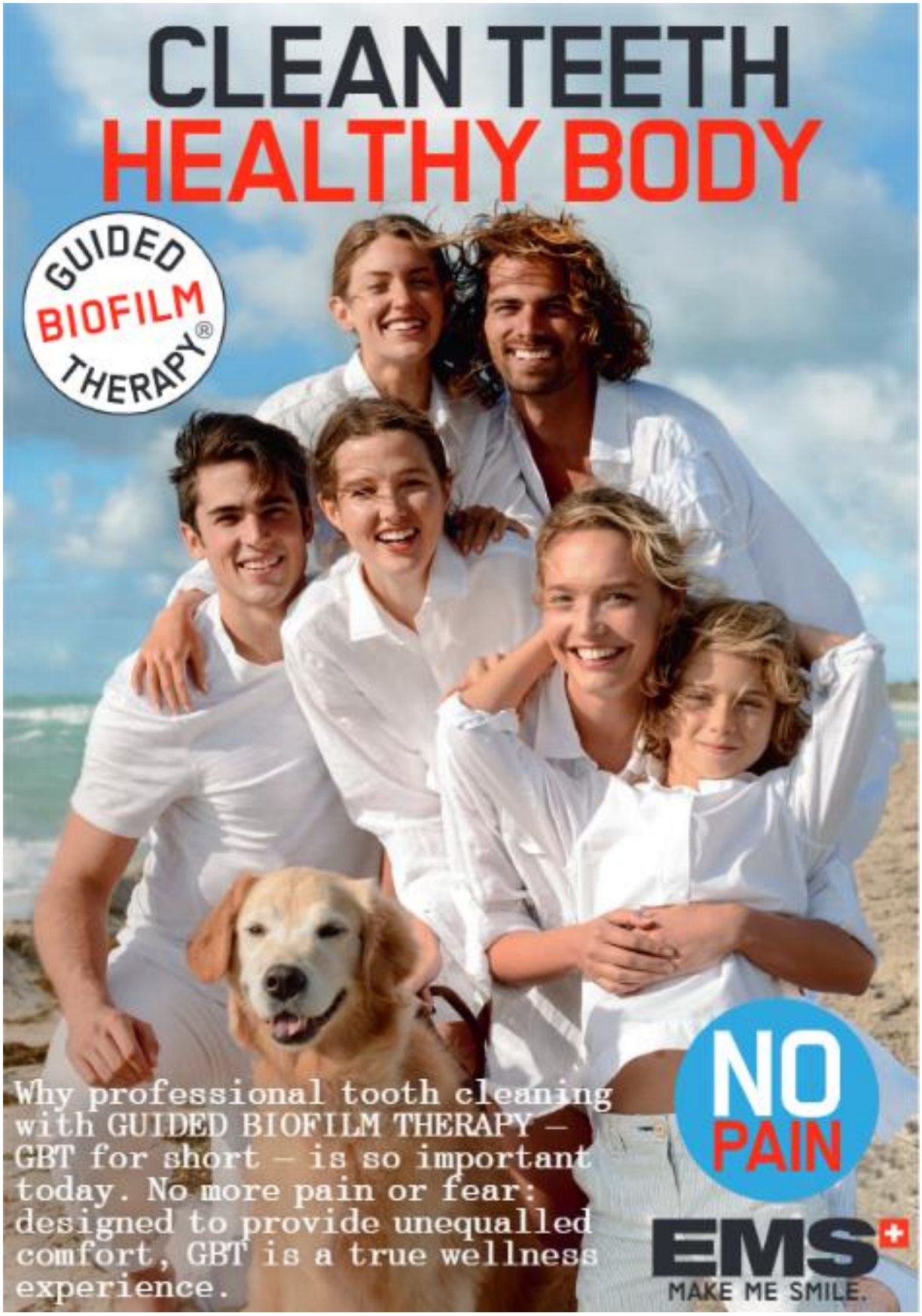

CLEAN TEETH
HEALTHY BODY
GUIDED BIOFILM THERAPY®
Why professional tooth cleaning with GUIDED BIOFILM THERAPY – GBT for short – is so important today. No more pain or fear: designed to provide unequalled comfort, GBT is a true wellness experience.
NO PAIN
EMS
MAKE ME SMILE.


