



VOLUME 4  
ISSUE 2

SUMMER 2013



# Where Is Dr. Barzilay?

Find Dr. Barzilay for Your Chance To Win A Prize!

# Introducing...

## A whole new understanding of how we age

Imagine changing the underlying rate at which you age, allowing you to enjoy a healthier life. Imagine delaying the onset of age-related chronic diseases and reducing the likelihood of living out your days in a nursing home.

For the first time in Canada, under the personal attention of Medical Director Dr. Randy Knipping, DeerFields Clinic is offering an Age Management Medicine Program. Based on Nobel



Prize winning

research that tests the underlying biology of your aging, this science has determined that telomeres are the body's molecular clock, which shorten as we age. Critically short telomeres are associated with more than 80% of all age-related chronic illnesses including heart disease, Alzheimer's, arthritis and cancer. Now there is technology that can slow the rate at which telomeres shorten and, in some cases, even grow them back. This, in turn, can reverse genetic aging.

The programs at DeerFields Clinic target epigenetic (telomeres), hormonal and metabolic imbalances as well as focusing on the other key pillars of Age Management Medicine which include the DeerFields Diet, optimal exercise programs, and stress reduction.

Dr. Knipping has lectured on separate occasions at PA to our groups and to outside dentists. We are very excited about the incredible possibilities this treatment has the ability to accomplish.

# Publishers' Message



Just where in the world is Dr. Barzilay now? Given how much he travels, the answer is anybody's guess! Dr. Barzilay and the PA team have been spotted reading copies of Inside PA at almost every corner of the earth. Not convinced? Check out the map on pages 6 and 7 showing all the exciting destinations the PA family has recently visited.

## Stay in touch with PA on social media...follow us on Twitter and Facebook!

We know that with summer in full swing, your thoughts are probably turning to backyard barbeques and weekends at the cottage. Remember that oral health doesn't take summer holidays! To keep up with the happenings at PA throughout the summer season, be sure to like us on Facebook and follow us on Twitter.

As always, we at Prosthodontic Associates are committed to making your visits better each time. With that in mind, after each appointment we're now conducting quick exit surveys via e-mail to ensure that all our patients are more than satisfied with their PA experience. We want to hear from you! Let us know what we're doing right, and how we can improve. That's just one more way we put you first.



INSIDE PA

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# PA's Volunteers

## Get To Know The People Who Help Out At PA!

There's just no question about it: PA wouldn't be PA without the smiling faces of the doctors, dental assistants, laboratory and administrative teams who keep everything running smoothly. But what you might not know is that PA also benefits greatly from the hard work of some very special volunteers.

Ali Tavakoli knows a great deal about dentistry – after all, he worked as a dentist in his native



country of Iran. While training at the University of Toronto to attain his credentials to practice dentistry in Canada, Ali has been dedicated to lending his time and skills as a volunteer at PA. Despite his

previous experience, his time with PA has given him an even greater breadth of knowledge in the practice of dentistry. "It might sound cliché," shares Ali "but stepping out of one's comfort zone and expanding one's perspective adds a whole new level of skill and experience." With tasks ranging anywhere from assisting with AV during lectures to setting up operatory rooms, Ali has helped out with every aspect of the running of PA. His generous spirit and willingness to step in anywhere he's needed has made Ali one of PA's most valuable volunteers.

Yona Barzilay has been offering her help at PA for approximately ten years. As a retired home-



maker and teacher, a patient of PA, and not to mention being Dr. Barzilay's mom, Yona is an ideal assistant around the office. Yona enjoys being able to take a load off of some of the

busiest people in the office, most often assisting with mailings and administrative tasks. She loves that in addition to helping PA run smoothly, she also gets to spend time with the PA team, some of whom she has known for many years.

"It is a lot of fun to be here and to get to know all the interesting people on staff. PA is like The United Nations – I meet people from all over the world!" Appropriately for a PA volunteer, Yona's motto is "come and leave with a smile." That she certainly does!

