



# PerioLife

The EFP Alumni magazine



**25** Celebrating  
25 years of  
EFP Postgraduate Programme

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## Strong EFP Alumni presence at Perio Master Clinic 2023

The EFP's Perio Master Clinic 2023, on the “perio-ortho synergy”, took place in Antwerp, Belgium, at the beginning of March and there was a significant presence of members of EFP Alumni: 31 registered members of EFP Alumni took part, including eight of the speakers and moderators.

The EFP Alumni committee organised a “meet and greet” during the coffee break on the Friday afternoon, which provided a great opportunity for alumni of the various EFP postgraduate programmes to catch up with each other.

EFP Alumni chair *Ed Madeley* and committee member *Ana Castro* share their thoughts on the event which brought together more than 800 clinicians from 62 countries to hear 39 speakers address key topics in multidisciplinary periodontal and orthodontic treatment.





## ED MADELEY: 'HIGH-CALIBRE SPEAKERS AND A COMPREHENSIVE PROGRAMME'

Perio Master Clinic 2023 offered a great programme of high-calibre speakers on an interesting and engaging theme, with thought-provoking lectures demonstrating the various ways orthodontics and periodontics can be combined for the benefit of the patient. The speaker line-up was stellar, and it was great to see members of the EFP Alumni community taking to the big stage to present their cases and research.

The conference programme was comprehensive and included the provision of orthodontics in periodontally susceptible patients, orthodontic intrusion, orthodontic extrusion, mucogingival considerations, and even autotransplantation.

For me, one of the highlights was the lecture delivered by France Lambert and her prosthodontic colleague Amélie Mainjot on the combined periodontic, prosthodontic, and orthodontic planning of cases. The way they approached cases and clinical pitfalls was pragmatic and interesting to watch.

It would have been rude whilst in Antwerp not to sample the delicious chocolate and (in)famous Belgian beers in the good company of colleagues from Ireland and from throughout the EFP. There were some tired but well-informed heads on the flight home.

## ANA CASTRO: 'DYNAMIC SESSIONS AND GREAT ATMOSPHERE'

The event started on Thursday with two pre-conference workshops and on Friday and Saturday the attendees could follow a wide variety of lectures. These ranged from the use of orthodontics in the treatment of stage IV periodontitis to mucogingival considerations before, during, and after orthodontics as well as the application of digital tools to improve multidisciplinary treatment planning.

Without a doubt, it was a conference where the perio-ortho synergy was reinforced and we all enjoyed the dynamic sessions, beautiful venue, and great atmosphere that reunited the EFP family again.







*Hands-on workshop on treating severe interbony defects*

## EFP ALUMNI SPEAKERS

Nine members of EFP Alumni were involved as speakers at Perio Master Clinic 2023:

- Darko Božić (EFP president): gave a pre-conference workshop on the treatment of severe intrabony defects in combination with xHyA and xenogenic bone graft.
- Veronique Christiaens: moderator of session on digital tools to prevent periodontal complications in orthodontic treatment.
- Bruno De Carvalho: moderator of session on the ortho-perio synergy to enhance smile aesthetics.
- France Lambert: with prosthodontist Amélie Mainjot gave the “duo” lecture on using a perio/prosthodontic approach to manage and prevent implant infra-position..
- Antonio Liñares: presented a clinical case in the session on the ortho-perio synergy to enhance smile aesthetics.
- Brenda Mertens: presented a clinical case in the session on mucogingival surgery in orthodontically treated patients.
- Ignacio Pedrinaci: presented a clinical case in the session on periodontal regeneration and orthodontics.
- Michèle Reners: moderated the session on orthodontic treatment in stage IV periodontitis.
- Wim Teughels: moderated the session on periodontal regeneration and orthodontics.







# 25 years

of the EFP postgraduate programmes





In 1998, the **Academic Centre for Dentistry Amsterdam (ACTA)** in the Netherlands became the first university postgraduate programme in periodontology to receive accreditation from the EFP, and was soon followed by the **University of Bern** in Switzerland.

Over the following **25 years**, the number of **EFP-accredited programmes** has expanded and there are now **23 programmes** in **15 countries**.

Although each university and dental school may have different approaches to education and training – influenced by different structures, cultures, and resources – all the accredited programmes follow the same curricular structure in a competence-based curriculum, which provides the necessary harmonisation in periodontal training.

To celebrate the 25th anniversary of the launch of the EFP-accredited programmes, *Perio Life* has interviewed **Moshe Goldstein**, who recently retired as chair of the federation's postgraduate education committee, along with three alumni: **Monique Danser**, **Chris Fok**, and **Spring Liu**, who represent the earliest and latest generations of periodontists who have received an EFP-accredited postgraduate education.

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— MOSHE GOLDSTEIN



— MONIQUE DANSER



— CHRIS FOK



— SPRING LIU





— INTERVIEW:

# Moshe Goldstein looks back on nine years of growth in postgraduate education

In April this year, Moshe Goldstein stood down as chair of the EFP's postgraduate-education committee, a post he had held since 2014. He talks to EFP Alumni chair Ed Madeley about the challenges and achievements over these last nine years, during which the number of EFP-accredited postgraduate programmes has more than doubled.



ED MADELEY: YOU HELD THE ROLE OF CHAIR OF THE EFP POSTGRADUATE EDUCATION COMMITTEE FOR NINE YEARS. WHAT INITIALLY INTERESTED YOU ABOUT TAKING ON THIS POSITION RATHER THAN OTHER ROLES WITHIN THE EFP?

MOSHE GOLDSTEIN: There were several reasons. Postgraduate education is something I have dedicated a major part of my career to, and I thought I could contribute to the postgraduate-education committee. Also, I had the conviction that the EFP could be a leader in international periodontal education.

EM: WHEN YOU BECAME CHAIR, THERE WERE 11 PROGRAMMES IN 10 COUNTRIES. THERE ARE NOW 23 IN 15, INCLUDING TWO OUTSIDE OF EUROPE. WHAT HAVE BEEN THE FACTORS INVOLVED IN THIS EXPANSION, AND WHAT CHALLENGES HAVE BEEN INVOLVED IN BRINGING IN SO MANY NEW UNIVERSITIES?

MG: In 2014 we had 11 accredited programmes. One programme (Tel Aviv) lost its accredited status a few years ago. Since 2014, 12 more programmes have been accredited. The increase in the number of accredited programmes has happened following two things. First, the continuous mentioning of the possibility of having a programme accredited by the EFP, with all the positive clinical benefits and prestige involved in this. This was one of the things I did at every EFP meeting, whenever participating in congresses, meeting programme directors, and so on.



Second, whenever there has been a first accredited programme in a specific country, the directors of other programmes in that country have wanted the same achievement.

The expansion did not just “happen” – it was a proactive policy of the postgraduate-education committee.