"I FEEL GOOD"

MAKE ME SMILE

Professional tooth cleaning is necessary to deliver a beautiful smile and to maintain healthy teeth. It removes harmful plaque (called biofilm) on teeth and gums. It is the only way to prevent gum disease (periodontitis) and tooth decay (caries), both identified as common diseases by the WHO*.

ORAL BIOFILM CAUSES DENTAL DISEASE, BUT NOT ONLY

▸The bacteria in oral biofilm damage the teeth and the supporting structures such as the gums and bone that hold the teeth in place. But there is more: bacteria also find their way deeper into the body and may cause serious diseases over time. Studies have found that oral biofilm may lead to diabetes as well as cardiovascular and other common diseases. In addition, biofilm calcifies to become ugly tartar. Oral biofilm must be removed - on a regular basis, without pain, gently and effectively. The best way?
GUIDED BIOFILM THERAPY.

GUIDED BIOFILM THERAPY

▸In collaboration with universities and dentists, EMS has developed a clinical protocol designed to treat biofilm and maintain healthy teeth over time. This protocol, called GUIDED BIOFILM THERAPY, combines professional tooth cleaning at the dentist's office with proper dental care practiced at home. There is no better way to keep harmful biofilm under control.

PAINFREE

▸Professional tooth cleaning with GUIDED BIOFILM THERAPY makes you feel good. A cleaning session is like a wellness spa experience. The treatment is painless and does not damage the teeth. GBT is today's game changer and has nothing in common with the old dental hygiene methods from the '60s. With the EMS AIRFLOW® and PIEZON® PS No Pain devices, all you need is water, air and AIRFLOW® PLUS powder to fight bad oral biofilm with a winning smile.

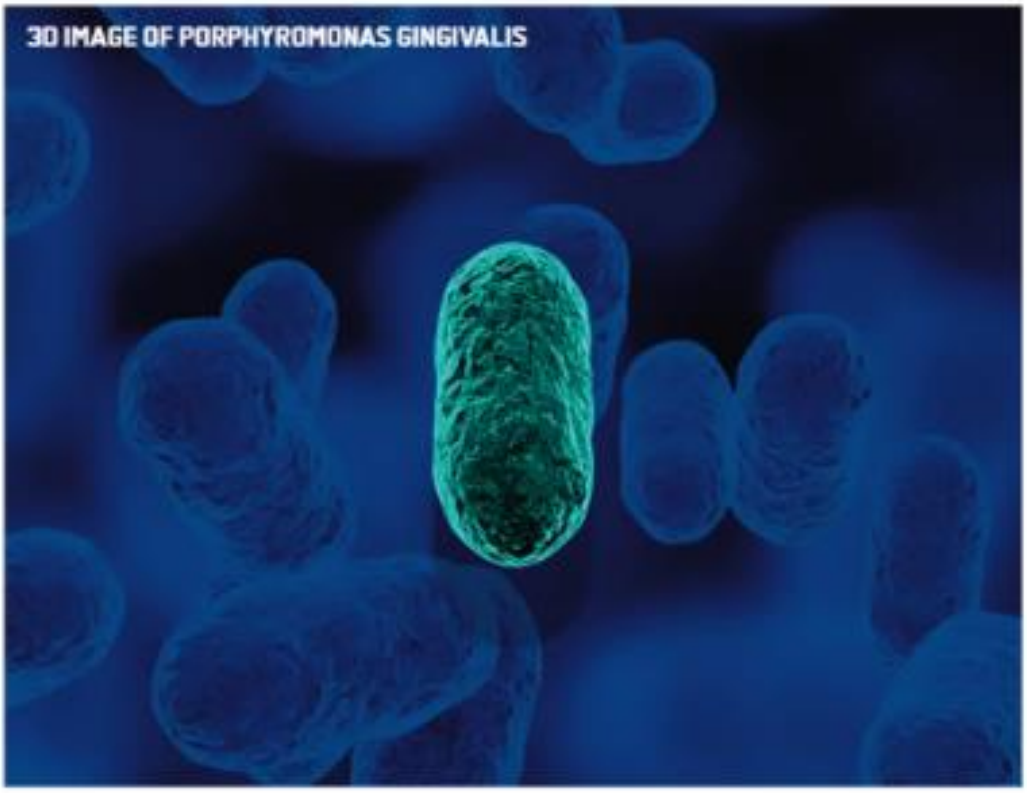
Here you will find out how to protect your teeth from harmful biofilm for life.
And how to share this unique feeling of clean teeth with the world around you. Keep smiling!

