

# periodical

The newsletter for members & contacts of the BSP • 2017/18



**BSP**

British Society of  
Periodontology

Practice-friendly publications  
Report: spring meeting #BSP17  
Early Career Group news  
Get ahead: dates for your diary  
Member information

# Thank you to our Partners...

Our sincere thanks go to our Partners who provide the Society with funding and support for all of our activities. For anyone who is unaware, quite simply, without them, we wouldn't be able to do many of the things we manage to achieve every year as we work hard to achieve our strategic aims and objectives for our members.



## Contributors

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For council members, school reps and regional reps, visit our website: [bsperio.org.uk](http://bsperio.org.uk).

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# A note from the editor

BY RICHARD TUCKER

It is an honour and with great pleasure that I return to Council, this time to step into the Honorary Editor role, which has so illustriously been carried out by my predecessor, Ian Dunn. During his tenure, the communications from the BSP improved immeasurably, as well as becoming more frequent in this digital era in which we live and work. The new face of the website is fresh and engaging with a more contemporary look.



## New initiatives

The new initiatives that the society has undertaken have been a great success, particularly the 2017 public awareness campaign. The Good Practitioner's Guide, replacing the Young Practitioner's Guide, is a valuable reference for colleagues wishing to consolidate their knowledge in periodontology and it's also of value for educational activities providing CPD through the e-learning version. The 5-year strategic plan has been a welcome initiative.

## e-newsletter

The monthly e-newsletter has been effective in making more frequent contact with our BSP membership, reflecting the continuous activities of our society and going some way in raising the awareness of what is available and useful to our members. This is testament to the expertise of Andrea Williams in BSP Communications.

## Patient Information Leaflet

The updated Patient Information Leaflet is already proving to be a popular way to educate the periodontal patient and a great help in the clinical setting where effective communication in the aetiology, pathogenesis and systemic interactions, in lay terms, is essential in the understanding of periodontitis and motivation for behaviour change in our patients.

## BSP Annual Conference 2017

The 2017 conference, on many levels, was a resounding success. Our president, Prof Ian Needleman can be justly proud. With a theme of 'Performance', a varied and exciting programme was enjoyed by some 250 delegates. It was great to see the momentum of the Early Career Group (ECG) gaining pace and there was plenty of encouragement for us to get involved and embrace the power of social media. There was something valuable in this conference for all of us in periodontology.

## BSP Annual Conference 2018

During Dr Penny Hodge's presidential year, the annual conference will be moving north to the wonderful Scottish capital of Edinburgh and will be held from the 10th to 12th October 2018. The programme will soon be published on the BSP website. Notification will also be sent out in the BSP e-newsletter.

## EuroPerio9: Amsterdam, 20-23 June 2018

With record numbers attending EuroPerio8 in London, this triennial meeting has the reputation of being the largest periodontology meeting globally. Booking travel and accommodation early is highly recommended. London is a hard act to follow but the EFP will continue to build on the success of the past and it would be good to see BSP members supporting and benefiting from this meeting. Abstracts for consideration will need to be submitted by November 2017. Further details and regular updates are available on the EFP website. The programme overview is already available for perusal.

Looking ahead, I hope that the BSP will continue to be a valuable resource for its members. Social media has expanded the platform for the exchange of information, which is rapidly changing how we keep in touch with our members. We urge you to read our e-newsletters, follow us on Facebook and Twitter and keep an eye on our website as our news is broadcast there first.

*Richard Tucker*



### USEFUL LINKS

[bsperio.org.uk](http://bsperio.org.uk)

[admin@bsperio.org.uk](mailto:admin@bsperio.org.uk)

# Gum health awareness campaign 2017

BY ANDREA WILLIAMS

Every year the BSP gets involved in the pan European campaign to raise awareness of the importance of gum health. Most of the countries that form part of the European Federation of Periodontology undertake innovative activities to engage with the public. Periodontitis has links with many systemic conditions such as Alzheimer's, cardiac and diabetes. For 2017, the BSP focused on the huge diabetes community in the UK to help create an understanding of the symptoms, risks and treatment available for people with gum disease or diabetes and how each condition can link to the other. This was managed in a campaign headed up by Ian Needleman (President) and Penny Hodge (President-elect).

