

Volume XVII

January 2020

PERI IN THE PENINSULA

2019 - A Year In Review

“To live well, laugh often and love much;

to win the respect of intelligent persons and the affection of children; to earn the approbation of honest critics and endure the betrayal of false friends; to value diversity; to find the best in others; to give one's best self; to never lack appreciation of earth's beauty or fail to express it; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exaltation; to know even one life has breathed easier because you have lived; to be remembered as kind, generous and inspiring

—this is to have succeeded.”

Being a lifelong learner

I have always been guided and inspired by Elbert Hubbard's epigram,

“Give me success or its eternal pursuit and I'll take the pursuit.”

During a recent study visit to a monastery in Bhutan I learned how to “take the pursuit” with new purpose and deep meaning.

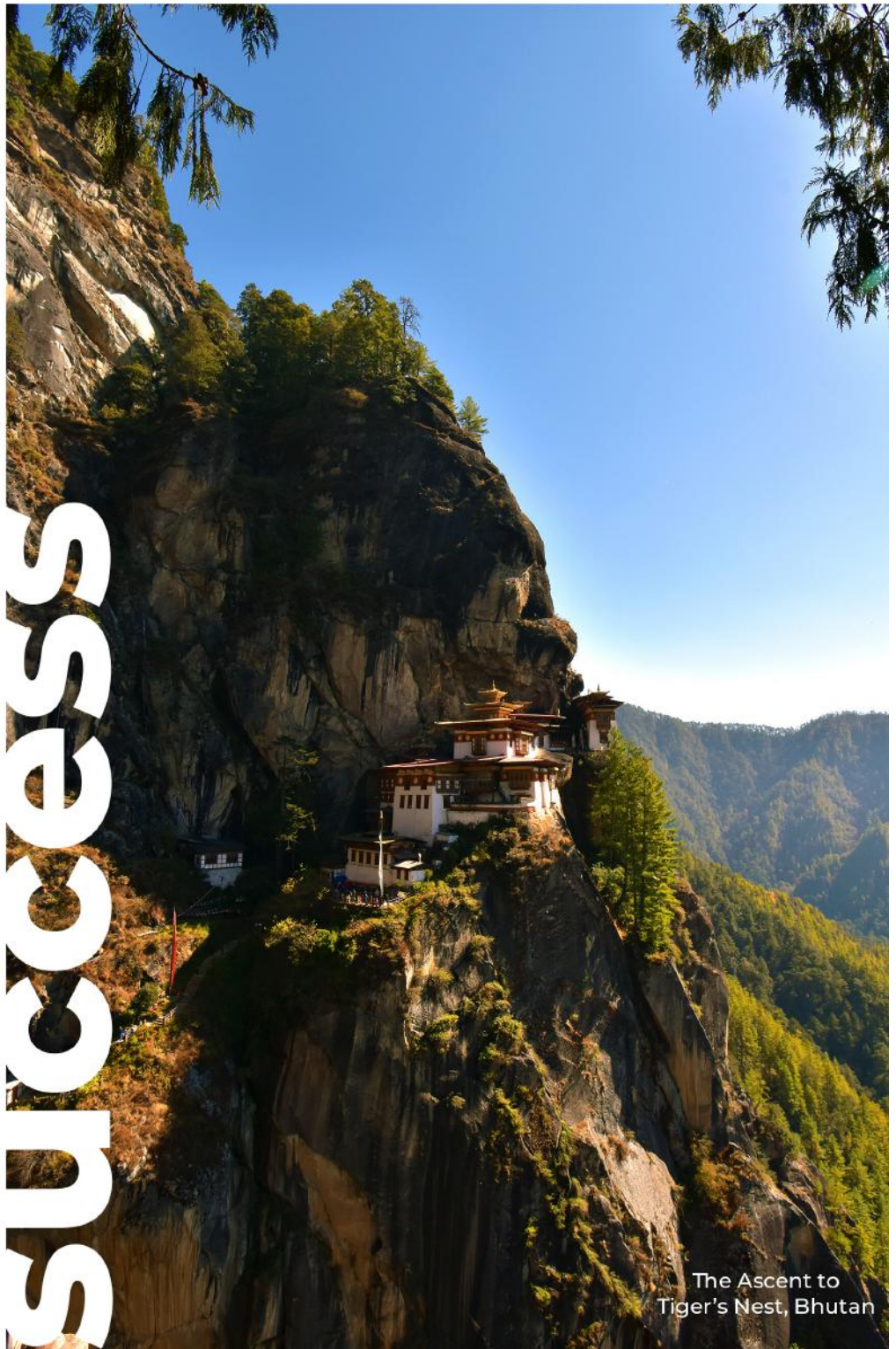
Since 1899, various versions of a powerful definition of success have been attributed to great writers and thinkers such as Bessie A. Stanley, Albert E. Wiggam, Harry E. Fosdick, Ann Landers and Ralph W. Emerson.

I have reshaped their definition to align it with my understanding of success in 2020. I hope you enjoy it.

