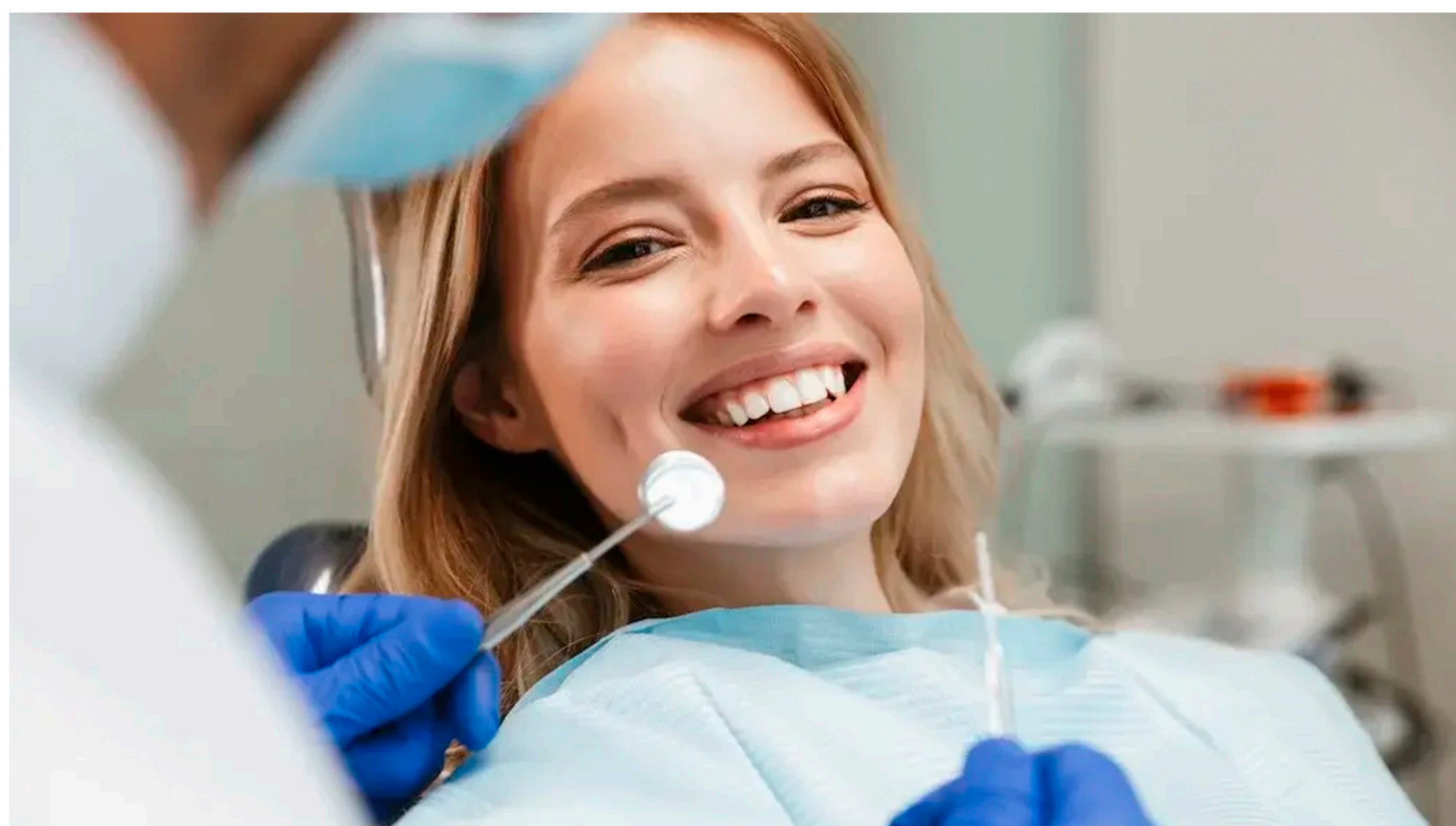


## Interview: The benefits of non-surgical periodontal therapy

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In an upcoming webinar, Prof. Magda Mensi will discuss how the minimally invasive Guided Biofilm Therapy protocol from EMS can benefit periodontal patients. (Image: Dean Drobot/Shutterstock)



**By Brendan Day, Dental Tribune International**  
Tue. 28. December 2021

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As a researcher at the University of Brescia in Italy and the operator of a private practice, Prof. Magda Mensi has a special interest in the non-surgical therapy of periodontal diseases. Ahead of the first Guided Biofilm Therapy (GBT) Summit—Virtual Edition, she spoke with Dental Tribune International about the advantages of non-surgical therapy conducted with GBT.

### Prof. Mensi, what do you regard as the benefits of choosing non-surgical periodontal therapy over surgery?

There are many benefits to choosing this option. It is more conservative than surgery; it is perceived in a better light by the patient; it is generally less expensive than surgery, and you can often obtain a similar result. Of course, non-surgical therapy is also ethical and mandatory during the first six months of active therapy for patients affected by periodontitis.

### How does the GBT protocol make non-surgical periodontal therapy possible?

It is a minimally invasive protocol and, as a result, many patients enjoy it to the point that they come back to the recall appointment without any fear. The AIRFLOW and PERIOFLOW technologies are innovative and very effective in removing biofilm in a way that is well tolerated by patients. The ultrasonic debridement employed in the GBT protocol is the gold standard, and I like to use very slim and delicate tips like the Perio Slim. This is a very conservative choice yet still effective, as it can be used to remove calculus in 95% of all clinical cases.

### How difficult is it for dental professionals to learn the GBT protocol?

It's actually a very easy protocol for dentists to learn, although it could be a little bit more complex for a dental hygienist because he or she would need to learn to work with a different posture, learn how to work using high-volume suction, and so on.

### What would you like participants to take away from your webinar?

I'd like them to truly understand and appreciate the evidence-based protocol, which is the model for working. There are eight steps in the GBT protocol: diagnosis; disclosing; motivation; removal of biofilm, stains and young calculus with AIRFLOW; removal of biofilm from deep pockets with PERIOFLOW; removal of remaining calculus with PIEZON; control; and recall. It might appear easy, but it definitely isn't if you don't have good organising skills.

*Editorial note: As part of the GBT Summit—Virtual Edition, which will be hosted by EMS and the Swiss Dental Academy and broadcast live starting on 8 January 2022 at 9:00 a.m. CET, Prof. Mensi will be hosting a webinar titled "Non-surgical periodontal therapy: A to Z of a clinical case". The webinar will begin at 10:00 a.m. CET and participants will be able to earn a continuing education credit by answering a questionnaire after the lecture. Dental professionals who would like to attend the presentation may register on the [Swiss Dental Academy's website](#).*



Prof. Magda Mensi. (Image: Magda Mensi)

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