

Volume XIX

Winter 2023

PERI IN THE PENINSULA

NATURE | ART | SCIENCE





In this edition of our newsletter, we will explore the connections between nature, art, and science. The interactions between these elements brings us closer to our goal of innovating the collaborative specialty of periodontics and redefining the patient experience.

Nature plays a crucial role in periodontics, as it provides the foundation for the natural structure of the gums and teeth.

By understanding how nature can help us heal, we can explore options that allow the regeneration of the gums, eliminate infections, and allow us to enjoy a healthy diet.

Nature is a theme in our clinic as you can tell from the canoes, paddles, and organic materials used throughout our campsite.

Art is essential in creating beautiful and natural-looking smiles built on the foundation of healthy gums and bones.

Oral medicine and dentistry are an art as they require personalized approaches to make each patient feel comfortable and heard. Some art, like some people, can be very challenging to interpret, but once understood reveal great beauty and meaning. Each room in the clinic features a piece of art that is meant to create a soothing and happy feeling.

Finally, science allows us to utilize the latest technology and research to provide low-touch digital periodontics with the goal of achieving effective and efficient care. Our team is proud to contribute to periodontal research in our Discovery and Innovation area of the clinic. The best way to impact the specialty is to create future leaders. Talent is reaching a goal only a few can reach, but our goal is to hit a target no one else can see.

SCIENCE HELPS US SOLVE PROBLEMS, BUT ART HELPS US COPE WITH THEM.



"Mackenzie Crossing the Rockies"
(1932)



"The Old Canadian Pacific Express" (1930)

Dr. Fritz affectionately refers to his team as "the voyageurs." Arthur Hemming famously painted vivid depictions of voyageurs exploring Canadian wilderness. These two paintings shown above by Arthur Hemming are located in the Discovery and Innovation area of the clinic.

Arthur Hemming was a Canadian painter and novelist known as the "Chronicler of the North" for his paintings, sketches, essays, and books about Canada's North.

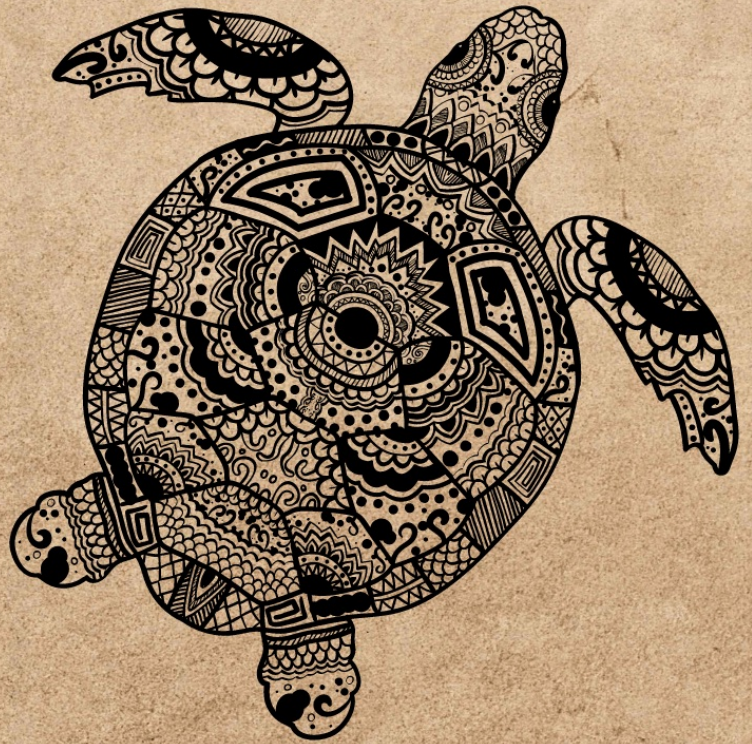
Indigenous Studies Initiative



To create innovation, you need diversity in thoughts, experiences, and cultural viewpoints. Many different ideas are required to make a great idea, and make forward progress.

Colleen and Marnie, our diversity leaders, have been given the responsibility of guiding our team towards a better understanding of Canada's Indigenous peoples' history, beliefs, and health inequities, as we journey together on the road to reconciliation. To achieve this, we have organized two events in 2023 that will broaden our team's understanding and perceptions of these critical components.

