

AVOLA DECLARATION ASSOCIATION

1st Annual Report 2023–2024

by

Björn Klinge (President) and Marcel J. Scacchi (Executive Director)

31.12.2024

2022 – Introduction

It all started with an idea...

In 2022, we had a conversation in which Ueli Breitschmid explained the idea and background of setting up an interdisciplinary group that would look beyond oral health to systemic health. His frequent discussions with friends and acquaintances from a wide variety of professions had flared up again and again in recent years. They were sometimes solemnly documented in honorable pamphlets and mutual oaths, but things never really got off the ground.

With Marcel Scacchi's background in implant dentistry and a close, years-long membership in the ITI, it became clear what this was all about and how this idea could be given shape and form. Marcel's concept was initially greeted with skepticism: "How is a stranger supposed to know what we have been brooding about internally for a long time?"

But he did not hesitate for long: there was a need for financing, a balanced and competent board, a structure, and clarity about what, how, when, and with whom. In other words, a concept. A lot of things that had previously existed only in some people's heads were now put on paper. By continuously increasing communication with stakeholders to gain support, the AVOLA virus slowly but surely began to infect him, too!

There is no health without oral health

It must become a mission or even an obsession to believe that health promotion and prevention can change the world. But it is surely necessary that something changes here and, fortunately, we are noticing that more and more people understand that our current health systems, primarily based on illnesses and their treatments, are leading to a dead end.

It has long been scientifically proven that oral health has a key influence on general health. What is more, it influences our physical, psychological, and social well-being. Since there is not enough awareness among the population, there is still a lot to do!

2023 – Preparing the Ground

DATE	ACTIVITY
2 nd Quarter 2023	Concept development, budget and approval.
July 6 th , 2023 CH-Kriens	Agreement between CURADEN (Ueli & Christine Breitschmid) and AVOLA (Marcel J. Scacchi) for a 10-year financial support of AVOLA based on the turnover of the CURADEN Group.
July 31 st , 2023 CH-Lucerne	Legal foundation of the AVOLA DECLARATION ASSOCIATION and entry into the Swiss commercial register with CH ID CH-100-6817088-5. Financial services will be provided by CURADEN's finance department, while administration of the association is provided by the AVOLA management until further notice. Appointment of STRASSER & VÖGTLI (Hunzenschwil / AG) as auditors. Definition of code of conduct, privacy policy, and articles of the association.
Aug.–Sept. 2023	Identification and appointment of carefully selected board members. Kirsten helped a great deal to establish this group of well-recognized scientists, clinicians and individuals. It was now up to us to form a close-knit team of dedicated members.
Oct. 27 th –28 th , 2023 CH-Rüschlikon	Official founding meeting with spiritus rector Ueli Breitschmid, the members of the board and some guests (see picture) in Rüschlikon, Switzerland. The meeting clearly demonstrated that experts must meet and exchange ideas, making their findings and experiences accessible to a larger audience.
4 th Quarter 2023	Establishment of the website, online roll-out in three different phases (presence, pre- / post-symposium). Implementation of membership concept and offer of added value to members. Setting-up of the AVOLA office at Neustadtstrasse 6, CH-6003 Lucerne.



