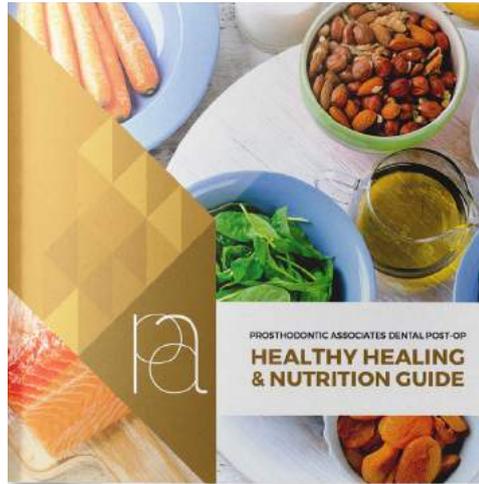


INSIDE PA



AUGUST 2017

ELYTE BARZILAY JOINS PA AS RESIDENT EXPERT ON NUTRITION

Prosthodontic Associates is known for innovating in health and dentistry, and the latest addition to our team and services is no different. Next time you're in the office you may see a new face, that of Elyte Barzilay, Dr. Barzilay's daughter and the pioneer of the soft-foods dental nutrition program.

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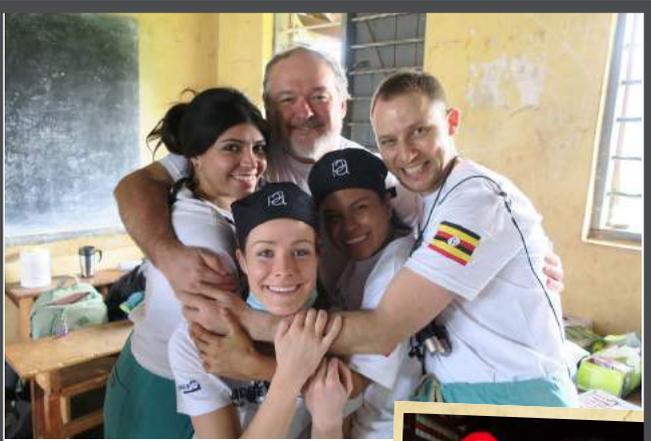
Summer is in full swing, and for many of us, it means spending time with family - whether it's jetting off to some tropical location, or long lazy days at the cottage - time with the ones we love is precious. For Prosthodontics Associates, this summer marks the time when the PA family just got bigger - join us in welcoming many new faces to the PA team. Now there is more of PA to love!

Dr. Elahe Behrooz has been a familiar face at PA for the past couple of years, having joined on the Uganda mission in 2016 & 2017; she is currently completing her Prosthodontic degree at the University of Toronto, and will be joining the team full-time once complete, although she can often be seen helping around the clinic! PA also welcomes two Certified Level II Dental Assistants, two Registered Dental Technologists and a Dental Technician to the team. Their expertise is a welcomed addition, so be sure to read more about their background, hobbies and future goals on Page 4-5.

A new offering that many will be happy to see at PA is nutritional guidance during dental surgery - it can be daunting and confusing to choose the right food to eat following a surgery, let alone the ingredients and supplements that can help promote faster recovery. Thankfully, Elyte Barzilay joins PA as the resident expert on nutrition - read more about Elyte & an excerpt from her exclusive Healthy Eating & Nutritional Guide on page 6-7.

Aside from investing in talent, throughout 2017, PA has continued to adopt new technologies, to deliver better services to our patients - CBCT, Pinhole Periodontal Surgery, Inliant and Sleep Apnea Screening are just some of the exciting new tech additions to the clinic - more on page 8-9.

From everyone at PA, we wish you a warm & happy summer, surrounded by the ones you love - we look forward to welcoming you once again through our doors soon!



PA will return to Uganda in 2018 for their 5th Annual Mission, providing much needed dental services in remote regions & towns.

Help PA bring smiles to UGANDA

If you are interested in directly donating towards PA's work in Uganda, please visit:

buildyourmile.com
bridgetohealth.ca



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KIHEFI

INSIDE

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NEW FACES AT PROSTHODONTIC ASSOCIATES

NATASHA POPOVA

Certified Level II Dental Assistant



Natasha is a Certified Level II Dental Assistant, and was born in Moscow, Russia where she trained as an R.N. and completed three years of medical school prior emigrating to Canada.