There is strong evidence that people with diabetes have a higher chance of developing gum disease. A new scientific consensus reveals how these widespread chronic conditions reinforce each other. The increase in blood sugar level, which occurs in diabetes, can cause damage to nerves, blood vessels, the heart, the kidneys, the eyes and the feet. In the same way the gums can also be affected.



Working closely with diabetes.co.uk, we decided to commission a survey aimed at the diabetic community that would help us appreciate how well known and understood the links are for anyone with diabetes. Diabetes.co.uk has over 500,000 members and a database of over 10,000 healthcare professionals all concerned with diabetes so we knew we had a highly relevant and engaged audience.

In the first survey, over 700 people with diabetes responded. Approximately 50% stated they had never been given any information or advised on the risks of gum disease by their dentist, doctor or pharmacist. A third of them were unaware that diabetes affects gum health - even though 75% of those surveyed reported having bleeding gums.

Professor Ian Needleman, BSP President, commented "Gum disease is a well-recognised complication of diabetes and impairs quality of life. It can affect diabetes control and is associated with poorer general health outcomes. We will be working very hard to get our message out to anyone with gum disease or diabetes - to



talk to their healthcare professionals to look carefully for the symptoms of both conditions."

Evidence also shows that severe periodontal disease can increase blood sugar levels in people with diabetes and also in those who do not have diabetes. In other words, periodontal disease and diabetes are linked in both directions.

Charlotte Summers, COO of Diabetes.co.uk says "To be involved in this campaign and raise awareness about the links between gum disease and diabetes amongst both the diabetes community and healthcare professionals is of great importance to us. The results of the survey show that more education around the conditions are key and our aim is to help ensure the diabetes community gets the access to information and education to promote better health outcomes".

To further support the campaign, Diabetes.co.uk has also produced educational videos on Diabetes and maintaining Good Oral Health. The BSP has developed the patient resources available on its website to help provide more information.

 **USEFUL LINKS**  
[bsperio.org.uk](http://bsperio.org.uk)  
[diabetes.co.uk](http://diabetes.co.uk)



# From the President

Dear friends and BSP family

Writing just after #BSP17, I am still inspired by the energy and enthusiasm of so many people at the conference. The new initiatives that we planned are looking like game changers. The Patient Forum members expressed powerful messages that periodontal health was important to them, and to society, and much more needed to be done. They want to be part of this and help the BSP in a variety of ways including advising and lobbying. We are exploring how to take this forward but the messages are clear, challenging and very welcome. You can read a detailed report on the website. I am deeply grateful to the patients and to Professor Simon Denegri, National Lead for Patient Involvement who advised and facilitated the forum, for all their hard work.

We launched a leadership development programme with the Early Career Group, generously supported by Oral B. The ECG is the future of both the BSP and periodontal health in the UK and investing in them is a no-brainer. The session was a great success with participants energised by the training. Thank you to Rajiv Patel for his work on this. Two further sessions are planned and full details are on the website – sign up if there are places available.

Social media has quickly become an essential tool to promote health and share information. The BSP has embraced it and even Council members are learning new skills. The SM strategy at #BSP17 reached more than 100,000 users during the two days with posts being seen more than 600,000 times. This is incredibly powerful and potentially a very effective way for the BSP to influence the health agenda. Many thanks to Reena Wadia, Andrea Williams and Ian Dunn for all their work on this.

So, my take-aways:

1. The BSP is progressive, radical and innovative
2. Patients are strong advocates for periodontal health and for the mission of the BSP
3. The ECG is our future
4. Learn (or find someone to help you) to embrace social media
5. The BSP has a fantastic core team in Tamsin Lawson and Andrea Williams led by Helen Cobley who all do a great job of supporting Council.

Finally, don't forget to join us in Amsterdam in June for an exciting Europerio 9 with many BSP members on the programme.

*Ian Needleman*



Prof Ian Needleman getting ready, mentally and physically, for the #BSP17 conference: "Performance"

# 10 top tips for social media in practice

BY ANDREA WILLIAMS

1 **Choose your social media platforms** based on where your audience is likely to be. Twitter and Facebook are the most obvious places to start. YouTube is great if you're feeling confident but make sure your videos are short, snappy, relevant and filmed in a good, clear light.