Overall, the goal of these events is to help individuals and our organization recognize the unique challenges and opportunities that arise from engaging with Indigenous communities, and to develop the skills and knowledge needed to navigate these complexities in a respectful and meaningful way.



A Unique Learning Environment

We are living together through innovation in motion and the reinvention of how we continue to learn. This relies on an exciting possibility for reinventors to amplify their performance and create revolutionary services in the new environment. It is founded on trusting information from credible sources, not entertainment platforms. We strive to be a beacon as a credible source of knowledge.

Shreeya and Christina, students of the Brock University Medical Sciences program, joined us for a summer student experience in the role of Dental Administrative Student Assistants.

They worked to develop in-office training modules and thoroughly documented sterilization protocols for our surgical and hygiene clinics.



A Unique Learning Environment



Cultivating and nurturing dynamic learning opportunities for future leaders is not only a fulfilling mission but a necessary one. To be effective leaders, it's crucial that we lead by envisioning a desirable future and at the same time, create opportunities for those around us to come along and be part of that journey.

That is why in 2022, we continued to strengthen our longstanding relationships by hosting students at our clinic for in-person, hands-on, unique learning opportunities. Students from Brock University-Faculty of Health Sciences, McMaster University-DeGroot School of Medicine, and Niagara College attended numerous learning events throughout the year.

In 2022, we welcomed over 75 learners to our clinic. This included four medical students from McMaster University, who joined us for two-week rotations, shadowing Drs. Fritz and Schuldt.

In 2023, we expect to see over 80 learners, including four graduates from the Aga Khan University Dental Hygiene Program in Karachi, Pakistan, who will stay with us for 2 months.



Reprocessing and IPAC at The University of Toronto

With a commitment to the health and safety of both our team and patients, our surgical assistants completed a continuing education program at the University of Toronto. The course titled "Fundamentals of Dental Office Reprocessing" provided an in-depth exploration of the latest techniques and standards in medical device reprocessing and infection control.

With a focus on both theoretical and practical learning, our assistants were able to reinforce the science behind reprocessing and gain hands-on experience. Thanks to this program, we can continue to maintain the best practices within our clinic.



Gallup Strengths Coaching

Our organization adopts a strengths-based approach, where we prioritize utilizing the unique talents of our team to drive success, rather than concentrating on weaknesses or areas that need improvement.

Carly, our certified Strengths Coach and culture champion, is dedicated to fostering the well-being of our daytime family by designing skill-enhancing programs and initiatives in a welcoming and secure setting.

Carly plays a crucial role in promoting a safe and constructive work environment, and she assists in ensuring that each team member is aware of their personal strengths, enabling them to optimize their productivity and make a meaningful impact.



GALLUP® CERTIFIED
Strengths Coach



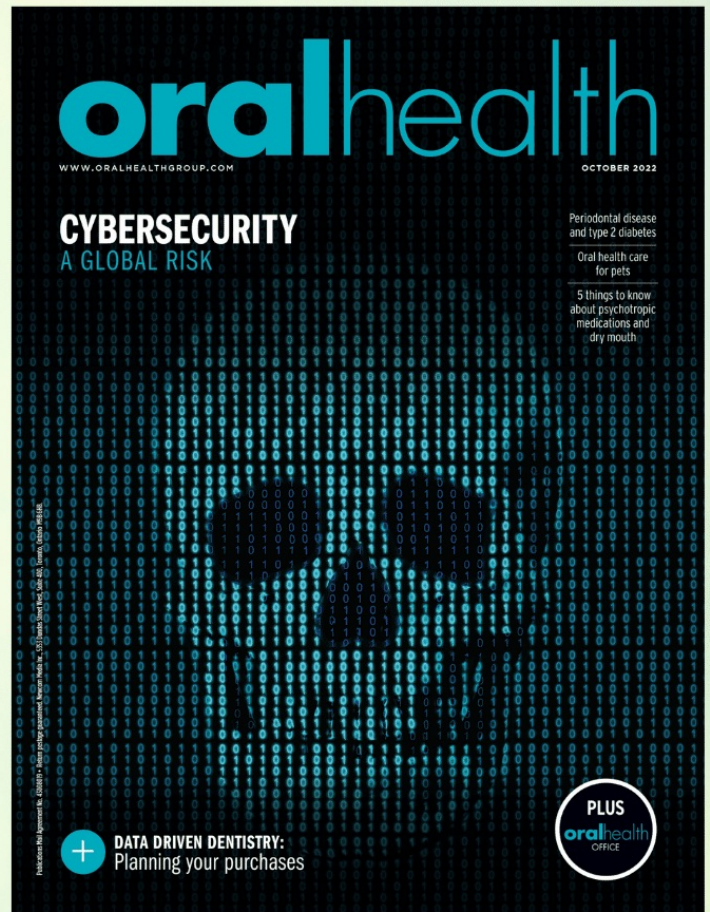
When she's not working, Carly channels her competitive strength into running. We are proud to congratulate her on her remarkable 55th place finish out of 10,500 women at the 2022 Boston Marathon!

