



# PerioLife

The EFP Alumni magazine



*international perio family*

*debate*

*EFP alumni get set  
for EuroPeriodo*

*experts*



*networking*



*innovations*



European  
Federation of  
Periodontology

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# Getting ready for EuroPerio10

The EuroPerio congress is one of the highpoints in the diary of periodontists all over the world and Copenhagen in June 2022 is the next destination for this triennial celebration of periodontology and implant dentistry.



*The Bella Center in Copenhagen, Denmark, venue for EuroPerio10*

Several EFP alumni will be speaking at EuroPerio10, which takes place on June 15-18, and is being looked forward to with even more enthusiasm than usual after having been postponed for a year because of the Covid-19 pandemic. The congress provides a chance to meet up with colleagues from many different countries and catch up on their professional and personal news as well as on the latest developments in periodontal science and clinical practice.

It was in the run-up to EuroPerio9 in Amsterdam in 2018 that EFP Alumni was created, and the group's first formal meeting took place during that congress, which also featured a special "Perio Talks" session where a group of alumni gave lively presentations.

Registration for EuroPerio10 is now open (<https://www.efp.org/attendance/registration/>) and the deadline for submitting abstracts for consideration for presenting at the congress is November 18 (details at: <https://www.efp.org/programme/abstract-submission/>).



There will be an EFP Alumni session at EuroPerio10 in Copenhagen which will feature debates on several hot topics in periodontology and implant dentistry.

Chaired by Moshe Goldstein, chair of the EFP postgraduate education committee, the session will feature debates by EFP Alumni on treatment options: minimally invasive versus open surgery, surgical versus non-surgical approaches, antibiotics versus no antibiotics, and the coronally advanced flap and connective tissue graft versus the tunnel technique.



*EFP Alumni chair Filippo Graziani speaking at the Perio Talks session at EuroPerio9*

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There is a strong EuroPerio focus in this second issue of *Perio Life*, the EFP Alumni magazine. Six members of EFP Alumni who have attended various editions of the EuroPerio congress – including one who has attended all nine – explain what the event means to them personally and professionally. Six different perspectives on memorable moments from EuroPerio congresses in Amsterdam, London, Paris, Vienna, Madrid...

## ***THE EFP ALUMNI SESSION AT EUROPERIO10 WILL FEATURE DEBATES ON HOT TOPICS***

Students currently attending EFP-accredited programmes will be thinking about their future careers and may be wondering whether to work in a specialist periodontal practice or as part of a multidisciplinary practice. To help them in their decision-making, Cavid Ahmedbeyli (alumnus of Yeditepe University, Turkey) describes his professional career in a multidisciplinary practice, while Elisa Agudo and Riccardo Zambon (alumni of UCL Eastman Dental Institute, UK) give the perspective from working in a specialist practice.

In this issue's alumnus profile, Portuguese periodontist Hérder Oliveira describes his time studying at the Sahlgrenska Academy of the University of Gothenburg in Sweden and his subsequent career back in his home country.



There is also a round-up of news from EFP alumni and some helpful tips on how periodontists can best use social media to help their patients.

*Perio Life*, written by members of the EFP Alumni committee and published twice a year in the spring and the autumn, is more than the house magazine for members of EFP Alumni. The material here is aimed at the wider periodontal and dental community, including those who may be interested in training at one of the EFP-accredited courses. Please pass it on!

## **JOIN EFP ALUMNI**

EFP Alumni brings together alumni of the EFP-accredited programmes to connect with each other and collaborate. One of its goals is to closely follow the professional paths of its alumni while also developing a cultural identity and a feeling of integration with the wider EFP community.

We are a community of people who have all spent three years of our lives studying periodontology under the umbrella of the EFP. So far, more than 600 colleagues who have completed the programme, and of course the people who teach in the faculties. This is a big community of people, who are friends in real life.

EFP Alumni provides the opportunity for all of us to share among themselves crucial information, tips and knowledge, and the wisdom that they have developed in our years of professional life.

Membership of EFP Alumni is open to open to graduates of the 16 EFP-accredited postgraduate programmes in periodontology, past or present teachers of those programmes, and members of the current or a previous EFP executive committee.

If you are eligible and have not already signed up, please don't wait any longer!

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***Join EFP Alumni***



# What EuroPerio means to me – EFP alumni share their experiences



— BRENDA MERTENS



— NIKOS MATTHEOS



— MICHÈLE RENERS



— RICARDO FARIA DE ALMEIDA



— JOANNA KAMMA



— ANTONIO LIÑARES

The triennial EuroPerio congress, the world's biggest celebration of periodontology and implant dentistry, is a key event in the lives of EFP alumni. In the run-up to EuroPerio10 in Copenhagen in June 2022, *Perio Life* asked members of EFP Alumni to explain what EuroPerio means to them and to share their memories of previous editions of the congress.



# Brenda Mertens: 'I really wanted to be part of this family'



My first EuroPerio was EuroPerio5 in Madrid in 2006 when I was a postgraduate student at Strasbourg, and I have attended all EuroPerios since then.

Each of them was unique and memorable for different reasons. EuroPerio5 was the first one and I will never forget the huge location, the crowd, the area with hundreds of posters, the kindness of all the participants, and the happiness on their faces. I remember telling myself and my mentor that I really wanted to be part of this “family”.

EuroPerio8 in London was certainly memorable because I was at that time a EFP junior officer and helping in the communication of the event and moderating some of the e-poster sessions. As the first appointed junior officers, we were thankful to be able to help, and felt that we were making our contribution to success of this event. It was also then that the group “Women in Perio” was created and we all

## “TO BE A SPEAKER IS A HUGE RESPONSIBILITY”

gathered together. On the national level, it was the first time that we had such a huge French delegation at a EuroPerio meeting.

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At EuroPerio9, I had the privilege of being invited as a speaker and it was at this congress in Amsterdam where we had the first EFP Alumni gathering. To be a speaker is a real privilege but also a huge responsibility regarding the message that you are delivering and regarding your mentors and family members who are proudly listening to you. It was therefore a more personal and real challenge.