2 **Be very clear about your strategy.** Understand why you have chosen to adopt social media to promote your professional activities. Is it to inform, share knowledge, sell training courses, raise your profile, network or look for new opportunities? Be mindful of your plan with every communication you make.

3 **Remember that everything you post is public.** This is vitally important as even if you are in a private forum, closed group or any other seemingly protected online network, it is public. Everything you post can be copied and circulated.

4 **Adopt a tone that suits your brand.** If you are posting as a professional individual or on behalf of a practice, the tone must be consistent and in keeping with its personality. It's a good idea to keep it professional, approachable and knowledgeable. Think carefully before entrusting other members of your team with access to your social media platforms.

5 **Decide how often you should post and make diary reminders to do it.** As a general rule, as you start out, one Facebook post every week is plenty. Keep it short, punchy and interesting. Twitter restricts your post to 140 characters which can be quite limiting so you need to master cutting out the waffle! You should aim to tweet around 3 times per week at first.

6 **Always include a photo.** Leading on from tip 5, you'll find that adding a photo to your tweets will compensate for the 140 character limit. Your posts will become significantly more attractive and eye-catching if you include an image, photo or short video.

7 **Include varied content.** Mix it up and keep it fresh - you can include links to blogs, interesting articles you've found online and links to take readers to your website. You can post photos, updates, news, awards and events you've attended or organised as a business. Human interest stories are always engaging.

8 **Use hashtags.** By adding a # to your social media, it makes it easier for people to find posts and conversations that are linked. If you are hosting or attending an event, find out what the # is and use it when you are commenting. You can also measure your social engagement by using your own unique hashtag.

9 **Lurk!** Once you have set up your social media profiles, just observe for a while. See what others are posting. Consider their style of writing. Work out what you are most comfortable with. Lurking means you are online but not actively posting. Let yourself see how it all works - there's no pressure to get going.

10 **Enjoy it - it's a whole new world.** Follow people, make friends, get active and social media will soon be rewarding your efforts with increasing levels of engagement and interest in what you have to say.



facebook.com/BSPerio  
twitter.com/BSPerio

# The BSP Early Career Group

BY PRAVEEN SHARMA

This year has been a very busy one for the ECG, built on the momentum of the past years. It's a fantastic organisation and great fun to be part of. It's very well supported by the BSP, in recognition of the role its members will play in the future of the society itself. One of the roles that the ECG fulfils is to allow people, at early stages of their career, to meet and share ideas, knowledge, expertise and advice. The 'early stages' ranges from: developing an interest in perio, to routes into various specialist programmes, to help with setting up practice and beyond. Being a part of this has been very rewarding for me and the rest of the ECG committee and being a part of the committee is something I would strongly recommend to all ECG members. Just look at what we get up to!

For me, the crown in the jewel for this year was the ECG's Leadership course. This was ably organised by Rajiv Patel with assistance from Tamsin Lawson with sponsorship by Oral B. The session was led by Peter Lees, Chief Executive and Medical Director, UK Faculty of Medical Leadership and Management. We reflected on what leadership meant and what makes good leaders. It was a gentle introduction to the topic of leadership and one that is key for members of the ECG going forward. The stand out quote for me was "Good leaders create followers. Great leaders create leaders".



ABOVE: ECG LEADERSHIP COURSE

This year, you may have noticed the BSP on Facebook a lot more. I know I did. That was thanks, in part, to Vipul Patel, the ECG's social media rep. He has done a fantastic job in promoting the society and its events which has made an enormous difference in getting the word out for talks, courses and seminars.

One of the events publicised in this way was the ECG social that was organised by our secretary, Bobby Varghese. The ECG social is a relaxed, informal affair where members of the ECG can meet. For those new to the society, this is a fantastic way to get to know people. Being a new member can be daunting and this forum is great if you have any questions, about perio practice/training or BSP or even non-dental, or just want to meet up with others in a similar situation as yourself.