*WHO: World Health Organization

AN EVIL BACTERIA

"*Porphyromonas gingivalis* - Alzheimer's, cardiovascular disease, diabetes: a bacteria guilty of common diseases".

(Source: New Scientist and www.focus.de)



EVIL HAS A NAME: PORPHYROMONAS GINGIVALIS

▸ This bacteria thrives in biofilm. It spreads throughout the body via the gums and is responsible for heart disease, Alzheimer's, diabetes, Parkinson's, pancreatic cancer and many other often life-threatening diseases. By removing dental or oral biofilm, many of these diseases can be prevented. New studies and publications report on the link between biofilm, harmful bacteria and diseases which affect the whole body.

GUIDED BIOFILM THERAPY is your best friend!

▶ CLEAN TEETH, HEALTHY LIFE

"A truly painless and pleasant treatment, and great tips on how to perfectly care for my teeth at home."

MORGAN B., AGE 35, SWITZERLAND



BIOFILM IS BAD

Dental biofilm is insidious.
You can't see it. You can't smell it.
You can't feel it. But it is the
main cause of tooth decay (caries),
gum disease (periodontitis)
and even tooth loss.
GUIDED BIOFILM THERAPY from EMS
identifies biofilm and thoroughly
removes it.

BIOFILM IS BARELY VISIBLE

▸ The soft layer on your teeth has millions of different bacteria, good and bad ones. They thrive in your mouth and feed on the food you eat, especially sugar. Biofilm bacteria turn sugar into acids, which causes tooth decay. This mass of bacteria is oral biofilm (dental plaque). Biofilm grows every day and is barely visible to the naked eye. All of this makes your mouth the ideal entry point for bacteria into the body.

BIOFILM MUST BE REMOVED. 100%

▸ Don't let disease-causing bacteria take over your mouth. Take control and remove biofilm twice a day at home and two to three times a year through top professional tooth cleaning with GBT. GBT removes up to 100% of biofilm. Without GBT, biofilm routinely leads over time to dental disease.

Not only is the health of your teeth and gums at risk but so is your overall health.