At the various EuroPerio congresses, I have had the privilege of getting to know some masters in periodontology more personally and to learn from them on a professional and personal level. This has helped me to improve my skills and to adjust my work-life balance. And I have made friends for life from other countries, whom I have the joy of seeing at the different conferences that each of us organises and of working with some of them directly.

After these challenging months due to Covid-19, I am really looking forward to EuroPerio10 and seeing my international perio family again and having the time to socialise, exchange ideas, and learn from the best.

To sum up, EuroPerio is about passionate people who love to learn from the best and improve their knowledge with high-level science. And it is about our “perio family”, friendship without borders, where we are happy to see and socialise with our friends.”

*Brenda Mertens is an alumna of the EFP-accredited programme at the University of Strasbourg, France. She was a junior officer on the EFP communications committee and is the adjunct secretary general of the French Society of Periodontology and Oral Implantology of which she is also head of social-media communication and Gum Health Day coordinator.*



**Nikos Mattheos:  
'EuroPerio has been a  
perfect ideas workshop  
where I test my  
thoughts with the best  
in the field'**



I jumped on the EuroPerio wagon in Madrid in 2006 and have been a regular ever since. Although I left Europe in 2008, “destination EuroPerio” remained and I flew from Australia to Stockholm (2009) and Vienna (2012), and from Hong Kong to London (2015) and Amsterdam (2018).

The most memorable EuroPerio is always the most recent one. Not because of my aging memory, but mainly as a reflection of the fact that EuroPerio has had an exponential growth since it started, and each edition breaks a few records in terms of content, attendance, topics, and social networking. So, the best so far for me has been Amsterdam... until the next one in Copenhagen!

EuroPerio gives you the chance to see the “state of the art” in science and practice – but this is to be expected from a scientific event of that size. What makes EuroPerio unique for me is that it helps us develop our professional identity as periodontists.

## “EUROPERIO PROVIDES AN OPPORTUNITY TO SEE ALL DIMENSIONS OF MODERN PERIODONTOLOGY”

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Academics, researchers, clinicians, students, industry, scientific and professional bodies... all gathered together with periodontology as the common denominator. EuroPerio is an amazing event to redefine the role of the periodontist in the modern healthcare practice environment and boost the importance of periodontology as a key parameter in healthcare. It provides an opportunity to see all dimensions of modern periodontology and meet its representative trends and directions, and it can open up many new ideas and initiate innovation in many fields. Finally, it's the place to catch up with old friends, make new ones, talk about the past, and plan the future.

EuroPerio is a multi-dimensional event that can benefit every aspect of one's career focus, whether that is clinical care, organisation of care delivery, teaching, or research. For me, EuroPerio has been a perfect “ideas workshop”, where I go to pose my questions and test my latest ideas with the best and brightest in our field, and then leave every time with renewed direction and plans.

At EuroPerio10, I'm looking forward to walking into a huge hall three minutes before the presentation and looking for a chair next to a friend, rubbing shoulders with friends and vividly chatting squeezed around a table in the coffee break, digging around in the poster presentation hall trying to find the “next big thing”, debating which was the best talk so far, making plans for the evening in the city and arguing with friends who all happen to know “the absolutely best spot” to go. Above all, the feeling of belonging to something really big and really meaningful.

*Nikos Mattheos is an alumnus of the EFP-accredited programme at the University of Bern in Switzerland. He works as a periodontist in Hong Kong and is a visiting professor in the department of oral maxillofacial surgery at Chulalongkorn University in Bangkok, Thailand and an affiliated member of staff at the department of dental medicine at the Karolinska Institute in Solna, Sweden.*



# Michèle Reners: 'It's been too long since the last EuroPerio and I'm impatient to meet my perio friends'



Of course, for me, EuroPerio9 – where I was chair of the organising committee – was the most memorable, because it was so exciting and fabulous to organise such a wonderful event in collaboration with our PCO (professional congress organiser) Mondial. I realised how much work it was.

For me, EuroPerio is all about meeting friends who are passionate about perio and sharing our experiences, updating my knowledge in all perio fields, both fundamental science and surgery, listening to the experts and having exchanges with industry. And, finally, discovering a European city.

I was a speaker at EuroPerio8 in London, and I wanted to bring something new. I started a survey about the habits of practitioners in Europe and presented some of the results. That was my challenge before the talk, and the second challenge was that I hadn't anticipated the size of the auditorium – there were about 2,000 people in front of me. Very impressive!

It's been too long since the last EuroPerio and I am impatient to meet my friends at EuroPerio10 and to be updated about the new trends in perio.

*Michèle Reners is president of the Belgian Society of Oral Implantology and an external collaborator in the EFP postgraduate programme in periodontology of the University of Liège, Belgium. She was EFP president in 2013-2014 and chair of the organising committee of EuroPerio9 (Amsterdam, 2018).*



**Ricardo Faria de Almeida:  
'EuroPerio2 in Florence was  
the first big congress in  
my life, the beginning of  
my dream of becoming a  
periodontologist, and a place  
of friendship'**



Apart from the first EuroPerio in Paris, I've attended all of them. Like almost everything in life, it's the first one that is the most memorable. For me it was Florence, Italy in 1997, a beautiful environment. At the time it was a big congress, but not as big as we know EuroPerio today. The EFP and EuroPerio have grown so much – probably more than anyone expected at the time. So, we should all give thanks to the people who dreamed of this.

When I went to EuroPerio2 at Florence, I had just finished by degree studies and was looking for more information about periodontology in Europe to choose a postgraduate programme. So, the reason I went was to meet the most important people in the world of perio and implants and decide what I would do in my professional life.

## “I’M REALLY EXCITED ABOUT GOING TO COPENHAGEN”

Florence was the first big congress in my life, the beginning of my dream of becoming a periodontologist, and a place of friendship – because I went to this congress with the students of perio programme at the Complutense University of Madrid and they made me feel so good that I felt as though I was in my own country. I remember, for example, that David Herrera (scientific chair of EuroPerio10) and Antonio Bujaldón (current president of the Spanish perio society) had just finished their postgraduate studies at that time.

Back then, I didn't have the knowledge to understand most of the speakers, but this first EuroPerio was like a light that shone and made me follow my path. I do remember that a lot of the talk was about membranes and perio regeneration, at that time a hot topic.