When it comes to clinical courses to whet the appetite of our members, I feel the ECG has delivered extremely well this year. Our academic rep, Federico Moreno, organised a 10% discount for ECG members on a muco-gingival course organised at the Eastman Dental Institute. He also managed to save us a huge 50% on a series of lectures on peri-implantitis with the likes of Prof Berglundh, Prof D'Aiuto and Prof Renvert. The mono-specialty rep, Hiten Halai, kept us informed on courses organised by the SRRDG which were relevant to the ECG membership. Our vice chair, Manoj Tank, worked on several initiatives that the ECG was involved in on behalf of the BSP, including playing a key role in the revamped Good Practitioner's Guide. This year, he generated a template for a paper version of the detailed pocket chart, in response to request from some BSP members.

For my part, I have been fortunate to serve the ECG as chair and was honoured to represent the BSP, alongside Sinead Daly and Joon Seong, at the BDA conference this year, in Manchester, as well as chairing the closing session of the BSP 2017 conference in London. I was also proud to work alongside Prof Penny Hodge and Imogen Midwood on the gum health awareness campaign which was in collaboration with diabetes.co.uk. We aimed to raise the awareness of the link between periodontitis and diabetes. Links to the materials produced are available below.

If you've made it to the end of this report, congratulations! This is the kind of dedication we could really use at the ECG! Sign up now!!!



*Praveen Sharma*



USEFUL LINKS

[bsperio.org.uk/early-career-group](https://bsperio.org.uk/early-career-group)



# What a great "Performance"!

## A SUMMARY OF THE 2017 BSP ANNUAL CONFERENCE



Patient forum

The British Society of Periodontology's annual conference took place at The Wellcome Collection, Euston and Kings Place, Kings Cross in London at the end of a very warm June 2017. Thankful for air conditioning, the 250 delegates, 13 exhibitors, 5 sponsors, 17 speakers, 4 conference chairs and 6 organisers all congregated for 3 days to attend an interesting and varied programme of events orchestrated by this year's BSP president, Professor Ian Needleman and expertly managed by Conference and Events Manager, Tamsin Lawson.

### Prof Ian Needleman



"When I put together the plan for the conference I was very excited. In sporting terms, it was like putting together my own fantasy league. However, I was also weighed by a huge sense of responsibility – making sure the programme was cohesive and inspiring for delegates. I also introduced three new initiatives: the Patient Forum, a leadership

and development programme for the Early Career Group and a clear social media strategy".

It would appear that the balance was just right as Professor Needleman mixed a range of personal development subjects with clinical developments and issues – all on the theme of performance and in pursuit of being the best you can be.

Over three days, world-class speakers presented on a variety of subjects that dove-tailed beautifully on the

overall theme. The itinerary delivered on many levels. Each day began with inspirational, sports-themed presentations, followed by clinical lectures with lively debate, punctuated by breakout sessions on leadership, mindfulness and social media. Delegates were captivated by early sessions delivered by Baroness Tanni Grey Thompson DBE on her outstanding achievements as Paralympic athlete and member of the House of Lords and Dr Dan Martin OBE who summited Everest as part of a medical research programme that is saving lives in intensive care medicine. Both speakers related the concept of performance and personal achievement to the world of periodontology – no mean feat, but very well done!



Baroness Tanni Grey Thompson DBE



Dr Dan Martin OBE

Behaviour change was a key theme of the conference and this was reflected in both the personal development and clinical lectures. Changing behaviour is an important part of improvement and so it was fascinating to hear the presenters weave this into their presentations, using personal experiences through anecdotes to illustrate their points. Ideas and strategies for stopping smoking



by Robert West and how to successfully implement behaviour change by Susan Michie were both very well received by delegates. Birgitta Jonson discussed changing practitioner behaviour in order to facilitate patient behaviour change - where person-centred care influences health behaviour change. This session was expertly chaired by Julian Ekiert, one of the Patient Forum members. A lunchtime session covered the lesser-known art of mindfulness where Sud Ubayasiri helped delegates learn the value of meditation to reduce anxiety and stress.

A progression of the theme of performance and change within periodontology was the inclusion of a digital focus within the programme. Two of the speakers discussed the different ways technology is making an impact within dentistry, German Galucci and Maneesh Juneja both making this the topic of their presentations. A more relaxed lunchtime session by Ian Dunn highlighted the need for dental professionals to embrace social media within the parameters of the GDC guidelines.