- Peter C. Fritz
January 1, 2020



PERIODONTAL WELLNESS
& IMPLANT SURGERY



The Ascent to
Tiger's Nest, Bhutan

LOOKING BACK



Innovating the collaborative specialty of periodontics and redefining the patient experience is the purpose of the Periodontal Wellness and Implant Surgery Clinic. 2019 was a year of exploration and innovation for Dr. Fritz and his team of Voyageurs. Dr. Fritz travelled to six continents with the mission of not only sharing his expertise with clinicians and scientists globally, but learning through trusted collaboration and professional development. What follows is a glimpse of a year that will be remembered for the great progress made in our clinical, research and outreach objectives. Staying true to the compass of Head, Heart and Hand culminated in some memorable accomplishments.

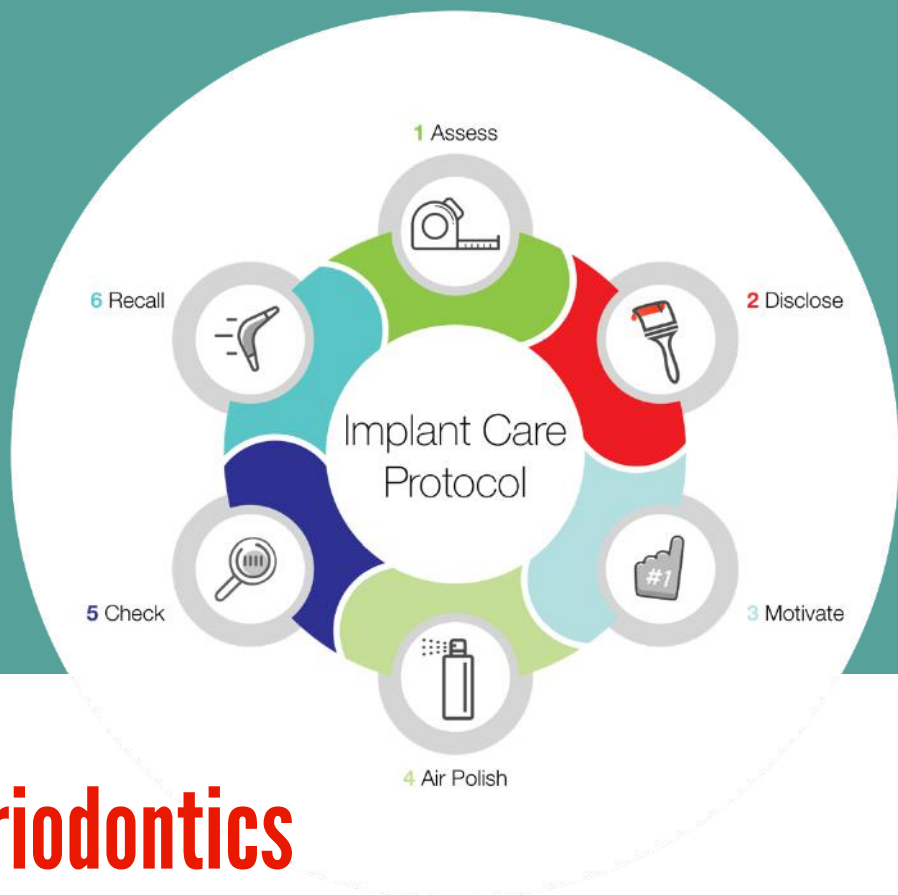




JANUARY

In January, we saw the launch of Base Camp, a completely new super course aimed at exploring the most current research and practice-based evidence of periodontal therapy. While the Perio in the Peninsula Study Club has been hosting events across the Niagara Peninsula for 15 years, it was time for a make-over. Base Camp brought together (and continues to do so) a collaborative learning experience among a dynamic network of allied health professionals to better understand the complex world of periodontology.





An Exploration of Periodontics

In cooperation with Niagara College, we hosted eight lectures in 2019 with an average attendance of 150+ hygienists, dental assistants, administrators, nurses, scientists, academics, physicians, and dentists. The super course brought the health care practitioners of the Region on a comprehensive case-based journey in the etiology, diagnosis, classification, treatment, and prevention of periodontal disease. The Dental Assisting Class at Niagara College surprised everyone by donating the proceeds of a powered toothbrush raffle towards the ALS Paint a Paddle fundraiser.



FEBRUARY



In February, Dr. Fritz travelled to South Africa again as a follow up to the Danish-South African Oral Surgery Dental Conference in Cape Town. During this trip Dr. Fritz studied the complex and changing relationships of teamwork and digital workflow between periodontists and restorative specialists to maximize the quality of care for the patient.

It also provided an opportunity for Dr. Fritz to enjoy one of his favourite hobbies, wildlife videography.



"We are on a mission to redefine the way people think about periodontal and implant wellness. It's an amazing time to be a part of our team and network as we are shaping the future of how we heal patients and how we connect deeply with the world. We've got the backing to do life-changing work and we're doing it together. Our extraordinary, collaborative, empowered team of clinicians, makers, scientists and artists are all working together to define what it means to have a united healthy attitude supported by our individual strengths and talents" -Peter C. Fritz



MARCH

Non-Surgical Periodontal Therapy

May 2019

nc



Peter C. Fritz

B.Sc., D.D.S., F.R.C.D. (C), Ph.D., M.B.A.