Our 2022 Publications



In 2022, our clinic was proud to have several of its articles appear in the respected publication Oral Health.

Take a look at some of the pieces that were featured:



Our 2022 Publications

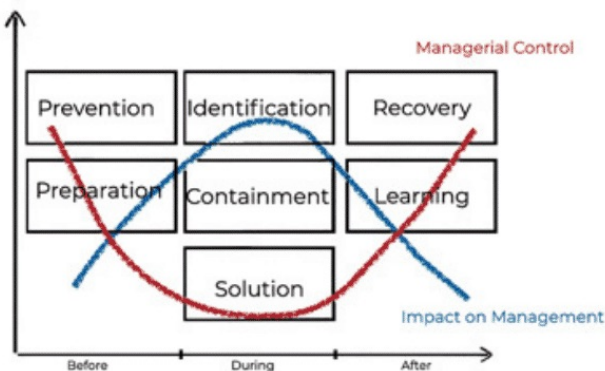
Feature

Cybersecurity & Data Protection in Dentistry: A Global Threat

October 11, 2022

by Peter C. Fritz, BSc, DDS, FRCD(C), PhD (Perio), MBA; Charlotte P. Fritz

The American Dental Association (ADA) is an international authority guiding dentists in safeguarding personal health information (PHI) and protecting its members from cyber threats. On May 26, 2021, the ADA published a bulletin for its 161,000 members to increase awareness of potential ransomware issues affecting dental practices.¹ Around April 21, 2022, the ADA was the target of a sophisticated cyber attack involving ransomware. This disrupted the normal function of the ADA computer network, paralyzing most of their online services. About a week later, the ADA learned that an unauthorized party, the Black Basta crew, was responsible for the attack and could access and possibly steal data from the ADA servers.²



Crisis Timeline



Charlotte Fritz is an Associate in Risk and Forensics at Grant Thornton Cybersecurity Practice. She is a member of Women in Defence and Security and is passionate about keeping people safe. She is completing a Bachelor of Science, Computer Engineering at the University of Toronto, focusing on cybersecurity and artificial intelligence.

Our 2022 Publications

Feature

Plant Power for Supporting Gum Health: An Infographic

October 11, 2022

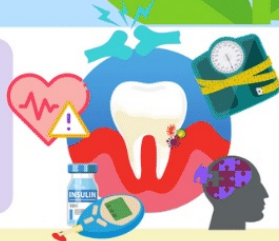
by Larissa J. Rowdon, BHK; Wendy E. Ward, BArts&Sci, MSc, PhD

Larissa Rowdon is a MSc Candidate in Applied Health Sciences at Brock University and holds a BHK from the University of Windsor. Larissa's research focuses on the impact of COVID-19 and the associated clinic closure on periodontal health, with a goal of mobilizing this knowledge to researchers, practitioners, and patients.



PLANT POWER: supporting GUM HEALTH

70% of Canadians are affected by gum disease.



Untreated, this causes chronic **inflammation** leading to **tooth loss** & is closely linked to many **chronic diseases**.

Plant-based eating supports gum and overall health!

- ↓ **systemic disease risk**
many of which are risk factors for or exacerbate gum disease
- ↓ **bleeding gums**
the first warning sign of gum disease

- ↓ **inflammation**
systemic inflammation & key biomarkers contributing to severe periodontal disease
- ↓ **pocket depth**
deeper pockets around the teeth allow bad bacteria to thrive

HOW?

