



SPRING 2018

*Welcome Dr. Sam Strauss!*

**P**rosthodontic Associates is delighted to welcome an Oral and Maxillofacial Surgeon to our multidisciplinary family of dental specialists! Meet Dr. Strauss, and find out more about his background, hobbies and achievements.

Read more on page 4



# UGANDA

PA RETURNS FOR THE 5th ANNUAL MISSION

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UGANDA FEATURE:  
PA's 5th annual mission was  
full of major milestones



# THANK YOU TO OUR SPONSORS!

And to everyone who made the 2018 Mission to Uganda such a success



INSIDE PA is published four times a year by Prosthodontic Associates and is distributed in-house, by mail and electronically.

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## PUBLISHERS' MESSAGE



With the first quarter of 2018 rolling to a close, we can hopefully put away the winter gear for good, and look forward to embracing the warm spring air that's surely around the corner. For PA, February marked the 5th annual mission to Uganda - Dr. Barzilay, Anastasiya, Caroline, Natasha and Reefa, alongside the Bridge to Health Dental & Medical Team, visited 8 villages across the country in just under two weeks. See where the team travelled on page 7, and read more about the amazing work and inspiring transformations.

Ever since the first mission to Uganda back in 2013, PA has always been determined to continue to build on the success of previous years and help as many people as possible. Not only has PA done that for the past five years, this year the team achieved three major "firsts", making this year the most successful to date! Read about the PA Global Academic Grant on page 9, the first "in-the-field" implant surgery, on page 10 and the PA-UN connection on page 11.

This year, renowned physiotherapist Karen Orlando also joined for the annual Bridge to Health Medical and Dental Brigade to Uganda. Already a veteran at helping others, Karen worked closely with the medical team as part of the musculoskeletal (MSK) therapy division. Her fascinating story is on page 5.

Last but not least, the trend of "firsts" continued back in Toronto, with PA welcoming Dr. Sam Strauss to the family. As an Oral and Maxillofacial Surgeon, Dr. Strauss adds new skills and possibilities to a growing team of multi-disciplinary specialists (page 4).

For many of us, Spring not only brings with it the promise of warmer days, but can also signify a fresh start. It can be as simple as trying something new - or maybe stepping out of your comfort zone and doing your very own "first"!





# 8<sup>TH</sup> ANNUAL WOMEN IN DENTISTRY SYMPOSIUM



## Origins

Founded by Dr. Effie Habsha, Women in Dentistry: Work. Life. Balance is dedicated to bringing together women in the dental field to network, share, and learn from each other's unique perspectives. Through regular events and initiatives, we strive to mentor and empower one another

by sharing experiences, knowledge and expertise limited not only to the clinical aspect of dentistry, but also to the business management aspect while relating this to balance with a successful social and family life.

## Why Yin and Yang?

Work and life, similar to yin and yang, may sometimes seem like opposite or conflicting forces. However, upon closer look, the two actually compliment and interconnect with one another.

Our mission at Women in Dentistry is to help guide and empower women in the dental field, and to build a community that strives to achieve a healthy balance between our work and our personal lives.

## New Website!

Women in Dentistry is proud to announce the launch of a brand new website; visit us at [www.womensdentistry.com](http://www.womensdentistry.com)

May 15th, 2018

CIBO WINE BAR, 2472 YONGE ST  
TORONTO, ON M4P 2H5

## Speakers



▲ Left to Right: Dr. Effie Habsha, Dr. Lesley David, Dr. Sally Safa, Ms. Elyte Barzilay





## MEET DR. SAM STRAUSS

PA is delighted to welcome an Oral Surgeon into our multidisciplinary family of dental specialists!

**P**rosthodontic Associates continues to grow and succeed because of wonderful and supportive patients such as yourself!

PA operates as a multidisciplinary practice served not only by prosthodontists, but also by periodontists, an endodontist, nutritionist, an on-site laboratory and a superlative educational centre (PACE). It is with great excitement that we

▼ In his time off, Dr. Strauss is an avid tennis player



announce the addition of Dr. Samuel Strauss – an oral and maxillofacial surgeon to our growing group of dental specialists.