EM: DO YOU SEE THE NUMBER OF EFP-ACCREDITED PROGRAMMES CONTINUING TO GROW OVER THE NEXT FEW YEARS? AND WHERE DO YOU EXPECT THIS GROWTH TO TAKE PLACE? FRANKFURT UNIVERSITY IS SET TO BECOME THE FIRST GERMAN PROGRAMME TO GAIN ACCREDITATION, SO WILL THERE BE MORE IN GERMANY? AND WHAT ABOUT OTHER EUROPEAN COUNTRIES WITH NO EFP PROGRAMME AT PRESENT, SUCH AS AUSTRIA OR DENMARK?

MG: More programmes should and most probably will apply for EFP accreditation. We started a process of survey and mentoring possibilities for programmes that would like to meet the EFP standards of accreditation. I believe that under Professor Donos’s leadership this will happen. The “target” programmes are those from all EFP member countries.

### **“A MAJOR STRATEGIC GOAL OF THE EFP IS TO BE THE MOST PROMINENT FACTOR IN INTERNATIONAL PERIODONTOLOGY”**

The mentoring idea was something we thought about for programmes that have not applied for accreditation, but which might want to. It is a way to provide help to directors that want to prepare their programme for accreditation. It was an idea I had about three years ago when observing that in some countries there is no attempt to accredit programmes although there are postgraduate training centres there. I have to confess that several directors of programmes in countries with EFP member societies contacted me and asked questions, but none of them has so far asked for the proposed mentoring. I hope it will happen.

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EM: WHEN CONSIDERING CASES LIKE HONG KONG, WHAT EFFECT DO YOU FEEL THE EXPANSION OF THE ACCREDITATION OF PROGRAMMES OUTSIDE OF COUNTRIES WITH EFP MEMBERS WILL HAVE ON THE EFP AS A WHOLE IN THE FUTURE? IS THERE A GOAL TO EXTEND ACCREDITATION INTO MORE COUNTRIES THAT DO NOT YET HAVE AN EFP MEMBER SOCIETY? AND BEYOND EUROPE, WHICH AREAS OFFER MOST SCOPE?

MG: A major strategic goal of the EFP is to be the most prominent factor in international periodontology. Postgraduate education is definitely one of the ways to achieve this goal, in addition to the EFP’s Perio Workshops and EuroPerio congresses. I know that some programmes from Latin America have looked at the EFP’s *Quality Standards for Postgraduate Education* document to use in their universities.



*Moshe Goldstein with postgraduate students at the Hadassah-Hebrew University Medical Center in Jerusalem.*



I strongly believe that our education system can be a model for postgraduate training programmes anywhere.

EM: I FONDLY REMEMBER AS A POSTGRAD THE EXPERIENCE OF MY EFP POSTGRADUATE SYMPOSIUM (EVEN THOUGH I HAD THE DAUNTING TASK OF PRESENTING MY RESEARCH). HAVING ATTENDED MULTIPLE SYMPOSIA, WHAT ARE YOUR THOUGHTS ON THE BENEFITS OF THESE EVENTS FOR GRADUATING PERIODONTISTS?

MG: The sharing of knowledge and clinical expertise at the symposia has a catalytic effect towards improving each programme. The level of the clinical cases as well as the research projects is improving from one symposium to the next. Another prominent achievement of these symposia is the personal encounters and friendship of students from different countries, a key for possible future scientific, academic, and clinical co-operation after graduation.

EM: HOW HAVE THE SYMPOSIA EVOLVED OVER THESE YEARS? HOW EASY HAS IT BEEN TO ACCOMMODATE SO MANY MORE PROGRAMMES?

MG: Easy? Not at all. But definitely not a burden. Always a pleasure. The feeling of achievement grew from one symposium to the other.

EM: WHAT HAS BEEN THE MOST ENJOYABLE ASPECT OF YOUR NINE-YEAR ROLE AS CHAIRMAN OF THE POSTGRADUATE-EDUCATION COMMITTEE AND WHAT WILL YOU MISS MOST ABOUT YOUR TIME IN THE ROLE?

MG: Most enjoyable: the contact with the programme directors and other faculty members in the programmes and seeing how the students grow up professionally. I'll miss the professional connections with the programmes, but I hope to continue to meet and have contact with the many friends I made in these programmes.

EM: IS THERE ANYTHING YOU WOULD HAVE LIKED MORE TIME TO ACHIEVE?

MG: I tried to do the best I could during my term. It is a good thing to change the team and have new leadership in the education committee.

EM: WHAT ADVICE WOULD YOU HAVE FOR YOUR SUCCESSOR AS HE TAKES ON THE ROLE?

MG: Professor Nikos Donos knows perfectly how to manage the education committee and I believe he has a clear strategic plan. We worked together in the postgraduate-education committee for many years. He does not need any additional advice.

EM: WHAT INTERESTS YOU OUTSIDE OF DENTISTRY AND WHAT DO YOU PLAN TO DO WITH YOUR FREE TIME?

MG: The truth is that I do not have free time. I continue to direct the postgraduate programme in Jerusalem, to manage an active private practice, and to travel and speak or give courses internationally. I hope to find a way to slow down in one or two years.

I still have my hobby (off -road driving) and have a 20-year-old Land Cruiser which is a very capable and sturdy vehicle, which has been upgraded to handle demanding terrain. I do off-road trips - not sports - to just enjoy nature and get to places that are more difficult to access. And there are many things that I intend to do when I "grow up": travel more to remote places, get involved in wildlife preservation programmes, study history, and more.

But don't expect to see me on long cruises while sunbathing on the deck or spending time in coffee houses waiting for my siesta!





*“THE EXPANSION DID NOT JUST ‘HAPPEN’ – IT WAS A PROACTIVE POLICY OF THE POSTGRADUATE-EDUCATION COMMITTEE. I STRONGLY BELIEVE THAT OUR EDUCATION SYSTEM CAN BE A MODEL FOR POSTGRADUATE TRAINING PROGRAMMES ANYWHERE.”*



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### **MOSHE GOLDSTEIN**

Professor Moshe Goldstein graduated from the Faculty of Dental Medicine of the Hebrew University in Jerusalem, Israel in 1986. He did his postgraduate training in periodontics at the Hadassah-Hebrew University Medical Center in Jerusalem and received his specialist diploma in 1990.

Having served as the president of the Israeli Society of Periodontology in 1997 and 1998, Prof. Goldstein was a member of the executive committee of the European Federation of Periodontology from 2009 to 2014, including a year as federation president (2012-13). From 2014 to 2023 he served as chairman of the postgraduate education committee.

Prof. Goldstein is the director of postgraduate periodontology at the Faculty of Dental Medicine of the Hadassah-Hebrew University Medical Center, and maintains a private practice limited to periodontology and implantology in Tel Aviv.

He has been involved in research, development, and clinical applications of periodontal surgical techniques, bone regenerative materials, and dental-implant systems. He has published widely and lectured at more than 90 national and international professional events.





