

INSIDE PA

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ur Specialty.

# Dr. David Chvartszaid

Meet The Only Double Specialist At PA!

**Naturopathic Medicine 101**  
How It Can Change Your Health

**Dr. Laura Brass**

Taking PA In A New Direction



# Publishers' Message



As summer winds down and the kids return to school, our office is bustling with the latest news of exciting changes on the horizon. We just can't keep the good news to ourselves any longer! Not only did we welcome our new Endodontist, Dr. Jonathan Rapp, to our practice this past May, we at PA are excited to announce that as of this fall, our newest Prosthodontist, Dr. Bobby Baig, and Naturopathic Doctor, Dr. Laura Brass, will become the newest members of the PA team. Dr. Brass will be at PA periodically in the fall but will begin her permanent stay with PA in February 2013 after she returns from her maternity leave.

A first for PA, Dr. Brass is a naturopathic doctor, adding a whole new dimension to our practice. Check out the feature on page 3 to find out from Dr. Brass herself how naturopathy can assist in dental treatments.

While we always strive to maintain the highest standard of care for our valued patients, we also know just how important it is for our practice to grow and evolve. We take a great deal

of care to ensure that the changes we make and new smiles we bring on board will only serve to improve your experience. After all, keeping you happy and in good dental health is what inspires each member of the PA team.

We hope you enjoyed your summer, whether it found you at a cottage on the lake or a patio downtown. And don't forget to come meet Dr. Laura Brass when she joins us - we're certain you'll be glad you did.



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# Introducing Dr. Laura Brass

## Paving the way for a brand new approach...

How do you make a fantastic group of dental professionals even better? If you ask Dr. Laura Brass, she'd tell you to add a different type of doctor altogether. And that's just what PA is doing in the fall! The newest member to come on board, specializing in naturopathic medicine, is Dr. Laura Brass. Dr. Brass travelled a long way to join the PA family after spending the last four years working at a state-of-the-art integrative medical centre in Sydney, Australia.

At the centre, run by Professor Kerryn Phelps, former president of the Australian Medical Association, Dr. Brass specialized in integrative cancer care. She supported patients at different stages of their cancer treatments and helping to improve their quality of life and remission rates. After a chance meeting at the annual Alpha Omega Dental Conference, Dr. Barzilay immediately recognized that the patients of PA could greatly benefit from the unique services Dr. Brass provides.

"I explained that one of my roles as a naturopathic doctor is to work closely with patients pre and post surgery to help improve wellbeing and healing times. Additionally, I presented a talk on how naturopathic medicine can benefit dentistry," shares Dr. Brass. "The rest is history!"

Born in Canada, Dr. Brass grew up knowing she wanted to help people as a medical professional. A quintessential people person with an avid interest in science, medicine was an obvious choice. But just what kind of medicine to practice was a tougher decision. "I was unsure about whether to go to conventional medical school or to pursue naturopathic medicine," she says. In the end, Dr. Brass chose naturopathic medicine when she realized its profound ability to help people, even beyond that of conventional medicine.



Of course her specialty in naturopathy isn't the only thing Dr. Barzilay saw in Dr. Brass. "There's no question her quick wit and passionate spirit will make for a great fit on the PA team," smiles Dr. Barzilay. Whether she's painting watercolour portraits or skiing the French Alps, Dr. Brass dedicates herself one hundred percent to everything she does. In fact, as a student she was even a member of the McGill ski racing team!

"My parents taught me that the harder you work, the luckier you get. That lesson has completely defined how I live my life," shares Dr. Brass. But that doesn't mean she doesn't know how to relax. Dr. Brass loves nothing more than to indulge in her favourite meal - that is, "anything my mom makes!" and curling up to watch a classic movie, like "Annie Hall". "Or "Dirty Dancing"," laughs Dr. Brass. "That's definitely a classic too!"

