

**PRESS RELEASE**

# **Joint workshop of periodontists and family doctors redefines the systemic impact of periodontitis on overall health**

**Brussels, 20 July 2022.** Experts gathered on July 10-11th in Madrid for the Focused Workshop on Periodontology and Family Doctors, a joint scientific initiative of the European Federation of Periodontology (EFP) and the European branch of the World Organization of Family Doctors (Wonca Europe). Their aim was to prepare a consensus document and agree on a set of recommendations on how general practitioners and oral health professionals can approach the systemic impact of periodontitis on cardiovascular diseases, diabetes and respiratory diseases.

A team of 18 experts, organised in three working groups, reviewed the latest evidence available on the associations between periodontitis and those chronic systemic conditions. In particular, a new systematic review examining the links between periodontitis and respiratory diseases was presented and the associations of chronic obstructive pulmonary disease, asthma, community-acquired pneumonia, obstructive sleep apnoea, and Covid-19 were discussed.

The other working groups used, as starting point for discussion, the outcomes of previous workshops held by the EFP with the World Heart Federation (2019) and the International Diabetes Federation (2017), whose findings were disseminated through the EFP's [Perio & Cardio](#) and [Perio & Diabetes](#) campaigns, respectively.

Jointly led by David Herrera, chair of the EFP's workshop committee, and Shlomo Vinker, president of Wonca Europe, the Focused Workshop on Periodontology and Family Doctors, sponsored by Curasept, prepared the ground for a final joint consensus report, currently under way, to be published simultaneously in the EFP's *Journal of Clinical Periodontology* and Wonca Europe's *European Journal of General Practice*.

## **Patients, doctors and more**

In parallel, the EFP plans to develop an outreach campaign based on the recommendations, targeting specific groups such as patients in primary-care settings, patients in dental clinics, policymakers, family doctors, dentists, periodontists, and dental hygienists.

"I have learnt a lot from the family doctors during this workshop, and we should also be aware of the impact that this will have on our patients," said David Herrera, workshop co-chair.

“Having the opportunity to discuss with them the implications of the association between periodontitis with some chronic non-communicable diseases represents a great step for us to help improve overall health in the population. I would like to thank Lior Shapira, previous EFP president, by suggesting this initiative and by making collaboration with general practitioners a priority during his presidency,” Herrera added.

“I do not think that Wonca Europe had previously done such a joint work with another scientific organisation, and it was a very good experience for us,” said Shlomo Vinker, workshop co-chair. “It was very challenging as we had the complicated mission of interpreting the data provided by the new systemic review and come to a consensus.”

## **EFP, global benchmark in periodontology**

The European Federation of Periodontology (EFP, [www.efp.org](http://www.efp.org)) is a non-profit organisation dedicated to promoting awareness of periodontal science and the importance of gum health. Its guiding vision is “periodontal health for a better life.”

Founded in 1991, the EFP is a federation of 37 national periodontal member societies that represents more than 16,000 periodontists, dentists, researchers, and oral-health professionals from Europe and around the world. It supports evidence-based science in periodontal and oral health, and it promotes events and campaigns aimed at both professionals and the public.

The EFP organises EuroPerio, the world’s leading congress in periodontology and implant dentistry, as well as other important professional and expert events such as Perio Master Clinic and Perio Workshop. The annual Gum Health Day on May 12, organised by the EFP and its member societies, brings key messages on gum health to millions of people across the world.

The EFP also organises workshops and outreach campaigns with its partners: projects to date have covered the relationship between periodontal disease and diabetes, cardiovascular disease, and caries, as well as women’s oral health during pregnancy.

The EFP’s *Journal of Clinical Periodontology* is the most authoritative scientific publication in this field. The federation also publishes *JCP Digest*, a monthly digest of research, and the *Perio Insight* magazine, which features experts’ views and debates.

The EFP’s work in education is also highly significant, notably its accreditation programme for postgraduate education in periodontology and implant dentistry.

The EFP has no professional or commercial agenda.

**ENDS**

## **Notes for editors**

You can use these two hi-res photos (and captions) to accompany the press release:

a) David Herrera and Shlomo Vinker, co-chairs of the Focused Workshop on Periodontology and Family Doctors held in Madrid:

<https://drive.google.com/file/d/1IKbQStTYkp3k4rev7KDeOEEdEvzDw16Vv/view?usp=sharing>

b) High-level experts attending the Focused Workshop on Periodontology and Family Doctors held in Madrid:

<https://drive.google.com/file/d/1C3AXVim4mQRPHdjkXI3WIN7FvGZKBiYP/view?usp=sharing>

**More images and information: EFP press team at [press@efp.org](mailto:press@efp.org)**