— INTERVIEW:

# Monique Danser: 'We are growing and becoming a big family'

Monique Danser was one of the early graduates of the first programme to receive EFP accreditation – ACTA in Amsterdam. She continued to work at the university and explains how she was inspired by her teachers, the importance of the postgraduate symposium, and how dentistry “runs in her veins”. A former president of the Dutch Society of Periodontology (NVvP), she is currently treasurer of the EFP. *Interview by Giacomo Baima.*

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*Monique Danser and fellow ACTA graduates Steven W.H.Lim and Muriel Heijnsbroek, with their EFP diplomas.*

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I am Dutch, studied dentistry at ACTA, Amsterdam, did my PhD at ACTA, and worked in a general practice after my graduation. I did a lot of industry research projects too. In 2000, I started the perio programme, where my mentor was Professor Ubele van der Velden and he made me very enthusiastic about perio. After graduating, I stayed at ACTA and worked as a researcher, head of clinic at the perio department, chair of the ortho department, and now as interim chair of the perio department as well as director of the perio programme. I have to say that my job runs in my veins, since my father, grandfather, and grandmother were all dentists.

It is surely an extra advantage that the programme at ACTA is accredited by the EFP – it gives a certain credibility and additional prestige. Also, there are external examiners from the EFP, which gives extra cachet to the programme and makes it easy to work as a periodontist elsewhere.

The perio course at ACTA was tough for me because I had two little children, so the long days and the deadlines were a challenge. At that time, a lot had to be done at the university rather than at home, as can be done now.

One of the most memorable moments was when we went as a group, along with other programmes, to Les Diaberets in Switzerland for a week: this was amazing, as it was organized by Klaus Lang (former director of the EFP programme at the University of Bern and founder and chair of the European Workshop in Periodontology). All programme directors and students were there and presented cases about perio. The contact with the teachers was nice: we gained a lot of knowledge, learned how to deal with different type of perio patients in all aspects.

The EFP Postgraduate Symposia were great. A lot of different programmes, with different accents, different focuses, and different approaches to perio treatment, as well as a good exchange of cases and research, and it is nice meeting all the students and teachers to discuss perio.



These symposia are the best way to connect and to exchange knowledge and ideas. It is good to meet the other programme directors and students – you learn from the other programmes and about different treatment methods and possibilities, as well as new thinking in perio. The areas of research and clinical practice that most interest me are microbiology, antibiotics, tongue brushing, toothbrushes, dental implants, nutrition, ortho-perio, halitosis, and the link between periodontitis and systemic diseases.

Receiving the EFP diploma made me aware of our big community. In the Netherlands we have a title: periodontist recognized by the NVvP and that is the title you need if you want to work as a periodontist here. So the EFP diploma per se was of no benefit for this, although it has been a benefit to me personally and, with Ubele as my mentor, I was always very near to the EFP. (Ubele van der Velden was one of the founders of the EFP's work in postgraduate education and the first chair of its postgraduate education committee.)

***“WE GAINED A LOT OF KNOWLEDGE, LEARNED HOW TO DEAL WITH DIFFERENT TYPE OF PERIO PATIENTS IN ALL ASPECTS”***

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To someone thinking of applying to an EFP programme, I would recommend that they talk to the current students about the programme in which they are interested, and ask about what to expect, how they feel, what is their experience, and get a feel for the atmosphere of the programme. Of course, you need a connection with the country and the teachers of the programme to feel good about a particular course. Every programme has its pros and cons, so in the end are the other things that make you choose a programme.

The teachers who have inspired me most have been Ubele – not only because of his passion and enormous knowledge, but also for his historical knowledge and clinical experience, and as a person – and Tiddo Folmer, my implantology teacher who had a lot of experience with implants in perio patients and taught me to save teeth and use implants only as an ultimate alternative, while also discussing all prosthodontic alternatives.

It is really nice to have been part of the EFP alumni for such a long time – we are growing and becoming a big family. Working in a university, being president of the NVvP, and now being part of the EFP board is an extra connection with other alumni.





— INTERVIEW CHRIS FOK:

# 'We cheered in the clinic when the programme got EFP accreditation'

Chris Fok was born and grew up in Hong Kong, where he studied dental surgery before joining the postgraduate periodontology programme at the University of Hong Kong. He talks about the commitment of his teachers and the opportunities opened up by receiving the EFP diploma. *Interview by Giacomo Baima.*



*Chris Fok receiving his EFP Diploma from programme director George Pelekos*





I was born and raised in Hong Kong, and I obtained the bachelor's degree in dental surgery in 2015. It took two years for me to understand that periodontology was my calling, and I completed the master's degree in periodontology in 2020 at the University of Hong Kong. After finishing my postgraduate training, I have been spending most of my time working in the university hospital and as a part-time clinical supervisor for the undergraduate and postgraduate courses. I also do work limited to periodontology and implant dentistry in private clinics during the weekends.

I am excited and proud to be one of the first EFP alumni from Hong Kong. I still remember the day when my friends and I were told that our programme had just been officially accredited by the EFP. We cheered in the clinic with the professors, and everyone was laughing with joy, recognising the work that the team had put in and being able to join a bigger perio family. It was a memorable day for all of us.

I had always had a great interest in perio and, after working a bit with patients, I understood that to manage most of the complex cases I definitely needed a specialist training. So, after talking to some friends and to Professor Maurizio Tonetti, who was at that time director of the periodontology programme in Hong Kong, I finally decided to take a chance and enrol.

It was in the middle of the accreditation process when I got into the programme. I did not know whether the course would be accredited eventually, so it was kind of a surprise! What I did know was that the professors had been spending considerable time and effort to further improve the programme that I was applying to. It was their commitment to our training that cleared up any doubt of choosing this programme.

#### **'OPPORTUNITIES TO CONNECT'**

I think that the EFP accreditation shows people that our faculty is able to provide internationally recognised postgraduate education in addition to the undergraduate course. For me, the accreditation provided us with opportunities to connect with people in periodontology around the world. Since the accreditation, I have had the privilege of taking part in multiple international events, such as the EFP Postgraduate Symposium in Gothenburg in 2019 and EuroPerio 10 in Copenhagen in 2022. The latter was like a reunion party, and I felt the warmth seeing colleagues again after having been separated by the pandemic for a while. It was refreshing in this difficult time. These events were amazing chances to meet great people in the field, at both a professional and a personal level.

Not only do I have these opportunities abroad, but I also have the honour of welcoming perio colleagues and friends to Hong Kong and introducing the various facets of life in this city where the East and the West meet. The experience of participating and helping in International Perio Master Clinic – the first EFP master clinic outside Europe – was truly remarkable.

The accreditation boosts our confidence that we are recognised regionally and internationally by the prestigious EFP, further motivating us to pursue new opportunities and to reach new heights.