Throughout their careers, the PA doctors and Dr. Strauss have been continually crossing paths through their respective positions at the University of Toronto, the Mount Sinai Hospital and as a specialty tag team on many complex dental cases.

Dr. Strauss has a well-established reputation in Oral and Maxillofacial Surgery and is affiliated with Mount Sinai Hospital and Baycrest Hospital. Dr. Strauss has taught at the University of Toronto in the areas of Oral Medicine, General Pathology, Prosthetic Dentistry, and is currently on Staff in the Graduate Periodontic Department. He has a well

established private practice and has been working closely with the PA doctors over the years.

Dr. Strauss' commitment to both practice and academics of oral surgery may leave little time to play. He does however seize every moment and leads an exciting and adventurous personal life! Dr. Strauss is a certified scuba diver and his pursuit of the underwater world has led him to many exciting travel destinations. Dr. Strauss very much enjoys the outdoors and can often be found cycling, skiing, playing tennis and sailing.

With an unwavering commitment to both dentistry and patient care, Dr. Strauss is a natural fit with the PA team!

*It's about time that I stop being a solo practitioner. This move will allow me to practice as I have before and will give me more tools to enrich my delivery of Oral Surgery. It's very exciting to be joining a stimulating and enlightened multidisciplinary practice. Furthermore, it is a joy to be now working closely with colleagues that I have known for many years. Looking forward to this new episode of my practice.*

~ Dr. Sam Strauss



# KAREN ORLANDO

## Joins PA on their mission to Uganda



A renowned physiotherapist specializing in orthopaedics and sports medicine – Karen is PA's go-to physiotherapist, patient and friend but also, as of February – PA's colleague on the Bridge to Health Uganda Brigade! Karen's smile – much like the Olympic Torch, shines brightly for everyone she meets. And Karen is well acquainted with the torch, having been to the Olympics several times since 1984 as a vital part of the Canadian Medical Team. She also has been Chief Therapist for two Winter Paralympics in 1994 & 1998. Karen also played a huge part in the medical management of the Pan Am and Para Pan Am Games in Toronto in 2015.

Karen is in high demand for her clinical and consulting skills and has served as a physiotherapist for a wide variety of athletic organizations– from the Toronto Raptors and Canadian Rowing Team to the National Ballet and the Toronto Symphony Orchestra.

“Happiness is loving what you do, and I love helping people” – says Karen when asked about her chosen profession.

This past February, Karen added to her amazing repertoire of helping others by joining PA for the annual Bridge to Health Medical and Dental Brigade to Uganda. During the brigade, Karen worked closely with the medical team as part of the musculoskeletal (MSK) therapy division. The team specialized in treating injuries and conditions affecting muscles, joints and soft tissue such as mechanical lower back pain, headaches, neck pain, arthritic knees, and post fracture rehabilitation. Treatment rarely, if ever, available to the Ugandan villagers, was a very sought-after service by all the patients. Karen and the MSK team worked diligently to optimise patient's healing, decrease pain and swelling and restore functional movement.

It was only natural for Karen, a renowned lecturer, to incorporate patient education into the daily routine. Karen coached all

her patients on exercise therapy and self management strategies to decrease pain and increase independence.

When she is not traveling with the Canadian Olympic Team to a foreign country, or working in a makeshift tent in rural Uganda, Karen can be found at her private practice – ProCare Rehabilitation, part of Lifemark Health Group, at 890 Yonge Street (at Davenport). At ProCare Rehab, Karen and her team of renowned physiotherapists offer their clients a wide scope of treatment including manual therapy, sports medicine, medical acupuncture, massage therapy, concussion management, pelvic health as well as massage therapy and Pilates. Many of the PA team members can attest to the great skill set Karen and her team possesses!

To learn more about Karen, her clinic, the services offered and the conditions she treats, please visit <http://procarerehab.ca/>

The PA team is honoured to have Karen as part of the extended PA family and looks forward to many more years of dentistry, physiotherapy and outreach brigades!



