



APRIL 2017

*Dr. Barzilay awarded a Meliora Award from the University of Rochester*

**T**he University of Rochester Meliora Award recognizes a select number of staff members whose work performance and dedication during the preceding few years exemplify the University's motto, Meliora (ever better).

Read more on page 10



## 4TH ANNUAL UGANDA MISSION

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PA welcomes Dr. Amir  
Azarpazhooh



OUR MISSION WOULD NOT BE POSSIBLE WITHOUT THE GENEROUS SUPPORT OF OUR SPONSORS!



## PUBLISHERS' MESSAGE



Spring is finally here; the layers of clothing that come along with winter are coming off and there's an extra jump to our step. The days are getting longer and life just seems a little bit fresher this time of year.

For PA, the winter clothing came off a little sooner than for most - in support of KIHEFO and Bridge to Health Medical & Dental, the team returned to Uganda in February for the 4th annual mission, providing much needed dental services & sharing their expertise. PA personally helped over 1,000 patients, from performing extractions, to replacing teeth by manufacturing dentures for those in need.

The stories from the Uganda mission were heartwarming and inspiring, and lives were undoubtedly changed for the better. A huge thank you to all of our donors and sponsors for supporting the mission; your generosity is incredible, and helped make the mission a great success. Read more about this mission on page 4.

Spring also comes with the promise of fresh new starts. For Dr. Amir Azarpazhooh, that means joining the PA team. He brings years of experience in both Endodontics (Root Canal Therapy), as well as Dental Public Health, and he is also an accomplished educator. We all welcome Dr. Azarpazhooh; read all about his many accomplishments on page 10.

We hope to see our patients and the entire PA family enjoying the milder temperatures and abundant sunshine over the coming months. No matter where your preferred spring activity takes you - biking, gardening, boating - you can stay connected with Prosthodontic Associates on Facebook and Twitter.



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# PA GIVES BACK

THANK YOU TO EVERYONE FOR THEIR SUPPORT

"The volunteers are generous with their time and skill, they fund their own expenses in order to be of help, I am happy to contribute to their efforts"  
- T.D.

"The talent that the team brings and the time they devote is priceless, it is an honor to be a small part of the change" – Anonymous

"I am happy to be a small part of the efforts Dr Barzilay and the PA team bring to Uganda"  
- A.S.



The mission to Uganda started in Toronto! From the volleyball fund-raiser, to many hours of pill-packing and sorting supplies in preparation for the actual mission.



BE KIND TO ONE ANOTHER

*Dignity and integrity is a medium of helping others remove the cloak of poverty.*

*Kindness is defined as giving of your talent to another for the purpose of doing well. I have experienced firsthand the care, compassion, and healing provided through Prosthodontic Associates.*

*This organization helped me through a difficult time when I was in a car accident in 2014. After the accident I had difficulty eating and was referred to the Prosthodontic Associates. The time and care they took with me was a time of healing for me. The staff was very professional and kind and reminded me of what compassion feels like. I am now able to eat again pain free.*

*Their work transcends borders and provides hope for children in Africa and parts of North America. What really touched me was the smiles and joy they brought to the children of Africa.*

*There is a multitude of other dental services they also provide here and abroad. I would highly recommend Prosthodontic Associates.*

Regards,  
Cinderella B.

PA'S PHOENIX SMILES ▶

Donations of toothbrushes and toothpaste to Street Haven





# RETURN TO UGANDA

THE PA TEAM RETURNS TO UGANDA FOR THE 4TH ANNUAL MISSION, PROVIDING MUCH NEEDED DENTAL SERVICES & SHARING THEIR EXPERTISE

In February, the Prosthodontic Associates team once again traveled to Uganda in support of Toronto based NGO, Bridge to Health Medical and Dental; partnering with Kigezi Healthcare Foundation (KIHEFO), a Ugandan community service organization, the mission's aim was to deliver critical medical and dental care to remote rural regions of south west Uganda.