Linda Dakin

Registered
Dental Hygienist

Donna Lavoie

Registered
Dental Hygienist

Amanda Longo

B.Sc., M.Sc., Ph.D.
Chief Innovation Officer and
Director of Strategy

Taylor Sparrow

B.Sc., M.Sc. Candidate
Registered Dental Hygienist

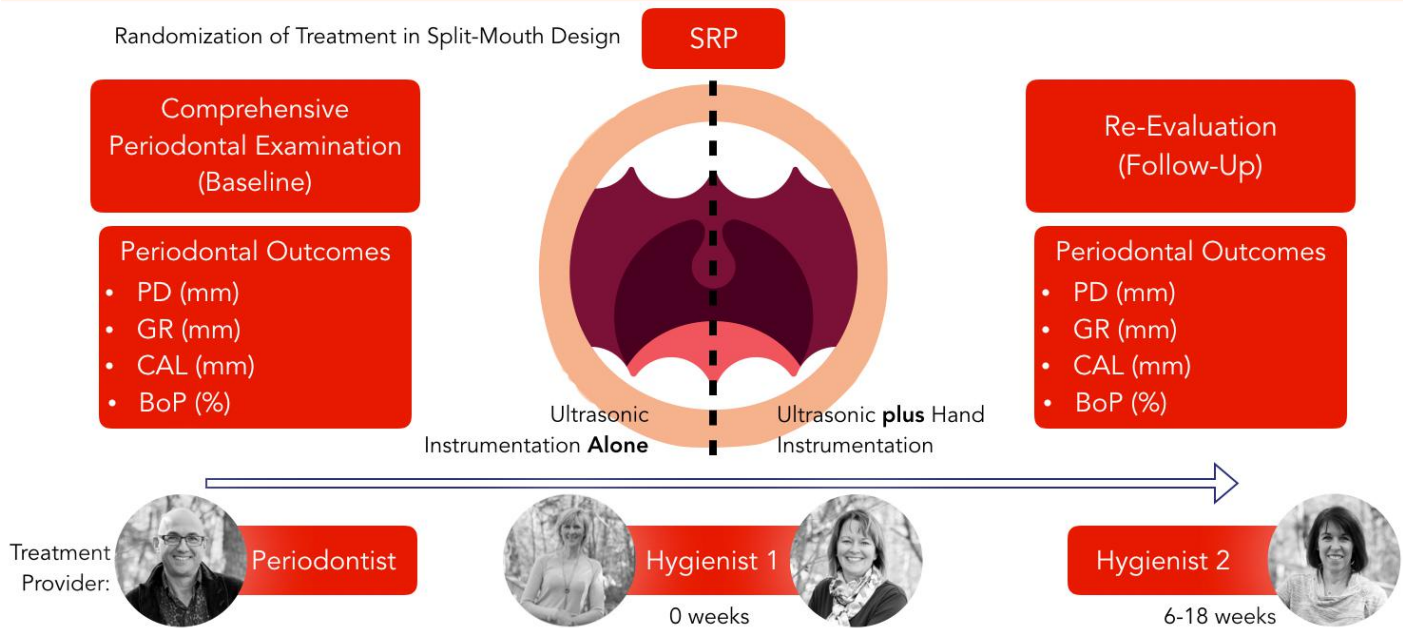
In March, a group of our hygienists, Donna Lavoie, Linda Dakin and Cathy Hamm were part of a research study led by Dr. Amanda Longo where they compared the efficacy of using ultrasonic instruments versus hand instruments plus ultrasonic instruments for patients with severe, generalized periodontitis in a randomized controlled split mouth study design.