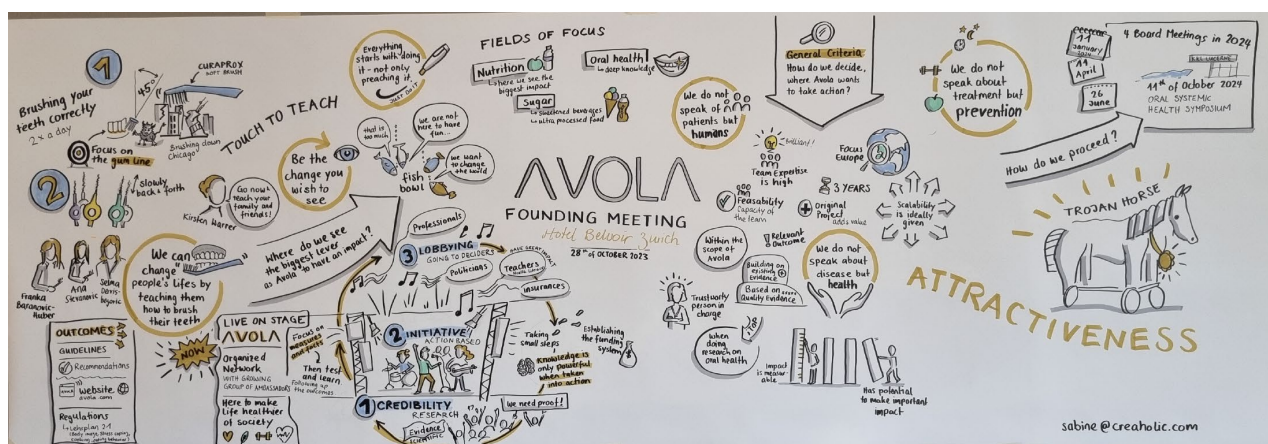
Back row, left to right

Marcel J. Scacchi*, Bruno Affentranger, David Fäh*, Selma Dervisbegovic,
Bo Danielsen*, Björn Bartling*, Björn Klinge*, Ueli Breitschmid, Franka Baranovic-Huber

Front row, left to right

Christine Breitschmid*, Denis Bourgeois*, Kirsten Warrer*, Ana Stevanovic

* = Member of the Board



Mind-map summary of the founding meeting

2024 – Gaining Momentum

DATE	ACTIVITY
Jan. 11 th , 2024 CH-Hasliberg	1 st Board of Directors Meeting <i>Approval of why / how and what incl. strategy, identification of fields of interest, approval of project selection process and criteria, identification of first projects. Björn B. will be at a 6-months interim in the US.</i>
April 11 th , 2024 IT-Avola	2 nd Board of Directors Meeting <i>Workshop on: How can I support AVOLA in reaching its goals? Approval of budgets and project list with ten active projects and multiple on waiting list. The program committee for autumn symposium started its work. The document on strategic initiatives 2025 – 2030 was approved on May 6, 2024.</i>
June 26 th , 2024 DK-Copenhagen	3 rd Board of Directors Meeting <i>Unanimous election of Björn Klinge as the first president of our organization for a term of three years. Status on running projects was given, main topic was the progress on the symposium preparation which included various sub-projects, e.g., the journal, the Jiří Sedelmayer award, and the symposium. David held a lecture on: “High blood pressure: public health significance and prevention potential”. First ideas for appointing additional board members were elaborated.</i>
Oct. 10 th , 2024 CH-Lucerne	4 th Board of Directors Meeting <i>Status on running projects was given, especially on SPARKLY (Denis), Toothpaste Innovation (David) and new projects for 2025. This included gaining a first impression of potential members of the junior committee with Raman and Aleksandr as guests. Prof. Hannelore Daniel (Munich) held a lecture and discussion on: “Gut Physiology meets Microbiome Science”.</i>

AVOLA getting into shape

It all began in 2024 when AVOLA’s Board of Directors met four times and collaboration became increasingly established, strangers became colleagues, and colleagues turned into friends endowed with different competencies but all wanting to achieve similar goals. First projects were identified and discussions within the board quickly showed that interdisciplinary collaboration is indispensable. At the end of 2024, there were twelve projects in progress and six in the pipeline. We always base our selection on the five subject areas of Preventive Healthcare, Preventive Oral Care, Nutrition / Healthy Lifestyle, Behavioral Economics, and Health Policies / Regulation. Within these topics, we are active in application, education, communication, and lobbying.

