

# PERIO



## IN THE PENINSULA



### IN THIS ISSUE:

Do You Have the GUTS to  
Live Life Well?

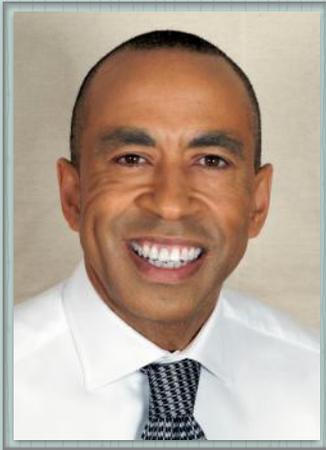
Continued Learning in New  
Spaces and New Places

Have You Heard the News?

Spotlighting Angie & Amanda!

# Do You Have the Guts

Living in all of us lies an army of microbes that are so powerful that they can impact every facet of our health and wellness. These 100 trillion microbes, collectively known as our resident microbiome, can affect our energy level, our immunity to infection and disease, our emotional state and even the health of our mouths. To teach us the importance of how our lifestyle factors, specifically diet and exercise, can alter our gut flora, we invited Dr. Uche Odiatu to join us for a day of interactive learning.



Dr. Uche Odiatu

In the crowd were many members of our extended network, including dentists and their teams of hygienists, assistants and administrative personnel, physicians, university professors from both Brock University and the University of Toronto, and friends and family.

Together, Dr. Odiatu had us out of our chairs, dancing, activating our chakras, and analyzing our daily food choices. With all of this learning, each member of the crowd was empowered with the knowledge to use their gut health to their advantage and to educate all of their patients with the tools they need to lead an active and healthy life!



# to Live Life Well?

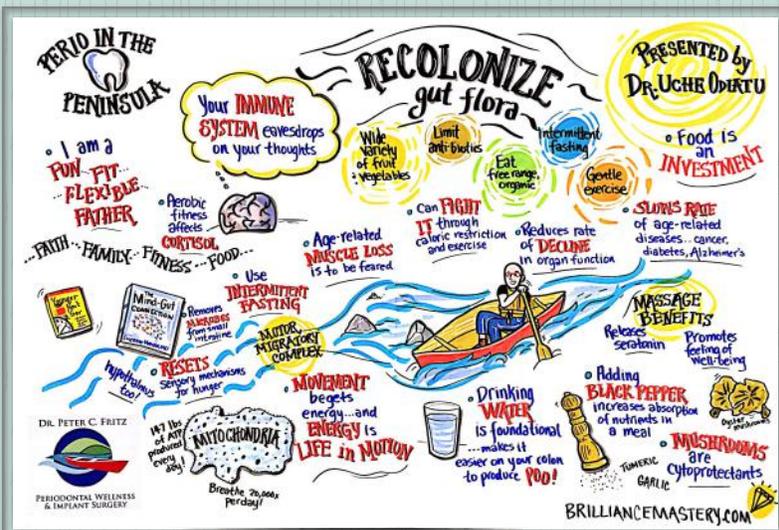
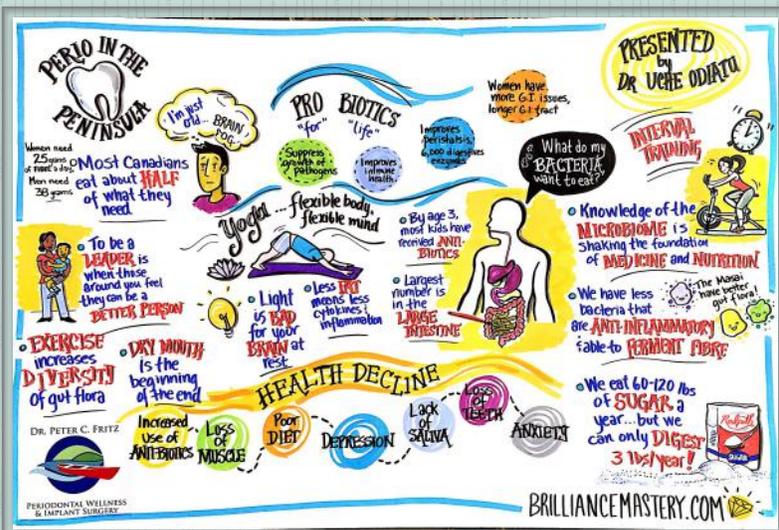
In line with the theme of nutrition and exercise as a promoter of overall health and wellness, one of the highlights of the day was a smoothie bike. Green Venture joined us on our active breaks to have participants cycle on a stationary bike to blend their own healthy smoothie snack.

Another highlight to our day was our graphic recorders Carolyn and Brittany, joining us from Brilliance Mastery. Stationed near the front of the room, these two artists jotted down key points from Dr. Odiatu's lecture and created doodles in real time to provide a graphic summary of all that we covered throughout the day. These colourful and larger-than-life doodles are shown below and reflect so much of what we took away from the day together.