Otto Zuhr took to the podium to talk about surgical excellence within periodontics. Otto's unflappable professionalism was reflected in Professor Kneebone's talk on performance and how operative surgery offers parallels within music, magic and theatre.

Ola Norderyd talked about understanding the variables involved in periodontal care and preventative programmes. Eric Svensrud gave a highly entertaining account of minimally invasive and tissue friendly prothodontics. His concise account included prosthodontic aesthetics and what the periodontist should expect when working in this field. Prof. Iain Chapple provided a very insightful and balanced presentation on implementing day-to-day risk assessment within periodontal practice and why it is important in a medico-legal context.



The conference dinner, held at Skinners Hall, London

No such event would be complete without the networking and social side of things. The informal speakers' barbecue was held on Wednesday evening and a very grand conference dinner at the prestigious and traditional Skinners' Hall followed on Thursday.

The conference included, as you might expect, a level of competition. The two winners of the poster competition were Reena Wadia for her excellent clinical poster and Richard Holliday for research, each receiving a cash prize and recognition of their endeavours. This year's Sir Wilfred Fish Prize was presented to Emily Lu (see page 15). The social media prize was won by Kevin Davey for most conference posts. After all, a room full of winners is the very least you can expect at a conference themed 'Performance!'.

*"In sporting terms, it was like putting together my own fantasy league"*

# Thank you Ghilaine

BY HELEN COBLEY

“ In December 2016 the Society held its usual 4th Council meeting of the year. It was unusual, however, in that we said goodbye to Ghilaine Ower who retired after over 13 years' service to the Society as its Conference and Events Manager. Ghilaine had worked with 14 Presidents, organised 13 Spring Meetings, 12 Autumn Meetings, more Roadshows than either of us cares to remember, co-organised three Pan Dental Society Conferences, supported the LOC for EuroPerio8 in London, as well as running Periocourses for husband Phil, being 'Mum', walking two dogs, running two homes and still finding time to play tennis and badminton. She has been remarkable in so many ways – as well as being such a lovely person, and my best friend.

Many of you know that Ghilaine and I go back a long (very long) way to when we were at school together. Many years ago perhaps, but a time and place that has given us a life-long friendship and many laughs along the way. Working with her for the last nine years has been, without doubt, the happiest part of my working life.

We miss you Ghilaine, but I know you will be pleased to see that those big shoes you left have been filled by Tamsin, a worthy successor, who is living up to your incredibly high standards, with seating plans, list of taxi numbers for lost speakers, list of spare speakers (just-in-case) and a clipboard always at hand. In fact, the only difference so far is that Tamsin hasn't fallen asleep in Council meetings – YET!



Ghilaine Ower and Helen Cobley

The esteem in which you have been held by all your friends in the Society and the members of Council you have so ably served, are united in wishing you a long and very happy retirement. In recognition of the invaluable contribution you have made to the wellbeing of the Society, the President is delighted to give you, on behalf of Council and the membership, Emeritus Membership of the Society.

## THE GHILAINE FACT FILE!

- ✓ 14 presidents
- ✓ 13 spring meetings
- ✓ 12 autumn meetings
- ✓ Many, many roadshows, webinars, seminars, workshops...



## Hello Tamsin

Tamsin Lawson, our new Conference and Events Manager, underwent a baptism of fire as she took on the annual conference within her first weeks with the Society.

She did a first-class job whilst smiling, not sleeping and managing every aspect from the programme, speakers, fun run, conference dinner, conference venue, accommodation, refreshments, transport, ticket sales and so much more (that no one ever sees in a successfully managed event).

Tamsin is also running the Society's webinars, courses and other member activities.

Pictured: Tamsin Lawson and Helen Cobley at the BSP conference dinner 2017

**BY PAUL DAVIES**

The first half of 2017 has been a busy time for the European Federation of Periodontology (EFP), featuring two major international workshops, the approval of a new strategic plan and the massive success of European Gum Health Day.

