

# periodical

The newsletter for members of the BSP • 2019/20



CELEBRATING 70 YEARS



**BSP**

British Society of  
Periodontology

Member information  
Education & Events  
Annual Conference report #BSP2019  
Early Career Group news  
BSP 70th Anniversary celebrations  
EuroPerio review  
Implementing the 2017 Perio classification



## Paula & Tamsin

Paula Dunn (Executive General Manager) is responsible for the day-to-day management of the Society and is central to all activity at the BSP.

Tamsin Lawson (Education and Events Manager) is responsible for organising our Annual Conference and our educational webinars and events throughout the year.

Together they make a fantastic team and work hard to keep the Society running and our membership happy. Please contact them if you have any queries and they will be happy to help you.

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For all the latest news visit our website and follow our social media channels:

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## Thank You to our Partner Sponsors...

As a charity, we rely on funding from organisations to enable us to succeed in our aim to advance all aspects of periodontology and dental implantology and promote the importance of gum health to dental and medical professionals, undergraduate students, patients and the public.

We wish to extend our sincere thanks to our 2019 Partner Sponsors who have provided the Society with funding and support for many of our activities this year. We have successfully completed several initiatives this year and recognise that their support has enabled us to achieve our strategic aims and objectives for our members.

We are extremely grateful to Acteon, GSK, J&J and Oral-B for their support and have very much enjoyed our successful working relationship with them this year.



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# Welcome to the 2019/20 Issue of the Periodical!



As you will read on page 5, the BSP has had an extremely busy and successful year. The Society has worked extremely hard to achieve many of its strategic aims, by juggling a number of important initiatives to

promote periodontology and the importance of gum health to dental and medical professionals, undergraduate students, patients and the public.

Founded in 1949, the British Society of Periodontology also celebrated its 70-year Anniversary this year and, as you will read on page 12, we managed to find time to combine learning and celebrating this special occasion on the 14th June.

One of our most successful campaigns this year has seen us at the forefront of the dissemination of the 2017 Classification of Periodontal Diseases, creating a decision-making flowchart (algorithm) to help practitioners to adapt to the new classification. As part of our mission to support the profession, the BSP produced a laminated version and has successfully distributed over 52,000 copies to practitioners and dental schools throughout the UK. In addition, the BSP received extremely positive feedback for its series of webinars to promote the 2017 classification systems. The series, scheduled from October 2018 to February 2019, was made free of charge and available for everyone to access. I would strongly encourage you to read Dr Ian Dunn and Professor Nicola West's fantastic article on page 18, where they address the most frequently asked questions about implementing the 2017 Classification to reach a diagnosis in Clinical Practice.

As a Society, we recognise that good, effective communication is key and essential for us to achieve and maintain strong, lasting working relationships at all levels of the organisation. It is also an integral part of membership growth and collaboration with other health professionals. The BSP is committed to developing our communication

channels and we work extremely hard to serve our members and provide the latest updates in the world of perio.

You will always hear our news first on Facebook, Twitter and Instagram, followed closely by our website news page and then via our e-newsletter, which we send out to members every month. The Periodical is an annual summary of the year's main events and Society activities. We put a lot of effort into this mix of communications in the hope of always keeping our members, the wider dental community and patients up to date.

## Over to you...

We are always pleased to get feedback about the BSP and the work that we do. We invite you to be part of the dialogue in the Periodical. We also love to share good-news stories and interesting items on our social media channels and website news page. If you think you've got news you would like to share with the BSP membership, please contact us.

**Please send any ideas for future articles to:**

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**Facebook: British Society of Periodontology**

**Instagram: [britishsocietyofperiodontology](https://www.instagram.com/britishsocietyofperiodontology)**

In summary, I would like to thank all the contributors of this year's Periodical for the time they have spent writing such interesting articles. I would also like to send a special thanks to Paula Dunn whose dedication and efforts have been integral to our publication.

We shall continue to aspire to bring you the best of the BSP - happy reading!

**Dr Richard Tucker**

*Honorary Editor*

# BSP Develops New Strategy for Exciting Future



Dedicated to promoting public and professional awareness of periodontology and implant dentistry to achieve our vision of "Periodontal Health For a Better Life".

## This year, the BSP has been focusing on planning for the future.

Honorary Secretary Professor Nicola West said, "It's vitally important that we continue to build on what the Society has achieved over the last 70 years. We are always striving to meet the needs of our membership and to stay at the forefront of research and education in the area of periodontology and dental implantology. We are continually exploring how we can develop, grow and set ourselves challenging targets to achieve over the coming years."

Founded in 1949, the BSP mission statement continues to underpin the work of the Society:

"to promote public and professional awareness of periodontology and implant dentistry to achieve our vision of "Periodontal Health For a Better Life".

## OUR AMBITIONS

Over the next five years we will:

- Continue to engage with our members, dental professionals, health professionals, patients, the public and other key stakeholders to raise awareness of periodontal health
- Continue to build on our strategic partnerships and work collaboratively with other professional bodies in our

efforts to campaign for greater recognition at national and international level with policy makers

- Develop and grow the Society by working to meet the educational needs of all categories of our membership and ensuring that we keep them updated with the latest news by further developing our communication channels
- Support research, progression and innovation into periodontology and dental implantology by granting annual awards and prizes to undergraduate and postgraduate dentists, hygienists and therapists

Professor West added, "In addition to our long-term strategic aims, Council regularly meet to reflect and evaluate our achievements and identify key objectives for the following 12 months. These objectives will reflect elements of our strategic aims and keep the BSP focused on delivering the best service to our members, the wider dental community, the public and patients. It is essential that the BSP remains a strong Society and maintains momentum as we move forward and tackle the many challenges and opportunities ahead."

More information about the BSP's latest strategic plan can be found at: [www.bsperio.org.uk/publications/downloads/120\\_113904\\_bsp-strategic-plan-2019-2024.pdf](http://www.bsperio.org.uk/publications/downloads/120_113904_bsp-strategic-plan-2019-2024.pdf)





# Review of the Year

by BSP President 2019, Dr Mark Ide



**It has been a great privilege to serve as President, and I hope that we have built on the amazing work of my predecessors. I have valued the support of Council members and our administrative**

**team and we have developed several important initiatives, some of which have yet to come!**

The Society continues its charitable work, through educational programmes, dissemination of information to the public and profession, and by sponsored research and educational prizes for young professionals.