"I decided to pursue a career in the dental field because I am very people-oriented. I feel like I can connect with patients on a more personal level as a dental assistant. I love being the person who offers comfort and assurance to someone who is nervous about being in the dental chair," says Natasha.

She joined PA earlier this year. "Everybody is so nice, helpful and friendly. It's fun to work here!" she says

Natasha's main passion is travelling. Her favorite all-time destination is Nepal

because "it was a vibrant and colorful country, full of amazing traditional architecture, with kind and hospitable people." Fitting in with her passion for travel, she would love to go abroad with a dental outreach program.

"It would be an extremely valuable experience to help those in deserving communities. I believe that good dental health has a large impact on quality of life, and I would love to be part of a team that brings these positive changes into a community," Natasha explains.

While she describes herself as easygoing, this doesn't mean that she likes to wait around. Her favourite motto is "Do not wait for miracles. Just do it!"

CARRIE LIN

Certified Level II Dental Assistant



Carrie joined PA for the duration of Amber's absence as Amber spends time with her baby girl Athena during her maternity leave. As a Certified Level II Dental Assistant, Carrie plays an important role in the delivery of exceptional patient care at PA.

Born in Taiwan, Carrie earned a B.A. in Foreign Languages and Literature and worked as a teacher before emigrating to Canada. Carrie worked at a physician's office as well as a medical imaging centre before rediscovering her true passion in the dental field. "I had an interest in dentistry at an early age. Dentistry is just right for me because it combines aesthetics and function. I love every single

moment where I can use my knowledge and skills to help build smiles for our patients," she says enthusiastically. "At PA, everyone is a superman or superwoman. The sense of fulfillment keeps me moving forward."

Carrie has worked closely with Dr. Barzilay, Dr. Habsha and Dr. Schure, whose detailed work and diagnoses she describes as outstanding.

When not at PA, you can find Carrie exercising her culinary skill in making one of her home-made international dishes or volunteering her time with a children's study group at her community church.



CHANTAL SHUGAA

Registered Dental Technologist

Chantal's passion for dentistry began in 2008 when she applied for the Dental Assisting program at George Brown College, graduating as a Certified Level II Dental Assistant in 2009. Chantal's interest in the dental laboratory prompted her to further her education and in 2012 Chantal graduated the dental technology program. Chantal then became a registered dental technologist in 2014.

As an RDT, Chantal began an academic career and became a teachers-assistant for the dental technology program at George Brown College.

Since joining the PA team, Chantal continues to utilize her skill and experience as a dynamic member of the dental laboratory team. Her teaching experience allows Chantal to lecture on behalf of PA demonstrating advanced techniques and materials utilized by the PA lab.

In her spare time, Chantal enjoys fishing and cooking for her family and planning her upcoming wedding!



ANDREW ACHMANN

Registered Dental Technologist

Andrew Achmann is a new addition to PA's Dental Laboratory Division. In addition to his dental credentials, Andrew received his Bachelor's degree in Environmental Science from the University of Waterloo and is also a Certified Professional Photographer.

Following in the footsteps of his grandfather, his mother and his father, all certified dental technologists, Andrew began his career in the family-owned dental laboratory Achmann Labs. While working in the family business by day, Andrew attended George Brown College at night, where he learned the newest technological advances in materials and techniques.

"The biggest difference in the field has been from computers, which have brought more accurate results and made advances with implants possible," says Andrew. "3-D printing will dramatically change the role of the dental technologist in the future."

As a past president of the Hamilton Camera Club and a registered member of the National Gallery of Art in Ottawa, Andrew exhibits a strong artistic side to complement his amazing technical skills. Andrew is very happy to join the PA team and all his colleagues certainly share the excitement!



HENRY BETANCUR

Dental Technician

Always smiling Henry Betancur, Dental Technician, comes to PA with quite a diverse background in both education and work experience. He studied auto tech, business administration and accounting while earning his Bachelor's degree from Ryerson University. It was a lucky tip from a friend that brought him to PA.