I think the EFP-accredited training puts strong and equal emphasis on developing a solid knowledge base together with clinical and research skills. These three components allow graduates not only to be able to understand and practise evidence-based care at the time of graduation, but also to maintain a high level of care in the future through continuous learning. It basically allows graduates to take any possible career path in the field.

The EFP diploma is certainly one of the highlights of my career, but it feels like a starting point because it reminds me that I am well-trained enough to take on any challenges in the future. I would like to first spend some time in private practice to polish my skills, and then continue to be involved in postgraduate training. In the future, I am also looking forward to helping to figure out how to better manage stage IV periodontitis.





— INTERVIEW SPRING LIU:

# 'Graduating from an EFP programme can enhance a student's credibility and employability'

Spring Liu, from Malaysia, trained and worked in dentistry Ireland, Australia, and Switzerland before studying periodontology at the University of Turin in Italy and becoming one of its first students to receive the EFP diploma. She talks about her education and career, the benefits of studying at an EFP-accredited university, and the importance of the EFP Alumni family. *Interview by Giacomo Baima.*

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Spring Liu with her EFP diploma





Spring is the English version of my Chinese name Chun Ching. I was born in Malaysia, where we do not have the four seasons, but my parents used to travel a lot and love springtime. After my A-level diploma, I was accepted to study medicine by several universities, but I wanted to study dentistry and chose the University College Cork, in Ireland. After graduation, I was sponsored by the state of Victoria in Australia and started my career as a dental officer in 2006 at the Royal Dental Hospital of Melbourne (RDHM), while also teaching oral surgery to undergraduate students at the University of Melbourne.

After several years practising as a general dentist in Australia and in the French-speaking part of Switzerland, I decided to specialise to improve the quality of the treatments for my patients. My husband, who is from Turin, knew about the city's dental hospital and recommended it to me. I applied for the master's degree in periodontology level II, a two-year full-time course, and the master's degree in implantology, a one-year full-time course.

From my undergraduate training, and influenced by my great friend and mentor Professor Ian Steele (who was head of prosthodontics at RDHM), in the early years of my practice I tended to focus more on prosthodontics. However, I decided to train in periodontology because patients who suffer periodontal disease have a reduced quality of life and I could help improve this by contributing to better care and serving the community concurrently.

Today, I am a senior physician (*Oberarzt*, in German) at the Centre of Dental Medicine at the University of Zurich in Switzerland. I practise as a Swiss-qualified specialist in periodontology, I am involved in postgraduate teaching, and lead the undergraduate and master's degree programme in periodontology. I am also part of the multidisciplinary peri-implantitis team involved in research, consultations, and treatment of peri-implant diseases.

Additionally, I have spent the last decade learning new languages each time I move to a new city or country. German is my sixth language: I am still learning new words every day and it remains the most challenging language I have learnt.

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## HOW EFP ACCREDITATION BENEFITS STUDENTS

I was one of the first three dentists to receive the EFP-accredited master's degree in periodontology from the University of Turin. We went through the process of having the university accredited by the EFP over the course of our study. In retrospect, I am glad to have been through this great experience and to have gained an overall view of how this process works and being part of this history in making it happen. It was for me clear from the beginning that being part of the EFP would extend the aim for excellence in treatment and would also mean being part of an amazing network of the most capable periodontists in Europe. The benefits of studying at an EFP-accredited university are the advanced pedagogical approaches and being instructed by world-renowned experts and academics, which enables you to gain a solid theoretical foundation and clinical skills to fully qualify as a periodontist and finally deliver customised treatment to individual patients.

EFP accreditation can benefit students in several ways. Firstly, it ensures that their programme meets high standards of education and clinical training, which can enhance the quality of education they receive. Secondly, EFP-accredited programmes may provide students with opportunities for international exchanges and collaborations that can broaden their perspectives and enrich their learning experience. Finally, graduating from an EFP-accredited programme can enhance a student's credibility and employability in the field of periodontology, potentially leading to better career prospects. In the future, I am also looking forward to helping to figure out how to better manage stage IV periodontitis.







*Spring Liu at her graduation from Turin*

## FROM TURIN TO ZURICH

Looking back at the course, I value the dynamic discussions and stimulating exchanges with teachers and colleagues. Many renowned educators inspired me during my course, but I have to say that it was Professor Mario Aimetti who inspired me the most. He achieved his goal of having an EFP-accredited programme to deliver high-quality periodontists and research to benefit our field and especially our patients. He dedicated much of his time to supporting and guiding us on our journey. He is an exemplary person, a masterful practitioner with deep understanding and knowledge, and an excellent educator. He embodies periodontology.

Turin is a beautiful city to live in and to discover, but because of the workload it was not possible to fully enjoy it and discover the wonderful region around it. Furthermore, being away from home, not being able to be there for my son, and spending limited time with my family for three years was extremely challenging.

I believe the EFP diploma has helped me in obtaining my current position at the University of Zurich. It has opened many doors and opportunities, as I have been contacted by clinics, dental associations, and leading companies in the dental industry about positions and as a speaker. I do love my job, as it allows me to be involved in all aspects of teaching, research, and clinical work. Furthermore, the University of Zurich is ranked in the world's top 10 universities for dentistry, so it is an honour and a privilege for me to be part of the faculty here. All this was possible also thanks to my EFP diploma and to Professor Patrick Schmidlin (head of periodontology at Zurich), who believed in me and in my educational background.





My main research during my postgraduate course was regarding laser therapy in the treatment of peri-implantitis. I was thrilled to see my thesis included in a systematic review commissioned for developing the EFP guideline for the treatment of peri-implant diseases. My research interest focuses mainly on peri-implantitis. The topic of sex and gender in periodontology and dentistry has also become a focus for me, and I am actively involved in the Centre's commission about this and in promoting and lecturing on this topic.

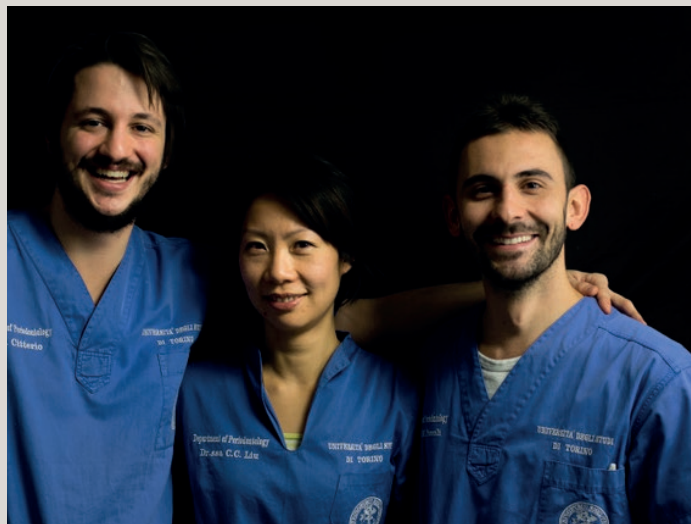
### IMPORTANCE OF EFP ALUMNI COMMUNITY

The concept of the EFP Alumni community is so important to me as someone who is not part of an EFP-affiliated institution. It is a link to the EFP and its initiatives. I took part in the lecture organised for EFP Alumni at EuroPerio10 in Copenhagen (June 2022) and previously at the session at EuroPerio9 in Amsterdam (2018), which enabled us to meet and network in person. It was very memorable for me, as I met a few of my university mates from Ireland more than a decade after graduation who then went on to train at Trinity College in Dublin, another EFP programme.