The Oral-Systemic Health Connection Platform

On October 11th, 2024, the first AVOLA Symposium took place in the KKL Lucerne with around 180 international participants and 8 partner organizations. Leading scientists and clinicians designed an educationally focused program ranging from dentistry, microbiota research, endocrinology, diabetology to the digital future of healthcare. The event took place under the motto “join for science – stay for friendship” and was a) the ideal platform for presenting the 1st Jiří Sedelmayer Award to its first winner Mário Rui Araújo and a) for launching the first edition of the AVOLA journal *The Essence*.

The faculty of the symposium included the following people: Prof. Dr. Iain Chapple; Prof. Dr. Alexandrea Zhernakova; Prof. Dr. Dr. Andreas Pfützner; Prof. Dr. Hannelore Daniel; Prof. Dr. David M. Williams; Prof. Dr. Moritz Kebschull; Prof. Dr. Dr. Habib Benzian; Prof. Dr. David Fäh; Prof. Dr. Denis Bourgeois; Prof. Dr. Mário Rui Araújo; Dr. Tobias Gantner; Prof. Dr. Ben Moore and Ueli Breitschmid.



Moderator Florian Inhauser approaching the panelists Profs. Moritz Kebschull, Habib Benzian, and David Fäh (left to right)

Completed Projects in 2024

102_24_C: The Essence I

The first issue of the AVOLA journal "THE ESSENCE" was printed and launched online at the end of September 2024. The journal shows an up-to-date cross-section of all topics dealing with oral and systemic health. Scientists, clinicians, AVOLA members and other specialists enliven the discussion with their contributions and initiate new projects with their ideas. The journal will be published twice a year.

103_24_E: Symposium

The next AVOLA Symposium will take place in autumn 2026, again in Lucerne, and will focus on the human microbiome, nutrition and how to increase health literacy. We will again have the opportunity to get involved with some leading researchers, clinicians and extraordinary people who, thanks to new findings, have been able to massively improve their systemic health.

108_24_C: Jiří Sedelmayer Award

In 2024, the Jiří Sedelmayer Award was presented for the first time. A project that is particularly close to Ueli Breitschmid's heart in order to honor and remember his late friend. The Symposium 2026 will again be the platform for awarding the Jiří Sedelmayer Award 2026. We are already looking forward to receiving suggestions and applications.

109_24_E: Communication with small children

Dr. Beáta Marčanová is a pediatric dentist in Bratislava, and she has written a guide to teach parents and medical professionals how to effectively communicate with children. AVOLA has financially supported this project jointly with some other organizations and institutions. The book is available in printed form and different languages, you may inquire to AVOLA headquarters.

Outlook 2025

In addition to the projects already underway, three Board of Directors' meetings are planned, and three new initiatives will be launched:

- a) Workshops to enlarge the speakers' network and to prepare the 2026 symposium with new topics; these meetings will be chaired by the symposium scientific program committee headed by Kirsten.
- b) "AVOLAminds" meetings initiated by Denis and David inviting leading experts to discuss specific topics (e.g., microplastics, artificial intelligence, etc.) to develop so-called whitepapers, being used for communicating

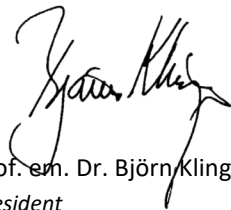
with decision-makers in politics and health regulation.

- c) Finally, the establishment of a junior committee as suggested by Björn to specifically support young scientists and clinicians in their career endeavors. Further information can be found on our website: www.avola.network
- d) Other activities include the first annual meeting of the association, two editions of The Essence journal and more communications and PR activities to attract new members. The website will be further developed in such a way that it will become our major communication channel in which processes (e.g., membership applications, project funding applications, etc.) will be fully digitalized.
- e) Last but not least, we wish to hook up with other organizations active in this field to join forces and to identify potentials, to work together for the benefit of society.

In the name of the presidency and the board of directors, we sincerely wish to thank CURADEN, our AVOLA members and all the people who actively share our motivation to make the world a better, healthier place.

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31.12.2024



Prof. em. Dr. Björn Klinge
President



Marcel J. Scacchi
Executive Director

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