

Winter 2019

VOLUME XVI

PERIO



IN THE PENINSULA



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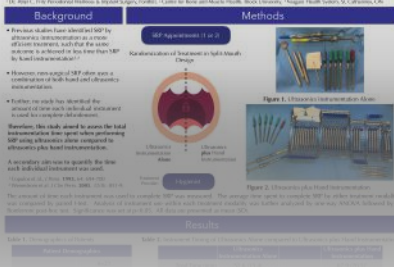
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We received some inspiration through listening and meeting with the researchers and clinicians from around the area and are looking forward to starting our next project, this time with involvement of medical students from McMaster University!





oralhealth

These are exciting times in the world of periodontology and we are excited to share the latest research! Having been privileged to sit in the audience for the first ever presentation of the culmination of the work from the 2017 World Workshop of Periodontology in Amsterdam, Dr. Fritz and his team were positioned perfectly to disseminate this knowledge in North America.

With the busy dental professional in mind, Dr. Fritz and Dr. Longo published an Executive Summary of the New Global Classification System for Periodontal and Peri-Implant Diseases in the October 2018 issue of Oral Health.

Oral Health is a monthly professional journal written and distributed to every practicing dentist in Canada.

The New Global Classification System for Periodontal and Peri-Implant Diseases: An Executive Summary for the Busy Dental Professional

October 16, 2018
by Peter C. Fritz, BSc, DDS, FRCD(C), PhD (Perio), MBA; Wendy E. Ward, BA&Sci, BSc, MSc, PhD; Amanda B. Longo, BSc, MSc, PhD

Editor's note: Please click tables to see an enlarged version.

These are exciting times in the world of periodontology. The 2017 World Workshop, a combined collaboration by the European Federation of Periodontology (EFP) and the American Academy of Periodontology (AAP),

Also in this publication of the Canadian journal, Dr. Fritz and Dr. Longo wrote another rapid review on radiation and CBCT in the dental practice. Patients are often concerned about their exposure to ionizing radiation. This article was written to attenuate the ambiguity around x-ray radiation and to provide a clear and evidence-based summary of the benefits and limitations to dental radiation.

A Rapid Review on Radiation and CBCT in Dental Practice

October 16, 2018
by Amanda B. Longo, BSc, MSc, PhD; Peter C. Fritz, BSc, DDS, FRCD(C), PhD (Perio), MBA

Exposure to ionizing radiation and its potential risks are often major concerns of our patients. Ambiguity and confusion exist among the general public, mainly due to the risks discussed in the media and from spurious online information. This leads to confusion, fear, and avoidance by the patient. Therefore, this review aims to attenuate the ambiguity and to

If that wasn't enough, also in this edition of Oral Health, Dr. Fritz and Dr. Ward published a nutrition update on the beneficial links between dietary protein and our periodontal health.

Find the link to all three original articles at www.drpeterfritz.com

Nutrition Update: Dietary Protein for Periodontal Health

October 16, 2018
by Wendy E. Ward, BA&Sci, BSc, MSc, PhD; Peter C. Fritz, BSc, DDS, FRCD(C), PhD, MBA

Diet and Periodontal Health

Many epidemiological studies have shown positive associations between specific nutrients – including calcium, vitamins C and D, specific fatty acids – and periodontal health. 1,2 Protein is a much less studied nutrient from this perspective, although it serves as a building block for bone and the

Euro

EuroPerio9, hosted in June 2018 in Amsterdam, is the largest periodontal conference in the world. Held every 3 years, this conference hosts over 10,000 attendees of which included 8 members of our team!

Hygienists Donna, Linda, Taylor, Roxanne, Cathy, and Angie, as well as Chief Innovation Officer, Amanda and Dr. Fritz made up the largest Canadian contingent.



Although the conference itself runs for just four days, there were months of preparation ahead of our arrival. Our team submitted and presented abstracts for poster presentation at the conference highlighting the preliminary results of our study of instrumentation used for non-surgical periodontal therapy as well as findings from our other studies conducted with Brock University. All of our posters were well received and we were thrilled to see the results of our hard work up on the electronic poster boards for the world to see!