I do think that events for the EFP Alumni community could be organised outside of the EuroPerio congresses as a way to connect and network, and possibly create study opportunities with different institutions and among colleagues. There could be sponsored exchanges between universities to foster this community growth, to strengthen research and advancement in our field and encourage more postgraduate courses to strive to be EFP-accredited.

For someone who is either starting at an EFP programme or thinking of applying to one, I would say: Give your best and be inspired while you dive into the fascinating world of periodontology and implant dentistry. Most of all, enjoy and treasure these three amazing years!

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*The first three graduates from Turin:  
(from left) Filippo Citterio, Spring Liu, Gianmarco Piccoli*



*Spring Liu at EFP final exam with Prof. Mario Aimetti  
(fourth from right) and external examiner  
Prof. Mariano Sanz (third from right)*



# Regeneration of periodontal hard and soft tissue: a challenging aesthetic case

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— SIMONE CORTELLINI

Aesthetic demands are a challenge when we encounter a case with a deficiency of both periodontal hard and soft tissues. **Simone Cortellini**, an **EFP** alumnus of the **Catholic University of Leuven (KU Leuven)** in **Belgium**, has combined different techniques to achieve the best outcome in the aesthetic zone.





Periodontal regenerative approaches are applied to improve short- and long-term clinical outcomes of periodontally compromised teeth. Periodontal regeneration is applied predictably to the deep pockets associated with intrabony defects. The purpose of periodontal regeneration is pocket reduction, attachment and bone gain, and minimal or no recession. The possibility of gaining consistent amounts of periodontal support makes regeneration an approach that is able to change the prognosis of compromised teeth.

In the past two decades, major surgical developments have been accomplished to improve the technique of regenerative surgery and consequently the clinical outcomes. These improvements include a series of technical aspects aiming at soft-tissue preservation, flap elevation, defect debridement, and the tension-free primary closure of the wound. The resulting flap design and suturing technique aims at a primary and stable closure of the flap that covers the regenerating site.

The choice of the surgical approach and the selection of the regenerative material must take into account three factors that play a relevant role in the healing dynamics of periodontal regeneration:

- Space for the formation of the blood clot.
- Stability of the blood clot.
- Soft-tissue protection of the treated area to avoid bacterial contamination.

Papilla preservation flaps and minimally invasive procedures have been shown to be very effective in the regeneration of intrabony defects, transforming even a hopeless tooth into one that can be maintained. Combining regeneration with mucogingival surgery can even improve difficult cases when there are high aesthetic demands.

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## REGENERATING PERIODONTAL HARD TISSUE: STEP BY STEP

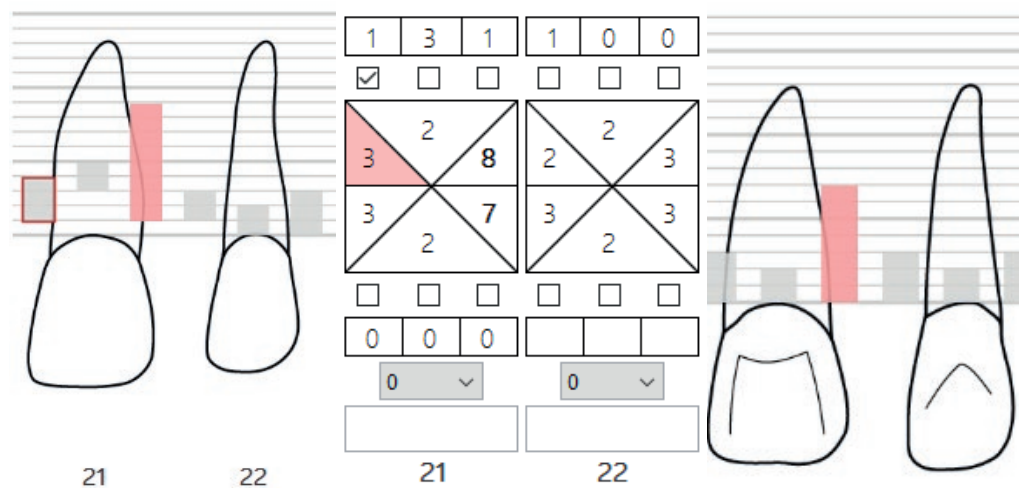
During orthodontic treatment, this young patient developed an intrabony defect distally of the left central incisor with a gingival recession of 3mm. She was referred to our clinic to improve the periodontal prognosis of the tooth by means of a regenerative procedure and to solve a mucogingival deficiency buccally of tooth 21.



*Initial clinical situation*



*Initial radiological situation*



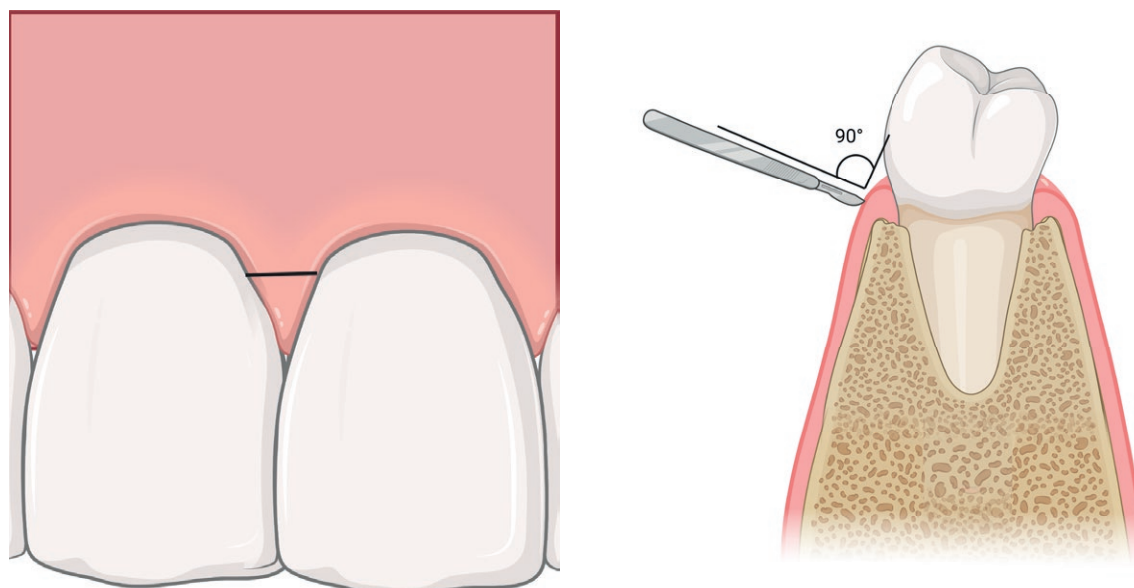
Initial periodontal status

STEP 1

The first step is to regenerate the intrabony defect. The defect involves the distal and buccal side of the tooth with pockets of 7-8mm. The anatomy of the defect allows us to apply the most stable regenerative surgical approach, the modified minimally invasive surgical technique (M-MIST).

