

## **Dr. Trudy Nwachukwu - CDA-SK 2019 Convention: Avoiding the Things That Will Make You Blue – Innovations in Periodontics for the Dental Team**

Chiraz: Hello and welcome to CDA Oasis, my name is Chiraz Guessaier. The CDA of the College of Dental Surgeons of Saskatchewan's joint convention is fast approaching and speakers, like my guest today, are busy preparing their presentations and talks. Today I have the pleasure to speak with Dr. Trudy Nwachukwu, periodontist in Saskatoon, fellow of the Royal College of Dentists of Canada and diplomat of the American Board of Periodontology. She has kindly accepted our invitation to tell us more about her session during the convention. Dr. Nwachukwu, thank you very much for taking the time to speak with me today and I welcome you to this Oasis conversation.

Dr. Nwachukwu: Thank you. It's my pleasure to be here Chiraz. Thank you.

Chiraz: So, to kick start our conversation, I'd like you to please tell our audience briefly what's your presentation is about or what your session is about and why is this an important topic for dentists and dentistry in general.

Dr. Nwachukwu: Okay, so thank you so much for the opportunity Chiraz. I'm going to be talking about avoiding the things that will make you blue, innovations in periodontics for the entire dental team. Okay. So were going to be talking about perio. Now, this is not a presentation for hygienists alone. It's a presentation for the entire dental team, the dentist, the dental therapists, to dental assistants. Okay? So, when we're going to be talking about things that will make you blue, we're not looking just the gum disease. We're looking at recession cases, we're looking at reach deficiency cases, we're looking at peri-implant disease. What do we do? What are those frustrating cases you see in your practice on a regular basis that you wish you had more information on? So, we're going to be looking at newer techniques, nonsurgical and surgical, and finding out ways we can manage our patients better and get a much more successful results in our challenging cases.

Chiraz: Can you briefly give us some perio patient scenarios that you'll be talking about during the session?

Dr. Nwachukwu: Oh, for sure. We're going to be looking at gingival recession cases. For example, you have a crown, or you did a really nice beautiful bridge in the maxillary anteriors and a few months later the patient presents with gingival recession. It may be a case of a thin gingival biotype It maybe we may be excessive cement? It may be invasion of the biologic width? We're going to look at how we can manage those and how we can avoid them. We're going to look at dental implant cases. A lot of general dentists place dental implants. And you can place a dental implant and in about, what, two years, you notice loads of bone loss about around that implant. That becomes very frustrating for the dentist as well as the patient. So, how do we manage peri-implant disease? What do we do?

How do we prevent that from happening? Can we even prevent it from happening? You know, things like that. So, we're going to be looking at the whole picture in total and finding out ways we can improve periodontal cases and get much more optimum results.

Chiraz: So, this is basically a great presentation about how to avoid failing your periodontics treatments?

Dr. Nwachukwu: Yes.

Chiraz: Could you share with us some of the new updates in periodontics for the entire dental team?

Dr. Nwachukwu: Oh yeah. So, there are lots of new updates for the entire periodontal dental team. I don't want to give away too much information because that's why we want you to come for the presentation, right? So, we're going to look at new updates: non-surgical updates, surgical updates, what are the new innovations, what is currently available, what actually works and what is a lot of, kind of hot air. Do you know what I mean? That doesn't actually work. I'm also going to be talking about the new innovations and diagnostic tools we have. We had a world workshop of perio meeting in 2017 and now there's a new diagnostic classification. So, we're going to look at that. We'll look at our treatment strategies and just generally have a really nice, well rounded conversation.

Chiraz: And what are your hopes for the takeaways that your attendees will take with them?

Dr. Nwachukwu: Oh yeah. So, it's really important that at the end of the presentation, I'm hoping the dentist, the hygienist, the therapists, the assistants, I'm hoping everybody who comes, the entire dental team, will be able to get some really nice clinical tips that will improve and enhance the management of their perio cases. I'm hoping that they will be able to get some more motivation as well to improve and increase patient case acceptance and treatment strategies. The overall goal of this presentation is to make perio cases less challenging. Peri-implant cases as well, less challenging. [inaudible]

Chiraz: And finally, for those who will not be able to attend your session and the convention, are there any resources that they can check up for themselves to learn more about the topic?

Dr. Nwachukwu: Oh, absolutely. Just for example, the CDA Oasis, it's a great efficient tool for getting little nuggets of information, [inaudible] here and there. So that's one place you can start from. They can also go to the Canadian Academy of Periodontology. They have loads of information about perio. It's broken down in



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really easy format for the patients to get. The American Academy of Periodontology has a lot of information and newer updates as well on their

website. So, these are really useful tools that the entire dental team can take from.

Chiraz:

Perfect. Thank you very much, Dr. Nwachukwu, for taking the time to speak with me today. I wish you all the best in Saskatoon and I hope to host you again on Oasis.

Dr. Nwachukwu:

Awesome. Thank you so much for having me. Have a great day. Thank you. Bye. Bye.