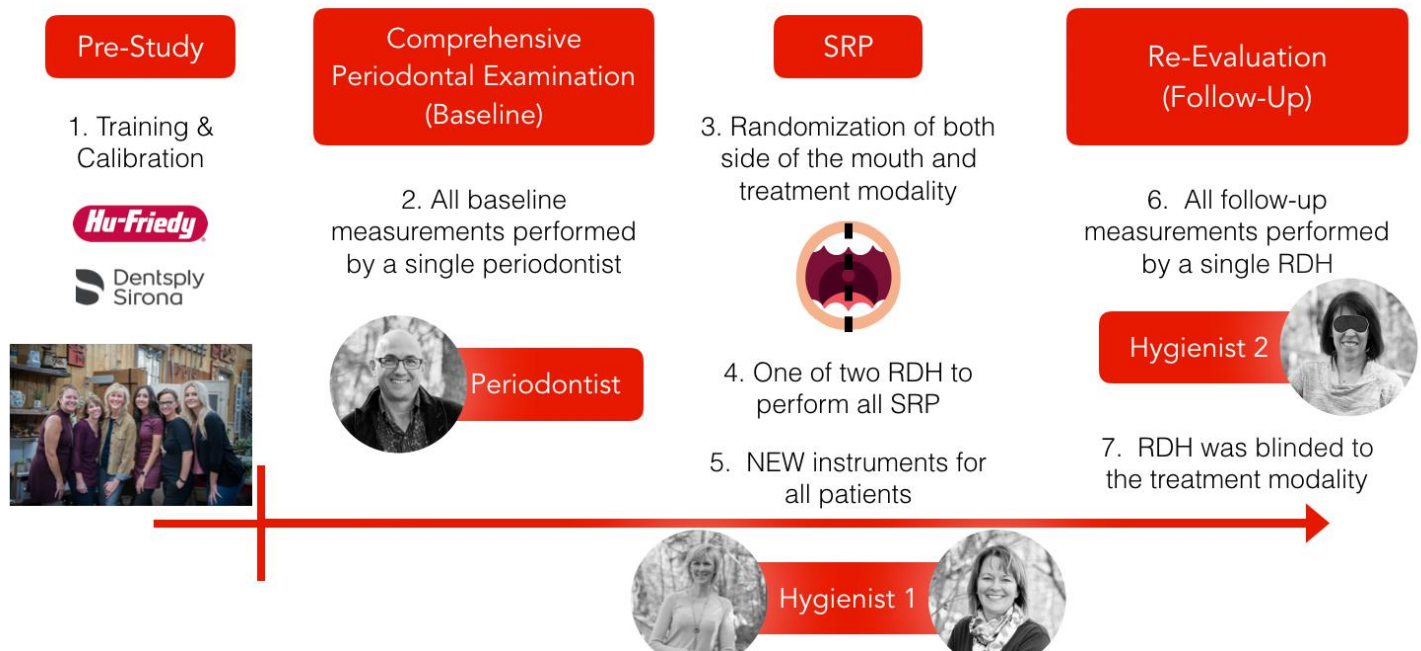
Data collection on a total of 40 patients was completed in March and it was determined that there was no difference in periodontal outcomes at the 8-week re-evaluation between the sides of the mouth treated with ultrasonic instruments alone compared to the sides of the mouth treated with the full arsenal of ultrasonic and hand instruments.

These carefully controlled results suggest to us that in the hands of extremely experienced clinicians, ultrasonic instrumentation may be a more efficient method for sanative root planing (SRP) as they did the same job in less time! The full article is expected to be published in early 2020 - stay tuned!

Site-specific Effect of SRP with Ultrasonics Instrumentation Alone or in Combination with Hand Instrumentation on Periodontal Outcomes in Periodontitis Patients



control for bias





APRIL

The nursing team had a summit to review safety/emergency procedures and practice advanced cardiac life support (ACLS) on sophisticated mannequins under the careful eye of Mark Cameron, one of Canada's top ACLS instructors (who bears a striking resemblance to cartoon Peter Griffin from "Family Guy").



SURGICAL OPERATORY



It is not uncommon to have dental professionals from all over the world visit the clinic in Fonthill each year. This year specialists from Copenhagen, Pakistan, Montreal and Brazil watched Dr. Fritz and his team operate in their carefully designed operating room.

