

periodical

The newsletter for members of the BSP • 2018/19








Paula & Tamsin

Paula Dunn (Executive General Manager) and Tamsin Lawson (Education and Events Manager) make a great team and do a fantastic job of managing the BSP.

Please contact them if you have any queries and they will always do their best to help you.

 admin@bsperio.org.uk

 British Society of Periodontology
PO BOX 261, Liverpool L25 6WP

 0844 335 1915

 bsperio.org.uk

Contributors

Richard Tucker [Editor]
Penny Hodge [President 2018]
Mark Ide [President 2019]
Phil Ower [Past President]
Paula Dunn [Executive General Manager]
Manoj Tank [President, ECG]
Reena Wadia [EFP]
Vipul Patel [ECG Secretary]
Aradhna Tugnait [Council Member]

Useful contacts

Paula Dunn (Executive General Manager)
admin@bsperio.org.uk

Tamsin Lawson (Conference & Events Manager)
conferences@bsperio.org.uk

For council members, school reps and regional reps,
visit our website: bsperio.org.uk.

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. Without them we wouldn't be able to do many of the things we manage to achieve every year as we work hard to fulfil our strategic aims and objectives for our members.

Johnson & Johnson



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*A note from
the editor...*

BY RICHARD TUCKER

“We continue to thrive as a society – working hard to serve our members and continuing to provide access to the latest updates”

COMMUNICATION ON MANY LEVELS

Continuing the BSP's commitment to communication, it has been another great year, with an incredibly successful EuroPerio9 meeting in Amsterdam, more patient-focused publications, our attendance at several dental exhibitions across the UK and a successful Gum Health Awareness Day in May 2018 – to name just a few of the many activities we've been involved in.

EUROPERIO9

You can read about EP9 on page 11, with thanks to Reena Wadia for writing that for us. The BSP's evening was a huge attraction and we saw many of you there – it provided such a good opportunity to catch up with friends and colleagues in a relaxed setting. The highlight of EP9 for many delegates, including myself, was the launch of the 2017 classification of periodontal and peri-implant diseases jointly published by the EFP and the AAP in their respective journals, JClinPerio and JPerio. Phil Ower has provided an overview on page 7 which was presented to the BSP Council in September 2018 for ratification. We will continue to be at the forefront of this development, disseminating information via webinars, printed literature and our website.

BSP WEBINARS

We continue to thrive as a Society – working hard to serve our members and continuing to provide access to the latest updates. One of the ways we do this is through our annual webinar programme. Free to members, it is an excellent way of joining your peers online to listen to experts and take part in live discussions. We plan these for evenings on a variety of days so we can make them available to as many of you as possible. And what's more, you get CPD points as well as a great experience. Last year the webinars were all hosted by Mandeep Ghuman who did a brilliant job running them on his own for so long and to whom we are greatly indebted. He is now joined by Ian Dunn who is helping as host as attendance and admin increases.

PATIENT INFORMATION

We are also committed to continue to provide patient information and this year has seen many copies of our popular patient information leaflet fly off the shelves. We have a new suite of infographics that supported our gum health awareness campaign (more of that over the page).

SOCIAL MEDIA

Of course we are highly active on social media and that's usually the best place to hear our latest news. Join our 12,000+ combined following on Facebook and Twitter to be first with our news and educational information.

For the future I can see the BSP continuing its dedication to excellent communications through its many platforms and we strongly encourage you to feedback and contact us too – for any perio information you need.

Richard Tucker



USEFUL LINKS

bsperio.org.uk

admin@bsperio.org.uk



Gum Health Awareness Day 2018

"A lifetime of smiling"

Every year, the BSP gets involved in the EFP initiative to raise awareness of the importance of gum health. Most of the countries that form part of the European Federation of Periodontology (EFP) undertake a variety of engaging activities to raise awareness in their country.

As a society, we are highly active and have run campaigns for the past few years on a number of topics. This year is no exception and we promoted **perio health in pregnancy and children** for:

- patients and carers,
- dental professionals
- non-dental medical professionals such as health visitors, doctors and pharmacists

Part of this initiative stemmed from the EFP's perio/carries campaign (launched January 2018), showing the link between the two conditions. Its report and recommendation brochures were compiled by the BSP's honorary secretary, Professor Nicola West, based on the consensus reports of the EFP's 2016 workshop and these are available on our website for patients and professionals.

The BSP was invited by the Chief Dental Officer to contribute "Top tips for children's oral health" and Council member Dr Claire Field collated and submitted a comprehensive document in a short timeframe.

USEFUL LINK:

Visit our patients' page at bsperio.org.uk and look for Gum Health Day 2018

This information was used to create three infographics for the three target groups. These and the infographics from the EFP Pregnancy project, modified by us for a British audience, were used for our Gum Health Awareness Campaign which ran throughout the summer 2018.

We used this theme for the backdrop to the many events we have attended this year - flying the BSP flag and generating much interest and discussion.

We have had great feedback and forged some excellent relationships with organisations working in the sectors we have targeted this year.



FOR CHILDREN & CARERS

Let's keep children smiling!

Want to know more?