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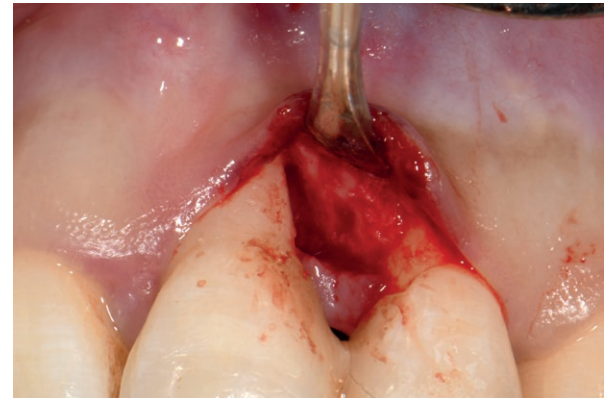
When the defect-associated papilla is wider than 2mm, a horizontal incision according to the modified papilla preservation technique (MPPT) can be performed. The incision is traced with the microblade perpendicular (90 degrees) to the gingival surface and positioned as close as possible to the papillary col to provide a thick connective tissue “edge of the flap” for the primary closure of the papilla. Sulcular incisions are provided at the buccal side of the teeth neighbouring the defect. The extension of the buccal incision does not generally involve extra interdental spaces.





**STEP 2**

The triangular full-thickness buccal flap is elevated to expose the residual buccal bone crest. The supracrestal fibres of the defect-associated papilla and the palatal tissues are left untouched. Through the buccal triangular flap, the granulation tissue is dissected and removed.

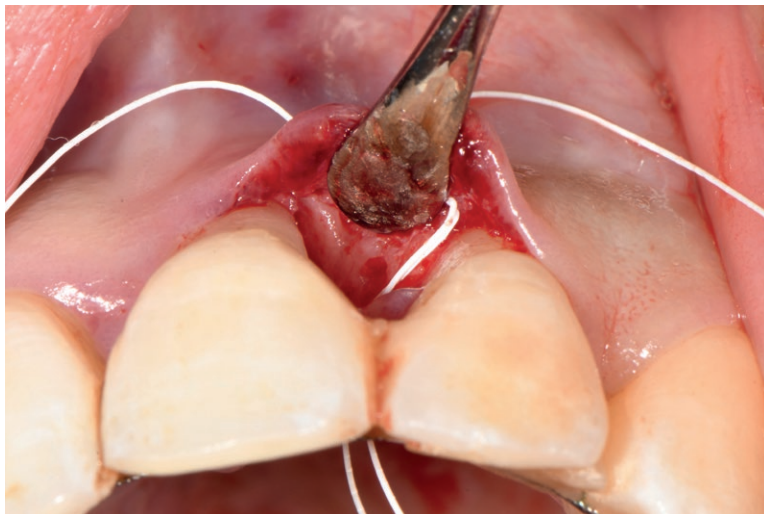


*Flap opening*

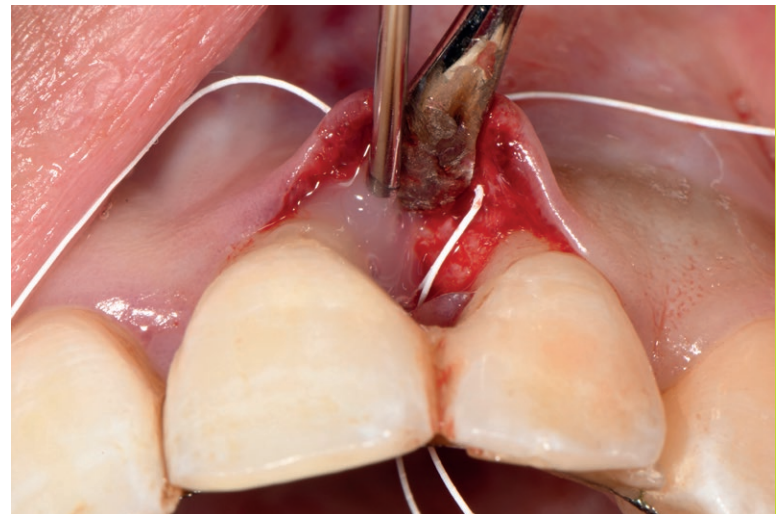
**STEP 3**

After defect debridement and root instrumentation, the regenerative materials are applied. Because of the lack of the buccal bony wall, a combination of amelogenins and bone filler was chosen. It is important to fill the defect up to the crestal bony peak, but any overfill of the defect will impair the primary closure of the flap.

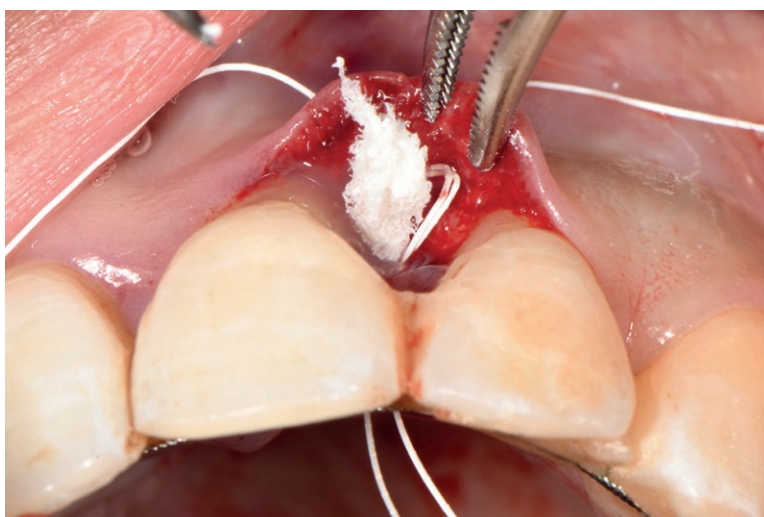
The suturing approach is based on the single modified internal mattress suture. Additional sutures can be applied, when needed, to further increase primary closure. To simplify the procedure, it is advisable to place the sutures loosely before applying the biomaterials.