I spoke at EuroPerio6 in Stockholm. Being a speaker at a scientific event with this global dimension is something that honours me. And I would like to thank and congratulate the EFP for all the work that it has done worldwide for the good of perio and oral health, not only at the level of professionals but also of populations.

After the pandemic, EuroPerio10 is like reaching freedom again. To be able to meet friends in person, touch people, and feel people again is so important for all of us as humans. And of course, EuroPerio10 is one of the first big in-person congresses. In terms of science and knowledge, I think that EuroPerio is always the congress with the most important speakers and the real up-to-date information in our profession. So, I am really excited about going to Copenhagen.

*Ricardo Faria de Almeida is an alumnus of the EFP-accredited programme at the Complutense University of Madrid (UCM), Spain. At EuroPerio10, he will chair and speak in the session ‘Treatment decisions in the posterior maxilla: which approach should be used and the factors involved’ (June 16).*



**Joanna Kamma:  
'EuroPerio7 in Vienna  
was innovative,  
friendly, and  
exemplary, and it  
introduced many new  
features that were  
warmly welcomed'**



I've attended all the EuroPerio congresses from the first in Paris in 1994 to EuroPerio9 in Amsterdam in 2019. Each congress is a unique celebration of science and clinical periodontology. Of course, EuroPerio1, held at EuroDisney in Paris, was a milestone and was the largest meeting during that era. It had a friendly atmosphere that made you feel you were very much a part of this great meeting.

The most memorable so far was EuroPerio7 in 2012 in Vienna. It was innovative, friendly, and exemplary, introducing many new features which were warmly welcomed, such as the creation of the Ambassador Committee (where 23 young colleagues helped promote EuroPerio7 in their home countries) and the EFP Village (which brought together members of the national societies so that information about each society and the EFP could be provided).

Another innovation in Vienna was the first conference app, which all participants could download to their smartphones or tablets and use it to access the whole scientific programme including accepted abstracts and a list of sponsors and exhibitors.

## ***“A EUROPERIO CONGRESS IS AN IDEAL PLATFORM FOR INTERACTION BETWEEN KEY PERIODONTISTS”***

At EuroPerio7, presentations were recorded for the first time and made available to participants in “break-out” rooms and then put online afterwards. And there were also simultaneous translations of some sessions in German, French, Italian, Russian, and Polish.

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There was also a dinner for staff of the national societies, which was an excellent opportunity for people to meet each other and share their experiences of working in sister institutions all over the world.

EuroPerio7 in Vienna was the first EuroPerio congress where Mondial Congress & Events worked officially for the EFP and they fulfilled their role magnificently with professionalism, efficiency, and enthusiasm.

I have been a presenter and a moderator in small and big halls in all the EuroPerios. My personal preference is for presentations held in smaller halls, which allow a more personal contact with the attendees to encourage questions and feedback.

EuroPerio is an opportunity for periodontology experts worldwide to gather in an amicable atmosphere and mingle with all friends and colleagues. It is an event that highlights the best clinical practice with cutting-edge technologies and innovations. And a EuroPerio congress is an ideal platform for interaction between key periodontists enhancing the scientific and educational equity that is needed by the dental community at large.

*Joanna Kamma is a member of the EFP's executive committee and editor of its publications. She was EFP president in 2005 and secretary general of the Hellenic Society of Periodontology and Implant Dentistry from 1986 to 2005.*



**Antonio Liñares:  
'I had the opportunity of  
putting faces to all the gurus  
of perio that I was studying  
at that time'**



I have attended all the EuroPerios since Berlin 2003 – Madrid (2006), Stockholm (2009), Vienna (2012), London (2015), and Amsterdam (2018).

They have all been memorable. But the first one impressed me with the level and quality of the congress. I was a postgraduate student at the Eastman Dental Institute in London. I had the opportunity of putting faces to all the gurus of perio that I was studying at that time.

Madrid in 2006 was special because it was in my own country, and I could meet lots of friends. I was a recently qualified EFP-accredited periodontist, and I had the opportunity of doing my first oral communication. The next EuroPerios were of increasing quality and quantity, and I had the opportunity of visiting such beautiful cities as Stockholm, Vienna, and Amsterdam. London was also special because it was like my second home.

For me, EuroPerio means the highest level of lectures on perio and implants, the best clinical research, and the dimension of the congress as a whole – you feel that you are at the world centre of periodontology.

EuroPerio helps you improve your knowledge, your real social network, and at the end of the day it is something that you apply to your patients increasing the standards of care. I believe that all dentists should attend EuroPerio at least once in their careers.

## **“ALL DENTISTS SHOULD ATTEND EUROPERIO AT LEAST ONCE”**

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Looking ahead to Copenhagen, it means going back to a certain normality and meeting up with so many friends that I haven't seen for a long time. This will be also my first experience as a speaker in the main programme, where I will talk about peri-implantitis and present research recently published in the *Journal of Clinical Periodontology*. I believe that this will have an important clinical impact. And I am looking forward to visiting Copenhagen, one of my favourite cities.

*Antonio Liñares is an alumnus of the EFP-accredited programme at UCL Eastman Dental Institute, London, UK. He is a junior officer on the EFP's communications committee. At EuroPerio10, he will speak on the use of combined mechanical and antimicrobial therapies in the session on advances in non-surgical peri-implant therapy on June 15.*





— CAVID AHMEDBEYLI



— ELISA AGUDO



— RICCARDO ZAMBON

# Multidisciplinary or specialist practice?

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Postgraduate students of periodontology will be looking ahead to their future professional careers and one question that is likely to come up is whether they should choose a multidisciplinary dental practice or a specialist practice in periodontology and implant dentistry. *Perio Life* spoke to EFP alumni Cavid Ahmedbeyli, who talks about his professional career in a multidisciplinary practice, and Elisa Agudo and Riccardo Zambon, who give the perspective from working in a specialist practice. ***Interviews by Myroslav Solonko.***