"The people here make the overall experience an ongoing memory. It's great to be around masters of their craft; this inspires and challenges me every day," says Henry.

The best part of working at PA for Henry is that no day is like any other and the most rewarding aspect is the life changing impact dentistry has on the patients it serves.

An avid fitness enthusiast, Henry shares his tips of the trade with his colleagues to help them improve their overall health. Henry describes himself as mellow and as a lifelong learner. One quote he likes is, "Accept the things you can't change. Have the courage to change the things you can. Have the wisdom to know the difference."

Henry supports various cancer research charities as his family has been impacted by the disease.



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different. Next time you're in the office you may see a new face, that of Elyte Barzilay, Dr. Barzilay's daughter and the pioneer of the soft-foods dental nutrition program.

Elyte is a Registered Holistic Nutritionist and an Integrative Nutrition Health Coach. She has a background in business and psychology as well, and has uniquely combined these different elements to create a new nutrition protocol for dental surgery cases.

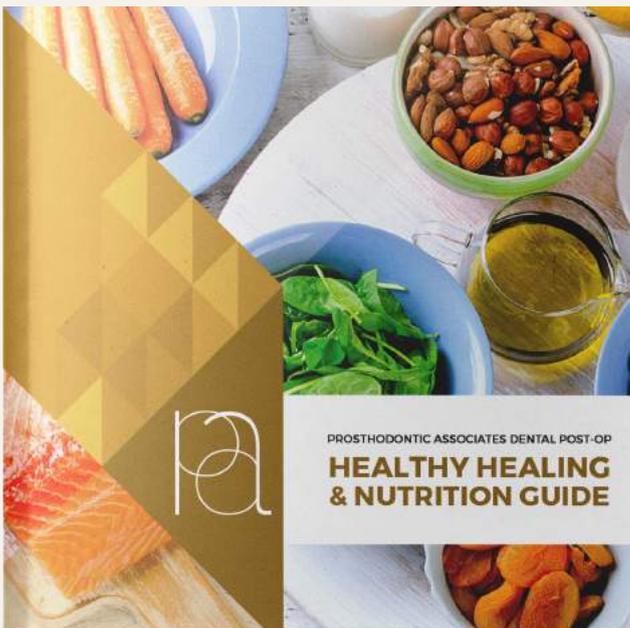
"We are really excited to be able to create a whole new angle of dental care and treatment recovery. We have created a nutrition guide for patients to follow before and after surgery that is designed to strengthen the immune system, and potentially improve healing time and results," explains Elyte. "Patients are given a food guide, customized supplements, and a cookbook to help guide them through their healing process. All food recommendations are healthy, enjoyable, and easy to digest."

The customized supplements include a daily multi vitamin and a probiotic. The multi includes the daily recommended value of all major vitamins and minerals, as well as anti-inflammatory agents. The probiotic is a proprietary blend of shelf-stable cultures, designed to help boost your digestive and immune function.

"I don't want to reveal any trade secrets, but the entire program has been carefully crafted to help improve healing time and enhance patients' results. Everything that we have created is as pure as possible, and pharmaceutical grade – you will not find these products at your local pharmacy or health food store!" says Elyte.

"We are so excited to take our patients on a health transformation. Health begins in the mouth – with your food choices and how well your food can be digested.

At Prosthodontic Associates, we are in the unique position to address both at the same time: improving how well a patient can chew and improving the quality of what they are putting into their body. Ultimately, we are creating healthier smiles and healthier patients!

