

INSIDE PA

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PA Lends A Helping Hand

At Home and Across the Globe, PA Gives Back

ASOCIACIÓN PROYECTOS ESPECIALES DE SALUD REGION DE TALAMANCA

This association is at once a new beginning and the continuation of ten year effort of a previous organization known as Asociación Para La Salud Proyecto Talamanca (Proyecto Talamanca). Established in 2005, after devastating heavy rains lasting almost two weeks caused severe flooding on the Caribbean coast of Costa Rica, Proyecto Talamanca set out to bring relief to the affected region.

Today, the people of the Talamanca region are facing new and more complex struggles, with a growing list of needs to ensure their most basic existence.



The purpose of the Asociación Proyectos Especiales De Salud Region De Talamanca is to create, develop and implement special projects to advance the quality of life of the indigenous inhabitants existing on the reserve of Talamanca. Their immediate goals are to provide expanded oral health services in the various fields of dentistry to a wider population than ever before, as well as to develop new programs in prevention of oral health disease, nutrition and education.



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Publishers' Message



During the holiday season, most people are more conscious about reaching out to help those in need, or finding ways to "pay it forward". At PA, charitable acts and volunteering for a good cause are a focus year round. The entire PA family has special causes that are close to their hearts; giving back to the community is something everybody values. Earlier this year, we told you about the special trip Dr. Barzilay and Mariela Gonzalez took to Uganda – helping out in a community a little further from home.

In this issue, you can read how Dr. Barzilay and Mariela are continuing to support the people they encountered in Uganda. Beyond offering their experience and expertise in dental care, Mariela and Dr. Barzilay have found ways to help improve the daily lives of those most in need.

At the end of the day, it's that need to make a difference in people's lives that sets the PA team apart. Whether it's repairing a smile and giving back a patient's self-confidence, or sending a life necessity to kids in an African orphanage, PA is committed to changing lives.

We at Prosthodontic Associates wish everybody a happy, healthy holiday season and a joyous New Year. We can't wait to see what exciting adventures and important journeys are in store for 2015.

Crisis in Costa Rica

Rescuing A Community In A Desperate Situation

Helping people live their best lives is what the Prosthodontics Associates team strives for every day. The PA Outreach Foundation is taking that same objective, and finding ways to apply it to people in need all across the world. Most recently, PA has partnered with the Asociación Proyectos Especiales De Salud Regional De Talamanca, a new organization based in Costa Rica.

The Talamanca region of Costa Rica is home to the



Bribri and Cabécar communities. These indigenous tribes live in almost complete isolation;

only about a third of the people have contact with healthcare providers. Because of their isolation, and with limited access to electricity and running water, these people lack education and endure acute and chronic health problems.

These difficulties were compounded in 2005, when heavy rains caused severe flooding in the region. The rains severely destroyed almost all essential services and resources, including livestock, crops, buildings and water supplies. At the time, many healthcare workers banded together to provide services to the Bribri and the Cabécar communities. Since then, however, chronic problems have persisted, jeopardizing the very existence of the local population.

It was this crisis that spurred the formation of the Asociación Proyectos Especiales De Salud Regional De Talamanca. The goal of the organization is to advance the quality of life of the indigenous people living on the Talamanca Reserve, providing healthcare, reforestation efforts, sustainable access to drinkable water, education, and social services.

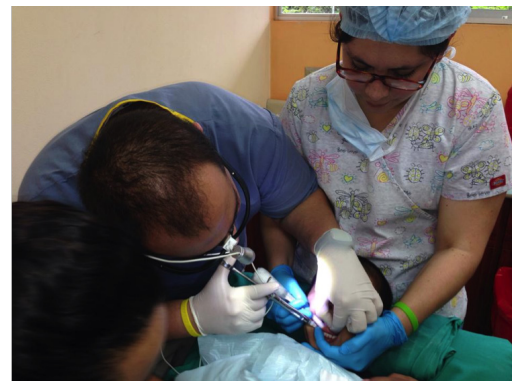
Leading the group is Dr. Peter Aborn, a Prosthodontist who has been living in Costa Rica since 1995. Dr. Aborn is uniquely qualified to provide oral health

treatment, including prevention, nutrition, and education.