The real buzz at the conference happened on Day 3 when the culmination of a World Workshop on the Classification of Periodontal and Peri-Implant Diseases was presented for the *first time ever*. This is the first update to the classification and diagnosis of periodontal disease since 1999 and reflects the most current knowledge and evidence based criteria.

We have already begun to implement this new system of 'staging' and 'grading' to allow more personalized care of our patients and improved communication with our partner practitioners.

Perio9



In order to facilitate the transition to this new vernacular, Dr. Fritz has put together a 12-part lecture series to teach this new system and how it should be applied in daily practice. We welcome everyone - dental professional or not - to Base Camp, our lecture series held in collaboration with Niagara College, to learn this new classification system and to see what all the buzz is about!

The posters that we were proud to present include:

1. Effects of Periodontal Treatment with Ultrasonic Instrumentation Alone or in Combination with Hand Instrumentation on Patient Sensitivity in Generalized Advanced Periodontitis.
2. Site-Specific Effect of Periodontal Treatment with Ultrasonic Instrumentation Alone or in Combination with Hand Instrumentation on Periodontal Outcomes in Generalized Advanced Periodontitis.
3. Timing of Instrumentation Use for Non-Surgical Debridement using Ultrasonic Instrumentation Alone versus Ultrasonics and Hand Instrumentation in Generalized Advanced Periodontitis.
4. Improved Periodontal Healing after Non-Surgical Periodontal Therapy is Associated with Higher Protein Intake in Nonsmokers but not Smokers
5. Periodontal Health is Maintained at 3 to 4 years after Sanative Therapy and is Inversely Associated with the Level of Salivary IL-1 β
6. Nutritional Supplements Commonly used by Patients undergoing Periodontal Surgery



BASE CAMP

12 Cutting Edge Lectures in Periodontics

We are thrilled to introduce to you **Base Camp**, a course developed and hosted by our study club, Perio in the Peninsula & Niagara College School of Allied Health.

This newly developed super course will explore the most current practice-based evidence of periodontal therapy and introduce the brand new *Practical Classification System for Periodontal Disease*.

Registration is now open and available to ALL. Visit the following website for more information and to register: **www.periointhepeninsula.com**

Lectures in the Series:	Date (6-9pm):	Lectures in the Series:	Date (6-9pm):
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

All lectures in the series will be hosted at Niagara College - Welland Campus, AH 141

You can also follow Perio in the Peninsula on social media!

Our online 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.



REMIND

Text @base-camp to (647) 496-6522

PERIO *in the* PENINSULA

paint a paddle



Dedicated to merging Art & Science, Perio in the Peninsula has launched our first ever Paint a Paddle Contest!

Launching in January 2019 to the Niagara community at large, we invite you to participate in the creation of something spectacular with all proceeds supporting our local chapter of the ALS Society.

STEP ONE: Purchase your Paddle

Paddles are available for purchase at:

- Our Fonthill office — 165 Highway 20 West
- 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!

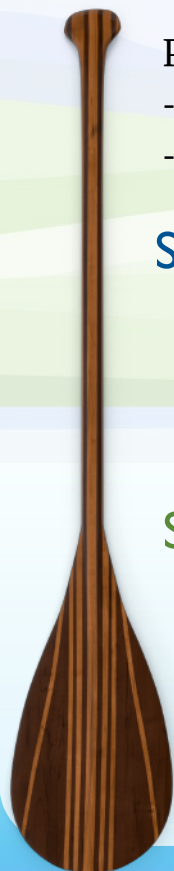
STEP THREE: Return your Paddle for Auction!

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

Interested in knowing more or being a Paddle Vendor?

1. Call or email Amanda
amanda@drpeterfritz.com
2. Visit our website
www.periointhe peninsula.ca
3. Speak to any of our team members at your next visit



Pulling together we forge ahead

Welcome Lucas!

We are honoured to welcome Lucas as the newest member of our surgical assisting and research team!

