

Spring 2019

VOLUME XVII

PERIO



IN THE PENINSULA

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SOUTH

We all know and admire Dr. Fritz's love for learning. He is often attending conferences and lectures all around the world to bring home the most current and innovative information or technology to share with his team. He uses this knowledge to further enhance and enrich the patient experience at his Fonthill office.

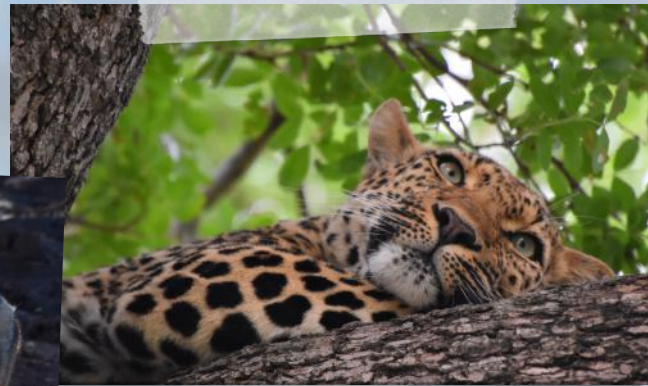
This time, Dr. Fritz started off the year on an exploratory journey to South Africa. Alongside local and international colleagues, he investigated the country's successes and challenges in periodontics. He also did some teaching in the dental community, sharing many gems he collected over the years.

To thank Dr. Fritz for sharing his knowledge and experience, he was given the opportunity to embark on a different kind of learning adventure - an African Photo Safari!



AFRICA

*Take a look at some photos taken by
Dr. Fritz on his African Safari!*



BASE

Twelve Cutting Edge



The first three lectures of our series have come and gone, but the knowledge we have acquired will stay with us. These sold-out lectures of the Base Camp series introduced and reviewed the Global Periodontal Disease Classification which was revealed at the EuroPerio9 congress less than one year ago. The comprehensive classification is based upon the most contemporary evidence, which takes into account a patient's lifetime disease experience, as well as their overall health status and associated risk factors.

At each of the Base Camp events, attendees were encouraged to collect "gems" along the way. These included exclusive charts and tables that Dr. Fritz provided in order to make the new classification system easier to understand and implement in practice.

At Lecture 2, Dr. Fritz unveiled an easy-to-use flowchart to aid dental hygienists in screening, staging and grading periodontal disease. He also launched a mobile tool, the Periodontal Classification Finder (PCF) tool, on the Dr. Peter Fritz app to further facilitate the process of staging and grading.

CAMP

Lectures in Periodontics

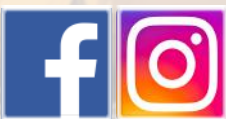


In Lecture 3, our focus changed from diagnosis of a single disease toward a more global focus on the human body. At this lecture, Dr. Longo presented to the group of eager-ears the systemic links that exist between many diseases plaguing our society today and their connection to periodontal health and wellness. Specifically, we learned of the bi-directional links between diabetes and our risk of periodontal disease as well as the evidence to support a connection between cardiovascular disease, immunodeficiencies, obesity, and mental health. Rest assured, a whole-body approach to health and wellness was on the minds of all of those allied health professionals in the audience!



You can follow Perio in the Peninsula on social media, and download the Dr. Peter Fritz app!

Our online and mobile presence offers course updates, easy-to-access downloadable material, instant notifications regarding date or time changes, event reminders, opportunities to win prizes, and responses to questions within minutes.



Non-Surgical Periodontal Therapy

Lecture 4 of a 12-part series of Cutting Edge Updates in Periodontics

Wednesday, May 22, 2019

6:00 - 9:00 pm

Niagara College - Welland Campus

At Lecture 4 of Base Camp, we have brought together a power-pack of speakers eager to discuss the methods, processes, and benefits to non-surgical periodontal therapy.

Together, we will revisit the series of case studies introduced and diagnosed in Lecture 2. As an interactive group, we will discuss and determine the most efficient and effective non-surgical periodontal treatment plan for each of these cases.

As a dynamic team, Dr. Amanda Longo and master clinicians, Donna Lavoie and Linda Dakin will present results of a two-year long trial investigating the effects of ultrasonic scaling alone compared to ultrasonics with the use of hand instrumentation.

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



Amanda Longo
B.Sc., M.Sc., Ph.D.



