

VOLUME 3
ISSUE 1
SPRING 2012

Dr. Vinay Bhide

Inspired To Create The Perfect Smile

Same Day Dental Implants

A Brand New
Smile In Just One Day

Elizabeth Nourani

Spreading Joy Throughout PA

Publishers' Message



We sure had a lot of fun getting to know the very special patients profiled in our last edition of Inside PA. And, from the sounds of the feedback we heard, you enjoyed it too!

Time and time again we hear from our patients that our unique sense of community is one of the most wonderful things about PA - and we agree!

We're always striving to provide a little something extra for you in our newsletter, be it a profile about the lesser known professionals

behind the scenes at PA, an insight into our many charitable contributions, or a taste of the fascinating history of dentistry.

It's always a pleasure to create a fun, interesting read for our patients to enjoy - and to share the many exciting aspects of our work. Because for us, dental work is no chore. Rather, it is an ever changing adventure, a pursuit to provide the latest services and techniques, and an opportunity to change lives. Imagine a surgical implant done in just one day. (See the full story on page 5.) Here at PA that is no dream - it's simply one more way we're working to serve your unique needs.

And that's something that puts a smile on everybody's face!



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

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Elizabeth Nourani

A smile that's simply contagious

Just what is it that has Elizabeth Nourani smiling so vibrantly? Everybody who meets Elizabeth wants to know what keeps her in such good spirits all the time - including first thing in the morning! We like to think it's the cheery atmosphere here at PA...but we'll admit, that might not be the only thing that makes her face light up. Elizabeth, a Level II Dental Assistant, has worked in the field of dentistry since 1994, and she's been brightening the days of PA patients since 2008.



Born and raised in Poland, Elizabeth began her dental education there, studying for two years in a dental hygiene program. Her first experience in Canada was a visit to her brother in the early 1990's. It didn't take long for her to fall in love with Canada, moving here permanently soon after that first visit. "The natural beauty and peace I saw in Canada was too wonderful to forget. I knew right away this is the place I wanted to call home," Elizabeth remembers. "The strong educational system played a role too," she shares, "because I knew

But getting back to the source of that radiant smile - it doesn't take long to discover what makes Elizabeth happiest. She can't hide the delight in her voice when talking about her husband and two sons. "My three boys!" she grins with pride. With all the demands of raising a six year old and a sixteen month old, one might expect her time at home to get a little crazy at times. But the busy energy of her boys is just one more thing to smile about. "They're the love and joy of my life!" To Elizabeth, family is the most important thing in the world. Knowing that, it's even more special to hear her refer to her colleagues at PA as a caring family.



When the dentist for whom she worked for ten years sold his practice, a friend at PA asked her to join the team. Elizabeth made fast friends with the staff, finding in them the trust, reliability and honesty she values so much. "I think that as a Polish immigrant I've learned to quickly accept and bond with people of all different backgrounds. It makes it a lot easier to feel at home in a new environment," Elizabeth says. Of course, it doesn't hurt that she arrived with such a loving and positive attitude herself.

it would change my future." How lucky for us that she relocated! Taking advantage of the education system she so admired, Elizabeth completed the Intra Oral Dental Assistant Level II Diploma from George Brown College in 2000.

Knowing her idea of happiness is simply to have close relationships and good health, it's even more clear why Elizabeth is known by staff and patients alike for her ear-to-ear smile. And given the contagious nature of smiles, the PA office is undoubtedly a better place with her around!

BIOMET 3i
PROVIDING SOLUTIONS - ONE PATIENT AT A TIME

Immediate Teeth Replacement

You May Be A Candidate To Replace Your Missing Teeth With Dental Implants On The Same Day As The Teeth Are Removed

Teeth are removed and dental implants are placed.

Abutments are placed on top of the dental implants.

Your replacement teeth are secured in place on top of the foundation provided by the dental implants.



Dr. Vinay Bhide

Repairing smiles, changing lives

It's been over five years since Dr. Vinay Bhide joined the PA team after what he calls "the good fortune of being in the right place at the right time." But Dr. Bhide's smiling patients would no doubt argue it is their good fortune that he found his way to PA. As a periodontist, Dr. Bhide doesn't just repair teeth – he really changes lives. "When I see an esthetically challenging case that I can help," shares Dr. Bhide, "I'm inspired by the challenge to create a perfect smile. But my real reward comes from seeing the true happiness on a patient's face when they see the final result."

"I'm inspired by the challenge to create the perfect smile."

Like many adolescents, a young Dr. Bhide required braces to straighten his teeth. It was that early experience with orthodontics that awakened in him an interest in dentistry. Where some kids might dread a visit to the orthodontist, the curious young Dr. Bhide found himself fascinated by the way that teeth could be moved to improve one's smile and their self esteem. "Because of that experience, I originally thought I wanted to be an orthodontist, but obviously things worked out differently for me!" says Dr. Bhide.