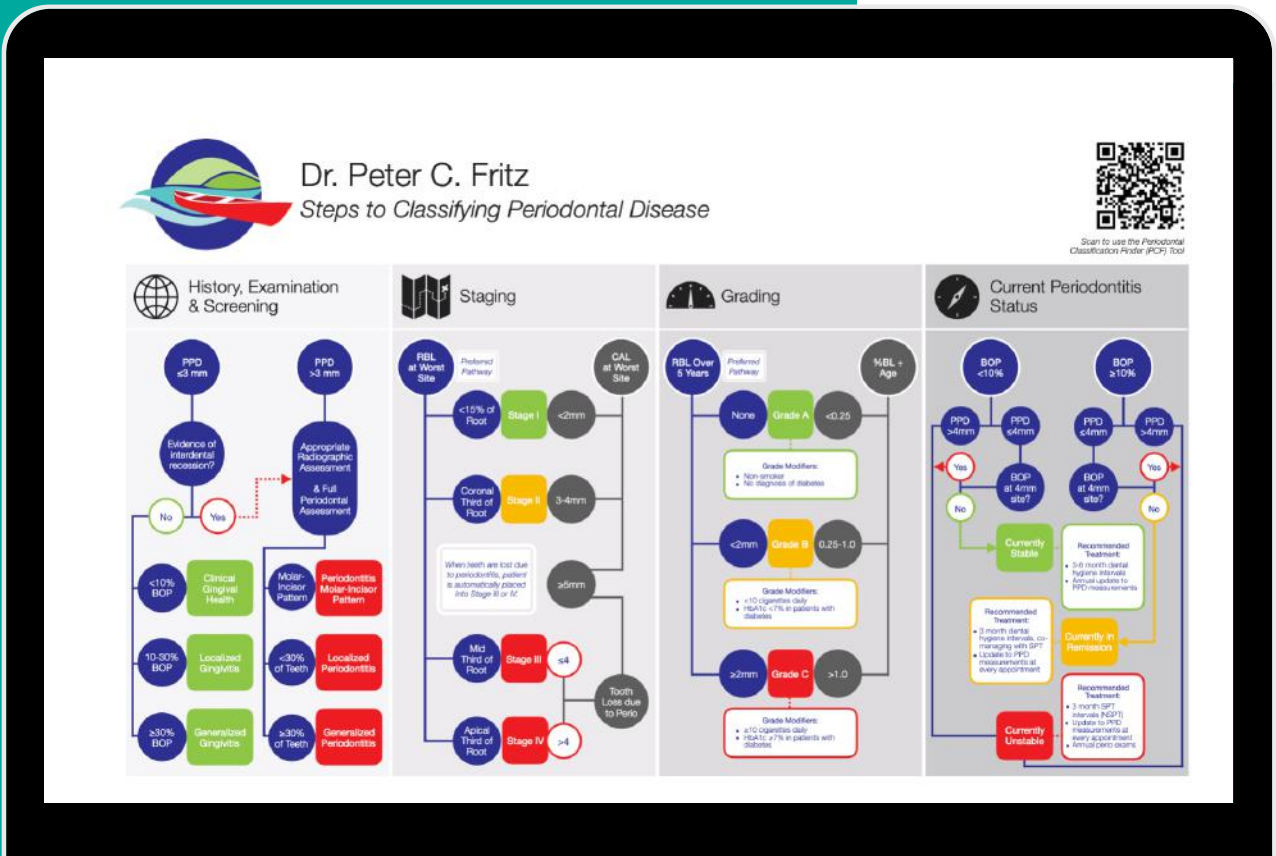
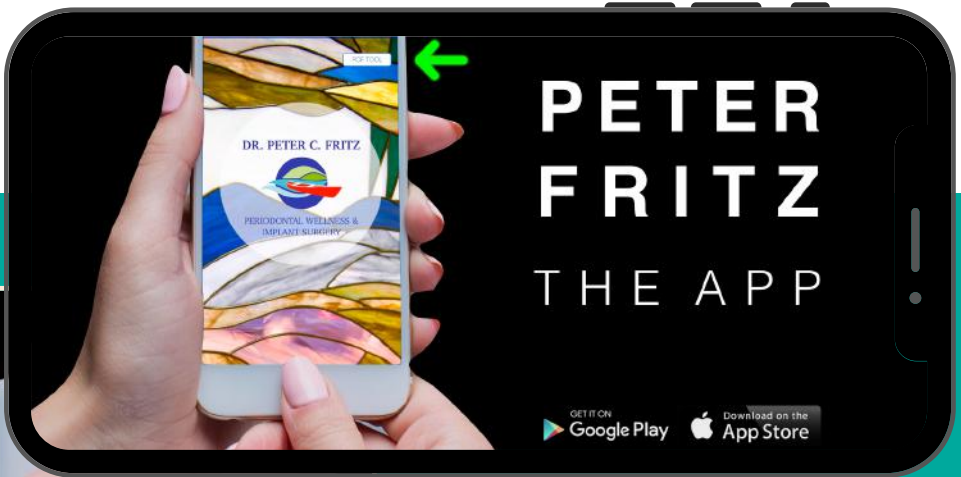
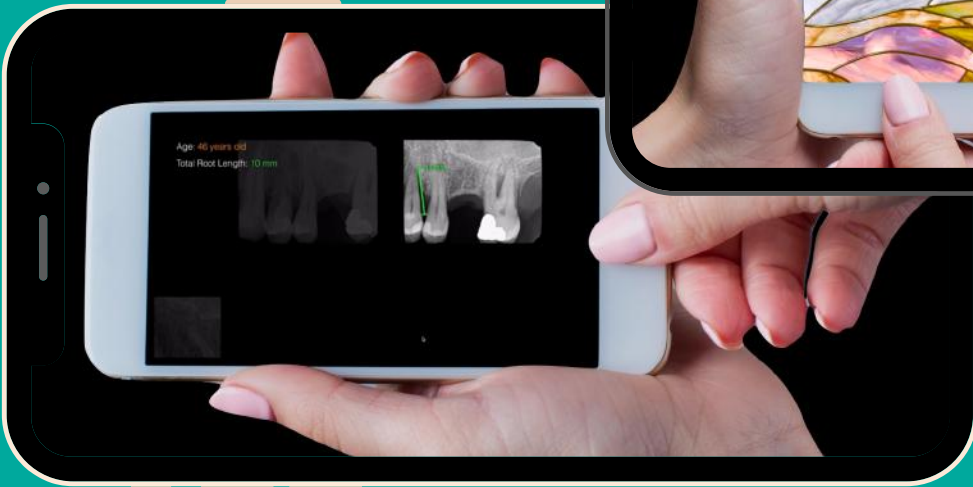
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Hu-Friedy

