



NORTHEASTERN SOCIETY OF PERIODONTISTS BULLETIN

VOLUME 39, No.1

SPRING 2010

SPRING MEETING • APRIL 16, 2010

Hard and Soft Tissue Preservation and Development

New York Marriott Marquis Hotel • 1535 Broadway, New York, NY

In this 51st year of the NESP, our spring program theme, “Hard and Soft Tissue Preservation and Development,” will address emerging, innovative and therapeutic strategies in periodontal medicine, regeneration and implant dentistry. Your program chair, Dr. Bernard Rupnarain, has put together a well-recognized and knowledgeable group of speakers. They will address and focus on the more challenging and clinically compromising issues and concerns we face today in periodontics and implant dentistry in order to achieve more predictable and optimal clinical outcomes.

The day will start with registration and exhibits between 8:00-9:00 am. At 9:00 a.m., the first speaker, Dr. Kenneth Kornman, will present “Bringing Light to the Heat: Inflammation and Chronic Disease of Aging.” This will be followed by a coffee break from 10:15-10:45 a.m. Please remember to visit the exhibitors at this time. Following the break, Dr. Michael McGuire will present “Tis-

8:00-8:30 a.m.	NESP Board of Governors' Meeting
8:00-9:00 a.m.	Registration, Exhibits and Coffee
9:00 a.m.	Lectures Begin
9:00-10:15 a.m.	Dr. Kenneth Kornman <i>Bringing Light to the Heat: Inflammation and Chronic Diseases of Aging</i>
10:15-10:45 a.m.	Coffee Break
10:45 a.m.-noon	Dr. Michael McGuire <i>Tissue Engineering-Hard and Soft Tissue Regeneration</i>
12:00-1:30 p.m.	Lunch
1:30-2:35 p.m.	Dr. Harold Baumgarten <i>Strategies for Early & Immediate Loading of Dental Implants</i>
2:45-4:00 p.m.	Dr. David Gelb <i>Alteration of Protocol to Enhance Esthetics and Function of Osseointegrated Implants</i>

(CONTINUED ON PAGE 2)



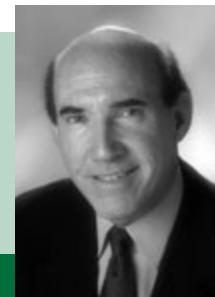
Kenneth Kornman



Michael McGuire



Harold Baumgarten



David Gelb

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PROVIDER CODE 05397-58

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sue Engineering – Hard and Soft Tissue Regeneration.” Lunch will be served at 12:00 noon, followed by Dr. Harold Baumgarten’s presentation titled “Strategies for Early and Immediate Loading of Dental Implants.” At 2:45 pm, our final speaker, Dr. David Gelb, will present “Alteration of Protocol to Enhance Esthetics and Function of Osseointegrated Implants.”

KENNETH S. KORNMAN D.D.S., PH.D. will present *Bringing Light to the Heat: Inflammation and Chronic Diseases of Aging*. Chronic low-grade inflammation has now been associated with increased risk for most chronic diseases of aging, including atherosclerotic cardiovascular diseases and Alzheimer’s disease. But what do we do with that knowledge? In recent years studies have shown that reducing inflammation dramatically reduces the incidence of first heart attacks, even in individuals with low levels of LDL cholesterol. In addition, we now know why certain people have chronically elevated inflammatory mediators and how the levels can be lowered. This presentation will discuss the latest knowledge about chronic inflammation; where periodontitis fits in the equation; and how we can use this information to extend healthy years for our families and our patients.

Dr. Kornman is the Chief Scientific Officer at Interleukin Genetics, a biotechnology company focused on genetic variations that influence inflammatory mechanisms and chronic diseases. He is actively involved in functional genomics research and gene-environment interactions relative to common diseases of aging, and has published more than 100 manuscripts and authored three textbooks on treatment of periodontal disease. Dr. Kornman is on the editorial board of several journals and is editor-in-chief of the *Journal of Periodontology*. Previously, he was professor and chairman of the Department of Periodontics and professor of microbiology at the University of Texas Health Science Center at San Antonio. He currently retains an academic appointment at Harvard University School of Dental Medicine. Dr. Kornman holds over twenty U.S. patents on gene variations that regulate chronic diseases and on software methods for modeling complex biological mechanisms.