In January, we ran a successful Regenerative Surgical Techniques Course, with a day of supervised surgery and discussion on techniques for predictable periodontal regeneration. Similar courses will be promoted very soon elsewhere in the UK.

We delivered a record number of webinars on a range of monthly topics, appealing to members and non-members. The series of webinars on the 2017 World Workshop Classification was completed, with up to 2500 practitioners registering for each event. We held our first case studies webinar in January, attracting over 500 registrations. Thanks must go to our webinar team for facilitating these.

We received positive feedback on the flowchart created to help practitioners adapt to the 2017 classification. To ensure that we adequately support the profession this is free for everyone to download from our website. We have distributed over 52,000 copies of the laminated version collaboratively with other Societies, Defence Societies and with every UK dental school, supplying flowcharts to their staff and all students.

A record number of delegates attended our Conference at The Grand Hotel, Brighton, and were joined by excellent national and international speakers, who covered a range of

topics. The excellent presentations given were one of my personal highlights of the year, alongside the ambience and fantastic view of the sea and south coast as the skies cleared for our sun-drenched flight in the i360, before a typical BSP party!

BSP is involved in the annual EFP drive raising awareness of gum health. The 2019 Gum Health Day campaign was based around the slogan "Healthy gums, beautiful smile", and focused on how healthy gums contribute to better oral and overall health, self-confidence, and improved quality of life. We shared material via our website, e-newsletter and social media platforms.

The British Dental Conference & Dentistry Show was a great opportunity to catch up with members, promote and share our resources and answer questions. Packed audiences at our sessions were testament to the interest in periodontology.

In order to further support undergraduate students, we have appointed 2 Dental Students and 1 Hygiene/Therapy Student representatives from UK Dental Schools. You can read more about this on page 16. This group has already engaged with our webinars and will liaise directly with ECG.

One of our strategic aims is to work with key stakeholders and influence national and international policy makers to promote periodontal health. We have advised other bodies in relation to issues including care for at risk patients and commissioning for Tier 2 practitioners, and have liaised with the BDA and other bodies on various matters. The Patient Forum has expanded across the UK and also now engages with policy makers, and we will build on this soon.

None of the above is possible without the ongoing and generous support of our Partners, and of other sponsors of webinars and meetings throughout the year.

Likewise, the Society would be nothing without the consistent, precise and thorough work of Paula and Tamsin, to whom we all owe much gratitude. I am handing over to Nikos Donos in January. I thank Penny Hodge for passing the baton to me in such good shape and offer Nikos my best wishes for 2020. Thank you for your patience and support, and please continue to get involved with, and support, BSP next year and beyond.





# Awards and Prizes

## 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

## 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

or 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

## 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

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

In addition, we have introduced a new award this year – The Systematic Review Prize.

This prize will be awarded annually, with the object of encouraging researchers in the early stages of their career. The Prize takes the form of a cash award of £1000.00, together with a certificate (the prize may be split if there is more than one winner).

Visit the BSP website for full details of all our awards and prizes:  
[www.bsperio.org.uk/professional/awards](http://www.bsperio.org.uk/professional/awards)

We were delighted to present annual awards at the Conference to the following winners, for their research in periodontology:



Sir Wilfred Fish Research Prize  
Ana Caetano



Fellowship Award  
James Chesterman



Research Grant  
Tanya Cerajewska



Research Grant  
Cher Farrugia



Clinical Poster Prize  
Mohsin Mughal



Research Poster Prize  
Jelena Taylor





# The BSP Early Career Group

by Dr Bobby Varghese

**The BSP Early Career Group (ECG) is a vibrant network of like-minded clinicians, at the early stages of their careers, all of whom share a passion for periodontology and implant dentistry. With a dedicated teaching session and a social event at every BSP Conference, a training day and a seat at BSP Council - the ECG has become an integral part of the Society.**

Our Vice Chair, Vipul Patel, was involved in the strategic planning group, along with other senior Council members, to create the Society's strategic plan for the next 5 years.

In January, Manoj Tank, our Immediate Past Chair, organised a very successful regenerative surgical techniques course at the clinical facilities at LonDec. The course was over-subscribed, and we received overwhelming feedback for more hands-on courses.

Our Past Chair, Praveen Sharma, has been busy putting together a perio edition of dental update. Members of the ECG have authored articles with the help of senior members of the BSP. The publication is now in its final stages and will be going to print very soon.

The ECG was also tasked with creating a series of patient information leaflets covering a range of issues. The draft leaflets are now in the design stage and will then be presented to our Patient Forum members for their consideration and feedback.

The BSP has hosted a wide range of educational webinars this year, all of which have been free to members. Our very own Manoj Tank did a superb job presenting a webinar on "Managing periodontal patients within the new classification: A practitioner's perspective".

Our Mono-Speciality Trainee Representative, Anjana Sagar, has been busy replying to the enquiries on training pathways and how to get more involved with the ECG.

Phillipa Hoyle, our Social Media Representative, has been working hard to increase our social media presence. If you're not already doing so, please follow us online: Facebook (Early Career Group, BSP) Twitter (@BSPerioECG).

Jenny Walker, our Hygiene and Therapy Representative, has been promoting the Society and the work we do to our hygiene and therapy colleagues. In addition, she co-authored an article in Dental health, which provided an overview of the 2017 periodontal classification.

Michael Paterson, our Restorative Trainee Representative, liaises with the speciality registrar in restorative dentistry group (SPRDG), thereby strengthening the working relationship between our two committees.

The BSP Conference in Brighton was a huge success and members of the ECG were behind the scenes, along with our Executive General Manager, Paula Dunn, covering the event on social media.

In addition, our expert photographers, Manoj Tank and Viren Vithlani, did an excellent job capturing the spirit of the Conference through the lens and have provided many of the photographs in this Periodical. A big thank you to everyone involved!