VITAMIN C

anti-inflammatory; antioxidant
grapefruit, broccoli, kale, strawberries, sweet potatoes

FIBRE

antioxidant; better glycemic control
whole grain cereals, pulses (dried beans, lentils, chickpeas), nuts & seeds

POLYUNSATURATED FATTY ACIDS

anti-inflammatory; antioxidant
flaxseed, chia seeds, plant-based oils, brussel sprouts

POLYPHENOLS

anti-inflammatory; antioxidant
tea, spices, berries

PROTEIN

plant-based sources often associated with reduced inflammation
seitan, tofu, pulses, nuts or seeds, soy beverages, quinoa

LIFESTYLE!

plant-based diets are associated with better brushing & flossing habits, less smoking & alcohol consumption, & more physical activity



What seeds can you plant for healthier gums?

✓ Try a **food swap!**



✓ Make half of every plate **fruits and vegetables**.



✓ Daily **brushing & flossing!**



The Editors of Oral Health

Trusting Nature

August 9, 2022

by Luisa Schuldt, DDS MSc FRCD(C)

The opportunity to learn many lessons has been hurled upon us over the last two and a half years. We have seen storms come and go and temperatures rise to new limits. We have also witnessed almost every aspect of our lives be disrupted by an infectious agent so small it cannot be seen by the naked eye. This nearly invisible agent has impacted life on this planet in such a way that no one can be blind to its effect. Nature surrounds us, may it be as minuscule as a virus or as all-encompassing as the rise of global temperatures. Nature can be described with many words: unrelenting, unabating, fierce. I prefer to see nature as persistent. It is steady and it is always there, with us, surrounding our families and our patients. Any dental treatment we provide is completely immersed in it and our treatment should be driven by it.

About the Editor



Luisa Schuldt is a graduate of the National Autonomous University of Mexico and the University of British Columbia, and has passed Royal College of Dentists of Canada fellowship examinations in two specialties: Periodontics and Prosthodontics. She is committed to the advancement of both of these fields through the delicate balance between evidence based decision making and the application of cutting edge technology. She can be reached at schuldtluisa@alumni.ubc.ca

Feature

Moving Together With The Future

October 11, 2022

by Peter C. Fritz, BSc, DDS., FRCD(C), PhD (Perio), MBA, LL.M.



Much has been discussed recently about the challenges of finding new team members and retaining current ones. The pandemic has shifted perspectives, and what teams needed in the past has now changed. Among the top stressors reported during the pandemic are finances, social isolation, and the health of family members. In any given year, 1 in 5 Canadians experience a mental illness. Throughout the pandemic, provincial studies have shown that 54% of the adult population reported a worsening in their mental health. Recently, 28% percent of adult Canadians screened positive for symptoms of anxiety and depression. Front-line workers, including dentists and their teams, are among the most likely to experience a decline in mental health.



Peter Fritz is an intrepid lifelong, global learner. He leads an extraordinary, collaborative, empowered team of clinicians, scientists, explorers and artists who are all performing together to innovate the dental specialty of periodontics and redefine the patient experience. As a futurist and advocate of perpetual change, Peter sets a clear and ambitious path to success based on scientific rigour, inspiring others, and clinical excellence. He strives for improvement, guided by his life-long goal in all elements of his life, "Give me success or its eternal pursuit, and I'll take the pursuit."

2022 Voyageur's Team Retreat

The team retreat at the McMichael Art Gallery in 2022 offered a chance for the team to step away from the daily grind and immerse themselves in the beauty of nature, art, and science. The gallery, situated in the serene Humber River valley, is renowned for showcasing Canadian landscape art and indigenous works of contemporary and historical significance. This retreat was a unique opportunity for the team to deepen their connection with these interrelated elements and gain a fresh perspective on the world around them.



2022 Voyageur's Team Retreat

The team participated in strengths-based team building activities that were led by Carly. These activities allowed our team to work together, communicate effectively, and think creatively. They also had the opportunity to share their thoughts and feedback with each other, which helped to strengthen the team's cohesion and collaboration.



2022 Voyageur's Team Retreat

During their visit, the team participated in a variety of activities, including a guided tour of the gallery where they had the opportunity to appreciate the beauty and significance of artworks that reflect the Canadian landscape and its people. The tour guide provided valuable insights into the narratives behind the paintings and the messages they conveyed.



