

VOLUME 1
ISSUE 3
MARCH 2010



Dr. Effrat HABSHA

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DR. HOWARD KLAIMAN
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¹ V.I. Haraszthy et al., "Microbiological Effects of Diode Laser Treatment of Periodontal Pockets," J Dent Res 85(Spec Iss A): 1163, 2006.
² J. Sanz et al., "A Diode Laser as an Adjunct to Periodontal Surgery," J Dent Res 88(Spec Iss A): 847, 2009.
³ S.G. Ciancio et al., "Clinical Effects of Diode Laser Treatment on Wound Healing," J Dent Res 85(Spec Iss A): 2183, 2006.

^{*} Odyssey Diode Laser used in conjunction with scaling and root planing

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Publishers' Message



Something old, something new.

The more things change, the more they stay the same. That's how the old saying goes...and here at PA, we seem to be living proof the old saying is true.

With a new year (and decade) here, we continue to make changes at PA. We are thrilled to welcome Dr. Klaiman – profiled on the next page – as the latest addition to the PA family. It hasn't taken long for patients to praise his skill, experience...and his friendly chair-side manner. We hope you get a chance to meet Dr. Klaiman in one of your upcoming visits.

We've also brought change to our procedures with laser dentistry. This new technology brings 21st century laser science to a wide variety of prosthodontic services. Best of all, laser technology can reduce the invasiveness and discomfort for many procedures (see page six for details). We're always looking for ways to improve your experience with the most relaxed and comfortable techniques available.

Even with all the changes kicking off 2010, we haven't changed our professionalism or service. We continue to live by the high standards that get you results. We look forward to the coming year as yet another opportunity to bring smiles to every face that walks into our practice.



INSIDE PA



INSIDE PA is published four times a year by Prosthodontic Associates and distributed in-house, by mail and electronically.

All contents and photography
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Send subscription requests to:
newsletter@buildyoursmile.com.

Design by dogandponystudios.com.

MARCH 2010 VOLUME 1 ISSUE 3

PA's newest addition... Dr. Klaiman!

Why is Dr. Howard Klaiman smiling? Is he thinking about his last vacation, where he combined travel and his life-long love of sports? Has he just watched a few of his favourite embarrassed-to-admit-he-loves-them movies (Zoolander? Young Frankenstein?) Could he be thinking about being the Ontario competitive water skiing champion in the 1980s (true story!)?

No doubt all of these things bring a smile to Dr. Klaiman's face. But lately, working with PA is making Howard smile from ear-to-ear. As the practice's newest prosthodontist, Howard is happy to be working with a group of like-minded people.

"What I strive for – with everything I do in prosthodontics – is to bring satisfaction to everyone who sits in my chair, in need of a better smile. Everyone here at PA holds the same belief. Joining PA was a natural thing for me to do. What could be better than working with a group of highly skilled, friendly people who give their all for every patient?"

Drs. Klaiman and Barzilay have had a long-standing relationship in the world of prosthodontics. It didn't come as a surprise to either of them to find that working together would be mutually beneficial - and great for the patients. Like all of PA's doctors, Howard brings two key strengths to his work: being technically oriented and being a people person.

"I am a strong believer in being on the forefront of technology and education. Anyone who



There's nothing like working with a group of highly skilled, friendly and helpful people like we have at PA.

knows PA - and Izchak - understands that being leaders in this field is the key to our practice and its ability to bring the best to its patients."

"Education is listening as much as teaching," says Dr. Klaiman, "Don't forget, there is always someone who knows more than you. This keeps you humble, grounded...and always learning."

With his patients-first focus, experience, and philosophy on his profession, Dr. Klaiman won't be the only one smiling about his work at PA. We're sure you'll smile too!

Quick facts about Dr. Howard Klaiman: His wife, Paula, a speech pathologist in the craniofacial team at SickKids • They have three daughters, aged 20-10 years old • He worked in the family business – real estate • He used to run a professional water skiing school • He's a fan of Bruce Springsteen, the Eagles and other classic rock • Many original SCTV alumni have been his patients • Howie has relocated his practice from Yorkville to our facility • He's a big supporter of Gilda's Club, a charity supporting those living with cancer.



Dr. Effrat HABSHA Making a difference

From a very early age, Dr. Effrat Habsha knew she wanted to make a difference in people's lives. "I wanted to work as a health care professional. The idea of helping people live better lives...what could be more meaningful than that? Dentistry – particularly prosthodontics – has offered me the opportunity to make that happen, each and every day."