Dr. Laura Brass is exactly the kind of doctor you've come to expect to meet at PA: approachable, an expert in her field, and always smiling. With her specialty in naturopathic medicine, Dr. Brass knows she will help PA become a more holistic and integrative dental centre, perhaps paving the way for integrative dentistry everywhere. Moving forward toward the future of dentistry? As always, you can count on the doctors of PA to lead the way.





# Dr. David Chvartszaid

## PA's Double Specialist

What does over fifteen years in post-secondary education get you? How about two specialty dental degrees and a position at the premier Prosthodontic specialty practice in Ontario? You can ask PA's own Dr. David Chvartszaid to be sure, but anybody would agree that's not too shabby!

The impressive history of Dr. David Chvartszaid's education began at York University, where he studied psychology and economics for three years at the undergraduate level. From there Dr. Chvartszaid moved on to the University of Toronto with an entrance scholarship to the Dental School. And that was only the beginning of Dr. Chvartszaid's dental education. His next stop was the bustling metropolis of New York City, where Dr. Chvartszaid completed two one-year hospital residencies at well regarded hospitals, New York Hospital and New York Presbyterian Hospital. There, Dr. Chvartszaid acquired invaluable experience that undoubtedly shaped his dental career.

"Being a hospital dental resident in New York solidified my surgical skills and exposed me to residents trained all over the world," explains Dr. Chvartszaid. "I consider myself very lucky to have been privileged to have such an experience as a young doctor." Still, Dr. David Chvartszaid was not done with school. Where most people would look at their accomplishments and breathe a great sigh of relief, Dr. Chvartszaid pushed on. Returning to Toronto, Dr. Chvartszaid was accepted into two very competitive three year specialty programs at the University of Toronto: first Prosthodontics, and then Periodontics. Only then, after six years, two Master's Degrees and two specialty board exams did Dr. Chvartszaid finally become a double specialist. What a feat!

Dr. Chvartszaid attributes his tenacity and great success in his schooling to two major factors - his parents and his educators. "Throughout my lengthy education I was surrounded by great educators, who nurtured and guided me along the right path," says

Dr. Chvartszaid. Even more important than his teachers along the way, however, was the influence of Dr. Chvartszaid's parents.



Like many of the diverse PA staff, Dr. David Chvartszaid immigrated to Canada with his family in search of a better life. His parents, seeking for their children a life free of prejudices, found Canada to be the ideal place to raise a family. "Immigrants like myself have a unique perspective on Canada," explains Dr. Chvartszaid. "Not the least of which being the acute appreciation of the freedoms and lack of corruption in Canadian society." In addition to moving to a foreign country to give their children the most advantages possible, Dr. Chvartszaid's parents also instilled in him a strong belief in the value of education. Laughs Dr. Chvartszaid, "After spending more than fifteen years in post-secondary education, I may have taken them too literally!"

An interest in dentistry came naturally to Dr. Chvartszaid, with both his parents and one grandparent all practicing at well respected and highly successful specialist clinical practices in Russia. But it wasn't only family influence that pushed him into dentistry, rather a true appreciation for the unique features of the profession. "As a dentist," says Dr. Chvartszaid, "you are a surgeon, a jeweller and an artist all at once. That's very special."

Like his colleagues, Dr. Chvartszaid is inspired by the challenging situations he encounters in the exciting and ever evolving world of dentistry. And for him, nothing compares to being able to resolve dental problems in complex and demanding cases referred by other dentists. "To solve a problem where the solution eluded another expert is extremely



rewarding,” says Dr. Chvartszaid. In his eyes, there is no better place than PA for Dr. Chvartszaid to implement - and to share - his expertise. “We are well known for our specialized treatment methods and individualized approach to treatment. It is a dream of every specialist to work here,” he says. “We also have an education centre right inside our office, allowing me to give lectures to students and other dentists.” There really is no other dental practice quite like PA!