“Happiness is loving what you do, and I love helping people”







# 5<sup>th</sup> ANNUAL MISSION TO UGANDA





## MISSION RECAP

This past February, the PA team embarked on their 5th annual mission to Uganda as part of the Bridge to Health Medical and Dental Team.

This past February, the PA team embarked on their 5th annual mission to Uganda as part of the Bridge to Health Medical and Dental Team. PA's Dr. Barzilay, Anastasia, Caroline, Natasha and Reefa, alongside other dental and medical professionals volunteering with KIHEFO, served thousands of patients. Dental care provided consisted of diverse treatments ranging from fluoride applications, dental cleanings, fillings to extractions and dentures.

Traveling to remote villages, setting up rudimentary dental clinics and working in challenging field conditions, the PA team was honored to once again be of help to those less fortunate.







PA also earned bragging rights as the team beat its own record and fabricated one more denture than during last year's mission, returning a priceless smile to one more deserving patient!

2018 brought with it the memories of past brigades, reunions with dental officers PA has worked with over the years, the beautiful Ugandan landscapes and the familiar joy and gratitude of the dental patients seen by the team. Each brigade also brings with it new and exciting ideas on how to expand our reach and make an even bigger impact in the future. The 2018 brigade was a brigade of many firsts!!!

Often months or even years in the making, the PA team proudly watched some of their plans and visions come to life!

From placing dental implants in a makeshift Ugandan clinic, to introducing a PA Global Education Grant, to meeting with UN officials at a refugee settlement, the PA team could not be prouder of their efforts.

The dedication of the entire team, both in Uganda and locally, the tremendous support of our patients and generous donations of dental companies, make this vision a possibility. A very heartfelt thank you to everyone as PA remains committed to the Ugandan communities.



## *A Special Thank You!*

A special thank you to PA's Mariela Gonzalez, her daughter Erika, her school's Prime Minister Charli Shapiro and teacher Mr. Alexander De Castro. Because of the amazing effort and dedication of the teachers and students at Ledbury Park Public School, the PA dental team was able to supply toothbrushes to over 800 kids in the rural villages of Uganda! If you would like to organize a toothbrush drive in your school or workplace, please contact us and we will be happy to help! Together, we make it possible!!!





# 2018 MISSION WAS FULL OF "FIRSTS"



# 1<sup>st</sup> PA GLOBAL ACADEMIC GRANT



In association  
with AP  
International  
Outreach, BTH  
and KIHEFO

This year, in the spirit of education and sustainability, PA introduced a new and exciting program during the Uganda brigade – The PA Global Academic Grant. With the help of a generous donation from one of our patients, PA will sponsor a student through a 3-year Dental Officer College Program in Uganda.

Congratulations to Tracy! Due to her hard work, dedication, compassion and an excellent academic score, Tracy was chosen as an ideal candidate to receive the PA Grant, an opportunity otherwise unattainable to many Ugandan students due to economic hardships prevalent in Uganda.

During the 2018 brigade, Tracy worked closely with the PA team, volunteering her time to observe and help with various tasks in the clinic. The PA team is very much looking forward to working with Tracy over the next few years as dental volunteer during the upcoming missions!

If you wish to get involved and help PA give a gift of education to a deserving candidate, please contact us!

Stay tuned for updates on Tracy and her academic adventures!



# 1<sup>st</sup>

## IMPLANT SURGERY

Modern titanium dental implants were introduced in the 1950's, though through history, in one form or another, implants can be traced back to the beginning of mankind. Initially, as far back as 2500 BC, Romans and Ancient Mayans used materials such as ivory, stone and gold to replace missing teeth. In 2018, PA introduced the dental implant concept in the rural areas of Uganda.

The PA team placed not one, but two dental implants during the 2018 brigade! This procedure, which has never previously been done under these conditions was a tremendous success! As a result, two patients received a gift of permanent tooth replacement! The patients will be followed closely post-surgically by the Ugandan Dental Officers and will be seen again next year by the PA team. PA hopes to make this service more available during the future brigades.



