U of T DENTISTRY

MAKING AN IMPACT IN THE NORTH
GRADS RESTORE VULNERABLE WOMEN’S SMILES
U of T AND GEORGE BROWN HYGIENE GET TOGETHER
REVERSING BONE LOSS WITH STEM CELLS

U of T IN AFRICA
From fitting dentures to supporting new grad programs ▶ PAGE 8
U of T DENTISTRY

3 MESSAGE FROM THE DEAN
4 UP FRONT

COVER STORY
8 GOING GLOBAL
UofT Dentistry sets up class in Africa
14 TEAMING UP WITH GEORGE BROWN
College hygiene students and DDS4 students collaborate
16 THE CLASS OF 1T6
Meet the future of dentistry
19 REMOTE ROTATION
Students learn in the far north
22 VICTIMS NO MORE
UofT grads helping women move on
24 AWARDS OF DISTINCTION GALA
Photos from the big event
26 REUNIONS
28 BOUNDLESS INVENTION
Dentistry invests in research
30 A FRESH FACE
Advancement gets a new director
31 OBITUARIES
32 UPCOMING EVENTS
MESSAGE FROM THE DEAN

BUILDING MOMENTUM

Throughout this issue of *UofT Dentistry*, you will read about outreach opportunities that enrich our students’ learning experience. The push to create more programming is a direct reflection of our Strategic Plan, which asks us to foster social responsibility in our students by presenting them with challenging learning opportunities. We have come a long way: in the past year we have piloted a number of new programs — at George Brown College, in Uganda and in Ethiopia — that will have a dramatic impact on our local community as well as other nations.

These programs are but a fraction of what we have accomplished in the last year. As the Faculty steadily increases its momentum towards our goals, it’s important to put into perspective the many changes we are investing in, not just in our students’ education, but in all aspects of our mission.

Having strong dental schools in Canada is vitally important for maintaining a strong profession in Canada, but this isn’t something that is simply handed to us. William Gies’ 1926 report on dental education in the U.S. and Canada reminds us that, as a learned profession, dental education belongs in a university. But for this model of dental education to remain viable, we must continually justify our place in the university system. We must exhibit our strengths and pursue, alongside our colleagues in our universities, excellence in research and teaching.

Much has changed since the release of Gies’ report 90 years ago. Still, the importance of Gies’ message remains the same: to continue to be worthy of the international renown of the University of Toronto name, we must celebrate, rather than fear, the changes that will ensure our future strength and prosperity. As we look to the future of our profession and the dawning of a new phase in our Faculty’s history, I am very pleased by the momentum some of our many changes have wrought. Through the hiring of key personnel in newly created positions — such as Erin Vollick, our communications officer; Farah Thong, our research and development manager; and Dr. Richard Rayman, our director of student life — we are seeing positive ripples of change in every direction. With our new academic structure, which was ushered in as of July 1, 2016, with a vice-dean education and a vice-dean research, we aim to make our organization more effective and emphasize the equal importance of teaching and research. We also signal our commitment to revitalizing our research infrastructure through renovations on the fourth and fifth floors of the Faculty, set to begin soon.

*UofT* Dentistry is primed to undergo a major transformation that will take us into the next chapter of our evolution as an institution that consistently earns its reputation for excellence. I’m delighted to be able to share this exciting new phase with you.  

Dean Daniel Haas 77B, 87B PhD

We have come a long way: in the past year we have piloted a number of new programs.
A single injection of stem cells could reverse age-related osteoporosis. Such is the discovery of a pivotal study co-authored by Professor John E. Davies.

“We had hoped for a general increase in bone health,” says Davies, who is cross-appointed to the Institute of Biomaterials and Biomedical Engineering, of the study results. “But the huge surprise was to find that the exquisite inner coral-like architecture of the bone structure of the injected animals — which is severely compromised in osteoporosis — was restored to normal.”

Age-related, or type 2, osteoporosis causes the inner structure of bone to diminish, leaving it thinner, less dense and more prone to fractures — particularly hip and vertebral fractures. The impact of this disease is considerable: osteoporosis is behind as many as 90 per cent of the 30,000 hip fractures that occur in Canada annually, a number of which will lead to death.

The team injected osteoporotic mice with mesenchymal stem cells (MSCs) from healthy mice. Mesenchymal stem cells are progenitor cells capable of dividing and changing into different cell types — particularly osteoblasts (bone cells). MSCs have added potential for medical treatment: they can be transplanted from one person to another without the need for matching, and the body won’t reject them.

Six months later — a quarter of the life span of the mice — the inner structure of their bones had been restored to normal architecture and function. The results of this study were published last March in the journal *Stem Cells Translational Medicine*.

MSC stem cells could eventually be used to treat or even prevent the onset of this debilitating and often fatal disease. If results continue to be positive, the team could begin dedicated human trials within the next five years with an eye to drug development.
A future test will be able to rout out dangerous cancers

Assistant Professor Marco Magalhaes 0T9 PhD, rT5 MSc OP/OM wants to put a stop to the stressful and expensive guessing game over which premalignant oral lesions will develop into cancer.

His work on so-called invadopodia markers in tissues, which could lead to a reliable oral cancer test, has earned him a prestigious $200,000 Canadian Cancer Society Innovation Grant.

This two-year grant will allow him to study invadopodia, membrane protrusions in cancer cells that invade healthy tissues. Magalhaes hopes that by identifying which lesions have these finger-like properties, a future test will be able to rout out dangerous cancers early in the progression of the disease.

The study aims first to identify reliable markers that indicate invadopodia are present, and secondly, to correlate the existence of markers with the likelihood of developing into cancer.

It’s a much-needed approach, as current tests for oral cancer don’t consistently indicate a patient’s long-term prognosis.

“Nowadays we rely on dysplasia grading: mild, medium or severe,” says Magalhaes. “The problem with that classification is that not all patients from these groups will develop cancer. The trick is to detect which ones.”

The study will use biopsies sent to the Faculty’s Oral Pathology laboratory. In addition to the usual screening procedures, Magalhaes and his team will run a high-resolution imaging test on samples to search for invadopodia markers.

A test developed from this research would be useful not just for oral cancers. Cervical, skin and esophageal cancer also derive from epithelial mucosa surfaces, and could eventually be identified using a similar invadopodia marker test.

