

# periodical

The newsletter for members of the BSP • 2024/25



75th Anniversary special edition

Magical memories

Future developments in Periodontology

Member information

BSP Awards & Prizes

Education & Events



British Society of  
Periodontology and  
Implant Dentistry

# BSP Team

We are fortunate to have a fantastic team working behind the scenes at BSP to keep everything running smoothly. Paula and Joanne do a brilliant job managing day to day business, organising educational events and keeping our membership up to date with the latest news and events. Together, they are the central point of contact for all BSP matters and are always happy to assist you with any membership or event queries you may have.



**BSP Executive  
General Manager**  
Paula Dunn



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- Prof Luigi Nibali (Chair of Education Advisory Group)
- Prof Nicola West (President Elect 2025)

# Useful Contacts



Keep up-to-date with the latest news by visiting our website and following us on social media:

- [bsperio.org.uk](http://bsperio.org.uk)
- @BSPerio
- British Society of Periodontology
- britishsocietyofperiodontology
- BSP British Society of Perio & Implant Dentistry

# Thank you to our supportive Partner Sponsors...

We wish to extend our sincere thanks to our 2024 Partner Sponsors, Acteon, Haleon, Kenvue, NSK, Oral-B and Philips for their support this year.

As a charity, we rely heavily on funding from industry to help us achieve many of our strategic aims. We are incredibly grateful to continue our successful working relationship with our Partner Sponsors. With their support we continue to grow and succeed in our aim to advance all aspects of periodontology and dental implantology. Promoting the importance of gum health to dental and medical professionals, undergraduate students, patients and the public is vital.

## Our Partner Sponsors



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# Welcome to the 2024/25 Issue of the Periodical!



Hello and welcome to the 2024 edition of the Periodical magazine, which is a special celebratory edition to celebrate the 75th Anniversary of the BSP. As such, we will summarise and reflect on the activities and

achievements of the BSP and its members over the last 75-years!

For such a long time now, the Society has sought to raise awareness of the importance of gum health and our motto 'Periodontal Health for a Better Life' neatly encapsulates this. In this edition, we will be sharing a snippet of BSP history with you, with articles written by prominent members from over the years. There is a fun guess the year quiz, as well as some of the usual items you would expect that document what our members have been doing over the last 12 months.

I hope that you enjoy reading the content in this year's Periodical and am extremely grateful to the contributors for providing us with such interesting articles. I must be honest, the idea of theming this issue around the BSP 75th Anniversary came from our outgoing President, Professor Philip Preshaw, who also put together the quiz. Thank you, Philip! Also, as always, a huge thank you to Paula Dunn for her work assisting with the publication.

You will remember that last year we focused on members who have dedicated time to charity work. It was amazing to see examples of their incredible work and I will say it again, what an inspiring lot you are!

Please do follow us on our social media channels and read our monthly e-newsletters to hear about all developments, as the Periodical only contains a fraction of what the Society and our members get up to. If you ever have a story that you think would be of interest, please reach out to us and let us know. You never know, you might end up in our Newsletter.

I always recommend that our members read about the BSP Awards and Prizes that are available. These are a fantastic way get involved with the Society and show everyone the great work that you do. Details of all the awards can be found on our website: [www.bsperio.org.uk/professionals/awards](http://www.bsperio.org.uk/professionals/awards)

There are many ways to engage with the BSP, and we are happy that our membership and social media followers have grown in number for yet another year.

Facebook – 17,116

Instagram – 5,394

Twitter – 2,534

If you don't already follow BSP, I would encourage you to do so!

 @BSPerio

 British Society of Periodontology

 britishsocietyofperiodontology

I hope you enjoy reading the magazine – please send us any comments!

Best wishes from all the team at BSP!

**Dr Alex Pollard**  
Honorary Editor

## Article contributions

Don't forget that we love to hear from you! Whether it be feedback about our work or to share a news story with us. We send monthly e-newsletters to our members and the Periodical is printed annually. If you would like to contribute an article, then please contact us:

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# An Inspiring Time

by BSP President 2024, Professor Philip Preshaw



**This issue of the Periodical celebrates the 75th Anniversary of the Society. Our wonderful Society was founded in 1949 and our first President was Sir Wilfred Fish. I was proud to follow in his footsteps this year and be given the great**

**honour of serving the Society as President.**

This special anniversary is a time to reflect and celebrate all we have experienced and achieved in the past 75 years. It is lovely to read the articles written by Past Presidents on pages 14-19, sharing their favourite memories of BSP. These accounts highlight some of the great work undertaken by the Society and also focus on how it has united people, over the years, who share a passion for periodontology.

It is also a time to look forward, providing us with a chance to ponder on what we want to achieve and what we have to look forward to next. It is imperative that we continue to build and improve on what the Society has achieved over the last 75 years. With this in mind, I have been working with BSP Council to create a new Strategic Plan, setting challenging, long-term targets and focusing the direction of our goals over the next five years.

We remain clear in our vision to achieve "Periodontal Health for a Better Life" and will explore new ways to engage more effectively with patients, the public, dental and general healthcare professionals, policy makers and industry. Meeting the needs of our members and staying at the forefront of research and education in periodontology and dental implantology continues to be of paramount importance.

Embarking on a journey towards a goal is exhilarating and I am excited about the challenges and opportunities that lie

ahead for BSP. Whilst the real challenge lies in maintaining momentum throughout the process, we are fortunate to have so many dedicated Council members and BSP Representatives providing the driving force that propels the Society forward. Their hard work and commitment are crucial in helping BSP deliver on a huge range of projects and I am grateful to them all for their incredible support this year.

As a charitable organisation, we continually reflect on our achievements and seek to identify areas of improvement to ensure that we operate as effectively and efficiently as possible. I must thank our administrative team, Paula and Jo, for streamlining some of our processes and helping the Society to function smoothly and productively. They make a brilliant team and together support the membership, co-ordinate events and successfully manage the day-to-day running of the Society.

I have been supported this year on the Management Team by Professor Wendy Turner (Honorary Secretary) and Dr Ian Dunn (Honorary Treasurer) to whom I am grateful for their amazing support. Together we have navigated all aspects of running the Society, working with external partners and stakeholders, and responding to clinical enquiries from both members and non-members of the BSP.

As we look forward, I would like to celebrate our diverse and varied membership, comprising dentists, dental hygienists, dental therapists, researchers, academics, specialists and generalists, as well as the future of the profession – the undergraduates. This diversity is our major strength and is underpinned by something we all have in common – a passion for perio.

We rely on our members to be advocates and join our mission to raise awareness of the importance of gum health with the public and to educate dental & general healthcare professionals. I am grateful for your support this year, and, in turn, I hope that you have felt supported through the many educational initiatives we have undertaken. Please continue to remain an active member of the Society and help us to grow and develop over the next 75 years!





# The BSP Early Career Group

by Dr Devan Raindi

Reflecting back over the last 18 months of my role as Chair of the Early Career Group (ECG), I am extremely proud of our committee and the contributions they have all made to the Society within their respective roles. Moving forward from January 2025, I welcome Dr Chandni Shah into the role of Chair. The ECG will be taking on applications from 2025 for its **new Committee**, so please keep an eye out for when the application process goes live and this will include the additional role of **General Dental Practitioner Representative**.



