



U of T Graduate Prosthodontics Program News

Issue 5, Dec. 2016

WHAT'S NEW AND EXCITING IN THE PROGRAM AND AMONG OUR ALUMNI?

Welcome to the fifth issue of the University of Toronto Graduate Prosthodontics Program Newsletter! 2016 was a spectacular year in the life of our Program – and the support of Alumni and Friends has been integral to our success.

One of the key highlights of 2016 was the second annual **Prosthodontics Alumni & Friends Day**. This was a fantastic opportunity to celebrate the great history of our Program, to learn new developments in research and clinical practice, and to strengthen our friendships. The 10 speakers and 10 poster presenters showed us what is new in Prosthodontics today and what will be new in the future. It was an absolute **pleasure seeing the whole team together!**

Professor Emeritus **Dr. Aaron Fenton** made a significant financial contribution to the Faculty and the Program with the **Fenton Prosthodontic Research Fund**. This generous gift continues the commitment that Dr. Fenton demonstrated to the Faculty and the Program throughout his distinguished career.

All our residents presented posters at the 2016 annual meeting in San Diego of the **American College of Prosthodontists** for the 2nd time in the history of our Program.

The Program has continued to build bridges with important centers of teaching and research excellence to enhance our residents' education. Collaborations with the **Mount Sinai Hospital** (under the leadership of **Dr. Howard Tenenbaum**) and the **OASIS Knowledge Network** of the Canadian Dental Association (under the leadership of **Dr. John O'Keefe**) are just two of the initiatives that bridge the interdisciplinary and interinstitutional barriers.

We proudly welcomed our **2016 graduates** – **Drs. Ashkan Ebrahimpour** ('16) and **David Powell** ('16) – as our newest Alumni!

Drs. Eszter Ganss ('13) and **David Powell** ('16) received well-deserved academic appointments at the **University of Toronto**.

Alumni and staff of our Program continue to play a strong leadership role in dental and Prosthodontic organizations at the provincial, national and international levels. **Dr. Kirk Preston** ('07) is the president of the **New Brunswick Dental Society**. **Dr. Neena D'Souza** ('99) is completing her term as the immediate past president of the **Ontario Prosthodontic Association**. **Drs. Brent Winnett** ('13) and **David Chvartzaid** ('07) serve on the executive of the **Association of Prosthodontists of Canada**.

IN THIS ISSUE

Dr. Limor Avivi-Arber ('93) was elected to the board of councilors of the **International College of Prosthodontists**. **Dr. Izchak Barzilay** was elected to the executive council of the **Academy of Prosthodontics**.

We welcomed two new wonderful first year residents into the Program – **Drs. Elahe Behrooz** ('19) and **Azadeh Rastikerdar** ('19).

Renowned national speakers – **Drs. John O'Keefe, Jack Gerrow, and Igor Pesun** – addressed issues in treatment and research.

We continue to receive contributions to the **Graduate Prosthodontics Trust Fund** to which donations benefitting the Program can be made. Alumni are a vital source of the financial strength of the Program.

We hope that you will find this Newsletter fun and informative. We want to **hear** about your accomplishments so that they can be shared in future Newsletters.

We look forward to seeing everyone at our next **Prosthodontics Alumni & Friends Day** – **Friday, June 23rd, 2017!** We are certain it will be a **success!**

Happy New Year! May health, peace and love always be with you and your loved ones!

A few of my favorite things: from running to Prosthodontics

by Ansgar Chang

Running has been part of my life since I was a small boy. I went to a great St. Louis high school in Hong Kong in the 1970s. At St Louis, many schoolboys were talented in soccer and basketball. Ball players generally hate running. In no time, I figured out I could never outdo the other boys in ball games, but I may have a chance to outrun them. My uncle used to say: "**Talent is limited, but effort is unlimited**". Eventually, this motto brought me to Dental school and Prosthodontics.

I finished my Prosthodontics and Maxillofacial Prosthodontics training in 1993. Moving to Toronto, Canada was the beginning of my adulthood. Running was put on hold as my boss – *my wife, Moon* – was going through her MBA and JD degrees at York University. Later on, after spending almost 15 years in Canada/USA, we wanted to try our luck on a tropical island. Armed with a 6-month-old baby girl, we moved to Singapore in the beginning of 2004 and bought a tiny practice.