With its array of research and clinical expertise, Magalhaes believes the Faculty is ideal for conducting this type of research, and is in a prime position to become an increasingly prominent leader in oral cancer research. “No other place in the world has this perfect set-up,” says Magalhaes.
music calms the savage beast. But can it help relax the overactive facial muscles in patients with temporomandibular disorders (TMD)?

To test the theory of this connection, Assistant Professor Iacopo Cioffi and a group of researchers from the Faculty of Music’s Music and Health Science Research Collaboratory and Mount Sinai Hospital have earned American Academy of Orofacial Pain funding.

Cioffi’s previous research shows that patients with TMD have overactive masticatory muscles, and “we showed that anxiety and stress are related to the frequency of clenching,” says Cioffi.

Since music has a proven connection to mood, perhaps it can help those overactive muscles too.

For the study, healthy volunteers will listen to various genres of music while Cioffi and his team measure the electroencephalographic activity of their brains and contractions of their jaw muscles. These participants will be matched against patients from Mount Sinai with diagnosed TMD, to see whether the same tunes impact their muscles.

This approach to treating TMD is part of a larger scientific trend: combined therapies including occlusal splints and behavioural treatments such as biofeedback or cognitive behavioural therapy seem to have similar outcomes in treating the condition as behavioural treatments alone. “So if we can increase the effects of behavioural therapies, why not?” says Cioffi. “We can reduce costs and maybe get better outcomes.”
USING WRINKLES TO MEASURE THE HEART’S REACTION TO DRUGS

The average cost of developing a new drug: US$1.5 billion. A staggering amount that drug companies can see evaporate should research later discover the drug has toxic side effects on the heart. But finding a reliable way to mass-test drug compounds on living heart tissues poses an ongoing challenge.

Distinguished Professor Boris Hinz and his collaborators think they can iron out this drug-development wrinkle with a new “high through-put” heart-cell testing platform, a technology that has netted Hinz a 2016 University of Toronto Connaught Innovation Award worth $100,000.

Existing testing technologies grow heart cells in tiny wells on top of gold electrodes that measure the number of times heart cells contract in reaction to drug compounds. This can measure frequency of beats, not strength.

Hinz’s testing platform instead seeds heart cells on a thin, uniform layer of a rubber material that is resistant to changes in temperature and humidity. When heart cells contract, the polymer layer wrinkles. The length and depth of those wrinkles can then be determined. Researchers receive up to a 30 per cent stronger signal from the cells than with standard tests.

“The beauty of our device is its simplicity and robustness — you may say it is foolproof,” says PhD candidate Yousef Shafieyan, whose work on the project has earned him a graduate fellowship from the Ted Rogers Centre for Heart Research.

In addition to being readily adaptable to mass testing, this new test design works with machines already in use by large drug companies.

Hinz and his collaborators — which include the Centre for the Commercialization of Regenerative Medicine (CCRM), Drs. Jason Maynes at the Hospital for Sick Children and Gordon Keller at the McEwan Centre for Regenerative Medicine, as well as University Professor Michael Sefton at the Institute of Biomaterials and Biomedical Engineering — hope to iron out the product’s wrinkles over the next year.

MOVING PAIN RESEARCH OFF THE BENCH

Faculty of Dentistry’s Dr. David Lam OT1, OT8 PhD OMFS has been awarded a prestigious University of Toronto Connaught Fund of $150,000 to host a Summer Connaught Institute in Pain for the next three years.

The Institute will host pain experts from around the world to look at chronic, neuropathic and cancer pain.

Most importantly, they’ll focus on the translation of pain research to strategic action.

“Unfortunately, a gap still exists between pain research and clinical practice,” says Lam.

The Summer Institute promises a multidisciplinary, intensive approach to knowledge translation — something that Lam says is key to moving research off the bench and into people’s lives.

A highly competitive prize, the Summer Connaught is limited to one award per year across the University of Toronto’s three campuses.

MESSAGE UNDELIVERABLE?
Don’t miss out! Keep up with the latest alumni news and event invitations by ensuring that we have your current address and email on file. Please update your address with sabrina.chang-rozario@dentistry.utoronto.ca.
LESSONS in AFRICA

UofT Dentistry’s African placements and partnerships share ideas and expertise across continents

BY ERIN VOLICK  ILLUSTRATION BY JESSICA FORTNER
As every dentist knows, the best kind of learning happens when you get your hands “wet.” With two new collaborations in Africa, students and faculty at UofT Dentistry have a unique opportunity to deepen and share their knowledge half a world away.

These projects also give back to those who need care in some of the most underserviced pockets on the planet.

In late 2014, UofT Dentistry became an official partner in the Toronto Addis Ababa Academic Collaboration (TAAAC), a UofT initiative that builds health infrastructure and capacity in the populous Ethiopian capital city. Dentistry sent two contingents to Addis Ababa in 2016, which included four faculty members, the Dean, and two students.

Also, this past February, a pilot service learning elective got underway: two DDS4 students participated in a two-week rotation through Kabale, Uganda. The rotation piggybacks on the work of the Bridge to Health Medical and Dental Program, a multi-disciplinary mobile health unit that draws on expertise from UofT Dentistry’s faculty, clinical associates and alumni.

Practicing, teaching or learning dentistry abroad isn’t an impulsive response to need, but rather a strategic initiative of the school. “Improving and increasing our service learning opportunities is an important focus of the strategic plan,” explains Dean Daniel Haas 7T9, 8T8 PhD. “We know that students who embark on service learning opportunities gain a breadth and depth to their learning experience that they would not otherwise have.”

And while these two African excursions offer a living classroom experience like no other for the professionals and students involved, they also express a deep commitment to sharing the Faculty’s expertise and resources — and by extension, becoming a true global partner in dentistry.

NEW WORK IN ETHIOPIA

Dental education is an emerging priority for Ethiopia. Africa’s second most populous nation simply doesn’t have enough dentists, and the public health need there is considerable. The new Addis Ababa University School of Dentistry, one of just two public dental education institutions in the country, will graduate its first class of DDM students this year — with a little help from UofT.

As part of its partnership with the TAAAC and Addis Ababa University’s School of Dentistry, UofT Dentistry donates supplies as well as expertise in the form of teaching and educational programming. The hope is to help the school build its capacity to teach students and treat the local population too.

Last December, Professors Jim Lai 0T0 MSc Perio, Vice-Dean, Education and Ernest Lam, Associate Dean, Graduate Education, went on UofT Dentistry’s first month-long teaching rotation. Addis Ababa University funded the travel, room and board for those faculty members who committed to a one-month rotation.