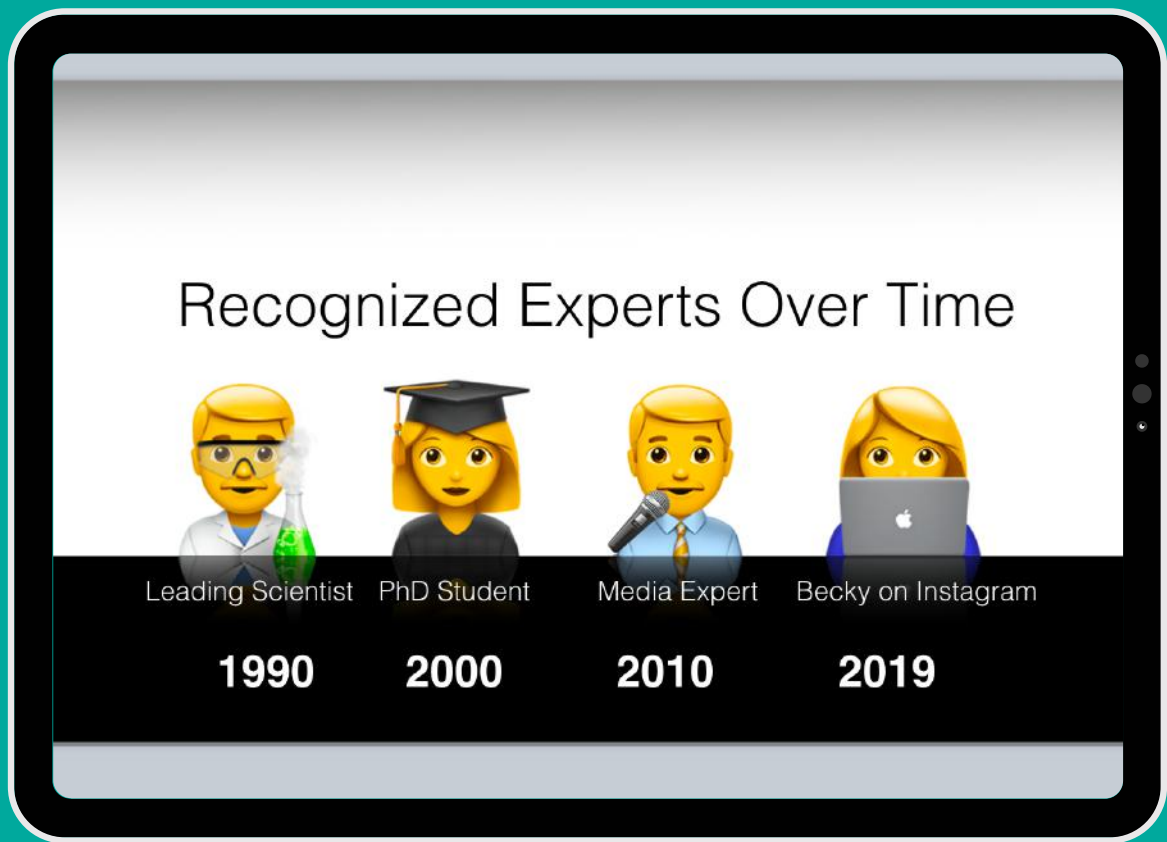
Donna Lavoie, our most senior hygienist was invited to attend the North American Launch of "Guided Biofilm Therapy" (GBT) as a Key Opinion Leader (KOL) in her field. Donna joined leaders of the dental hygiene world to give her thoughts and opinions on this significant advancement in Hygiene. She then brought back her knowledge and began implementing GBT therapy in our clinic.



MAY



This year the clinic launched an App to implement the new classification system of Periodontal Diseases as well as a YouTube Channel to help support the dental community. Both resources are free and available to everyone.



"GIVE ME SUCESS, OR ITS ETERNAL PURSIT, AND I'LL TAKE THE PURSUIT." -Elbert Hubbard



Dr. Fritz completed his first university degree in Cell Biology from McMaster University. He was very honoured to be appointed as an Adjunct Assistant Clinical Professor in the Division of Otolaryngology, Department of Surgery in the Michael G. DeGroote School of Medicine at McMaster University. He looks forward to working with residents and faculty at McMaster to strengthen linkages between Dentistry and Medicine and to collaborate on an important study of Oral Cancer.



Walk to
End ALS



JUNE



GALLUP STRENGTHS SUMMIT

"GIVE ME SUCCESS, OR ITS ETERNAL PURSUIT, AND I'LL TAKE THE PURSUIT."



Amanda travelled to Omaha, Nebraska to participate in the Gallup Strengths Summit where she connected with over 1500 Strengths coaches from all over the world. Her key learning take-away was around strengths-based decision making and navigating conflict. Amanda also became a Gallup-certified Engagement Champion. Employee Engagement is a hot-topic and a buzzword in many industries. From her course, Amanda learned of the 12-keys to establishing and retaining an engaged, passionate, and purpose-driven work environment. She brought that knowledge home to Fonthill and reminds us of it every day.



A wonderful team-building event was held at the Watering Can in Vineland where artistic expression was fostered through the design and creation of succulent planters. The team reflected on the opportunity to leave the world a little bit better through careful and respectful interactions with nature.

JULY



After two years of research and development, Dr. Amanda Longo and Dr. Fritz published an article on surgical complications in the Journal of Clinical and Experimental Dental Research. This article introduced a scale which can be used to benchmark best practices between clinics to determine which clinical procedures and techniques work best. You may not be aware, but the Periodontal Wellness and Implant Surgery Clinic in Fonthill has five sister clinics which share the same goals of patient care and devotion to the pursuit of excellence. These clinics are located in **Chicago, Houston, Montreal, Vancouver and Copenhagen**. By using the scale in this paper, it is now possible to compare clinical outcomes and complication rates between clinics. For example, one of the procedures common to periodontal offices is a soft tissue graft (gum graft). By keeping track of every clinical outcome in this study, it was revealed that the revision rate for this type of graft is only 0.7%. When comparing the results to one of the sister clinics which had a higher complication rate, it warranted a visit by that surgical team to Fonthill to observe how the procedure was performed to explain the lower complication rate. It was quickly determined that there could be some improvement in the post-operative instructions given and the sister clinic adjusted their protocols to improve the patient outcome.

