This year’s EuroPerio, the world’s leading congress in periodontology and implant dentistry, is expected to attract up to 10,000 periodontists and members of the dental team to learn about the latest in periodontal research and clinical practice, in June in Amsterdam in the Netherlands. In this interview, Prof. Søren Jepsen, past President of the European Federation of Periodontology (EFP) and Scientific Chair of EuroPerio9, outlines the event’s scientific programme, which features more than 100 top-level speakers and many innovations. The detailed programme is available at www.efp.org/europerio9/programme/scientific/index.html.

Why should a dentist or a hygienist consider attending EuroPerio9? Because EuroPerio9 is their opportunity to obtain the best insight on periodontology and implant dentistry available in the world until 2021—when EuroPerio10 takes place. EuroPerio9 has gathered the best pool of talented speakers from Europe and around the world for an audience that is increasingly global too. We’ll enjoy a great venue in a city as attractive and well-connected as Amsterdam. And then there are the events of the networking programme, the fact that all happens in only four days and the choice between four parallel tracks of presentations according to the attendee’s interests. All in all, attending EuroPerio9 is the most enjoyable and cost-effective way to be fully updated on the best in periodontology and implant dentistry available today.

Will EuroPerio9 be similar to EuroPerio8 (London, UK, 2015) and EuroPerio7 (Vienna, Austria, 2012)? It will be definitely unique! We have created the Team Session track, which is more inclusive than the previous separate track for dental hygienists. We have added more sessions on the afternoon of Wednesday, 20 June, to take better advantage of the time before the official opening ceremony. We have arranged sessions in such a way that many more dental professionals will be able to present their short oral presentations and posters for discussion. We have included the well-established stars in the specialty and have more women speakers and young speakers than ever before. We have built on the best of our successful experiences and we have added a number of new formats.

What are those new formats? We have designed eight new formats. First, on the opening day, we will have a special double session with the Japanese Society of Periodontology, one on biofilm and anti-infective therapy, the other on regenerative periodontal and implant therapy. Second, the Perio Talks will offer fresh, TED Talk-style presentations given at the first EFP Alumni Symposium. Third is a lively debate about the use of antibiotics, led by Profs. Andrea Mombelli and David Herrera, in which attendees will be able to use their smartphones as voting devices. Fourth, for the first time, a live surgery session will take place at a EuroPerio congress. A new, rarely performed procedure with implants will be carried out by Prof. Giovanni Zucchelli and Dr Martina Stefanini at the Academisch Centrum Tandheelkunde Amsterdam dental school and broadcast in real time.

The fifth major innovation is the interdisciplinary treatment planning session, in which cases will be shown and the audience will choose between different options for treatment. Sixth is a 3-D session with Dr Pierpaolo Cortellini and Prof. Stefan Renvert on reconstructive surgery on teeth and implants, in a large auditorium. Seventh is the EFP Perio Contest, for which presentations will be judged not only by an expert panel but also by social media voting before the congress. The three final contestants will be invited to present their work on stage on the last day of the congress. Eighth is the Nightmare Session, in which Drs Mario Roccuzzo, Giulio Rasperini, Jean-Louis Giovannoli and Caroline Fouque will explore treatments that went badly.

Being Scientific Chair of EuroPerio9 sounds like quite a challenge. How has the experience been? It is, indeed, an incredible challenge, but also an opportunity to work with a wonderful team of periodontists and professional organisers. Together, we have worked hard to put together a high-quality programme with the latest research in the field, the best professionals and the new formats I mentioned. I hope that EuroPerio9 will provide attendees with a fruitful and unforgettable experience!
Periodontal disease and dental caries are the two most widespread oral conditions in the world and in fact the two most prevalent non-communicable human diseases. Both are preventable and share common genetic, aetiological and environmental factors. Given that they follow different trajectories, they have traditionally been studied separately. Not anymore.

For the first time, the European Federation of Periodontology (EFP) has put forward a new, common approach by launching Perio and Caries, an ambitious Europe-wide project aimed at raising awareness among scientists, health practitioners and the public about the associated causes, risk factors, interactions and prevention measures than may affect both periodontal disease and dental caries. The core element of the Perio and Caries project is the newly created dedicated site perioandcaries.efp.org, which contains a wealth of educational materials, which are freely available and downloadable. These publications include a specially written scientific report compiled by Prof. Nicola West, as well as five targeted recommendation brochures, each providing concise advice for oral health professionals, other healthcare professionals, researchers, policymakers and the population at large.

The Perio and Caries initiative, sponsored by Colgate, has been designed to disseminate the outcomes of Perio Workshop 2016, a major scientific meeting held in La Granja in Spain and jointly organised by the EFP and European Organisation for Caries Research (ORCA). It was co-chaired by Prof. Mariano Sanz (EFP) and Prof. Andreas Schulte (ORCA). All Perio and Caries publications are based on the knowledge generated at Perio Workshop 2016.

Based on the contributions from 75 leading global cariologists and periodontologists organised in four working groups, Perio Workshop 2016 pioneered the exploration of the boundaries between dental caries and periodontal disease. It reviewed all available scientific evidence on common links between these oral conditions, including identified similarities—and the distinct characteristics of each—and recommended clear preventative strategies to help tackle them.

The scientific conclusions of Perio Workshop 2016 are publicly available in a special open-access supplement of the EFP-edited Journal of Clinical Periodontology. Furthermore, the Perio and Caries site offers a series of related videos, news, additional documentation and all the scientific papers produced by the four working groups at Perio Workshop 2016, which examined the role of microbial biofilms; the interaction of lifestyle, behaviour and systemic disease; prevention and control; and age-related effects, all in relation to dental caries and periodontal disease.

Perio and Caries materials are to be shared with all 30 EFP-affiliated national societies of periodontology in Europe, northern Africa, the Middle East and the Caucasus, and their members—around 14,000 periodontists, other dentists, researchers and other oral healthcare professionals interested in gingival health. Stakeholders can freely take advantage of this Perio and Caries content in their dental practices, schools, laboratories and companies. The same applies to any other people who may be interested. “The project Perio and Caries disseminates for the first time a new approach to dental caries and periodontal disease as connected conditions,” explained Prof. Mariano Sanz. “Building on the outcomes of Perio Workshop 2016, Perio and Caries pays attention to the common risk factors that make people lose their teeth because of caries, periodontitis or both. Emphasis has been put on patients’ quality of life, not only how these widespread oral diseases impact upon their well-being, but also the reverse situation, how socioeconomic factors heavily influence the prevention, development and treatment of these diseases.”

“Sugar intake, smoking and excess weight are the three key factors to be reduced in order to help tackle both periodontal disease and caries,” pointed out Prof. Iain Chapple, Secretary General of the EFP and co-chair of one of Perio Workshop 2016’s working groups. “By bringing down carbohydrate intake to less than 25 grammes per day, by fighting and ideally eliminating the smoking habit, and by avoiding obesity, we are not only improving our general health, but having a meaningful, positive impact against periodontal disease and dental caries.”

“The main message of Perio and Caries is that tooth loss, periodontal disease and caries are nearly always preventable,” concluded West. “Following simple recommendations such as brushing teeth with fluoride toothpaste twice a day, reducing the amount of sugar and starch in the diet, staying away from tobacco, and seeing your dentist twice a year would improve dental and overall health, as well as alleviate the economic burden of periodontal disease and dental caries. We hope that medical professionals will heed our campaign’s motto: ‘Teeth are for a lifetime. Take action!’ and will guide their patients accordingly.”

Editorial note: A list of references can be obtained from the publisher.