In May, a second group of instructors, which included long-time Clinical Associate Joel Rosenbloom and Associate Professor Herenia Lawrence departed for Ethiopia. Rosenbloom, who is now head of the TAAAC initiative for UofT Dentistry, helped
set up a National Oral Health Training Centre in Mozambique twenty years ago while Lawrence is working on a pan-national Indigenous oral health study. These instructors brought along two students to join in the rotation.

UofT Dentistry launched a series of projects during these short visits — a pivotal one being laying the groundwork for new graduate specialty programs at the fledgling school. Ethiopia has 95 million people but fewer than 250 dentists and approximately 11 dental specialists, five of whom work in Addis Ababa University’s Dental school.

Ernest Lam taught Radiology to the fourth year DDM students and also looked into the possibility of creating a graduate radiology program. Lawrence taught a class on dental public health to third year students — their first of their five-year program. She also began a joint research project with the school’s Dean, Dr. Fantaye Wondwossen, himself a dental public health specialist, on the effects of chewing khat (a plant with amphetamine-like effects that Ethiopians chew as a cultural practice).

Among the early challenges for this group was dealing with the facilities. The Addis Ababa school has two clinics: patients are seen in the older clinic, which frequently loses power and is ill-equipped. There is a new, state-of-the-art clinic with equipment donated from the dental school at Bergen University, Norway, that the school is working on getting operational. Before patients can be seen there, however, challenges to infrastructure — running water and power — first need to be addressed.

Lai, who taught Periodontology to the students, notes that they are “book smart” but lack the full scope of clinical experience. When questioning students about periodontitis, for instance, Lai discovered that the students don’t measure pocket depth — the first thing that a Canadian practitioner or student would think to check.

“So then I said, ‘Show me your probes.’ They’re all either broken or bent. They didn’t have the instruments to measure it properly.”

Resources are a major challenge. The first contingent took as many supplies to the school as they could carry, but didn’t realize the full dearth of equipment at the school. When Lai and Lam showed up to teach, there was only one working high-speed drill for a class of approximately 23 students — translating to the sad reality that few students, if any, were able to practice restorative work.

So the second contingent came with heavy baggage: eight high-speed drills, amalgam, radiography film, plastic teeth for restorative practice, and sundry other dental supplies.

We know that students who embark on service learning opportunities gain a breadth and depth to their learning experience that they would not otherwise have.

— Dean Daniel Haas
They also brought students. Just weeks shy of graduation, DDS4 students Lindsay Louwagie and Bhavna Sharma embarked on the first-ever two-week peer mentorship service learning rotation, a pilot project funded by UofT Dentistry. Peer mentorship education is a model familiar to UofT Dentistry’s students. Louwagie and Sharma have been both mentors and mentees at some point during their degree, so it wasn’t difficult for them to prepare for their third year counterparts.

The eager students soon realized that even the most thorough preparation will run into challenges: the plastic teeth they had brought to allow the Ethiopian students hands-on practice with the drills didn’t fit into their manikins’ mouths. In fact, many of the models the students had brought didn’t translate well to the other school’s set up. “It was thought provoking,” said Louwagie, outgoing 2016 DSS president.

Regardless of the hiccups, the UofT students were a hit, and within a day, Louwagie and Sharma were approached by DDM4s who also wanted to take their class. “[All of the students] were really shy at first,” says Sharma, “But by the end of our time they were all talking a lot.”

Both the third- and fourth-year Addis Ababa students were eager and quick to learn, says Louwagie. In fact, by the end of their two weeks, Louwagie notes that they had overcome a great deal of their clinical experience deficit. “A few of them were at par with what we do. They had tactile skills and were very gifted.”

This kind of all-encompassing support of an emerging school has its risks — UofT is here to help, not set the script for this new school. “We can’t impose our Canadian practice standards on the school there, or on Ethiopian dentistry,” says Lam. “Our role is to give them the tools to meet their needs, and they will pick and choose the tools they need.”

To that end, next moves will see UofT looking to Ethiopia to take the lead. Says Rosenbloom: “Next time around I want to hear what [the faculty] feel the greatest gaps are.”

**EXPANDING SERVICE IN UGANDA**

Far from the urban bustle of Addis Ababa, on the southern tip of the small African nation of Uganda, just west of Kenya, lies the Kabale region. This is where the Bridge to Health program has been supplying dentistry and medical aid, in villages and fields. It’s in this place, where “there are no x-rays, no lights, no suction, no chairs, no drills,” says Assistant Professor and head of the Graduate Prosthodontics program Dr. David Chvartszaid oT7, oT7 MSc Prosth, rT1 MSc Perio, that UofT Dentistry is expanding its reach.

The BTH program had been running for several years before UofT Dentistry became involved this past February, when it sent two students as part of a pilot service learning rotation under the supervision of Dr. Izhak Barzilay 8T3 DDS, and accompanied by Chvartszaid.

It was during his second trip to the African nation that
Barzilay decided he wanted to do more than extract teeth — he wanted to create a field denture program, shifting the health care priority from straight triage to recovery. And he wanted to bring students from the school along to learn and help.

Under this new initiative, the 12-person team made and fit thermoplastic dentures each day within a six-hour period, from set up to shut down. And while extractions were still plentiful — the team extracted approximately 1,000 teeth over the duration of the brigade — the team also produced between 60-70 dentures, each piece finished and fitted over the course of a single day. The students, Elahe Behrooz and Courtney David, both 1T6 DDS, also prepped about 100 fillings.

Despite the impressive volume of treatment work, the team had to turn away more people than received treatment. Still, the crew’s impact on the remote Ugandan communities who came out to their makeshift camps was as undeniable as it was indelible. “The patients told me, ‘Last year you stole our smiles. This year you’ll give them back,’” recalls Barzilay.

The intensity of the experience pushed student into a mode of autonomous problem solving and action. From thinking on their feet to syncretizing their knowledge, said Chvartszaid, the students’ learning experience was profound. “This is highly, highly valuable for students,” he adds.

For David, those exhausting days produced immediately gratifying results she could literally see. After a lifetime of “smiling without their teeth, covering their mouths with their hands,” she noted, her patients “learned to smile.”

