13th Laser-Beginners-Congress “LASER START UP” and 18th Annual Conference of DGL

Beginners and experts—together in one big event! The two days were filled with theoretical and practical aspects of laser dentistry. Both events had been very successful in the last years.

For the first time, the two biggest German Laser Dentistry Events had been partnered together. More than 300 dentists took this opportunity to first experience the use of laser light or expand their knowledge in this specialized field of dentistry. This combination of “Beginners and Experts” was a big plus and will be held again this year due its success. Professor Dr Norbert Gutknecht stood as President of the DGL as well as Professor Dr Herbert Deppe and Dr Georg Bach as Congress Chairs of the 13th LEC. The aim of the 13th Laser-Beginners-Congress “LASER START UP” (LEC) and the 18th Annual Conference of the German Federation for Laser Dentistry (DGL) was not only to provide information about improvements in fields surrounding dental laser therapy, but also to introduce new therapy concepts and new aspects of accounting during lectures, seminars and workshops.

In their opening lectures, the conference chairs of the LEC highlighted four main aspects:

- Explanation of basic knowledge of laser light and physics
- Introduction to all major components in laser dentistry
- Presentation of suitable laser wavelengths in dentistry
- Demonstration of legal aspects and billing of laser treatment

The title of the DGL conference was on “Lasers in Implantology and Surgery.”

“Please talk about laser-supported endodontics and not about laser endodontics.” With this clarification, Prof Dr Norbert Gutknecht started his lecture and defined laser light as an ideal instrument and aid for antibacterial treatment. Photodynamic Therapy, Diagnostics, cavity preparation, bleaching and laser supported Peri-implantitis therapy were the main lecture topics on the first day. One highlight was the live patient demonstration “Laser in Surgery.”

The main conference topics on the second day were laser-supported Endodontics, Physics and Basic Research, Laser in Periodontology and Integration of
Lasers into the daily clinic. A very interesting lecture was the "First worldwide laser implant site preparation without any anaesthesia using a drilling template after 3-D planning." Additionally, the programme of the second day was reserved for workshops, as well as the deepening and consolidation of all learnt topics.

The common panel discussion for both events (LEC / Laser Start Up and DGL Annual Conference) was led by the honorary president of the DGL, Professor Dr Friedrich Lampert (Aachen), the chairman of the scientific advisory board of the DGL, Professor Dr Herbert Deppe and practical dentists Dr Thorsten Kuypers, MSc and Dr Thorsten Kleinert.

The topic “Laser—a Philosophy or an economical factor” led to a lively but controversial discussion and concluded that both assessments do not wholly apply.

Laser dentistry cannot and should not be seen only under the lens of either the economy or philosophy. Rather, it is a unique instrument to be used by specialists.

Prof Dr Matthias Frentzen, Dr Pascal Black and Dr Georg Bach were the experts at the scientific panel discussion. Most questions centred about the topic “Which wavelength is the most appropriate to use?” The clear answer from all perspectives was: The only parameter for or against the use of a certain wavelength depends on the type of activities and objectives of the laser user. Only the dentist him/herself could decide which wavelength is suitable.

Other similarly geared events were targeted at such groups as hygiene representatives. Other topics included “Smile aesthetics” with minimal invasive treatments from bleaching to veneer preparations, “Perfect Smile,” a concept for perfect anterior tooth aesthetics, a Symposium about the oro-facial syndrome with live patient demonstrations, as well as a seminar about injection techniques for wrinkle reduction.

Several laser manufacturers and distribution companies not only presented their whole product range, but also illustrated and pointed out their laser devices and philosophies. Participants gladly took advantage of the companies’ presence and visited the exhibition, as well as the two generous workshop sessions offered.

A social flair to the event was also not missed. All interested participants met in one of the oldest beer breweries at the Rhine site and enjoyed a “Kölsche Abend” (Cologne evening) with traditional dishes and, naturally, lots of beer.

In 2010, two anniversaries will be celebrated: 50 years of the implementation of lasers by Maiman and 20 years of DGL in November. There certainly exist plenty of reasons to celebrate and come together to discuss the development of laser dentistry!
The past days 12 and 13 February was held, with notable success, the Xth Congress of the Spanish Society of Laser in Dentistry SELO in Santiago de Compostela. In the main auditorium of the Faculty of Medicine Santiago over 180 dentists and 109 dental hygienists and assistants gathered in the town of Compostela which this year celebrates the Holy Year Compostela, Xacobeo 2010.

