

# 34<sup>th</sup> American Dentistry Congress & 4<sup>th</sup> Annual Congress on Dental Health and Oral Care

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## Personalised preventive periodontal care- the iTOP philosophy

### Abstract

With a prevalence of 35% and 11.2%, respectively, untreated dental caries and severe periodontitis are two of the most common **non-communicable dental diseases** (NCD). The severe form of periodontitis is classified as the sixth most widespread disease worldwide, affecting 743 million people with a peak incidence of approximately 38 years. Thus, the prevention and control of caries and periodontitis should be the aim of every dentist. While their etiologies may differ, both conditions involve establishing a dysbiotic polymicrobial community influenced by host factors and inflammation, whose activities converge to initiate the disease. The disruption of this biofilm is a fundamental prevention concept both by the patient and the dentist. This concept holds good in precision Periodontics or personalized Periodontics model.

In 2018 the World Workshop Periodontal classification was published and more recently the S# treatment guidelines for the management of periodontal diseases. This presentation will highlight that along with where the iTOP philosophy fits in this new guidelines.

Individually Trained Oral Prophylaxis (iTOP) helps to bolster both the patient and the dentist in this right direction with providing the right tools necessary for this comprehensive preventive strategy. It empowers the patient to see the changes happening and motivates him in the right direction. Numerous studies have shown the benefits of **interdental cleaning** along with the usual tooth brushing. This presentation will focus on the interdental brush usage the right way and using the right size. It will highlight this presentation will also highlight this right approach one can advocate to each and every patient and also to themselves.

### Biography

Dr Bennete Fernandes graduated in 1999 and completed his Masters in Periodontics in 2004. Recently, he was also awarded an honorary Ph.D (h.c) in Medical & Health Professions from International Internship University (IIU) in Nov. 2021 and another honorary Ph.D (h.c) in Education-Oral Health from Wisdom University, Nigeria in Jan 2023. He has more than 18 years of teaching experience. He has completed his Fellowship in Lasers from University of Genoa, Italy; Assoc. Fellowship in Laser Dentistry from World Clinical Laser Institute (WCLI), USA. He has won numerous dental awards and has published many papers in various indexed and peer reviewed journals. He has been an invited Guest speaker at various international conferences and webinars. He is also a certified iTOP Lecturer by Curaden following the various levels of training. He has worked for over 11 years in India with his last stint as a Professor at Srinivas Dental College, Mangalore, Karnataka, India before moving to Malaysia and is currently working at the Faculty of Dentistry, SEGi University, Malaysia; a QS 5Star plus University since the past 7 years.



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