**PROGRESSIVE PARTNERSHIPS**

Barzilay plans to fit even more patients with dentures on his next trip to Uganda, scheduled for spring 2017. He also hopes to bring another set of UofT students with him. “Courtney and Elahe were just fantastic — not enough can be said about how proud I am of them,” he says.

As UofT Dentistry reviews the success of its Ugandan pilot project and how to keep funding student participation, it also considers the importance of these fledgling international partnerships. Bridge to Health operates in co-operation with local Ugandan health agencies, signifying the importance of increased health care in a nation where so many go without.

Meanwhile, the school will continue to supply Addis Ababa with faculty expertise. Another faculty contingent is tentatively set to travel in November. The school also hopes to fund more student mentorship rotations. But the organizers are also considering other ways to strengthen the program. Lai hopes that at some point, faculty members from Addis Ababa can enjoy brief rotations in Toronto, learning or honing skills on modern equipment that can then be adapted to the challenges and needs back home.

“This is going to be a long haul,” he says. “We aren’t going to change anything in one visit.”
At the soaring new George Brown College Health Sciences building off of Queens Quay, amid a haze of coloured glass, Dr. Frank Stechey ’71T awaits the arrival of five students. The last of the bunch arrives already dressed in his scrubs in readiness for his rotation at the George Brown Dental Clinic.

The waterfront campus and its operatories are beautiful: huge windows front onto Lake Ontario, flooding one of its 50-chair clinic rooms with natural light. The building’s Nouveau architecture and brand-new facilities offer a different atmosphere for the UofT students.

The look and feel are not the only novelties. Today, the students won’t be working alone. They’ll have an assistant — a George Brown student — to help them care for their patients.

This collaborative pilot, which extended from November through May of this year, saw the entire fourth year class complete the rotation as part of their DDS4 service learning component.

The rotation gave both DDS students and their dental assistant counterparts a sense of what private practice will really be like. It also marks a new evolution in the Faculty’s outreach, making stronger connections in the larger dental education community.

The program’s launch was driven mainly by the passion and hard work of George Brown Professor Linda McKay ’75 BScD, ’79 T3 MSc DPH. As the college’s coordinator for the program, McKay works closely with Dr. James Posluns ’91T, ’98 T8 Dip Ortho, Assistant Dean, Clinics on the delivery of the program. Stechey supervises the UofT students on the clinic floor.

A NEW APPROACH

Stechey, UofT Dentistry’s faculty coordinator for this outreach program, tours the DDS students through the unfamiliar facilities. The day’s visiting UofT students — Liji John, Jalil Momenbeitollahi, Terris Eardley and Shaan Jamshaid — seem unfazed about learning a new clinic layout, new operatory technology and a different computer system just half an hour before patients are due to arrive.

“The hard part is catching the DDS students quickly up to speed in a new environment,” explains McKay. Walking into George Brown without being familiar with the clinic is a daunting task. Having to work with an assistant, possibly for the first time, adds an additional layer of complication that forces students to expand their professional skills.

The dental assisting students must adjust too. The fast pace and delivery of services while working chairside with a dental student provides a new opportunity for GBC students to stretch their repertoire of skills. With the addition of these groups from UofT, more caries can be treated on the spot, while referrals for other work can also be made.

“This morning they’re going to be nervous, but by this afternoon they’ll be going gangbusters,” says McKay of the student assistants as she oversees a small army of them prepping operatories and consults with Stechey on the business of the day.

Over the course of two, three-hour shifts, seven of George Brown’s 120 dental assistant students will join today’s clinic. Five of the dental assistants get paired with the DDS students,
assisting with the diagnosis and treatment of patients. The remaining two are runners that ferry patients from the waiting room to the clinic and supply the operatories with materials as needed.

**A MODEL FOR COOPERATIVE EDUCATION**

The George Brown pilot program both gets students from different disciplines working together and represents an alliance on an institutional level that looks to enrich dental education at both schools. Dr. Cory Ross, Dean of Health Sciences at George Brown, calls it “an authentic and realistic glimpse into students’ future practices.”

“The George Brown outreach is an important cornerstone in our new student outreach programming,” says Faculty of Dentistry’s Dean Daniel Haas. “Our goal is to broaden and enhance student learning, and I think this program offers an important facet to their educational experience.”

Since this is a pilot project, there are already plans for changes, such as adding new restorative materials in the next rotation, currently scheduled to begin in November 2016. But these are minor adjustments; overall, Stechey believes the program more than met its objectives. “The main goal was to prepare both our DDS4 and GBC students for their respective futures in dentistry by working as a multidisciplinary team for the benefit of the patient and our profession.”

Students confirm the one-day clinic offered them a brief but very meaningful look into their futures. DDS student Liji John says she and her assistant treated four patients and did restorations. “I had a very good relationship with my assistant, and [my work] was quicker because of my assistant’s help,” she adds. In a student clinic, as in the profession, effective collaboration leads to the best outcomes all around.
The Influencers

The class of 2016 has done dental care around the world, delved into complex research and generally proved that influence doesn’t necessarily begin post graduation. We ask them some questions about their time at UofT, and what’s next.

Konrad Binder, DDS
Inspired by his rotation in Moose Factory this year, Konrad has applied to the ODA’s Remote Access program and will be interviewing for practices in Ottawa.

Most important thing you learned at UofT?
How to become a competent dentist. I’m ready to become engaged in the profession.

Advice for the students coming up behind you?
Stay focused at the task at hand, enjoy all the ups and downs throughout your time at the faculty. Get involved and stay positive.

Gursonika Binepal, PhD
Gursonika continues her award-winning program on oral pathogens as she takes up a postdoctoral fellowship.

Most important thing you learned at UofT?
Think beyond your PhD. It is not essential that you get absolutely amazing results right away, but if you have the right concepts for your project you have a direction for your future.

Why is research important?
We are constantly facing questions that cannot be answered with existing knowledge. Research allows us to go from macroscopic, to microscopic, and now nanoscopic level of problem solving.
LINDSAY LOUWAGIE, DDS
THE OUTGOING DSS PRESIDENT MAY BE MOVING ON TO ASSOCIATESHIPS IN TORONTO AND WATERLOO, BUT SHE’LL ALWAYS HAVE THE PEOPLE SKILLS THAT MADE HER YEAR IN OFFICE — IN WHICH THE DSS INSTITUTED ITS FIRST STRATEGIC PLAN — SUCH A SPECTACULAR SUCCESS.