During last year's mission, Dr. Izchak Barzilay incorporated prosthodontics into the dental services offered to the patients, allowing for same day missing teeth replacements with the on-site fabrication of dentures.

This extraordinarily rare treatment for Ugandan villagers quickly became a very popular and sought after service, which led to the expansion of the prosthodontic team during the recent mission. They completed up to 16 prostheses per village/per day, using innovative techniques and materials generously supplied by Dentsply Sirona Canada as well as other dental companies.

The prosthodontic team comprised of PA's Dr. Izchak Barzilay, Dr. Effrat Habsha and Dr. David Chvartzaid, supported by PA's very own Caroline Szymaniak and Lily Tran. This year, the team also included two 4th year dental students Sean and Chetna, as

well as Dr. Elahe Behrooz, a post graduate prosthodontic resident from the University of Toronto who joined the Uganda brigade for the second time. Finally, the Canadian team would not have been able to have such a significant impact without the amazing help and support of the Ugandan dental officers, Innocent Rugaya, the team leader, as well as Bruce, who joined the prosthodontic team for a second year in a row. The PA team very much appreciates their extraordinary efforts!

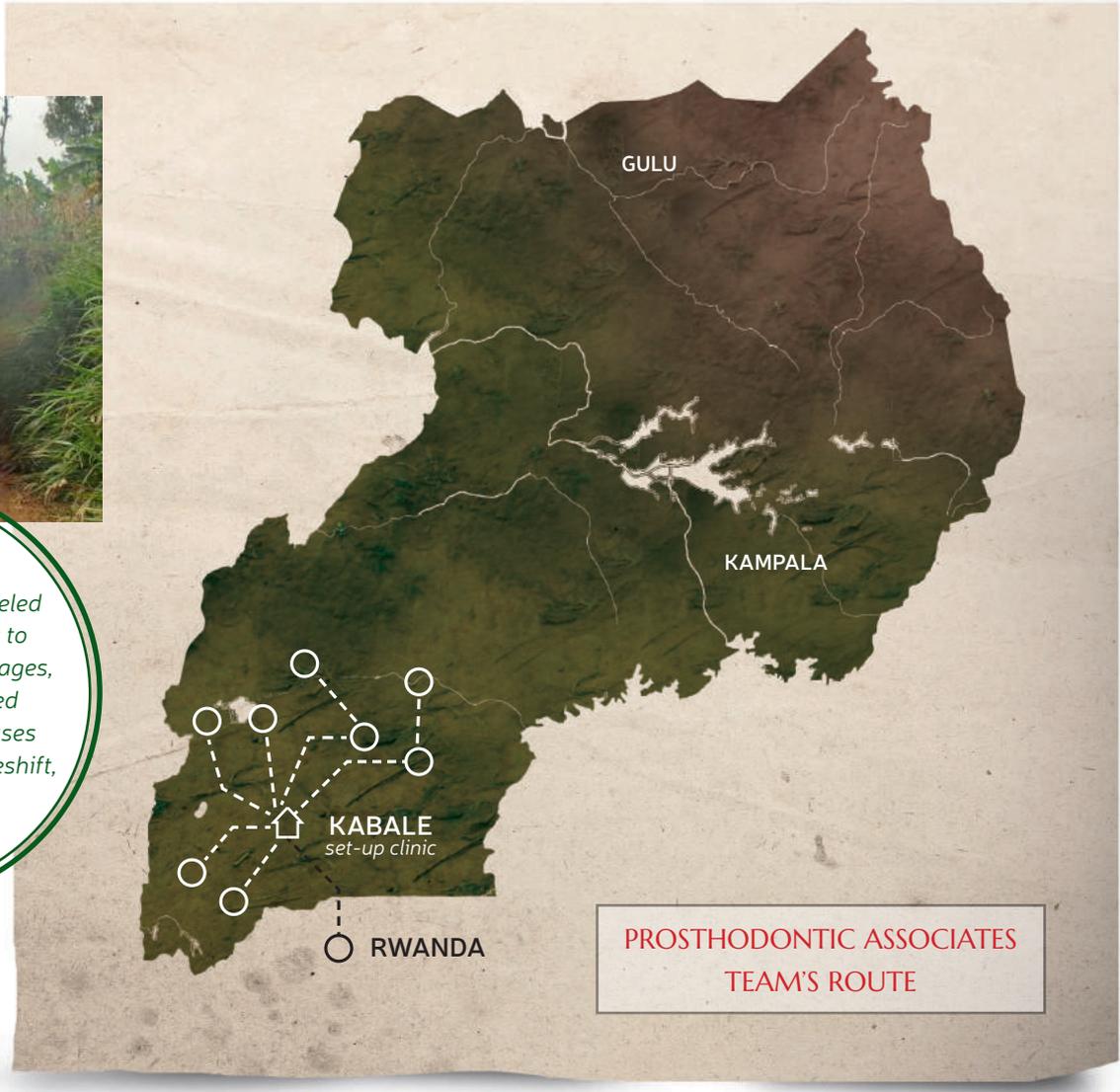




Every day the team traveled hundreds of kilometres to remote, impoverished villages, where they transitioned rudimentary school houses and classrooms into makeshift, surgery-ready dental centers.



Uganda





OVER THE COURSE OF THE MISSION, THE TEAM VISITED 8 VILLAGES IN REMOTE AREAS





The team served a steady stream of patients, many of whom lined up in advance to ensure their immediate dental needs were addressed; it was both heart-warming and inspiring to witness the physical and emotional transformation of every patient. The gratitude of the patients deeply touched the team, and