Dr. Kornman was born and resided through high school in a small town in Tennessee. He attended Duke University for an undergraduate degree in economics, Emory Dental School for a DDS degree, and the University of Michigan for a Master’s degree in periodontics and a PhD in microbiology/immunology. His mentors in periodontology for many years were Sigurd Ramfjord and Harald Loe. He now resides in the Boston area with his wife, Bonnie.

LEARNING OBJECTIVES:

At the conclusion of the presentation, the participants should be able to:

- **describe what is meant by the term “inflammation;”**
- **describe why some patients have more inflammation than others;**
- **describe how inflammation is involved in the major chronic diseases of aging, including periodontitis;**
- **incorporate the information on inflammation in periodontitis into treatment planning and patient monitoring.**

MICHAEL K. MCGUIRE, D.D.S., will present *Tissue Engineering – Hard and Soft Tissue Regeneration*. This session will identify trends, challenges and opportunities that will affect periodontal regeneration in the future with special emphasis on bioactive molecules and living cells to facilitate hard and soft tissue regeneration.

The development of new biologically active therapeutics provides a novel conceptual framework that will promote soft and hard tissue regeneration. This program will report on research we have conducted utilizing biologically active molecules and allogenic living cellular constructs to regenerate soft and hard tissue, and will identify trends, challenges, and opportunities that will affect periodontal regeneration in the future.

Dr. McGuire is the author of over 50 scientific articles and textbook chapters on periodontology. He serves on the editorial board of multiple publications, including the *Journal of Periodontology*, *The International Journal of Periodontics and Restorative Dentistry*, and *The International Journal of Oral and Maxillofacial Implants*. An eminent speaker having given over 200 continuing education programs, Dr. McGuire has lectured for both national and international audiences. His research has received the American Academy of Periodontology’s highest recognition for excellence, earning both the Robinson Regeneration Award and the Clinical Research Award. He is also the recipient of the Academy’s prestigious Master Clinician Award and the Academy’s highest honor, the Gold Medal Award. Dr. McGuire is a Diplomate of the American Board of Periodontology. He has served as president of numerous dental organizations, including the American Academy of Periodontology and the American Academy of Periodontology Foundation. Dr. McGuire received a Bachelor’s degree in psychology from Baylor University. He

received both his D.D.S. and Certificate of Periodontics from the Emory University School of Dentistry. Emory University recognized Dr. McGuire with its Distinguished Alumnus Award in 2009

LEARNING OBJECTIVES:

In this session, attendees will learn about:

- **tissue engineering and biomimetics;**
- **intra-bony regeneration and root coverage studies using rhPDGF – clinical and human histology;**
- **live cell-based devices for increasing keratinized tissue and augmenting papillas.**

This presentation has been sponsored by Osteohealth and Organogenesis

HAROLD S. BAUMGARTEN, D.M.D., will present *Strategies for Early & Immediate Loading of Dental Implants*. Both clinicians and patients want to accelerate implant treatment. As a result, many techniques have been developed to achieve this goal, unfortunately with variable results. Dr. Baumgarten will address both the biological and practical issues involved in ensuring satisfactory outcomes, including:

- I. Biology of Implant Healing
 - a. Primary stability
 - b. Secondary stability
- II. Immediate vs. Accelerated vs. Delayed loading
- III. Immediate occlusal loading vs. immediate non-occlusal loading
 - a. Thick vs. Thin Periodontal Biotypes
- IV. Techniques for Immediate Loading
 - a. Diem
 - b. CT Guided Surgery with & without immediate loading
 - c. Quickbridge
- V. Treatment planning, immediate loading cases

Dr. Baumgarten received his Bachelor of Arts from Brooklyn College in 1973 and his Doctor of Dental Medicine from the University of Pennsylvania in 1977. After two years of military service he returned to the University of Pennsylvania, where in 1981 and 1982, respectively, he received certification in Periodontics and Periodontal Prosthesis-Fixed Prosthodontics.

He is a clinical professor at the University of Pennsylvania. He lectures extensively, both nationally and internationally, on the topics of implant prosthodontics, advanced restorative dentistry, esthetics, occlusion, and computers in dentistry. He has published extensively on a variety of topics.

