



PA is initiating change, one smile at a time, through "Phoenix Outreach"

Following an inspiring mission to Uganda at the beginning of 2016, PA is dedicated to continuing their volunteer work; this time, PA wants to make an impact closer to home, by working with Street Haven women's shelter in Toronto. The universal desire is to change the lives of those less fortunate, who otherwise would have no access to dental care.

[Read more on page 3](#)



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PUBLISHERS' MESSAGE



As always, the end of the summer season seems to sneak up on us quicker than anyone wants. While it's difficult to say goodbye to leisurely weekends, sun-soaked days, and dining al fresco, the end of summer is also a new beginning.

Like many of our patients, the team at Prosthodontic Associates views the back-to-school season as a fresh start and an opportunity to explore new possibilities.

For PA, this means a fresh new initiative - embarking on an ambitious expansion of our volunteer outreach. Our annual work with Bridge to Health and KIHEFO in Uganda has inspired us to offer charitable dental care closer to home.

Read about our collaboration with the Street Haven team and our plans to provide a full-range of dental treatments to our local community on the next page.

It is our hope that PA's Phoenix Outreach program will deliver a well-deserved fresh start for many of our less-fortunate neighbors.

In keeping with the back-to-school theme, a member of the PA team has once again traveled abroad to share his expertise with international dentists. Learn more about Dr. Barzilay's 2-day lecture series in Hangzhou and Guangzhou, China on Pages 4 & 5.

As you seek your own "fresh start" this fall, whether a new activity, career opportunity, or volunteer commitment, remember to keep in touch with your Prosthodontics Associates team - you can always connect with us on Facebook and Twitter.



PHOENIX OUTREACH

INITIATING CHANGE, ONE SMILE AT A TIME.

For the team at Prosthodontic Associates (PA), the year opened up with another inspiring volunteer mission to Uganda; it was PA's 3rd time since partnering with Bridge to Health and KIHEFO in 2013. Every year, PA has taken an active role, traveling to Uganda, pledging their time and expertise, and helping to deliver urgent medical & dental care to impoverished communities across the country.

Each mission has left the team with not only an unforgettable experience, but also more enthusiasm and desire to make a change in the lives of those less fortunate, and those who would otherwise have no access to dental care.

The team at Prosthodontic Associates remain committed to its' continued support of Bridge to Health and KIHEFO, with another mission planned in 2017.

In the spirit of dental volunteerism there's a growing desire to have an impact closer to home. It is with this in mind that Phoenix Outreach was born. Under the program, in partnership with the Street Haven womens shelter, a full scope of dental treatments will be performed in one or several appointments for patients in critical need. Dental treatments may include hygiene services, fillings, extractions, endodontic procedures, etc.

Using PA's in-house, full service dental laboratory, customized prostheses can be created with precision, and dentures can also be made in the same day.

The PA team will be volunteering their time and expertise to make this project possible, and Saturdays have been reserved to allow the team to focus their full attention on each of the patients.

Also, with PA's affiliation to dental companies, materials that are needed will be donated. It is PA's hope to grow this initiative and impact as many lives as possible, so no one is left behind. The hope is that the services PA provides will allow patients to gain self-confidence to possibly re-enter the work force, to function without hesitation on a social level, and to show others how their lives have been changed.

As always, PA's commitment remains to provide the highest standard of clinical care and to provide a safe and comfortable environment for the clients that we serve.

It is PA's hope that through collaboration with the Street Haven team, we can make an impact, raise awareness, provide change and offer hope within our community. To help improve lives, one smile at a time.



"Dear PA, you not only gave me my smile back but have helped me heal internally..." – S. M.

PHOENIX OUTREACH GOALS:

1. Helping those who are on the journey to recreating their lives,
2. Providing dental services which have an immediate impact on function and esthetics,
3. Improve the ability to eat and speak,
4. Build confidence and self-esteem,
5. Offer hope.

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SUMMARY OF DR. BARZILAY'S LECTURES

IN CHINA

JOY WANG

LECTURES AT A GLANCE

Date	2016.06.14	2016.06.16
Duration	One day lecture(6 hr.)	One day lecture(6 hr.)
Venue	Shangri-La, Hangzhou	Affiliated stomatology hospital of Guanghua Universtiy
Topic	New materials, techniques and clinical tips in fixed prosthodontics	New materials, techniques and clinical tips in fixed prosthodontics
Interpretation	Simultaneous interpretation: Dr. Ge Chunling & Dr. Ge Jing	Simultaneous interpretation: Dr. Ge Chunling & Dr. Ge Jing
Number of Attendees	600	240
Others	Clinical case sharing by Dr. Li Shuguang and Dr. Ren Shirong	

During the month of June, Dr. Barzilay traveled to China to deliver two full days of lectures in Hangzhou and Guangzhou, and share his expertise in the field of Prosthodontics.

The two cities are highly-populated and developed, with combined populations of 11 million people!

The initial aim was to deliver an informative but basic presentations on a wide-array of topics, including impression, cementation, post making, and troubleshooting,

Upon his arrival, Dr. Barzilay was impressed to discover the advanced skill level of the attending dentists, and quickly realized that more detail was needed on some key areas - incredibly, Dr. Barzilay was able to make these key adjustments in a very short time frame just before the first day, and it certainly was appreciated.

Inspired by the level of expertise of the local dentists, Dr. Barzilay was able to delve into more complex subject matter, such as using digital techniques to resolve challenging clinical situations and the benefits of 3M Impregum and RelyX Unicem in routine prosthodontist work.

More than 700 dentists participated in the lectures over the two days, and audiences were left extremely satisfied

with the wealth of information and clinic tips provided by Dr. Barzilay.