The ECG lunch session "Speciality training for the future" was well received by many aspiring specialists. Zehra Yonnel, Phillipa Hoyle, Mitul Shah and Vipul Patel - members of the ECG committee, spoke about their career journey and gave sound advice on various pathways in speciality training. Our Secretary, Mitul Shah, organised a fantastic ECG social event at the Conference and, as always, it provided a wonderful opportunity for members at different stages in their training to network and share their experiences.

This year the BSP has created its first Undergraduate Group. I would like to congratulate all the Undergraduate Representatives and the group Chair, Dominic Clark-Roberton. The ECG looks forward to working closely with this young and dynamic group.

For the future, I see the ECG continuing to work closely alongside BSP Council to promote the Society, encourage and support trainees in their career progression and help promote oral health to our communities.

Please follow us online:

 Early Career Group, BSP  @BSPerioECG



# BSP CONFERENCE 2019



## #BSP2019

by Anjana Sagar  
ECG Mono-Specialty Representative

**Packed with insightful talks by speakers at the top of their field, The Grand in Brighton provided the ideal backdrop to welcome delegates to our Conference.**

Wednesday afternoon began with a whole-hearted welcome from our President, who outlined the theme 'Is this the modern way?'. He showed how the "modern way", be it in periodontics or general relativity, may not be as modern as we think, and that we should be wary of coming to the right conclusions but not necessarily for the right reasons! Professor Iain Chapple provided an update on the implications of the 2017 World Workshop and the session then split to allow delegates to either enjoy the excellent research presentations for the Sir Wilfred Fish Prize, or to discuss manpower, healthcare and training issues in 'How do we train the specialists of the future'.

Thursday transitioned from relevant high-end science through modern clinical challenges and issues, career options and finally patient management. The morning opened with a fantastic presentation by Dr Claire Steves discussing biomarkers and genetics in disease identification and prediction and how modern technologies can shape epidemiological studies, taking a complex subject and making it both understandable and relevant to our specialty. Professor Panos Papapanou then built on this and captivated the audience with his explanation of mechanisms of gene expression and epigenetic regulation shaping our understanding of pathobiology of periodontitis. The Q&A session was both involving and entertaining!

After the break, Dr Shauna Culshaw showed plausible links in disease processes between periodontitis and rheumatoid arthritis and an equally exciting talk by Dr Simarjit Kaur Singhrao explained recent significant findings in 'Periodontitis, bacteria, the host and dementia'. At lunch

delegates attended the trade show and Dr Ian Dunn chaired a packed Practitioners' session discussing opportunities in Periodontology for clinicians at all career stages.

The afternoon commenced with talks highlighting unintended impacts of modern healthcare: Professor Francis Hughes discussed challenges of an ageing population, the rise of medications and their systemic effect on periodontal tissues. Dr Mark Webber gave a fascinating and enlightening presentation on biocides and the potential ability of even routine antiseptics to induce antibiotic resistance in oral and other bacteria, and Professor William Wade presented on the effect of antimicrobials on the oral and gut microbiomes, explaining that topical oral antimicrobials have shown to affect blood pressure. Updating our expectations of clinical practice outcomes, Professor Peter Eickholz provided an evidence-based discussion on long-term success of periodontal and implant treatment. Dr Leo Briggs further addressed managing patient expectations, consent and treatment planning.

In the evening, the clouds outside disappeared and the flight in the pod at British Airways i360 provided spectacular views of Brighton beachfront and a glorious sunset. On "landing" we enjoyed dinner and danced the night away to a wonderful live band in true BSP style, having first recognised Francis Hughes with Honorary Membership of the Society and thanked him for his outstanding contributions to Periodontology in the UK, Europe and globally.

The morning session on day three was chaired by Neil Almond from the Patient Forum. The theme of modern aspects of more advanced therapies was developed, including value for money! Dr Olivier Carcuac started by presenting an excellent overview on management of peri-implantitis, showing that implant surface is a key determinant for both implant success and management



of failing implants. Professor Julian Jones amazed us with bioactive “smart” synthetic grafts and research into flexible structures regeneration. Dr Mandeep Ghuman reviewed the state of therapies to reconstruct periodontal and alveolar bone defects and Professor Falk Schwendicke closed the session by demonstrating that periodontal treatment and tooth retention is the most cost-effective long-term treatment option over tooth replacement. Mid-morning, Dr Sarah Kuehne presented the fascinating results of her BSP-funded research. Over lunch, ECG members spoke to aspiring periodontology trainees regarding the requirements of and pathways to become a Specialist.

The final session, chaired by Dr Manoj Tank, began with the presentation by our Sir Wilfred Fish Prize winner Ana Justo Caetano of her winning study. Drs Rana Al-Falaki and Nick Claydon closed the conference discussing the use of lasers to manage periodontal defects, and platelet rich products in periodontal and implant dentistry respectively. Every speaker provided a great discussion session responding to delegates’ challenges.

Big thank you to our President for putting together a great Conference and the Conference team, Tamsin Lawson and Paula Dunn, for all their tireless work. Lastly, thank you to our delegates and speakers who make this Conference a reality. I’m already looking forward to BSP Conference in London 2020, be sure to save the date!





# Report from the BSP Conference 2019 Practitioners' Section Report

by Dr Nick Claydon

## **It was a pleasure to organise and deliver the Practitioners' Section meeting at the 2019 BSP Conference in Brighton.**

I opened the meeting with a warm welcome to fellow committee members and those attendees who were able to secure a reservation for this oversubscribed event! Once the previous minutes had been accepted and signed off, the floor was handed over to Dr Ian Dunn, who presented his lecture, 'Career Opportunities in Periodontology – it's your choice!'. His remit was to consider the current need, career opportunities and outcome qualifications in Periodontology for dentists, hygienists and therapists, as well as outlining formal and informal training programmes.

He began by reminding us of the numbers. Periodontal disease is the 6th most common disease in mankind, the UK population is 66 million of which 10% of adults will have severe periodontitis and that in an ageing population this will increase to approximately 15%. He added that not only are people in the UK living longer but they are also keeping their teeth into later life with complex dental and medical needs.