the impact was widely felt. One woman the team saw traveled bare footed through the mountainous region to track down the team, bringing with her a harvest of vegetables as a gesture of thanks for making her a denture and giving her back her smile! Back at the Kabale base camp, the vegetables were cooked into a delicious, traditional Ugandan stew for the entire team to enjoy!

Missing teeth impact not only ones' appearance, but also has a negative impact on speech, eating and socializing. This couldn't be more true for another woman the team had the pleasure of working with. She came to us saddened by the fact that she could no longer sing in her church choir as her pronunciation and vocalization were severely impacted because of the gaps caused by her missing teeth. The team worked diligently, and fitted her with a denture to replace all her missing teeth by the end of that clinical day. About a month later, PA unexpectedly received a lovely appreciation letter. "I hereby forward my appreciation to you for the great care and assistance. I am now okay with talking to people, and when I am in the church, I feel happy and can sing again as I used to before" the letter read, warming the hearts of the entire PA team, and solidifying everyone's resolve to return to Uganda next year in the hopes of serving an even larger number of patients.



*The dental team delivered hundreds of child fluoride applications, removed more than 750 diseased teeth, and fabricated upwards of 65 same-day removable prostheses*



Collectively, over the course of the mission, the dental team cared for over a thousand patients, completed hundreds of fluoride applications, removed over 750 diseased teeth, placed many resin restorations, offered dental hygiene services, and fabricated 65 same-day removable dentures replacing a total of 249 teeth.

Aside from the vital clinical services performed, which are scarce in the rural areas of Uganda, the team also aimed