One particular highlight has been the involvement of all ECG Committee members in the **BSP Dental Update Special Edition**, which was released in May 2024, covering the latest S3 Level Guidance with topics ranging across the field of Periodontology. Our thanks also go to the many senior authors who collaborated on the papers. Members and non-members are able to purchase this edition as a one-off on the Dental Update website if they wish.

The first hands-on **ECG Masterclass** of 2024 took place in London in May and covered the topic 'Minimally Invasive Non-Surgical Therapy'. This was a very successful and well received course led by Dr Claire McCarthy and Professor Luigi Nibali, with a surprise use of the KCL Simulation lab to practice non-surgical therapy on high fidelity haptic simulators! The second course in Manchester is fully booked and looks to be another great day for delegates in November. Special thanks must be given to Viren Vithlani, BSP Commercial Liaison Officer, for organising the equipment with kind support from Acteon, Hu-Friedy and NSK.

Based on the demand for high level BSP-led education and the success of ECG Masterclasses, the ECG are also excited to be working on new educational formats in collaboration

with respected dental societies to deliver further education to more delegates, so watch this space!

The ECG are also pleased to announce the launch of a new award called the **Primary Care Early Career Case Report** for dentists, hygienists or therapists at the start of their career. More details on this award are available on the website and we encourage and welcome any applications. Certainly, a must for those wishing to embark on further training in Periodontology or simply show off a case with great outcomes!

Based on feedback via the ECG, the BSP has now extended the New Graduate Membership rate for the **first three years** following registration with the GDC, rather than the first two, so please spread the word to colleagues who may wish to take advantage of this.

As a final note, please remember that the ECG is here for BSP members at the start of their careers in Periodontology, whether you are a dentist, hygienist or therapist, and we will always welcome your suggestions as to how we can push the Society and the specialty forwards. I look forward to meeting many of you in the future and please do not be afraid to come and say hello!

## Early Career Group Committee Members



Chandni Shah  
(Secretary)



Kitty Guo  
(Academic  
Representative)



Stephanie Turner  
(Dental Hygiene  
& Therapy  
Representative)



Payvand Menhadji  
(Postgraduate  
Representative)



Angeline Keh  
(NHS  
Representative)



Melissa Shemie  
(Social Media  
Representative)

# Awards & Prizes

To reflect our commitment to progression and innovation, the BSP awards annual prizes for research into periodontology and implant dentistry both for undergraduate, postgraduate and qualified dentists, dental hygienists and dental therapists.

## The Sir Wilfred Fish Research Prize

Awarded annually to encourage researchers in the early stages of their career. The prize is a certificate and cash of £1000

## Systematic Review Prize

Awarded annually to encourage systematic reviews which have an application to periodontology and implant dentistry. The prize is a certificate & cash award of £1000

## Audit Award

The BSP is committed to supporting audit proposals with funding of up to £500 per project with clear educational benefit. 4 awards may be made annually

## Poster Prize

Two categories: Research and Clinical Case Report. The prizes each take the form of a cash award of £500 and certificate

## BSP Clinical Fellowship Awards

Designed to support successful applicants to participate in or attend events that have a clear educational benefit

## BSP Research Grant

For postgraduate research, development and training up to £5000. For research projects with a clear application in periodontology

## Frank Ashley Undergraduate Prize

To encourage dental undergraduates at UK dental schools to undertake a project with a clear periodontal educational benefit. Two prizes of £500

## Primary Care Early Career Case Report Award

To encourage early career primary care dentists, dental hygienists and dental therapists. Two prizes of £250 and one year's free membership

## Primary Care Early Career Case Report Award

This year, we have launched a **new** award to encourage early career primary care dentists, dental hygienists and dental therapists to showcase the high standards of clinical periodontal care and reflective practice from the start of their clinical career.

- We encourage you to provide the patient perspective on the treatment provided.
- Case reports should not exceed 1500 words and should reference any relevant key periodontal literature.
- It is the responsibility of the author to ensure that they have obtained appropriate signed consent from the patient. Please do not include specific identifiable patient details in the case report.

## Prize

The prize will include a certificate, a cash award of £250 and one-year's subscription as a member of the British Society of Periodontology and Implant Dentistry.

## Case Report Guidance

The case report should be patient centred and focus on the periodontal care you have provided. Case reports can include non-surgical and surgical intervention, although a surgical case does not necessarily suggest a higher quality case report. Good quality non-surgical therapy, appropriately documented, is strongly encouraged for both award categories.

- The report should include information about the clinical condition before treatment, the treatment undertaken, as well as the outcome of treatment and a brief reflection. Photographs and radiographs will help illustrate the case.
- Treatment protocols should follow UK best practice guidelines where possible and justify the rationale for any treatment where this wasn't the case.

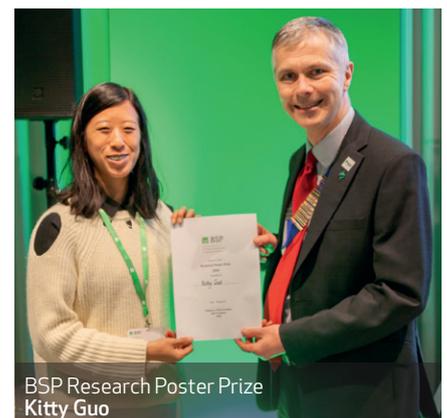
We recognise that putting yourself forward for a professional award can be daunting, especially if you are early in your career. However, our awards are designed to help support and strengthen your professional skills and create opportunities for you to advance your career. So, please be brave, find your inner competitiveness and remember, **"You've got to be in it to win it!"**

# Winners

We are delighted to announce the winners in the categories below.

- BSP Clinical Fellowship Award – Pasquale Santamaria  
Kiran Amin
- BSP Research Grant – Sara Sharaf  
Giuseppe Mainas
- Frank Ashley Undergraduate Prize – Laura Irving
- The Sir Wilfred Fish Research Prize – Crystal Marruganti
- BSP Systematic Review Prize – Faisal Alotaibi
- BSP Clinical Poster Prize- Sandeep Pai
- BSP Research Poster Prize - Kitty Guo

Visit the website to view all eligibility criteria, application details and submission deadlines:  
[www.bsperio.org.uk/professionals/awards](http://www.bsperio.org.uk/professionals/awards)



# BSP Research Grant

The BSP Research Grant is designed to support postgraduate research development and training.

The primary purpose is to enable the successful applicant(s) to undertake research projects with a clear application in periodontology, achievement and maintenance of peri-implant health, or management of peri-implant disease.

Dr Joshua Jackson has kindly shared with us how being awarded the BSP Research Grant Award in 2022 has significantly impacted his research.



## Funding Patient and Public Involvement & Engagement

by Dr Joshua Jackson

**I am currently an NIHR Academic Clinical Fellow and StR in Periodontology at Newcastle University and Dental Hospital.**

I was delighted to receive the BSP Research Grant Award in 2022 for my proposal, which aimed to co-design a project to develop a condition-specific oral health related quality of life (OHRQoL) measure for periodontal disease and peri-implantitis alongside my supervisors, Richard Holliday and Helen Rogers.

As clinicians, we are well aware of the impact that periodontal disease can have on a patient's oral health related quality of life. Patients highlight not only the physical aspects of disease, such as the impact on their functionality and appearance, but often highlight social and emotional factors, such as issues with self-confidence. Many of the tools used to assess OHRQoL in

periodontal disease are generic making them, at times, unsuitable for application in the specific issues that impact individuals with periodontal disease. Therefore, our aim is to produce a condition specific OHRQoL tool for periodontal disease.