WHAT SKILL WILL YOU APPLY IN YOUR NEXT ENDEAVOUR?
My ability to listen. People, especially patients, come from all walks of life. It’s important to always listen closely and with an open mind.

WHAT STANDS OUT ABOUT YOUR TIME AT UofT?
I will always maintain that 1T6 is the best class ever, and I couldn’t imagine these past four years without those 103 amazing individuals.

BHAVNA SHARMA, DDS
A GRADUATE OF IDAPP WHO HAS TAUGHT STUDENTS OF THE DDM PROGRAM AT ADDIS ABABA UNIVERSITY’S SCHOOL OF DENTISTRY, BHAVNA PLANS TO CONTINUE HER STUDIES THROUGH A SPECIALTY GRADUATE PROGRAM IN ORTHODONTICS.

WHAT SKILL WILL YOU APPLY IN YOUR NEXT ENDEAVOUR?
A little attention to the finer details initially helps a lot towards achieving the final desired result.

MOST IMPORTANT THING YOU LEARNED AT UofT?
Patience makes you a better dentist.

DDS CLASS OF 2016
Hanin Abdullah
Mahan Alavi
Taif Al-Obaidy
Fardeen Aman
Joshua Noel Ananthan
Dan Auprix
Naina Baidya
Asth Bansal
Elave Behrooz
Danyka Belanger
Konrad Binder
Daniel Eric Bottner
Leah Anne Bottner
Danielle Anne Cascioli
Cynthia Anne Chan
Joanna Chan
Loren Anthony Chan
Marina Ye Ji Chang
Warda Chekh Akhmad
Hsiu-Wei Chen
Samantha Chien
Jennifer Mary Chitilian
Benjamin Roger Chiu
Alicia Clancy
Silvana Clara Colantonio
Paul Comartin
Ibrahim Darrag
Amanda Maria Patricia
D’Aurelio
Courtney David
Rupinder Dhillon
Terras Patrick Eardley
Jessica A. Ebrahimi
Alexander Henry
Fitzsimmons
Rachit Girish Gangar
Shawna Shanshan Gao
Ramona Ghasemi
Sarbjit Singh Gill
John Paul Girardi
Jason Michael Goldberg
Prashant Grewal
Suzette Haoshuang Guo
Anita Gupta
Dalia Hamad
Anam Farrukh Hann
Young Ho Hea
Ryan Yosef Gene Herblum

PHOTOS: JEFF COMBER
2016 SUMMER/FALL • 17
### DOCTOR OF PHILOSOPHY (PHD)**

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*Every effort was made to ensure the accuracy of this list as of press time.

**MSC and PhD graduates range from (Fall 2015-Spring 2016).
They fly in via a scrappy, 16-seat charter plane that lands on an icy patch of asphalt. From there, the two young men are driven across the sparse town to their guest apartment. Here, the roads are made of snow, which is crisscrossed and lined with thick metal pipes that carry heat and water from building to building.

Darkness creeps up early in here in winter, but it also brings the shimmering ghosts of the northern lights, something neither Benjamin Chiu nor Konrad Binder had ever seen before.

This is the stark beauty that surrounded the two DDS4 students for their two-week Moose Factory, Ont., service-learning rotation.

“Everyone has huge cavities — found in almost every tooth,” says Chiu of his patients, most of whom are children.

But the problems Binder and Chiu saw in the Moose Factory Dental Clinic — located in Weeneebayko General Hospital on Moose Island, nestled in the Moose River at the foot of James Bay — went far beyond caries. Dental disease is a logical outcome of life in a remote place, lack of comprehensive care and a very real fear of dentistry.

Student rotations can’t change these systematic causes, but they can impact a handful of patients and transform participants’ views of the profession and healthcare in general.
UofT’s Role
Moose Factory is home to approximately 2,500 residents, the majority of whom are status Cree First Nations. The Moose Factory student placement has been an outreach program at the Faculty of Dentistry “for at least 25 years,” says Assistant Dean, Clinics, Dr. James Posluns 9T1, 9T8 Dip Ortho. The Faculty of Dentistry was the first Faculty to bring dental care here and now the small island hosts rotating caregivers from Western University, McMaster and UofT Medicine.

First initiated by the Paediatric Dentistry program, the Moose Factory service learning rotation has evolved into several placements: the two-week, mid-semester rotation for up to five pairs of fourth-year students; two-week rotations for select DDS students between their third and fourth year, and month-long rotations for paediatric dentistry residents and interns from Mt. Sinai Hospital.

Firstly, the DDS4 student participants are chosen following rigorous criteria. “Those who know this isn’t just a vacation, who want to give back to that community, are the type of student who is going to get the most out of the experience and give back the most,” says Posluns.

Serious Challenges
The island has water supply issues: there’s no local fluoridation program and the area is under a near-constant boil-water advisory. People have to drink bottled beverages — but pop sells for less than water. An apple goes for around a dollar; fresh food is both pricey and in scarce supply. With so few jobs available, locals must opt for cheaper, processed foods that are often high in sugar.

While most have dental and health coverage as status First Nations, few seek ongoing care. Dental phobia has been passed down through generations, and it’s very real. “When the parents go to the dentist, all they know is that they will have their teeth taken out, and this fear is passed down to their children,” Binder says. That leads to complex treatments, both psychological and physical. “Every child needs nitrous oxide to be able to sit through a dental procedure,” says Chiu.

The Call of the North
By Diane Peters
Rob Matsui 1T3, 0T9 MSc knew he’d eventually pack his bags and bug repellent to work in a remote northern community. He felt a personal connection to the challenges experienced by First Nations; he’s half Japanese and some of his relatives lost property and rights during WWII.

After graduation, he secured a job in Fond du Lac in northern Saskatchewan, a fly-in Aboriginal community 60 km from the Northwest Territories. For two-and-a-half years, he worked in two-week-in, two-week-out rotations, commuting between the reserve and Toronto.

“One of the great things about the north is the impact you can have. You can take someone in pain and you can help them,” says Matsui. There had been no regular dentist in the community for six years previously. Luckily, his sister Alexandra Matsui, a dental hygienist trained at George Brown College, joined him for part of his tenure, and helped set up a recall system and liaise with the school to get care to kids.

Matsui would get frustrated by his no-show rate — which could soar to over 40 per cent — until he found out one patient’s child committed suicide, not the first in her family. “Coming in at 9 a.m. doesn’t mean anything when you’re dealing with these kinds of things.”

