

The „M&B“ Concept with Champions®: The „Soft Revolution“ in Implantology & Prosthodontics Care

MIMI® – gentle – immediately loaded – patient-friendly – affordable: these are phrases that are coming up in the press more and more frequently. Dental Tribune interviewed Mr. Dr. Armin Nedjat, a dentist specializing in Implantology, and a ‚Diplomate‘ of the World Association of Implantology (ICOI). Dr. Nedjat is also the developer of the Champions®- Implants System and an experienced consultant for advanced implantation training. Dr. Nedjat was asked about what had actually made his MIMI® – BOIL implant and prosthodontic concept (M&B) so successful over the last 15 years.

Dental Tribune: Mr. Dr. Nedjat, how would you explain the MIMI® & BOIL method in just a few words?

Dr. Nedjat: MIMI® is the quick method that is easy to learn: the „Minimally Invasive Method of Implantation“, which can be applied with only a few technical tools in every dental office. BOIL describes the procedure of the prosthodontic concept: „**B**one – **O**seocoⁿdense^d, **I**mmediately **L**oaded“. This means that the bone is laterally condensed and then

then is able to be immediately loaded by taking a careful approach to it. The bone does not have to heal on the implant as it is the case when the „Classical Implantology Method“ is applied. Primary stability is the most important parameter for a successful BOIL procedure, as the primary stability phase and fitting of the superstructure can safely be upgraded with certain „tricks“ to the secondary osseous-stability phase („SOS“).



The principle of MIMI, the Minimally Invasive Method of Implantation:

A small, sub-dimensional bone cavity is drilled transgingivally. In this bone cavity the complete implant is inserted with a controlled force, condensing the bone. Before the bone can be condensed, the whole cavity length must be checked for NON-perforation through a bone cavity monitoring. Right from the start, optimal primary stability can be achieved, and the Champions® Implants can usually be immediately loaded. A „healing“ or „growth“ of the bones is therefore no longer necessary.

Dental Tribune: What makes MIMI® & BOIL and the Champions® implants so successful?

Dr. Nedjat: It is easy to explain the success. For the patient, the M&B concept means a quick, usually bloodless, surgery without pain afterward. The entire treatment with first-class prosthodontic restorations is completed in only a few days. In addition, the M&B total costs are reduced to only 50% of the costs of the „classical“ method of Implantology and Prosthodontics. (...)

The important difference is we plan a transparent, well-arranged treatment with the whole superstructure for the patient. The patient principally just pays for our ‚know-how‘, that is our knowledge and skills, which allows us to deliver first-class treatment without causing pain and complications. MIMI® seems to be easy, but like microsurgery, a lot of experience is needed for this method. Today, almost every patient can afford a first-class tooth replacement if

they finance through a good credit company and pay by installments.

Of course, the winners are the very satisfied patients, who become great promoters for your practice, and naturally, the dental office itself, since it is able to bill more in a much shorter time and with far fewer expenditures. It is important to note that the money mostly remains in the dental office, rather than having 2/3 of the revenue going to material and laboratory costs.

Dental-Tribune: What is new about the ‚M&B‘ concept?

Dr. Nedjat: What is new for many dentists and patients are the findings of how and when bones can be loaded. Ten years ago, only the classical procedure according to the Branemark model was known. However, the M&B procedures have been used worldwide by many dental offices for over 25 years as a matter of routine. For decades, results and

observations from other professional associations, such as those involved in hip and other joint surgery, have shown that for instance, the bones definitely need "bone training". In other words, the bone and the surrounding tissue must be immediately loaded and mobilized.

Previously, it had been assumed that the bone had to "grow" on the implant without being loaded. That is why the dental implant had been placed in a thread, on which an implant head, the so-called abutment, was screwed after several months of healing time. After a total treatment period of 3 to 12 months, a superstructure was finally fitted on this abutment.

In most cases, the dentist can now gently and carefully insert, i.e. implant, a large one-piece implant transgingivally in a tiny bone cavity, which means the method is performed suturelessly, "flaplessly" and without cutting open the mucosa.

Terms such as "keyhole surgery" or endoscopy are used concerning the MIMI® concept. A Champions® implant is like an osteotome, which means that the implant is inserted in the bone, condensing the bone, and that the bone does not first have to "grow" on the titanium surface.



With MIMI® in particular, the bloodless inserting of implants, and the BOIL concept, it is possible to quickly give older patients a safe, gentle, and long-lasting treatment...

Dental-Tribune: Many of our colleagues are convinced that they cannot see exactly in which precise area of the jaw bone they insert the implant if the mucosa is not flapped open. That is why they think that the procedure of "flapping open the mucosa" is safer.

Dr. Nedjat: Look, when I perform an „endo“, then I do not directly see any root canals either do I? That is why before inserting the implants, it is an ABSOLUTE MUST to check the bone cavity thoroughly through a bone cavity monitoring each time after drilling. That is why I personally do not think that self-tapping implants are the right solution when you pre-drill only 1/3 of the needed cavity... In this case, the skeptics are right! In order to insert Champions® implants, you must drill the whole cavity length needed and then check the bone cavity and the bone rigidity through a bone cavity monitoring in all five dimensions, that is: axially, distally, mesially, orally, and buccally. Then, insert the implant! This is a great advantage and ensures a safe and proper procedure.