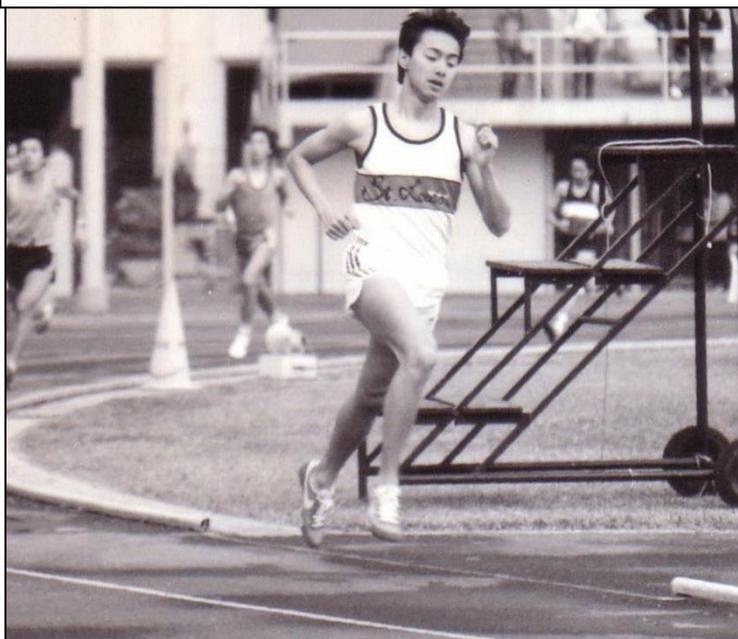
As Singapore is only a few kilometers from the equator, there are 12 hours of daily sunshine all year round with the average temperature varying between hot and very hot. It was my boss's idea that my family should run under the guidance of Singapore marathon record holder – coach Rameshon. He and I are the same age, and his personality reminds me of a few of my earlier mentors in Prosthodontics. And so, I re-immersed in the world of running and, as you will see in a moment, learning.

Here are a few things that I have learned from running and Prosthodontics.



The two sides of my personality – a runner and a Prosthodontist

During my early days at St. Louis high school I perfected my revolutionary low-friction floating-above-ground running technique.



(1) Guidance:

We are born to run and running is running, right? Why can't I train myself? Well, learning a clinical specialty from a great graduate program director is not easy. But trying to reach the clinical competency of a specialist by doing weekend courses is MUCH HARDER! Instead of trying to DIY and run the risk of wasting effort and precious time, learning from someone who knows all the tricks and has an excellent reputation is certainly a great way to move forward.

(2) Science-based practice/training:

Recently, a Prosthodontist told me over tea that he had achieved all that he wanted to achieve as he had "learnt it all" in Prosthodontics. That is not an attitude I share. We all study physiology, right? My running coach is very professorial in the application of scientific information in track and field. He earned a Master's degree in the subject from Loughborough U., UK. He and I chat about the science of running all the time. As he taught me more about the science of running, I got to know more of the numerous scientific principles/studies about running. Now, we are talking about brain power, not just physical. Nowadays, the training/practice of running is easier as its science fulfills my semi-analytical mind. I finally came to the conclusion that the physiology I learnt in Dental school was at an elementary level. **Learning is a never-ending pursuit in Prosthodontics and running.**

(3) Age:

Let's face it, we all used to be younger. We always assume wisdom grows with age. After running for a while against younger and younger (in relative terms) athletes, I came to the conclusion that age has little to do with wisdom. It must be acquired/earned through continuous learning of a relatively broad base of ideas and the application of selected knowledge. On the other hand, it is hard to teach new dogs old tricks. Maybe that is the secret of my success in the Standard Chartered Marathon in Singapore in Dec. 2016: I managed to outrun all the local male amateur runners except for 5 guys in their 20s and 1 guy in his 30s.

(4) Support:

With running teammates from FlexiFitness and colleagues from Specialist Dental Group at the Asia Masters Athletics Championships in Singapore in May 2016, I finished the 5000 m event (50-54) with a **Gold Medal** being the fastest in Asia for my age group in this event.

Running is traditionally considered an individual sport. But I was very lucky to have a big group of friends and family to cheer me on in life. My parents were first class in supporting education. My Singapore team of running mates, sport masseur, chiropractor teammate (national runner) and coaches is top class too. I did not expect that through the years so many of my friends and colleagues would continue to work together as a team. They deserve a big round of applause. That is priceless!

Same in Prosthodontists – we cannot do our work without great support of a great team! In my office, I am blessed to be surrounded by a fantastic group of specialist colleagues. I owe my success to them!

(5) Futurisation:

Prosthodontists are supposed to perform rock-solid treatment with proven track records and evidence. However, IMHO we are futurists. We are one of the few in health care who actually futurise for our patients. We are so good at it that it is in our DNA, and we simply call it "treatment planning". After proper treatment planning, clinical execution is relatively simple in our trained hands. **With a good road map arriving to the destination is a foregone conclusion.**

Podium finish runners do NOT get the result on the race day! They worked for it through countless training miles. In other words, a race is mainly won through preparation!

I consider myself having a few unfair advantages in running: I am trained professionally to learn, analyze, sift out evidence, focus, and – *on top of that* – I am older now! Yes, being older is an advantage in running, as I have more time to accumulate more training mileage than the late comers. Remember, old dogs, old tricks!

Editor's note: Dr. Ansgar Cheng was an Assistant Professor in the Discipline of Prosthodontics at the University of Toronto for 10 years and served as the Head of Maxillofacial Prosthodontics at Princess Margaret Hospital during his tenure. He currently practices the magic of Prosthodontics in Singapore. Dr. Cheng continues active involvement in academia with teaching engagements at the National University of Singapore and University of Hong Kong and is a great supporter of the University of Toronto, Graduate Prosthodontics Program.



With my coach – Rameshon



With running teammates from FlexiFitness, my family, and my colleagues from Specialist Dental Group at the Asia Masters Athletics Championships in Singapore in May 2016. I finished the 5000 m event (50-54) with a Gold Medal.