Facts

Virtually all snacks contain sugar or acids in some form like fizzy drinks and fruit juice

Think healthy and you'll feel better, prevent fillings and gum disease and you'll also develop a strong immune system which can help protect against gum disease

Eating protein with every meal means you are less likely to be hungry between meals

Sleep slows down your body's ability to keep your mouth clean so don't eat close to bedtime

Resources

Access child-specific support to stop smoking: <https://www.nhs.uk/smokefree>

Virtual apps and motivational tools can help children to develop good habits, such as BrushDJ: <https://apps.bspia.nhs.uk/brushdj/>

We encourage you to take your child to the dentist from the age of 1 - find out more here: <http://bsperio.co.uk/ResourcingDental-Check-by-One>

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FOR DENTAL PROFESSIONALS

bsperio.org.uk (publications) - refer to this for all guidelines and standards', 'Be extra vigilant if the child has a known genetic syndrome or a related systemic illness', 'Periodontal examination and oral hygiene assessment and optimisation are essential prior to, and during, fixed and removable orthodontic treatment', 'Thorough pre-orthodontic assessment should include assessment of gingival biotype and consideration of the effect of anticipated tooth movements, such as gingival recession and development of enlarged embrasure spaces', 'Keep plaque removal and dietary advice simple and achievable', 'What can you do?', 'Download and share BSP patient resources', 'Check our website regularly for news & updates', 'BSP', 'British Society of Periodontology'."/>

Let's keep children smiling!

Dental professionals

The BSP is committed to raising awareness of the importance of gum health for children and pregnant women. This is our advice to dental professionals - to keep children smiling into adulthood.

Download our useful information for your patients

Ask about the parents of the child - do they have a history of periodontal disease?

Periodontitis in children is unusual - refer to a specialist in such cases

Periodontal treatments are the same for children as they are for adults, with adjustments required when prescribing systemic antibiotics

The child's ability to tolerate treatment under local anaesthesia or involving possible surgery must be considered

The BSP Good Practitioners Guide is available to download at bsperio.org.uk (publications) - refer to this for all guidelines and standards

Be extra vigilant if the child has a known genetic syndrome or a related systemic illness

Periodontal examination and oral hygiene assessment and optimisation are essential prior to, and during, fixed and removable orthodontic treatment

Thorough pre-orthodontic assessment should include assessment of gingival biotype and consideration of the effect of anticipated tooth movements, such as gingival recession and development of enlarged embrasure spaces

Keep plaque removal and dietary advice simple and achievable

What can you do?

Download and share BSP patient resources

Check our website regularly for news & updates

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FOR MEDICAL PROFESSION

Let's keep children smiling!

Health professionals

The BSP is committed to raising awareness of the importance of gum health for children and pregnant women. If you work with children as a healthcare professional, there is lots of advice you can pass on to help children maintain good oral health and keep them smiling throughout their lives.

Download our useful information for children, guardians & pregnant women

Let's keep children smiling!

Encourage a healthy balanced diet, avoiding sugar between meals - milk and water are safe drinks between meals

Use a fluoride toothpaste

Children should visit the dentist as soon as their teeth come through by their first birthday

Early referral and diagnosis reduces treatment need - don't wait!

Encourage parents or carers to meet their child's dental needs

Encourage parents to ask their dentist to demonstrate the most effective ways of cleaning their child's teeth

Children will need help at first but should be efficient at flossing or using interdental brushes at around the age of 10

Preventive advice has a positive impact on all dental disease

The Child Dental Health Survey 2013 showed that 68% of 15 year old had plaque which leads to significant risk of tooth decay and gum disease AND over 52% also had gingivitis (bleeding gums) affecting their adult teeth

What can you do?

Download our patient resources

Encourage children and their guardians to make oral health care a priority

Spread the word on social media

Check our website regularly for news & updates

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A MESSAGE FROM PENNY HODGE, BSP PRESIDENT 2018

“It never ceases to amaze me how widely involved the BSP is in so many areas of education, public engagement and policy...”

Dear Members,

What a year!

The **second Patient Forum** was held in London in early July, funded by GSK. Prof Ian Needleman and I felt privileged to hear from patients who are committed to spreading the word of the importance of perio health. The Forum has already contributed to our patient information leaflet and will help with all new patient information resources produced by the Society.

Education: In March our Early Career Group ran the last part of the leadership course, funded by Oral B. Nine webinars will be delivered in 2018, including one on the new GDPR regulations. Oral B is funding four webinars on the 2017 Classification of Periodontal Diseases, to be presented between September 2018 and February 2019.

A group of BSP members have developed a BSP implementation plan for using the **World Workshop 2017 Classification** in general dental practice and this will be published soon - more of that later in this newsletter.

Prof Nicola West and I took part in Johnson and Johnson's '**OH challenge!**' in March. This brought together opinion leaders in the profession to create a vision for all dental professionals to help improve patients' oral health.

EuroPerio 9 in Amsterdam was a huge success with presentations given by many BSP members at symposia and research sessions. The UK had the third highest number of attendees.

This year the GDC introduced new regulations for providers of **continuing professional development**. To fulfil these we have developed an Educational Governance policy and an Equality, Diversity and Inclusion policy which are now on our website. Two members of council independently evaluate the learning objectives and map them to GDC development outcomes for all of our educational

materials. Most importantly we'd like you to let us know what areas of CPD you would like us to cover and in what format.