He asked the very relevant question: who is going to treat all this disease? He highlighted the fact as of 2018, there were 383 Periodontal specialists in the UK, that not many are full time practitioners treating periodontal disease and that many will be involved in research, teaching and/or limited to implants. A further, worrying aspect of this low number of specialists is that many are retired or due to retire, as they were accredited with specialist status at the turn of the century.

Ian described the training pathway for Periodontal specialists, in particular, the self-funded programs that currently exist and concluded that the current self-funded programmes are restricted by location (London), number of places (16) and require a full-time commitment. The implications are reduced opportunity and a negative mismatch of new accreditations and retirees! Using his insight and experience, Ian presented some proposals to redress this. In the light of the impending abolishment of National Training Numbers (NTN's) he considered that this was the opportunity to develop more courses around the UK. That these would benefit from setting the standard of GDC recognised specialist status as the outcome and should be achievable through a combination of site accreditation, coursework and exit exams. The ambition of regional accredited centres and possible part-time options would

reflect well in the consideration of opportunity and diversity, as well as transparency as prospective specialists would have a clear pathway for their careers too. For further information, he also outlined the non-specialist programmes currently available for those who aspire to greater knowledge or skills but who do require a formal programme.

All in all, Ian provided an accurate evaluation of the current requirements in Periodontology, future need and some possible solutions for meeting those requirements. The members of the audience seemed to particularly appreciate his honesty and insight, and this was reflected in the number and quality of questions throughout the session.

Following Ian's thought-provoking talk, the committee discussed co-opting a further member and sought suggestions for a guest speaker/topic for the 2020 BSP Conference. The favoured topic was a review of how the 2017 classification is being implemented in practice in the UK, what challenges are being met, as well as what suggestions there are for refining the process of Periodontal diagnosis.

One final thought! Please remember that this is your Society. The Practitioners' section provides a healthy contribution to the BSP, but I would like to further raise our profile. I represent Practitioners and am happy to bring great news as well as concerns and issues to the attention of Council. I can be contacted via the website: [www.bsperio.org.uk/about/council.php](http://www.bsperio.org.uk/about/council.php)





# BSP Patient Forum Achieves National Policy Impacts

by Professor Ian Needleman

The last year has seen an important development in the BSP Patient Forum. At the very first meeting in 2017 they expressed a clear view not to be a talking shop but instead to achieve measurable outcomes too for periodontal health improvement in the UK. Developments this year have demonstrated the unique potential of the group.

## BSP PATIENT FORUM LONDON, MARCH 2019



The first meeting of 2019 took place in March in London (full report at [www.bsperio.org.uk/patients/patient-forum/bsp-patient-forum-report-22.3.19.pdf](http://www.bsperio.org.uk/patients/patient-forum/bsp-patient-forum-report-22.3.19.pdf)).

We were again incredibly fortunate that Simon Denegri OBE, lead for Patient Involvement at the National Institute for Health Research, facilitated the meeting.

The Forum welcomed new members and quickly leapt into action with concrete plans to promote periodontal health. One of the major action points was to engage with the Office of the Chief Dental Officer (OCDO) regarding the importance of the links between periodontal health and general health, particularly diabetes. A meeting was set up between NHS England/NHS Improvement (OCDO) and the Forum in July. The discussion and debate at the meeting were robust. The Forum was forthright in highlighting the importance of periodontal health, the barriers to improvement and how to make the pilot diabetes pathway more successful. Many of the Forum's suggestions were accepted and will become tested as part of policy. Furthermore, the Forum was invited to ongoing meetings to continue this engagement in national policy.

## BSP PATIENT FORUM EDINBURGH, JUNE 2019



Earlier in June, Dr Penny Hodge organised the first Scottish BSP Patient Forum in Edinburgh, which I had the privilege of facilitating, and was also attended by Dr Shauna Culshaw. We welcomed seven patients and were delighted that the interim Scottish Chief Dental Officer, Dr Tom Ferris, fully participated in the meeting (full report at [www.bsperio.org.uk/patients/patient-forum/bsp-patient-forum-report-07.6.19.pdf](http://www.bsperio.org.uk/patients/patient-forum/bsp-patient-forum-report-07.6.19.pdf)). As in London, the Forum expressed strong views about the future of periodontal health with practical suggestions on how to make progress. Dr Ferris felt that the meeting had been hugely valuable to him in view of the current planning for the new Scottish oral health development and will ensure that the Forum is invited to further meetings.

We have therefore seen somewhat of a breakthrough with the Forum actively engaging in national policy. Their contribution has had immediate impact and we hope that the ongoing engagement will also lead to greater partnership in periodontal health. On behalf of the BSP, I would like to thank all Forum members for giving up so much time and for their helpful, rational and pragmatic support to the BSP and advice to national bodies. I would also like to extend our gratitude for the arms-length funding from GSK which has been extremely valuable.



# BSP 70th Anniversary

## CELEBRATING 70 YEARS

We celebrated our 70th Anniversary on the 14th June. We combined business with pleasure and enjoyed an afternoon of CPD at King's College, London, followed by a tour and celebration dinner at the Houses of Parliament.



The BSP was delighted to welcome three esteemed international speakers who presented lectures on subjects relating to contemporary periodontology and practice; Prof Søren Jepsen (University of Bonn), Prof Rob Allaker (QMUL) and Prof Nagihan Bostanci (Karolinska Institute)

The meeting also coincided with the retirement of Professor Francis Hughes and was a wonderful opportunity for the BSP to recognise his contribution to the Society, the specialty and the profession. Each of the speakers had links with Francis and it proved to be a wonderful celebration of his work and career.

The party then moved to the Palace of Westminster where guests experienced an in-depth and educational tour of the Palace, including both Chambers, Division lobbies, Westminster Hall and St Stephens Hall.

Sir Paul Beresford kindly hosted us for a sumptuous dinner, following which Isabel Oakeshott provided an interesting insight into the world of politics.

It was a wonderful event to celebrate our achievements and say "thank you" to everyone who has contributed to the BSP and made it a success over the last 7 decades.