Chitrlekha Patnaik, who most people know as Chitra, has done so much more for PA than just



volunteering to sort mail for the office. A dance instructor by profession, Chitra's most memorable contribution to the PA office was teaching some dance moves to the front office team! Chitra came to volunteer three years ago

through her acquaintanceship with Dr. Barzilay. For her, the biggest reward of volunteering is the simple happiness that comes from offering assistance to those who need it. "When I think of PA," says Chitrlekha, "I just think beautiful. The people are kind and friendly, and the experience is never work, it is always fun."

Anna Meyhami, a friend of Ali Tavakoli's, also graduated as a dentist in Iran prior to relocating



to Canada in 2010. Anna came to know of PA while preparing for the Canadian board exams, which will allow her to practice dentistry in Canada. Ali recommended she take a course PA offers, which prepares international dentists for

the Canadian exams. Impressed by the warm, friendly atmosphere at PA and encouraged by the knowledgeable mentors, Anna sought an opportunity to volunteer in the office. "I was honoured to be accepted to volunteer in this stunning facility," Anna explains. "I know I'm gaining invaluable experience for my future career in dentistry in Canada." Describing her time at PA as "a crash course in professionalism," Anna insists volunteering at PA has been the greatest experience of her dental career, specifically noting how special it is to gain experience alongside dentists who take such pride in flawless work, professional behaviour and respect for patients and fellow staff.



# Meet The PA Laboratory Team Building Smiles Behind The Scenes



Lab Technician Glen Gonzalez wasn't certain that dentistry was the right field for him, until he started working at Prosthodontic Associates. Now working as the Lab Supervisor, there's no doubt in his mind that making dentures and temporaries at PA is where he belongs.



Although the hours can be long and there's a lot of multitasking between the lab and the clinics, Glen loves his fast paced, results oriented job.

"The doctors are so easy to talk to, no matter what issue arises...we just have a great team. Nothing compares to the feeling you get when you see a patient walk out of the operatory with their prosthesis inserted and their bright new smile." In his downtime, Glen loves watching and playing basketball, or practicing his lesser known talent: Latin dancing.

Julianna Ayeko, a Dental Technologist, has always been interested in the healthcare field. For Julianna, one of the best aspects of working in the PA lab is the camaraderie. Working with a group of people who all possess a strong sense of humour makes each day pleas-



ant, no matter how busy they are. Even if it means her bacon and egg breakfast sandwich winds up

covered in peanut butter on April Fool's Day, Julianna has no complaints. "I'm privileged to work with the most knowledgeable, patient, and helpful doctors in the industry. We have great fun together and we change people's lives. What more could I ask for?"

Although Will Weiss is officially employed as a



Dental Technician, dentistry is not where his skill set ends – he also identifies as a musician and a winemaker. Because his work requires a fine balance of artistry, technology, and handiwork, Will is a natural talent in the

dental lab. Born in Austria, Will began his dental training there in the early 1990's. After almost two decades in management at an Austrian dental lab, Will immigrated to Canada and shortly thereafter came to work at PA. "Each day at work is a new challenge because we are working on the highest level of dentistry in terms of the medical, functional and cosmetic aspects," Will explains. "To work on a case from the planning stages right until the goal is reached, when the patient's best smile is achieved is an incredibly satisfying feeling." Whether creating beautiful music in a jazz band, producing a fine bottle of wine or creating a dental implant crown, Will's natural artistry and meticulous work ethic make him a fantastic member of the team.

Thomas Lam knows exactly what he has to owe



for his job as a Dental Technician in the PA lab: a lot of hard work and a little bit of luck. What influenced him toward a career in dentistry, however, is a little more unusual. After a

frightening childhood experience involving the extraction of a baby molar, Thomas recalls being comforted by the reassuring dental assistant who guided him through the procedure. "That might have scared most people away from dentistry," says Thomas "but I think it inspired my passion for helping others." Within moments of visiting PA for the first time during his interview, Thomas knew he was in the right place. "Usually interviews are intimidating experiences, but I was at ease because it felt like I had known



the manager for years. That's how I knew I wanted to work here. To make the most nerve-wracking situations feel comfortable, well that's the best environment you could be in."