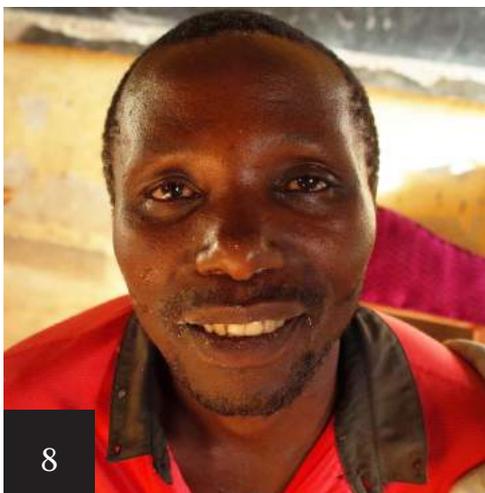
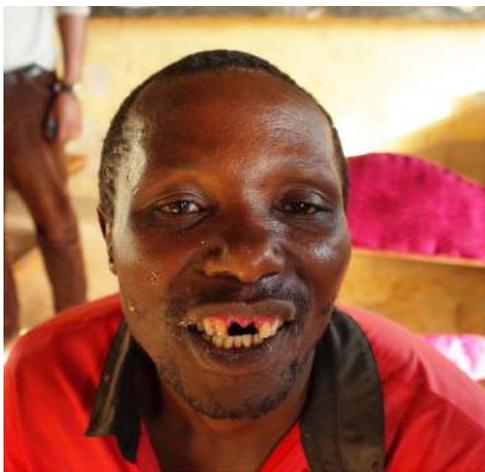
to provide sustainable and cost effective education to local professionals, as well as to the public. Local Ugandan dental officers were taught many dental techniques including suturing, local anesthetic delivery, extractions, restoration, and fluoride applications. The team educated the patients on brushing techniques, the important role oral health plays in prevention of tooth loss as well as nutrition education and the correlation between diet and oral health.



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COLLECTIVELY, KIHFO AND THE BRIDGE TO HEALTH MEDICAL & DENTAL TEAM SAW OVER 10,000 PATIENTS DURING THE MISSION

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The mission was not without its difficulties, but nothing could deter the determined team. Kabale was the central location from which the team departed from daily, often requiring several hours of travel through inhospitable roads and mountainous regions, to reach secluded villages. The vans loaded with equipment and supplies often had difficulty climbing the hills, and the team often had to push the vans to avoid getting stuck. And while torrential downpours and thunderstorms posed a difficulty in clinic set up, the team quickly learned that plastic garbage bags make great ponchos! Mobile generators supplied the essential electricity and head lamps assisted with the lack of lighting. Language barriers were overcome with the help of the Ugandan team, who amongst so many other roles, also acted as

translators. Seeing the smiles, the joy, and the gratitude from the patients at the end of each day, and witnessing the tremendous impact the brigade had on people in great need, was a profound and rewarding experience, and made it all worthwhile.

Every year continues to be an incredible experience, and the PA team remains committed to their continued support of the mission and its vital role in the communities of Uganda, by making an impact on the lives of those who otherwise have no access to the crucial services. Along with volunteering their time and expertise, funding their own travel and accommodation expenses, all volunteers made personal monetary donations as well as participated in various fund-raisers

throughout the year to help with the funding of the overall mission. PA's efforts however would not be possible without the generous support of their donors. On behalf of PA, Bridge to Health, KIHEFO as well as the communities of Uganda, we wish to extend a special thank you to all those who have supported the team. If you wish to learn more about the brigade, join the outreach team or make a donation, we invite you to visit the Bridge to Health Medical and Dental website at <http://bridgetohealth.ca> as well as the PA Canada Helps page at <https://www.canadahelps.org/en/pages/prosthetic-dentistry-associates-for-bridge-to-health-medical/>

Once again, thank you for your support and the opportunity to share this experience!





INTRODUCTIONS & ACCOMPLISHMENTS

WELCOME DR. AMIR AZARPAZHOOH

Dr. Amir Azarpazhoo (Azar) is a certified dental specialist in both Endodontics (Root Canal Therapy) as well as Dental Public Health. He received his dental degree from Iran in 2001, his specialty training in Canada at the University of Toronto in Dental Public Health (2007) and Endodontics (2010), followed by his PhD (2011).

Dr. Azar has great interest in both academic and clinical research. He is an Associate Professor at the University of Toronto, Faculty of Dentistry, and Faculty of Medicine. He is also the Head of Endodontics at the Department of Dentistry, Mount Sinai Hospital.