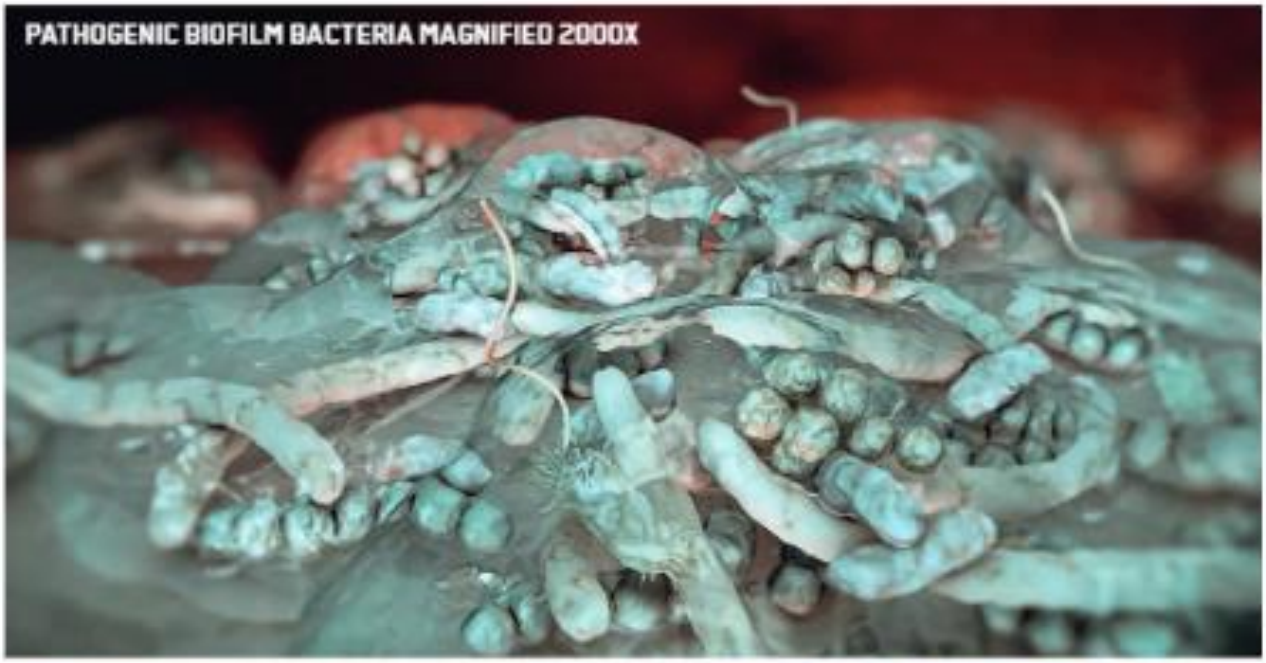
BIOFILM MUST BE VISIBLE

▸ An important step of GBT is making biofilm visible on teeth and gums. This is called "disclosing".
Only when biofilm has been made visible, can it be removed completely. With the old methods, disclosing was rarely used because it would take hours to remove the biofilm.
A dye used to color the plaque guides the practitioner in removing the biofilm and preserving the natural tissues. Disclosing delivers unequalled treatment quality as it clearly shows whether all biofilm has in fact been removed.

GBT is minimally invasive.

You can also view this brochure via QR Code and share with friends.

GBT FIGHTS BIOFILM









Courtesy, Dr. G. Asaev

BIOFILM MAKES YOU SICK

BIOFILM TRIGGERS:

- Caries, bad breath, tooth loss, implant loss
- Gingivitis = gum bleeding
- Periodontal disease = gum infections, receding gums