As individuals that have had experience of a disease are best placed to determine the impact it has, we were determined to incorporate patients from the outset of the project. The BSP Research Grant Award allowed us to hold multiple focus groups and patient forums to co-design the project. Participants discussed the most widely used OHRQoL measures to determine whether they accurately reflect periodontal disease or peri-implantitis. They offered insights into the language used within the measures and how this may impact on the way in which they responded. Moreover, they proposed that current measures do not reflect the often 'silent' nature of periodontal disease, which was a concern shared by multiple participants. Members of the focus group highlighted their incentive for participating in research projects and proposed effective ways to recruit patients to future studies, which is a crucial aspect in validating an OHRQoL measure. Importantly, participants highlighted some of the flaws in our current recruitment strategies and how to communicate to potential participants more effectively.

We are extremely grateful to BSP for funding this initial Patient and Public Involvement & Engagement. We are in the process of applying for more funding to further develop a condition specific measure which would be of great importance to further understand the impact of periodontitis and peri-implantitis.



*One of the (BSP funded!) focus groups.*

# BSP Clinical Fellowship Award

The BSP Clinical Fellowship Award is designed to enhance clinical training.

It provides support for successful applicants to participate in or attend events that have a clear educational benefit, with explicitly stated educational outcomes.

Dr Kiran Amin has kindly shared with us his learning journey and the impact winning the award had on his personal training and development.



## Sculean Master Course in Periodontology by Dr Kiran Amin

I was fortunate to be awarded the BSP Clinical Fellowship Award this year as a final year specialty registrar in Restorative Dentistry at Birmingham Dental Hospital and Glenfield Hospital. Since 2016, I have been a member of the British Society of Periodontology and Implant Dentistry and have benefited immensely from the activities and support provided by the Society.

I value every opportunity to learn, enhance my skills and improve patient outcomes. The prospect to learn from internationally renowned leaders in Periodontology at the University of Bern led me to applying for the award which provides financial support for members in training to attend an event with a clear educational benefit.



On the left Professor Daniel Buser and on the right Professor Anton Sculean.

I had the privilege of attending an interactive 4-day Master Course on the Bernese Concept for the Treatment of Periodontally Compromised Patients at the University of

Bern. This was led by Professor Anton Sculean together with teaching provided by international experts in Periodontology which included Professor Giovanni Salvi and Professor Giovanni Zucchelli. The course included lectures on the evidence-based protocols for both non-surgical and surgical periodontal treatments followed by step-by-step demonstrations of procedures prior to well supervised hands-on workshops with tips and feedback provided. Workshops covered non-surgical treatment, treatment of peri-implantitis including the use of Galvosurge and implant removal kits, regenerative surgery in intrabony and furcation defects, resective and crown lengthening procedures and connective tissue grafting with coronally advanced flaps and the modified coronally advanced tunnel for managing

gingival recession. Several live root coverage surgeries undertaken by Professor Sculean with live commentary were also observed.

The comprehensive blend of lectures, hands-on workshops, and live surgeries provided invaluable reinforcement of taught techniques. I found this was particularly true of suturing to aid with stabilising grafts and coronal advancement of flaps. Additionally, the course materials, including lectures and live surgeries, were made available for three months after the course had completed to further enhance the learning experience.

The course not only proved to be a valuable learning experience but also an excellent networking opportunity. I was fortunate to meet and share ideas and practices with specialists from across the world as well as meet trainees in the department and discuss and compare training experiences. In the evenings I was able to explore Bern, an extremely picturesque city on the Aare River and unwind over local food and drinks with course participants and faculty.

Having attended the course I feel I have further consolidated my knowledge, gained various perspectives and developed my periodontal surgical skills which have been demonstrated in the cases I have managed since. I am extremely grateful to the BSP for their support.

If you are interested in applying for this award to further enhance your clinical skills, more information can be found by visiting the BSP website: [www.bsperio.org.uk/professionals/awards](http://www.bsperio.org.uk/professionals/awards). Best of luck!

# The Great BSPerio-dical 'Guess the Year' Quiz 2024

by Professor Philip Preshaw, BSP President 2024

We have collected a range of photographs from previous BSP Newsletters and Periodical magazines. Your challenge is to identify the year in which they were published. To help you identify the year, underneath each photo is a description of what is going on in the picture.

The answers will be revealed later in this issue of the Periodical, on page 19.

If you get all the answers correct, why not treat yourself to a glass of something nice? That would be a good prize, wouldn't it?

Good luck!



## Question 1

Here's an easy one to get you started. Hmm... what year could this be? Here we see pictured Professor Wendy Turner

(BSP Honorary Secretary), who was a volunteer in the polyclinic in the Athletes' Village at the London Olympics. This included an 8 surgery dental facility, staffed by 25 dentists, 26 nurses, 10 hygienists, 10 dental technicians and two receptionists providing a full range of dental treatment for the Olympic athletes. Well done to all those dental colleagues and BSP members who were part of this wonderful event.

## Question 3

**British Society of  
PERIODONTOLOGY**

This is the BSP logo that was introduced in this particular year, but which year was it? The previous (and original) logo featured the famous BSP Tree, surrounded by emblems of the individual UK countries, including what appear to be a rose, shamrocks, leeks and thistles. But these were felt to be outdated and were often confused with cats and prawns (or even earwigs), leading to the development of the streamlined design above. This has since been replaced by our current BSP logo, introduced in 2019 and updated following the name change to the British Society of Periodontology and Implant Dentistry.



## Question 2

Some true 'perio greats' are to be seen in this picture. L to R: Bernie Kieser, Ubele van der Velden, Roy

Page, Trevor Watts. This was at the Spring BSP meeting in Oxford in this particular year, under the Presidency of Dr Trevor Watts (in those days, BSP had two conferences per year – one in Spring and one in Autumn). The occasion was the presentation of Prof van der Velden with BSP Honorary Membership, and he was joined by two existing Honorary Members, Dr Bernie Kieser and Professor Roy Page, the latter who was also speaking at the conference. The conference theme was "Blame the bugs or blame the patient?". Sadly, Bernie Kieser and Roy Page are no longer with us – they are very much missed, but we still continue to benefit from their great work and impact.



## Question 4

The BSP conference in this particular year was held in Cambridge, with the Conference Dinner at the American Airforce Museum in

Duxford including a flying display from a WWII Spitfire. The President was the hugely missed Dr Graham Smart. His conference theme was "Confusion, Confounders and Compliance", featuring a range of key international speakers, including Prof Phil Marsh who gave a presentation with the intriguing title of "Dental biofilms – Slime, sex and subversion". I think that one was standing room only.



### Question 5

You will recognise the people in this photograph – Professor Ian Needleman playing the organ, and Professor Francis Hughes telling

him which notes to play (sorry, I meant turning the pages for him). We have benefitted from fabulous organ recitals from the very talented Professor Needleman on a number of occasions at BSP conferences, but perhaps none in quite as spectacular a location as this. This was at the BSP Autumn Scientific Meeting held at Birmingham Town Hall. Can you identify the year?