Policy: During 2018 Dr Mike Milward has been coordinating feedback from BSP into the periodontal curriculum for the **Tier 2 pathway**. Dr Mark Ide, next year's president, is representing BSP in the development of **SNOMED CT coding in secondary care** by NHS England and has a small supporting team, including Manoj Tank (Chair of ECG). Members: Prof Ian Needleman, Prof Francesco D'Aiuto and Prof Philip Preshaw have been **advising Health Education England (HEE) and the Office of the Chief Dental Officer on the Diabetes and Oral Health Project**. Prof Iain Chapple has been **representing the EFP. NHS England will be using our perio and diabetes infographics** that we produced for Gum Health Awareness 2017. Dr Mark Ide will be giving a BSP presentation at the **HEE training day** in November.

I hope this newsletter gives you an insight into the ways in which Council represents you and the important role the Society plays in so many areas of dentistry, spreading the word of the importance of periodontal health in both oral and systemic health and well-being. None of this would be possible without the generous support of our partners, GSK, Oral B and Johnson and Johnson. Acteon and Hu Friedy, Biohorizons and WH have also kindly funded two of our webinars this year.

We also owe a huge thank you to our management team Tamsin Lawson (Education and Events Manager) and Andrea Williams (Communications) led by Helen Cobley (until June this year) and now by our new Executive General Manager, Paula Dunn.



Penny Hodge

Awards & prizes

Prizewinners 2018

Is there an award or prize for you?

The BSP offers some excellent awards and prizes for all members. Check out the website for eligibility criteria, application details and submission deadlines.

We are hoping to introduce a new prize very soon for dental therapists and hygienists - we will announce this via our usual communication platforms.

USEFUL LINK
[www.bsp.org.uk/
professional/awards](http://www.bsp.org.uk/professional/awards)



Poster Prize

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

Our warmest congratulations go to our prizewinners who were all presented with their certificates and prizes at the BSP annual conference in Edinburgh.



Emily Davison



Hiten Halai



George Bourne



Dr Federico Moreno Sancho

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 award of £1000

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

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

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

The John Zamet Memorial Prize

A discretionary prize awarded by the John Zamet Trust in recognition of periodontal progress in education or research

And the winners are:

Frank Ashley Undergraduate Prize

Emily Davison

Clinical Fellowship Award

Hiten Halai

Research Poster Prize

Jospehine Bayliss-Chapman

Clinical Poster Prize

George Bourne

Sir Wilfred Fish Research Prize

Dr Federico Moreno Sancho

The BSP Early Career Group

BY MANOJ TANK, ECG CHAIR

The Early Career Group has gone from strength to strength this year and it has been a pleasure working with such an enthusiastic group of professionals. The group has continued to support the work of the main BSP Council whilst taking on responsibilities for various projects. Our subsection membership has also grown to over 150 members and interest continues to develop in our activities. Our monospecialty trainee representative, Mitul Shah, has had numerous requests for information and guidance on training pathways in periodontology and I thank him for the excellent efforts he has made in replying with such detail over the year and keeping us updated on the changes that are taking place with specialty training.

The beginning of the year saw the conclusion of the leadership course which was originally organised by past-chair Rajiv Patel. We had a full day with the Executive Coach and NLP Master Practitioner, Dave Thornton, who provided entertaining and thought-provoking sessions on building relationships, understanding differing views and working with various interaction models to positively influence communications with others. Those who completed this 3-part course were presented with a certificate and will have the skills necessary to enhance their future leadership credentials. Many thanks should go to the main BSP Council who generously subsidised this course for our benefit, as well as the kind sponsorship provided by P&G.

Current past-chair, Praveen Sharma, organised a very successful Research Methods course with 16 keen delegates at the two-day course. With very positive feedback received, it is highly likely that a repeat course may be organised. Praveen has also been putting together a period edition of Dental Update that should be in print early next year. This will be a BSP-guided edition of the journal and should provide an update on all-things-perio for the dental profession, including the 2017 perio classification.

With respect to the 2017 classification, the BSP was keen to involve the ECG on its implementation group for releasing guidance on how to apply it. It was an honour to represent the ECG and work with a range of our well-respected professors and senior clinicians to put these guidance documents together. It is yet another reflection of how inclusive the BSP is and the family feel of our Society.

You may have noticed that the ECG was as busy as ever this year with our social media, especially during EuroPerio9 in Amsterdam. Our social media rep, Will Anderson, has launched our very own Twitter profile (@BSPerioECG). Just like the BSP's main social media, we will be sharing our news on both platforms, so please do follow us online! Thanks also to our current secretary, Vipul Patel, who helped with our social media activity during EuroPerio9. Vipul has also accepted an invitation to be the ECG's representative on the BSP's strategic planning group, which will see him work closely with some of our senior Council members to follow through on BSP's aims for the next five years.



It is yet another important role for the ECG and we all wish him well with this.