# My Time with the BSP

by Professor Gareth Griffiths



**The BSP has been good to me! I have made friends through it, it has helped my career, and I have travelled to some wonderful places.**

In 1981 I was working at Bristol Dental Hospital and Roger Smith advised me that if I was interested in Periodontology, I should join the BSP and attend their meeting in Warwick. I attended with my wife Brigitte and we were hooked. Spring Meetings were often held in University accommodation and we planned holidays around it. We travelled the Saturday before the meeting, took leave for Wednesday & Thursday and then had Easter Weekend - 9 days away for only 2 days leave. I was introduced to the Lake District and Northumberland.

Serving as Secretary and then Chair of the Teachers' Section was my first insight into the workings of the BSP and the hard work that people put in to make things happen. The BSP had just moved into the "Professional Era" by hiring an administrator - Anne Hallows. Before this the Society was run by people who had a "day job". I first joined BSP Council as Secretary (1995-1998) which included the period for the introduction of Specialist Lists and "Grandparenting." A busy time for the Society producing the result we had been working hard towards for years.

I rejoined Council in 2006 as a future President. What the membership see of the President's activity is the meetings they organise. However, there is a significant role in leading the Society. We have interactions with the GDC, Department of Health, other Dental professionals and Industry whose sponsorship helps support our activities. Despite how you feel about the "B word" we have good relationships with Europe through the EFP.

I was honoured to become President of our Society and felt quite emotional as the chain of office was handed over from the late Graham Smart, who had struggled through his illness to complete his Presidential year. I know how much that meant to Graham and felt humble in taking over. I was able to invite a list of speakers I knew well because I had worked with them, publishing with 11/13.

At this time, Richard Palmer was President of the EFP and we were expected to host their General Assembly. Richard chaired this meeting amazingly well and managed to make many changes to the way the EFP was organised. Iain Chapple being treasurer at the time meant the Brits had a big influence in Europe! Peter Hull was our EFP delegate and we sat at a table, with me offering advice, but with him reminding me that he held the "British Vote". Thanks to Peter for guiding me through the intricacies of my first EFP meeting, as this was a role I took over from him shortly afterwards.

The President normally stays on BSP Council as the Past President. However, I took on 2 roles which meant I remained on Council until 2015. As the British representative at the EFP General Assembly, I attended meetings in the host country of the President. These meetings took me to Ljubljana, Istanbul, Jerusalem, Helsinki & Brussels, some of which I would not have selected on my own. The other role I took on was as our academic representative on the SAC in Restorative Dentistry.

In 2019 I returned to Council as the Senior Vice-President! With discussion on which is the best from Facebook, Twitter or Instagram I wondered what I can offer. However, there are times when I know what happened before, so I think that I am there to offer wise counsel on what we have learned from the past.

I have found BSP to be an active and friendly Society. If you are a member you already know this. If you are a new or non-member, then I urge you to stick with us and get involved. You won't regret it.





# European Federation of Periodontology

by Professor Filippo Graziani

In recent years, the EFP has sought to extend its role beyond Europe to become the leading global voice in periodontology and implant dentistry.

This internationalisation has been shown in various ways:

- EuroPerio9 in Amsterdam last year was attended by more than 10,000 people from over 100 different countries.
- “European Gum Health Day” is now simply “Gum Health Day” and Gum Health Day 2019 on May 12 involved events in around 50 countries across the world.
- In March we held our first Perio Master Clinic outside Europe, with 550 clinicians attending the event in Hong Kong.
- At our general assembly in Bern, we welcomed the perio societies of Australia, Argentina, Brazil, Lebanon, Mexico, and Taiwan as our first international associate members.
- Hong Kong University received approval to teach the EFP-accredited master’s degree in periodontology.

With this global focus, the EFP has been busy in 2018 with projects and activities to benefit clinicians and patients across the world.

Top of the list is the toolkit to help clinicians implement the new classification of periodontal and peri-implant diseases. This material is provided to member societies to translate and adapt to their local needs.

We continue to develop outreach projects with our partners. In November 2018, we launched Perio & Diabetes (in partnership with Sunstar), following earlier projects on Oral Health & Pregnancy (with Oral-B) and Perio and Caries (with Colgate), which continue to have an impact as our member societies run local campaigns based on the materials. Next up is Perio & Cardio (with DentaId).

## NEW TEAM

We have a new team at the helm of the EFP, with Nicola West succeeding Iain Chapple as Secretary General and Monique Danser taking over as Treasurer from Jörg Meyle. The EFP received great service from Iain and Jörg, and I am sure their successors will build on their legacy. As EFP President for 2019-20, I would also like to thank my predecessors – Juan Blanco, Gernot Wimmer, and Anton Sculean – whom I am honoured to follow.

## EDUCATION

It was a great privilege to attend our Postgraduate Symposium in September – a biennial event, held this time in Sweden – and witness excellent presentations by student researchers. I am the first EFP President who has come up through this system and can testify to its strength.

I am also proud of the creation of EFP Alumni, which brings together graduates and teachers of the 17 EFP-accredited postgraduate programmes in periodontology, providing a forum for sharing material and developing professional relationships.

Turning to our publications, the Journal of Clinical Periodontology has achieved its highest-ever impact factor of 4.164 and is now rated fourth out of 90 publications in the dentistry, oral surgery and medicine. We also publish the quarterly Perio Insight, providing expert views and debates on periodontal science and clinical practice. Recent issues have covered L-PRF in periodontal therapy, the links between periodontitis and Alzheimer’s Disease, and the new classification.

Earlier this year, our research summary JCP Digest – which offers summaries of papers first published in the Journal so clinicians can keep their knowledge up to date – was relaunched with an attractive new look. This is a truly international publication, appearing in eight languages.

As well as these publications and our annual report Perio Review, the EFP keeps members of its affiliated national societies informed via our [www.efp.org](http://www.efp.org) website, our monthly email newsletter, and social media.

The next two big events in the calendar are Perio Master Clinic 2020 in Dublin (focusing on reconstructing hard and soft tissues around teeth and implants) and EuroPerio10 in Copenhagen in 2021. Before these, we have the Perio Workshop in Spain in November where 100 experts will create updated guidelines on periodontal diseases.