Drs. Habsha and Barzilay's paths first crossed during her undergraduate dental training at the University of Toronto. "It is hard to believe that it has been 17 years since we first met. Dr. Barzilay was one of my mentors during my specialty training and he invited me to join his practice upon graduation. The rest is history... I have never looked back."

"Effie and I share a very similar upbringing. Her parents, like mine, were immigrants and they always instilled hard work and education as a primary focus," says Izchak.

"We are fortunate to have a great staff at PA." Effie says, "Everyone here shares similar life philosophies and, for that reason, we get along very well. I just celebrated my 11th year of working at PA-and I cant imagine working with a better group of people."

"PA is a workplace where ongoing education is a daily reality...and I thrive on that. I love to learn. I completed a Bachelor of Science with a major in biology at the University of Toronto. Then I continued at U of T to do my undergraduate dental training. Following my internship at Mount Sinai hospital, which included placements in rural communities such as Moose Factory and several First Nations Reservations in Northern Ontario, I did my speciality training in prosthodontics at U of T, completing my Masters of Science with a focus on research related to implant dentistry." In the years since



"I value the relationships with my patients and find my job extremely rewarding."

her education, Effie has become committed to teaching. She lectures and mentors dental students, residents and other dental professionals.

Of course, at PA, procedures and technology are always evolving...and with it, there's learning. "I see digital technology dominating the dental field in the near future. We live in the digital age and this has found its way into dentistry as much as anything else. Now, there are better and more efficient ways of providing treatment to our patients. PA is at the cutting edge of these beneficial technologies with the E4D technology [see our last issue for more information], guided implant surgery, dental lasers [see page 6] and similar state of the art innovations in our in-house laboratory."

Beyond learning, there's another thing that Effie enjoys about prosthodontics: working with her hands.



"I was always quite 'handy'. Being one of three daughters, my father always wanted a son. I basically took the role of being his token son! My dad and I always tinkered around with odd jobs and small construction projects, so I was always around tools and gadgets. As a matter of fact, I spent most of my childhood and adolescence working in my parents' hardware store, so screw drivers and torque wrenches – which are an integral part of implant dentistry – have always been part of my life."

Outside of PA, Dr. Habsha is focused on her family. "My husband, Amihai, is a computer engineer and works as a senior manager in a global management firm. I have four amazing children," says Effie, adding with a smile, "...who I am now starting to brainwash to become Prosthodontists!" There's my 9-year-old, Eden, the middle boys Aaron and Jacob, both 5 years old, and baby Liam (21 months). Whether we're relaxing at home, enjoying at a waterpark in Niagara, or as far away as Israel, we're just happy to be spending time together."

Outside of work and family, Effie is an avid reader, enjoys painting, and practices yoga. What's the common theme in all these hobbies? Relaxation. Keeping a balance in life is one thing Effie has learned along the way.

Your chance to win a gift basket!

Dr. Habsha is the mother of twins. Can you name them? Send your answer to: guess@buildyoursmile.com. The winner will be drawn for all correct entries and will be announced in the next issue of Inside PA.



Dr. Habsha's children show off their dental care skills.

"There's nothing like family. Outside of PA, my focus is on my husband and four children."

"I'd tell anyone that you have to be passionate about what you do. But you need to have a good work/life balance too. Without balance, you lose sight of all the things that matter, in and out of the office. Balance makes all the difference in the world."

Profile Follow-up



"My life has been quite busy and exciting for the last several months with both work and personal commitments. Our beautiful daughter, Erika, just turned four years old on December 2nd. I cannot believe how the time flies – as all parents know! We recently moved to another home in the area and have undergone major renovations. Thank goodness that I was the project manager for the office renovation...it gave me the experience to know what we were in for at home!" - **Mariela Gonzalez**

Congratulations to Ms. R.C. from Toronto, who won a gift basket for knowing Glen Gonzalez (also of PA) is married to Mariela.



LASERS

in the dental office: what they can do for you

Lasers. We all know them from science fiction movies. But we also know them through the ease and convenience they provide us. We breeze through checkouts by laser scanning barcodes. We enjoy music and movies while lasers read information from our CDs and DVDs. We even throw away our glasses after lasers have corrected our vision.

