

## Perio and General Health

**This MANIFESTO calls upon all dental and health professionals to act in the prevention, early diagnosis, and effective treatment of periodontal disease in order to combat the devastating oral and general health effects for the individual and society.**

The views and intentions herein expressed are informed by the rigorous scientific analysis of the evidence base for reported links between periodontal and systemic diseases, as carried out at the 9th European Workshop in Periodontology, an event jointly organised by the European Federation of Periodontology and the American Academy of Periodontology, and held at La Granja de San Ildefonso, Segovia, Spain.

Consensual agreement was reached by the experts at this meeting (in November 2012) that periodontal disease should be acknowledged as a major public health issue, that all dental and medical professionals should be provided with relevant treatment guidelines, and that recommendations be given for future research to help clarify these associations and their consequences in terms of primary prevention.

**The outcomes of the Workshop, therefore, are represented by the following information and objectives:**

### 1<sup>st</sup> Evidence

That there is strong and consistent **scientific evidence** showing that periodontal disease is associated with certain systemic conditions, including diabetes, cardiovascular diseases and adverse pregnancy outcomes, and it is the consideration of the Workshop researchers who have analysed this evidence that periodontitis be regarded as a major **public health concern**.

### 2<sup>nd</sup> Multidisciplinary Approach

This MANIFESTO, therefore, calls for a fundamental change in the perception of dental professionals' **responsibilities** with regard to achieving the general health of patients and affirms that patients' needs will best be met through collaborative development between the dental and medical communities in applying **multidisciplinary approaches** and guidelines for patient care, independently of a patient's presenting location.

## 3<sup>rd</sup> Future Research

That, in order to provide solid scientific information, **future research** must involve extensive, well-designed trials focussing on specific questions in **different** areas: Diabetes, Cardiovascular diseases, Adverse pregnancy outcomes and other systemic conditions.

## 4<sup>th</sup> Co-operation

This MANIFESTO calls upon the **collaboration** from the following groups:

- The periodontal and dental community: periodontists, dentists, hygienists, dental nurses, dental therapists, scientific societies, and dental associations.
- Other health professionals: cardiologists, endocrinologists, gynaecologists, diabetologists, GPs, and pharmacists.
- Universities and research centres, institutions, and oral-care policymakers.
- Companies and funders.
- Patients, social organisations, and the media.

## 5<sup>th</sup> Health Benefits

This MANIFESTO calls upon its adherents to appeal to the utmost **scientific rigour** in the issuing of all information, recommendations, guidelines, and statements pertaining to periodontal disease as a major public health issue, and to always hold the **health benefits** to the patient and to society as the ultimate purpose of all activity in achieving the aforelisted objectives.

---

### European Federation of Periodontology

Antonio Lopez Aguado Nº 4,  
Bajo Dcha  
28029 Madrid,

**Spain**  
Phone: +34913142715