### Question 6

In the BSP's efforts to engage with the equivalent of "Perio-Swifties", the BSP roadshow went on tour, starting in this year and

for several years afterwards. Featuring (L-R) Philip Preshaw, Phil Ower and Anthony Roberts, the roadshow covered topics such as periodontal screening using the BPE, how to communicate better with patients, motivational OHE and OHI, and methods for non-surgical periodontal therapy. The BSP roadshows were extremely popular, and were always a good opportunity to catch up with old friends. Radio 1 has a lot to learn! What year was this?

### Question 7



At the Annual Conference dinner in this year, four Past Presidents of the BSP were awarded Honorary BSP Membership. L to R: Dr Isobel Madden, Professor Val Clerehugh, Dr Philip Greene and Professor Gerry Linden. The conference in that year was held in Edinburgh under the Presidency of Dr Penny Hodge, and the conference theme was "Longevity". We are assured that this conference theme had nothing to do with the award of the Honorary Memberships, but can you remember the year?



### Question 8

This photo is of Past President Dr Viv Ward, whose Presidential Address to the AGM in this particular year was entitled "Survival of the Species Homo Periodontus". In this, he paralleled the importance of

adaptation for survival of species in nature to the importance of adaptation in the workplace for working in periodontology. He illustrated his lecture with pictures of all manner of different creatures from the Galapagos Islands, which he had recently visited. Here is a photo captured by one of the Galapagos Islands residents, who was keen not to miss the opportunity to take a selfie with a passing BSP President.



### Question 9

No, this was not the annual BSP Golf Competition, but rather the premiere of the landmark and influential

film called "The Sound of Periodontitis". In this amazing video-documentary, patients with periodontitis talked candidly and openly about the impact that periodontitis had on them, and the benefits of the treatment that they received. This was shown for the first time at the EuroPerio conference in this year, to great acclaim, and highlighted the importance of patient and public engagement in periodontology. What year was it?



### Question 10

In his Presidential Address in October of this year, the BSP President, Professor Peter Heasman put forward a new theory that

he had co-developed with Professor Iain Chapple. Called the Heasman-Chapple Theory of Furcation Protection, it attempted to explain why we sometimes see bone remaining in the inter-radicular region of furcation-involved teeth in contrast to the generalised bone loss seen throughout the rest of the dentition. This complex formula is described as a Fourier series expansion, but sadly has yet to be incorporated into any of the Clinical Guidelines that have been published since then. Some people are just too far ahead of their time! But which year was it?

*BSP accepts no liability for any factually incorrect answers or otherwise non-useful information!*

# 75 + 75: Two Diamonds Still Going Strong!

by Professor Philip Preshaw

**It is a remarkable coincidence that two major UK dental societies that focus on the clinical discipline of periodontology are both celebrating their 75-year (Diamond) anniversary this year. Both the British Society of Dental Hygiene and Therapy (BSDHT) and the British Society of Periodontology and Implant Dentistry (BSP) were founded in 1949. This must have been a very exciting moment in oral and dental healthcare, given that the NHS had only just been established in the summer of 1948. At that point in time, dental treatment was free of charge. Not surprisingly, demand for treatment was very high (particularly after the hardships of the Second World War), and it was only a short time until charges were introduced for dental treatments. First, dentures became chargeable to patients in 1951 (at that time a majority of adults in the UK were edentulous), followed by other treatments in 1952.<sup>1</sup> The rest, as they say, is history!**

At the close of World War II, discussions were initiated between Gerald Leatherman, George Cross, Sam Cripps and Cyril de Vere Green, to consider establishing a national periodontal society.<sup>2</sup> The BSP was duly formed, and the first President was Sir Wilfred Fish, who was Winston Churchill's dentist. Churchill had lost several teeth in his younger years and was particularly worried that missing teeth and problems with dentures might affect his public speaking (surely one of his greatest assets). Accordingly, Churchill formed a close relationship with Wilfred Fish, and nominated him for a Knighthood in 1954. He sent a letter to Fish to inform him of the nomination, and also took the opportunity to enclose with the letter his dentures for repair! Churchill had several sets of dentures, and carried two of them with him at all times.

The objectives of the BSP are to promote "...for the general health, wellbeing and knowledge of the public, the art and science of dentistry and in particular the art and science of periodontology and dental implantology..." (The text referring to dental implantology was added when the

name of the Society changed to the British Society of Periodontology and Implant Dentistry in 2019). The BSP's founding President, Sir Wilfred Fish, was again appointed as BSP President for a second time in 1974 (on the occasion of the BSP's 25-year anniversary), and the BSP still awards an annual research prize in his name to this day. The Society membership is a rich mix of dental hygienists, dental therapists, general dentists, researchers, postgraduate students, restorative consultants, academics, and specialist periodontists. We also offer Associate Membership to other members of the dental team, practitioners retired from practice, and UK undergraduate dental, dental hygiene and dental therapy students.

The mission of the BSDHT is to "...represent the interests of members and to provide a consultative body for public and private organisations on all matters relating to dental hygiene and therapy..." It is noteworthy that the same Dr Gerald Leatherman, who was so influential in the founding of the BSP, was also very actively involved in the British Dental Hygienists' Association (BDHA, now BSDHT) from the outset. The first President (Chair) of the BDHA was Vera Creaton MBE who held this office from 1949-1957. Dr Leatherman himself was Honorary President from 1957 until 1991, and the highly prestigious Dr Gerald Leatherman Award (introduced in 1994) continues to be awarded by the BSDHT to individuals in recognition of their significant commitment and dedication to the Society and the profession.

At the date of the founding of both of our Societies, there were very few dental hygienists in the UK. Whereas dental hygienists had existed in the USA for many years (and these had such a profound influence on Dr Leatherman when he was working there) and had been introduced by the RAF during World War II to combat the huge amount of oral disease then present, the dental profession in the UK (i.e., dentists) at that time were very much against their introduction. However, and very importantly, the GDC licensed their practice in the 1957 Dentists Act. A little later, dental auxiliaries began working in community clinics in the early 1960s, becoming dental therapists in 1979. In 2006, the BDHA was renamed the BSDHT, and in 2013 Direct Access was introduced. It is certainly clear that it has taken huge efforts, commitment, and dedication over the years to

overcome very significant challenges, and to develop and consolidate the professional standing of dental hygienists and dental therapists to their current role and importance in the dental profession. And yet, there is still much more to be done.

Broadly speaking, the BSDHT and the BSP have the same general aims – to serve patients by providing treatment in the clinical discipline of periodontology, to provide education and training for clinicians, and to develop the profession to meet these aims. Team working is an essential component of dentistry in general and periodontology in particular, and dentists, dental hygienists and dental therapists working together provides the best opportunities for successful treatment outcomes. There are huge problems of access to NHS dental services in the UK at the present time, and dental hygienists and dental therapists will (and should) have a significant role to play in addressing these challenges. Support will be needed from all stakeholders, including the dental schools and education providers, the NHS and GDC, and of course government to address the funding issues and anomalies such as current lack of access to the NHS pension scheme for dental hygienists and dental therapists. All of these elements need to be brought together to create a truly cohesive dental work force made up of a range of valued team-members who work collaboratively to deliver best care for patients.

Reflecting again on the history of our two Societies, it is interesting that the BSP (under the Presidency of Professor Francis Hughes) and the BSDHT (under the Presidency of Dr Marina Harris) both celebrated Diamond Anniversaries

in 2009. Some online research reveals that two Diamond Anniversaries are celebrated: one at 60 and one at 75 years. Apparently, the original Diamond Anniversary is 75 years, but the 60-year version was added for the 60th anniversary of Queen Victoria's accession to the throne in 1897 (she reigned from 1837-1901). 2024 is therefore the second occasion on which the BSP and BSDHT have celebrated their Diamond Anniversaries. Many congratulations to our two wonderful Societies, whose histories are so closely intertwined and whose members work so closely together in the betterment of oral health. Here's to the next 75 years!

