



AORTA

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WEB SITE: WWW.AOTORONTO.ORG

ALPHA OMEGA WINTER SEMINAR AND CHARITABLE DRAW

FRIDAY FEBRUARY 19th, 2021

Alpha Omega invites you to a
Continuing Education presentation on Zoom

**THREE
CORE 1
RCDSO
POINTS**

Changing Times, Changing Needs



Mr. Alan Lachapelle
*Department Head
- Manager, PLP*



Dr. Peter Hong
*Senior Dental
Consultant, PLP*



Lisa Bruni
*Legal Advisor,
PLP*

A Virtual Challah Baking Class

SAVE THE DATE!

Thursday, January 21st, 2021



...1000 WORDS • SLICE OF PI • MUSKULO-SKELETAL PAINS IN DENTISTS

IRIS' INSIGHTS



I feel like whining. What else is there to do these days? Daylight savings is upon us and I will not see the sunrise until the second quarter of 2021. I feel that if I sit on my behind more than I already am, then I will succumb to the new term, Covid 15. It is the spirit of the times: instead of the Freshman 15, the 15 lbs that Freshmen gain when they start university, it is now the 15 lbs from Covid inactivity. I am fighting hard against idleness and over-baking. Our hike in Muskoka with friends and Jazzie has been a salve. I cannot resist sharing these photos with you.

The spontaneity of visiting friends on a whim (very Israeli of me), popping into the mall to feel and touch fabrics and products before purchasing, eat at the food court (I would never!) or at a fancy vegan place (I would do that!), are a figment of my imagination. I am preparing for the coming winter with various ideas of how to make a personalized mobile enclosure made of clear plastic. When I make a prototype, you will get a photo in my next article.

In the early months of our enforced closure, I believe many of us thought we would have tons of time to indulge in entertainment and augment our worldliness with Netflix, Amazon Prime, YouTube, and more. As well, it is likely that many sought ways to check off some items from their Bucket List by tackling Do-It-Yourself projects and finding an avocation. It was an amazing time without a

true end in sight, but instead of a long lasting feeling of being refreshed and thankful that our doors can finally open, I find that I am inundated with more paperwork and staff management and hyper-vigilance of how to evade the Virus.

What am I getting at? I am highlighting the concept of going mad. I find that I am both frustrated and pleased about being able to work. I want to hear how others are fairing with mental health in the dental community and community at large. Have we, as dentists, been the beacon of positivity as we set out to be despite the tremendous yoke we carry? I will share with you that I am constantly bantering all day and cracking jokes since I believe we need to put on a happy face daily. That is our moral obligation towards our own personal bubble and the large amorphous blob of our work world. I have reached out to colleagues to decompress. I want everyone to know that within AO, you can always find an understanding and empathetic colleague who would lend an ear or a shoulder.

What we accomplished in EARLY Fall 2020:

- We had our second Happy Hour. Everyone who joined in bragged about the great fun they had. That is one way to decompress after a day of work!
- And we had a fantastic seamless and well-executed First Ever Zoom Core 1 with Dr. Clive Friedman on Friday October 30, 2020.

Three hours of Core 1 Credits will be issued to those who attended from beginning to end. We fulfilled the stringent criteria set out by the RCDSO. Thank goodness for Dr. Jaclyn Glick for taking on position of host and making sure the logistics were fulfilled. And we can be grateful for the tech aptitude of Oren Baum from UpOnline Dental Marketing. He certainly set us up for success. I am mostly thankful to Dr. Clive Friedman who donated his time to present his Core 1 course. We originally planned the course when we thought it would be in-person. He tried to sidestep me when we realized that the course was on Zoom, but he overcame his reservations about speaking in front of a screen with no visible audience. Dr. Friedman was super excellent and so generous to have done this course free of charge because he is a big supporter of Alpha Omega

Here is what our Calendar looked like in November 2020:

- **AMERICAN ELECTIONS** and upcoming Presidential Inauguration in January 2021!!!!!! There is so much that hinges on this grand event. Each potential electoral vote in either direction receives so much scrutiny and provokes so much anxiety as to how America, the ultimate superpower, will fair in the end. We, Canadians, rely on having and being good neighbours, but in the end our government will find a way to





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Next Executive Meeting

Tuesday, December 8, 2020

Next AORTA Deadline (February)

Monday, January 4, 2021

Notable Achievements

Please inform the AORTA of fraters or members of their families who have achieved success, honours or milestones.