Matsui now practices in the GTA. With no set funding system and each community running its own system, securing another northern position is tough. Still, he’d love to go back — despite the cold winters and long, dark days — to practice dentistry where it is truly needed.

“This rotation is a great bridge between school and private practice.”
— Benjamin Chiu
“I feel like I’m ready to move forward. UofT has done a great job in making us clinical practitioners.”

— Konrad Binder

So people avoid the dentist. “Each of us were booked with approximately five patients a day,” explains Chiu, “But only half show up. The other half walk in as emergencies.” Most come when their cavities are so large the teeth have to be extracted. Students try to stop the cycle by developing treatment plans. But it’s often months or even years before patients return.

FINDING ANSWERS
Binder and Chiu agree more education could help. But in their short tenure, “I think you do your best to build a good relationship with the patients, and all you can do is keep trying,” says Binder.

The students forged a bond with one patient who came in wearing a Toronto Blue Jays cap. The man had been working to break a drug addiction, and wanted to fix his teeth as part of the process of coming clean. Through treatment, the man overcame his dental anxiety. “He was the first person who asked if he could come back for cleanings,” says Chiu.

A RECIPROCAL RELATIONSHIP
“I experienced more in seven days than what we sometimes accomplish in a month at the UofT clinic,” says Binder of the value of the clinic experience. Though they worked under the close supervision of the one full-time resident dentist, the two were often on their own, making decisions and relying upon each other.

“I feel like I’m ready to move forward. UofT has done a great job in making us clinical practitioners. If there’s a child crying and you have to take out a tooth, you know how to do it,” he adds. While these graduating students may never work in a remote community again, the skills they learned there are applicable to any practice, anywhere. Says Chiu, “This rotation is a great bridge between school and private practice.”

SMALL TOWN, BIG SKILLS
BY DIANE PETERS

Where Dan Vockeroth comes from — Iroquois Falls, a small town 45 minutes north of Timmins, Ont. — his dad was either one of two, or the only, dentist in town.

At UofT, he met Allison Clark, and convinced the St. Catharines native to practice with him in the semi-remote town. The two 1T2 DDS grads took a position at a practice in Timmins and started working with Dan’s dad, Dr. Tom Vockeroth. “Compared to Iroquois Falls, Timmins seems like a busy place.” says Clark.

The couple quickly realized they would have to provide a “little bit of everything.” With many specialists hours away, most patients prefer a local general dentist to work on their dentures, do an extraction or perform a root canal — particularly when they are in pain. Colleagues provide support for challenging work. Meanwhile, Vockeroth is taking additional training in orthodontics to meet demand.

In small towns, patients often end up being friends, or curling teammates. That issue takes a delicate approach and a fierce protection of privacy. Vockeroth and Clark often find themselves dispensing basic oral health education. “Many of our patients have grown up with the idea that they’ll [visit a dentist] when they have a problem,” says Clark.

But interesting work days help make for a full life. “Our situation is so varied,” says Clark. “I really enjoy my work days.”
Imagine trying to land a decent job when you’re living in a women’s shelter and trying to move on after being a victim of abuse. You show up at job interviews with gaps in your smile, which affects your appearances and ability to speak clearly.

Such was the situation of one woman who got pro bono dental work from the Project Restoring Smiles program of the Dr. Borna Meisami Commemorative Foundation. Over the course of a year, she had her basic dental needs — cleanings, fillings — cared for by one of the general dentists with the program and had multiple implants of anterior teeth put in by founder Dr. Tina Meisami, also Director of Dental Sleep Medicine at UofT’s Faculty of Dentistry.

Three years later, this woman has a job in middle management at one of the major Canadian banks. She and her kids have a safe place to live that’s their own. Like many of the women helped by this innovative, five-year-old program, she’s all smiles.

“They’re empowered. They feel like they have friends, that someone out there cares about them. And they look and feel better,” says Meisami of the more than 45 women who have received free dental care through the program — at a value of an estimated $250,000 — since it launched five years ago, on International Women’s Day in 2011.

Meisami launched the foundation after her older brother Borna died at age 40 from sudden cardiac arrest, in 2007. The younger Meisami was devastated: her orthopedic surgeon brother had been a role model. “He was the one who taught me about women and women’s rights,” says Meisami.

Meanwhile, she knew the value of giving back. During her DDS at UofT, Meisami worked for three weeks in Sioux Lookout and volunteered for that program two more times, even though it wasn’t mandatory. “These patients have very different needs. They are very appreciative. They have a real need for care,” she says. During her surgical residency, she did a trauma rotation in South Africa that included extractions and fractures. “It was so rewarding to actually make a difference,” she recalls of those experiences.

But who needed help closer to home? Meisami was volunteering with the Canadian Women’s Foundation and realized that survivors of domestic violence, particularly those in shelters, often had no access to affordable care.

So she called four friends she’d met during school or residency at UofT: Dr. Maureen Fenn; Dr. Yasmin Mawji; and Dr. Renu Varshney, three general dentists, and orthodontist Dr. Shiva Shadmand to help.

Early on, the dentists would show up personally at shelters to assess women on the spot and come up with treatment plans. Soon, they called on former patients to conduct outreach. They now have contacts at 45 shelters in the GTA.

The program focuses on specific care. “We wanted to get them back on their feet and back into the workforce,” says Meisami. “We can’t do everything.” So they focus on treating teeth in the smile line, eliminating pain and infection and restoring function and proper speech.

At the onset, Meisami and her colleagues thought most of the work would be from abuse injuries. They quickly discovered it was not that simple.

“What we saw was the result of years of neglect because of depression or lack of access to treatment, or lack of supports like someone to babysit their kids,” says Meisami.

UofT Assistant Professor and prosthodontist Dr. Leslie Laing says she’s seen at least three
upper right-front teeth missing in Restoring Smiles patients — it could be coincidence, but she suspects they could be related to domestic violence. One patient, thanks to an assault, had to have all her teeth removed: “It was through being hit. And that just loosened everything.” Laing, who joined the group in 2012, made the woman a full set of dentures while she healed after her extractions. She’ll soon get implants with Meisami.

The program offers a range of care, most of it provided by general dentists. The multidisciplinary team of 18 — which also includes a plastic surgeon, oral radiologist, endodontist, periodontist and three orthodontists — have collaborated on projects as complex as replacing whole arches and doing corrective jaw surgery for a woman with a congenital facial deformity.