After volunteering at the Talamanca Reserve in 1997, Dr. Aborn continued the work, returning on his own and at his own expense. Since 1997, Dr. Aborn has dedicated his life to providing dental care to the people of the Talamanca Reserve. His incredible efforts have even landed him on Anderson Cooper's radar; Dr. Aborn was shortlisted for CNN's 100 Heroes program, showcasing unsung heroes across the world.

PA enthusiastically supports the initiatives that Dr. Peter Aborn is putting into place. Dr. Barzilay recently traveled to Costa Rica to lend his support. Drs. Barzilay and Aborn spent several days meeting with community leaders to lay the groundwork for the upcoming "campos," or clinics. PA's goal is to help provide the much needed denture and dental services to the Bribri and the Cabécar communities, as well as educating local dental professionals so treatment can be provided on a regular basis, and to a higher standard. In service of this goal, a method is being developed where dentures can be made directly in a patient's mouth in a short period of time. These moulds then serve as guides for production of the final denture, to be inserted several months later.

Dr. Barzilay was deeply impressed by Dr. Aborn's accomplishment in putting together such a wonderful group of people to support the indigenous groups



of the Talamanca Reserve. Spending time on the reserve was truly an eye-opening experience, further

solidifying his resolve to support this group as part of the work of the PA Outreach Foundation.

Dr. Barzilay is returning to Talamanca this month and again in 2015 to create the denture and dental programs. PA is helping to raise funds to support these programs, and has already received incredible support from many dental companies who have donated funds and supplies to support this initiative.



PA In Uganda

Following Up With Dr. Barzilay and Mariela Gonzalez As Their Journey Continues

In the Spring 2014 issue of Inside PA, Dr. Barzilay and Mariela Gonzalez told the incredible story of their journey to Uganda, in partnership with Bridge to Health – Medical and Dental (formerly TO the WORLD). Dr. Barzilay and Mariela traveled to the Kabale region of Uganda to provide medical and dental care to many people in desperate need of medical attention. Over the course of their visit they met with some 5,000 patients - most who had never seen a dentist in their lives. Many of the procedures performed were extractions, the result of a lifetime of poor dental hygiene. For both Dr. Barzilay and Mariela, after returning to Toronto it was impossible to leave this powerful experience behind. They each sought out ways to continue their involvement in improving the lives of the special people they met in Uganda.



On a trip to a village orphanage, Dr. Barzilay and the team were shocked by the lack of mosquito nets for the children in the orphanage. It was difficult to comprehend that such a simple necessity was unattainable. Before leaving, Dr. Barzilay arranged to have 60 mosquito nets provided for the children.

This contribution will have a remarkable impact on reducing the spread of malaria, one of the most devastating diseases impacting the people of Africa. Before Dr. Barzilay's donation, the orphanage was equipped with only two mosquito

nets. The children could hardly contain their excitement when the mosquito nets arrived. Amigo, the director of the orphanage, expressed his joy and gratitude for what he considers a prayer finally answered.



During the mission to Uganda, Mariela's job was to ensure the team saw as many patients as possible each day, trying to stay organized in spite of a language barrier and managing hundreds of waiting patients. While traveling from village to village, Mariela worked closely with the locals. It was through this close contact that Mariela first encountered Kadogo, the boy who would become her foster child.

Mariela first noticed Kadogo Wimaana walking around the village in a daze, trying to hug anybody who would let him. Mariela couldn't help but pay attention to him, a young boy who was clearly sick and exhausted, with a large, visible wound on his leg. Mariela intuitively knew that Kadogo had special needs, and she longed to be able to help



him. After seeking out a local social worker to try to arrange help for Kadogo, Mariela learned his tragic story.

Kadogo is thirteen years old,

born in the Republic of Congo. Kadogo's family fled the Congo to seek refuge in Uganda. Kadogo was with his family on a bus when he became separated from the group. Leaving to go the bathroom during a stop, Kadogo missed the bus, leaving him stranded. Hungry and lost, Kadogo wandered around the Kashongati village in Kabale seeking shelter.

After a family helped to get Kadogo to a health centre, doctors discovered he suffers from epilepsy. The condition causes Kadogo to faint several times a week, and has had a devastating effect on his memory. After several days at the health centre, Kadogo's condition improved, but with no one to look after him he was left in Hamurwa Health Centre IV for over a year, still struggling to find food each day.