Courtesy, Prof. Dr. H. Tassery



Courtesy, Prof. Dr. H. Tassery



Courtesy, Prof. Dr. M. Menai



Courtesy, S. Sadfi



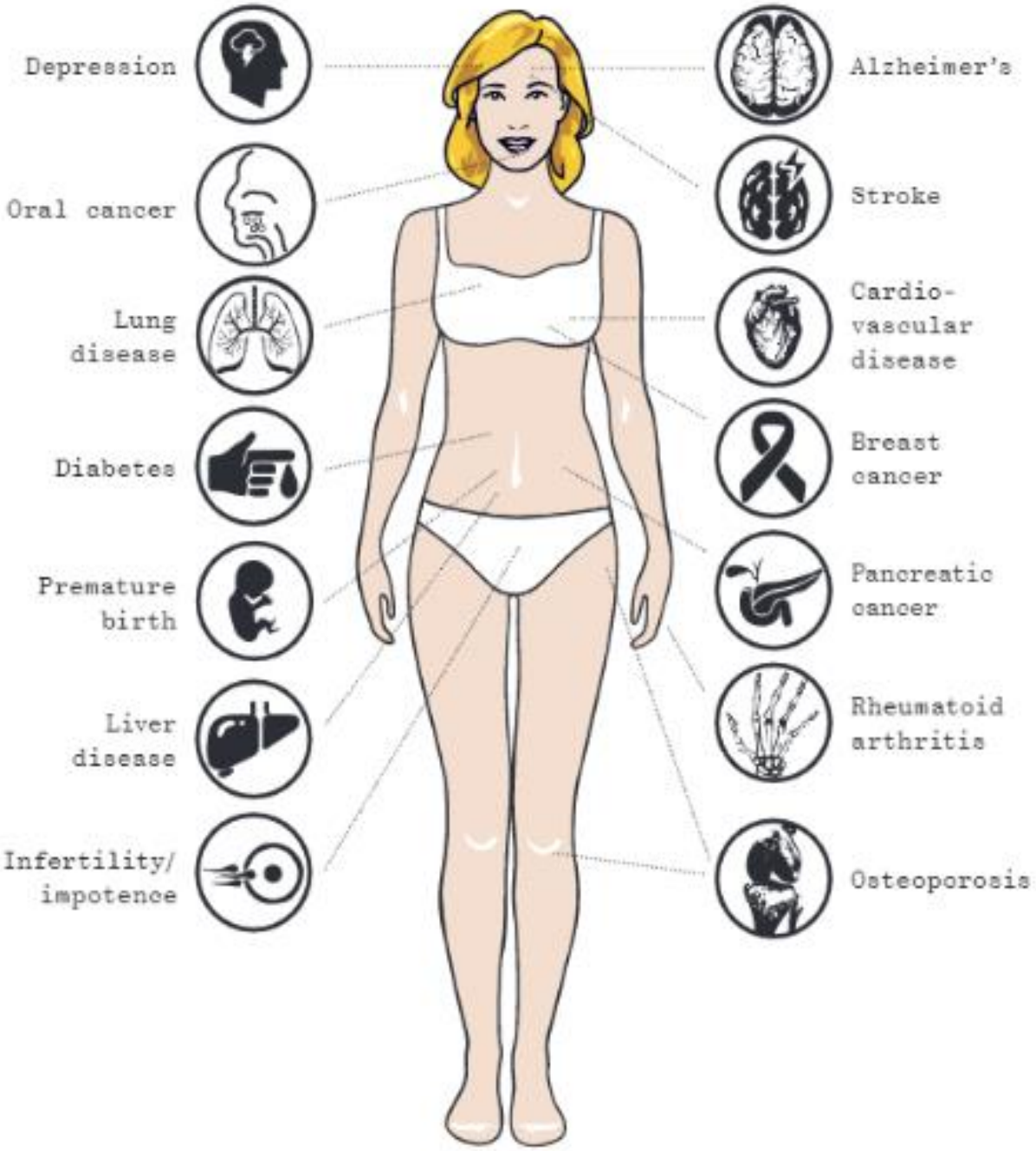
Courtesy, Prof. Dr. M. Menai

It is scientifically proven that the regular and complete removal of biofilm results in healthier teeth and gums.

AND MUCH MORE

SYSTEMIC DISEASES:

Studies show that biofilm increases the risk of Alzheimer's, heart disease, respiratory disorders, diabetes and more.



GBT: NO MORE FEAR,

THE FEAR OF PAIN

A visit to the dentist is often still associated with pain and a lot of fear. This is also true with professional tooth cleaning. Unfortunately, this old fashion method has not changed much since 1960. Most practitioners continue to use sharp instruments to scrape deep below the gumline on the roots of teeth. Also abrasive "polishing paste" is not needed anymore, thus preventing loss of tooth structure.



Courtesy, Prof. Dr. J. Einwag

The 3 teeth in the middle have been disfigured over time with sharp instruments used in conventional tooth cleaning.



Conventional scalers and rotating instruments damage teeth and gums.

A study* conducted by Germany's *Stiftung Warentest* (a consumer advocacy foundation) revealed significant shortcomings in conventional professional tooth cleaning. The old method using brushes, "polishing paste" and hand-held instruments only removes 50% of biofilm in areas that are difficult to reach. Removing no more than half of the biofilm is simply unacceptable because the infection continues to progress. Also, the lack of a common clinical protocol contributed to major differences in terms of final results. Finally, patients seldom received follow-up instructions for proper oral hygiene care at home.
*July 2015

It was about time that Guided Biofilm Therapy (GBT) was developed to replace the old methods of the '60s.