Deidre mixing smoothies for the group.

All of the events of the day would never have been made possible without the support of the sponsors of our event, with whom we work closely with every day. A very special thank you must be shared with: Rotsaert Dental Laboratories, Colgate, SunStar, Dentsply Sirona, SurgiTel and Advanced Chiropractic Clinic.



# Continued Learning in New Spaces and New Places

As life-long learners, Dr. Fritz and his team are always seeking opportunities to broaden their knowledge base and expertise in the area of periodontal wellness and implant surgery. Together, they took advantage of two such opportunities; the American Academy of Periodontology and the European Association for Osseointegration.

At the American Academy of Periodontology Annual Conference in Boston, our team was by-far the largest contingency in attendance! We used this to our advantage to divide and conquer the conference. From attending lectures and scouring the exhibition floor, our team brought the most up-to-date advancements and instruments back to be implemented in our clinic.

Again, at the European Association for Osseointegration in Madrid, Spain our team was among the largest, making up the majority of Canadians in attendance at the conference.

Here we learned of the direction the global field of periodontology is headed. We use the knowledge gained from our continued education efforts every day in our practice to provide the most comprehensive and state of the art care to our community.



Our team touring  
Harvard University



EAO Poster Session



Madrid, Spain



Madrid, Spain

# PERIO IN THE PENINSULA HYGIENE STUDY CLUB 2018

All are welcome to our annual study club series, re-designed to specifically reflect the learning needs and wants of our extended continuing education network in the region.

This series is open to all, including dentists, dental hygienists, assistants, and administrators. Become a member today and secure your seat at all five events of the lecture series or, purchase individual event tickets - your choice!

## LECTURE TOPIC:

## PRESENTED BY:

## EVENING:

Understanding the Impact of  
Diabetes to Oral Health

Dr. Brian Roy

Tu **SOLD OUT** 2018

The Ultimate Patient Experience

Sean Kashanchi

Thurs, March 29, 2018

Office and Medical Emergencies

Dr. Peter Nkansah

Thurs, May 24, 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

Full membership is available for \$300 +HST and includes 1 ticket to each event in the series, appetizers and refreshments. Memberships or single event tickets can be purchased at:

<https://HSC2018.eventbrite.com>

Come learn with us in a relaxed environment. All attendees receive accredited CE points and layered materials to use toward their annual portfolio goals.

Have questions? Email [amanda@drpeterfritz.com](mailto:amanda@drpeterfritz.com) or phone at 905-892-0800



# New Changes to Infection Prevention and Control and How to Adapt

This course is geared towards dental health professionals who reprocess reusable dental equipment and devices in a dental practice.

This half-day course provides you with:

- Basic knowledge and skills for safely reprocessing dental equipment
- Best practices in reprocessing dental equipment and the ideal workflow
- Proper sterilization parameter monitoring and documentation
- Knowledge of the importance of following and keeping up-to-date with best practices and the consequences of inadequate reprocessing

Presented by: *Assunta Piccini*, CDA II  
Infection Prevention and Control Officer,  
Dr. Peter C. Fritz Periodontal Wellness &  
Implant Surgery

\$250 + HST  
Plus receive 4 CE Credits

**4 Course Dates  
to Choose from:**



9:00-12:00  
or  
1:00-4:00



9:00-12:00  
or  
1:00-4:00

**To Register**  
<https://ipac.eventbrite.com>

Disclaimer: This course is intended for the sole purpose of educating health care providers of the protocols, policies and best practices required to ensure IPAC compliance. This course does not provide certification in dental equipment processing. This course was developed and is offered independently of Public Health Ontario or any of its affiliates.



# Welcome Angie!

We welcome Angie to our team as the newest Dental Hygiene Periodontal Resident for the 2017/18 year.

Angie graduated from Niagara College's Dental Hygiene Program at the top of her class when we scooped her up to join us at the practice in Fonthill. As part of the Residency Program which was created and implemented by Dr. Fritz in 2016, Angie has been fully immersed and has become an integral part of our day-to-day practice. With rotations throughout all departments of our clinic, including hygiene, surgery, sterilization, and administration, Angie is extending her knowledge base and learning at a lightning pace.

Prior to her career in dental hygiene, Angie completed a Bachelor's degree from Brock University, which gave her a unique appreciation for research, analysis and critical thinking. She is using these skills every day not only in the assessment and treatment of her patients, but also in the research project she is undertaking.



Angie participates in many volunteer opportunities, including a recent trip to Honduras, where she volunteered her hygiene services to those in need. Not only does she volunteer away, she also is of great help at home, tutoring both of her younger sisters who follow closely in their big sisters footsteps and have already made astounding academic achievements as well.