Dr. Chvartszaid loves his profession so much he insists he will practice into very old age. “They will have to carry me out,” he grins, “and even then I’ll be fighting the whole way!” For Dr. Chvartszaid, the joy of dentistry is intensified by the aspect of getting to know his patients. It is because of the constant and long-term interaction with his patients that he can take such satisfaction in watching the complete process, from a desperate situation to total aesthetic and functional transformation. His close involvement is also a key to his success, as Dr. Chvartszaid believes that addressing a patient’s concerns and creating a perfect smile is highly dependent on being a good listener and strong communicator.

Well educated, an expert in his profession, a good listener - this eligible specialist is certainly piling up a list of desirable qualities! And all of that doesn’t even touch the surface. Among his interests outside dentistry, Dr. Chvartszaid lists dragon boating, watching movies, listening to music, photography and most of all, traveling. Now that’s

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

How many years of post-secondary education has Dr. Chvartszaid completed?

Send your answer 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.

what you call well rounded! Although he has traveled to many exciting places, some big and lively, others small and quiet, Dr. Chvartszaid finds he prefers the pace of larger, more metropolitan centres. “Berlin is probably my favourite,” he says. “So modern, so fast, so accepting. If they just solved their small graffiti problem I would definitely be tempted to move there.” For the sake of PA, let’s hope they never do solve that graffiti problem! Of all the exciting destinations he could visit, though, Dr. Chvartszaid’s heart still belongs to Canada. “It is such a great country, we are very fortunate to get to live here.”



What’s next for Dr. Chvartszaid at PA? As you’ve come to expect, the future of PA is always something to look forward to, because everybody on the team is always staying at the forefront of treatment methods and research developments. Dr. Chvartszaid puts it best, “Whether it is missing teeth, damaged teeth or simply a desire for an improvement, a creative and reliable solution is always within reach at PA.” Let’s add well spoken to that list of glowing adjectives about PA’s own Dr. David Chvartszaid!

## **Profile Follow-up**



“I was overwhelmed by the positive response I received from my dear patients following my stint on the cover of Inside PA. We are all so professional when we’re working with our patients that it is nice to have some non-dental related conversations once in a while as well!

Currently, I am enjoying this gorgeous, hot, sticky, and humid weather and getting my hands dirty in my new garden. After 11 years of condo living, I have lots to learn about the “not-so-simple” pleasures of barbequing and gardening!”

— **Dr. Vinay Bhide**

Congratulations to M.P. from Toronto, who won the two sets of movie passes for correctly answering “In what classic Canadian television show did Dr. Bhide once act? The correct answer was Degrassi Junior High!

# Naturopathic Medicine: The Basics

## What is Naturopathic Medicine?

Naturopathic medicine is a system of health care that promotes health and healing using natural therapies. One of the greatest benefits of naturopathic medicine is it focuses on addressing the root cause of your condition while alleviating your symptoms, naturally. It works integratively with mainstream medicine and uses the following healing tools for disease diagnosis, treatment and prevention:

- Herbal Medicine
- Clinical Nutrition
- Diet & Lifestyle counselling
- Acupuncture

## Can Naturopathic Medicine help you?

Naturopathic medicine can benefit people of all ages presenting with a wide range of health conditions and goals, including:

- **Dental/periodontal support** – Using natural therapies alongside your dental/periodontal procedures can help decrease inflammation & pain, and improve healing times.
- **The common cold and flu** – use natural therapies for you and your family during the winter season and avoid taking antibiotics.
- **Improving energy & chronic fatigue/fibromyalgia** – naturopathic medicine is exceptional at optimizing energy and treating long term fatigue.
- **Chronic pain** – avoid taking heavy duty pain killers and steroids, naturopathic medicine is an effective solution for sufferers of chronic pain.
- **Digestive disorders** – there are many naturopathic treatments for IBS, Crohn's, Colitis, Constipation, Diarrhea, Acid Reflux, and bad breath.

