

4 Steps to improve YOUR Gum Health



As you will be aware, the British Society of Periodontology and Implant Dentistry (BSP) ran workshops in 2020 to review the European document entitled, “*Treatment of Stage I-III Periodontitis – The EFP S3 Level Clinical Practice Guideline.*”

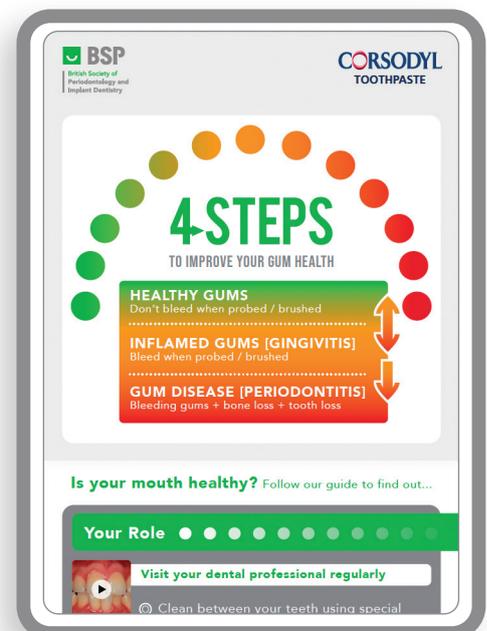
The BSP reviewed the guidelines, by involving Public Health England/NHS England and other important stakeholders, to ensure that the guidance could be used easily and effectively by oral health practitioners in the UK. It was also extremely important to the BSP to involve patients, who could present their important viewpoints in the workshops.

Following the workshops, the BSP produced a paper and put considerable effort into creating a wide range of educational resources for use by dental professionals in the UK: www.bsperio.org.uk/S3-Guidelines

In addition, with the kind support of Haleon, laminated professional flowcharts were distributed to UK practices to help dental professionals implement the guidelines in clinical practice.

Our objectives in creating this resource for patients and the public include:

- ⦿ Help the public understand what gum disease is
- ⦿ Raise awareness of how you can look after your gums and maintain good oral health
- ⦿ Reduce the stigma associated with gum disease (as highlighted in “*The Sound of Periodontitis*” video) by identifying the many causes including smoking, diabetes etc. www.bsperio.org.uk/periodontal-diseases/the-sound-of-periodontitis
- ⦿ Highlight that more can be done to aid gum health in addition to brushing your teeth
- ⦿ A key focus of the partnership with Haleon is supporting clinicians in driving awareness amongst the general public that bleeding gums are not normal, and to encourage regular dental visits to help prevent and manage gingivitis. Therefore, the Society has worked with Haleon to produce a lay flowchart for the public and patients, which conveys the importance of gum health in a simplified, informative way. The aim is to allow patients to empower themselves with evidence-based information to both take responsibility for aspects of their disease management and know that they are being offered appropriate, contemporary, evidence-based treatment.
- ⦿ Encourage the patient to take ownership of their disease and highlight the ways they can do this



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You can read more about the BSP UK Clinical Practice Guidelines for the Treatment of Periodontitis and view the lay flowchart by visiting: www.bsperio.org.uk/S3-Guidelines

We would encourage you to share this informative document with your patients, by printing the flowchart or sending it to your patients electronically. We believe that this is the most sustainable way to share this resource with patients and the public.

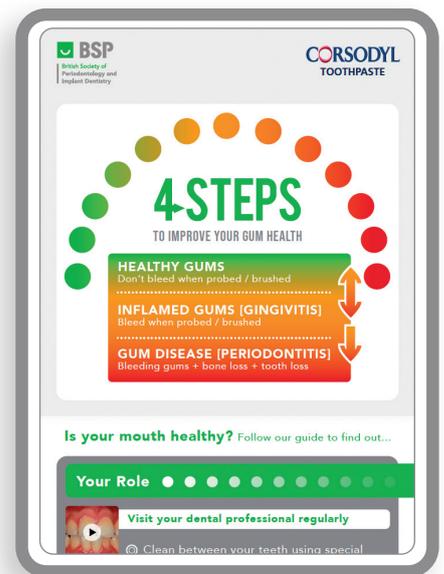
You may also find it helpful to display a copy of this flowchart in your waiting room and take the opportunity to talk through the flowchart at your consultations.

Together, we can make a difference and improve gum health in the UK.

Best wishes

Mike Milward

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