While glancing through a list of programs offered by George Brown College, Dental Technician Amy Chin came across a course description that instantly caught her eye. For Amy, a program that involved artistry, attention to detail, hands-on work, and bringing smiles to people's faces was the perfect combination for her ideal career. Because she started out volunteering, Amy got a good sense of the atmosphere at PA before she came to work at the lab. "I really thrive on the fast-paced energy in the lab. We have to balance the needs in the lab with the needs in the clinic, all the while constantly following up on our cases. It is great if you like to be busy!" As with most members of the PA team, Amy's most rewarding moments come when a patient's smile is transformed. "One of the cases I worked on was for a young man. I will never forget the moment when he saw his face and smiled so big!" Amy also loves that her fellow team members know how to keep their days fun – mentioning a certain peanut butter smeared breakfast sandwich as one of her favourite memories at PA!



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time working in Toronto, Evan's expertise and experience has allowed him exciting work opportunities in Texas and New York. The joy Evan takes in his work comes down to two fundamental qualities: the ability to express his creativity and the promise of a new challenge every day. "On top of that I love the patient interaction and the constantly changing technology," says Evan. It might sound like he is joking when, in his best Dr. Evil from Austin Powers, Evan shares his motto: if you have fear, you will fail. It is clear from his career path, however, that Evan's success is a direct result of his fearless approach to life. Like his colleagues at PA, Evan possesses that special combination of passion and perfectionism that sets him apart in his field.

As the most experienced Dental Technician in the lab – operating his own dental lab for 25 years - Jerry Jung might first appear to be an intimidating presence. Until you hear his team members throughout PA affectionately refer to him as 'Jer-Bear' that is. A self-described workaholic, Jerry insists every fun filled day at PA is a memorable one. "Keep them coming," he says with a bright smile. Jerry explains his deep commitment to his work in simple terms. "My happiness comes from making my patients happy. I succeed by helping our patients find more enjoyment in their lives." When he's not dedicating himself to creating beautiful smiles, Jerry takes joy in handiwork, travel, good music, good food, and a glass of wine by the water. "It's just as important to know how to relax as it is to know how to work hard," he says.



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Evan Katz has worked as a Dental Technologist for over a decade, specializing in implant prosthetics and CAD-CAM restorations. After spending

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

Describe what Dr. Barzilay is wearing on the cover and 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.

## Profile Follow Up



"It brought me immense happiness to see the story of my life in Canada profiled in the last newsletter. I received many kind words about it from patients, friends and family not only in Canada and USA, but even all the way from India. In exciting news, I've been appointed part of faculty at U of T and a staff prosthodontist at Mount Sinai Hospital, a dream come true. I'm looking forward to enjoying this summer with my wife and my son." - **Dr. Bobby Baig**  
Congratulations to P.B. from Barrie, who won two sets of movie passes for correctly answering the question "What sport does Dr. Bobby Baig enjoy playing in his spare time?" The correct answer was cricket!



### 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.



# The PA Family ... At Every Corner Of The Earth



**Evan**  
London, England



**PA Patient**  
Venice, Italy



**Stewān**  
Istanbul, Turkey



**Julianna**  
Sagain / Myanmar



**PA Patient**  
London, England



**Ali**  
Alamut Mountain, Iran



**Carina**  
Azores, Portugal



**Laura**  
Sydney, Australia



# Paparazzi!



**Around The World With Dr. B!**  
Last August, Dr. Barzilay and his daughter travelled to Sabi Sand, South Africa for a safari, and to Livingstone, Zambia to see Victoria Falls. As you can see, during the safari Dr. Barzilay had the chance to get very close to the animals in their natural habitat. Of course, the opportunity came with strict instructions to stay very still and very quiet! In Zambia, Dr. Barzilay had the pleasure of not only seeing Victoria Falls -- the longest continuous waterfall in the world -- but even had the chance to go for a swim right at the lip of the falls!