## UNITED NATIONS CONNECTION



During this year's brigade, PA had the privilege to visit the UNHCR Nakivale refugee camp. Nakivale is a settlement in Isiro District in Southwest Uganda and currently houses over 120 000 refugees escaping war and political persecution in neighbouring countries of Congo DRC, Sudan and Somalia. The Nakivale settlement currently has one dental officer to serve all the residents in need of dental care.

The PA team met with the United Nations officials at the Nakivale headquarters to discuss a potential future partnership of delivering critical dental care to the residents of Nakivale. PA's vision is to send a dental brigade to the settlement and set up a mobile dental clinic. Stay tuned for frequent updates on this life changing and exciting partnership.

# 1<sup>st</sup>





▲ Dr Habsha installed as Associate Fellow in the 63d meeting of the Greater New York Academy of Prosthodontics.

▼ Dr. Barzilay with a Police Constable



▲ Javier in Chicago - LMT LabDay Dental Meeting

◀ Dr Barzilay receives flowers from his students at U of T



▼ PA Peanut Butter – hand made in Uganda especially for PA!



INGREDIENTS	
• Peanut	• Simsim
• Hydrogenated vegetable oil	
• Contains peanut, no refrigeration required	
NUTRITION FACTS	
Fats 9.5g	15%
Protein 5.8g	0%
Cholesterol	0%
Vitamin A	2%
Vitamin C	16%
Calcium	21%
Iron	5%
Total Carbohydrates	11.4g



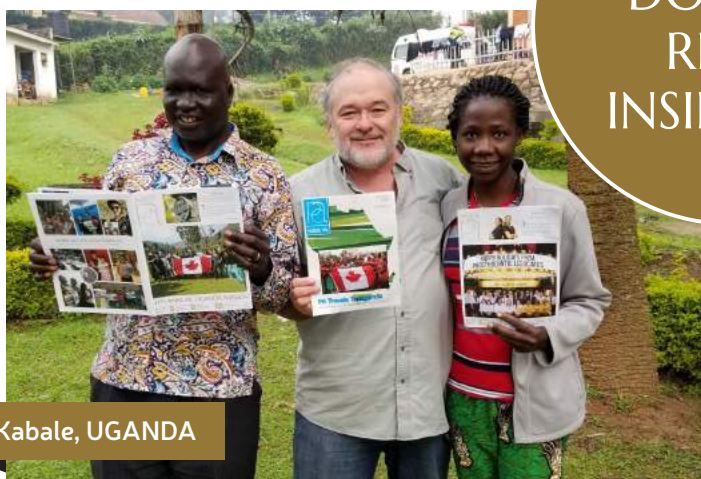


Kigali, RWANDA

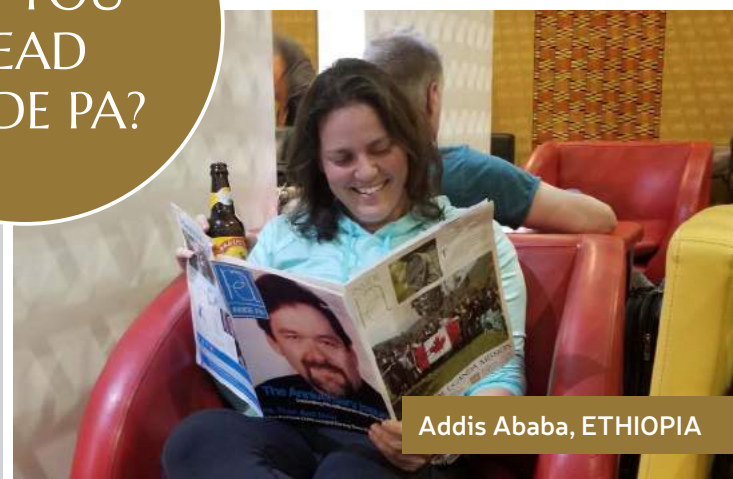


Dead Sea, ISRAEL

WHERE  
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