The BSP Council also asked the ECG to form a Publications Working Group, and the first task was to create six brand new patient information leaflets on various periodontal conditions and treatments. I was so pleased that every single member of our committee picked one leaflet and worked positively with a senior BSP colleague to produce these leaflets. These should be finalised and available to members and non-members early next year. Our Academic Trainee Representative, Priya Bahal, worked particularly swiftly on this project as she will be leaving us for maternity leave in October 2018 – we wish her all the best for this exciting time ahead!

In the past few years the ECG has been working on developing courses for our members which has been noticed by other organisations such as the Specialty Registrars in Restorative Dentistry Group (SRRDG). Our Restorative Trainee Rep, Richard Holliday, also sits on the SRRDG committee and has worked really hard to strengthen relationships between the two committees. We hope to use this platform to work together and jointly provide courses for the benefit of both sets of members. We also thank Richard for organising a great social event during BSP's Edinburgh Meeting.

The BSP has been hosting more webinars as feedback from our membership has been very positive and it provides flexible learning on topics relevant to our work, which is ideal for the new eCPD requirements. Well done to our own Hygienist Representative, Claire McCarthy, for a very successful and over-prescribed webinar on the hot topic of implant surface debridement.

That just leaves me to look forward to 2019, where Bobby Varghese will take the helm of the ECG. Bobby has always been keen for the ECG to progress further and so I am confident that it will be another fabulous year ahead!

Manoj Tank



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



BSP annual conference #BSP18

BY VIPUL PATEL, ECG SECRETARY

I descended on the city of Edinburgh and admired the beautiful scenery, eagerly anticipating the BSP 2018 conference: the theme was 'Longevity' and, as if to reflect this, the conference location was one of the oldest surgical colleges in the world, tracing its origins to 1505 - what an amazing and historic venue.

I think secretly we all get quite excited as 'conference time' comes around as it's much more than attending the actual event. In addition to the great opportunity to listen to inspiring international speakers who are leaders in academia, research and patient care, we also get an opportunity to catch up with old (and new) friends and colleagues, sharpen the old grey matter, and see (and play with) the latest instruments and technologies that industry has to offer. What more could we possibly ask for?

We all enjoyed a warm welcome from our President, Dr Penny Hodge, who started the proceedings with a smile as bright as her red suit, and rightly so for we were all in her home town and she was immensely proud. She started by outlining the theme of 'Longevity' and why, with an ageing population, the influence of genetics and lifestyle on the pathogenesis of disease is fundamental. With longevity comes the need for biomechanics and dental implants, which are playing increasingly complex roles to meet our patients' long term functional and aesthetic needs.

Dr Hodge was honoured to handover to the keynote speaker, Lord Mackay of Clashfern, who is 91 years of age. He treated us all to a mesmerising collection of short stories and humorous anecdotes about his remarkable life. Who would have thought a life that started as the son of a railway signalman, fueled on a 'plain diet' prepared by a mother who could do 'wonders with beetroot', would go on to discover a gift for mathematics that would take him to Trinity College, Cambridge, followed by law at Edinburgh University and ultimately to Lord Advocate and Lord Chancellor. A truly inspirational life journey...

Our chair Professor Gerry Linden delicately shifted the focus towards the theme for the day: 'The Link Between Diet and

Health and Disease'. Dr Mike Milward reminded us of the Greek physician Hippocrates, who realised the importance of food and health to wellbeing in 400BC... so it's not a new concept! We were shown the role of vitamins and minerals, and the concept of oxidative stress and free radicals on disease pathogenesis. The take home message being to discuss diet with our patients and consider diet modifications rather than relying on supplements.

Professor Jayne Woodside from Queen's University, Belfast introduced the need for a nutritional assessment to more completely understand the relationship between diet and chronic disease risks. The Mediterranean diet was discussed, and its proven benefits explained (sadly for us though, we don't have the same climate in the UK to help support our behaviour change). She ended with some great advice on encouraging healthy diet motivation in our patients and the controversial concept of a 'sugar tax'. The morning session ended with Professor Marion Hetherington who, as an experimental psychologist, described orosensory stimulation and its role in the satiety cascade. Who would have believed in such a concept - fascinating and thought-provoking. This was followed by a wide-ranging panel discussion to explore these ideas and concepts.

The afternoon session was chaired by Barbara Sturgeon, broadcaster, freelance writer and Patient Forum member. Professor Philip Preshaw from Newcastle University then shared his passionate insight and great depth of knowledge in the links between obesity, diabetes and periodontal disease. We now have some strong evidence, thanks in no small part to Professor Preshaw himself and my supervisor at the Eastman, Dr Jeanie Suvan.

This was followed by two enthusiastic speakers who provided some strong evidence and arguments for the role of vitamin D in health and disease. Professor Kevin Cashman discussed the role of vitamin D in diet and bone health exploring the concept of population health versus patient health and the role of vitamin D in fortified foods. Professor Thomas Dietrich brought it back to our field and explored the links between vitamin D and

(Left to right) At the Conference dinner, Dr Isobel Madden, Professor Val Clerehugh, Dr Philip Greene and Professor Gerry Linden were awarded Honorary BSP Membership.



periodontal disease. A lively discussion, led by the Chair, ended with the speakers being asked about their personal vitamin D levels and whether they would take supplements, which was fascinating.