Dr. Baumgarten is a member of the Academy of Osseointegration, Greater New York Academy of Prosthodontics, American Academy of Periodontology, American Dental Association, Pennsylvania Dental Association, Philadelphia County Dental Society, and Omicron Kappa Upsilon.

LEARNING OBJECTIVES:

At the conclusion of the lecture, the attendee should be able to:

- **explain the contribution of primary versus secondary stability to osseointegration;**
- **understand the differences between immediate occlusal and immediate non-occlusal loading;**
- **describe the different techniques for fabricating an immediate provisional restoration;**
- **describe the steps involved in planning a CT guided surgery.**

DAVID A. GELB, D.D.S., will present *Alteration of Protocol to Enhance Esthetics and Function of Osseointegrated Implants*. Implant dentistry has become one of the most significant treatment options available to the periodontist to sustain or enhance function and esthetics comparable to the stable dentate state for the vast variety of clinical dilemmas with which our patients present for treatment solutions.

When a tooth can no longer be retained due to clinically instability, and when this instability contributes to loss of bone and soft tissue, the ability to replace it with an implant in order to retain or enhance its site dimensions of both bone and soft tissue is one of the most significant attributes of the implant replacement. Clinical problems include but are not limited to the periodontally hopeless, endodontically unstable, and caries non-restorable. This session will elucidate implant sequence protocols that are most effective in transitioning the clinical situation from teeth to implants with minimal surgical steps, with best retention or enhancement of site dimensions for both function and esthetics; it will also cover the most expeditious way to accomplish this transition with accelerated treatment sequences to the final restoration. This program will include case presentations from the initial clinical problem to the final prosthetic completion and long-term follow up with statistical outcome analysis of the most appropriate treatment sequences for a variety of clinical dilemmas. This program will include immediate implant placement and immediate load as well as simultaneous sinus elevation with immediate implant placement and ad-

ditional protocols to accelerate the treatment sequence and maximize the ability to preserve and enhance site dimensions for the final prosthesis.

Dr. David Gelb received his Doctor of Dental Surgery and Certificate in Periodontics at Columbia University School of Dental and Oral Surgery in New York and his implant surgical training at the University of Toronto. He is a Diplomate of the American Academy of Periodontology, a Fellow of the Academy of Osseointegration, and a Fellow of the American and International College of Dentists. He is on staff at Hartford Hospital and has provided implant services in West Hartford for over 25 years.

Dr. Gelb is well recognized in implant dentistry. He has been in the forefront in the development of surgical procedures for finite esthetics in implant dentistry, immediate implant placement, and bone regeneration around implants. He has lectured internationally and has published in international journals on implant dentistry. He is the developer of the "Gelb Radiographic Depth Gauge," and "The Implant Tracker." His practice is limited to periodontics and implant surgery in West Hartford, Connecticut.

LEARNING OBJECTIVES:

The attendees will better understand:

- **the benefits of implant placement for bone and soft tissue retention or enhancement to maximize esthetics and function of the dentition;**
- **the most effective protocol for a variety of clinically challenging situations;**
- **effective treatment sequences to accelerate the sequence from tooth hopeless to implant stable with a minimal number of surgical steps and the long-term outcome benefits and statistics associated with each one of these treatment protocols;**
- **long-term reliability and stability of this alteration of protocol to enhance esthetics and function of osseointegrated implants.**

Disclaimer:

This program is offered as an educational course only. The opinions and techniques offered today should be combined with additional educational experiences before considering them in your practice. Attendance at this program does not reflect specialty status, advanced training, specific skills or educational status.

President's Message

January 2010 is the 51st anniversary of the founding of the Northeastern Society of Periodontists. It is an honor and a privilege to serve as the president of this historic and important organization. Our mission is the education of the public about our discipline and the expansion of the scientific and clinical knowledge at the service of our professionals.

Against that mission statement, I am happy to announce that we have recruited highly knowledgeable speakers in innovative, cutting-edge topics for the fall and spring programs. I would like to thank my Program Chairman, Dr. Bernard Rupnarain and the CE Committee in helping me with the recruitment. Please join us at our spring meeting on April 16, 2010, when we will present "Hard and Soft Tissue Preservation and Development" at the Marriott Marquis Hotel in New York City. I am personally eager to meet and listen to each and every one of our speakers, including Dr. Kenneth Korman and Dr. Michael McGuire in the morning session followed by Dr. Harold Baumgarten and Dr. David Gelb in the afternoon session. I hope to see you all at the lunch from 12:00 to 1:30 p.m. for a short organizational house-keeping meeting. This will be an excellent opportunity to renew acquaintances and meet friends. Also, please

visit our exhibitors, many of whom have been long-term supporters of the NESP.