As you can see, we live in exciting times for perio – the EFP and its member societies have achieved a lot and it is an amazing pleasure to witness this (but there is much work still to do).



# Meet Professor Nikos Donos

## BSP President Elect 2020



We are looking forward to welcoming Nikos as BSP President in 2020. Nikos is passionate about making accessible the prevention and treatment of periodontal and peri-implant diseases through education and clinical research. He is a team – player and together with the BSP council he will aim to further develop and strengthen the BSP strategic priorities.

Here is an overview of his professional background:

Nikos is the Professor and Chair of Periodontology & Implant Dentistry, the Head of the Centre for Oral Clinical Research and the Lead for the Centre of Oral Immunobiology & Regenerative Medicine at the Institute of Dentistry, Barts & The London School of Medicine and Dentistry, Queen Mary University of London (QMUL). Until 2015 and before moving to QMUL, Nikos was the Professor & Head of Periodontology at UCL, Eastman Dental Institute, where he was also the Programme Director for the post-graduate training in Periodontology.

Nikos has been awarded the title of Honorary Professor of the Faculty of Dentistry in Hong Kong (2009), Adjunct Professor of the Dental School, Griffith University - Australia (2012), Honorary Professor of UCL-Eastman Dental Institute (2015) and Honorary Professor of the School of Dentistry, University of Queensland - Australia (2019).

In 2011, Professor Donos was awarded the prestigious IADR-Periodontology Group Award in Periodontal Regenerative Medicine at the annual International Association of Dental Research (IADR).

Nikos is a board member at the Osteology Foundation and the Academic Representative at the Committee for Association of Dental Implantology (ADI), Director of the ITI Scholarship Centre and of the Osteology Scholarship Center at QMUL. He is a member of the EFP – Post-graduate Education Committee, an active member of the IADR and he leads annually the International ITI Educational week at QMUL.

He has served as EFP examiner and accreditation assessor in several EFP programmes in Periodontology and is currently the primary supervisor to 5 clinical PhD graduates.

Nikos is involved as an editorial board member in a number of international peer-reviewed journals in the field of Periodontology and Implant Dentistry, where he has published more than 200 scientific articles. His clinical research focus is in the area of wound healing following treatment of periodontal disease/peri-implantitis and in the field of bone and soft tissue regeneration, topics that he regularly lectures on internationally and for which he is awarded grants for clinical research from various funding bodies and the industry.

## Educational Dates and Events

### BSP ANNUAL MEETING 2020 "HARD AND SOFT TISSUE REGENERATION"

22 - 24 April 2020

Royal College of Physicians, London  
[bsperio.org.uk/events](https://bsperio.org.uk/events)

### BRITISH DENTAL CONFERENCE AND DENTISTRY SHOW 2020

15 - 16 May 2020

NEC, Birmingham  
[thedentistryshow.co.uk](https://thedentistryshow.co.uk)



# BSP Undergraduate Representatives

## The Future of our Specialty

One of our strategic aims this year was to further support undergraduate students and help them develop their knowledge of periodontology.

In addition to offering free membership and a range of annual awards and prizes for research into periodontology, we have appointed 2 Dental Students and 1 Hygiene/Therapy Student representatives from each UK Dental School.

The first BSP undergraduate meeting took place on the 14th June at King's College, London and was a huge success. It was a great opportunity for the newly appointed representatives to meet each other, learn more about the BSP and talk about

periodontology. They shared some exciting ideas to help promote periodontology and we shall keep you updated on those developments.

In addition, the BSP have run two webinars "by Students, for Students." We were incredibly proud of the student teams from Bristol University and the University of Dundee for presenting such professional and informative webinars.

The BSP is keen to encourage these educational practices of peer learning in which students interact with other students to develop their understanding and knowledge of periodontology and we look forward to working with other dental schools in the future.

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## Huge Thank You to our Outgoing Treasurer and a Warm Welcome to the New!



**Our longstanding Treasurer, Professor Mike Milward, will be stepping down from his role at the end of the year and we will have a new Treasurer, Dr Aradhna Tugnait.**

Essentially, the role of the Treasurer is to understand and control the flow of money coming in and out of the BSP. In addition, they need to keep accurate records to ensure legal compliance with the Charity Commission and the HMRC.

Mike has been Treasurer for the last 6 years and his high ethical standards, analytical ability, diligence and attention to detail will be a hard act to follow. Over the years, many of you will have heard Mike present annual reports on the BSP finances to members and stakeholders and will be aware of the excellent job he has done. BSP President, Dr Mark Ide, commented, "Council are extremely grateful to Mike for the wise advice, guidance and reassurance he has provided over the years and the time he has spent behind the scenes ensuring that the Society's financial records are kept up-to-date."

When asked about his departure from the role, Mike said, "I have very much enjoyed serving as Treasurer. Whilst the role can at times be challenging, having well-managed accounts and a tight control over spending and investments has enabled the BSP to undertake many successful initiatives. I am extremely proud of how much the Society has grown during my term and I am confident that this growth will continue. I have prepared Aru to take over the reins and I have no doubt that she will successfully manage this role without any difficulty, when she takes over in January 2020."

When asked about the position, Aru commented, "I am honoured to be appointed Treasurer of the BSP and am looking forward to serving the Society in this new role."

At a recent Council meeting, Mike jokingly advised me "If anyone asks you anything – just say No!"

In all seriousness, Mike has tutored me well to take over this important role and handed over the Society accounts in a strong financial position. I am very much looking forward to working closely with Paula to continue Mike's good work and safeguard the future financial position of the Society."



# An interview with ... Dominic Clark-Roberton



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

I am Chair of the Undergraduate Section. It is a fantastic honour to have been elected by my peers and it's the newest membership section to be established within the BSP.

My role is still evolving but to date I have established an undergraduate committee. I am currently working with the new committee on some exciting initiatives to see how the BSP can best support Undergraduate students, in addition to exploring how we can contribute to wider Society activities.

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

During the working week I am based at Bristol Dental Hospital. As many will remember from their student days, I am lucky to have more time in the week to myself than when I qualify.