NO MORE PAIN

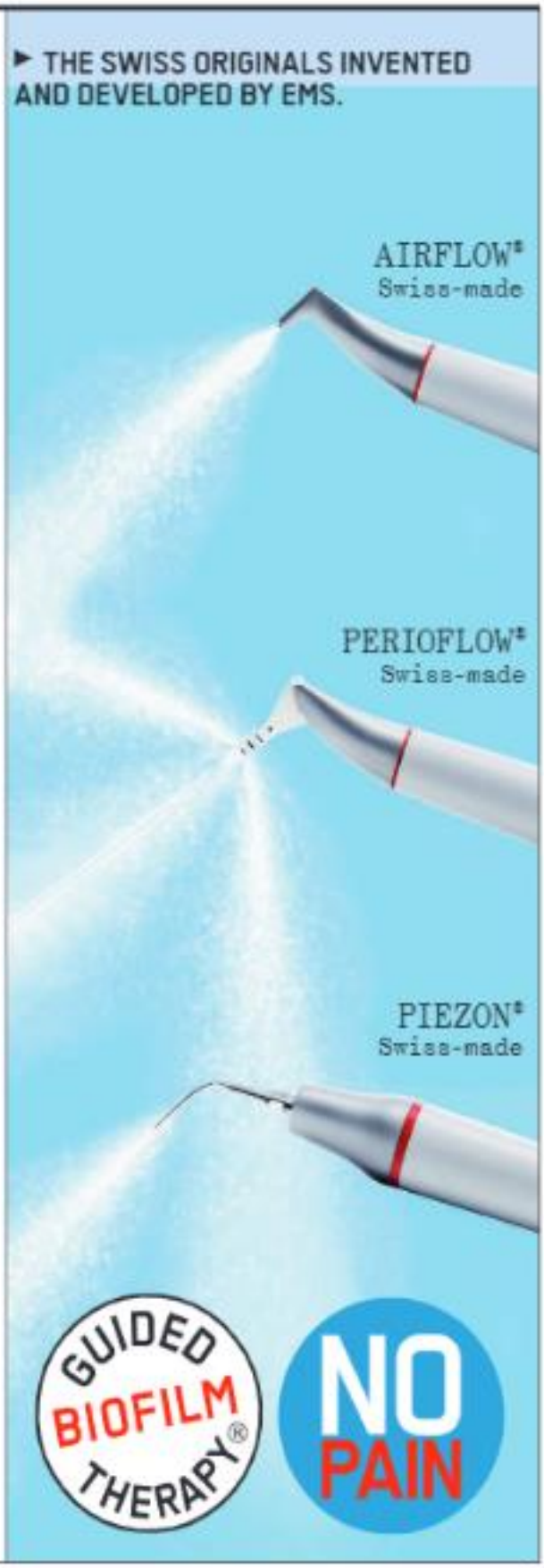
WITH GBT WE GUARANTEE

The state-of-the-art GUIDED BIOFILM THERAPY removes biofilm, discolorations and calculus completely. GBT uses innovative technologies while being gentle on the tooth surfaces and gums. GBT is a clinical protocol which guarantees consistent treatment of high quality.

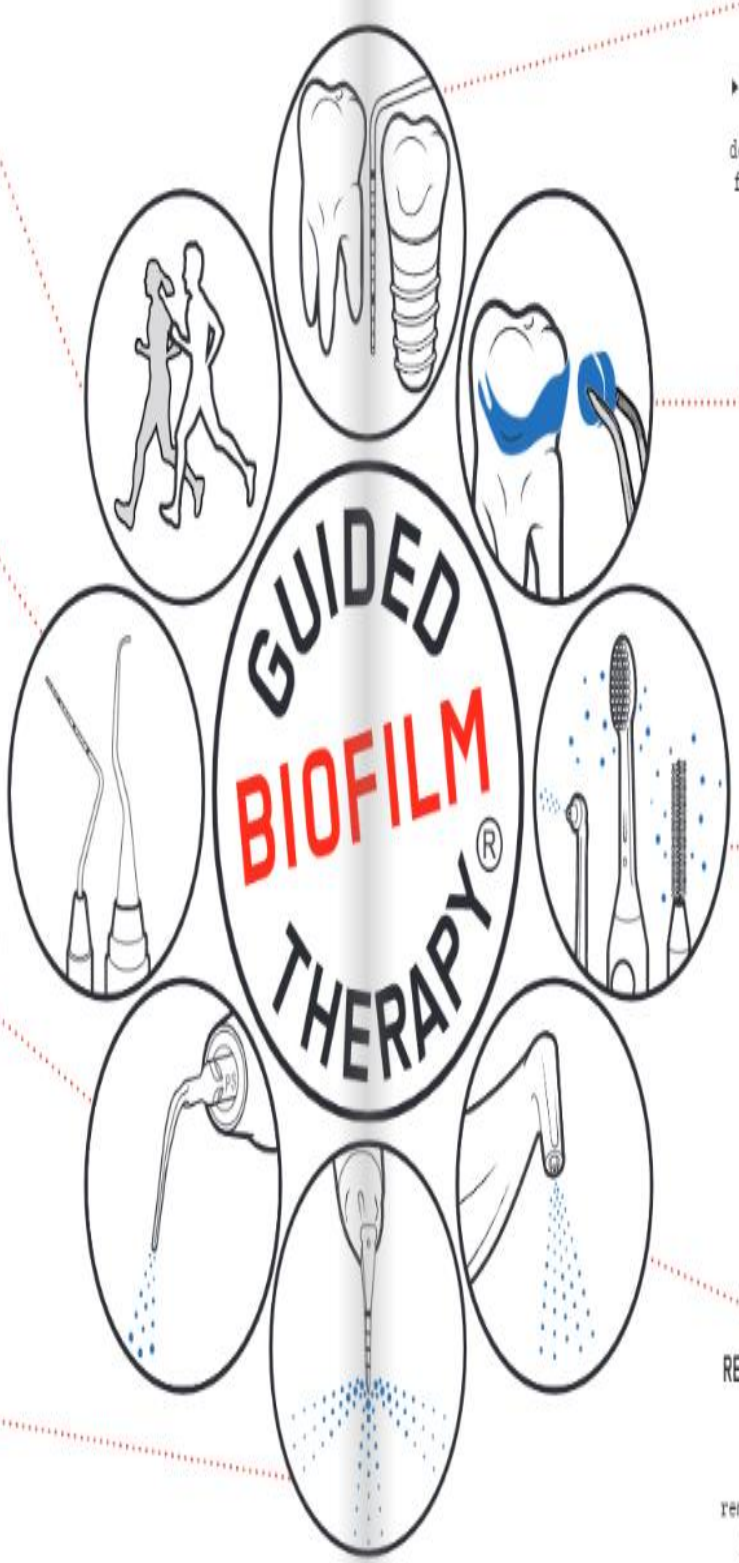
GBT is the result of years of clinical research by Switzerland's EMS conducted in conjunction with leading experts. GBT is based on 8 treatment steps.

