

SUMMER 2018

VOLUME XV

PERIO



IN THE
PENINSULA



Dr. Peter C. Fritz

Periodontal Wellness & Implant Surgery

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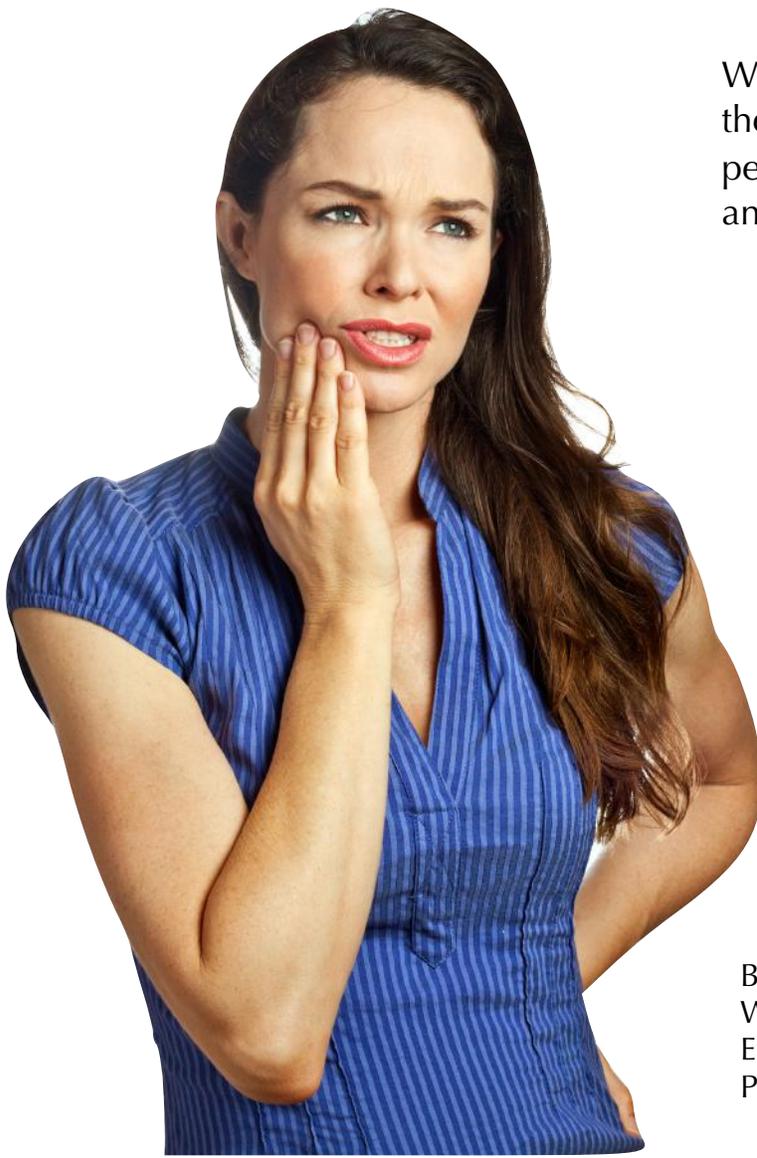
Dry Mouth and Perio?

“Hold Still... This

Many of our patients experience fear and extreme anxiety at the dentist and while we do our best to create a calm and tranquil environment, the fear of pain associated with periodontal treatment may still be a deterrent for some.

Therefore, to answer one of the most commonly asked questions “*Is this going to hurt?*”, we conducted a study that was recently published in the *Journal of Clinical Periodontology*.

Over a period of two years, we enrolled 213 patients requiring either dental implant or grafting surgery. The average age of the patients that were recruited was 51 ± 15 years, but ranged from 19-80 years. Prior to their surgery, patients were asked to rate the amount of pain that they **anticipated** feeling from No Pain to Worst Pain Imaginable. For 7 days following their surgery, patients were asked to rate the amount of pain they **experienced** on the same scale.



When all of the data was analyzed, we found that the actual pain that patients experienced after periodontal surgery was *lower* than the pain they anticipated feeling (Figure 1).