Benevolence

Please call Stan Markin regarding illnesses or deaths of fraters.

Office: (416) 497-2122

Home: (416) 789-2067

Associate Placement

Fraters who are interested in having an associate join their practice or who are interested in associating with another dentist (full or part-time) contact Philip Novack

Office: (416) 224-2114

Fax: (416) 224-1282

The opinions as expressed by the editors and columnists of the AORTA do not necessarily reflect the views of Toronto Alumni Chapter and/or its executive. All correspondence should be sent to the editor at barryreinblatt@sympatico.ca

work with whomever is in power since our economy relies heavily on the US. Let's hope we have a welcoming Ally for our own Great Nation and the State of Israel

- November 12th, we hosted Mr. Alan Lachapelle and Dr. Peter Hong from the PLP: It was an amazing PLP Potpourri Category 2 Zoom Course. The enthusiasm from the speakers and the audience over a topic that can really bring grief was reassuring. The PLP, albeit a branch of the RCDSO where part of our dues goes directly to the PLP, is for us, the dentists. It is a gift that we are encouraged to use. Anything that you say to the PLP representatives stays within the walls of PLP and does not filter out to anywhere else at 6 Crescent Road
- AO Revival Delicious Dish held one cooking class with Carolyn Cohen on Wednesday November 18th. It was fantastic. At a nominal cost of \$20 per computer, we experienced "the joy of cooking" with a veritable down-to-earth gourmet and at the end we had a delicious dairy meal
- Our second Zoom Category 2 CE Evening was on November 25th with DR. AVIV OUANOUNOU. It is titled, "The Five Most Prescribed Drugs: What do you need to know". As usual, Dr. Ouanounou was incredible. He has earned many accolades from his U of T Dental School students and continues to support Alpha Omega with both Category 2 and Core 1 courses. We thank Dr. Ouanounou for his generosity to AO over the years. We can always count on him



Here is what is coming up in our calendars:

- The first ever VIRTUAL CHANNUKAH PARTY: Entertainment and Arts & Crafts on Sunday DECEMBER 6, 2020. Details will be sent via eBlast
- Challah Baking (yes, on Zoom) on Thursday January 21, 2021 with the Yorkville Jewish Centre
- Our third Zoom Category 2 CE Evening is on Wednesday January 27, 2021 with Dr. Andrew Moncarz on Dental Anaesthesia
- We will have a FULL DAY Core 1 course on Friday February 19, 2021. It will be for 6 Core 1 CE points with PLP presenting new material and new cases

Fraternally Yours,
Iris

P.S. I thought that my whole article would be about the US Elections and the outcome. I was prepared to delve deeply into its impact on dentistry in Canada. Oh well, too much is unknown and so I aborted that mission.



DENTAL VOLUNTEERS FOR ISRAEL

Dentists needed... to treat disadvantaged children in Jerusalem who cannot help themselves.

For information, contact **Les Train** at drtrain@rogers.com, or check our website at canadianfriendsofdvi.org.

RCDSO PET EXAMS

Are you writing the RCDSO Pet exams?
Do you want to join others who are writing for a study group?

Email Jackie at info@atoronto.org and we will put you together.



You are invited to join the Toronto Alpha Omega Fraternity group on Facebook

Do you have a story to tell that other Fraters would love to hear?



Contact the AORTA editor Barry Reinblatt at barryreinblatt@sympatico.ca with your suggestions!

SPONSORSHIP PROGRAM

If any Alpha Omega member knows of individuals or corporations who may be interested in sponsoring our programs please let me know. This will ensure the quality of our programs and events.

Please email this information to drbgreenbaum@rogers.com. To all committee chairmen, please forward a list of your corporate sponsors. Also please list the contacts and email addresses.