Fortunately, this means I spend a lot of my time exploring Bristol's various coffee shops, although not buying coffee as frequently as they might like during my time setting up camp in their window completing assignments.

## 3 What's the career highlight you are most proud of?

In June of this year I had the fantastic privilege of being invited to speak to The Faculty of Dental Surgery at The Royal College of Surgeons. My talk was entitled 'The Next Generation' and I had the opportunity to share with them some fantastic initiatives being undertaken by UK dental students. Additionally, I touched on some of the challenges my generation face as we enter the working world.

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

I would be (and almost was) a rock-climbing instructor. I now keep that as a leisure activity and instruct climbing during summer holidays. There are some uncanny similarities between coaxing a young person down from a height and extracting a reluctant molar. Some are easier removed than others.

## 5 How do you spend your leisure time?

I am most happy when in the countryside with friends. I enjoy outdoor activities and climb, kayak and walk when I can escape the city. I spent the first 6 months of 2018 living on a friends Canal boat, equidistant between Bath and Bristol. This was an incredible experience, but I did

end up moving back onto dry land after turning into an icicle with no central heating.

## 6 Do you have any pets?

I have a very independent black and white cat called Tote. Although I must be clear that she lives at my family home and not with me in Bristol, otherwise I'm not going to get the deposit on my student flat returned, which sadly has a strict 'NO PETS' policy.

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

I just finished listening to Mythos by Stephen Fry.

Mythos is a collection of Fry's retellings of Greek myths and listening to him narrate this is extremely relaxing. This isn't my usual choice of book; I usually prefer non-fiction. However, there is a perfect balance of fiction and non-fiction using many myths to share the etymological origins of modern English. For example, Fry explains "... The word 'hearth' shares its ancestry with 'heart', just as the modern Greek for 'hearth' is kardia, which also means 'heart'... The Latin for hearth is focus - which speaks for itself. It is a strange and wonderful thing that out of the words for fireplace we have spun 'cardiologist', 'deep focus' and 'eco-warrior'. Simply fascinating!

## 8 What is your favourite type of music?

I have an eclectic taste, which is another way of saying I have no taste whatsoever. Having said that, I revise to jazz or classical music. My most played songs of 2018 on Spotify ranges from Lewis Capaldi, Frank Turner and S Club 7 (how can I admit that publicly!) to Max Richter and Mingus. I guess it depends what kind of mood I am in!

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

Last summer I was fortunate enough to visit Hong Kong! This place has always fascinated me. I was lucky enough to have a family friend, who is a native Hongkonger, show me around. I enjoyed learning about Hong Kong's past and unique position in the world.

This was the first time I had stepped onto the continent of Asia and my belly soon informed me I will be returning to eat my way through many more local delicacies once qualified.

Whilst in Hong Kong, I even had time to meet up with some of my fellow Bristol Dental Students for whom Hong Kong is home. They were able to take me to some of the best spots, not known to tourists!



# 2B or not 2B - BSP Implementation of the 2017 Periodontal Classification - FAQs

We have had a very positive response to the BSP implementation of the 2017 Classification and the flow chart to help practitioners has been an overwhelming success.

Many of us have been busy lecturing on the subject and answering questions on social media and we realised that the same questions were coming up time and time again. As such, we decided to collate the frequently asked questions with the BSP's answers.

**Q: When do we have to start using the new classification, can't we just keep using the old system?**

A: Whilst the BSP have produced their implementation of the 2017 World Workshop, this is ultimately a global shift in the way we classify periodontal disease together with a change in the language we use when formulating a diagnostic statement. As such, using an out-of-date system and terminology is not appropriate once you understand the new system. Imagine if we still used the term pyorrhea!

The BSP accepts that it will take time for this to be adopted universally in the UK but practitioners should make the effort to familiarise themselves with the new system, attend courses to allow it to be explained further and practice using this over the coming years.

**Q: Do I have to do the staging and grading every time I see the patient for a new examination i.e. every 6 months?**

A: No, staging and grading and your diagnostic statement is based on the radiographs that you take when you first meet a patient. At your review, following treatment, the only thing that can realistically change is the element of the diagnostic statement that relates to disease activity i.e. stable, in remission, unstable, as you will not be taking more radiographs at this stage. You should reflect on this in your notes when you reassess your patient and are deciding on the need for more treatment or progressing to supportive care.

Should there be a need to re-X-ray a patient i.e. due to a relapse in the patients periodontal status, then you should produce a new diagnostic statement based on the new radiographs that you have taken.

**Q: How can I produce this new diagnostic statement if I do not have any radiographs to work with?**

A: Patients who have been identified as potential periodontal patients by their BPE scores, should have appropriate radiographs and special sets done to allow a diagnosis to be made prior to treatment. As the staging and grading requires knowledge of bone levels, it is not possible to produce an accurate diagnostic statement without radiographs and we should not treat patients without a formal diagnosis. In this situation, radiographs should be obtained.

**Q: If one tooth has advanced bone loss and the rest of the mouth is affected to a lesser extent, doesn't this new system skew how you feel about the case? Should we stage and grade the worst tooth and the less affected teeth separately?**

A: No, staging and grading is based on the worst affected tooth with periodontal disease. Whilst a diagnostic statement might give the feeling that a case is severe, but on examination it turns out to be based on one very badly affected tooth, as clinicians we interpret our clinical findings and treat accordingly. The new system, like the previous system, does not dictate treatment based on a specific diagnosis and it is for the clinician to decide on the most appropriate treatment for each case.

**Q: If one tooth has advanced disease and the rest of the mouth is not too bad, do we re-stage and grade the case if we extract the worst affected tooth or teeth?**

A: No, the diagnostic statement including the staging and grading reflect the severity of the case on presentation and the level of risk or susceptibility that the patient has.

**Q: Now that we no longer have the diagnosis of Aggressive Periodontitis, when should we consider systemic antibiotics as an adjunct to our treatment?**

A: The diagnosis of Aggressive Periodontitis alone did not automatically necessitate the use of systemic antibiotics as an adjunct to treatment. The use or timing of systemic antibiotics in the management of Aggressive Periodontitis was always a clinical judgement call and nothing has changed due to the new classification system.



