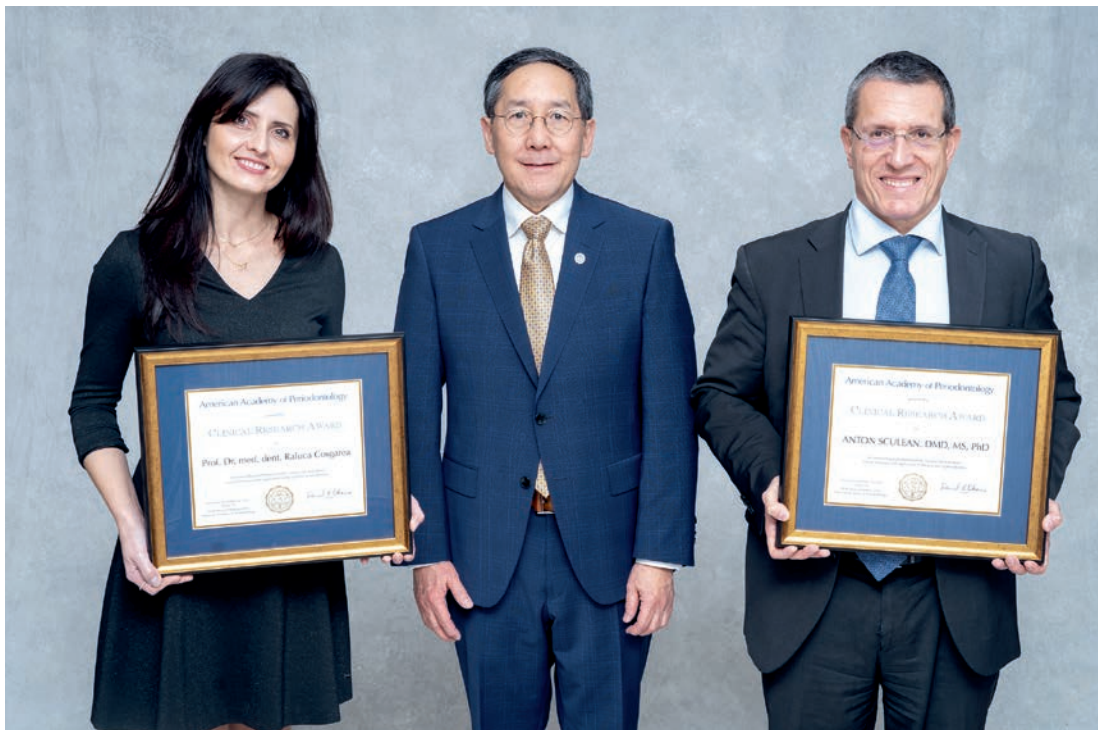


## 2023 Clinical Research in Periodontology Award



▲ **Fig 1** Two of the article's authors, Drs Raluca Cosgarea (*left*) and Anton Sculean (*right*), were presented with the award by the AAP's president at the time, Dr David K. Okano.

Each year, the American Academy of Periodontology (AAP) presents the Clinical Research Award, sponsored by Quintessence Publishing Company, to an outstanding published scientific study with direct clinical relevance in periodontics. The winning study must follow established scientific methods for a human study, be published in English in a scientific journal during the previous calendar year, directly apply to the practice of periodontics, and provide new information that can be readily used by practitioners in the evaluation of patients.

The 2023 award recognized the study titled "Clinical, Microbiological, and Immunological Effects of 3- or 7-Day Systemic Antibiotics Adjunctive to Subgingival Instrumentation in Patients with Aggressive (Stage III/IV Grade C) Periodontitis: A Randomized Placebo-Controlled Clinical Trial" by Raluca Cosgarea, Søren Jepsen, Christian

Heumann, Ionela Batori-Andronescu, Alexandra Rosu, Raluca Bora, Nicole B. Arweiler, Sigrun Eick, and Anton Sculean.

The study, which was published in the *Journal of Clinical Periodontology*, evaluated the clinical non-inferiority of a 3-day vs a 7-day protocol of systemic antibiotics as an adjunct to subgingival instrumentation in 50 patients with stage III/IV Grade C periodontitis. A group of 50 patients was separated into Groups A and B (25 patients per group), with Group A receiving 3 days of antibiotics thrice daily followed by 4 days of thrice daily placebos, and Group B received 7 days of antibiotics thrice daily. Amoxicillin and metronidazole (500 mg) comprised the antibiotics. Clinical, microbial, and immunologic parameters were assessed at baseline and at 3 and 6 months, with patient parameters assessed at 2 weeks. The primary outcome measure was

the number of residual sites with a probing depth  $\geq 6$  mm at 6 months postoperative.

The results supported the clinical non-inferiority of the 3-day protocol as compared to the 7-day protocol. The clinical improvements in both groups were comparable, and all periodontopathogens and pro-inflammatory host-derived markers were statistically significantly reduced without any statistically significant differences between the groups. The authors concluded that utilizing the 3-day antibiotic protocol as an adjunct

to subgingival instrumentation may show non-inferior clinical results after 6 months in patients with severe periodontitis, and the number of adverse events may even be lower than patients who receive the 7-day protocol.

To view the full study, please visit <https://onlinelibrary.wiley.com/doi/10.1111/jcpe.13676>. For information about the AAP Clinical Research Award, please visit <https://www.perio.org/for-members/aap-organizational-information/academy-awards/#clinical>.