I am sure some of you are grateful that an appraisal of the evening's events are beyond the scope of this article, but suffice to say there were many very smartly dressed folk, lots of good hearty food, plenty of nutritious alcohol and some very memorable dancing... some of which has made it to social media (you have been warned).

So, we all arrived, perhaps a little bleary eyed, but no less enthused for day two, which had the catchy theme of 'Dental implants - the appliance of science'. For those of you wondering how I know that catchy slogan, it is engrained in my memory from those old Zanussi adverts!

Day two's chair Professor Richard Palmer warmly introduced Professor Lars Sennerby who provided a concise, precise and wise journey through our increasing knowledge of a concept coined many years ago, as osseointegration. He succinctly described that the balance of implant stability (osseointegration) and load determined clinical success. We moved to the reasons for bone loss around implants under the guidance of Professor Torsten Jemt who stressed the significance of a possible inflammatory phenotype. He explored key risk factors and carefully dissected their roles ending with the synergistic effects of these risk factors to bone loss.

Dr Pierluigi Coli explained the significance of periodontal indices in relation to dental implants and the importance of disease definitions with reference to the 2017 periodontal classification for peri-implant diseases. Following which Dr Kevin Lockhead critically explored the evidence on the placement of implants in periodontitis patients and extrapolated the findings of key systematic reviews.

Dr Mark Ide invited Sir Wilfred Fish prizewinner, Dr Federico Moreno Sancho, to present his work. He eloquently described his fascinating research in the development and validation of an oral health quality of life questionnaire to assess key outcomes in patients in a critical care unit.

Professor Hugo de Bruyn closed with discussions on the highly topical field of soft tissue aesthetics around implants. The changes in patient aesthetic expectations over the last few decades have been significant and will require clinicians with brilliant surgical skills, but also brilliant communications skills, to achieve successful outcomes. He discussed the biological facts of recession and the surgical management options and pitfalls.

As the final panel discussion questions came to a close, it was sadly time for us all to return to reality. As we left BSP 2018 we felt huge gratitude to our amazing president for hosting an amazing conference, in an amazing city. Thanks also go to all the attendees for being a part of BSP 2018 and making it possible. Finally, a special mention to those who often do not get the recognition they deserve, but without whom we would not have a conference. So, a special big thank you to our conference organising team: Tamsin Lawson and Paula Dunn.

See you all in April 2019 for BSP 2019 in beautiful Brighton.

Vipul Patel



Reports from BSP Conference 2018

Practitioners' section report Teachers' section report

by Manoj Tank

It was an absolute pleasure to have two world-renowned speakers at the joint ECG-Practitioner's Section meeting at the 2018 BSP Conference.

Professor Francis Hughes delivered a thorough update on salivary diagnostics, a diagnostic testing method that is increasingly popular with our European friends. We were taken on a journey through the various tests that have been developed, and subsequently shelved, over the past two decades.



Many enzyme and cytokine tests have previously been developed, yet none have shown the desired sensitivity and specificity for validity. The one which has shown correlation with clinical findings is the activated MMP-8 test, but it too has its limitations. The suggestion was made, however, that such tests could be very useful in non-dental settings, for example in diabetes clinics, as a quick and easy way to screen for the possibility of periodontitis and therefore help advise a patient to seek further dental, and periodontal, assessment.

The second half of the session was an entertaining and interactive presentation by **Professor Mike Lewis** on non-plaque related gingival conditions. This was an important refresher on the types of lesions we may all come across during our working day and the format of the presentation kept everyone on their feet trying to master the quiz! No doubt all those present left having a greater awareness of such lesions as well as how to differentiate some of the similar-looking lesions from each other.

by Aradhna Tugnait

The Teachers' Section was pleased to welcome Dr Jo Hale, Senior Research Associate at University College London's Centre for Behaviour Change who has extensive experience in psychological research.

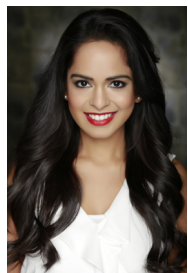
The attendees at the Teachers' Section were entertained and informed about the factors affecting behaviour change in a presentation by Dr Hale. She illustrated her talk with a number of examples of barriers to behaviour change and was even prepared to share her own interdental cleaning habits, a brave move in the name of education when alone in a room full of oral health professionals!

An evidence based approach to changing behaviour and how this might relate to the dental setting was presented. This interactive session enabled the audience to explore how to make a behavioural diagnosis and select interventions to match the diagnosis.

The audience thoroughly enjoyed the session and it is hoped that the BSP membership might hear more from Dr Hale in the future.

"It is important to consider the factors affecting behavioural change in relation to a patient's attitude to oral health"





EuroPerio9 Amsterdam 2018!

REPORT BY REENA WADIA



For the first time ever, EuroPerio congress attracted over ten thousand dental professionals. There were participants from 111 countries with 25% of delegates from outside Europe - a truly international event.

The 4 days at the RAI in Amsterdam were packed – the programme featured 134 presentations in 42 sessions – more than any other EuroPerio congress. There were many British speakers including Prof Iain Chapple, Prof Ian Needleman, Prof Philip Preshaw and Prof Mike Curtis.