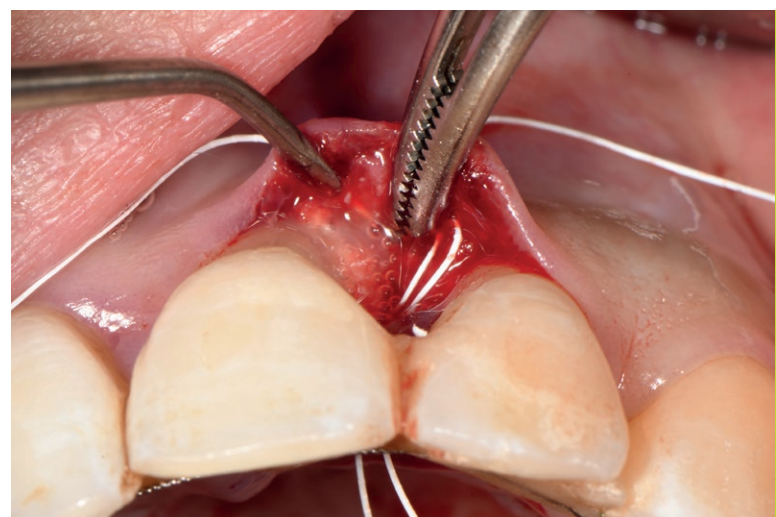
*Sutures*



*Amelogenin*



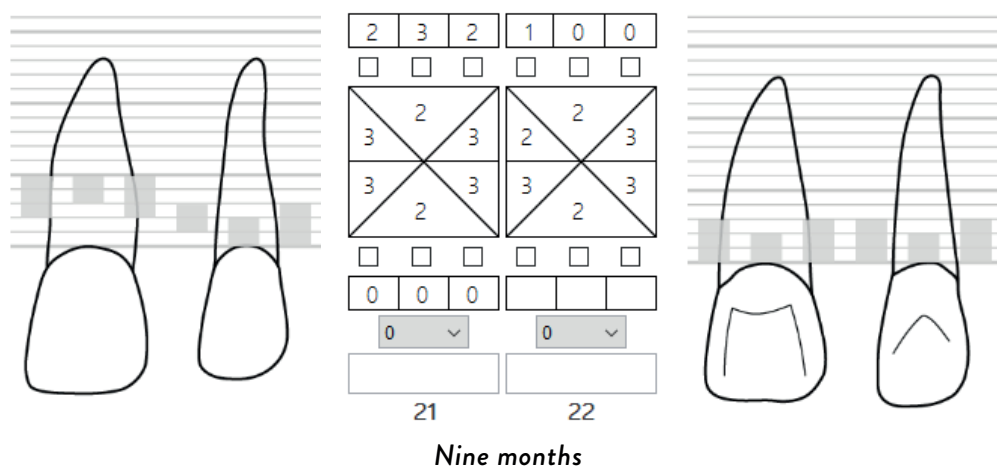
*Xenograft*



*Adaption*



Nine months after regenerating the hard tissue, periodontal pocketing has been reduced. At this point, the main objective is to cover the vestibular recession and boost the distal papilla at tooth 21.



**REGENERATING PERIODONTAL SOFT TISSUE: STEP BY STEP**

**STEP 4**

To maintain the papilla intact and be able to increase papilla height, it is advisable to apply a tunnel technique with a connective-tissue graft.

An intrasulcular incision is performed to provide a split-thickness dissection. Using blunt tunnelling instruments, the dissection is extended apically beyond the mucogingival junction. To achieve adequate flap mobility and to coronally advance the gingival margin, the incision must involve at least the two neighbouring teeth. A papilla elevator is then used to make a full-thickness tunnel under the base of the papilla to establish continuity with the vestibular tunnel.



*Tunnel*



**STEP 5**

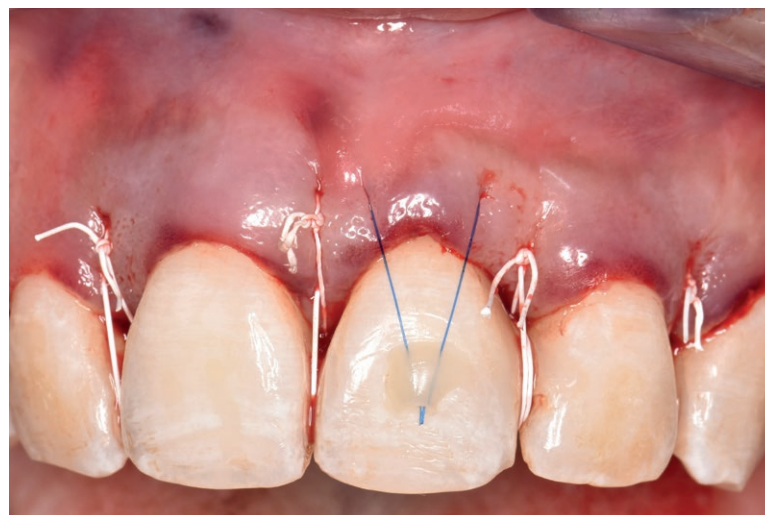
To increase the gingival thickness on the recession and to boost the papilla height, a free gingival graft is harvested from the palate and deepithelialized extra-orally. Applying this technique, a thick and high-quality connective-tissue graft is obtained. The graft is then inserted into the tunnel using positioning sutures.



**CTG**

**STEP 6**

Vertical double-crossed sutures are applied to stabilise the graft and coronally advance the flap hanging to the lingual orthodontic retainer. Additional sutures can be applied, when needed, to further increase the flap stability. These surgical approaches have been demonstrated to be highly efficacious in the regeneration of both hard and soft tissue.



**Sutures**

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One year after surgical interventions, shallow probing depth remained, and radiological fill of the defect could be also observed. The buccal recession had been successfully covered and both the mesial and the distal papilla of tooth 21 increased their volume, almost completely filling the interdental spaces.



*Clinical situation and radiological situation after one year*

Colleagues interested in applying these techniques need to keep in mind the biological foundations for the incisions and sutures described above:

- Maintain space for regeneration.
- Increase blood clot stability.
- Improve flap stability.

Minimal flap trauma, integrity of the blood supply, and absolute passivity in the suturing technique ensure stable primary closure of the interdental wound, thereby increasing the potential of periodontal regeneration. The selection of the appropriate material is essential. The use of magnification (loupe/microscope), microsurgical instruments, microblades, and small sutures is mandatory.

## **PERIODONTAL HARD- AND SOFT-TISSUE REGENERATION: AN EVIDENCE-BASED PROCEDURE**

A growing amount of evidence indicates that the clinical outcomes obtained with the regenerative treatment of intrabony defects can be maintained over time. The application of papilla preservation flaps and minimally invasive procedures have shown a strong enhancement in the clinical and radiological results. Many clinical studies and systematic reviews have reported improvements in clinical attachment gain, pocket-depth reduction, and reduction of the gingival recession.

