



BITE SIZE EDUCATION

An interactive study club

Course Topic: The Influence of Menopause on Periodontal Status: An Evidence Update
Date: Tuesday 11 August 2026
Time: 6:30pm – 8:30pm (Access and refreshments from 6:00pm)
Venue: The Stratton Suite, **Stratton House Hotel**, Gloucester Road, Cirencester, GL7 2LE
<https://strattonhousehotel.com>
what3words: visitor.tailwind.cello
Contact: Tel: 01285 640248 / zoe@cirencesterdentalpractice.com
CDP: 2 hours verifiable
Tutor(s): Dr Ross Cutts & Dr Gavin Ho Fat
Educator: Dr Joao Souteiro

The Influence of Menopause on Periodontal Status: An Evidence Update

Course Aims:

- To provide colleagues with a current, evidence-based understanding of how the menopausal transition influences periodontal health
- To support the early identification of at-risk women so that timely and appropriate diagnosis can be made
- To strengthen shared medical–dental management of the menopausal patient
- Course open to: **Dentists, Hygienists & Therapists**

Course Objectives:

- Describe the physiological role of oestrogen in periodontal and alveolar bone
- Explain the mechanistic link between oestrogen withdrawal, the inflammatory cascade, and bone resorption
- Recognise the oral manifestations of menopause (xerostomia, burning mouth, gingivostomatitis, attachment loss)
- Critically appraise the current evidence on HRT and periodontal outcomes
- Describe the adequate management of a post-menopausal periodontal patient

PLEASE NOTE THIS STUDY CLUB IS NOT AT CIRENCESTER DENTAL PRACTICE

Numbers are limited, so when the course is fully subscribed, we will operate a Waiting List

Tutor(s):



Dr Joao Souteiro

LMD (Porto, Portugal), MSc Dent Imp (Bris), PGCert ConSed (Lon)
GDC No: 249325

Joao is from Portugal and qualified in Dentistry from the University of Porto (ISCS-N) in 2012 working in a private practice for 2 years. He moved to the UK in 2014 and has worked in the Cotswolds area since then as a General Dentist with a special interest in Implantology, Periodontics and the care of dentally anxious patients (conscious sedation).

Driven by a passion for high-quality and evidence-based dentistry, Joao completed his Master's degree in Implantology at the University of Bristol in 2019. He is an Ambassador of the Young International Team for Implantology (YITI) and a Co-Director of the Cirencester ITI Study Club, reflecting his commitment to continuing education, collaboration and clinical excellence.

Joao has a particular clinical interest in the diagnosis and management of complex Periodontal/Gum disease. He completed a Postgraduate Diploma in Periodontics with Perioacademy (London) in 2024 and is currently working for his MSc in Periodontics at the University of Bristol, further strengthening his knowledge in the diagnosis and long-term management of periodontal disease, peri-implant conditions, and biologically driven treatment planning. He is a member of both the British Society of Periodontology (BSP) and the European Federation of Periodontology (EFP), reflecting his commitment to evidence-based periodontal care and contemporary best practice.

Known for his gentle and reassuring manner, which works especially well with nervous dental-phobic patients. To support patients who require additional comfort during treatment, he completed a Postgraduate Certificate in Dental Sedation and Pain Management from University College London (Eastman Dental Institute) in 2021. He is qualified to provide intravenous conscious sedation safely and is a member of the Society for the Advancement of Anaesthesia in Dentistry (SAAD).

Joao places strong emphasis on clear communication, patient comfort, and predictable long-term outcomes, often working closely with referring colleagues to support patients requiring advanced periodontal care, implant treatment or sedation dentistry within a calm, discreet and controlled environment.

Outside the clinic, Joao enjoys long countryside walks with his wife and their golden retriever, Rajah. He is a keen runner and a FC Porto aficionado.



Dr Ross Cutts

*BDS (Lond) Dip Imp Dent RCS (Eng) MClintDent Fixed and Removable
Prosthodontics (KCL Lond) with Distinction*
GDC No.: 78162

Having Graduated from Guy's Hospital, London in 2000, I am a dentist with Special Interests in Implant Dentistry and Advanced Restorative Procedures.

I began my Implant journey in 2003 and have subsequently attended extensive Higher Education across the United Kingdom, Europe and North America from the world leaders in Implant Dentistry.

I have been awarded the highly regarded Diploma in Implant Dentistry from the Royal College of Surgeons, London and have followed this by successfully gaining a Masters in Clinical Dentistry from Kings College London in Fixed and Removable Prosthodontics with distinction. This is my commitment to myself and my patients to ensure I can provide the broadest range of treatments available for maximum patient success.

I am a committed Fellow of the International Team for Implantology (ITI) –a past Study Club Director and Study Club Co-Ordinator for the whole of the UK and Ireland and remain a clinical mentor for this Worldwide Organisation.

I regularly hold educational courses, lecture nationwide and in Europe on a variety of topics at different educational levels, with a particular interest in Aesthetic Implant Dentistry. As well as educating others I am regularly asked to write up cases for Straumann and Botiss Worldwide Implant companies to demonstrate successful patient outcomes.

I accept referrals from colleagues for a variety of complicated clinical situations at both my Cirencester and Stow-on-the-Wold Dental Practices.

As well as being a fellow of the ITI (one of only 48 in the whole of UK and Ireland), I am also a member of the Association of Dental Implantology (ADI) and the Royal College of Surgeons (RCS). My commitment to Cosmetic / Aesthetic Dentistry maintains my Full Membership of the British Academy of Cosmetic Dentistry (BACD).



Dr Gavin Ho Fat

BDS (Newcastle), M Imp Dent (RCSEd)

GDC No.: 103457

Having graduated from Newcastle University in 2006 with a clinical distinction and an additional award for composites, Gavin spent 8 years initially in NHS and then fully private practice in London. In 2014, Gavin and his wife Kirsty decided to relocate to the Cotswolds, and he has been working at both Cirencester and Stow-on-the-Wold Dental Practices ever since.

Gavin has invested heavily in further post graduate education to deliver more complex techniques to achieve the best possible long term outcomes for his patients.

He has a specialised interest in dental implants and all aspects of complex restorative dentistry, developing extensively over the last 15 years - gaining lots of experience and clinical expertise in this highly demanding and complex field.

Having passed a robust series of examinations, he is now one of a few dentists to be recognised as a Member of Implant Dentistry by the Royal College of Surgeons Edinburgh.

Gavin takes a holistic, multidisciplinary approach to treating his patients using the latest digital techniques.

He has a calm and sympathetic manner, and works very well with nervous patients. For very phobic patients who struggle with dental visits, Gavin works very regularly with our in-house Sedationist.

In addition to treating patients, Gavin is involved in delivering further education and training for other dentists to improve their knowledge and clinical skills in implants, surgery and restorative dentistry.

Some examples of his work can be found on Instagram @drgavinhofat

Outside of dentistry, Gavin has a keen interest in travel, sport and food. In a former life, he was a regular snowboarder, cycled Lands End to John O'Groats, ran a sub-4 hour marathon and enjoyed travelling the world. However, Gavin and his wife's time is now spent mostly juggling family life with 4 young children and a dog.