this role. Every day of the last 15 years I have spent two hours on the journal, many times Christmas and New Year included. It is going to be a major change for me. It is like letting your children go to university – it is very difficult. One thing that helps me is that I know that the journal will be in

very good and capable hands. I have a lot of admiration for Panos, who has a brilliant mind and will do phenomenally well. From my side, as I thank the whole team, the associate editors, the referees, the authors, the readers, the EFP, and the publisher for their support and trust. I am happy to see that my mission has been accomplished and I am thankful for that. These memories will stay with me and guide me in my future challenges”.

'A great asset to the discipline'

As he prepares to take over as JCP editor-in-chief, Panos Papapanou said: “The strength of the JCP is its stature and the stature is directly related to the quality of the papers that appear in it. It is a very prestigious publication, so there is a lot of history involved, and Maurizio has done a fantastic job over this long tenure.”

Paying tribute to the work of Maurizio Tonetti as JCP editor-in-chief, EFP secretary general Nicola West said: “The importance of the Journal of Clinical Periodontology to the EFP cannot be underestimated



↑ Panos Papapanou

and everyone concerned should be congratulated – in particular, Professor Maurizio Tonetti, who has positioned the Journal as a great asset to the discipline and the profession overall. On behalf of the EFP, I would personally like to thank Maurizio for his devotion, expertise, and enduring legacy. I am very excited that such an experienced and visionary periodontist as Professor Panos Papapanou is filling Maurizio's shoes. Panos, I warmly welcome you and very much look forward to working with you in your new role.”

EFP launches new website and strengthens social media

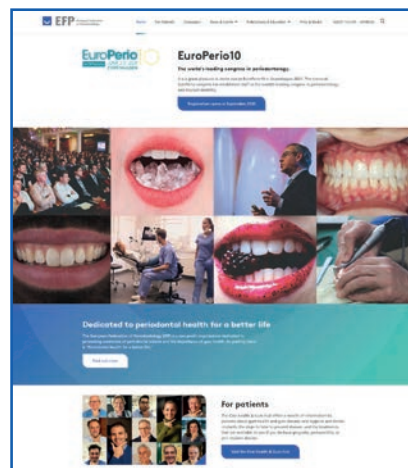
THE EFP website (www.efp.org) was relaunched on 15 June 2020, with a new look for new times and an enhanced section for patients. Offering a cleaner look and feel, the new website, represents a great step forward in terms of design and functionality,

The main novelty is an updated and expanded section for patients. The new Oral Health & Gum Hub offers a wealth of information on gum disease, its prevention and treatment, and on dental implants and the prevention and treatment of peri-implant diseases. This new section for patients includes a simple gum health self-assessment tool and useful videos that give instructions in oral hygiene and explain periodontal and peri-implant therapy.

The new website puts a greater focus on EFP campaigns: those that it has launched with its partners – Perio & Diabetes, Oral Health & Pregnancy, Perio & Caries and Perio & Cardio – as well as Gum Health Day and the toolkit for clinicians on the new classification of periodontal and peri-implant diseases and conditions. There is also a new section for press and media, providing press releases, background materials, and other resources for journalists.

“First of all, the new website has a fresher look and some new technical

details that will give us more control over the content delivery and design of the pages,” said EFP webmaster Darko Božić. “It is now a more active page, that will hopefully engage the visitors with its video content, photos, and the information that the EFP delivers.”



The new website was created for the EFP by Liquid Light, a web-design company based in Brighton, UK, which continues to work with the EFP's communications team in maintaining and developing the site.

“Resourceful, navigable, and fresh” is the way that Tiernan O'Brien, chair of the EFP communications committee, summed up the new website. “We

have a new look, a new navigation architecture, and a brighter feel to the website visitor's experience.”

Big growth in social media

The EFP's activity on social media – most notably Instagram and YouTube – has increased significantly over the last year. One key innovation has been the use of Instagram Live for the series of Perio Talks (see page 8), where two clinicians discuss important topics in periodontology and implant dentistry and are able to respond to questions asked during the session.

Subscribers to the EFP's page on Instagram grew by 150% over the year to 1 March 2021, from 3,422 to 8,547, while there was growth on Facebook of 25% from 17,127 to 21,460. And subscribers to EFP videos on YouTube increased by 225% from 1,380 to 4,470.

“We are watching the rise of new social media platforms and during 2021 we will definitely use the new features provided by the platforms to offer a better experience and content to our users,” commented Cândice Gasperin, EFP head of communications, who has also started to provide a series of training sessions for the national societies on trends and strategies in social media and how the federation can help them in this area.