Dental – Tribune: Do many of your colleagues consider MIMI® and BOIL to be unsuccessful on a long-term basis?

Unfortunately, they do not see the long-term positive results every day in their dental offices. But look, for decades, colleagues like Linkow, Branemark, Brinkmann, Grafelmann, Bauer und Ledermann have not been merely theorists but excellent practitioners who dared, at least partly, to oppose trends and not always follow established procedures. We should keep in mind that Implantology was recognized only in 1982 by the German Society of Dental Oral and Craniomandibular Sciences and by the universities! Before that, Implantology was considered charlatanism and as a nuisance that caused harm to the body. Well, in my opinion, the one who has successful results is right and not the one who needs to have every statement or every task in the dental office generally accepted or randomized in double-

blind studies for 30 years. If this were the case, patients would not have been treated with millions of implants in 2009. We are networked worldwide with medical online databases so that results and studies, for example from the Far East and overseas, which were published yesterday, can be used today in our dental offices. Special lobbies and scientific committees should not be the sole "referees" for what is reasonable for our patients and our treatment procedures. Many positive developments have come about in the field of Implantology during my last 15 years in practice. In our rural dental office we have done some 2000 implants per year, and have seen many positive results. There is nothing more constant than change.

Dental-Tribune: Do you also criticize the university qualifications?

Dr. Nedjat: Look, at some German universities for dentistry the curriculum is oriented too much towards the classical implant industry, which tends to be too technical and not adapted to the day-to-day work in dental offices. To overcome this discrepancy in the meantime, many companies – even large publically-traded companies – spent millions of euros every year in order to have their systems and classical concepts taught at the universities. In the view of the classical implantologists, MIMI® und BOIL as methods are not acceptable and are even counterproductive. These methods are therefore not published and documented in university long-term studies and dissertations. In my opinion, the increasing link and economic dependency of some professional associations and the universities are problematic. Dental fairs or special congresses can't manage without so-called „gold sponsors“ anymore, which increasingly influences content and programs. Finally, apart from a few exceptions, innovations and Implantology in general have always been developed and further improved by our colleagues in dental offices for the benefit our patients. And this should be and remain our first priority!

Dental-Tribune: What was new for you at the IDS?

Dr. Nedjat: The opponents of M&B see their hopes dashed as all their arguments against M&B are not compelling. Why do so many two-piece systems achieve primary stability then? Why do almost all newer systems have a special crestal thread? Why are one-piece systems now increasingly developed for classical systems?
Thus, M&B are the only methods with substantial growth in the dental office. Of course, there are these „opponents of innovation“ as mentioned before, who are not interested in replacing existing classical procedures with such a simple but successful method.
On the one hand, there are certain industries. If I perform, for example, surgery according to the MIMI® method with a normal, green contra-angle for the drill on a treatment unit, then I am not in need of a separate surgical unit, any other technical equipments, or „fancy tools“ in my dental office. On the other hand, there are certain dentists and specialists who perform complicated and much more difficult surgery. They are highly qualified to do this and, at least to a certain extent, are well equipped with all kinds of technical material.
Due to these economic constraints, dentists in such offices must continue to perform all kinds of bone augmentations

and invasive procedures in order to remain profitable and/or deny us dentists the necessary competitiveness in the field of Implantology.

Dental-Tribune: What are the main advantages of one-piece Champions®?

Dr. Nedjat: Economically, for sure an advantage is the affordable total price. (...) The implants are made in Germany of the highest quality materials by a well-known factory near Mannheim, which also serves several other German companies.
However, from a medical point of view, the most important advantage of one-piece systems is that there are no micro-gaps and cavities between two implant pieces as it is the case for multi-piece systems, which are vulnerable to bacterial migration and growth. The micro-gap is known as the “Trojan Horse” for bacterial infections, and it is considered the main reason for the long-term failures of implants.
In addition, because of the type of screw used in the one-piece implant system, connecting elements cannot get loose or even break as can happen with combined two-piece systems. The best abutment is no abutment!



Even single teeth can be replaced optimally and aesthetically without any problems. A Champions®-implant is inserted almost bloodlessly into a small cavity, and then a full zirconium-ceramic Prep-Cap is set in only one session – a very gentle, completely painless, safe and affordable procedure for the patient!

Dental-Tribune: What are your goals and wishes for the future?

Dr. Nedjat: I wish that many of the colleagues would no longer fear implantation and Prosthodontics, overcome the block and accept the „soft revolution“ in the field of implantation and prosthodontic treatment.
I would like that our patients get honest and comprehensive information about all different possibilities in Implantology

and Prosthodontics. For this also the homepage www.mimi-info.com has been prepared and updated lately, and a DVD as well as the book „...und Ihr Lächeln kehrt zurück“ („And You Can Smile Again“) will soon be published.

Dental-Tribune: Thank you very much for the discussion!

Dr. Nedjat: Thank you for your interest!