It's no surprise that Dr. Bhide was already making plans for his future when he was just a kid. His parents, who Dr. Bhide describes as his childhood heroes (along with Spiderman!), encouraged in him the value of hard work and perseverance. Not even a brief stint in show business could distract Dr. Bhide from his ultimate goal of working with teeth. A brief stint in show business you ask? Indeed, it is a little known fact that PA's own Dr. Bhide was a cast

member on the hit Canadian television series *Degrassi Junior High*, during its 3rd and final season. Still, Dr. Bhide remained committed to his dream of working in the field of dentistry. After completing his undergraduate degree at McMaster University, Dr. Bhide went on first to dental school and then to specialize in periodontics, both at University of Toronto. Although if he absolutely had to do something else for a living, he's quick to say he'd like to be an actor!



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Like the rest of the PA team, Dr. Bhide knows there is no such thing as a typical workday at PA. "That's what makes working here exciting and challenging at the same time!" he laughs. "My average day consists of surgeries, new patient consultations, and patient follow-ups – but it never gets monotonous." Because Dr. Bhide couldn't be more passionate about his work, he always welcomes a challenge, like the cases that involve extensive bone grafting and implant surgeries. "One thing I love about dentists is their quest for perfection. We all arrive at work each day hoping to improve our skills, and we thrive on overcoming obstacles."

A born people person, Dr. Bhide also has a comical side - although he wouldn't reveal much other than to admit he has a twisted sense of humour. "I can't give away any details, but let's just say I'm planning another practical joke as we speak," he says mischievously. When he's not hard at work or planning his next prank, Dr. Bhide spends his time with his wife of ten years and their two young daughters. At home at the end of his day, Dr. Bhide is always delighted to spend quality time with his family, preferably over a nice, home-cooked Indian meal. Even in his spare time, however, Dr. Bhide is always looking to learn and grow, listing reading and learning new languages as some of his passions. Along with a love of running and playing sports, it sounds like Dr. Bhide is always on the go. It's no wonder he chose "motivated" as the best word to describe himself!

Dr. Bhide's desire to further himself as a person perfectly mirrors PA's aim to always be at the forefront of dental technology. "I'm excited for the future of both PA and periodontics, and I can't wait to see how we can better serve our patients as new materials, techniques and technologies are introduced," says Dr. Bhide. To him, working for a progressive practice like PA makes each day an adventure – so much so that he insists he doesn't ever plan to fully retire.

Your chance to win a gift from PA!

In what classic Canadian television show did Dr. Bhide once act?

Send your answer to: guess@buildyoursmile.com. The winner will be drawn from all correct entries and will be announced in the next issue of Inside PA.

"I feel so blessed to work with such amazing people," Dr. Bhide smiles, "I can't imagine retiring!"



He certainly wouldn't get any complaints from the PA patients and staff if he never retired. Dr. Bhide's enthusiasm and dedication is exactly the kind of spirit that sets PA above the rest. Whether he is working with a patient or at home with his family, Dr. Bhide is always one hundred percent committed to giving his best. So can we count on Dr. Bhide to encourage his daughters to follow in his footsteps? "Oh, I would definitely encourage them to go into dentistry," he promises. "But they have a few years yet before they need to make that decision!" Certainly, PA would be lucky to see another generation of the Bhide work ethic. That's just one more way PA is always looking to the future.

Profile Follow-up



"It sure feels like the last issue of Inside PA was just yesterday...time sure has flown by! I was truly honoured to have a whole page dedicated to moi!"

Spring is in the air, and I am feeling excitement! I will be getting married to the man I love on May 5th, 2012 in the Dominican Republic. I hope time will slow down soon enough for me to savor every moment!
— **Carina Arruda**

Congratulations to P.T. from Toronto, who won the two sets of movie passes for correctly answering "Who is one of Carina's favourite singers?" The answer is Celine Dion!

Dental Implants: A world of change... now possible in as little as one day!

Implants occupy a truly special place in dentistry. They have enabled dentists to do wonders for their patients and have benefited the lives of millions of people. They have made the impossible possible, and the remotely possible a true reality to an average patient. Whether it be missing teeth, an uncomfortable denture, or a tooth that has simply passed its useful life span – all these situations (and many more!) can be resolved successfully with the use of dental implants.



But not even our success at solving the challenges that patients bring to our office has curbed the drive that we and our partners have for innovation in implant dentistry. Quite the opposite! We are constantly searching for ways to solve patients' problems more predictably, more comfortably, and more expediently.

We attend meetings around the world and scrutinize the literature published in academic journals looking for biological or technological improvements that are reported by researchers and industry partners.