This is a momentous time in periodontics as transitions in delivery of oral care, economics, and cultural changes are affecting our profession in fundamental ways. Our collective wisdom and experience can be an excellent guide in navigating through these changing times. The officers of the society would like to hear from you about topics of interest, including speakers and matters relating to NESP. Please feel free to contact me or any of the board members. I would also like to urge you to become even more active in the organization and join the board. The NESP would not have been a success without the spirit of volunteerism and dedication by many individuals that has made it such a prestigious and fine organization.

I look forward to serving as your president, and along with the officers and Board of Directors, provide you with the finest CE programs available to our specialty. ■



Mehdi Saber



**NESP Gala
October, 2009**



Message from the Editor

A recent dental student's encounter with a patient prompted me to write this editorial because I recall treating a similar patient during my post-graduate training. For the purpose of this editorial, he will be referred to as Mr. G.

Mr. G. was a healthy, middle-aged male who reported a non-significant medical history, did not take any medications, and did not report any drug allergy or sensitivity. He was a licensed nurse practitioner, an avid cyclist, and a health-conscious citizen. His proposed surgical treatment plan included multiple osseous resective surgeries.

Intraoperatively, increased bleeding from the surgical site was noted. Local hemostatic measures were taken to achieve hemostasis. However, post-operatively, he reported continuous bleeding from the surgical site throughout the evening. Complete hemostasis was eventually achieved but the question still remained: "Why was bleeding an issue in this patient?"

During the follow-up visit, his medical history was reviewed again. He again denied any systemic conditions, medications, or drug allergies. My attending further questioned him by asking, "Do you take any vitamins, minerals, or supplements?" The patient responded, "Well, I take herbal products for preventive measures. But they are all-natural products."

It turns out that Mr. G was taking a laundry list of herbal supplements, including garlic, ginger, ginkgo, feverfew, and ginseng. Coincidentally, all of these have been associated with an increased bleeding tendency. Thus, for his subsequent procedures, he was asked to discontinue his "medications" and as expected, achieving hemostasis was no longer an issue.

Herbal supplements are the most common type of dietary supplement. Other dietary supplements, as defined by the FDA, include vitamins, minerals, and amino acids. According to a national survey conducted early last decade, nearly half of the adult respondents stated they had used some type of dietary supplement in the last month. The most commonly reported were multi-vitamins/multi-minerals (35%). A more recent national survey in 2007 revealed that approximately 20% had used "natural products" (i.e., dietary supplements other than vitamins and minerals) in the past year.

Regulations for dietary supplements are not the same as those for prescription or OTC medications. In general, these regulations are less strict. Thus, it is incumbent upon the patient and the clinician to obtain reliable sources of scientific information before taking these "medications" and before treating these patients. Since that experience, I always remind myself to ask if the patient is taking any vitamins, minerals, amino acids, or herbal supplements. I now consider it to be a part of my patient interview process.

For more information regarding dietary supplements, you can visit the websites of the National Center for Complementary and Alternative Medicine (www.nccam.nih.gov), the Office of Dietary Supplements (www.ods.od.nih.gov), and Medline Plus (www.nlm.nih.gov/medlineplus/druginformation.html). ■



Wayne Kye

District VII Foundation Chairman Report

Congratulations to Dr. Julio Carrion, post-doctoral resident in the Department of Periodontics and Implantology at the State University of New York at Stony Brook, for being awarded the 2009 AAP Foundation Educator Scholarship. The \$25,000 scholarship provides financial relief to a student intending to pursue a career as a full-time teacher at a U.S. periodontal program upon graduation from a U.S. periodontal postdoctoral training program. The scholarship is intended to provide help with tuition and living expenses during the training period and may also be used for debt reduction. The Educator Scholar must commit to spending one year as a full-time periodontal educator at a U.S. program for each year he/she receives the award.