**Cavid Ahmedbeyli, from Baku in Azerbaijan, received his dentistry diploma from Yeditepe University Dental School in Istanbul, Turkey, in 2005. He graduated from the same university's EFP-accredited programme in periodontology and implant dentistry in 2011 and received his PhD in periodontology in 2012, also from Yeditepe. After returning to Baku in 2013, he has maintained a private practice limited to periodontology and implant dentistry. He is also, since 2015, a lecturer at the department of stomatology and maxillofacial surgery at Aziz Aliyev Azerbaijan State Advanced Training Institute for Doctors (ASATID) in Baku.**

**PERIO LIFE: GOING BACK TO THE TIME WHEN YOU HAD JUST GRADUATED FROM THE SPECIALITY TRAINING. WHAT WAS YOUR PROFESSIONAL ROAD AFTER THAT? WHERE EXACTLY DID YOU START WORKING AS A PRACTICING CLINICIAN?**

**CAVID AHMEDBEYLI:** I noticed my special interest in periodontology and oral implantology during the last years of my undergraduate education. I started my general dentistry practice immediately after my graduation, but during my postgraduate education I completely stopped doing any general dental treatments and replaced this with periodontal treatments and implant surgeries only. Since graduation from my speciality, my practice has been limited to periodontology and implant dentistry.



PL: WHY DID YOU DECIDE TO CHOOSE TO WORK IN A MULTIDISCIPLINARY PRACTICE? DID YOU CONSIDER OPENING A NARROW PERIO PRACTICE AT THE BEGINNING? WHAT WAS YOUR MAIN MOTIVATION?

CA: I never considered opening a narrow practice at any period of my career. I believe that periodontal and peri-implant treatments require multidisciplinary management. My main motivation during my training was my mentor, Prof. Selçuk Yılmaz, and the high-level organisation of the EFP-accredited periodontal education, research, and practice at the Yeditepe University Dental School. After graduation, my main motivation was not only providing modern periodontal treatment at my own private practice, but also the need for the high-level organisation of periodontal education, research, and practice management based on EFP standards in Azerbaijan.

**CAVID AHMEDBEYLI: 'I STRONGLY BELIEVE THAT THE BEST SPECIALISTS WILL REMAIN THE BEST ONLY IN MULTIDISCIPLINARY PRACTICES.'**

PL: DO YOU HAVE MANY COMPETITORS IN YOUR COUNTRY/REGION? ARE THERE MANY SPECIALIST PERIODONTAL PRACTICES OR ARE MOST OF THE PRACTICES MULTIDISCIPLINARY?

CA: The specialty of periodontology was officially recognised by the Government and the Ministry of Health in March 2019. Most of the non-surgical periodontal treatments in Azerbaijan are provided by general dentists. We have a limited number of periodontists in Azerbaijan, and they all are graduates from universities abroad and have multidisciplinary private practices.

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PL: DO YOU THINK IT IS AN ADVANTAGE THAT PATIENTS MAY COMPLETE THE TREATMENT IN ONE PLACE, INSTEAD OF HAVING TO TRAVEL TO OTHER SPECIALISTS?

CA: I am sure that it is a great advantage for the patient to complete the treatment in a multidisciplinary practice. I strongly believe that high-level periodontal and peri-implant treatments with regular supportive periodontal care and their long-term documentation can only be organised in practices that provide multidisciplinary specialist treatments, with periodontists working together with endodontists, orthodontists, restorative dentists, prosthodontists, and pedodontists.

PL: DO YOU THINK THAT IF YOU HAD TO REFER YOUR PATIENTS TO SPECIALISTS IN OTHER PRACTICES, THEY WOULD BE LESS SATISFIED WITH THE WHOLE PATIENT EXPERIENCE?

CA: Most patients prefer to get all the treatments in a single practice. The dentist has to refer patients to the specialist in periodontology only in cases where the practice does not have a certified periodontist working there. To provide proper diagnosis, documentation, and high-level multidisciplinary treatment in patients with advanced cases of periodontal and peri-implant disease, I recommend such clinics not to manage any treatments at their practice that are related to main periodontal therapy.



PL: HOW DO YOU MANAGE TO CONTROL THE QUALITY OF TREATMENT PROVIDED BY THE DENTISTS WHO WORK IN YOUR TEAM? DO YOU THINK THAT THE BEST SPECIALISTS WILL PERHAPS WANT TO OPEN THEIR OWN PRACTICES INSTEAD OF WORKING AS HIRED DENTISTS?

CA: The best way to manage the quality of periodontal treatments in patients requiring multidisciplinary treatments is well-organised case-discussion meetings based on good documentation with photographs and video recordings. I strongly believe that the best specialists will remain the best and provide well-organised periodontal and peri-implant treatments only in multidisciplinary practices.

***'I BELIEVE ALL PATIENTS IN THE CLINIC SHOULD BE EVALUATED BY A PERIODONTIST TO CHECK FOR CURRENT SIGNS OF PERIODONTAL DISEASE OR MUCOGINGIVAL PROBLEMS.'***

PL: DO YOU THINK THAT THE WHOLE DENTAL-REFERRAL SYSTEM MAY VARY DEPENDING ON THE COUNTRY? IN OTHER WORDS, MIGHT THERE BE DIFFERENCES BETWEEN COUNTRIES IN HOW WILLINGLY THE DENTISTS OR PATIENTS REACT TO THE FACT OF REFERRING.

CA: The dental-referral system may vary depending on the countries as the law in some countries give permission to the management of periodontal treatments by general dentists or only by certified specialists. In our daily life, not only can dentists refer patients to the specialist but the patients themselves can get in direct contact with the periodontist.

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PL: WHAT PERCENTAGE OF YOUR TIME DO YOU DEDICATE TO PRACTICE MANAGEMENT? DO YOU THINK THAT PRACTICE MANAGEMENT IS MORE DIFFICULT FOR MULTIDISCIPLINARY OR SPECIALIST PERIODONTAL PRACTICE?

CA: I spend half of the day (09:00-13:00) on my university lectures and research activities and the other half (14:00-18:00) on my private practice. Whether you have a multidisciplinary or a specialist periodontal practice, both require a professional administrative manager who will coordinate the corporate management of the practice. I believe that the quality of modern dental practice depends on how well the periodontal practice is organised in relation to the other disciplines of dentistry.