The program has been transformed by a $50,000 Community Giving Program grant from the Green Shield Foundation in 2014, and a $200,000, multi-year grant in mid-2016. Now a registered charity, the program has expanded its volunteer base five-fold and seeks to double its patient intake numbers every year.

As word gets out, the program has attracted dentists outside Toronto, including Ottawa and St. Catharines. Future plans see it going national. Dentists, no matter where they are, only take on what they can handle, often a patient at a time. Says Laing of the six women she’s helped via Restoring Smiles, “I did something so little, but for them it’s so big.”

UofT GRADS WHO VOLUNTEER WITH RESTORING SMILES

Dr. Tunde Pal 8T6 MSc
Dr. Julie Paris 0T3
Dr. Sepideh Gharai 9T7
Dr. Emily Trohatos 9T4
Dr. Mahsa Farzaneh 9T6, 0T3 MSc Endo
Dr. Susanne Perschbacher 0T6 MSc Rad
Dr. James Noble 0T4
THANK YOU TO OUR ALUMNI, FRIENDS AND SUPPORTERS WHO MADE THE GALA SUCH A SUCCESSFUL EVENT.

We proudly honoured Dr. Tom Harle ’87, ’89 Dip Prosth, ’90 MSc, Dr. Michael Pharoah ’75, ’84 MSc, ’85 Dip OR and Dr. Carolyn Poon Woo ’85 while raising funds in support of the Faculty of Dentistry Access to Care Fund and the Teaching Clinics Fund. These programs allow us to provide an essential health service for people without access to care.

SAVE THE DATE: SATURDAY, APRIL 29, 2017
SHERATON CENTRE TORONTO HOTEL

Contact us for tickets and sponsorship: 416-797-4940 or sabrina.chang-rozario@dentistry.utoronto.ca

www.dentistry.utoronto.ca/alumni-and-friends
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West Toronto Dental Society
TOGETHER AGAIN
Visit our Alumni gallery, available on the new Faculty of Dentistry website: www.dentistry.utoronto.ca/alumni. Expected launch date: Fall 2016
Over the past several months, UofT Dentistry has been nurturing a renewal of its already strong research mission.

First, the Faculty ushered in a new academic structure that created a Vice-Dean, Research position — working in tandem with a new Vice-Dean, Education. The new organizational structure became official on July 1, 2016.

“With these changes we’re really signalling a commitment to our research mission,” says Dean Daniel Haas 7T9, 8T8 PhD. The Faculty of Dentistry, like the University, enjoys an international reputation for innovation in research. In fact, UofT’s dentistry program is ranked number one for citations and number one in publications among Canadian universities with similar programs. The Faculty’s researchers have been equally successful at winning research grants, even in an increasingly competitive granting environment, securing $6.5 million in research grants in 2014 alone.

Updating the Faculty’s existing research infrastructure has become an important priority. Plans are now underway to renovate the fourth and fifth floors of 124 Edward Street to modernize the existing infrastructure to contemporary health and safety standards.

The Faculty has also created a shared lab space for new faculty members Assistant Professor David Lam 0T1, 0T8 PhD OMFS and Assistant Professor Marco Magalhaes 0T9 PhD, rT5 MSc OP/OM — two researchers with strong programs in cancer research — and their students.

The new lab follows a collaborative, open-concept model made famous by the Institute of Biomaterials and Biomedical Engineering, an important and hugely successful research arm of the Faculty, which promotes a cross-disciplinary and shared approach to problem solving.
The Faculty of Dentistry gratefully acknowledges three generous gifts to our research mission that originated with members of our faculty community.

**The FenTon ProsThodonTic research Fund**
This fund will provide direct research support for a new prosthodontic faculty hire.

“I want to be an encouragement for all my classmates to support UofT,” says Dr. Aaron Fenton 6T7, who celebrates his 50th class reunion next year. “From 1982 to 2002, Toronto and Goteborg were the most sought-after prosthodontic programs in the world due to our introduction of osseointegration. Now everyone does it,” he adds.

**The Frederick George and Sadie Isobel Sessle Fund**
A gift from world-renowned researcher and former Dean, Dr. Barry Sessle, this fund provides an endowment that will support the Faculty’s annual Research Day event, which has become an important one-day symposium for exhibiting student research.

**The Oral Pathology/Oral Medicine Graduate Student Research Fund**
Organized through the generosity of the Toronto Oral Pathology Service, Grace Bradley, Associate Dean, Undergraduate Education 7T9, 8T4 MSc OP/OM and Douglas Bradley, this gift will fund research conducted by graduate students in oral pathology/oral medicine.

UofT Dentistry acknowledges the passionate spirit of giving behind these gifts.

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**CALLING ALL REUNION ORGANIZERS**

**ORGANIZING YOUR CLASS REUNION?**
Get in touch with the Advancement Office, so we can help you make it a memorable event.
Contact miriam.stephan@dentistry.utoronto.ca
Since she started at the University of Toronto four years ago, Selina Esteves — the Faculty’s newly named Director of Advancement — has been making things happen.

As Associate Director, Major Gifts at the Division of University Advancement, Esteves worked on multiple portfolios, including the new multi-disciplinary, cross-Faculty Fraser Mustard Institute for Human Development.

Before joining UofT, Esteves was at the SickKids Foundation, networking with influential business leaders and building corporate partnerships. In fact, one of the reasons Esteves chose to tackle the role of Director of Advancement at Dentistry comes from an event at SickKids: the Henry Schein Ski Day, which raises money for cleft palate surgeries.

“The transformations [possible for patients] deeply affected me,” Esteves explains. “How you look impacts how you feel, and when people feel confident about themselves they can accomplish more.”

But Esteves also cites her personal experience: as a child, she and her three siblings were patients at the Schulich School of Dentistry at Western University.

Her goal for UofT Dentistry? “I know this is an exceptional school. I want us to move to the next level as a Faculty. We have great potential and philanthropy plays a pivotal role in moving us in that direction.”