2022 Voyageur's Team Retreat

The team was excited to welcome explorer Adam Shoalts and artist Floyd Elzinga as guest speakers. Adam recounted his adventures exploring remote areas of Canada and the intersections of creative expression and knowledge. Floyd shared his passion for the natural world, and how it inspires his art. The team gained valuable lessons from their stories and the ways in which they can blend art, science, and nature in their creations.



2022 Voyageur's Team Retreat

This sentiment highlighted the impact that nature can have on our perspectives and the value of experiencing it first hand. It also emphasizes the need to protect and preserve our natural resources for future generations. By recognizing the interdependence of these elements, we can gain a deeper appreciation for the world and our place in it. This can lead to more informed and conscious decision-making, both on a personal and collective level.



Counting Cups

Our Nespresso machines are a beloved part of our clinic, enjoyed daily by both our team and patients.

To date, our team and patients have enjoyed a combined 49,731 cups of coffee and counting.



THE CONTENTMENT FOUNDATION

Our clinic is a proud supporter of the Contentment Foundation.

The Contentment Foundation provides child and adult-centered well-being curricula to schools internationally. Its central program, the Cities of Wellbeing initiative, offers comprehensive Tier 1 mental health support to every student, teacher, and public servant in a metropolitan region.

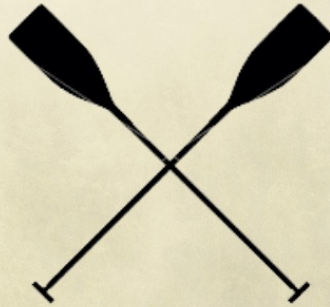


Visit the foundation:



<https://www.contentment.org>

A DYNAMIC PARTNERSHIP



In a unique partnership, our clinic was happy to support Adam Shoalts's latest expedition.

This partnership brings together a celebration of nature, art and science, connecting our lives, our community, and the excitement of new discoveries.

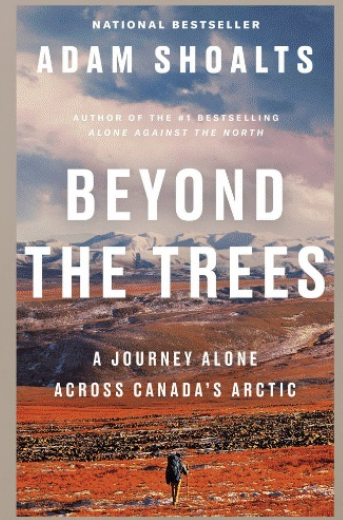
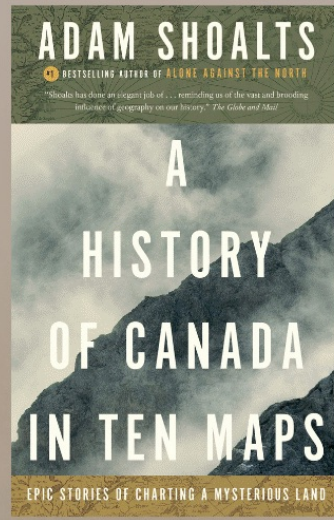
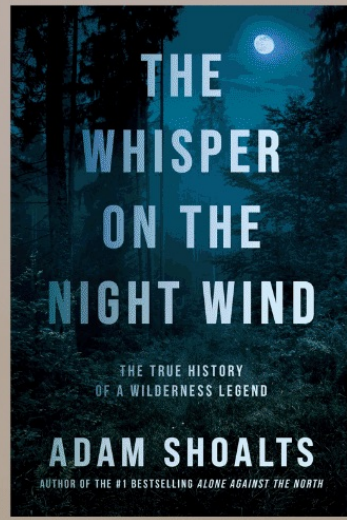
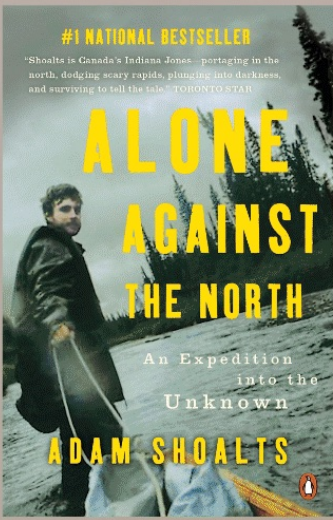
Adam Shoalts is a professional explorer and national best-selling author.