Q: DO YOU SOMETIMES REFER PATIENTS TO OTHER SPECIALISTS (FOR EXAMPLE, COMPLEX ENDODONTIC OR RESTORATIVE WORK)?

CA: The practice in our dental centre is well organised via providing multidisciplinary specialist treatments together with endodontists, orthodontists, restorative dentists, prosthodontists and pedodontists. In cases when we need to have complex treatments, we always organise the additional diagnostic evaluation with other specialists.



PL: IN YOUR OPINION, WHICH FORMAT IS MORE BENEFICIAL FROM THE FINANCIAL POINT OF VIEW, A NARROW SPECIALIST PRACTICE OR A MULTIDISCIPLINARY CLINIC?

CA: Multidisciplinary treatment is more beneficial from the financial point of view. I believe that all patients in the clinic should be evaluated by a periodontist to check for current signs of periodontal disease or mucogingival problems. Additionally, I recommend that the other dental specialists should be periodically informed and motivated with before/after clinical reports that easily explain in which cases the patient should be referred to the periodontist for periodontal and peri-implant treatments.

PL: ANALYSING THE YEARS THAT YOU HAVE PRACTISED IN A MULTIDISCIPLINARY PRACTICE, WOULD YOU FOLLOW THE SAME PATH IF YOU WERE STARTING YOUR CAREER NOW? OR HAVE YOU EVER CONSIDERED OPENING A SPECIALITY PERIODONTAL PRACTICE?

CA: I have never considered opening a speciality periodontal practice. I strongly believe that the high-quality level of periodontal treatment – especially in complex cases – and the long-term documentation of the treatment can only be organised in a multidisciplinary practice.



**Riccardo Zambon from Italy and Elisa Agudo from Spain are a husband-and-wife team and alumni of the EFP-accredited programme at UCL Eastman Dental Institute in London, UK, graduating respectively in 2010 and 2011. They run a small private practice, exclusively dedicated to periodontology and implant dentistry, in Brighton on the south coast of England.**

PERIO LIFE: TELL US SOMETHING ABOUT YOUR CAREER PATHS.

ELISA AGUDO: We started our perio careers at around the same time. After completing our postgraduate studies at the Eastman, we went our own ways, working part-time in hospital setting, academia, and research. Riccardo focused on teaching and research, and I worked at the Eastman within the UK's National Health Service.



**RICCARDO ZAMBON:** Like many perio graduates, we both started working in several practices, most of which required a periodontist to cover some sessions, maybe once a week. Eli started working as a periodontist in Brighton while finishing her MClinDent more than 10 years ago. The practice had potential to grow, so shortly after I joined the team and we set up a referral centre within a general private practice. We have seen an increasing number of referrals over the years and we are lucky to be very busy.

**PL: DO YOU HAVE MANY PERIO PRACTICES AROUND YOU IN NEIGHBOURING TOWNS? WHAT'S THE STATE OF THE COMPETITION?**

**EA:** We do have quite a few competitors in and around Brighton. But they have different qualifications and different approaches. Some have limited experience with surgical treatment. Many are associates – visiting periodontists, who travel from London or from further away for the day and may work once a week or maybe twice a month. As a practice that focuses just on perio and on offering perio five days a week, there's nowhere else in the area.

**PL: HAVE YOU HAVE BEEN WORKING EXCLUSIVELY IN PERIO FROM THE START OR DO YOU ALSO HAVE EXPERIENCE IN A MULTIDISCIPLINARY PRACTICE?**

**EA:** We have both worked in multidisciplinary settings, in hospitals, universities, and in private practice. I now continue to work with other specialists, but it is not all under one roof.

**RZ:** In this practice we do mainly perio and some implants. Implant cases are often restored by the general dentists, although I do restorations myself in some cases. But all the complex cases are referred to prosthodontists. Eighty percent of our work is perio – non-surgical, surgical, mucogingival, crown-lengthening, and so on. I also work in a second practice, which is a specialist and multidisciplinary centre.

**PL: WHAT HAPPENS WITH COMPLEX CASES? FOR EXAMPLE, IMMEDIATE IMPLANT LOADING WHERE YOU NEED TO MAKE A CROWN IMMEDIATELY AFTER THE SURGICAL INTERVENTION OR CASES OF STAGE IV PERIODONTITIS WHERE IT IS NOT ONLY ABOUT PERIO?**

**RZ:** It can get tricky. For these patients, you need to do build a stronger relationship with the referring dentist and know what they are able to provide. We would discuss the treatment plan and the stages of treatment in detail with the dentist and understand what they are able and willing to provide. Over time, you get to know the dentist and the dentist gets to know how you work, so it becomes easier. Implant cases with immediate loading are less of a problem because the patients are mainly perio patients and immediacy is less of a priority.

***'WITH TREATMENTS THAT INVOLVE TOOTH RESTORATION, IT IS TRICKIER THAN IF THINGS WERE MANAGED IN THE SAME PLACE – BUT WE GET AROUND IT AND IT WORKS'***

**EA:** With treatments that involve restoring a tooth – such as crown lengthening – it just takes a bit of organising. Sometimes the dentist would place a provisional restoration before we see the patient. Sometimes we arrange for the patient to see their dentist on the same day, the day after, or a few weeks later. For sure, it is trickier than if things were managed in the same place. But we get around it, and it works. It also creates a lot of paperwork, with letters to and from the referring dentists.

## HOW PATIENT REFERRALS WORK

PL: WHAT IS THE MAIN REASON THAT DENTISTS REFER PATIENTS TO YOU?

RZ: We offer them the advantage of having a place where there is continuity of work, a guarantee that the patient will be seen within a reasonable time frame, and a high quality of treatment because everyone in the practice knows what we are doing, the nurses are trained, and the environment is set up for perio and implants. Another factor is that we don't offer general dentistry and, at the end of treatment, we make sure the patient returns to their dentist for continuity of care.

In general, perio is very often overlooked. Many dentists see 30 to 40 patients a day, mostly emergencies. As you would expect in such scenarios, periodontal screening is often forgotten or rushed through. The result is that the disease is spotted only when it is more advanced. Many of the patients that we see need extractions, and most have stage III and stage IV periodontitis.