Dr. Barzilay's guide in China, Joy Wang, has already extended an open invitation for him to return and lead discussions on specific case studies, treatment plan development, and materials usage.

While the trip was extremely action packed, and sometimes exhausting, it was an incredible experience and a resounding success. Dr. Barzilay plans to return in the future, and he surely will be welcomed with open arms.

There is no doubt that Dr. Barzilay continues to establish himself as a global key opinion leader in the field of prosthodontics.





CHEFS

THE PA LADIES WHO HAVE A PASSION NOT ONLY FOR DENTISTRY BUT ALSO FOR CULINARY ARTS HAVE SHARED THEIR WONDERFUL TALENTS WITH THE REST OF THE TEAM AND NOW, WE WANT TO SHARE THEM WITH YOU!

REFRESH WITH COTTAGE CHEESE AND CUCUMBER SNACK

Ingredients:

- cottage cheese
- sliced cucumber
- dried oregano spice

Place all ingredients in a bowl, mix and enjoy!



CHIA SEED PUDDING SNACK

Ingredients:

- 1 cup chia seeds
- 1 1/2 cup coconut milk
- 1 cup greek yogurt
- 1/4 teaspoon cinnamon
- 1 table spoon shredded coconut
- 1/2 table spoon honey
- frozen berries

Place all ingredients in a mason jar. Let sit overnight. Serve the next day. Garnish with fresh fruit. Enjoy!





PORTOBELLO MUSHROOM BURGER BREAKFAST:

Ingredients:

- 2 portobello mushrooms
- egg white omelette with spices
- lettuce
- tomato
- avocado
- red and orange peppers sliced
- green onion
- oregano seasoning
- Cucumber
- cayenne pepper
- paprika
- turmeric
- coconut oil

Pre heat oven to 350 F.

Meanwhile, prepare all veggies; wash, dry and slice.

Season inside portion of the Portobello mushroom with coconut oil

Place 2 Portobello mushrooms on a baking pan. Bake for 10-13 min

Turn on frying pan to medium heat. Grease pan with coconut oil.

Place 2 egg whites and sprinkle even amount of oregano, green onion , cayenne pepper, paprika and turmeric. Place lid on frying pan and let sit for 7 min. Reduce heat to low for 1 min.

Once Portobello mushrooms are golden brown remove and turn oven off.

Place on plate and assemble omelette and veggies like a burger, add condiments if needed!

And Enjoy!



RECIPES WILL ALSO BE POSTED ON OUR FB PAGE

PARAZZI

WOMEN IN DENTISTRY SYMPOSIUM 2016



BEHIND EVERY SUCCESSFUL WOMAN IS
HERSELF!!!!





Prosthodontic Associates Centre for Excellence



*"I've learned that people will forget what you said,
people will forget what you did, but people will
never forget how you made them feel."*

Maya Angelo



BABIES . . . BABIES . . . AND MORE BABIES . . .



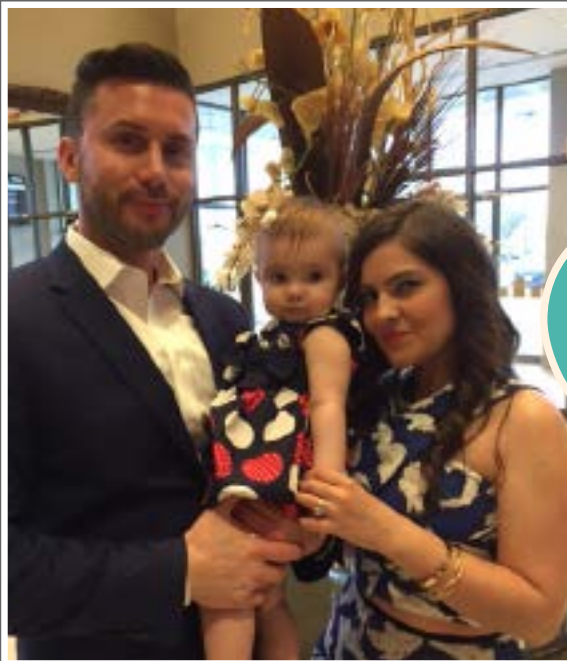
Mariela's
baby shower



Cierra - Mariela
& Glenn's baby



WELCOME BACK CARINA



Carina with her husband and daughter Ariana

Gloria - Janeen's
baby - Janeen will
be back at PA in the
spring of 2017





EDGEWALK



PA's Dr Izchak Barzilay and Dr. Effrat Habsha with friends and colleagues of PA – Dr. Evangelos Rossopoulos and Elora Patnaik braving the Edgewalk at the CN Tower!

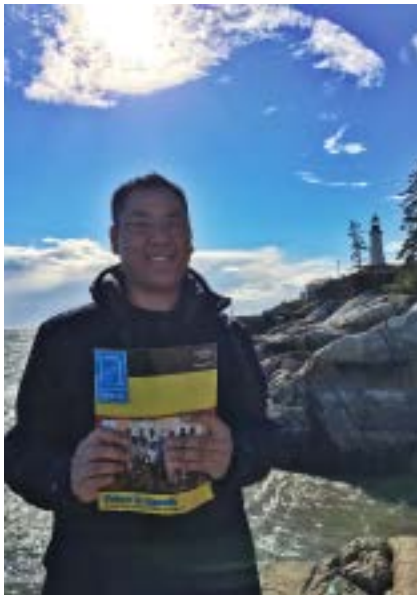
THANK YOU ALICIA FOR ALL YOUR HELP
OVER THE PAST YEAR - ALL THE BEST OF
LUCK IN YOUR FUTURE ENDEAVOURS!



The PA Team never misses a chance
to have some cake!



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