GBT uses the proven AIRFLOW®, PERIOFLOW® and PIEZON® NO PAIN methods to remove biofilm in a minimally invasive manner.

GBT is a painless, fast, and safe method that helps you keep your teeth healthy. GBT also supports your overall health for a lifetime.



THE 8 STEPS OF THE GBT PROTOCOL



01 EVALUATE
EVALUATING ORAL HEALTH
- Examination and diagnosis of teeth and gums help determine the right therapy for treatment efficacy and your comfort.

02 DISCLOSE
MAKING THE BIOFILM VISIBLE
- Biofilm is almost invisible to the naked eye. It can only be removed completely once it is made visible.

03 MOTIVATE
EDUCATING AND MOTIVATING
- Based on your own risk assessment, you'll find out what you need for proper oral hygiene practiced at home.

04 AIRFLOW®
REMOVING BIOFILM, DISCOLORATION AND EARLY CALCULUS
- EMS AIRFLOW® technology combined with PLUS powder removes biofilm, using a gentle jet of air and warm water.

05 PERIOFLOW®
REMOVING THE BIOFILM UNDERNEATH THE GUMS
- PERIOFLOW® technology cleans deep periodontal pockets, gently and thoroughly.

06 PIEZON® PS
REMOVING REMAINING CALCULUS
- Targeted, painless and gentle removal of calculus with PIEZON® PS NO PAIN.

07 QUALITY CONTROL
FINAL DIAGNOSIS
- Check if biofilm, discolorations and calculus have in fact been completely removed. Diagnosis of caries.

08 NEW RECALL
CLEAN TEETH = HEALTHY BODY
Schedule your next appointment.

EACH AND EVERYDAY

TRACKING DOWN BIOFILM

Clean teeth look attractive and healthy. Brush your teeth at home 2-3 times a day, to keep biofilm under control. You can also visualize biofilm at home by using disclosing tablets. They let you see where you can improve your oral hygiene.

PHILIPS SONICARE



We recommend Philips Sonicare electric toothbrushes.
The tongue can be cleaned effectively by using a tongue scraper.

PHILIPS
HOMECARE

PHILIPS AIRFLOSS

For the important cleaning of interdental spaces or other difficult to reach areas, we recommend Philips AirFloss or interdental brushes and dental floss.
Ask your dental professional for advice.



PHILIPS SONICARE PHILIPS SONICARE AIRFLOSS