But did you know that lasers are making their way into dentistry? In a long list of uses, lasers are making dental treatments easier and more comfortable.

**Less invasive.
Less discomfort.
Better results.
What more could
a patient want?**

How? By using lasers, dentists may not need to administer anesthesia, giving patients a more relaxed dental experience. As well, laser procedures can be more precise. Lasers are being used to make impressions of teeth (rather than the old paste-and-mold method, a laser can simply scan your mouth for an incredibly exact model). Beyond all of this, lasers can reduce symptoms and healing times associated with traditional therapies.

There's a long list of ways lasers are being used in dentistry:

- reduce the amount of bacteria in both diseased gum tissue and in tooth cavities, promoting better oral health and faster healing



From science fiction to science fact: lasers are making dental procedures easier – and more enjoyable.

- control bleeding during surgery
 - activate whitening chemicals that are used to lighten teeth
 - remove swollen tissues
 - remove inflamed gum tissues
 - uncover partially erupted teeth
 - remove or reshape excess gum and bone tissues
 - perform biopsy procedures
- ...and more!

Even with this long list of uses, lasers are just starting to make their way into dental offices. Accordingly to a recent study, only 6% of offices currently use lasers. Fortunately for our patients, PA is one of those offices.

If you're interested in knowing more about laser dentistry – and how it might apply to your procedures – talk to your PA doctor.

The future is here...why not take advantage of it?



Paparazzi!

Dr. B turns 50! Dr. Klaiman joins PA!

Happy Birthday, Izchak!

On November 23rd, 2009, Dr. Izchak Barzilay turned 50 years young. PA celebrated with its usual merriment, cake...and age-related jokes! Pictured below, left to right: Stevvan, Roya, Elizabeth, Mariela, Christina, Helena, The Birthday Boy, Attila, Danielle, Azaelea, Glen, Niloufar, Silvio and Jerry.



Welcome Howard!

The whole PA team celebrated Dr. Klaiman's arrival as the newest member of the PA team. Below: Drs. Barzilay and Klaiman. Bottom, right: the whole PA team; Right: Stacey, Amela, Fern, Howard, Ayan, Margarita, Debbie, Susan.



SMILES can say so much...

Smiles are natural. We smile at others, they smile back at us. They make us feel warmth, happiness, joy and laughter. But they have more meaning than we may think. Here are some interesting facts:

1. Many biologists think the smile originated as a sign of fear, tracing it back over **30 million years of evolution** to a "fear grin". Monkeys and apes often used barely clenched teeth to portray to predators that they were harmless.

2. Although many facial expressions differ from culture to culture, **the smile one expression with a universal meaning of happiness** around the world.



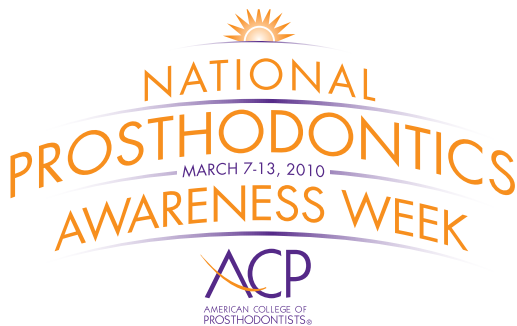
3. Smiles have significant psychosocial impact. In studies on the perception of smiles, test subjects responded more favourably to pictures of people with fuller smiles over those with major cosmetic issues. **Smiles are a large part of first impressions.**

4. You started smiling before you were born! Advances in ultrasound scanning have allowed doctors to see that **babies in the womb smile**. What's behind the smile, of course, is unclear...but the corners of their mouths turn up and their cheeks bulge. Perhaps it's an indication of contentment in a stress-free environment!

Let your smile say everything it can! If your smile could say a little more than it currently does, talk to us.

UPCOMING EVENTS

Prosthodontic Awareness Week, March 23rd, 2010



Community Oral Health Cancer Screening Event

On March 23rd, PA is conducting a free Oral Health Cancer Screening for residents at a local retirement home to celebrate the American College of Prosthodontists National Prosthodontics Awareness Week.

The Oral Health Cancer Screening will be conducted by Drs. Barzilay, Habsha and Zarb. This event will provide a much needed public service while raising the level of awareness regarding the causes of oral cancer.

PROSTHODONTIC ASSOCIATES

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