#### Author

Prof Philip M. Preshaw is President of the British Society of Periodontology and Implant Dentistry and Dean at the School of Dentistry, University of Dundee.

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# Looking Back – a Long Way!!

by Dr Roger Mosedale (BSP President 1986-87)

**The trouble with looking back is that the further one looks back the more the mists of time obscure the view! I have been a member of the BSP since, I think 1967, having my interest in Periodontics fired, initially, as an undergraduate, by Prof George Beagrie, even before graduation in 1962.**

During the early 1980's I was serving on The Secretary of State's Standing Advisory Committee for Dentistry having been proposed by the BSP in the hope of producing some recognition of the need for much more effective periodontal examination and treatment within the NHS and dentistry in general. I began to feel I needed a short paper to backup discussions on the Committee. I suggested to the BSP Council that we produce a short summary of what we felt Periodontology in General Practice should comprise – I suggested four sides of A4!!

As a result, in approximately 5 minutes, I found myself as Chairman of a small working group. This comprised myself, as a generalist at that time, but accepting an increasing number of referrals, Peter Floyd, a London Specialist Practitioner and Lecturer and Dr Fred Smales of the London Hospital Dental School.

The WHO/FDI with Prof Jukka Ainamo in Finland had been looking at the development of the Community Index of Periodontal Need (CPITN) to determine periodontal treatment need in communities. Fred Smales had been involved in this and felt it could be applied for use in general practice. We took a decision at the beginning that all our recommendations should be supported by quality research papers.



*From left to right - Prof Frederick Smales, Dr Jan Erik Ahlberg, Dr Roger Mosedale and Dr Peter Floyd.*

Thereafter, beginning in September 1985, we had a long series of meetings and in pre- email days these were face-to-face. It also happened that Colin Dexter, a well-known member of the BSP was involved with Unilever/ Mentadent through their Mentadent Preventive Dental Care Programme who agreed to sponsor the programme.

Finally, a draft of the First Policy Statement was agreed and eventually after some modifications, notably, clarifying that the CPITN was a Screening Index and was not for use in place of a full periodontal examination, when appropriate.

This was put to an Extraordinary General Meeting in December 1985. Eventually, after a meeting lasting well over two hours, it was agreed and Council was empowered to make further revisions without referral to the full Membership. The holding of the meeting on a freezing December day in the empty former Royal Dental Hospital building was I think relevant. The heating failed after a short time and the cold plus water seeping through the floor concentrated minds to compromise – if only to escape and get warm!! The document was finally published in May 1986.

A series of large meetings spread over the UK to introduce the system to practitioners, sponsored again by Unilever/ Mentadent was arranged throughout the UK in October 1987. Teams of us, using sets of identical slides, managed to speak to many hundreds of the Profession in what proved to be an exhausting few months!

Subsequently, as planned, the document was upgraded and CPITN morphed into the Basic Periodontal Examination and became more user friendly. A later version introduced the concept of risk factors and their modification where possible. Slowly this became the accepted standard for good practice.

Now, at last, we have reached the position where the latest European Guidelines cover all aspects of disease and treatment. What a journey!

During a long membership of the BSP I have had the pleasure of meeting and working with many exceptional and committed members. I must make an especial thank you to Professor Iain Chapple for assistance with later revisions of the Guidelines and with whom I hope I instilled periodontics as a basis for dental practice into Birmingham undergraduates and those in continuing education.

# My Memories of BSP

by Professor Frederick Smales (BSP President 1996-97)



**I joined the British Society of Periodontology in 1972. It was compact for a national society, with representatives from each UK dental school, a group of private specialised practitioners, mostly from London, and quite a large**

**number of oral pathologists, dental anatomists and other scientists who found the unique supporting tissues of the teeth worthy of study. As a dental student a few years earlier, I saw the discipline was dwarfed by large departments of prosthodontics, conservative dentistry and oral surgery. The disproportion in dental practice was similar, the public expecting a filling, an extraction or a denture at each regular visit but very few patients would ever see a 'gum' dentist.**

The personality and style of society members was interesting; usually well-turned out, slightly distracted, even a touch aristocratic, and possessed of considerable charm. There was Don Glenwright from Birmingham, Dermot Strahan from the Eastman, Bryan Wade from the Royal, Roy Howell from Newcastle, Ron Emslie from Guys, Torquil McPhee from Edinburgh and so on. From London West End practice, David Manson and John Zamet, the latter an enthusiastic advocate of American periodontology. Admirably, all were dedicated to periodontal healthcare and anxious to mentor the next generation. They were early advocates of team dentistry, clearly understanding the importance of dental hygienists.

Outwardly, things seemed quite placid. The enthusiasm of the group kept things ticking over and indeed many of them were making significant contributions to periodontology disproportionate to their small numbers. Do an internet search for a classic account by Ron Emslie of alveolar bone loss-driven drifting of the teeth without there being tooth mobility at any time. The pattern of a large two-day annual meeting with a dinner one evening and an autumn one-day meeting in London was set and they were very enjoyable.

At the time, periodontology was going through the greatest upheaval it would ever experience. We owe a debt to the forementioned colleagues for guiding the Society through the transformation. It began when the young staff at an upstart dental school in Arhus, Denmark conducted a series of Experimental Gingivitis Studies. They established that innocuous soft dental plaque, which had been hiding in plain sight for a hundred years, was the sole primary causative agent of chronic periodontal disease.

That was huge because hitherto there was a plethora of systemic and local factors, some of a semi-mystical nature, considered to be primary factors and clinical practice was a matter of choosing one from the list. An excellent account of how things were overturned is given by Professor Else Theilade, (JDR, 1996, 75, 1434-1438), which should be compulsory reading for Society members. In my view, the Society as I arrived was coping well with it all, going for evolution to the newly required patterns of practice rather than revolution.

There is a feature of the then newly throned dental plaque which almost certainly was of assistance to the Society then and in the years to come. It was quantifiable and so were two of its effects on periodontal tissues, namely gingival inflammation and attachment loss. The correlations were good, reproducible and they gave confidence to policy makers outside of the circle of periodontists that prevention and reversal of the unpleasant "pyorrhea alveolaris" in its early stages were practical propositions and applicable to whole populations. Inevitably increased resources including human resources were allocated.

From then the Society gained new and purposeful members who could be certain of the scientific basis of their calling. Such a contingent was settling in as I joined. Most are legendary now and include Aubrey Sheiham, Bernie Kieser, Newell Johnstone, Frank Ashley and great characters like Marsh Midda and Ian Davies. The stream of bright young new members has never stopped since and others can talk of those from the subsequent decades. They have been there to take advantage of the wonderful opportunities offered to the Society especially in the new Millenium; they include the participation of the expanded dental team, implantology, the EFP and evidence-based periodontology among others.

Happy Anniversary wishes to the Society and all its members.