Elected as a Fellow of the Royal Canadian Geographical Society for "extraordinary contributions to geography" and in 2017 completed a nearly 4,000 km solo journey across Canada's Arctic.

A geographer and historian, Adam holds a Ph.D. from McMaster University, has participated in numerous archaeological projects and digs, and undertakes solo expeditions in the most remote wilderness areas.

He is currently the Westaway Explorer-in Residence of the Royal Canadian Geographical Society and in 2016 was named a national champion of the Trans-Canada Trail.





As part of our partnership with Adam, signed copies of his books are available for sale in our office for our patients and community to enjoy.



AN EVENING WITH ADAM

We organized an event that brought together both newcomers and long-time admirers of Adam. Fans traveled from as far as Thunder Bay to to hear Adam recount his incredible solo expeditions to some of the most remote places on Earth, including his recent canoe trip from Lake Erie to the Arctic.



AN EVENING WITH ADAM



Adam recreated a typical day of an explorer in the Arctic, displaying some of the gear he uses on his expeditions. This exclusive presentation featured a special "show-and-tell" including canoes, paddles, gear, muskox skulls, horns, and other gear and artifacts from Shoalts's expeditions.

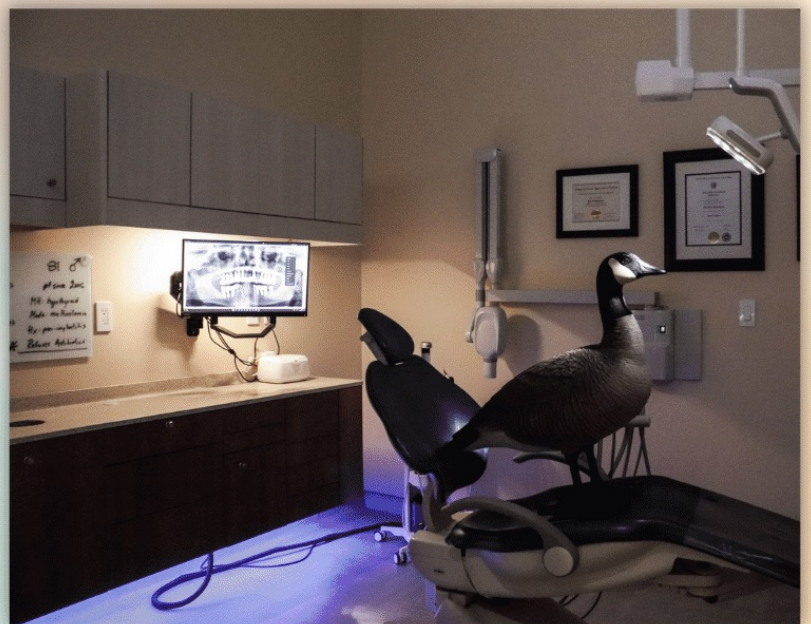
A Celebration of Nature, Art & Science

On June 2nd, our clinic hosted a special event for members of the community, as well as the dental community of the Niagara Region. The goal was to come together into celebrate the connection among nature, art and science.

With a focus on reigniting relationships and launching forward into a new world together, the event was a memorable gathering, highlighting relationships with local artist, Floyd Elzinga, explorer Adam Shoalts, and many more.



A Celebration of Nature, Art & Science



THE LEARNING STREAM

The Perio in the Peninsula Study Club has established itself as one of Canada's leading study clubs for world-class periodontology and implant dentistry continuing education. Established in 2005, the Perio in the Peninsula Study Club has hosted more than 100 events across the Niagara Peninsula and features a diverse network of hygienists, dentists, dental assistants, administrators, nurses, scientists, academics, physicians, and dental specialists.

At the onset of the pandemic, we created a new study club to support our referral network and share positive information. We called the group The Big Red Canoe Club. It is an RCDSO-approved study club.

In 2022, we created an educational environment called the Learning Stream for our Big Red Canoe Club.

The Learning Stream is physically connected to our clinic and creates an ecosystem to reconnect in a meaningful, inclusive, and fun way. The Learning Stream is where we can combine disciplines to improve clinical abilities, enhance mental health and reconnect with our corporate partners. The future is about creating imaginative things. A constellation of seven inclusive programs is designed with something for everyone on the dental team.



