

Nearly everything you need to know I heard in Toyama, Japan



Toyama International Conference Center



One of the conference rooms

If I have to attend just one single Congress (for right or wrong I have to be somewhere almost every week), I will probably choose IFED, the Congress of the International Federation of Esthetic Dentistry. Why? It is biannual so a lot of news, not the same speakers about nearly the same topics as I see almost everywhere. And even with the highlighted use of promoting the adjective "esthetic", it covers the whole of dentistry. I am an implantologist, I enjoy high-quality lectures in my specialty, but it is excellent to hear what is hot for example in adhesive dentistry or which prosthodontic material is the proper choice today. Dentistry seems to be closer and closer to something that looks like a combination of small universes, but, for our daily work, we need a bigger picture at least biannually. A week before IFED I attended the FDI congress in Madrid where the picture was too big, so you were just a runner between various buildings missing on many, many lectures... IFED offers everything in two rooms.

This year IFED took place in Toyama, a friendly, but little-known city in Japan, and in two years' time it will take place in Barcelona, a quite shorter trip for Europeans.

What did I learn this year? Dr Eduardo Anitua (Spain) highlighted the role of the platelet rich fibrin (PRF) and the autologous bone in oral implantology which is full of healing factors irreplaceable with synthetic materials; Dr Oded Bahat (USA) emphasized the provision of dental implant treatment reversibly and the fact that we have to include in our treatment plans which ensure the remodeling of the skull as people grow old and otherwise even perfectly placed implants will be one day completely out of the dental arch. Luiz Narciso Baratieri (Brazil) showed mastery and minimal invasiveness of composite restoration which is much less expensive compared to ceramic materials. Javier Tapia Guadix (Spain) presented dental esthetic and especially the choice of the proper color, not as an art but as a scientific

and measurable procedure. Sillas Duarte (USA) demonstrated how he could predictably achieve high dental esthetic with digital prosthodontics. Renato Miotto Palo (Brazil) delivered a fantastic lecture about the need of bleaching not whitening the teeth and about the fact that we do not require any technology for excellent results in bleaching - we just have to understand how chemistry works. Florian Beuer (Germany) demonstrated a 3-step concept which improves the esthetics and simplicity of CAD-CAM. George Freedman (Canada) is the great promoter of the coming digital revolution with printing and cost-cutting in prosthodontics- his visions are interesting to hear, but the future will decide. Miguel Roig Cayón (Spain) repeated for us the principle of "nihil nocere" with so many possibilities as to how to preserve tooth and bone - we can plan and provide many less complicated dental cases. Prof John Burgess (USA), Dr Wynn Okuda (USA), Dr Kenneth A. Malament (USA), Prof Nasser Barghi (USA), Prof Dan Nathanson (USA) all presented a very different view of which are the best solution and the best material for prosthodontics today. It was possible to see that the final word about the precise indication of the different full ceramic materials has not been uttered yet.

If you are planning only one congress for the year 2019, let's try IFED in Barcelona, I think it will be very informative as usual.

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