



Dear Friends,

December 2017

It is amazing to me that this is my 25th Holiday letter! I have had the privilege of writing and sharing this letter with all of you, our extraordinary clients and friends, who visit me and my team at 1950 Yonge St. This is also my 40th year of practicing dentistry, and yet it feels like it has been a much shorter period of time. Alvin Toffler, an American writer, said many years ago that in each of our lives we will have many professions. My first and only profession is Dentistry. There is so much diversity and learning, with technology and science advancements, that I am able to grow and learn every day. My goal continues to be about creating and enhancing the delivery of Minimally Invasive Dentistry, so that we can keep our teeth until 120 years. I love sharing my passion through my work, and teaching others in my profession.

As some of you may recall, I began my yearly letter as a miracle occurred to save my father's life at 72 years of age. He is now 97, and both he and my mother (age 93) have their teeth, and luckily can share the same meals that others enjoy, served at the table. Structurally, my father has a few compromised teeth, as sadly I did not have the technology available at that time to help stabilize a stronger foundation for these teeth to be functional for the length of his lifetime. At this point, if a tooth is lost, I will not be able to recreate one that he would be able to adapt to. One of the goals on my wish list is to learn as much as possible to prevent these types of problems for my clients, as we get older.

In February 2017, I went with 2 friends, Maud McEvoy, a Dentist from Shanty Bay, Nova Scotia and Jackie Flatt, a librarian and ESL teacher from Toronto, on a 'Service Adventure' to the Maasai Mara in Kenya. Rotary International set up a modern dental clinic, including a digital x-ray system, to give the local natives access to better health. The Maasai would walk several hours to the clinic for dental care. Unfortunately, most of them came in need of help due to pain, rather than seeking preventative care. Sadly, the decay had often reached the nerve chamber necessitating extractions. The Maasai would wait on the veranda for hours, and they were very peaceful. We filmed a video to share our experience. To view this video, you can go to YouTube.com and type in Dental Clinic Give Back in Kenya, and it is also available on our website. On weekends we had the opportunity to go on Safari drives into the game parks where the animals were in their natural settings, without any changes over the centuries, and at night we could hear the elephants trumpeting. This was a true variance from daily life in Canada.

In June I went to Seattle with my hygiene team to attend a periodontal medicine seminar. We studied in detail, with tests and technology, the effects to our total health from having healthy tissues in the mouth. They now know that unhealthy gums and bone disease can affect our system, diabetes, pancreatic cancer, and Alzheimer's. It was discovered in an autopsy that oral spirochetes (corkscrew shaped bacteria) work their way into brain lesions. I have advocated the phrase ZT for BG, for the past few years; Zero Tolerance for Bleeding Gums. We now have Microbiology and DNA testing available in our clinic to help us diagnose and treat underlying problems, so that we can optimize our Zero Tolerance for Bleeding Gums. This is a major priority in our clinic.

In September I went with 5 other team members to Maryland, for the annual Invisalign Summit. The learning was fantastic, and due to this great technology, we now have the ability to analyse the force load on one's teeth. We use a digital scanner with no radiation, and within a few minutes we have a scan to evaluate the 'Force load'. Increased forces cause destruction of the bone, breaking of the teeth and recession of the gum tissue. As you know, I wrote a book titled 'Your Mouth: The Gateway to a Healthier You'. My premise is that you ought to have your very best smile, and your mouth ought to be the best anti-aging part of your body. Invisalign can help us, in many ways, to achieve this goal.

At the Invisalign Summit we were introduced to the term 'rainbow', as a metaphor. I had never thought of a mouth like a rainbow before; however, upon reflection, whenever someone says there is a rainbow, we almost always stop and take a moment to look at the beautiful rainbow. Similarly, people gravitate to a person with a beautiful smile. We all deserve rainbows! The Millennials know the importance of smiling, as they have grown up knowing the importance of straight teeth and 'white' teeth. Not surprisingly, a study by the Bank of Nova Scotia showed that 71% of Millennials would rather go to the dentist than listen to a bank's message. When we see beautiful smiles and rainbows, we feel a sense of wellbeing.

Recently you have received several emails from us asking if you could vote for "Best Dentist in Toronto", according to Now Magazine. The results came in, and polled us at #1! We were successful due to the amazing team that we have, and because of you. Without your inspiration and helpful feedback, we could not have achieved our current standard of care. I do not look at others as 'competition', but rather I strive to be the best I can be. Every day at work, my team and I want to give to our friends of the practice the highest standard of care, being respectful of your wishes, and always having you leave healthier than when you came to your happy dental home.

My team members have also been growing and developing new skills with our technology and seminars. Several team members, including Drs. Leyla and Naz, have taken a course in PRF, platelet rich fibrin, which helps to stimulate healing after surgery. Ljiljana continues to teach Invisalign courses throughout North America. Irene is the poster hygienist for Crest and Oral-B, and you can see her picture in Shoppers Drug Mart and other venues. Irene also lectures to health care professionals about preventative care. Dr. Elly Tehrani, a periodontist, now works with us on surgical cases. She has taken a multitude of continuing education courses, and is also lecturing within her profession. Dr. Bernie is supportive, and updates his knowledge as well. Having well educated team members in the office allows us to have inspirational days. We welcome to our office Soraya and Behnaz as dental assistants.

Life is a process. Let's all have fun for a long and healthy lifetime. The following phrases have touched my heart and I would like to share these with you.

If you reach for the stars, you might land on the roof. But if you reach for the roof, you might not get off the ground.

When you smile, your body dances.

"We don't stop playing because we grow old; we grow old because we stop playing." - George Bernard Shaw

Wishing you the best for 2018.

With Love, Dana and Team

Dana.
Chennette
Irene
Jelena
Leyla
Elly
Naz
Bernie
Salma
Jessica
Colleen
Catalina
Patricia
Hayla
Soraya
Rosemary
Urusa
Hindy
Maryam
Sandy
Monika
Ljiljana
Habibah
Behnaz
Franca
Eron
Sandha
Norma
Kare
Agg
Tami
Kugant
Mii
Helia
Jasmina