SHORT COMMUNICATION

WILEY

The Fonthill Dental Surgery Complication Classification Scale

Peter C. Fritz^{1,2,3} | Amanda B. Longo¹ 

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Abstract

Objectives: A lack of consensus on how to classify post-operative complications in dentistry limits the ability for comparison of outcomes among treatments and their primary providers. Therefore, the Fonthill Dental Surgery Complication Classification Scale has been proposed as a uniform reporting tool to allow for the standardized quality assessment of dental treatment. This instrument classifies negative outcomes arising after dental treatment and is based on the clinician and the clinician time required to resolve the complication in seven classes of increasing severity.

Materials and Methods: The scale was evaluated in a cohort of 2,382 consecutive patients, of which 9% experienced a complication, the majority of which were Class I or Class II—resolved without intervention by the dental surgeon.

Results: Four scenarios where interpretation of the scale was required are presented with an explanation of their complication class.

Conclusions: This classification system will ultimately prove reliable in measuring clinician success rate and aiding in the decision-making process for patients, clinicians, and financial providers.

“By sharing quantifiable complication rates, it improves patient care and safety, improves efficiency and aligns everyone around the same goal: Let’s get healthier using the most predictable and proven path. No one wants to do a surgery over again.”

AUGUST

Donna Lavoie and Amanda Longo were invited to present their primary findings from the Ultrasonics Study at the International Symposium for Dental Hygiene in Brisbane, Australia. There was standing room only for the highly anticipated presentation and it was positively received and appreciated by the international audience.



Roxanne More was invited to give a unique presentation of her work on the Dental Hygiene Residency program, in Brisbane, Australia. The Dental Hygiene residency is a program developed in partnership by Dr. Fritz and Carolyn Triemstra at Niagara College to create future leaders for the Dental Hygiene Profession by immersing them in a specialty clinic after graduation.



Linda Dakin and Professor Wendy Ward were invited to present a lecture on a novel partnership which culminates in a productive research collaboration between a University and private clinic. Since 2002, this partnership has resulted in 8 peer reviewed articles and significant research experiences for 4 M.Sc. students. Presently, there are 2 M.Sc. students and one Ph.D. student conducting research at the clinic in Fonhill.



SEPTEMBER



The Periodontal Wellness and Implant Surgery Clinic is a proud sponsor of The World Innovation Network (TWIN). TWIN is a community of innovation and growth leaders from across sectors and geographies who come together once per year in Chicago to share their stories, invoke deep introspective thought, and spark creativity. The group in attendance includes leaders from business, government, non-profit, the arts, academia, and defense.



In Chicago we discovered the teaBOT, an incredible machine which allows the user to create their own custom blend of tea using a touch screen. There are seven available teas which translates into hundreds of possible blends to discover! The teaBOT has since joined our team and is available for all to enjoy.

Also in September, Amanda travelled to our sister clinic in Montreal for a day of benchmarking. There, she filled a notebook with details of the things that they are doing remarkably well and ways in which we can improve our patient experience and offerings.

While most were going back to school in September, Taylor was graduating! She successfully defended her thesis and completed her Master of Science degree. We are so proud of Taylor and her diligent work ethic!



Michele also graduated from McMaster University and received the designation of Payroll Compliance Practitioner. Michele graduated with the highest level of achievement and was recognized for the highest academic average in her cohort. Top of the class! We are so fortunate to have her on our team!

**"THE LONGER I LIVE,
THE MORE BEAUTIFUL
LIFE BECOMES."**

FRANK LLOYD WRIGHT

OCTOBER

In October, Dr. Fritz participated in the European Head and Neck Surgery Conference in Amsterdam which presented the current multidisciplinary management of head and neck cancer.

Also this month, Dr. Fritz and his team published two notable articles in Oral Health. The first was Part II of the Executive Summary of the updates to periodontal disease classification, specifically discussing peri-implant health and disease. As a logical follow-up, the second publication in the October issue of Oral Health, was an update to the implant care protocol that was developed in 2008. This protocol to maintain implants has been incorporated into dental practices and hygiene schools around the world. This latest critical update incorporates a new technology called Guided Biofilm Therapy (GBT), which decontaminates the implant in a way not possible with conventional instruments. As leaders in the field, EMS the manufacturers of GBT technologies flew two of their top clinical instructors to our clinic in Fonthill for an immersive day of hands-on learning. Now, not only are our dental hygienists and assistants proficient in GBT, they are certified trainers of the innovative technique. Dr. Fritz and his team will be lecturing on the Fonthill Implant Care Protocol across North America in 2020.

oralhealth
Feature

Peri-Implant Diseases And Conditions: An Executive Summary Of The New Global Classification System For The Busy Dental Professional – Part II

