



INSIDE PA

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# Getting Personal With PA

Their Ugly Sweaters, Baby Pictures, Favourite Charities and More!

## On The Cutting Edge Of Technology...

Recent media coverage linking dental x-rays to benign brain tumors, as well as the possible link to thyroid tumors, has created concern amongst healthcare consumers.

New to Prosthodontic Associates, the revolutionary laser-collimation system lowers dental x-ray radiation exposure by as much as 60%. While the traditional design of a round cone emits a large beam of radiation that makes it easy to aim at the desired area, it also emits excess scatter radiation that is absorbed by the patient, instead of the x-ray sensor. This new technology is compatible with existing equipment, transforming the beam to a smaller, rectangular shape and the collimator dramatically reducing x-radiation.



This also significantly reduces the need for x-ray re-takes due to its patented laser alignment system. When the laser and ring reflector are in perfect alignment, the ring magnetically connects, the unit audibly beeps, and green lights on the front edge activate – eliminating guess work and significantly reducing the need for retakes.



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## Publishers' Message



Over the last four years Inside PA has allowed us to connect with our patients in a very special way. We share exciting additions to our team, the new technology and techniques we introduce to better serve you, and above all we share the stories of our lives. We even let you see us in our ugly Christmas sweaters!

We hear all the time how much our readers enjoy getting to better know the PA family, so in this edition we have a special treat. Check out pages 5 and 6 to see the faces of PA like never before: as babies!

### Spot Dr. Barzilay as a baby and you could win a prize!

As the air turns crisp and the holiday season approaches, we at PA are especially mindful of the ways we can pitch in and help those around us. Whether sharing our expertise within the dental community or volunteering our time at the local food bank, PA thrives on giving back to the community.

We believe there is nothing better in life than bringing a smile to a face - however you go about it. From our family to yours, this holiday season we wish you peace, happiness and plenty of smiles.



# Meet The PA Administrative Team

## Three People Who Keep The Office Running



Prosthodontic Associates is known as the ultimate destination for the highest quality dental care. Every patient already knows that PA's dental professionals are the cream of the crop. But it takes more than great dentists to maintain a practice as esteemed as PA. With their bright spirits, strict organizational skills and passion for helping others, these three people are an integral part of the practice.

As a Patient Coordinator, Caroline Szymaniak thrives in the fast-paced, always changing



environment that PA offers. After meeting Stevvan and Mariela at the University of Toronto, while enrolled in a Dental Practice Management course, Caroline was soon invited to join PA's Administrative Team. With over

ten years of experience working in various roles in dental administration and a great deal of passion for dentistry, Caroline quickly became absolutely indispensable around the office. Outside of work, Caroline loves to travel and experience different cultures. This includes the underwater world, as Caroline recently became

a certified scuba diver! With her longtime interest in the study of Eastern Religions, Caroline hopes to one day travel to Tibet to experience it first hand. At home, Caroline enjoys nothing more than spending quality time with her husband and their 98 pound American Bulldog named Bentley.

When people think about PA they immediately think of bright, perfect smiles. Not only the



smiles created by the dentists, but also the ever present smiles throughout the PA office. One of the brightest belongs to Patient Coordinator Stevvan Anderson. In spite of a 7:30 am start to his day, Stevvan always arrives at

work brimming with positive energy. Stevvan considers working at PA to be a stroke of pure luck and he insists that the people with whom he works are the highlight of his job. Although he is very much a people person, Stevvan's ultimate dream is to live in a cabin in the middle of nowhere, painting to his heart's content.

Carina Arruda, Patient Coordinator, has possibly the bubbliest personality on the PA team. Even



when the rest of the team is conspiring to prank her into believing she is a year older than she thinks, Carina is always having fun at work. Although her interest in dentistry started from a less than positive situation when she

received bad dental work, Carina views that experience as beneficial. It taught her the importance of good dental work and how much of an impact a smile has on a person's life. As she learns more about dentistry each day at work, one thing has never changed: Carina loves watching the incredible transformations of each patient's smile. If she could spend her days doing something else, Carina would love to be a singer or a dancer. She even tried out for the first Canadian Idol!



# PA Potpourri

## Sharing Our Experience and Knowledge With The Dental Community



Dentists are constantly being challenged to keep up with emerging techniques and the use of novel dental materials in the aesthetic restoration and replacement of missing teeth. As recognized experts in many different dental specialties, the Prosthodontic Associates team is frequently asked clinical questions by our dental colleagues. We are always happy to answer these questions privately, but in addition we also collect the questions so that we can later address them in a larger, public venue.

Based on the most common questions that are asked, the PA Potpourri Program answers clinically relevant questions in multiple fast-paced, short dental lectures.



With the help of several sponsors with whom we work on a regular basis, on November 1, 2013, Prosthodontic Associates held such a meeting at the regal Eglinton Grand Theatre in Toronto.

Each of PA's experts took the opportunity to answer several



questions and to show examples of how they deal with many issues that relate to crowns, dentures, implants, veneers, root canals, gum problems, naturopathic treatment, and much more. Clinicians were provided with pragmatic and useful recommendations they could incorporate into everyday practice. The response from the audience was inspiring. With such a passionate, engaged crowd soaking up the information, the event was truly an educational extravaganza.



To round off the incredible learning experience, everyone in attendance enjoyed the wonderful food set out, not to mention the fabulous door prizes that were graciously supported by our sponsors. Special thanks go to the wonderful team at PA who worked tirelessly to organize and staff the event.