Lucas graduated as a dentist with a Master's degree in Implantology from his home country, Brazil and recently embarked on a new journey and has joined us as a clinical research associate!

Lucas has a thirst for learning. During his year as a Niagara College Dental Assisting student, Lucas had made a lasting impression at the office when he visited to observe a variety of procedures. Since first meeting Lucas, Dr. Fritz was certain that he would be a great fit with the budding team.

A strong dental background makes Lucas the ideal partner on the surgical assisting team and it gave him an appreciation for research. Lucas plays an essential role in our newest study - tracking our most frequently asked questions and coming up with innovative ways to manage them.



There is no denying his positive attitude at the office. When asked, Lucas is always feeling “excellent” or “fantastic,” and it really shows! Lucas effortlessly shares his positivity with the rest of the team by leaving pleasant notes as he travels from room to room and he is always happy to lend a hand.

Lucas provides the same compassionate care he displays with his patients to his adorable golden retriever, Jack. We are always excited when Lucas pulls out his phone to show us pictures of Jack's latest adventures!

In only a few short months, Lucas has made himself an irreplaceable member of the team. With the contagious mindset of “something to be gained in every day” we have been so fortunate to gain Lucas as a member of our team! Welcome Lucas!



104th Annual Meeting

American Academy of Periodontology

October 27-30, 2018 | Vancouver, BC

Since completing his MBA in 2016, Dr. Fritz sees the world of periodontology with a new lens. He was honoured with an invitation to share his new perspective on the specialty of periodontology in these turbulent times we are faced with at the 104th Annual American Academy of Periodontology conference this year.

Dr. Fritz was asked to speak not once, but twice at the conference with thousands of his peers in attendance. Beaming with pride from the audience were some of his team members. Pictured left to right are his proud group; Margie Waldeck (RN), Donna Lavoie (RDH), Assunta Piccini (CDA), Roxanne More (RDH), as well as his administrative team members Michele Bowman (PCP) and Amanda Longo (Ph.D.).

Dr. Fritz presented his lecture *“The Periodontist in Turbulent Times”* to a sold out audience and *“The Cost of Surgical Complications”* about the benefits of working with a team to provide our patients with the best care possible.



The entire group continued with their professional development by attending various lectures including “Moderate Sedation and Emergency Medicine for Periodontists”, “Pain Management: A Spectrum of Care”, “Innovations in Periodontics” and our two hygienists spent an afternoon at the Dental Hygiene Symposium.

Another highlight of this year’s program was the keynote speaker, Captain Mark Kelly, retired NASA astronaut and husband to former Congresswoman Gabrielle Giffords.

The four day experience was truly another step towards our goal of providing treatment to all of our patients with our Head, Heart and Hands.

The Ascent



As Margaret Mead once said, “No doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” As a thoughtful team committed to a common purpose, we set out every day to do just that.

To ensure that every member of our fast-paced group is paddling in the same direction, we must hit the pause button every now and again to come together as a team - regroup and refine our processes. We did just that with all of our team members over a three-day retreat in Whistler, BC.

Some of the highlights of our jam-packed agenda included redefining ourselves as a strengths-based team: a group of imperfect but talented contributors who are valued for their strengths and who need one another to realize individual and team excellence. When we are in tune and aware of each other's strengths, we understand how each person is inclined to think, act, and feel. This awareness of each other helps us to navigate the issues that all teams encounter and to understand how we can best work together to accomplish our goals.

Continues

As an added bonus, we were privileged to have a personal presentation from two top Executives of the Four Seasons Whistler. Georgia and Mohit joined our group to share with us how their team provides a unique Four Seasons Guest Experience through *Connection, Craftsmanship and Character*. We also learned of our remarkable similarities. As two distinct companies in completely different sectors, we both aim to make service our distinguishing edge and we provide this service by promoting a culture of excellence and perpetual learning among our group.



Already, we have implemented many of the updates that we had brainstormed as a team. And so The Ascent Continues!

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 e-mail,
amanda@drpeterfritz.com

We would love to hear from you!

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PERIODONTAL WELLNESS
& IMPLANT SURGERY