# A Union with the EFP

by Dr David Hillam (BSP President 1988-89)



**I retired in 2001 and now live in a small village in Gloucestershire. Recently, I moved into a new house with magnificent views over a large area of Cotswold countryside. Fortunately, I am still fit**

**enough to have cleared most of the builder's rubble, constructed a pergola, dug a large pond and terraced a steep bank with 50 reclaimed railway sleepers. I also do a lot of travelling, especially to USA and Europe. Unfortunately, insufficient time prevents me indulging in many other interests to the extent that I would like!**

I qualified in Newcastle in 1964 and joined the BSP in 1968 when I became a Lecturer there under Roy Howell. At that time, formal postgraduate training programmes in perio did not exist so, in 1970, I moved to Birmingham Dental School where I gained excellent postgraduate experience under Don Glenwright.

In 1976, Monty Oliver was Dean at the Liverpool Dental School and needed an NHS consultant in perio who would also set up and run a School of Dental Hygiene. I was fortunate to be appointed and remained there until retirement.

Throughout my career, I enjoyed active involvement with the BSP and with the EFP. I was Assistant Secretary to the BSP 1980-82, Honorary Treasurer 1982-87 and President 1988-89. At Liverpool, we treated some of the members of The Spinners folk group and I recall the 1989 Conference Dinner at the Albert Dock in Liverpool when they came out of retirement to perform for us. I believe that was the first occasion that we had entertainment at a BSP event.

Whilst being BSP President, I was invited to join a European Co-ordination Committee convened by Ubele van der Velden (Amsterdam). This was held during a meeting of the French Society in Marrakech. His idea was to co-ordinate the activities of European perio societies, to agree common standards of training for specialists and to convene a major

European perio conference every three years. I remember that some of my British colleagues were sceptical of the proposals because of possible dominance by our European colleagues over the BSP and also that every three years, the BSP president would be prevented from organising his own conference in the UK. However, it was decided that English would be the official language of a new society and as I was the only native English speaker present, I was awarded the privilege of being the first General Secretary. In that position, I drafted the first Constitution and was able to suggest that the new society should be a federation of autonomous societies, one per country and not open to individual membership. This was readily agreed and hence the EFP was born, with full support from the BSP.

Being granted honorary membership of the BSP was the greatest honour of my career. I have seen the Society grow from being a small group of dedicated individuals who ran the show evenings and weekends on a shoestring, to a large professionally managed organisation. That has given me great satisfaction.

It was wonderful to meet up with BSP friends and colleagues at the recent 75th Anniversary Past-Presidents' Dinner in Newcastle. It was very successful and thoroughly enjoyed by all. We had a lively, wide-ranging discussion about people and events during the early years of the BSP. I think that I won the contest for the earliest BSP Conference attended - 1968 in Belfast, under Professor Alldritt.



*From left to right - Dr David Hillam, Ms Patricia Bickerton, Prof Valerie Clerehugh, Prof Robin Seymour, Prof Frederick Smales, Dr Isobel Madden, Prof Gareth Griffiths, Dr Penny Hodge, Prof Gerry Linden and Mrs Maeve Linden. Past Presidents' Dinner 2024, Newcastle upon Tyne.*

# Joining the BSP Family

by Professor Valerie Clerehugh (BSP President 2006-07)



I'm Val Clerehugh, Emeritus Professor of Periodontology, School of Dentistry, University of Leeds, having retired as Head of Division/ Department of Restorative Dentistry in 2018.

My first BSP meetings were back in the early 1980s! It was exciting and inspiring to see famous Periodontology icons like Professor Sigurd Ramfjord from Michigan and Professor Sture Nyman from Gothenburg at Don Glenwright's April meeting at the University of Warwick in 1981!

I quickly realised that BSP was a wonderful way of meeting others with a keen interest in periodontology in a friendly, welcoming environment with cutting edge speakers on a wide variety of topics, so I decided to become a member and join the BSP 'family'.

I was encouraged to enter for the BSP's prestigious Sir Wilfred Fish Research prize in 1982 and was proud to be awarded this jointly with Ken Eaton. BSP has a long tradition of supporting fledgling researchers and clinicians in a variety of ways through the award of a rich array of prizes, grants and fellowships.



From 1999-2004, I took on the role of Honorary Editor of BSP. One of my responsibilities was producing the BSP newsletter. So camera-in-hand, I would circulate round the key events trying to get those coveted pictures! Dr John Coventry was the first President I photographed in that era, followed by

Professor Hubert Newman, Mr Peter Floyd, Professor Phillip Dowell and Professor Richard Palmer. It felt very bold to

produce my first Newsletter enlarged and coloured green in 1999!



I remember when Phil Ower took over from me as Honorary Editor, he used his flair and panache to introduce colour into the BSP News to make it more visually appealing and full of interest. Nowadays, through the hard work of the Honorary Editor and the Administrative Team, the BSP Newsletter

format has further evolved into a stunning production we receive online which, along with the Periodical magazine, social media and the Patient Forum, ensure that the BSP Membership, the broader dental community, public and patients are kept up-to-date with the latest news and developments. We also have Educational Webinars, Masterclasses and a superb Website!

My BSP journey took two unexpected turns -

- 1) With huge surprise, Richard Palmer phoned me saying Council had nominated me as President of BSP for 2006-07, becoming only the second female President of the Society. I had fantastic support from my Honorary Scientific Adviser Iain Chapple, Honorary Assistant Secretary Philip Preshaw and BSP Council. I have to mention Anne Hallows, Administrative Secretary and Ghilaine Ower, Conference Manager who were absolute stalwarts during my Presidential year and for successions of Presidents and the whole BSP membership. Now Paula Dunn, Executive General Manager and Joanne Brown, Administrative Manager, are doing sterling work likewise - what would we do without them?
- 2) Honorary Membership of BSP was conferred in 2018. What honours!

BSP always looks to advance, develop and be at the forefront of Periodontology and Implant Dentistry and is pivotal in EFP matters. Fabulous!

# Reflections on “My” BSP

by Professor Gerry Linden (BSP President 2010-11)



On 16 January 1981, as I looked out from the School of Dentistry in Belfast, I saw a plume of smoke rising from south of the city. Unfortunately, this was my flat burning after the business underneath

it had been firebombed. Fortunately, nobody was injured. However, I never set foot in the building again as it was condemned and subsequently demolished. So, what was the first thing that I did? (answer below).

On a more positive note, it provided the opportunity for a new beginning. In the following year I put on my big boy pants, bought a house, got married, started training in Periodontology and joined the BSP.

The first meeting I attended was of the Teachers section, which in the 1980s took place on the day before the BSP meeting proper. There was a glitch in the Guys lecture theatre which meant that we were left standing outside. I



Prof Ian Needleman. Available if selected. I've got my boots with me.

didn't know anyone and was feeling increasingly anxious and stressed as we continued to wait. A man approached me and said, "I'm guessing you are new to these meetings and don't know anyone". He asked me my name and introduced himself as Mike Grace. He chatted with me, put me at ease and then introduced me to others attending the meeting. I am eternally grateful to Mike, who eventually became the editor of the BDJ, for helping me. His kindness and consideration encapsulate to me what our Society is all about: a welcoming, inclusive collegiate group that embraces all those who are involved, irrespective of who they are or where they come from. So, I was off and running as a member of the BSP. It was a highlight of my career and a great honour when some 25 years later I was the President (2010-11).