- **Skin conditions** – Eczema, Psoriasis, Acne, and other skin concerns can be treated effectively without the use of corticosteroids or antibiotics.
- **Mood disorders** – there are many naturopathic solutions for Anxiety, Depression and other mental health concerns.
- **Long term health concerns** – Autoimmune Conditions, Diabetes, Heart Disease, and undiagnosed health conditions can all be treated with naturopathic medicine.
- **Cancer** – naturopathic medicine can help safely support you during any stage of your cancer treatment. It can help improve quality of life during chemotherapy & radiotherapy, help improve surgical healing outcomes and optimize chances of remission.
- **Disease prevention & wellness** – If you have a family history of illness, naturopathic medicine can help prevent these health conditions from occurring.

Interested in finding out more about naturopathic medicine? Visit Naturopathic Doctor Laura Brass, who will be joining the PA practice periodically in the fall and beginning a permanent stay with PA in February 2013.





# PA's Oral Health HALL OF FAME

## Your Oral Health: It Matters!

Good oral health means so much more than just nice looking teeth. The word 'oral' refers to your entire mouth, teeth, gums and tongue. The health of your mouth can be the first indicator of health issues in the other parts of your body. Regular visits will allow your dental hygienist to monitor your mouth for signs of infection and disease. As dental hygienists we develop a unique and personal oral care program for you that will meet all your individual needs.

## Meet PA's Star Patients

In this issue we are introducing two very special PA patients who, in the past 10 years, have always kept their recommended dental hygiene visit intervals and have outstanding commitment to their oral care!

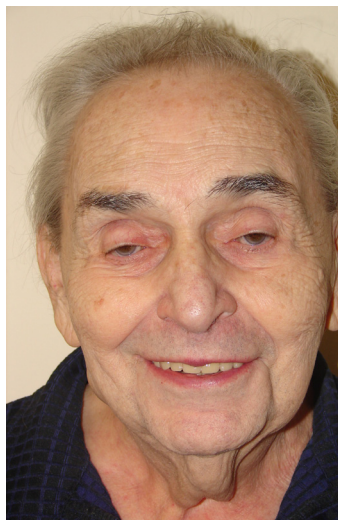
### Donna Campbell



"I have been a patient of Dr. Barzilay's for almost 11 years. In that time, I have always received exemplary and timely care. I schedule regular hygiene appointments twice a year, because I know they are an important part of taking care of my health. My most recent appointment detected bone loss. Within one week I had gum

surgery with Dr. Bhide, avoiding further loss and taking immediate steps to stimulate growth in the area of concern. There's no question, if I had not attended my regular hygiene appointment there would have been greater gum loss and the possibility of further complications. Thank you to all the staff for their care and skill."

### Manny Winopol



"All my life being on time has been important to me as well as my health. I enjoy coming to my hygiene appointments, everyone at PA is great and I leave with my mouth feeling clean!"

## So You Want To Be a PA Star... 3 Tips To Improve Your Oral Health



### 1. Floss!

As the old adage goes, you don't have to floss all your teeth...just the ones you want to keep! Regular flossing is one of the most important steps you can take toward good oral health.

### 2. Remember: Gums Matter!

So often we strive to take great care of our teeth while neglecting their home - our gums. To keep healthy gums, brush them gently. Treat them with the same love and respect you do your teeth!

### 3. Keep Your Appointments!

Visits to your dental team shouldn't be saved for emergencies or recoveries. Your dentist and dental hygienist can see things that you can't. Visit regularly, and fix small issues before they become big problems. Before you know it you might just find yourself on PA's Oral Health Hall of Fame!



# PAparazzi!



## Here, There and Around the World!

Clockwise from Top: 1. The ladies of PA celebrate Carina's bridal shower in style! 2. Dr. Chvartzaid, Dr. Barzily and friends at a conference in Yellowstone/Jackson Hole 3. Our past employee, Atila, advertising PA at his new job in Australia 4. Dr. Barzily lecturing (and sightseeing!) in India

## Where Do YOU Read Inside PA?

Have you taken Inside PA with you to an exciting destination? 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](mailto:guess@buildyoursmile.com)