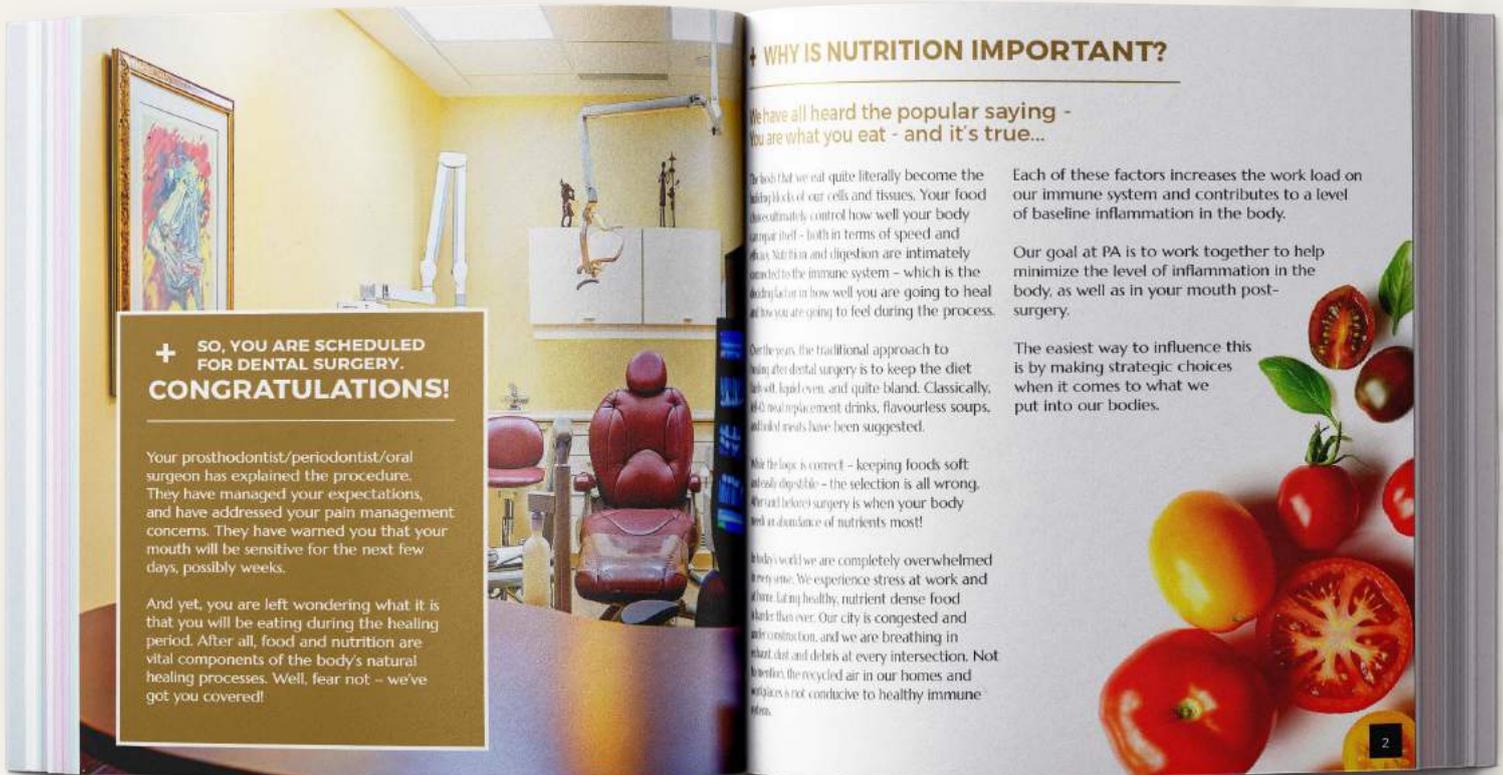


Nutrition Guide & Supplements Available Exclusively at PA

In addition to a cookbook filled with healthy recipes, PA has created an optimized supplement program for your health and post-surgery healing.

Please let us know of any past complications you may have had with supplementation or vitamin programmes.





+ WHY IS NUTRITION IMPORTANT?

You are what you eat - and it's true...

The foods that we eat quite literally become the building blocks of our cells and tissues. Your food choices ultimately control how well your body can repair itself – both in terms of speed and efficacy. Nutrition and digestion are intimately connected to the immune system – which is the deciding factor in how well you are going to heal and how you are going to feel during the process.

Over the years, the traditional approach to healing after dental surgery is to keep the diet fairly soft, liquid even, and quite bland. Classically, Jell-O, meal replacement drinks, flavourless soups, and boiled meats have been suggested.

While the logic is correct – keeping foods soft and easily digestible – the selection is all wrong. After (and before) surgery is when your body needs an abundance of nutrients most!

