

A biological approach to implantology

An interview with Dr Eduardo Anitua, Scientific Director of the BTI Biotechnology Institute and owner of an ultra-modern training centre and private practice in Vitoria, Spain

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Dr. Eduardo Anitua.
(Photos courtesy of
BTI Biotechnology Institute S.L.)

_Magda Wojtkiewicz: Reconstruction of the atrophic maxilla presents unique challenges and often requires major surgical intervention, however you are known for treating atrophic maxilla with minimally invasive clinical techniques using plasma rich in growth factors. Could you please explain the main points of your surgical protocols to our readers?

Dr Eduardo Anitua: The aim of our technique is to be able to offer specific, customised solutions to every situation in the treatment of atrophic maxilla without having to resort to much more-invasive and less-predictable surgery techniques, regardless of whether the resorption is transverse or vertical.

In this regard, for cases of transverse atrophy, BTI has developed Tiny implants and transitional expanders, which are the ideal solution both for inserting narrow implants when there is no other option and for gaining the bone substrate volume required for placing definitive implants.

To treat vertical atrophy, BTI recommends short and extra short implants for cases with insufficient bone substrate in both the superior maxilla, avoiding elevation of the sinus, and the inferior maxilla, when the distance to the dental nerve is not sufficient.

_What qualifications are needed to perform such procedures? Are they performed only by specialists or GPs as well?

BTI offers specialised courses in atrophic maxilla treatment. This programme on advanced techniques is aimed at two types of professionals: specialists with experience in implantology and specialists with no experience in implantology. Regarding the first group, the advanced course refreshes their knowledge of minimally invasive techniques. Specialists with no experience in implantology (but with a knowledge of oral implantology—editorial note) can benefit from this advanced



BTI Training centre,
Tuition Classroom.

training because it is designed to be a continuation of the intensive five-day course that aids professionals in developing their knowledge of oral implantology, from the most basic level to the most advanced surgical techniques.

Is it possible to obtain these qualifications at your training centre?

Of course, with a course combining theory and practical work, the professional may learn the latest techniques for the treatment of large-scale atrophy from a biological perspective.

Please could you explain the course briefly. You mentioned that it includes both theory and practice.

This training course, like our other courses, is taught with a biological focus, showing how the development of less-invasive techniques is slowly going to replace those traditionally well established, and concentrates on treatment from a prosthodontic-surgical point of view as opposed to a surgical-prosthodontic one. This type of minimally invasive treatment results in a significant improvement in the patient's overall quality of life owing to the speed of recovery and excellent aesthetic finish. And, of course, the programme includes plenty of practical work.

Apart from the atrophic maxilla courses, what is the educational offering at the BTI's postgraduate and training centre?

Training is one of the basic pillars of BTI and for this reason we devote many of our resources to it, which allows us to offer multidisciplinary training to the entire clinical team with the aim of reinforcing and refreshing the knowledge of professionals in different areas of medicine.

BTI offers a wide range of courses and colloquia, made up of ongoing training programmes, specialised courses, internships, expertise sessions and classes, among others. In addition, our training is international, as it is also offered in the other countries where we are represented, such as Italy, Germany, the UK, Portugal, the US and Mexico, thanks to collaboration with the most prominent universities in these countries.

We already have 25 years of experience in training, having developed the first postgraduate course in the area of oral implantology in Spain.



One of the topics most in demand over the last two years has been training in PRGF-Endoret technology, both in the area of oral surgery and in other specialisations, which is a significant part of our training.

The main objective is to be close to professionals, helping them to achieve excellence in their daily practice, which has a direct influence on the well-being and health of patients.

What is BTI's philosophy?

BTI has been engaged in ongoing research and development activities for more than 15 years, and it is necessary to disseminate the knowledge gained. Therefore, in addition to publishing scientific articles in the most prestigious international journals and participating in the main scientific forums and conferences, we share the knowledge gained with professionals through training, helping them to achieve excellence in their daily practice, which has a direct influence on the well-being and health of patients.

The centre has an area exclusively dedicated to scientific research and innovation, a clinical floor and another for training and scientific dissemination. Using the synergies between these areas and having equipped the training and postgraduate centre with the most-advanced medical and audiovisual technology, it has become a European leader in this field. However, this achievement would not have been possible without our excellent multidisciplinary team of professionals with extensive clinical and teaching experience.

But, more importantly, it is the patients who are the focus of our commitment to innovation and the reason for our ongoing motivation. For BTI, people continue to be the origin of science and our *raison d'être*.

Thank you very much for this interview.

Left R & D Lab of BTI Biotechnology Institute.
Right Dr. Eduardo Anitua at operating theatre.