THE LEARNING STREAM

The Learning Stream offers an excellent opportunity for dental professionals to stay current in the ever-evolving field of dentistry. With over 20 lectures scheduled throughout 2023 the series will cover a wide range of subjects. Our lectures will provide valuable insights and practical skills that can be applied within your team, allowing for the continuing elevation of patient care.

With a successful launch of our programs in 2022, have a look at some of our most memorable lectures to date.

USING THEATRE AND IMPROV TO ENHANCE DENTAL COMMUNICATION

Presented by:

Professor Hartley Jafine
BACHELOR OF HEALTH SCIENCES & ARTS AND
SCIENCE PROGRAM MCMASTER UNIVERSITY



"FOODS FIRST" FOR HEALTH - NUTRITION UPDATE

Presented by:

Dr. Wendy Ward
PROFESSOR AND SENIOR RESEARCH FELLOW IN
THE FACULTY OF APPLIED HEALTH SCIENCES AT
BROCK UNIVERSITY

SOLD OUT

UPCOMING EVENTS

Dental Office Reprocessing

Disinfections/Water Lines	February 23rd at 6:00pm
Reprocessing	April 20th at 6:00pm
Ergonomics, Fit testing, Air Quality	May 25th at 6:00pm

Advances in Dental Office Administration

Insurance Company Know How and Fee Guides	March 7th at at 6:00pm
Defamation Law	May 10th at 6:00pm
Record Keeping	October 3rd at 6:00pm
Radiography Review	November 21st at 6:00pm
Cybersecurity	December 5th at 6:00pm

Clinical Periodontology

Periodontics and Prosthodontics	March 23rd at at 6:00pm
Perio Classification	April 18th at 6:00pm
Most Interesting Cases in Perio	June 13th at 6:00pm
Oral Cancer Screening	September 26th at 6:00pm
Most Important Perio Advances in the past 3 years	October 12th at 6:00pm
Supportive Implant Therapy	November 23rd at 6:00pm

Digital Dentistry

Introduction to IOS and Smile Design	Fall 2023
Exploring the World of Digital Scanners in Dentistry	Fall 2023
Modern Lab Printing & Milling Technologies	TBD
In-House Printing & Milling	TBD
Digital Workflows for Implant Planning	TBD

Sign up today at:



www.bigredcanooclub.com



Graduating Class of 2022

Dr. Fritz recently celebrated his graduation from the University of Toronto, as he returned once again to pursue a Master of Laws Degree (LLM) with a focus on Innovation and Technology.

Continuing to see patients 180 days a year, Dr. Fritz lives by his motto;

"Never stop learning, because the world around you never stops teaching"



Dr. Schuldt completed the Dental Specialty Assessment and Training Program in Prosthodontics at the University of British Columbia and the National Board and Royal College of Dentists of Canada examinations; adding to her Periodontics credentials, becoming one of the very few dual-certified Specialists in the country!

Graduating Class of 2022



Nurse Sarah obtained her Master of Professional Kinesiology degree from Brock University. In addition to her busy schedule as an emergency room nurse and instructor at Niagara College, you will see Sarah at our clinic creating a safe and wonderful sedation experience for our anxious patients.

Dyphna joined our team early on in 2022, as a star graduate from the Niagara College Dental Assisting Program. Dyphna pursued her educational journey in Canada, after arriving from the Philippines. We are proud to celebrate alongside Dyphna as she successfully completed her licensing exams and graduated from Niagara College in the fall of 2022! Dyphna has made an excellent addition to our surgical assisting team and our daytime family.



Continuing the Journey of Education



Michele, our Head of Operations, never shys away from an opportunity to advance her education. Michele is on her way to receiving her Certified Payroll Manager (CPM) designation, as well as her Certified Human Resources Leader (CHRL) designation through her studies at McMaster University, where she is currently pursuing a Degree in Sociology.

Colleen, one of our high-performing Registered Dental Hygienists, is currently pursuing her Bachelor of Education in Adult Education with Brock University. Colleen is passionate about sharing her knowledge with other clinicians and refers to herself as "A Dental Nerd".

Colleen is expected to graduate in the spring of 2023.



Have questions or feedback
about the articles featured in
this issue of Perio in the
Peninsula?

Please contact our office at
905.892.0800 or email,
carly@drpeterfritz.com

We would love to hear from
you!

Join the portage:



www.drpeterfritz.com