As a result of both our improved understanding of implant healing and incorporation of new technologies at our office we are able, in appropriate situations, to implement surgical implant placement via a minimally invasive surgical protocol (i.e., without incisions and stitches!), to make digital impressions (i.e., without the messy impression materials!), and to provide same-day restorations (i.e., without the need for temporaries!). Minimally invasive surgery has long been used in medicine to ensure more rapid healing and recovery, and we are now able to utilize it successfully with respect to implant placement, to ensure minimal impact of the surgical procedure on our patients' day-to-day lives.

Minimally invasive surgery has long been used in medicine to ensure more rapid healing and recovery...

Whether it is a small problem or a large problem we stand ready to provide our patients with our attention, skill, and expertise. Implants have long been a welcome addition to the dentist's box of tricks, and implants continue to pleasantly surprise us with their applicability and usefulness. And everyone (including everybody at Prosthodontic Associates) loves pleasant surprises!



A Quick Lesson in Dental History! Timeline of Dental Implants

Ancient Mayans and Egyptians: Over 1300 years ago, Egyptians and Mayans hammered tooth-like pieces of shell, ivory, and animal bone directly into their gums to replace missing teeth. (Ouch!)



1700s: A significant advance beyond using pieces of shell or ivory, lost teeth were often replaced with teeth from human donors. Unfortunately, the process was mostly unsuccessful due to a lack of understanding about immune system reactions to foreign material.

1800s: In an attempt to create more suitable replacements for missing teeth, gold, platinum, and other metal alloys were experimentally placed into sockets where teeth had been freshly extracted. Still, long-term success rates were extremely poor.

1937: Dr. Alvin Strock, oral surgeon and pioneer in the art of tooth implants, inserted the first Vitallium dental screw implant. Vitallium, the first successful biocompatible implant metal, had been developed a year earlier by Charles Venable, an orthopedic surgeon.

1952: In a lucky accident, a doctor in Sweden inadvertently discovered that titanium can bond irreversibly with living bone tissue. Titanium is the same material that has been successfully used in knee and hip replacements for more than 30 years.



1965: The height of Beatlemania and (more importantly to us!) the birth of modern implants! In this decade began the process of purposely implanting titanium in bone for the purpose of rooting prosthetic teeth.

1982: Close to home, the Toronto Conference on Osseointegration in Clinical Dentistry created the first guidelines for what would be considered successful implant dentistry.

1990s: In the more image focused climate of the 1990's, new tooth-coloured restorative materials, along with increased usage of bleaching, veneers, and implants, ushered in an era of esthetic dentistry.

2002: An ADA survey revealed that dentists nearly doubled the number of implants performed per dentist between 1995 and 2002.

Today: Dental implants are the leading tooth replacement procedure of today, boasting unparalleled success rates and endless benefits. The world of dentistry is forever changed by the reality of a procedure that creates a permanent solution for missing teeth, promotes jawbone growth and stability, and allows patients to speak, eat and smile with renewed confidence and ease. Dental implants are undoubtedly one of the most significant advances in dental technology to date.

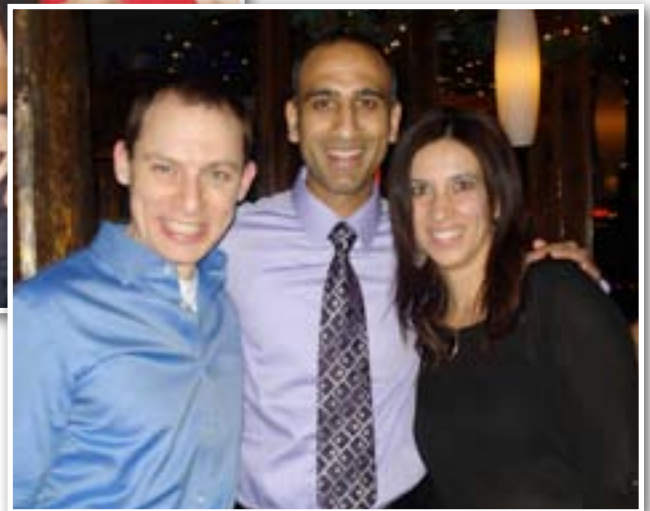


PAparazzi!



Time to Party, Time to Relax!

Top: What a fine looking group! There were smiles all around as the PA family gathered together to celebrate the holidays and to welcome the start of a brand new year.



Below: The PA team relished the chance to kick back and relax with a Spa Retreat on an otherwise dreary day!



Where Do YOU Read Inside PA?

We can't believe that our newsletter has made it all the way across the world! Dr. Ramesh Chandra Das (Dean) and the Prosthodontic Department of the Kalinga Institute of Dental Sciences are all smiles reading Inside PA in Bhubaneswar, India. And Jack Brass and his daughter Dr. Laura Brass are reading Inside PA at the top of the Pas du Lac gondola in Trois Valleeys, France. So now we want to know: where do YOU read Inside Pa? Send us your pictures of where you read Inside PA and we will feature the winner in our next issue!

Send all pictures to guess@buildyoursmile.com