**Q: If the only bone loss is on the distal of lower second molars and we know there has previously been impacted third molars, do we need to stage and grade that patient?**

**A:** No, in the case described where there is no other bone loss and the bone "loss" has a known aetiology i.e. the impacted third molars, a diagnosis of either gingival health on a reduced periodontium or gingivitis on a reduced periodontium would be applied. This is not Periodontitis.

**Q: What do I do if a patient presents with BPE's of 0's but there is obvious historical bone loss?**

**A:** What you are describing is a periodontitis patient that is "currently stable" and this should have the diagnostic statement produced to reflect the stage and grade and the fact that the case is "currently stable".

As with any new system we expect there to be lots of questions relating to the implementation of this system in general practice. Hopefully this series of frequently asked questions will provide some clarity.

**Dr Ian Dunn & Prof Nicola West**

# BSP Webinar Programme

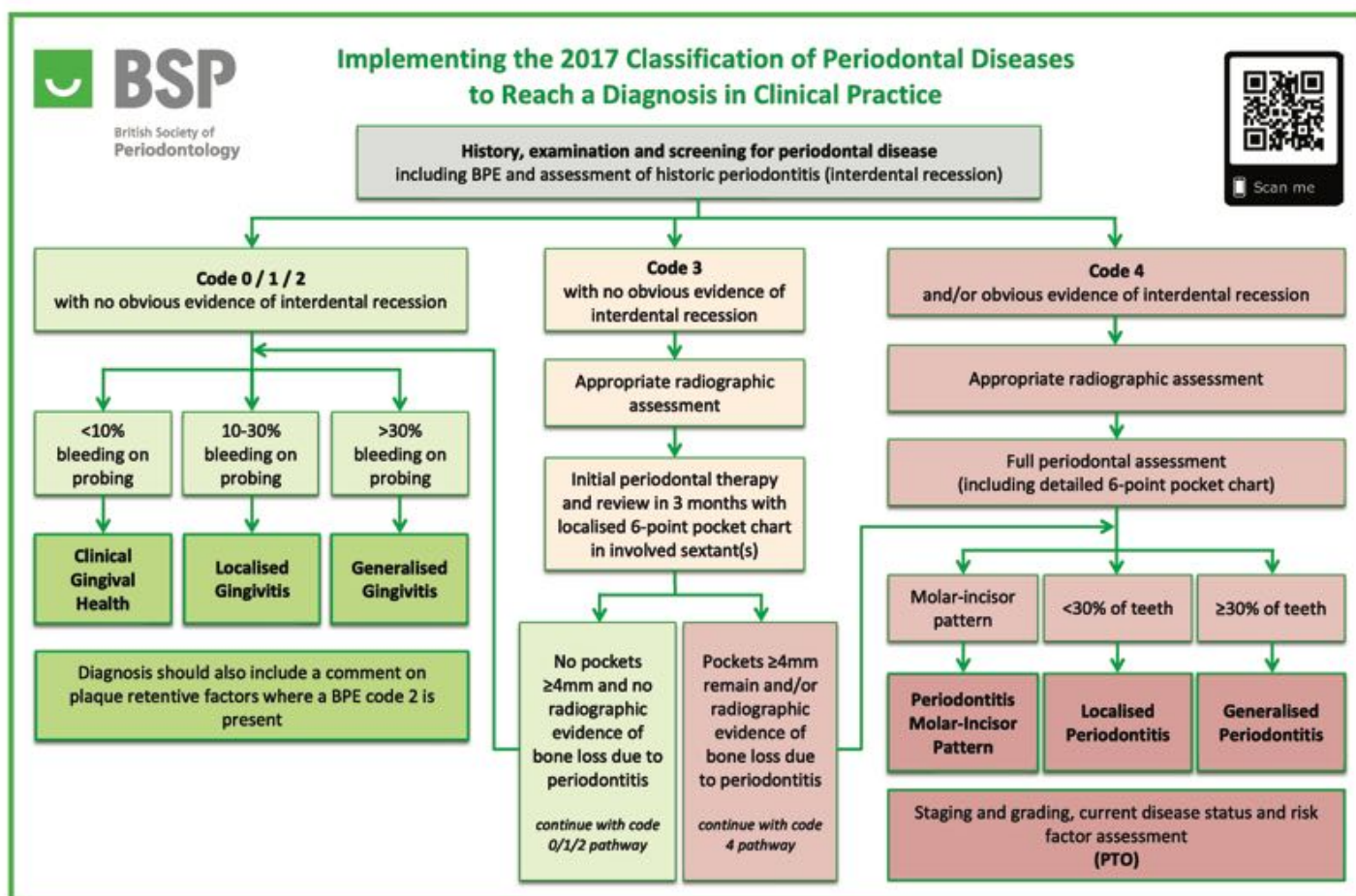
Our webinar programme is now well established and is a popular benefit of membership. Whether you choose to listen live on the night, or prefer to listen to a recorded version of the webinar via the BSP website at a convenient time, the resource is one which can fit in with the CPD requirements of busy lives and covers a range of informative and relevant topics.

We will be running a diverse range of webinars over 2020 to cover all of the GDC Learning Outcomes required for CPD.

The hugely successful series of webinars on the World Workshop Classification are available for all to view at [bsperio.org.uk/professionals/publications](https://bsperio.org.uk/professionals/publications)

Please do not hesitate to contact the Society if you have any suggestions for future webinars at [conferences@bsperio.org.uk](mailto:conferences@bsperio.org.uk)

For information, updates, enquiries & booking: [bsperio.org.uk/events](https://bsperio.org.uk/events)





# Are You A Member?

**If you are not already a member, why not consider joining the 1450+ members who are passionate about perio?**

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

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

The membership year runs from January to December, but you can join at any time. Our rates are on our website and reduce as the year progresses, to reflect the shorter length of time remaining: [www.bsperio.org.uk/professional/join-the-bsp.html](http://www.bsperio.org.uk/professional/join-the-bsp.html)

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

