

INVITATION TO SOFIA



Sofia, the capital and largest city of Bulgaria, is located at the foot of Mount Vitosha in the western part of the country. It is the 15th largest city in the European Union with a population of around 1.3 million of inhabitants.

Sofia has a long and rich history. The area was inhabited since prehistoric times but first settlement were dated near the 7th century BC, when Thracians established their city around a mineral spring, which exists to the present day. Celtic tribe of the Serdi inhabited the region since the 1st century BC. During the Roman Empire Government Serdica was the local capital.

During the Middle Ages, it was one of the major commercial centres of the Bulgarian State, along with Tarnovo.

Sofia's population remained small until 1879, when it was declared capital of the Principality of Bulgaria after the Liberation from Ottoman jug.

Today many of the major universities, cultural institutions, and businesses of Bulgaria are concentrated in Sofia. The city is easily accessed by all parts of Europe and has a well organized community transportation system, nice hotels and SPA, delicious food and cultural events.

Temperature in mid May is between 18-22 C. The gardens and parks are in blossom. Come and enjoy with us your participation in the ESDE Annual Meeting 2013!

For the local organizing Committee:
BULGARIAN RESEARCH GROUP OF DENTAL ERGONOMICS
Prof. Dr. Lydia Katrova, DDM, MPH, PhD

<http://bulergodent.eu>

WELCOME IN SOFIA

It is my great pleasure to invite you to this year's special 25th Annual Meeting of the European Society of Dental Ergonomics in the Bulgarian capital Sofia.



Based on feedback from former Annual Meetings, particularly as result of questioning our members, we developed a challenging format to meet the desires from dental practitioners as well as ergonomic specialists.

This format will guarantee you a pleasant but fruitful time, satisfaction, motivation and a big challenge for future work for the faith of your patients but for your team particularly.

I am sure that you will remember a congress to your benefit, that your special interest will be rewarded by valuable results.

Prof. Dr. Jerome Rotgans
President of ESDE

EUROPEAN SOCIETY OF DENTAL ERGONOMICS

Scientific Committee

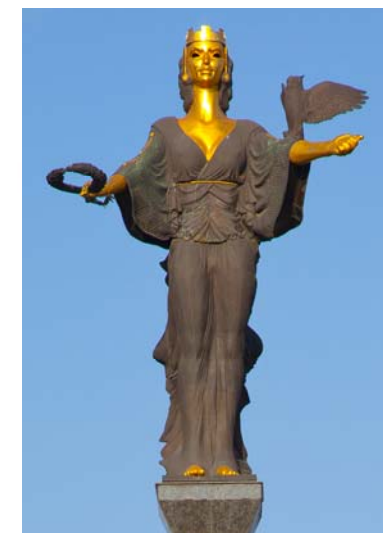
Prof. Dr. Mieke De Bruyne ♦ Belgium
Dr. Werner Betz ♦ Germany**
drs. Rolf de Ruijter ♦ The Netherlands
Prof. Dr. Lydia Katrova ♦ Bulgaria



European Society of Dental Ergonomics

Annual Meeting 2013

in cooperation with the
Bulgarian Research Group
of
Dental Ergonomics



INTER EXPO CENTER - IEC
17-18 May 2013
SOFIA
BULGARIA

COPING THE CHALLENGE OF FUTURE DENTISTRY
Dental Ergonomics will help you

25th ESDE ANNUAL MEETING 2013

COPING THE CHALLENGE OF FUTURE DENTISTRY - Dental Ergonomics will help you !

Thursday, 16 May 2013

19:00 Get-together Party and Registration
in Hotel Hilton Sofia

Friday, 17 May 2013

08:00 Registration desk open
09:00 Opening Ceremony & Introduction

09:15 - 10:15 SESSION 1

CHALLENGE OF THE FUTURE

09:15 - 10:00 Digital developments in dentistry
Joerd van der Meer - Groningen/NL
10:00 - 10:45 Human and machine, human and
cooperation, human and health
Raul Kulcsar - Timisoara/RO (requested)

10:45- 11:15 *Break and Poster Visit*

11:15 - 13:30 SESSION 2

CHALLENGE OF THE DENTIST

11:15 - 12:00 Pain in dentistry- is that a must?
Why and what to do about it.
Allan Toomingas - Stockholm/SE
12:00 - 12:45 What to do with your body in dy-
namic and static situation, but how
dynamic can dentistry be?
Agneta Lindegård - Gothenburg/SE
12:45 - 13:30 Behavioural aspect of learning an
optimal way of working in dentistry
Kitty Jacobs - Amsterdam/NL

13:30 - 15:00 *Lunch*

15:00 - 17:00 SESSION 3

CHALLENGE OF THE MACHINE

15:00 - 16:30 Special contributions about innova-
tions by Diplomat Dental, Morita
and Sirona Dental Systems
16:30 - 17:00 Panel discussion

17:15 - 18:30 *ESDE's General Assembly*

20:00 *Festive Dinner in
Site Bulgari Zaedno*

Saturday, 18 May 2013

09:00 - 10:30 SESSION 3 - continued

09:00 - 09:45 How to design a dental practice ergo-
nomically

Frank Wirtz - Frankfurt am Main/DE

09:45 - 10:45 Interactive design of all elements in the
treatment room based on Posture, Per-
fection and Performance

Herluf Skovsgaard - Randers/DK

10:45 - 11:15 *Break and Poster Visit*

11:15 - 11:30 Head and neck support - good for pa-
tients, bad for dentists?

Heinz-M. Günther - Stegaurach/DE

11:30- 12:45 SESSION 4

COPING WITH FUTURE DENTISTRY

11:30 - 12:15 Practice philosophy, objectives, devel-
opment, future vision, changing

Jan Lelie - The Hague/NL

12:15 - 12:45 Challenges and opportunities for Bul-
garian dentists

Lydia Katrova - Sofia/BG

12:45 - 13:15 SESSION 5

SPECIAL TOPIC

12:45 - 13:15 Aging, its effects on daily working-life
Bernhard Kausch - Ludwigsburg/DE

13:15 *Closing Ceremony and lunch*

Congress location: Inter Expo Center Sofia (www.iec.bg/en)

2-Days Congress Fee*

non-members	members	assistants/nurses**	students***
early bird 200 €	early bird 175 €	early bird 75 €	early bird 50 €
later 250 €	later 200 €	later 100 €	later 75 €

*) exclusive the festive dinner on Friday evening (**one day's fee: 50%**)

**) dental assistants, dental nurses, physiotherapists, etc.: identification from employer needed

***) students: identification from university/faculty needed

Dinner on Friday 60 €

Early Bird deadline: 29 April - Registration on-line via www.esde.org

Saturday, 18 May 2013

POSTCONGRESS COURSES

to book and to pay on-site: 30 Euro

14:00 - 14:30 Video with the application of ergo-
nomic principles for a sitting posture
in dentistry, used for training of staff
and students in the dental school of
Groningen/The Netherlands (CD in-
cluded)

14:30 - 15:00 Lecture: How to adapt to a healthy
working position?

15:00 - 17:00 Hands-on introduction into a self-
learning programme of an ergonomic
way of patient treatment (in successive
small groups 6 persons each à 30 min)

POSTCONGRESS TOURS - SUGGESTIONS

www.getyourguide.de/_Sofia

[http://en.wikipedia.org/wiki/
Tourist_attractions_in_Sofia](http://en.wikipedia.org/wiki/Tourist_attractions_in_Sofia)

<http://www.worldtravelguide.net/sofia/things-to-see>



**Attention: This program is still under consideration - changes occur with-
out notice but on www.esde.org available.**