So how has the BSP impacted me from my isolated position as part of the Celtic fringe in Northern Ireland? At the professional level, it was important from the start to the end of my career providing opportunities to meet and chat to individuals who were interested in Periodontology, to discuss clinical problems and to get advice from more experienced colleagues. As an academic I had an interest in research, so it was invaluable to hear from acknowledged leaders in the field. I always headed home from BSP meetings enthused, better informed and secure that I was up-to-date with current thinking and, just occasionally, with the germ of an idea for future research. At a personal level, I always looked forward to the annual meetings and the chance to catch up with friends that I had made through the BSP. I have many unforgettable memories and in the limited space can only highlight a couple. I look back fondly to the dinner at the Golden Jubilee meeting in 1999 when Frank Ashley was the President. This was held in the fabulous setting of the Painted Hall at Greenwich. In 2008 Graham Smart organised a Spitfire flypast at the air museum at Duxford prior to our dinner under the wings of a B52 bomber. In 2013 we had a pre-dinner tour of Old Trafford, arranged by Philip Greene, with the opportunity to walk down the players entrance onto the pitch - as a Spurs supporter I lined up as a member of the away team. After 75 years the BSP is going from strength to strength and I trust the future will be onwards and upwards.

Answer: When I was left with only the clothes I went to work in my initial response was to buy boxers.

# Honoured to be the First Female President

by Dr Isobel Madden (BSP President 1994-95)



**I am Isobel Madden, lately Assistant Director at NHS Education for Scotland, where I was the Rural Training Adviser, managing a post-graduate programme for dentists working in the Highlands and Islands of Scotland,**

**and Head of School at the University of the Highlands and Islands School of Oral Health Science, based in Inverness but with cohorts of students in Stornoway and Dumfries. I retired in 2017 to enjoy village life in Perthshire, interspersed with some worldwide travel.**

I joined BSP in 1982, just after I had married and while I was working at Addenbrooke's Hospital as a Clinical Assistant. I was about to set up my own practice in Cambridge and this developed into a referral practice for patients with periodontal conditions.

When the Second North Sea Conference was held in Cambridge in 1985, I was invited onto Council in 1984 to act as a local contact for the meeting. We were using Robinson and Newnham colleges for accommodation for the meeting and had limited space for families. I well remember an American delegate asking how he could "get my kid into Robinson College". Don Glenwright, who would become President in 1980, took a puff on his pipe and said "Tell him three A's at A-level!"

I was one of the original members of the General Practice Group in BSP and I was honoured to become the first female President of the Society in 1994. I feel I owe my Ph.D., undertaken at the Eastman Dental Institute, to BSP, as it was as a result of my presentation at the BSP conference in 1995 that I was offered a place at the Eastman, with Hubert Newman and Gareth Griffiths as my Supervisors. My research was undertaken in collaboration with the Institute for Rural Health Studies in Hyderabad, Andhra Pradesh. I was

able to investigate the aetiology of periodontal diseases in a remote and rural population. Through BSP I made contacts with other researchers in this field and I would hope that all of us have helped advance the understanding of periodontal diseases in regions of the world where healthcare is minimal and oral diseases are a huge part of the general condition of the population.

My first attendance at a BSP Council meeting was in the old Middlesex Hospital site in Mortimer Market. I arrived, having stopped off at Liberty's for some shopping, to find a room full of eminent academic males, who were rather surprised to encounter a female general dental practitioner joining them. When the business had concluded, the President, Brian Wade, announced that we would have a break for coffee. Everyone looked expectantly at me, so I smiled sweetly at my colleagues and said, "thank you, I would love a coffee, just with some milk!"

I am glad to say that the society is a much more diverse organisation now and we are looking forward to welcoming our fourth female President in the near future. She will not be expected to provide the refreshments!



*Dr Isobel Madden with Dr Barry Eley*

**Answers to the 'Guess the Year' Quiz 2024 on page 10-11**

Q1:	2012	Q6:	2008
Q2:	2006	Q7:	2018
Q3:	2011	Q8:	2004
Q4:	2008	Q9:	2015
Q5:	2014	Q10:	2013

# Future Developments in Periodontology: The Next 75 Years!

by Professor Iain Chapple (BSP President 2014-15)



Crystal ball gazing into our wonderful discipline of Perio is challenging because there are so many developments and opportunities. Perio is a true “ology”: we have a broad biological science base, a biomaterials science base, a strong medical component in risk assessment and in diagnosing systemic conditions that present in/around the periodontal tissues, a large surgical element within regenerative and plastic surgery and implant surgery and proven important links between periodontitis and systemic non-communicable diseases (NCD), which contributes to premature mortality. Periodontitis is the major

cause of multiple tooth loss in individuals, with enormous health and economic consequences, now well-documented by the Economist and the Global Burden of Diseases studies. However, I see major advances in five key areas:

1. Personalised care and periodontal health monitoring, delivered via wearables and employing biofeedback using toothbrush technologies.
2. Risk-driven early case detection of periodontal health/diseases in non-dental settings.
3. Therapeutically, manipulation of the periodontal microbiome.
4. Realising the potential of pro-resolving lipid mediators.
5. Robotics and true periodontal regeneration will advance substantially through cell therapy approaches and 3D printing of scaffolds to deliver biotherapeutics.

Realisation of the above will of course involve AI to facilitate the development of such approaches. Fundamental to these developments will be public awareness campaigns and improving periodontal health literacy; this is a major challenge, but necessary to reduce inequalities in access to and delivery of care. Upwardly influential pressure from the public is critical for policy makers to start to prioritise prevention and develop funding systems to support it as part of a “universal oral health for all” plan. *Wouldn't it be amazing if everyone on every high street knew what “periodontitis” was and meant?* Diversification of the scope of practice of oral healthcare professionals will also be critical, receptionists, nurses, dental hygienists/therapists and dental surgeons.

1. I am not sure we will achieve “precision medicine”, whereby we can biologically test individuals and identify exactly which therapeutic approach/ regime

will work for them, largely because periodontitis is not a purely genetic disease. Lifestyle (diet, habits) and environmental factors (stress) all play a role. However, AI-driven algorithms that help patients and the public translate their risk into more bespoke oral hygiene and supportive care regimes will emerge. Biofeedback from smart toothbrushes could utilise saliva testing, Raman spectroscopy or heat maps from ultrasound/thermal imaging to identify when inflammation is starting to kick in. This will provide “personalised care”.

2. Point of care saliva testing for early case detection of periodontal status in pharmacies, GP practices and even at home should be with us within the decade. And the dental team will engage in early detection of systemic NCD, integrating medial and oral healthcare.
3. Oral microbiota transplantation using smart biomaterials to deliver healthy microbial consortia following debridement is also on the nearer horizon.
4. Managing inflammation and its resolution via “inflammation guided therapies” will become part of the therapeutic portfolio.
5. Finally, robotics and AI driven approaches to debridement, determining endpoints of therapy, and regeneration will likely become established.

What about a perio vaccine? I just can't see that addressing a polymicrobial biofilm-driven disease...I may be wrong. Either way, I wish I could be around to see some of this, but at 134 years-of-age, I may not feel very good!



# An interview with ... Professor Luigi Nibali

## 1 What is your position in the BSP and what does this role involve?

I am part of BSP Council and co-chair the Education Advisory Committee as well as standing as the Society EFP representative. I very much enjoy being involved in the BSP and hope to continue contributing to the Society for many years to come.

## 2 Whereabouts in Italy are you from and when did you move to the UK?

I'm from Sicily and grew up on the foothills of Mount Etna, which is an astonishingly beautiful place. However, I feel very British after 22 years in London.