In today's world we are completely overwhelmed in every sense. We experience stress at work and at home. Eating healthy, nutrient dense food is harder than ever.

Our city is congested and under construction, and we are breathing in exhaust, dust and debris at every intersection. Not to mention, the recycled air in our homes and workplaces is not conducive to healthy immune systems.

Each of these factors increases the work load on our immune system and contributes to a level of baseline inflammation in the body.

Our goal at PA is to work together to help minimize the level of inflammation in the body, as well as in your mouth post-surgery.

The easiest way to influence this is by making strategic choices when it comes to what we put into our bodies.

THE TECH AT PA

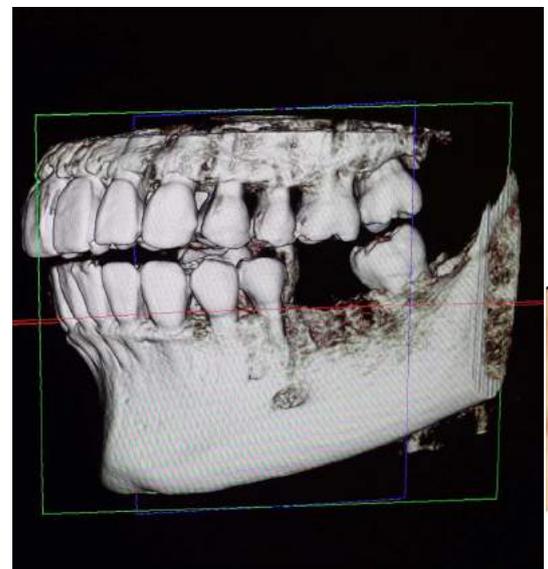
THE LATEST TECHNOLOGY NEWS
FOR PROSTHODONTIC ASSOCIATES

CBCT

Staying on the forefront of dental technology, PA employs various diagnostic tools to not only ensure the most comprehensive and convenient dental care but to enhance the experience of all our patients.

With this in mind, PA is proud to announce the recent addition of our very own Cone Beam Computer Tomography (CBCT) Scan.

A dental CBCT scan is a special x-ray unit that is able to capture three-dimensional images of the teeth, upper and lower jaws, nerve pathways, and bone density as well as surrounding structures and tissues. Utilizing this advanced technology on site at PA allows our specialists immediate access to the full scope of diagnostics, efficient and timely treatment planning, initiation, and completion.



PINHOLE PERIODONTAL SURGERY

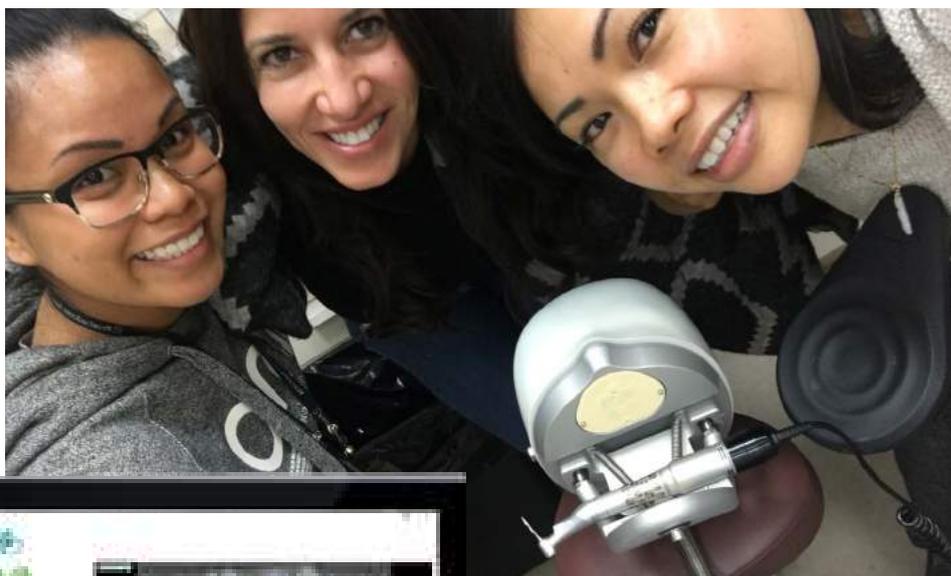
One of PA's Periodontists - Dr. Ryan Schure was recently certified to perform The Chao Pinhole® Surgical Technique (PSTTM) to treat gum recession. Unlike traditional grafting, it's a cutting edge, non-surgical (scalpel free, suture free, graft free), minimally invasive procedure for correcting gum recession.