EA: We have also been very proactive in engaging with the local dental community. We give a few lectures each year on different perio topics – at local study groups, conferences, study clubs or we organise them independently. We try to pick topics that are of interest to our referrers. It's very amusing. We gave a lecture on mucogingival surgery, and the following week we had 20 referrals of patients with gum recession. Then we gave a lecture on peri-implantitis, and the following week most of the referrals were for peri-implantitis.

PL: DO SPECIALISTS AS WELL AS GENERAL DENTISTS REFER PATIENTS TO YOU?

EA: Yes, we have a lot of mucogingival referrals from ortho, so we work closely with them. Prosthodontic and endodontic colleagues also refer cases. And we also see many second opinions from other periodontists.

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RZ: And we get many referrals from hygienists. I think 10-15% of the referrals for perio are from hygienists – sometimes they are more switched on about perio than dentists are.



PL: DO YOU THINK THAT YOU WOULD HAVE BEEN LESS SUCCESSFUL IF YOU HAD A MULTIDISCIPLINARY PRACTICE WITH SOME FOCUS ON PERIODONTICS? DO YOU THINK YOU WOULD HAVE HAD FEWER PATIENTS?

EA: I think that the biggest risk is that sometimes a lot of general dentists are apprehensive about referring patients to multidisciplinary practices because they fear that they won't get their patients back.

RZ: I think that the type of referrals would be very different. For example, in perio practice we get a lot of referrals from implant clinics. We provide periodontal treatment, get the patients stable and healthy, and then they will do the implants. If you have a multidisciplinary practice, I am not sure you would get that.

PL: WHAT HAPPENS AFTER THE PATIENT HAS THEIR PERIO TREATMENT AND THEN GOES TO HAVE IMPLANTS?

RZ: We can do our best to make sure that they are perio stable and the patient is instructed to look after their teeth properly. Unfortunately, we cannot control the quality of care they receive elsewhere. But we also try to stay clear of trouble. We would not take on a case where we know that some aspects of the treatment are not going to be delivered to a decent standard by someone else.

PL: AND IF SOMETHING GOES WRONG? WHO IS RESPONSIBLE AND WHO MANAGES THE COMPLICATIONS? HOW DO YOU COMMUNICATE ABOUT THIS WITH THE DENTISTS AND WITH THE PATIENT?

EA: We would first try to understand who is responsible and discuss the problem and possible solutions with the patient. We are prepared to go the extra mile to help them out and get things right. Very often dentists like to provide complex treatments but have limited experience or limited knowledge on how to manage the complications. We don't mind getting involved if asked to do so.

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PL: DO YOU THINK THAT THIS MODEL OF WORKING STRICTLY IN PERIO IS MORE BENEFICIAL FROM THE FINANCIAL PERSPECTIVE THAN A MULTIDISCIPLINARY PRACTICE?

RZ: I think there are so many factors that affect how financially effective the practice is that it is impossible to tell. It's about the way you work, how time-effective you are, how much you charge at the end, and how you engage the patients. I don't think we have the answer. I think you can make things work in both ways. If you look after your patients and work hard, you can make it profitable.

## **IMPORTANCE OF THE EFP PROGRAMME**

PL: WHAT WAS THE ROLE OF THE EFP PROGRAMME IN YOUR PROFESSIONAL CAREERS?

RZ: The quality of the master's programme at Eastman was strongly related to the EFP accreditation and the EFP environment. The European federation is really important from that point of view – for example in the selection of the external lecturers, the exposure to other EFP programmes, and the postgraduate symposium.



EA: The symposium was great. It was nice to be with colleagues from similar programmes in different countries. You shared the experience, made some good friends and contacts. I had the opportunity to present a multidisciplinary case, and it was one of the first times that I presented.

PL: WHAT ADVICE WOULD YOU GIVE TO YOUNG PERIODONTISTS THAT HAVE JUST GRADUATED FROM THE EFP PROGRAMME IN TERMS OF CHOOSING A PERIO-ONLY OR A MULTIDISCIPLINARY PRACTICE?

RZ: My advice would be to start working, get some practice, get some hands-on, and wait a little bit before you start your own practice. Start just doing the simpler stuff, slowly build up the confidence and, when you have the clinical experience, then it may be the time to open a practice. But if you don't want to get involved with management or you prefer the clinical side of dentistry, then just work for someone else as a single specialist or in a multidisciplinary practice.

— EFP ALUMNI PROFILE: HÉLDER OLIVEIRA

**'I selected an EFP-accredited programme because of their guaranteed quality and because almost all the big names of perio are involved'**

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*Hélder Oliveira* is a periodontist from Portugal, living and working in Vila Nova de Famalicão, in the north of the country. After finishing his degree in dental medicine at the University Fernando Pessoa in Porto in 2009, he graduated from the EFP-accredited programme of the Sahlgrenska Academy at the University of Gothenburg in Sweden in 2014. He talks about the challenges of studying abroad, the benefits of the EFP programme, and his plans. **Interview by Bruno de Carvalho.**



I realised that periodontology was the dental speciality that I wanted to pursue when I was in the last year of my undergraduate studies at the University Fernando Pessoa. It was thanks to two great professors there who had inspired me. They always showed great clinical cases at the classes and congresses, and I really loved this and have tried to follow in their footsteps.

I did consider studying periodontology in Portugal because there was already a good three-year periodontology programme at the University of Lisbon. However, the dream of meeting the “big names” in the periodontology field and studying with world-renowned professors led me to look to study abroad.

When I selected my periodontology course, I tried to select an EFP-accredited programme, because of their “guaranteed” quality and because almost all the big names of perio are involved in these programmes. I am not saying that there are not very good programmes in periodontology that are not accredited by EFP – for example those at the University of Lisbon and the University of Santiago de Compostela in Spain, which are great programmes, although they are not yet accredited by the EFP.

I really enjoyed the programme in Gothenburg. The quality of the studies was very good, and I think the programme really fulfilled my wishes. Of course, nothing is perfect, and we could have had a bit more clinical practice in the field of mucogingival surgery, which is my favourite area of interest. But, in general, I think it was really a great programme. My group was fantastic, as were the “older” and “younger” students, so we really enjoyed great times together and we were always joking in our postgraduate room.