October 8, 2019

by Amanda B. Longo, BSc, MSc, PhD; Peter C. Fritz, BSc, DDS, FRCD(C), PhD (Perio), MB

oralhealth
Feature

The Fonthill Implant Care Protocol: A Critical Update

October 8, 2019

by Peter C. Fritz; Donna M. Lavoie; Roxanne More; Linda M. Dakin; Angie Nahli; Amanda B. Longo

It has been eight years since we published our Supportive Periodontal Implant Maintenance Protocol¹ which has been shared and implemented in dental practices and hygiene colleges across the globe. With the exciting new periodontal and peri-implant classifications published simultaneously by the





Of most notable mention in October, in partnership with Jackson Triggs Estate and The Garrison House, we hosted a Night to Remember at Jackson Triggs with 100% of the proceeds supporting ALS Canada. As a teaser for the main event in May 2020, this event attracted over 100 attendees and in combination with our paddles sales raised over \$28,000! The generosity of local vendors, small and large businesses, and the community was nothing short of awe-inspiring.

From the bottom of our hearts, we want to sincerely thank any and all of those that have been involved in our Paint A Paddle event for ALS Canada. If our combined efforts in 2019 are any indication, the success of our Live and Silent Auction at Megalomaniac on May 2, 2020 to bring awareness and hope are a near-guarantee.



NOVEMBER



TRAVELLING TO BHUTAN & NEPAL

Dr. Fritz explored Bhutan with the goal of studying why the country has the second highest rate of Oral Cancer in the World. He met with the Minister of Health in Bhutan and the Scientific Director of Khesar Gyalpo University to plan a study among Bhutanese Monks living at high altitude.

Along the way, Dr. Fritz had the chance to visit Base Camp on Mount Everest and take in a photo safari in the Jungles of Nepal,



DECEMBER



WELCOME DR. LUISA SCHULDT!

Originally from Kitchener, Dr. Schuldt joins our team as a graduate of the Periodontics Program from the University of British Columbia, Faculty of Dentistry Class of 2017. Prior to this she was in a full time private practice limited to prosthodontics and implant dentistry since 2000.

Dr. Schuldt forms a valuable link in our collaborative network and brings new skills and expanded talents to provide our patients and referrals with timely joyful care.

She will be seeing patients 150 days per year including Saturdays and two evenings per week.

Dr. Schuldt is the perfect addition to our culture of the constant pursuit of excellence and creating a positive, comfortable and memorable patient experience.

It is with great pleasure and excitement that we move in to the next decade of innovating the collaborative specialty of periodontics together.

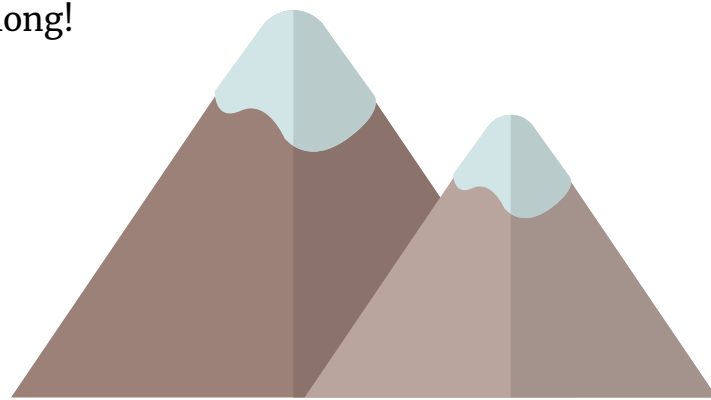


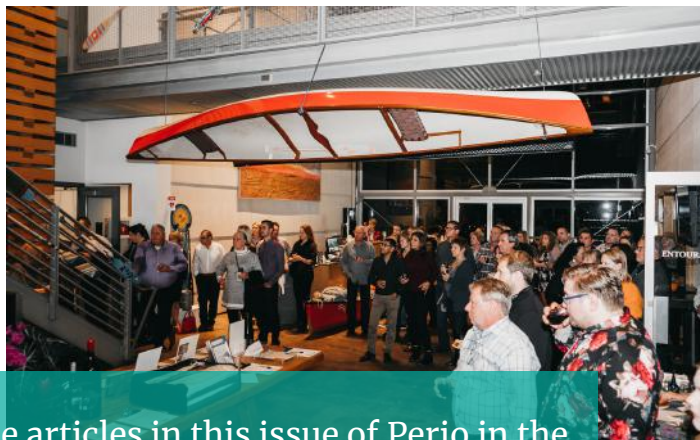
BUILDING THE FUTURE TOGETHER

On the horizon for 2020 are some incredible initiatives. These will take our team on a meaningful journey of learning, sharing and reflecting in different countries and continents.

One theme remains clear and strong: A collaborative global network fosters important relationships, reminds us of the power of diversity and inclusivity, and further reminds us that it is always possible to become better.

Give me success or its eternal pursuit, and I'll take the pursuit.
Thanks for coming along!





Have questions or comments about any of the articles in this issue of Perio in the Peninsula or suggestions for our next issue?
Please contact our office at 905.892.0800 or email at amanda@drpeterfritz.com
We would love to hear from you!

www.drpeterfritz.com

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