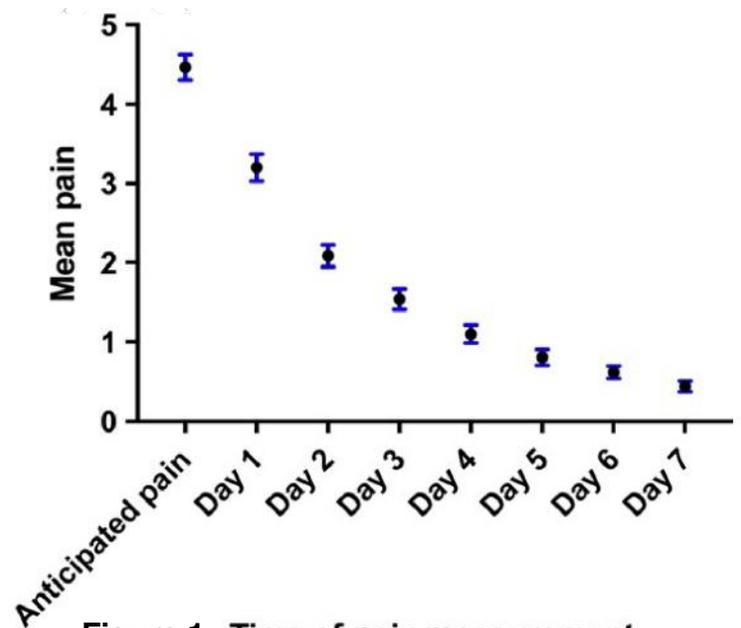


Figure 1. Time of pain measurement

Beaudette, J., Fritz, P.C., Sullivan, P.J., Piccini, A., Ward, W.E. Investigation of Factors that Influence Pain Experienced and the Use of Pain Medication Following Periodontal Surgery. *J Clin Perio* **2018**. 45(5): 578-585

Won't Hurt a Bit"



Factors that Predicted the Amount of Pain Patients Would Feel

Factors that Did NOT Predict the Amount of Pain Patients Would Feel

1. Anticipated Pain - if you expect it to hurt, you'll report it hurting more
2. Age - older individuals reported less pain
3. Sedation - patients who underwent surgery under sedation reported less pain

1. Nervousness
2. Gender
3. Surgery Type (Dental Implant vs. Grafting)
4. Smoking Status

With these findings, we are now able to provide our patients with an evidence-based answer when they ask us *"Is this going to hurt?"*. Happily, we are able to put them at ease by sharing with them that in fact, periodontal surgery hurts less than they'd expect!

Also collected as a part of the study, we found that patients undergoing either dental implant or soft tissue grafting required needing only 600 mg of Ibuprofen for relief of discomfort post-operatively. This reinforces Dr. Fritz's mandate of never prescribing narcotics to any of his patients.



Dr. Fritz is an Adjunct Professor in the Faculty of Applied Health Sciences at Brock University and this study was conducted in partnership between our clinic in Fonthill and the Centre for Bone and Muscle Health at Brock University.

Dr. Wendy Ward, a Canada Research Chair and Professor with the Faculty of Applied Health Sciences at Brock University was the primary supervisor of this study. This research would not have been possible without the close collaboration of Dr. Ward and the members of her laboratory.



Jennifer Beaudette, the graduate student responsible for this study, has since successfully defended her M.Sc. and is currently pursuing a Ph.D at Brock University. Way to go Jen!

WELCOME TO BASE CAMP

Perio in the Peninsula & Niagara College School of Allied Health have paired up to introduce to you 'Base Camp - Twelve Cutting Edge Updates in Periodontics'.

This newly developed super course will explore the most current research and practice-based evidence of periodontal therapy. Together, we will gain an understanding of the link between periodontal disease and other systemic chronic health conditions, the importance of prevention, and the non-surgical and surgical treatment options used for managing periodontal and peri-implant diseases.

Most notably, this course will introduce the brand new *Practical Classification System for Periodontal Disease*, developed and unveiled in June 2018.

This course will be presented as 12, three-hour evening lectures at Niagara College, scheduled to begin in January 2019 through to June 2020.