But moving to another country was really a big challenge for me. It was the first time that I had moved away from my parents’ home and I needed to deal with everything without their support and proximity. Moreover, it was even more challenging, because I moved from Portugal, a southern Europe country, to Sweden in the north of Europe. I experienced many differences, from cultural aspects to the very different weather. And I think that it was the cultural aspects that were the most difficult thing I had to adapt to while I was studying abroad, along with the distance from my family.

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## **“MOVING TO ANOTHER COUNTRY WAS A BIG CHALLENGE”**

The best thing was the friends I made there who will be friends for the rest of my life – both fellow students on the programme and some of the teachers. We created really strong relationships and we were almost like a family. Since we completed the programme, I have already had the opportunity to receive some of them at my place and I hope to have the opportunity to visit all of them in their hometowns as well.

Today, I’m running my own private practice that works using a multidisciplinary team approach. I work exclusively in periodontology and implant dentistry alongside prosthodontists, endodontists, and orthodontists – all of us trying to provide our patients with the best dental treatments in terms of health, function, and aesthetics.



*Hélder Oliveira at his graduation ceremony in Gothenburg*

I also have the great pleasure and honour of teaching periodontology at the university where I did my dentistry degree, the University Fernando Pessoa. I also take part in a lot of courses and congresses as a lecturer and recently joined a research group for an implant company. With that opportunity and the work involved, I will try to make my PhD and continue developing research projects for the future.

Research is important because even though periodontology and implant dentistry are areas with good documentation and a strong scientific background, there are areas where we are still lacking good scientific evidence and our clinical practice is very empirical. Research should be carried out to improve our knowledge and understanding, but most of all for the benefit of our patients.

Looking back, I wished I had studied more during my undergraduate studies so that I could have better understood and enjoyed the perio speciality. Understanding the basis of scientific evidence and knowing how to produce good-quality science would have been really helpful for me at the beginning of my perio speciality but I only really started to understand that towards the end of my postgraduate studies.

Looking ahead, I would like to be loved by my patients and students, to respect all of them and be respected by them, and to see my work recognised by my partners. I would like to follow the steps of the “big names” of periodontology and try to contribute to the knowledge of this discipline.

# News from EFP Alumni



— KOSTAS BOUGAS  
(UNIVERSITY OF GOTHENBURG 2016)

I graduated from the EFP programme at the Sahlgrenska Academy in Gothenburg in 2016. During my education, I had the opportunity to attend joint meetings and EuroPerio sessions together with postgraduate students from other EFP programmes. Having common aims and career choices has forged a deep and long-lasting connection with my peers from Gothenburg and other programmes such as ACTA, the Complutense, and Eastman. Thanks to the EFP, I have also had the privilege of meeting numerous opinion leaders in the field of periodontology who have shared their experience and advice.

With my background of a PhD in biomaterial sciences, the EFP programme increased my interest in clinical research, which I am currently involved in together with fellow EFP alumni Karolina Karlsson, Anna Trullenque Eriksson, and Jan Derks. As well as conducting research, I teach in the undergraduate and postgraduate programme at Gothenburg, the same programme I graduated from.

Earlier this year, I was awarded the students' pedagogical prize. I also work part-time in the Specialist Clinic for Periodontics in Borås, Sweden, with a special interest in reconstructive procedures at teeth and implants.

***'THANKS TO THE EFP,  
I HAVE MET NUMEROUS  
OPINION LEADERS'***



— NICOLAS BLANC-SYLVESTRE  
(UNIVERSITY OF PARIS, 2021)

My journey began at the University of Montpellier, in the south of France, where I obtained my diploma in dental surgery by conducting laboratory work on nerve regeneration and dental stem cells. My thesis was awarded the National Academy Prize. Thanks to this distinction, I applied to the EFP programme at the University of Paris and joined the team of Prof Phillippe Bouchard and Dr Francis Mora.

During the EFP postgraduate programme, which I completed in 2021, I was particularly interested in periodontal regeneration and the 3D management of pre-implant surgery cases. My strongest memories of the programme are linked to the incredible energy of the teaching team in transmitting their knowledge and the permanent friendly challenge between the EFP students.

I am now completing the third year of my PhD and have developed a new mini-dental implant system in the murine model. My research activities were awarded the University of Paris's research prize in 2019 and a patent application is pending. I am currently applying this model to a mouse model of rickets to better understand the physio-pathological mechanisms of this disease. In addition, I have been an active member of the Covid-19 vaccination campaign in Ile-de-France.



**'MY STRONGEST  
MEMORIES OF THE  
PROGRAMME ARE LINKED  
TO THE INCREDIBLE  
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TEACHING TEAM'**

SEND US YOUR NEWS!

*Perio Life: The EFP Alumni magazine* follows the professional paths of our members and we invite all alumni to send us your news. Have you recently changed your job, joined or set up a new practice, received a grant or award, published or started work on a new research project, or are you seeking to recruit staff to your periodontal practice? If so, we are happy to hear from you and publish your news. Please send news to Filippo Graziani, chair of EFP Alumni ([filippo.graziani@unipi.it](mailto:filippo.graziani@unipi.it)), and to Paul Davies, EFP editorial coordinator ([paul@efp.org](mailto:paul@efp.org)).





— BRUNO DE CARVALHO



— CÂNDICE GASPERIN

# Tips & tricks: How to take your social-media profile to the next level

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The Covid-19 pandemic has brought changes and new ways for healthcare professionals including dentists and periodontists to communicate with their patients, and social media is becoming an effective tool to improve engagement with patients. But it is not just about attracting followers and visitors to your social-media pages and your website, but also about creating an engaged community of patients and potential patients. Patients' perception of you as a dental professional can be directly impacted by your social-media posts, pictures, videos, and campaigns. So, it would be good to remember that this material is also an opportunity to show off your knowledge and expertise.



## CONTENT AND PLATFORMS

**A good social-media plan can help you stay connected with your community every day. It is important to define your target audiences and if you want to share material with both fellow professionals and patients, you may need to create separate profiles.**

When you are sharing content specifically for your peers – such as clinical cases and new advances in research – you can create a profile with your own professional name, where your main followers will come from your professional network and from industry. This will allow you to share the quality of your clinical cases, the research you have been publishing, and will help to improve the referral of patients from your colleagues.