Lior Shapira on 'returning to normal'

New EFP president Lior Shapira, professor of periodontology at the Hebrew University-Hadassah Faculty of Dental Medicine in Jerusalem (Israel), outlines his vision for the coming year, during which the federation will celebrate its thirtieth anniversary.



Lior Shapira

The EFP soul is about human relationships and personal interactions, acting as one community of 37 national societies. The last year, under the presidency of Xavier Struillou, was a far from typical year. The Covid 19 pandemic hit us personally and as an organisation: we could not travel, we could not meet, and EuroPerio10 was postponed to 2022. However, we gained new skills and, under Xavier's leadership, we developed platforms for e-learning and we learned how to use social media to communicate efficiently with our stakeholders. These new skills will stay with us after the virus has vanished and we will harness them to our goals.

The year 2021-22, under my presidency, will be the "Return to Normal Year". We need to find ways to go back to normal life, keep the tradition of the EFP, and strengthen the feeling of one community. My vision is to keep the EFP as the influential driving force of periodontology globally. The strategy is to focus on improving periodontal health as

part of oral and general health. For this, we need to find ways to work together with family physicians, who are the first line of medical treatment. Within the federation, my goal is to boost the influence of female periodontists. We have a new generation of high-quality professional women, but they are still underrepresented in the professional forums – and this is the time to change it.

I intend to create activities that will both celebrate our thirtieth year of working as a community and promote periodontal health and science globally. The main challenge for the coming years is to keep the EFP as a world-leading organisation in dentistry. We need to attract many young individuals to join our national societies, expand our international associate member societies, and keep EuroPerio as one of the most significant dental conventions worldwide. It is not an easy task, but I promise to work hard for those targets.

EFP executive committee 2021-22:

President: Lior Shapira (Israel)

President-elect: Andreas Stavropoulos (Sweden)

Past president: Xavier Struillou (France)

Past president: Filippo Graziani (Italy)

Secretary general: Nicola West (UK)

Treasurer: Monique Danser (Netherlands)





Elected officer: Darko Božić (Croatia)

Elected officer: Moritz Keschull (Germany)

EFP full-member societies

-  **Austria** Österreichische Gesellschaft für Parodontologie
-  **Belgium** Société Belge de Parodontologie / Belgische Vereniging voor Parodontologie
-  **Croatia** Hrvatsko Parodontološko Društvo
-  **Czech Republic** Česká Parodontologická Společnost
-  **Denmark** Dansk Parodontologisk Selskab
-  **Finland** Suomen Hammaslääkärisseura Apollonia
-  **France** Société Française de Parodontologie et d'Implantologie Orale
-  **Germany** Deutsche Gesellschaft für Parodontologie
-  **Greece** Ελληνική Περιοδοντολογική Εταιρεία
-  **Hungary** Magyar Parodontológiai Társaság
-  **Ireland** Irish Society of Periodontology
-  **Israel** Israeli Society of Periodontology and Osseointegration
-  **Italy** Società Italiana di Parodontologia e Implantologia
-  **Lithuania** Lietuvos Periodontolog Draugija
-  **Netherlands** Nederlandse Vereniging voor Parodontologie
-  **Norway** Norsk periodontist forening
-  **Poland** Polskie Towarzystwo Periodontologiczne
-  **Portugal** Sociedade Portuguesa de Periodontologia e Implantantes
-  **Romania** Societatea de Parodontologie din Romania
-  **Serbia** Udruzenje Parodontologa Srbije
-  **Slovenia** Združenje za ustne bolezni, parodontologijo in stomatološko implantologijo
-  **Spain** Sociedad Española de Periodoncia y Osteointegración
-  **Sweden** Svensk förening för Parodontologi och Implantologi
-  **Switzerland** Société Suisse de Parodontologie / Schweizerisch Gesellschaft für Parodontologie / Società Svizzera di Parodontologia
-  **Turkey** Türk Periodontoloji Derneği
-  **United Kingdom** British Society of Periodontology and Implant Dentistry

EFP associate-member societies

-  **Azerbaijan** Azərbaycan Parodontologiya Cəmiyyəti
-  **Georgia** Georgian Association of Periodontology
-  **Morocco** Société Marocaine de Parodontologie et d'Implantologie
-  **Russia** Российской Пародонтологической Ассоциации

EFP international associate members

-  **Argentina** Sociedad Argentina de Periodontología
-  **Australia** Australian Society of Periodontology
-  **Brazil** Sociedade Brasileira de Periodontologia
-  **Lebanon** Lebanese Society of Periodontology
-  **Mexico** Asociación Mexicana de Periodontología
-  **Taiwan** Taiwan Academy of Periodontology
-  **Singapore** Society of Periodontology (Singapore)