Lectures in the Series Include:

1. Introduction and Review of Periodontal Disease Classification*	7. Metrics for Success: The Re-Evaluation*
2. Comprehensive Periodontal Examination: A Series of Case Studies*	8. Periodontal Surgery, Regeneration and Microsurgery*
3. Systemic Link between Periodontal and Overall Health*	9. Implant Dentistry in 2020*
4. Non-Surgical Periodontal Therapy*	10. Update in Oral Pathology*
5. Antimicrobials, Nutrition and Adjunctive Options in the Treatment of Periodontal Disease*	11. Periodontal Linkages with other Specialities*
6. Implant Maintenance and Peri-Implant Pathology*	12. THE FINAL ASCENT

* Pending Category 1 Approval by the Royal College of Dental Surgeons of Ontario

This course will be open and available to all dentists, dental hygienists, dental assistants, administrative staff, and students.

Registration will open September 2018.

For more information and to join our mailing list, please contact amanda@drpeterfritz.com

If you have knowledge, let others light their candles in it — Margaret Fuller



Dr. Fritz and Dr. Longo hit the road again, this time to visit and to speak to members of the New Jersey Society of Periodontology and Implant Dentistry, Interface Oral and Maxillofacial Surgeons in London ON, and PerioHealth Professionals in Houston!

In New Jersey, Dr. Fritz and Dr. Longo gave a tag team lecture on the changing landscape of dentistry and how they have discovered how best to combat and disrupt the change; by surrounding themselves with only the best of the best team and investing in their continuous learning and development.

Again in Houston, the duo shared this lecture but also spent the day with the full team of PerioHealth. The first day was spent shadowing the sister clinic learning all that they could from the high-performing team to bring back home to Fonhill. The second day was spent leading a retreat with the whole team - from administrative, to clinical, through to the research department.



The topics of the retreat promoted strength-based leadership, high-performance culture, and interactive problem solving.



Most recently, in London ON, Dr. Fritz gave a lecture to a packed house of over 400 dental health professionals on the topic of Implant Maintenance and the Prevention of Peri-Implantitis. Only Dr. Fritz could have the room in (non-literal) stitches on such a topic!

Putting the Right Foot Forward

Who likes performance reviews? Talking about their weaknesses and how they need to improve? *ABSOLUTELY NO ONE!* That's why we focus only on the *strengths* of our team members and fill in the lesser areas with a team approach to every obstacle that we tackle.

This is the premise and the cornerstone of Strengths-Based Leadership and the Clifton Strengths Finder. The Clifton Strengths Finder is an online, simple assessment that when completed can tell you your Top 5 Talents. Our greatest Talents - the ways in which we most naturally think, feel, and behave - represent our innate power and potential. When we tap into this source of wisdom and power, we are more efficient, we act with more confidence, direction, and hope, and we are more productive.

There are 34 possible Talents that fall into a range of 4 categories:



Executing: How we get things done



Relationship Building: How we foster relationships with others



Influencing: How we get others on our side



Strategic Thinking: How we critically think about things

Taking this quiz is only the first step in identifying these talents. The next step requires a real investment in developing them into actionable Strengths - and this is accomplished with the help of a Coach.

Dr. Longo set off to Phoenix, AZ for a full-week course to learn the ins and outs of each Talent and how they may synergistically improve the potential of others. As a Certified Strengths Coach, she is now able to empower all of the members of our team to create strategies to help them to learn, grow, develop, and succeed in their individual roles.

When our team members are each doing their best work, the experience that we are able to provide to our patients is a positive, relaxed and uplifting one! Mission accomplished!

Another Question... Another (Re)Search for an Answer

Dry mouth is a damaging oral condition that affects salivary gland production. Prescription medications, radiation therapy and systemic diseases are common factors that contribute to a dry oral environment.

Having adequate saliva production is important, as it prevents irritation and friction of the mucosal surfaces, flushes away harmful bacteria, and acts to neutralize the acidity of the mouth to prevent demineralization and tooth decay.