The application of the M-MIST or similar techniques in randomised controlled trials provides evidence of substantial pocket reduction and clinical attachment gain when minimally invasive surgical approaches are applied in the treatment of intrabony defects, both with and without regenerative biomaterials.

We recently published a 10-year follow-up on the application of M-MIST.<sup>1</sup> The study reported that teeth with deep pockets associated with intrabony defects can be effectively maintained over the long term with either M-MIST alone or with M-MIST and a regenerative material. Of course, a supportive periodontal care programme must also be implemented.

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Because of the strong scientific evidence, the use of papilla preservation flaps to treat intrabony defects is strongly recommended in the EFP's S3-level clinical practice guideline for the treatment of periodontitis, stages I-III.<sup>2</sup>

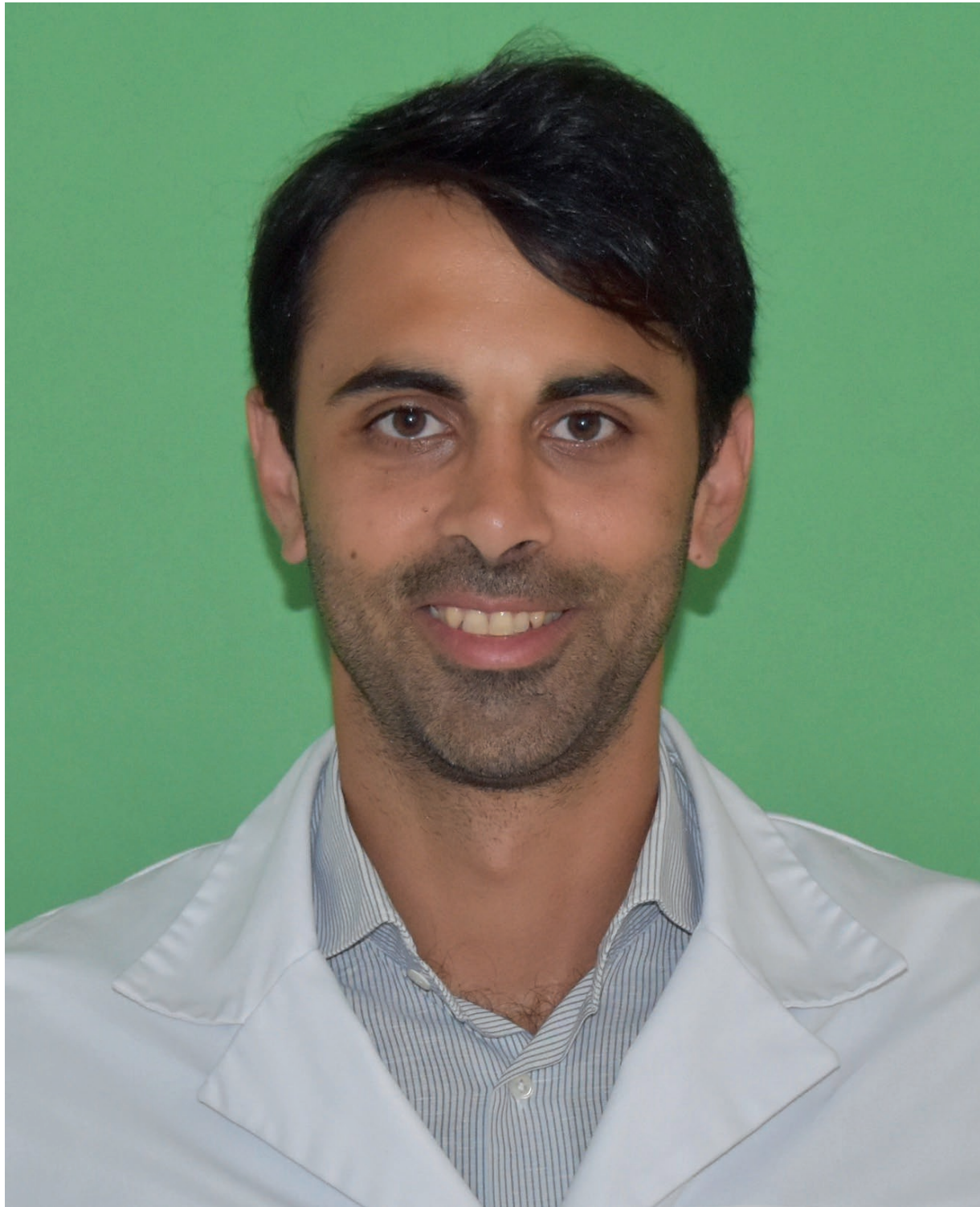
The use of the tunnel technique is also supported by evidence from scientific trials. It has been shown that it is associated with enhanced aesthetic results, greater blood supply, and graft nutrition. The healing is reported to be faster and to present less postoperative morbidity because of the restricted flap extension. Positive aesthetic effects are related to flap elevation that does not need vertical releasing incisions or papilla dissection.

The use of the tunnel in single recessions is more challenging because of the need to coronally advance the flap, especially when a deep recession is present. However, it allows the papillae to be pushed up when the graft is properly placed.

1. Pierpaolo Cortellini, Simone Cortellini, Daniele Bonaccini, Maurizio S. Tonetti. 2022. Modified minimally invasive surgical technique in human intrabony defects with or without regenerative materials – 10-year follow-up of a randomized clinical trial: Tooth retention, periodontitis recurrence, and costs. *J Clin Periodontol*. Volume 49, Issue 6. <https://doi.org/10.1111/jcpe.13627>

2. Mariano Sanz, David Herrera, Moritz Kerschull, Iain Chapple, Søren Jepsen, Tord Berglundh, Anton Sculean, Maurizio S. Tonetti, on behalf of the EFP Workshop participants and methodological consultants. 2020. Treatment of Stage I-III Periodontitis: The EFP S3 Level Clinical Practice Guideline. *J Clin Periodontol*. Volume 47, Issue S22. <https://doi.org/10.1111/jcpe.13290>





### **SIMONE CORTELLINI**

Simone Cortellini graduated as a dentist from the Radboud University of Nijmegen in the Netherlands in 2014. The following year, he started the postgraduate programme in periodontology and oral implantology at the Catholic University of Leuven (KU Leuven). In 2020, he graduated as an EFP-certified periodontist (MSc). Aside from his clinical work in private practice (in The Hague in the Netherlands and Florence in Italy), he is a PhD researcher at KU Leuven. He is a member of the Dutch Society of Periodontology (NVvP) and the European Association for Osseointegration (EAO). In 2018 and 2019, he received the EAO's European Prize for Clinical Innovations in Implant Dentistry.

# 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 programmes in periodontology.

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