Here are a few highlights of the programme:

The opening ceremony, which included a laser show and dance performance featuring the congress chair Michèle Reners. There was also a flag parade in which representatives of each of the EFP's 30 affiliated national societies took to the stage with their national flags. Manoj Tank proudly represented the BSP.

The long awaited **2017 classification of periodontal and peri-implant diseases and conditions** was revealed and discussed. The key authors of each of the 4 consensus reports presented the reasonings behind the change and discussed how the 2017 classification could be incorporated into clinical practice to have a positive impact on patient care. Prof Iain Chapple led the first session on findings from workgroup 1.

Perio Talks, which was the first of its kind, featured eight speakers who gave short inspirational presentations on their professional careers.

The **3D science film titled peri-implantitis and its prevention** produced by Cell-to-Cell Communication was shown. This offered insights into one of the main challenges faced by dental professionals in daily practice.



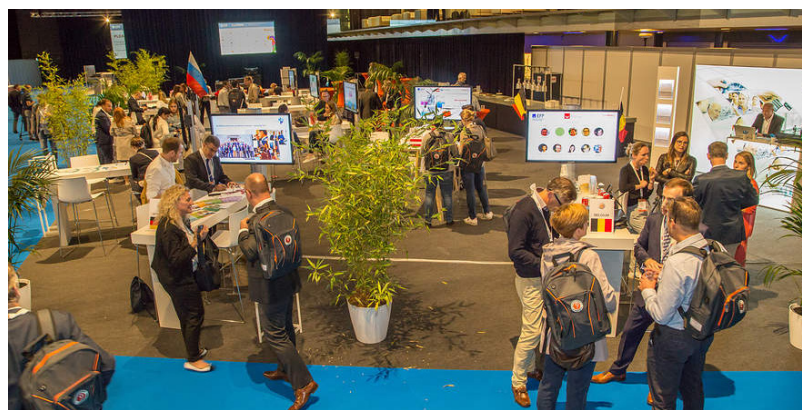
Live surgery was performed by Prof Giovanni Zucchelli at the ACTA dental school and transmitted in real-time to the audience at RAI Amsterdam.

One of the final presentations was by Prof Klaus Lang on **50 years in periodontology**. He started off his lecture by saying, "it is all about people," and took the audience through a journey where he gave credit to many of the other perio pioneers.

There were also many **competitions and award ceremonies**. It was wonderful to see two UK winners for the EFP undergraduate essay prize – Emily Davison and Natasha West.

As well as the science, there was plenty of time to party and catch up with friends and colleagues. Everyone enjoyed the **BSP social event** - special thanks to Tamsin for organising such a vibrant occasion.

EuroPerio10 will take place at the Bella Centre in Copenhagen from the 2-5 June 2021. The organising committee will include our very own Prof Nicola West (UK) as treasurer. Just as EuroPerio8 in London seemed like a tough act to follow, EuroPerio9 has set some very high standards for EuroPerio10!



Helen, thank you

After ten years with the BSP, and a senior career in the NHS prior to that, Helen Copley left us in June 2018, to pursue retirement, travels and family time. The BSP owes her huge credit for many of the developments of the Society during her time as Executive General Manager. Here are excerpts of letters to Helen from two key members of council that sum up how we all feel about Helen. Helen was awarded the prestigious Emeritus membership at the BSP Conference dinner so she is now a BSP member for life.



Dearest Helen

You have been instrumental in shaping, growing and furthering The British Society of Periodontology over the last ten years, and we are indebted to you for sharing your vision and wisdom with us whilst being the powerhouse of the BSP.

You have served with 10 presidents, 2 secretaries and 2 treasurers, attended 40 council meetings, 16 conferences, 10 AGMs and umpteen roadshows, no mean feat, and you have undertaken this role always to the highest level of excellence and rigour, with thought and generosity. The BSP has thrived under your guidance and it has been such an honour and privilege to work with you as secretary for the last 5 years. Your knowledge and commitment is second to none.

I will truly miss our regular chats and determining the perfect shoe choice to complete our next ensembles. A study published in the Journal of Research in Personality 2012 found that our shoes reveal a lot about our personalities, yours are amazing!

Nicola West

Dear Helen

You have served BSP with all your heart and strength for the past ten years. You are dedicated, highly organised and a wonderful negotiator.

Your friendly, outgoing personality has benefitted BSP immeasurably with increasing our membership and welcoming each new president onto Council. You have also worked tirelessly to secure funding from our partners. Your experience and knowledge of all areas of business management have been invaluable in keeping us on top of new regulations and helping to control our spending.

You always look immaculate and as a fellow follower of Imelda Marcos I warmly appreciate your interest in shoes. It always amused me that you arrived for Council meetings in trainers and changed into six inch Lulu Guinness stilettos!

I knew I would get on well with you when I discovered you are from Yorkshire, not shy in coming forward, direct and to the point! From one Yorkshire lass to another, I'll tell you this for nowt, you've been champion. I will miss you but I am sure we will keep in touch.

Penny Hodge



Meet Mark Ide

BSP PRESIDENT ELECT 2019

Mark Ide will be BSP President in 2019 - here is an official introduction to him - the man, the periodontist and the West Ham supporter!