In February, **the EFP and the International Diabetes Federation held a joint workshop in Madrid on the links between periodontal diseases and diabetes**, bringing together expert scientists to review the latest research and draw up guidelines for action. Among other recommendation, the Perio-Diabetes Workshop said that oral-health education should be provided to all patients with diabetes.

In March, **the Perio Master Clinic 2017 took place in Malta, devoted to the topic of 'Peri-implantitis – from aetiology to treatment.'** More than 500 participants (from 56 different countries) made the most of the opportunity to get up-to-date with the latest scientific findings about peri-implantitis and new approaches to its treatment. Presentations covered such topics as the regeneration of peri-implantitis defects, treatment plans for advanced cases, and how best to prevent peri-implant diseases.

The EFP's **general assembly in Santiago de Compostela (Spain) in April approved a new four-year strategic plan** along with a package of projects that will shape the federation – and its impact on global healthcare – for years to come. The plan has five focus areas: science and research; policy and influence; improving health and well-being; education and training; communication and awareness.

The general assembly also approved **the creation of the European Projects Committee**, which will harmonise major EFP projects and enable the bigger and smaller national societies to work together more effectively, **and the European Observatory of Periodontology and Implant Dentistry**, a repository for evidence-based information and the authoritative body for comment and statements on issues relating to periodontal diseases and implant dentistry.

The Santiago general assembly also welcomed **the Azerbaijani Society of Periodontology as its 30<sup>th</sup> member.**

**Gernot Wimmer, who became EFP president at the general assembly**, said that his first priority was to build on the "great legacy" of his predecessors Søren Jepsen and Juan Blanco and "to reinforce the international leadership of the EFP as the global benchmark in periodontal science and practice."

**European Gum Health Day was held on May 12.** This awareness day is promoted by the EFP and organised by the national societies that make up the federation. This year, a record 27 of the 30 EFP-affiliated national societies organised events. You can read more about the BSP's activities on page 4.

On the **communications** front, the EFP has stepped up its social-media activity and continues to publish the respected scientific publication the Journal of Clinical Periodontology (JCP), along with the JCP Digest (now in six European languages), the Perio Insight magazine, the EFP News bulletin, and a monthly email newsletter.

The EFP is also working actively with its partners (Colgate, Dentaïd, Johnson & Johnson, Oral-B and Sunstar) on new projects designed to communicate messages about gum health, as it seeks to embody its strategic vision of "periodontal health for a better life."

Looking ahead, the EFP is busy preparing for the World Workshop on the Classification of Periodontal and Peri-Implant Diseases in Chicago in November and, of course, EuroPerio9 in Amsterdam in June 2018.



The closing ceremony at EuroPerio8,  
London 2015





# Chair of the Dental Practitioners of BSP

I am delighted to introduce myself as the Chair of the Dental Practitioners Section of the British Society of Periodontology (BSP) which has by far the largest number of members. I was elected to this prestigious and important post in 2014 and since then have represented the interests of hard working general dental practitioners.

I enjoy attending the Council meetings, which are held in London four times per year as they provide an opportunity for me to network with the other members of the BSP and contribute to proceedings. I consider that my main role is to present the concerns or issues raised to me by general dental practitioners. The agenda of each meeting provides me with a guaranteed forum which I use to relay these issues to the council members for their consideration. In the past I have made representation on such topics as postgraduate training, specialisation in periodontics and provision of periodontal treatment within the NHS. I am very happy to be contacted by e mail via the BSP on these or any other issues. I am open to suggestion on topics and am often able to use this as an opportunity to clarify issues that are raised to me from time to time.

Once a year, I am fortunate to be allocated a full session at one of the BSP conferences to provide speakers whose remit is to address topics that would be of interest to general practitioners.

In the future, I plan to modify the session to allow time for an open forum where attendees can raise issues of interest. It will enable this important group within the BSP to challenge the status quo. My aim is that we should provide general practitioners an opportunity for greater representation and influence.

My other role is to represent the BSP itself, to the Specialist Advisory Committee at Royal College of Surgeons in London. Here, I attend and contribute to meetings, after which I report back to the Council. I am currently part of a BSP working party charged with reviewing the curriculum for speciality training in periodontics, which provides a fantastic opportunity to shape and influence the direction of periodontology.