Patients benefit from minimal discomfort and swelling after treatment and faster recovery time. PSTTM has been featured on The Doctors and the Dr. Oz show. PA is excited to offer this treatment to our patients – ask us for details!



INLIANT

INLIANT is a motion-tracking and 3D-visualization technology for implant placement. Inliant gives us accurate, real-time visual guidance over patient CT images during implant surgery. It helps place the implant at a pre-planned angle and depth, with sub-millimetre accuracy.



SLEEP APNEA SCREENING

Another way that PA incorporates the mouth and body connection into the practice is the screening for and treatment of snoring and sleep apnea. Sleep apnea is a common sleep disorder manifested by pauses in breathing during sleep due to narrowing of the airway.

Until recently, the CPAP machine was the gold standard for the effective treatment of sleep apnea, and though

effective, patient compliance has always posed a challenge. Research shows that oral appliance therapy that fits like a sports mouth guard or an orthodontic retainer is an effective treatment for snoring and sleep apnea. It supports the jaw in a forward position to help maintain an open airway.

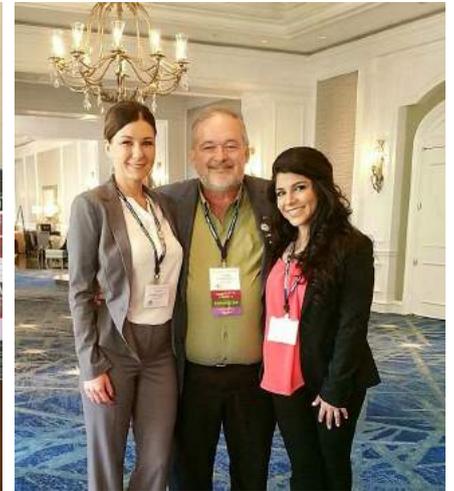
Let us help you get the sleep you deserve!

▶ PA Drs as examiners for the Royal College of Dentists Prosthodontic Exams; Dr. Barzilay serves as chief examiner in Prosthodontics while Dr. Habsha heads up the oral examination portions, and Drs. Chvartzaid and Baig both serve as examiners

▼ PA Training with the Cerec Omnicam Scanner



▲ Dr. Barzilay, Dr. Behrooz and Dr. George Zarb (Dr. Barzilay's mentor and friend)



▲ PA as part of International Outreach program for Academy of Prosthodontics

THE GLOBAL PROSTHODONTIC COALITION



We are excited to introduce an exclusive global group of associated prosthodontic practices. The official name of our group is the Global Prosthodontic Coalition. PA's Dr. Izchak Barzilay and Dr. Evangelos Rossopoulos of Los Angeles are the founders and both act as executive council for the Coalition.

Membership in the group is by invitation only and is confined to an exclusive group of prosthodontists offering state of the art dentistry and who are committed to patient education.

PA patients will benefit in two unique ways – having access to a renowned dental specialist globally should a dental need arise during travels abroad and secondly, patients will benefit from the enhanced knowledge sharing format of the Coalition.



▲ Custom designed PA Pashminas!

PA NEVER MISSES
A CHANCE TO GET
TOGETHER!



▲ Amber with her daughter Athena

PA BABY
UPDATE



▲ Mariela, Glen and baby Cierra

▼ PA Bowling Night



PA at the Lavender Festival ▼



◀ PA at the 99th Annual Academy of Prosthodontics meeting in Sarasota, Florida



Lake Simcoe



Inliant Vancouver Training Centre

WHERE DO YOU READ INSIDE PA?

SEND US YOUR PHOTOS FOR A CHANCE TO WIN A PRIZE!



Greece



L.A., California



Cambridge, MA



Boston, MA



Banff, AB