# Flu Season And Natural Medicine

## Dr. Laura Brass Offers New Solutions To An Age Old Problem



In addition to snow storms and below freezing temperatures the winter season also brings on an increase in colds and flu. Let's face it: getting sick is always a frustrating experience. You feel lousy, you need to take time off work, and all your doctor can offer you are antibiotics and suggestions to rest.

### Natural therapies can often make the difference between a lingering cold and quick relief of symptoms

That's where naturopathic medicine can be a huge help. Natural therapies are excellent at treating acute infections like nasty colds. Certain foods,

herbal remedies, and vitamins can actually combat micro-organisms such as influenza, and can also boost immune function to help your body heal.

A home remedy I prescribe to many of my patients is a honey-garlic elixir. Simply slice a couple garlic cloves and add it to a few tablespoons of honey.



Leave the mixture overnight to allow the garlic's medicinal properties to infuse into the honey. Sift out the large slices of garlic and use the honey as a natural, virus-fighting, yummy, healing elixir. Spread it on toast, put it in soup, or even spoon it straight into your mouth. Both honey and garlic are natural antibiotic agents that can fight off bacterial and viral infections. Try to source manuka honey from a health food store which has higher antibacterial properties, and make sure the garlic is raw and organic, if possible.

If you find that you are still getting sick despite all your best efforts, coming to see a naturopathic doctor can make a big difference. In my practice I've seen natural medicines literally transform people's lives from being chronically sick to healthy and happy.

Yours in good health,

Dr. Laura Brass N.D.



**PA On Social Media!** To keep up with the happenings at PA all through the year, be sure to like us on Facebook and follow us on Twitter.

**Congratulations to E.S. from Toronto**, who won two sets of movie passes for correctly answering the question "What is Dr. Barzilay wearing on the cover?" The correct answer was his PA scrubs...on a bobble head!



### So Your Friends and Family Want to Visit PA...

Did you know that Prosthodontic Associates is an open practice? That means that you can refer your friends or family to PA, and they don't need a referral from their general dentist.



# Blast From The PA Past!

Can You Match These Adorable Baby Pictures...





## ...To The Grown Up Faces of the PA Family?



### Your chance to win a gift from PA!

Recognize that face? Match as many as you can of the baby pictures to the current PA team member's picture and send your answers to: [guess@buildyoursmile.com](mailto:guess@buildyoursmile.com). The winner will be drawn from all correct entries and will be announced in the next issue of Inside PA.





# PA Gives Back



Lily Tran recently participated in Warrior Dash, a unique 10K outdoor obstacle course. The money raised goes to St. Jude Children's Research Hospital located in Memphis, Tennessee.

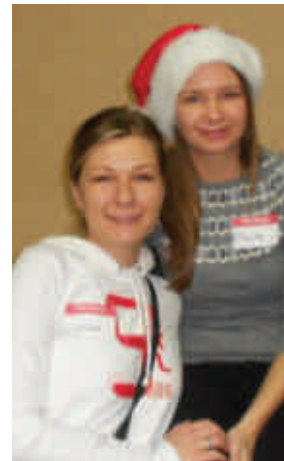
Mariela Gonzalez and her daughter Erika encourage supermarket patrons to fill a brown bag of non-perishable food items to support the North York Harvest Food Bank Christmas drive. They were able to successfully fill two large bins in just half a day!



Juliana Ayeko has financially supported the Toronto Humane Society for years, but she took her support to a new level when she adopted Mylo, pictured above.



Cheryl Ferrer participated along with some 13,000 cyclists in the Becel Heart&Stroke Ride for Heart, Canada's largest charity cycling event. Cyclists fundraise to support vital research and programs to help eliminate heart disease and stroke.



Caroline Szymaniak and her sister Marta at the Regent Park Christmas Dinner. Each year over the holidays volunteers prepare and serve hot meals for the homeless. Caroline supports associated fundraisers year round to prepare for the event. Caroline also supports Daily Bread Food Bank and Yonge Street Mission.



Dr. Bobby Baig, pictured with PA patient Ellora Patnaik, played cricket at the Danthala Meher Baba Memorial Community Cricket Tournament. The tournament is organized every year in memory of Danthala Meher Baba. Eighteen teams from all over GTA participated in the Tournament and over 400 people came to watch the games.

## Reaching Out And Giving Back

From feeding the hungry to raising money for important medical research, the entire PA family is passionate about charity work. Dr. Barzilay, for example, donates to many charities, including Toronto Free Loan Cassa, Baycrest, and Plan Canada. He also gives back to the community by giving his time to teach at Mount Sinai Hospital Dental Department, University of Toronto Faculty of Dentistry, University of Rochester and George Brown College, as well as conducting exams for Royal College of Dentists of Canada. Jerry Jung is a past president of the Kiwanis Club of Whitby, an organization that focuses on community enrichment through acts of service. Amber Clink-boomer gives her time to the Big Brothers Big Sisters of Canada, a life changing mentoring program that matches children with adults who act as a friend and role model. Dr. Howard Klaiman supports the Zareinu Educational Centre, a school and treatment centre for children with a wide range of physical and developmental challenges. As well, Dr. Effie Habsha contributes to The Hospital for Sick Children. Prosthodontic Associates is known for changing people's lives by building and repairing smiles. But their interest in helping people doesn't stop there. The PA family truly walks the walk - going the distance for those in need.