Besides what Angie brings to the table figuratively, she has the whole office drooling with what she brings to the literal lunch table! Known around the office already for her home-cooked meals, we can't wait to see what she has today.

What a perfect addition, we are lucky to have her on our team! Welcome Angie!



Candice and Nurse Mike ready for anything with their stocked carts!

When every day at our practice is different, you don't have to wait long before one notices changes to the workflow and headlines along the patient journey, or to spot new additions to the team or the infrastructure and equipment we use.

Some of our patients may have recognized a few of our most recent additions to our office: our airline carts, newest piece of stained glass, new logo, and our new website!

Introduced so that our clinical team can have everything that they need at their finger tips, these airline carts are stocked full of all of the supplies Dr. Fritz might need during your appointment with us.

The only question now is, "Pretzels or peanuts?"



# HAVE YOU HEARD

Also new to our office is another large stained glass masterpiece freshly hung in one of our operatories. Each of the stained glass pieces of art that we have on display has been commissioned exclusively for our office in Fonthill by an artist in Burlington.

On your next visit to the clinic, see if you can spot the newest addition to our collection.

Last of the new additions (for now), but certainly not least, are our new logo and website design!

Having undergone so many updates and advancements over the years, we felt it was time to update our logo and our online presence to reflect the direction in which we have navigated our practice.

The next time that you're surfing the web, click through our website and even start an online chat with one of our team members.

[www.drpeterfritz.com](http://www.drpeterfritz.com)

The unveiling of our new website would have never been made possible without all of the help from our IT Manager, Aaron. Aaron is responsible for our digital workflow and gives us the tools we need to make everything as streamlined as possible.

# THE NEWS?



PERIODONTAL WELLNESS  
& IMPLANT SURGERY



# Voyageur Spotlight: Chief Innovation Officer &

In Gothenburg, Sweden in 1965, Dr. Branemark treated the first patient with titanium dental implants. Near the exact same time, at Columbia Studios in New York City, Bob Dylan recorded “The Times They are A-Changin”.

Today, there are thousands of implant systems and more than a million patients benefit from implant therapy every year. Moreover, as predicted, the times keep changing and today, there is so much information available and things are moving so fast that it is becoming increasingly difficult to make sure we are on the right track to be best prepared for the future.

To meet this challenge, many leading organizations rely on a Chief Innovation Officer to help them chart the future. In January 2017, Dr. Amanda B. Longo joined our team to do just that.

Amanda completed her Ph.D. in the Faculty of Applied Health Sciences at Brock University. The focus of Amanda’s doctoral research surrounded the role of nutrition on osteoporosis. To study bone health, Amanda used a very high resolution 3D X-ray capable of determining changes to bone structure on a micrometer level. Her expertise in CT imaging and analysis make her the perfect fit within our clinic as we introduce the low radiation CBCT scanner to image the teeth and jaw in three dimensions. This technology alongside Amanda’s expertise allow us to plan surgical procedures like never before.

Prior to her Ph.D. research, Amanda completed her B.Sc. degree at the University of Western Ontario in Cell and Developmental Biology and her M.Sc. degree at the University of Guelph in Human Health and Nutritional Sciences.

Just as her job title describes, Amanda’s role on our team is ever changing and adapting as we roll out new initiatives and explore new avenues. With her extensive research background, Amanda leads our research and innovation branch, where she currently directs two nutrition-related studies and one randomized controlled trial.

As her background suggests, Amanda is devoted to life-long learning and as such, she leads our continuing education lecture series, Perio in the Peninsula. She also

# Dr. Amanda Longo

## Director of Strategy

travels to dental offices around the region teaching hygienists and dentists alike the benefits of CBCT imaging and how they can be involved in our research initiatives.

Amanda is also internationally recognized as a catalyst for optimizing team performance and implementing innovation initiatives. She sets an ambitious and demanding path to surpassing expectations and has created a reputation for excellence. Amanda's key strength is in strategic innovation, whereby she is able to see an idea from its seedling beginnings through to the translation of its significance from both a business and clinical point of view.

One example of this strategic innovation is the digital transformation of the practice, which involved going completely paperless! This transformation has improved the speed, accuracy and efficiency of our communications while ensuring the safe and encrypted transfer of all confidential health information.

In 2018, Amanda will be lecturing and learning at conferences in New Jersey, Arizona, Houston, Amsterdam and Vancouver on topics ranging from oral health to team performance, employee engagement and strategic innovation.

Amanda credits most of her success to the relentless support and encouragement of her parents. She radiates pride as she reflects on their influence in her life, "They are my greatest examples of a hard work ethic and thoughtful decision making. I'd still be a follower, if I hadn't learned from their example of how to be a leader."



Dr. Amanda Longo

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](mailto:amanda@drpeterfritz.com)

We would love to hear from you!



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