Mariela was so moved by Kadogo's story of struggle and survival, she returned to Toronto with a promise to herself: to help Kadogo how-



ever possible. Mariela and her family have adopted Kadogo as a foster child. With their support, Kadogo has been provided with daily necessities to improve his hygiene and health. Kadogo also has the

support of a nurse at the health centre, who helps monitor his wounds and administers medication for his epilepsy.

Kadogo now passes his time in a private school for children with special needs, instead of searching and begging for food. Along with a nurse, Kadogo has a care worker named Topher who helps to look after him, ensures his needs are met, and provides Mariela with updates on Kadogo's progress.

Mariela's first encounter with Kadogo left such an impression, she feels certain that she did not choose Kadogo as a foster child, he chose her.



For both Dr. Barzilay and Mariela, the impact of visiting Uganda and spending time with the people there was life changing. As a way of continuing this important work, PA hosted a fundraiser for Bridge to Health – Medical and Dental, on September 4, 2014. The event raised over \$7,000.00, with more donations still anticipated. The highlight of the night was a talk by Dr. Geoffrey Anguyo, a former child soldier who is now a medical doctor in Uganda.



Dr. Anguyo shared his inspiring and emotional life story, explaining how he survived a childhood of poverty and disadvantage by seeking education to improve his situation. Having changed the course of his life, Dr. Anguyo now dedicates

his time to providing medical care to the poor and underprivileged in Uganda. While working together in Uganda, Dr. Barzilay noticed how Dr. Anguyo too was in need of dental care. In the true PA spirit, Dr. Barzilay offered to restore his smile as a gift. Stay tuned for a future issue of Inside PA, where we'll tell Dr. Anguyo's incredible story, with before and after pictures of his smile.

With the help of Dr. Barzilay and Mariela, PA is helping to make sure that the future is brighter for those in need. PA is committed to changing smiles and changing lives, from Toronto across the world.

PA Shares...Our Favourite Recipes

Can You Guess Who Cooked These Delicious Dishes?



Paleo Zucchini Brownies



Albaloo Polo (Cherry Rice)



Paprikasz



Kale Salad



Argentinian Empanadas



Caldo Verde



Your chance to win a gift from PA!

Can you match the dish to the PA team member who made it? Match as many as you can and send your answers to: guess@buildyoursmile.com. The winner will be drawn from all correct entries and will be announced in the next issue of Inside PA. Want to try your hand at these tasty dishes? For full recipes, please visit the PA Facebook page.



PAnnouncements!

Keep up on all the exciting news in the PA family...

Prosthodontics Associates is excited to announce two new additions to the team. Welcome Javier and Hajnalka to the PA Laboratory Team!



Javier Lopez, a Registered Dental Technologist, was born in Uruguay. Javier graduated from the University of Uruguay in 2000, with a degree in dental technology. After immigrating to Canada in 2004, Javier continued his schooling and graduated as a Registered Dental Technologist in 2012. His international training and experience allow Javier to create and deliver optimal prosthetic restorations to every patient he works with. In his personal life, Javier enjoys cooking and spending time with family and friends.

Hajnalka Szollosi, a Laboratory Technician, completed her dental technician training in 1981 and has been utilizing her skills in the dental industry ever since. Combining both her European and Canadian experience, Hajnalka has changed countless smiles over the years. Hajnalka's specialty is working with porcelain – fabricating crowns, bridges and veneers. In her personal time, Hajnalka enjoys volunteering with local charities, travel, dance and cooking for her family.



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

Your chance to win a gift from PA!

Have a great idea for a featured article? We want to know what YOU would like to see in the next issue of Inside PA. If we publish your idea, you will win a prize! Ideas can be submitted by email to guess@buildyoursmile.com.



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.



PAparazzi!



1. After PA presented a series of mini lectures and hands-on workshops for University of Toronto students, the whole crowd gathered to enjoy a terrific meal. 2. Some of the PA ladies mug for the camera in a photobooth at the Annual Gala for members of the Academy of General Dentistry 3. The PA team is all smiles, also at the AGD Gala. 4. Everybody got dolled up for a glam night out at the PA holiday party.