Further, dry mouth is a risk factor for periodontal disease. With a dry oral cavity, plaque formation increases. Plaque and calculus consist of gram negative bacteria that initiate the process of periodontal disease.

Even with this known link, there is a limited amount of literature on the influence of dry mouth on periodontal health in patients who receive periodontal maintenance.

This question intrigued the first graduate from our Periodontal Residency Program, Taylor Sparrow, so much so that she has returned to Brock University to pursue a Master's degree aimed at answering this very question.

The main objective of her research is to determine if patients with dry mouth have altered periodontal outcomes (things like probing depth, plaque percentage, sites that bleed upon gentle probing, gingival tissue appearance, among other factors).

As always, we thank all of the members of our community for their inquisitive participation and help in our research initiatives.

Our close association with Brock University continues with this study, as Dr. Wendy Ward, a Canada Research Chair and Professor with the Faculty of Applied Health Sciences is the primary supervisor of this study.

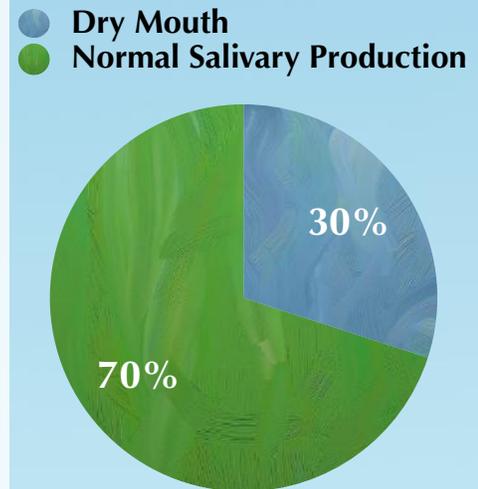


Figure 1. Percentage of the North American population with dry mouth

You Can't Manage What You Don't Measure

Invited to speak at the 2nd Annual Danish and South African Oral and Maxillofacial Surgery, Aesthetic Dentistry and Pathology Conference in February 2018, Dr. Fritz was off on his next adventure, this time in Cape Town, South Africa.

At the conference, Dr. Fritz presented to the group of international oral surgeons, endodontists, periodontists, and general dentists about a new system developed and implemented by our clinic. Generated to measure and to track commonly asked questions and complications, this new seven-point scale works to improve patient outcomes, and reduce and overcome common issues faced by patients after surgery.

For example, we often receive calls from our patients needing clarifications regarding post-operative instructions. Now, simply by tracking the commonly asked questions, we have already adjusted the pamphlets that we send our patients home with after surgery. Our materials have been made to be more clear and concise around certain points that previously created confusion for many patients.

There is always room for improvement and update to our process of care. In keeping track of these internal quality assurance metrics, we can improve the experiences of our patients and their common concerns. The adage is true, *'You can't manage what you don't measure'*!

While on the other side of the globe, Dr. Fritz extended his stay to go on an African Safari. He says the highlight was "being so close to nature and to the animals in their natural habitat that you could reach out and touch them."

Welcome Roxanne!



We are pleased and honoured to welcome Roxanne as the newest member of our hygiene squad!

Roxanne brings with her nearly 30 years of experience as a registered dental hygienist. Roxanne met the members of our team when she signed up to attend our full-day learning event in December to hear Dr. Uche speak. It was then that she realized how in-line her commitment and eagerness for learning and for continued education was with ours.

Never shy, Roxanne introduced herself to Dr. Longo and to Dr. Fritz. And so the process of her joining our team of voyageurs began!

As a life-long learner, Roxanne is always registered in some sort of course, whether it be to update her dental knowledge or her most recent escapade, to learn to paint!

Roxanne has a true talent in building and nurturing relationships. She prides herself in the connections she is able to make with her patients and boasts that her favourite part of her job is “knowing the work that she does is making a direct difference in the lives and health of her patients.”

Already, Roxanne has made herself an integral member of our day-time family. We cannot wait to see what our future holds with someone as special as she a part of it! Welcome Rox!