I am also asked to take part in the formalised assessment of Specialist Trainees in Restorative Dentistry.

I thoroughly enjoy my role representing the largest section of the BSP and look forward to hearing from members and voicing their concerns at Council. I would ask members to become involved by contacting me via the BSP website and helping to shape the future.

*Nick Claydon*



## Sir Wilfred Fish Prize



**Winner: Emily Ming-Chieh Lu**

Emily Lu (London) tested the hypothesis that gingival fibroblasts promote epithelial growth whilst those from periodontal ligament result in an undifferentiated, immature epithelium similar to the junctional epithelial phenotype. She concluded that fibroblast subsets have different influences on the epithelium, with gingival fibroblasts supporting epithelial growth and differentiation and HPDL preventing epithelial growth and differentiation. Her data supports the hypothesis that the PDL regulates an epithelium similar to the JE phenotype and may account for the regulation of JE downgrowth in periodontal disease progression and during wound healing.

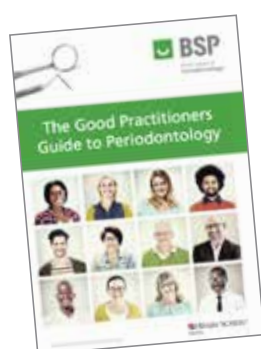


# BSP publications and resources

Part of the BSP's reason for being is education and imparting as much knowledge as we can about the subject of perio. This extends across the board to everyone - from dental and medical professionals to students, patients and the general public. The gum health awareness campaign forms part of this, which is why we are very keen to support it every year.

This year we have added a revised version of the patient information leaflet "Periodontal health for a better life" which is proving extremely popular and flying off our shelves.

Our library of information includes the publications you can see here but don't forget our website is jam-packed full of downloads and news that is relevant to you and your patients. Please ask us if what you need isn't clearly accessible or available and we'll help find what you're looking for.



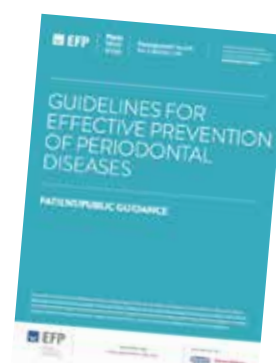
GOOD  
PRACTITIONER'S  
GUIDE



BPE  
GUIDELINES



PATIENT  
INFORMATION  
LEAFLET



PATIENT  
GUIDELINES



[www.bsperio.org.uk](http://www.bsperio.org.uk)  
[admin@bsperio.org.uk](mailto:admin@bsperio.org.uk)



## BSP 2018 Annual Meeting

10 - 12 October 2018  
Royal College of Surgeons, Edinburgh  
[www.bsperio.org.uk](http://www.bsperio.org.uk)

## BDA Conference

10 - 12 May 2018  
Manchester  
[www.bda.org](http://www.bda.org)

## Dentistry Show

18 - 19 May 2018  
Birmingham  
[www.thedentistryshow.co.uk](http://www.thedentistryshow.co.uk)

## EuroPerio9

20-23 June 2018  
Amsterdam  
[www.efp.org/europerio](http://www.efp.org/europerio)

## BSP webinars

We provide a good variety of perio-based webinar topics, held throughout the year and all CPD verified.

Join the BSP webinars free of charge if you are a society member - although you do need to book a place. Live participation is limited to the first 100 people to log in on the evening although there is the option for registered participants to view the presentations afterwards.

**More details of all perio events will follow in our monthly e-newsletters**



FOR INFORMATION, UPDATES,  
ENQUIRIES & BOOKINGS:  
[bsperio.org.uk/events](http://bsperio.org.uk/events)

# Meet Penny Hodge

## BSP PRESIDENT ELECT 2018

We are looking forward to welcoming Penny as BSP President in 2018. As you will see her roots are firmly in Scotland so the Society will be ensuring perio awareness continues to cover the whole of the UK with our next major conference being held in Edinburgh.

Penny is a specialist periodontist and honorary senior lecturer at the University of Glasgow Dental School. A graduate of the University of Edinburgh, Penny was awarded her PhD by the University of Glasgow in 1999. She was admitted to the GDC's Specialist List in Periodontics in 2002. As well as serving on Council for the BSP, she also supports the British Society for Oral and Dental Research. She was awarded a Fellowship in Dental Surgery without examination by the Royal College of Surgeons of Edinburgh in 2010.