## 3 What inspired you to be a dentist?

I actually almost grew up in a dental practice, as my father is a dentist and when I was a child his dental practice was in the same building as our house. Watching him work was always an inspiration, although I've ended up doing something quite different from his day-to-day general dentist job.

## 4 Where are you based during your working week?

Most days I am at Guy's Hospital, with some practice work in West London, North London and Hertfordshire.

## 5 Which aspect of your job do you most enjoy?

I enjoy the variety of what I do, with the mix of research, teaching and clinics. Combining the three is the most exciting part. The excitement of seeing a patient achieve amazing outcomes and maintain teeth which were considered hopeless is as enjoyable as seeing a student proudly complete their first periodontal surgery under my supervision or publishing a research paper.

## 6 If you could do any other job, what would it be?

If the footballing gods had given me a bit more talent, I would have quite enjoyed playing football for Napoli or Arsenal...joking aside, an alternative career to dentistry would have been in medicine.

## 6 What is the career highlight you are most proud of?

In general, travelling around the world to deliver talks and realising that colleagues have been following my work and my papers and are excited to meet me and learn from me makes me incredibly proud. They probably don't realise that every time I give a talk I learn from the audience as much, if not more, than what they learn from me!

## 8 How do you spend your leisure time?

When I'm not doing perio or running after my three kids, I do a lot of sport including playing in a veterans football team. I also love medieval history and am part of the Battlefields Trust, which promotes and protects Britain's battlefields. My particular interest is in battles fought in medieval England. When I can, I go back to the family vineyard in Sicily.

## 9 Do you have any pets?

No, three kids are enough entertainment...but I had a German shepherd growing up and I loved him.

## 10 What was the last thing you read in digital or in print?

A book about the Norman conquest of England.

## 11 What is your favourite type of music?

Not sure about the definition of their music, but I love Biffy Clyro and Kasabian.

## 12 What has been your most memorable vacation and why?

There have been plenty, but the first time in the States with my wife stands out. The occasion was an IADR conference, but seeing Ellis Island, where my great-grandparents had landed full of hopes one hundred years earlier brought me to tears. Obviously, they didn't make it big in the Big Apple and went back to Sicily and set up a pasta factory.

# Carpe Diem

## Seize the day! You only have one life, and every day is precious

by Professor Nicola West



**I am deeply honoured to be elected as your BSP President for 2025! This is the pinnacle of my career, and I'm committed to representing the best interests of our entire membership with**

**transparency and accountability. My vision is to elevate the profile and significance of periodontology, particularly its critical role in general health. I aspire to see growing recognition of this from our profession, patients, and the public alike.**

My love of perio began in 1990 when Professor Martin Addy offered me a PhD in periodontology. At the time, I had no idea what I was getting into, but it sounded like fun—and I've never looked back. Perio has become the passion of my working life. That said, I always balanced my career with family, working three days a week to ensure I could also enjoy raising my two wonderful children. My message to you is simple: everything is possible, with determination, support, and a little bit of courage, you can achieve incredible things. Your potential is limitless—so take risks and go for it!

I am Professor & Chair in Restorative Dentistry (Periodontology) at Bristol Dental School and hold an honorary consultant role in restorative dentistry at the Trust. I had the privilege of becoming the first female Secretary of the BSP, a position I held for two terms. Following that, I took on a more prominent role within the European Federation of Periodontology (EFP), where I am now in my second term as Secretary General—the first woman ever to hold this role! As BSP President, my focus is on using my experience and network to expand and diversify our membership, create new opportunities, mentor the next generation of oral healthcare professionals, and spread the passion for perio that leads to lasting success. During

my time as BSP Secretary, I set the stage for this vision by launching the highly successful Undergraduate Group and the "For Students, By Students" webinars.

I'm truly fortunate to be serving the BSP membership. As BSP Secretary, I was proud to have led the adoption of the highly successful EFP S3 perio treatment guidelines to the UK. This collaboration with the EFP is vital, and recently, we published the UK's version of the EFP S3 peri-implant guidelines, which we will be rolling out shortly. Our shared vision—Periodontal Health for a Better Life—is something I'm deeply committed to. As President, I'll champion this vision, with the BSP leading perio in the UK and promoting the highest level of evidence to support our oral healthcare professionals, stakeholders, policymakers, patients, and the public. Our efforts have already influenced national guidelines and policy, and I believe we must continue expanding our contributions to the EFP. We have so much to offer, and growing our participation and representation is a priority.

BSP Council is keen to listen to our members and adapt our vision, strategy, and efforts to your evolving needs. The 2025-2030 Strategic Plan, developed this year, reflects this commitment.

Working as a team is essential, and I hope that my November 2025 Conference will serve as a flagship event for this goal. We're teaming up with the British Society of Dental Hygiene and Therapy for a joint conference in Edinburgh at the Edinburgh International Conference Centre on 28-29 November, 2025. The event, titled **Oral Health Summit – PerioSmilesAhead**, promises to be something special. We'd be delighted to see you all there!

Finally, a huge thank you to all the contributors who have helped build the BSP over the past 75 years. I'm excited to serve as your President and look forward to working together.

Dear Friends,

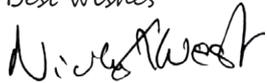
It is with great excitement that I invite you to my 2025 Presidential Conference, where the BSP and BSDHT will join together, uniting oral healthcare professionals for an in-depth exploration of periodontology and implant dentistry.

Taking place at the prestigious Edinburgh International Conference Centre (EICC) on Friday 28 and Saturday 29 November 2025, with BSP workshops on Thursday 27 November. This Conference promises a captivating scientific programme. You will embark on a journey through perio with three dynamic streams including perio-systemic associations, clinical guidelines, risk profiling, non-surgical perio, regenerative and reconstructive surgery and supportive perio care.

The highlight of this event will undoubtedly be the remarkable assembly of world-renowned speakers. We are honoured to feature experts such as keynote speaker Otto Zuhr, Giulio Rasperini discussing his "nightmare cases," and István Urban presenting cutting-edge techniques in vertical and horizontal ridge augmentation. Additionally, the programme will include the highly anticipated "A Pint of Science" session, a stimulating debate on the microbiome between Profs Curtis, Marsh and Chapple.

This promises to be an exceptional event you simply cannot miss and we would be delighted to welcome you there!

Best wishes



Prof Nicola West

# THE ORAL HEALTH SUMMIT

## 28-29 NOVEMBER 2025

EDINBURGH INTERNATIONAL CONFERENCE CENTRE

2025 JOINT CONFERENCE HOSTED BY



**BSDHT**

The British Society of Dental Hygiene & Therapy



British Society of  
Periodontology and  
Implant Dentistry

SAVE  
THE  
DATE

#OHS

#PERIO/SMILESAHEAD

# Become a BSP Member!

Membership of the BSP has a huge number of benefits – become a member by applying online today!

[www.bsperio.org.uk/professionals/join-the-bsp](http://www.bsperio.org.uk/professionals/join-the-bsp)



Our members are a rich mix of perio specialists and trainees, GDPs, dental hygienists, dental therapists, postgraduates, undergraduates, nursing staff and dental technicians.

The membership year runs from January to December, but you can join at any time. Membership rates are on our website and reduce as the year progresses, to reflect the shorter length of time remaining.