Those attending the congress could hear during the two days of congress Lecturer of both national and international prestige. During the Pre-congress different papers relating to the subject of bisfosfonates and their impact on dentistry have been presented and discussed. The national speakers were Dr Jose Vicente Bagan (Professor at the University of Valencia and current elected president of the European Association of Oral Medicine), Dr Miguel Angel Macias (Chef of Service Risk Assessment, Division of Farmacoepidemiology and Farmacovigilance, Spanish Agency of Medicines and Spanish representative in the European working group Farmacovigilance in the European Medicines Agency), Dr Javier Junquera (Professor of Oral and Maxillofacial Surgery, University of Oviedo) and Dr Paolo Vescovi (Professor of the Oral Surgery Department, University of Parma, Italy) which is also the coordinator of the study of osteonecrosis bisfosfonates-Hospital University of Parma since 2005. All were moderated by Prof Dr Juan Seoane, Faculty of Medicine and Dentistry, University of Santiago de Compostela.

The different applications of lasers in dentistry were exposed by Spanish Lecturers among whom were Dr Antonio Spain Tost, Prof Cosme Gay Escoa, Prof Juan Ramón Boj, Dr Manuel Serra. We also had the pleasure to talk with professionals from Portugal through the cooperation of Dr Tony Rolo who represented the Ordem dos Médicos dentists in Portugal.
Dr Mario Trelles which is the current president of the Spanish Society of Medical-Surgical Laser presented us with a fantastic presentation of the applications of lasers in facial aesthetics.

The international speakers who provided a high level scientific meeting came from different countries such as Germany, Turkey, Israel and Italy. Prof Dr Norbert Gutknecht, Director of the Master of Laser Dentistry, University of Aachen (Germany) and current president of the World Federation of Dental Laser WFLD, discussed the scientific evidence on laser dentistry. We also had the opportunity to listen to Prof Dr Adam Stabholz who is an eminent scientist on issues related to laser treatment in endodontics and is currently the dean of the Hadassah University in Jerusalem, Israel. Dr Sevil Gurgan who is the head of the Department of Conservative Dentistry of Hacettepe University in Ankara, Turkey, and Dr Carlo Fornaini Masters Coordinator EMDOLA Laser Dentistry, University of Parma, Italy, presented lectures on laser applications in Conservative Dentistry and the new KTP laser. Dr Francesco Saviero Martelli of Italy presented his studies on applications of lasers in periodontics, and Dr Frlander talking about the advantages of laser applications on a daily clinical basis.

Also on Saturday morning was developed with a large influx of attending the Fourth Meeting of SELO for dental hygienists. Over 100 attendees at this meeting confirmed the great interest that these kind of new technologies have in the field of dental hygiene.

In short, a wide range of speakers who kept the attention of all present and as in previous meet-
ings of SELO have succeeded in increasing the knowledge level of everyone attending the conference. The Organizing Committee with its President Dr Gonzalo Lopez de Castro succeeded in making this SELO meeting the one with the greatest participation of all that have been celebrated until today. His work has been widely recognized by all the attendees who have shown great appreciation for all aspects of the conference, both scientifically and socially.

The participation of the industry on the other hand has been very important because we could count on most commercial houses both Spanish and international that are related to the field of laser applications in dentistry. There were also some new trading houses involved that joined our conference. All of them had a large influx of attendees because all breaks and lunch took place on the same area of the exhibition.

Social events prepared by the organization had a large influx of participants. During Friday night held the feast of the industry in which all participants could enjoy the best traditional Galician cuisine, pastries, Pulpo a feira Caldeiro meat or ending the event with a queimada which was accompanied with a “Conxuro” as witches. The whole evening was enlivened by a group of Galician folk music. One of the most important events was held Saturday afternoon at the Cathedral of St. James, where there was held a Jubilee Mass with Botafumeiro. During the Masses Congress President Dr Gonzalo Lopez de Castro read the offering of all members of SELO to the Apostle Santiago. At the end of the event all attendees were able to attend the exhibition of one of the best known and most popular symbols of the Cathedral of Santiago de Compostela, the Botafumeiro that only happens in the Eucharist of the pilgrim and most solemn Masses.

The Congress ended with the gala dinner held at the Hotel San Francisco in the refectory of the convent dating back to 1726. In this majestic frame the participants were able to taste the best dishes of the local seas, ending the act with the delivery of plaques of appreciation by the presidents of previous SELO congresses: Dr Marcela Bisheimer (Madrid 2006), Dr Luz Aguilo (Valencia 2007), Dr Maria Perez (Salamanca 2008).

Finally all participants before they parted were reminded that the next Congress of SELO will be held in Seville on February 2011.