



Report on 62nd Annual Meeting ICD

Between 14th – 18th June 2017 London hosted the 62nd annual meeting of the European Section of the International College of Dentists.

Dr Shelagh Farrell our European President and myself as Regent for England Scotland and Wales, welcomed over 265 Fellows and guests to experience London at its best over the Queen's birthday weekend. Delegates were able to enjoy the Trooping of the Colour just a few minutes walk from the conference hotel, The Royal Horseguards in Whitehall, as well as attending the wonderful programme of events. This culminated with the Induction Ceremony for new Fellows and a Gala Dinner held at The Royal College of Physicians.

73 Fellows and guests from England Scotland and Wales attended and I was able to present 15 new Fellows for induction into the European section.

The conference commenced with a golf tournament held at the oldest golf club in the world – The Royal Blackheath Golf Club followed by a three-course meal. This year the competition had joint winners with both Ole Staehr-Jakobsen and TC Patel gaining 37 points. Third place was awarded to Marion Lujbo with 30 points. TC Patel and Kunju Patel won the nearest to the pin at holes 8 and 16 respectively.

On Wednesday evening we were fortunate to be able to host a dinner, courtesy of Lord Colwyn CBE in the Cholmondely Room and Terrace at the House of Lords, to welcome all the European Regents and Vice Regents along with other dignitaries. A perfect summer's evening depicted London at its best.

The Board of Regents' meeting was held all day Thursday at the Oxford & Cambridge Club. During the evening we welcomed all our European Fellows and their partners to Pimms' on the lawns of Middle Temple followed by dinner at Middle Temple Hall.

Friday began with our scientific meeting. During the morning we were captivated with lectures by two outstanding speakers Dr Craig Gershater and Professor Iain Chapple.

Dr Gershater specialises in microbial biochemistry and biotechnology and commenced with his first lecture on 'The microbial world and 'Life' as defined by cellular communication'. He began with an overview of applied microbiology, the Multifactorial Paradigm and the Oral Ecosystem, describing clearly how biofilms develop, how microorganisms communicate with each other along how they react according to their environment, all of which can influence cell growth.

Professor Chapple then gave an enlightening lecture on 'The response of the body to commensal organisms, invaders and associated biofilm imbalances'.

He clearly explained Dysbiosis, when things start to go awry, and how as colonies of bacteria build up the environment is changed, which in turn leads to an alteration in microorganisms leading to disease. He looked at the immunology and metagenomics and how DNA sequencing allows

microbial ecology to be investigated at a much greater scale and detail than before. By clearly identifying the plethora of bugs present in the oral environment and understanding what they are all doing, one can then begin to understand their functions compatible with health or disease. In his second lecture 'Time to put the mouth back into the body – the truth about periodontal – systemic links' he described how 54% of the population have some periodontal disease (60% over 65yrs olds). He described the relationship of periodontal inflammatory disease and co-morbidity with a long list of ailments including rheumatoid arthritis, obesity, type 2 diabetes, cardiovascular disease, metabolic syndrome, cancer, male infertility etc. etc. He described how HbA1C is now used as an indicator of type 2 diabetes and has shown to be a more accurate indicator than blood glucose testing. Treatment of periodontal disease in these patients can reduce the HbA1C by the same percentage as placing patients on medications such as metformin.

Dr Geshater completed the morning session by discussing the impact of synthetic biology on our understanding of microbiology, discussing the Fourth Industrial Revolution, parallel biology and microbiology as a mathematical problem, describing clearly mathematical models and how mathematics now leads microbiological research.

The afternoon session commenced by looking at several of the humanitarian aid projects that the International College of Dentists supports. Richard and Mihaela Losfeld from 'Dentists San Frontières' described the incredible work they have achieved in Uruguay. This was followed by Dr Miguel Pavao an ICD Fellow from Portugal who started his own Non Governmental Organization (NGO) called "Smiling World" a few years ago reported on the on-going oral health campaign in Sao Tome at schools for underprivileged children using a bus kitted out for Dental examinations. The project "Oral Health on Wheels", targeted for children, draws attention to the importance of Oral Health using the Dental Bus and a mascot (Tooth Fairy). Since 2007 18300 Dental screenings have been carried out as well as talks to 60000 children. This is an on- going project.

Since becoming an ICD Fellow he has applied successfully to the Philip Dear Fund via the P&F Committee for funding. The European Section set up the PHILIP DEAR Foundation, named after the Section's inaugural President, and aimed at providing funding for Educational and Humanitarian aid. All projects are presently funded through the auspices of this fund that is supported by a levy charged to each European Section Fellow.

The remainder of the afternoon was devoted to looking at and comparing the provision of oral health care in various regions of Europe. Dr Paula Vassallo discussed Southern Europe, Prof Elmar Reich the Bismarckian countries, Prof Roxana Oancea Central and Eastern Europe and Prof Ken Eaton the Nordic countries and the UK. The afternoon culminated with a questions and answers session and an introduction to next year's meeting in Geneva 21st – 24th June 2018.

For those not attending the scientific meeting, organised guided tours took the participants to the Tower of London and Westminster Abbey including a traditional 'fish and chip' lunch.

Everyone met up in the evening for a sunny river cruise to see the sights of London refreshed by a glass of Prosecco followed by a dinner at the outstanding Skylon restaurant culminating with a magnificent firework display over the River Thames.

Saturday morning was again sunny with cloudless skies and we were free to explore London with the highlight of the Trooping of the Colour and the Red Arrows flypast.



The afternoon was the highlight of our meeting commencing with our Induction Ceremony. We were privileged to welcome the Worldwide president Dr Rajesh Chandna to join us and inducted 56 new Fellows into the College from all over Europe. Dr Dov Sidney was also awarded the highest accolade for services to the College at large and received his Masters award.

Following the ceremony we were treated to a champagne reception in the Physic Garden followed by our Gala dinner and dancing.

The post congress tour on Sunday, for those with the stamina to continue went to Windsor Castle and the Saville Gardens.

This year we have received tremendous feedback from many of the delegates and it appears that a good time was had by all.

I would like to thank Shelagh and all her committee for the hard work and organisation of this outstanding congress, and I look forward to welcoming as many of you as possible at our winter dinner in London and in Geneva in 2018.

Mark