Her research interests include risk factors for periodontitis and clinical trials. She chaired the Guidance Development Group for the Prevention and Treatment of Periodontal Diseases in Primary Care on behalf of the Scottish Dental Clinical Effectiveness Programme.

Penny also coordinated this year's gum health awareness initiative on the topic of diabetes in relation to gum health.



## Our news...

You'll always hear our news first on Facebook and Twitter, followed closely by our website news page and then via our e-newsletter that we send out to members every month. This printed newsletter is our

annual round up of the year's activities. Through this mix of communications you should be completely up to date at all times!



# A BSP day in the life of... Helen Cobley

BY ANDREA WILLIAMS

Helen Cobley has been with the BSP for 9 years following a successful career in the medical sector. It is safe to say that Helen is the hub and heart of the BSP as she is central to all activity. There is very little that happens in the BSP without Helen's influence or knowledge! It's an important role and one that keeps the Society ticking over successfully.

I understand there is no such thing as a typical 'day in the life of' although there is the usual attendance to correspondence in the form of post, emails and general requests for information. Helen manages the accounts for the Society so liaison with Mike Milward, BSP Treasurer, and the Society's accountants feature regularly. Helen makes sure that any activities are funded sensibly and that the Society operates profitably.

This leads nicely on to Helen's work with the Society's partners - some of the leading suppliers in dentistry (and all of whom are listed on the inside cover of this newsletter). She works with them to agree funding for the year ahead, some of which comes to the Society as a bank deposit and other types of support including print services. She also ties this up neatly at the end of the year with a full accountability report, showing where the funding has been allocated.

Helen also represents the BSP throughout the year at the key events where it has a presence - such as the BDA, Dentistry Show, annual conference and other meetings such as the triennial EuroPerio conference. She tirelessly



(and always glamorously) sets up our stand and spends endless hours recruiting new members and catching up with people she knows in the dental network.

A huge part of what Helen does is unseen - answering member queries,



Helen pictured with ECG member Reena Wadia

dispatching large quantities of literature and managing the membership database. She also oversees the work of myself in Communications and Tamsin, the BSP's Conference and Events Manager.

On a quarterly basis Helen arranges and supports a meeting where all the BSP members of Council get together to pursue the aims of the Society's Strategic Plan. Quite a lot of work is discussed, generated and disseminated at these day long meetings which Helen keeps track of in between each one.

Helen wears many hats in her position at the BSP and it's clear that her incredible attention to detail and management of all of the strands that are necessary to keep the BSP a healthy and active Society show her dexterity and keen understanding of the way it operates. And I haven't even mentioned the very many personalities, presidents and Council Members she works with every day!

Looking after the BSP is a huge undertaking and Helen has created some rather impressive shoes to fill as she steps down from her role in June 2018. If you think you'd like to know more and this could be your ideal job, you could email Helen at [admin@bsperio.org.uk](mailto:admin@bsperio.org.uk) to ask her more. It's a home-based role although there is some travel required for the various meetings and conferences.

As this will be the last newsletter that Helen will be managing, both Tamsin and I would like to thank her for her endless support and excellent work for the BSP - from the point of two people who work closely with her on a daily basis.

*Thank you Helen,  
you are superwoman...*



## Membership benefits

If you are not already a member, why not consider joining the 1000+ members who are passionate about perio?

We offer a monthly e-newsletter, access to webinars and seminars, reduced rates for conferences, the monthly online Journal of Clinical Periodontology, access to unprecedented networking, a dedicated Early Careers Group and much more.

Our membership rates are all on our website and reduce as the year progresses, to reflect the shorter length of time. Our members are a rich mix of GDPs, dental hygienists, dental therapists and perio specialists.

Contact Helen Cobley, Executive General Manager, at BSP HQ for more information, including a full membership pack to tell you everything you need to know: [admin@bsperio.org.uk](mailto:admin@bsperio.org.uk).

*New members are very welcome*



[bsperio.org.uk](http://bsperio.org.uk)