Want to get in touch?
Email: selina.esteves@dentistry.utoronto.ca
Phone: (416) 979-4773
Dr. Jack Dale, a cherished member of the UofT Dentistry community, passed away on February 3. He began lecturing at the school in the 1960s in Histology and Orthodontics and was promoted to Assistant Professor in 1968. As a scholar, he authored hundreds of studies and over 30 books. As Chairman of the Library and Museum from 1964-1970, Dale was instrumental in setting up the Faculty’s Dental Museum, along with his wife, Dr. Anne Dale. Although Dale retired from teaching in 1995, he remained active with the Faculty. He also served with a number of professional organizations, including chairing the American Board of Orthodontics. UofT awarded him an Award of Distinction in 1995 and an Arbor Award in 2009.

Dr. Arlington Dungy had a profound impact on diversity and dental education in the province by helping found the Indigenous Program at the University of Ottawa’s medical school in 2006, and served as its first Director. At the time, there were no more than 200 self-declared Aboriginal doctors in Canada; proportional representation would have put the figure at 1,500-2,000. Dungy also helped start the school’s Student Affairs office in 1997, and served a number of key administrative roles at U of Ottawa. He also served as the Chief of Paediatric Dentistry at the Hospital for Sick Children from 1969-81, and was later Chief of Dentistry at the Children’s Hospital of Eastern Ontario.

Dr. Robert Moore Grainger 4T3, 5T0 DIP DPH, 5T1 MSCD
Among the many positions he held at Canadian universities, Dr. Robert Moore Grainger served as a Professor of Epidemiology and Statistics, Chairman of the Division of Dental Research and part-time Director of the Orthodontic Research Centres at UofT from 1957 to 1967. He held many influential administrative roles, including Research Director for the Association of Canadian Medical Colleges, Dental Grants Officer for the Medical Research Council, Director for the Bureau of Economics, CDA, and Editor of the CDA Journal. He also consulted for such high-profile organizations as Proctor & Gamble, the University of Western Ontario and the World Health Organization.

Dr. Arthur Schwartz served with the Royal Canadian Army Dental Corps from 1944-47 and then served in the militia until 1957. In the 1950s, Schwartz jumped into government service, serving in a range of leadership roles such as Director, Dental Services in Manitoba’s Department of Health and Regional Director (Ontario), Health and Welfare Canada Medical Services. He served as the Dean of Dentistry at the University of Manitoba from 1978 to 1989. During his lifetime he received numerous awards, including the Distinguished Service award from the CDA. Outside of dentistry he was a dedicated volunteer and served on the school board in Kenora and as an alderman on the Keewatin Town Council. He was inducted into the North West Ontario Sports Hall of fame in 1985 for playing on the 1952-53 Kenora Thistles hockey team. 

WE MOURN THE LOSS
Russell T.F. Boyd 4T7 OMFS
James A. Burstein 4T5
Oscar Doner 6T1
Leonard Gaik 6T1
Verdun Gilbert 6T6 Dip Ortho
June I. Histrop 4T3 Dent Nursing
Robert Jaworski 6T3
Kristine Magidsohn 6T4
Madan Mehta 5T5, 5T6 MScD
Maynard Nordine 6T3
John Polton 8T8
L. B. Schaef 6T5
Jan Smits 6T3
Alva Swanson 4T9
Roy Woolidge 5T0
Marvin Zarnett 5T5
Listings are as accurate as possible as of press time.
UPCOMING EVENTS

THURSDAY, OCTOBER 6
YOUNG ALUMNI MENTORSHIP LECTURE SERIES
6 p.m.
DoubleTree by Hilton Toronto Downtown
108 Chestnut Street
Toronto

1T2 through 1T6 graduates and students are invited to hear Shawn Monga 0T4 DDS and Jakob Marszowski 1T4 DDS share their experiences of purchasing and starting practices directly after graduation. Reception to follow. RSVP by September 30 to sabrina.chang-rozario@dentistry.utoronto.ca.

MONDAY, OCTOBER 24
FACULTY OF DENTISTRY ALUMNI ASSOCIATION — ANNUAL GENERAL MEETING
6:30 p.m.
Rm 170, 124 Edward St.
Toronto

Hear what your Faculty of Dentistry Alumni Association Board has planned for the 2016-17 academic year. Reception to follow in the Student Commons. RSVP by October 18 to sabrina.chang-rozario@dentistry.utoronto.ca.

FRIDAY, NOVEMBER 11
DR. GEORGE ZARB CLINICAL RESEARCH LECTURE
6 p.m. — 8 p.m.
Pan Pacific Vancouver Hotel
300-399 Canada Place
Vancouver

Dr. Christian S. Stohler, Dean, College of Dental Medicine, Professor of Dental Medicine and Senior Vice-President for Dental Medicine, Columbia University Medical Center, Time and room T.B.A.

TUESDAY, FEBRUARY 14
RESEARCH DAY
Join us for this annual mini-symposium celebrating the Faculty’s innovative research. Details T.B.D.

THURSDAY, MARCH 9
VANCOUVER ALUMNI RECEPTION
6 p.m. — 8 p.m.
Pan Pacific Vancouver Hotel
300-399 Canada Place
Vancouver

Dean Daniel Haas invites you to join him and fellow alumni for a cocktail reception during the Pacific Dental Conference. RSVP by March 3 to sabrina.chang-rozario@dentistry.utoronto.ca.

THURSDAY, MARCH 16
WORD OF MOUTH NETWORKING EVENT
6 p.m. — 8 p.m.
Toronto

Connecting our graduating DDS students with UofT alumni and clinical instructors who are able to facilitate job placements. To participate or for more information, please contact sabrina.chang-rozario@dentistry.utoronto.ca.

MARCH 16 — 17
DENTANICS 2017
Isabelle Bader Theatre
93 Charles St
Toronto

The Faculty of Dentistry student-run variety show celebrates its 95th year! Tickets $20 at the Faculty or online via UofT’s alumni portal at alumni.utoronto.ca. Proceeds go to the Access to Care Fund.

SATURDAY, APRIL 29
2017 AWARDS OF DISTINCTION GALA
Sheraton Centre Toronto Hotel
123 Queen Street West
Toronto

Join alumni and friends for an elegant and fun-filled evening as we proudly honour the accomplishments of the 2017 award recipients. Raising funds in support of the Access to Care Fund and the Teaching Clinics Fund. Order tickets at my.alumni.utoronto.ca/gala2017.

QUESTIONS OR SPONSORSHIP INQUIRIES?
Contact Sabrina Chang Rozario, Manager of Alumni Relations, at sabrina.chang-rozario@dentistry.utoronto.ca or (416) 979-4940.