Mark believes in the improvement of periodontal, oral and systemic health for the public through a combination of education of the dental and medical professions alongside patients, and the delivery of effective services supported by the use of high quality contemporary research to inform policy makers. He hopes to build on work already started by BSP to develop some of these themes this year, and to continue to grow a sense of community and involvement within BSP and with outside bodies. This year will present a range of opportunities to work with others to help the society achieve this, and Mark believes that the more people that are involved, the better!

BACKGROUND: Mark is a Reader in Periodontology and Honorary Consultant in Restorative Dentistry at King's College London Dental Institute, and has a range of experience in several different aspects of Periodontology in Specialist Practice, Hospital and Academic settings. After graduation from UMDS (Guy's) Dental School he spent some years working in posts in Oral and Maxillofacial Surgery before a period of further study led to the award of an MSc (Distinction) in Periodontology and PhD by the University of London and the Fellowship in Dental Surgery of the Royal College of Surgeons of England. During this time he was Deputy Director of the School of Dental Hygiene and set up the first of two successful long term private practice lists focusing on periodontology, restorative and implant dentistry. He has over 25 years experience in this setting and has been a Specialist in Periodontics, Prosthodontics and Restorative Dentistry since 2001.

TEACHING EXPERIENCE: Mark has been discipline lead for periodontology for 14 years and postgraduate/specialist programme lead for 10 years. He has supervised over 30 research



projects mostly at masters level and includes 4 PhDs. He has received various awards for teaching together with a Fellowship of the Higher Education Academy (Advance HE). He has been an external examiner at undergraduate, masters and PhD level at various UK and international schools, and is presently the periodontology lead for the MRD examination at RCS England. He referees papers for 11 journals, and has been engaged by Clearcast and the RACC for the vetting for relevant UK radio and TV advertising for several years.

RESEARCH: His main research interests currently include links between periodontal and systemic health and disease, and the use of biomarkers of these for individuals and populations. He also works with colleagues on the management of risk factors and behavioural modification in patient management.

SOCIETY COMMITMENT: Mark previously served as Honorary Secretary of BSP for four years and is also a member of the American Academy of Periodontology, British Society for Oral and Dental Research, British Society for Restorative Dentistry, the European Association for Osseointegration and the Association for Dental Implantology (UK). He also has been a Council member of the Odontological Section of the Royal Society of Medicine.

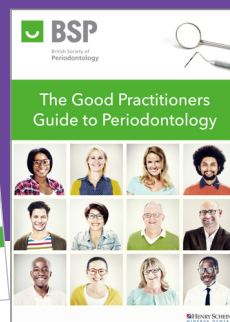
OUTSIDE WORK: When not doing the above or spending time with his family, Mark is interested in listening to and playing music, making or watching cars and boats go quickly, and cinema. He addresses his inner masochist by an allegiance to West Ham United football club.

BSP resources

The BSP is dedicated to education and raising awareness of the importance of gum health. We do this through a variety of activities including the production of literature: from flyers and posters to leaflets and publications.

Over the past year, our popular Patient Information leaflet has had to be reprinted several times as it is in such high demand! You can order a quantity at a small charge (just to cover P&P and admin) for your practice, from our website. The Good Practitioners Guide continues to be considered the 'go to' reference guide for dentists, hygienists and therapists alike.

We have added a useful range of infographics this year, all available from the patient pages of our website. They cover a number of topics in an easy to follow format. Please let us know if there is anything you would find useful that we don't currently provide.



Spotlight on... Nicola West

Nicola is Professor of Periodontology, Head of Restorative Dentistry and Director of the Clinical Trials Unit at the Bristol Dental School, University of Bristol (UK).

Nicola's research is focused on developing research methodologies, the scientific evaluation of oral health care products, toothwear



and dentine hypersensitivity, and the association between periodontal health and dementia. Alongside this role, Nicola runs a thriving specialist periodontal practice in Clifton Village, Bristol. She lectures widely in the international forum, has published numerous papers and has been awarded substantial grant monies particularly from industrial sponsors.

Nicola is on the Specialist Advisory Committee (SAC) of the Royal College of Surgeons of England for Restorative Dentistry, assessor for the SAC GDC Periodontics Specialist Listing Applications panel, a UK member of the International

Standards Committee and is on the advisory board of the Oral Health Foundation, as well as being on the editorial board of the Journal of Dentistry and the BDJ.

More recently, Nicola has been elected Secretary General of the European Federation of Periodontology (EFP), the first woman to hold this role, and Treasurer of EuroPerio10 for the EFP, the world's leading periodontal congress, which will be held in Copenhagen, 2021.

Nicola is passionate about bringing periodontal health onto the public agenda and raising awareness of its importance both here in the UK and across Europe.

We told you she was busy!

BSP presidents unite!

A group of past BSP presidents enjoying dinner together before the 2018 Conference!



Educational dates and events

BSP 2019 Annual Meeting

"IS THIS THE MODERN WAY?"