When your audience is patients, the profile should be your periodontal or dental practice, which will allow you to share simplified “before and after” clinical cases, the practice environment, and what happens backstage. The profile should always encourage patients to remain proactive in their dental care, remind them to make appointments, promote products and services, and consider providing material that might help to remove the fear and anxiety before a dental procedure. In your professional profile, remember to “tag” the practice where you perform your cases, and thus create a link between the two.

Different social-media platforms attract different type of patients and your marketing plan should focus on the channels that your audience is most likely to use. Instagram, Facebook, YouTube, and TikTok are the most common platforms to create content for patients, and each has different features to help you to promote your practice or your clinical or research material. Instagram and Facebook can be synchronized, allowing you to post simultaneously on both, sharing content on two big platforms at the same time, attracting different audiences. Studies shows that Instagram’s audience main audience is between 18 and 34 years old while Facebook attracts a bigger percentage of age groups from 35 to 65 years old.

The video-sharing platform YouTube plays a huge role in the promotion of dental education. From dental procedures to theoretical classes and dental-congress promotions, a lot of material can be found on this platform, which gives you an opportunity to create a community of followers of your video content. YouTube also offers you the possibility of storing your videos and it is also integrated into other social-media platforms.

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The trendy new TikTok app has been growing rapidly and, as a video-sharing social-media platform, it allows you to share short video clips that can help you to connect to a new audience. Although TikTok tends to emphasise the creative and comic side, dentists are using it more and more for sharing quick tips in dental and surgical procedures, to provide education in a fun way, and to share a more human side of the daily routine of a dental practice, while instructing the public about certain procedures and pathologies.

Being proactive in these four platforms requires time, imagination, and availability to document and create content – and this can take up several hours of your day. That’s why a team approach to managing your social-media platforms, involving your staff members and colleagues, is the best way to assure the level of activity that will have an impact on your target audience.

## APPS THAT CAN HELP YOU WITH CONTENT

One of the most important parts of having an effective social-media presence is keeping your feed up to date with a look and feel that communicates your brand's identity and your values, so that it expresses very clearly who you are, what you do, and what you care about. There are several design apps that can help you to create great images and videos with your mobile phone, such as:



### CANVA:

an app you can use to create image layouts, superimpose text, and pull in a range of predesigned graphics to improve your posts and attract your followers' attention.



### HYPETYPE:

a library of fonts and animations for pictures and videos, and you can post directly from this app on Instagram.



### VSCO:

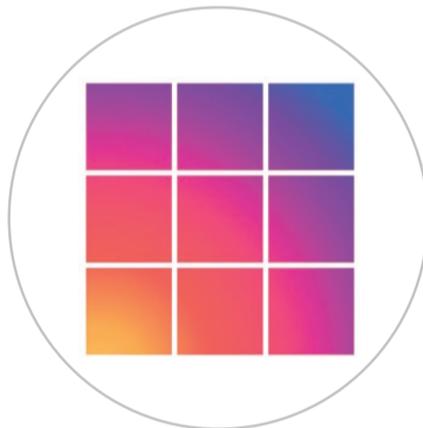
the leading app for creating attractive photographs on the go. Part photo-editing platform and part social-media network, VSCO should be at the heart of every Instagram strategy.

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### LAYOUT FROM INSTAGRAM:

an app created by Instagram which allows you to create different arrangements for your pictures when you want to include several photos in a single image.



### PHOTOSPLIT FOR INSTAGRAM:

this app allows you to slice any photo in different grid patterns, keeping it in high resolution. Very useful for intra-oral macro photography.



### ADOBE LIGHTROOM:

this app keeps all your clinical pictures synchronized in different devices, with the possibility of light processing and trimming. You can have all your clinical pictures in your pocket and use them to publish directly on social media.

## SEVEN SPECIAL SOCIAL-MEDIA TIPS

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Always reply to comments, questions, and direct messages via social media quickly and in your own tone of voice.



Social-media content is an opportunity to show your knowledge and expertise.



Use sponsored content and social-media advertising (paid ads) to find new audiences in your region who do not already follow your business.



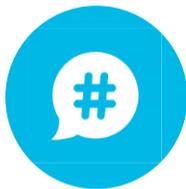
Make sure that your social-media profile (the “about” or biography section) is up-to-date and professional, and include key information such as your practice’s opening hours and contact details.



When using photos of your patients, please check the regulations of your country about patient consent.



Your biography should be brief and describe your speciality with a catchy sentence.



Create hashtags with your name, your clinic’s name, or your slogan. When people look for you, the pictures you upload with these hashtags will appear.

# Perio Life & EFP Alumni



Perio Life, the magazine of EFP Alumni, is published twice a year and presents articles about and by alumni of the EFP-accredited postgraduate programme in periodontology.

EFP Alumni brings together the alumni and teachers of the universities where the EFP programme is taught so that they can connect, collaborate, and maintain strong ties. You can register as a member at the EFP Alumni section of the EFP website: [www.efp.org/publications-education/efp-alumni](http://www.efp.org/publications-education/efp-alumni)

AT PRESENT, 16 ACCREDITED DENTAL SCHOOLS TEACH  
THE THREE-YEAR EFP POSTGRADUATE PROGRAMME IN PERIODONTOLOGY:

-  Catholic University of Leuven, Belgium
-  University of Liège, Belgium
-  University of Strasbourg, France
-  University of Paris and Rothschild Hospital, Paris, France
-  University of Hong Kong, Hong Kong
-  Dublin Dental University Hospital, Trinity College, Dublin, Ireland
-  Hebrew University - Hadassah Medical Center, Jerusalem, Israel
-  Health Care Campus Rambam, Haifa, Israel
-  C.I.R. Dental School, University of Turin, Italy
-  Academic Centre of Dentistry, Amsterdam, Netherlands
-  Complutense University of Madrid, Spain
-  International University of Catalonia (UIC), Barcelona, Spain
-  Sahlgrenska Academy, University of Gothenburg, Sweden
-  University of Bern, Switzerland
-  Yeditepe University, Istanbul, Turkey
-  UCL Eastman Dental Institute, London, United Kingdom

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