Donna Lavoie
RDH



Linda Dakin
RDH



Peter Fritz

Lectures in the Series

Date

Lectures in the Series

Date

1	Introduction and Review of Periodontal Disease Classification	January 16, 2019	7	Metrics for Success: The Re-Evaluation	November 13, 2019
2	Comprehensive Periodontal Examination: A Series of Case Studies	March 6, 2019	8	Periodontal Surgery, Regeneration and Microsurgery	December 11, 2019
3	Systemic Link between Periodontal and Overall Health	April 10, 2019	9	Implant Dentistry in 2020	January 22, 2020
4	Non-Surgical Periodontal Therapy	May 22, 2019	10	Update in Oral Pathology	March 4, 2020
5	Antimicrobials, Nutrition and Adjunctive Options in the Treatment of Periodontal Disease	September 4, 2019	11	Periodontal Linkages with other Specialities	April 15, 2020
6	Implant Maintenance and Peri-Implant Pathology	October 16, 2019	12	The Final Ascent - Celebration	May 13, 2020

Visit us at www.periointhe peninsula.ca for more information and to register!



Dental Hygiene

Periodontal Residency Program

After completing dental school, one option for dental graduates is to gain specialized training and experience at an accredited dental residency program, such as Sunnybrook or Mount Sinai Hospital. Future leaders in dentistry are often created through these programs.

However, in Canada, there exists only one comparable program for dental hygienists. To gain supervised clinical experience in a team environment over a structured one-year program, the only place for high potential dental hygiene grads to go is the office of Dr. Peter Fritz.

With the goal to foster the development of future leaders in the dental hygiene profession, Dr. Fritz has developed the 12-month Dental Hygiene Periodontal Residency Program.

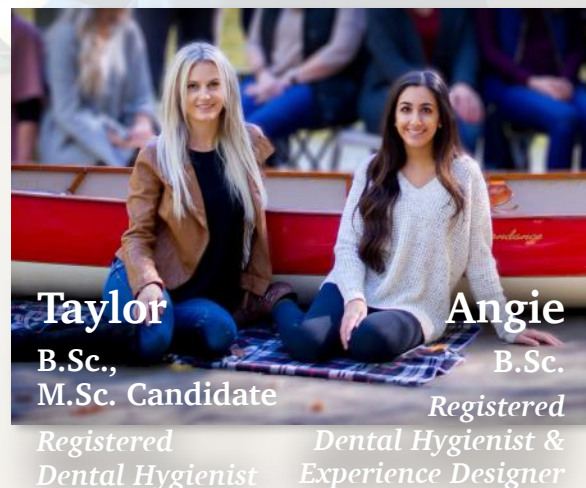
Implemented in 2016, the program has graduated two students to date, Taylor Sparrow and Angie Nahli. Both Taylor and Angie have certainly filled the ambitious dream of Dr. Fritz already, to become established leaders in their field. With an interest in teaching, Taylor has returned to Brock University to pursue her Master's degree and with an exceptional eye for detail, Angie has taken on the role of Experience Designer.

The electric light was not created through continuous improvement of the candle.

That is to say, the continuous adjustment of an old model does not lead to innovation. And so, the framework by which the Dental Hygiene Periodontal Residency Program teaches and trains is different than any other. Through established partnerships with Niagara College, Niagara Health Systems, Brock University, and the community at large, the program reinforces the importance of networks and support by a team.

Our team is now accepting applications for our next Dental Hygiene Periodontal Resident. A complete immersion into all aspects of the periodontal practice begins in October 2019 with a 12-month, full-time, paid structured approach with continuous learning from our team of collaborative and empowered clinicians, scientists, and leaders.

Successful applicants will submit their CV, transcripts, and cover letter to Dr. Amanda Longo by June 1, 2019.



When we are able to strike a balance between optimization and exploration, we are able to innovate the collaborative specialty of periodontics and redefine the patient experience.

PERIO *in the* PENINSULA

paint a paddle



Life without industry is guilt, and industry without art is brutality.

- John Ruskin



Life never runs in a straight line for anyone. Like a river, there are obstacles all of the time that give us no choice but to change direction, to find a different path.

One of my team members, Cathy, is experiencing a tremendous challenge.

I first met Cathy's husband, John at one of our holiday parties. After being a mechanical engineer and volunteer firefighter for many years, he switched careers in his forties and realized his dream of becoming a professional firefighter. John was with a fire hall in Vaughan and just before the party, he was featured on a safety segment on CityTV. He fit the profile of the ambassador you would want on television to promote safety to the citizens of a big city; Bright, energetic, charming and fit.

Not two years after that encounter he started to notice he was having trouble with his leg but brushed it off as being a little clumsy. Soon after, he realized it might be more of a problem that shouldn't be ignored and had it investigated. A few months later, John was diagnosed with ALS. This relentless disease slowly moved forward and soon John needed to retire from firefighting. To expedite the process, his colleagues at the fire-hall covered his shifts so he could retire sooner than he had planned.

The disease continued through its brutal stages and our team tried to do what we could to support Cathy, his wife, our teammate, but we knew our efforts were only a drop in the bucket of support that the Hamm family so gracefully receives.