Dr. Peter C. Fritz
Periodontal Wellness & Implant Surgery

SPOTTED ON HIGHWAY 20

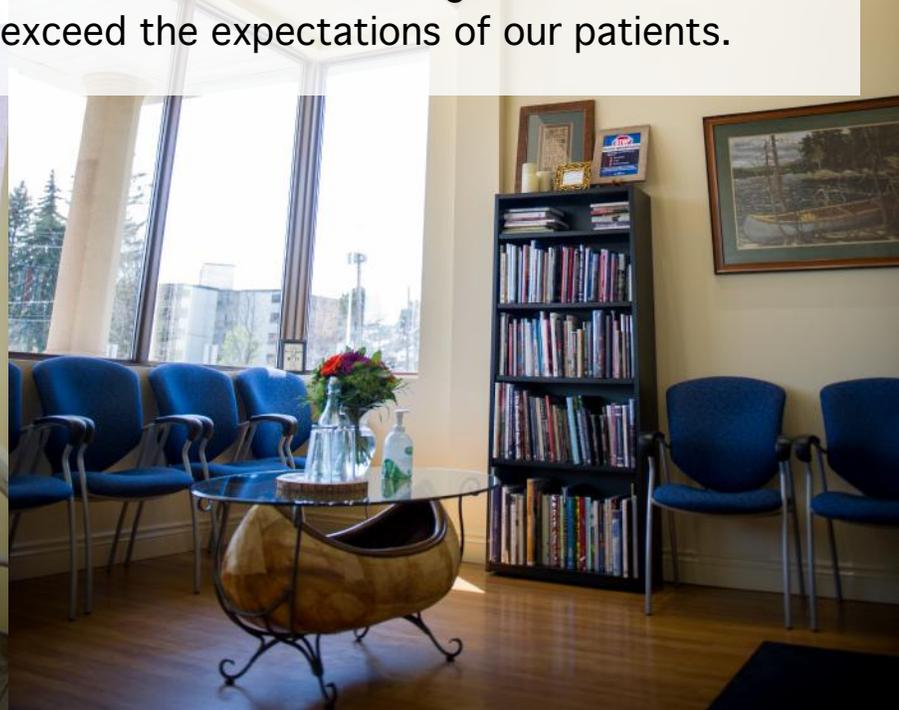
It's not difficult for visitors to our clinic to spot us from the street with the installation of our new exterior sign and logo!

The exterior improvements match the updates we've been making to the interior of our office as well.

Our reception area hosts a new TV with a rolling slideshow of our recent activities as a group. The room that once housed thousands and thousands of patient charts has been converted to a calming consultation room and a safe space to discuss treatment planning since having gone digital.

Our 'Centre of Excellence' has seen some updates as well to improve both our efficiency and our team morale!

We welcome one-and-all to stop in for a visit to see the changes that we've made, all with the single purpose to exceed the expectations of our patients.



PERIO IN THE PENINSULA

HYGIENE STUDY CLUB 2018

Welcome one and all to our annual Study Club series, re-designed to specifically reflect the learning needs and wants of YOU - the oral health care providers of the Niagara Region.

Open to all, including dental hygienists, assistants, administrators, and dentists.

LECTURE TOPIC:

PRESENTED BY:

EVENING:

Understanding the Impact of Diabetes
to Oral Health

Dr. Brian Roy

Tue, **SOLD OUT**, 2018

The Ultimate Patient Experience

Sean Kashanchi

Thurs, **SOLD OUT**, 2018

Office and Medical Emergencies

Dr. Peter Nkansah

Thurs, **SOLD OUT**, 2018

Top 10 Most Interesting Cases
from Fonthill

Dr. Peter Fritz
and his clinical team.

Tues, Sept 18, 2018

Mental Health and Dentistry;
Challenges for Oral Health

Dr. David Clark

Wed, Nov 7, 2018

Admission to the remaining events are \$80 +HST and includes appetizers and refreshments. Event tickets can be purchased at, <https://HSC2018.eventbrite.com>

Don't miss our next event, Top 10 Most Interesting Cases. Listen in as each member of our clinical team, including both hygienists and assistants, share their most interesting diagnosis, treatment plans, and outcomes!

This event will be held at the St. Catharines Golf and Country Club @ 6pm



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