24-26 April 2019, The Grand, Brighton

bsperio.org.uk/events

Dentistry Show & BDA Conference

17-18 May 2019, Birmingham

thedentistryshow.co.uk

BSP webinar programme

We provide a lively and interesting webinar programme every year – across a variety of themes. All of the webinars are CPD verified. You can 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 on the evening but there is the option for registered participants to view the presentations afterwards.

DID YOU KNOW
a 2018 webinar on the
2017 classification
of perio disease
attracted 1700
registrations?



4 webinars: "2017 Workshop on Classification of Perio Diseases"

Oral B is funding four BSP webinars on the 2017 World Workshop on Classification of Periodontal Diseases.

The first of these was presented by Prof. Iain Chapple on 'Background from the Management Group' and 'Classification of Health and Gingival Diseases'.

Prof. Ian Needleman will present a further webinar on Periodontitis (November 2018) and two more will be delivered in December 2018 by Prof. Francis Hughes and in February 2019 by Prof. Nikos Donos.



FOR INFORMATION, UPDATES,
ENQUIRIES & BOOKINGS:
bsperio.org.uk/events

The 2017 periodontal diseases classification

and what it means for general dental practice

BY PHIL OWER

The proceedings of the 2017 World Workshop on the classification of periodontal and peri-implant diseases was published during EuroPerio9 in June. The new system is designed to replace the 1999 classification system, accommodating advances in knowledge derived from both biological and clinical research that have accumulated over the last 20 years. The principle changes see the defining of periodontal health for the first time, removal of the term 'aggressive periodontitis' and the introduction of a staging and grading system to describe periodontal disease - similar to that used for describing various forms of cancer. The full details of the workshop can be freely found on the Journal of Clinical Periodontology website (Vol 45).

Originally the new system was envisaged for use in the general practice setting but there were concerns expressed following publication that the complexity of the new system rendered its adoption in general practice unlikely, especially in the UK. The BSP set up an implementation group to discuss how the new system could be implemented in the general practice setting. The group was chaired by Iain Chapple and consisted of Thomas Dietrich, Phil Ower, Nicola West and Manoj Tank with additional input from Francis Hughes, Ian Needleman, Penny Hodge, Mike Milward, Reena Wadia and Clemens Walter. Following wider consultation within the BSP, the implementation group produced a paper that was approved by the BSP Council - due to be published in the British Dental Journal in January 2019.

The aim of the new official international system was to describe the severity and extent of periodontitis (staging - a reflection of the amount of periodontal tissue loss), as well as the patient's susceptibility to periodontitis (grading - as reflected by the historical rate of periodontitis progression). The implementation group felt that the new system was too complex for general practice but we agreed that the system could be implemented in the UK if severity was distilled down to historical bone loss only and if susceptibility was described by the ratio of the percentage of bone loss to the patient's age - criteria that most clinicians already use when determining an individual patient's disease experience and susceptibility.

Most, if not all, BSP members will have looked at the full workshop proceedings by now and full details of the revised staging and grading system will be described in the BDJ paper but it will be of interest to BSP members to see how the implementation group adapted the new staging and grading

system to the general practice setting. These are the revised tables that we devised to assist with the staging and grading of periodontitis:

There is more detail in the tables in the paper that will appear in the BDJ. For example, in relation to interproximal recession in mild periodontal cases where radiographs are not justified, and readers are encouraged to access the BDJ paper as soon as it is published. The grading table is not as complicated as it looks: if the maximum % bone loss is less than half the patient's age they are Grade A, if the % bone loss exceeds the patient's age they are Grade C and all other cases are Grade B. Calculators do not need to be put out with the mirror and probe!

The staging and grading of periodontitis in general practice should be a rapid process but we have made clear in the paper that the classification of periodontitis by means of staging and grading is only one part of diagnosis; classification is a historical label of the patient's disease experience and diagnosis should also include details of the patient's current disease status (pockets and bleeding on probing) and risk factor profile. We recognise that the vast majority of clinicians measure pockets and not attachment levels and determination of the latter is not included in our proposed implementation of the full system. We have also described how the BPE system can fit with the new system and we have devised new infographics that describe the process of diagnosis in detail.

We would welcome any comments or suggestions from BSP members who are using the new system once the BDJ paper has been published.



STAGING	STAGE I (early/mild)	STAGE II (moderate)	STAGE III (severe)	STAGE 1 (very severe)
Maximum interproximal bone loss	<15%	coronal third	mid third	apical third
Extent	Describe as: <ul style="list-style-type: none">• localised (up to 30% of teeth)• generalised (more than 30% of teeth)• molar / incisor pattern			

GRADING	GRADE A (slow)	GRADE B (moderate)	GRADE C (rapid)
Maximum % bone loss / age	<0.5%	0.5 - 1.0	>1.0



As new information becomes available, we will announce it via social media, our e-newsletter and on our website so please follow our news channels. Information is also available at the efp.org website.

Join us!

If you are not already a member, why not consider joining the 1280+ 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 on our website and reduce as the year progresses, to reflect the shorter length of time remaining. Our members are a rich mix of specialists, GDPs, dental hygienists, dental therapists, postgraduates and undergraduates.

Contact Paula Dunn, Executive General Manager, at BSP HQ for more information, including a membership pack to tell you everything you need to know: admin@bsperio.org.uk.