This award is an affirmation of Dr. Carrion's commitment to a career in periodontal research and

education. Dr. Carrion stated: "This award has taken tremendous pressure off my shoulders so that I can focus on my education and training and become a successful academician." An additional note is that Dr. Carrion is also the winner of the NESP's First Graduate Student Research Forum. We wish him great success in the future!

Dr. Carrion's primary research focus is on the impact of periodontitis on cardiovascular disease at the cellular and molecular level. Dr. Carrion's research is under the guidance of Drs. Christopher Cutler and Vincent Iacono.

This is a great example of how our foundation is making a difference. If you have any questions about the foundation or would like to donate, please contact Dr. Wayne A. Aldredge, District VII Foundation Chairman, at waldredgedmd@yahoo.com or 732-239-1432. ■

NESP District VII Trustees Report

We wanted to provide you an update from our most recent board meeting. As you will see, we were quite busy and we assure you that our new president, Dr. Samuel Low, and your entire board is unified and strategically focused. We are moving forward and are focused on the AAP Strategic plan and vision for a powerful future in periodontics.

We are looking for ways to improve the public awareness of who we are and what we do as periodontists. In order to focus an outreach campaign, we needed to identify who our target audience is. The board felt that this initiative is essential for the future of our specialty, and as such, it has been approved to contract with a marketing firm to develop an outreach and awareness campaign. In today's world, it is imperative that we sell the message of who we are and what our role is in the overall oral health and well-being of our patients.

To review some of the work that is already being done, we've attached a link to a recent article on dental implants that appeared in the New York Times Personal Health column: http://www.nytimes.com/2009/11/17/health/17brod.html?_r=1&emc=eta1. This article is very relevant in light of the recent board discussion about the importance of continuing to define what a periodontist is and promoting the role of the periodontist in comprehensive oral care. This article does a nice job explaining that periodontists are as equally qualified as oral surgeons to place dental implants and that periodontal health is a key component to dental implant success. Both experts quoted in the piece are AAP members. This article provides a good example of how our PR efforts help build relationships with key health reporters and allow us to get our messaging in

front of a large consumer audience. We will continue to strive to "get the word out" about periodontists and the importance of periodontal health.

To continue with the strategic alignment of our academy actions, it was also decided to appoint a Scientific Oversight Committee that will replace the Research and Science and Periodontal Therapy Committees. In short, this new committee will be responsible for establishing the strategic direction for the academy's science. The agility of the new committee will be through its ability to quickly recommend subcommittees or specify authors for identified projects.

Additionally, we had an incredible demonstration by Dr. Kenneth Kornman, editor of the *Journal of Periodontology*, showing us his vision for our Glossary of Periodontal Terms presented in a "Wiki-Perio" format. Words will sell it short, so we will try instead to give you some highlights. Basically, the terms will be online and peer reviewed regularly by the academy. There will be a means of having open online discussions regarding each term. There will also be hotlinks to articles for more information, YouTube videos, pictures, and diagrams. It will truly change the way we teach and learn.

Lastly, we want to provide you with a useful tool to educate your referring dentist about the perio-systemic link. This is Dr. Paul Ridker's opening address from the annual meeting in Boston: available at <http://plum.tv/aap/keynote/>.

We are very excited about our current initiatives. If you have any other concerns or questions, please contact your District VII Trustees: Dr. Wayne Aldredge (waldredgedmd@yahoo.com) or Dr. Stuart Froum (dfroum@verizon.net). ■

New Members

The NESP welcomes the following new members:

Dr. James Jun, Walnut, California

Dr. Peter Rosenstein, New York, New York

In Memoriam

Dr. George Wrubel, a longstanding member of NESP and a faculty member of NYU College of Dentistry, Department of Periodontics, passed away on January 2, 2010. Our condolences to his family.

Please visit our website at
<http://www.nesp.org>



Mark Your Calendar

NESP Meeting Dates

APRIL 16, 2010
OCTOBER 1, 2010

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NESP would like to acknowledge our Platinum sponsors

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whose additional educational grants have enabled this society to provide excellent programming and parallel functions to our membership.

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ACKNOWLEDGMENTS

The NESP wishes to thank the sponsors of the spring meeting for their financial support. All members are urged to visit the exhibit booths and to acquire the latest information on periodontal products.

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