Dr. Azarpazhoo has authored and co-authored over 150 papers and abstracts, 6 book chapters, and has presented at over 50 national and international scientific meetings. A keen practitioner of evidenced-based dentistry, Dr. Azar has a passion for collaborative decision making in teaching and in practice. Hence he approaches patient care with the best interest of the patient in mind.

Despite his heavy load of teaching, research and clinical practice, out of the office, he enjoys life with his wife, in traveling, cycling, photography, and gardening.

PA welcomes Dr. Azarpazhoo to the family!

DR. BARZILAY AWARDED A MELIORA AWARD FROM THE UNIVERSITY OF ROCHESTER

The University of Rochester Meliora Award recognizes a select number of staff members whose work performance and dedication during the preceding few years exemplify the University's motto, Meliora (ever better). Awards may celebrate individual achievements or those of a team.

Nominees should have demonstrated their commitment to the ideals of Meliora during the preceding few years through:

- Excellence in overall job performance that includes at least one major improvement to an individual department, program, unit, or

the University as a whole (for example, service enhancement, significant process improvement, cost reduction or avoidance, etc.).

- Initiative, innovation, entrepreneurship and creativity.
- Service to constituents that consistently exceeds expectations.
- Contributions to an environment characterized by collaboration, cooperation, tolerance and mutual respect.



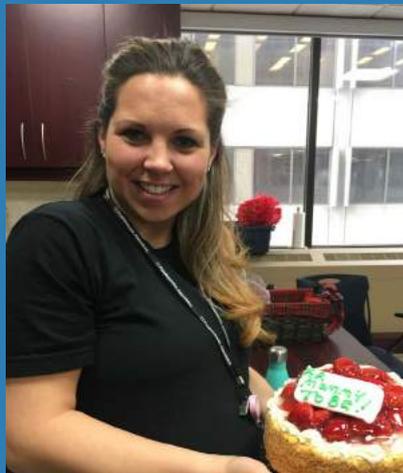
The Meliora Award is awarded to those that have generously supported the University of Rochester over the years. Dr. Barzilay has donated significantly to help expand their dental programs, and continues to be recognized as an influential educator

WELCOME NEW FACES OF PA!

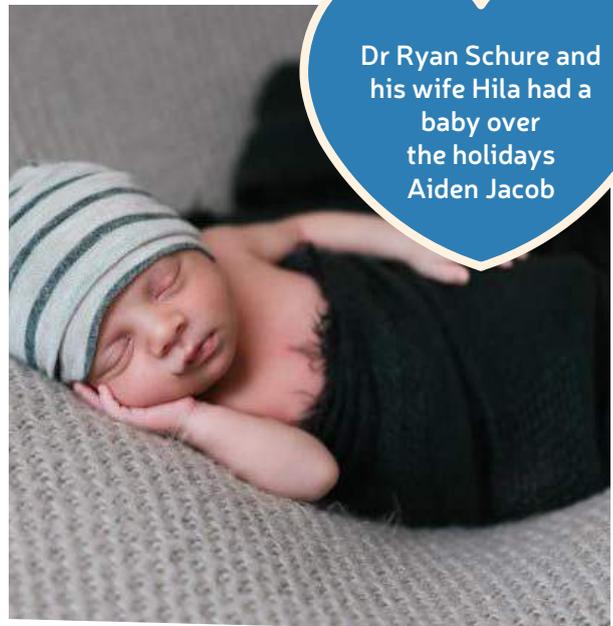
Stay tuned for upcoming issues to get to know the newest team members



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



◀ Amber's baby girl Athena was born in February



Dr Ryan Schure and his wife Hila had a baby over the holidays Aiden Jacob

### PA DINNER ▶

In true PA fashion, good food, good company, and plenty of laughs were had at the annual dinner in January, to welcome in the New Year.



### ▼ PA at U of T for presentation on Uganda Mission





# WHERE DO YOU READ INSIDE PA?

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