In December of 2017, Cathy made the decision to be with John and take a leave from the clinic. As a leader, I had no direction to offer, no peppy catchphrase and no amount of encouragement could make the situation better. Much like playing tennis against a brick wall, there was no way yet to win against this relentless and brutal disease.

However, on a canoe trip last September in Algonquin Park, I learned of an opportunity to make a very, very tiny difference. Algonquin Outfitters had organized a “Paddle Art” promotion to raise funds for Parks Canada. I asked their organizers if we could use their idea to support the Niagara chapter of ALS Canada and do something useful for John and Cathy and their family. Algonquin Outfitters instantly agreed and the “Paint a Paddle” Promotion was born. Very quickly support has grown from our local community.

As you are aware, a canoe paddle is a timeless Canadian icon that represents simplicity, utility, and nature. It symbolizes an essential instrument one needs to explore and journey through all stages of life with. It symbolizes change and beauty.

I've always believed in hands that work, brains that think, and hearts that love. It is comforting and a privilege to be among colleagues who believe the same, especially in these turbulent times where our path is unknown, much like the path of a river.

The talents of our community are endless.

If you are interested in supporting our auction through donations of other forms of artwork or by broadcasting to our community at large, please contact any member of our team.

Any support is appreciated.

STEP ONE: Purchase your Paddle

Paddles are available for purchase at:

- Our Fonthill office — 165 Highway 20 W
- All Base Camp lectures — Niagara College

STEP TWO: Decorate your Paddle

Decorate your paddle to be uniquely yours!

There are no limits to the way in which you can decorate your paddle.

Paint it - Burn it - Sculpt it - Etch it - Carve it - The Choice is Yours!

STEP THREE: Return your Paddle for Auction!

Return your unique piece by March 4, 2020 and watch it go to the highest bidder on Online Auction! All proceeds of this project will support our local chapter of the ALS Society.



Pulling together we forge ahead

Special Olympics World Games Abu Dhabi 2019

*Let me win. But if I cannot win, let me be
BRAVE in the attempt.*

Hosted every four years, the Special Olympics World Games is the world's largest humanitarian sporting event. The Special Olympics World Games 2019 was hosted in Abu Dhabi and Dubai, United Arab Emirates in March 2019 and we had a special reason to watch!



Julia Longo, a 26 year old swimmer and sister to our Chief Innovation Officer, Amanda Longo, was chosen to represent Team Canada at the Games this year. Julia earned a gold medal in the 4x50-metre medley relay, a bronze in the 100-m individual medley, and two fourth place finishes in the 100-m freestyle, and 200-m freestyle.

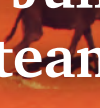
Julia is no stranger to Special Olympics or to competing on the World stage. Having been a member of Special Olympics for 17 years, this marks Julia's third trip to the World Games. In 2011 and 2015, Julia represented Team Canada in Athens, Greece and Los Angeles, California, both times for swimming.

Amanda jokes that her sister has been deciding their family vacation destinations for years, as she has followed her to every major National and International competition for over 10 years.

Special Olympics is a global movement founded 50 years ago by the mother of Special Olympics, Eunice Kennedy Shriver. It focuses on the empowerment of People of Determination with intellectual disabilities through the power of sport.

With substantial growth every year, this year's World Games brought together over 7000 athletes from 170 countries competing in 24 different team and individual sports.

Congratulations Julia!
You make Canada and our team very proud!



Welcome Kathy!

As a group committed to life long learning, welcoming Kathy to our knowledgeable team of nurses was an obvious choice!

Kathy is a registered nurse with over 21 years of experience and has already made herself an integral member of our Nursing squad. Kathy works primarily in the Emergency Department of the West Lincoln Hospital where she is a member of the Leadership Group in her role as Charge Nurse.

The Leadership Group that Kathy is a member of has provided her with unique opportunities to develop her strengths, to promote quality improvement, to innovate education initiatives, and to expand her confidence in her abilities when under high pressure situations and while having difficult conversations. This special training that she's received as part of the Leadership Group translate perfectly to her duties with our team as she guides patients along their sedation experience and flourishes as a natural leader among our team.



With a Bachelor's degree in psychology from the University of Windsor and her Nursing degree from Fanshawe College, Kathy joins us as an accomplished member of the team.

Kathy boasts that her favourite part about her position with the Fritz team is the time she is given to fully connect with her patients and the devotion and attention to detail that is paid to providing the best patient experience possible, every day.

When Kathy is not with us, she is an avid yogi, practicing yoga 3-4 times per week. She loves to spend as much time outdoors with her family as she can!

We are so happy to welcome Kathy as a member of our day-time family and welcome her unique strengths as a leader and care giver.



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
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We would love to hear from you!

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PERIODONTAL WELLNESS
& IMPLANT SURGERY