Thank you.
Robert Greenbaum

FROM THE EDITOR



It certainly looks like there will be more candles in the menorah this year than people gathered around it to sing the traditional prayers and songs. So be it, whatever it takes to put this terrible pandemic behind us is worth it. Next year, when this is cleared up, we will have to make up for it by having our houses full of friends and family to celebrate every holiday!

Alpha Omega Toronto is trying to normalize things as much as possible by still holding as

many events as can be, even if they are being presented rather differently. In this issue, you can read how this was accomplished for the most recent Evening Continuing Education Seminar as well as the AO Revival Happy Hour Virtual Cocktail Class.

There is also information on the upcoming Winter Seminar and Charitable Draw as well as the AO Challah Bake in conjunction with The Yorkville Jewish Centre. For your reading interest and pleasure, we have interesting and diverse articles from Stan Kogon, Steven Brown, and David Burstein. Physiotherapist Kasra Mirhosseini sends in his second in a series of articles to help us with the day to day aches and pains associated with dentistry, Max Silver keeps us up to date with his latest version of a Slice of Pi, and Barry Korzen starts a new series of his photos entitled ...1000 words. Please enjoy this issue.

Barry Reinblatt

EVENING CONTINUING EDUCATION SEMINAR

On Thursday October 1st, Dr. Stacey Kirshenblatt gave our members a superb presentation titled: "Early Orthodontic Management – Let's keep it simple!" She adapted to the pandemic and delivered her presentation to us over Zoom. It was very informative and we appreciate her taking the time to speak to us.

Jill Levine



...1000 Words

With travel being restricted due to the corona virus I thought it would be a good opportunity to change the focus of my photos from being Israel-based to scenes that I came upon while traveling. Each of the photos that I plan on showcasing on their own tell a story and often there is a back story as well that I will share with you. The picture here was taken in Lapland on the Arctic Circle. Lapland has become one the favourite travel destinations for Israelis and arriving at our hotel we discovered 100% (not a typo) of the hotel

was filled with Israeli tourists, with all the signage in the lobby in Hebrew and for those so inclined two minyans, one Ashkenaz and one Sephardi. One evening we discovered a hockey game between two of the teams in their semi-professional league. After the warm-up there was an announcement to please rise for the national anthem of our guests and yes they played the Hatikva. If you aren't getting enough snow at home, once travel resumes, Lapland is a great place to visit.

Please feel free to visit my website www.1000words.me where the photos can be viewed either by country or by scrolling through all the photos. I hope you enjoy seeing them as much I had taking them. And remember "A picture is worth ... a thousand words."

Barry Korzen



AFTER THE WAVE - PART 2



Part 1 appeared in Aorta, October 2020

Memories

The TTDVI protocol had one planned rest day per week. I slept through the first one. In the second week, David Sweet was visiting for a few days so the EO and PO organized a tour. Our driver, Pot (we had three different drivers; all with the nickname Pot) was from Phuket and knew every nook and cranny of the island and nearby mainland. Shortly after leaving our compound, we pulled off the road to look out over a tract of flat land about the size of 4 football fields. The ocean could be seen about 1-2 km in the distance. At first, I thought the land was being prepared for a development. There were no structures, trees, or grass as far as you could see although Pot pointed out the foundation and walls of a 2-story mosque on the horizon. As we walked across the space, I saw a flip-flop sandal and a broken pair of sunglasses. On close examination, the surface was littered with bits and pieces of man-made debris. Pot explained that this had been the location of a very large shopping plaza with small businesses selling fresh produce and hard goods. When the tsunami struck, it was filled with people. Nothing was left - just desolation. I had seen some pictures in the media of the effect of the waves and had purchased a picture book published as a fund-raiser by local Thais. However, standing there and seeing the extent of the destruction was an experience that is etched in my memory. You might be able to verbally describe the scene but there are no words to describe the feeling.

We continued north and stopped at what appeared to be a beach, but it was well inland. Again, the ground was scoured clean but covered with a thick layer of beach sand. As the land rose to a forested area about 500 meters away, there were piles of uprooted trees and building debris. Remarkably, a large navy patrol boat was sitting upright in the woods. On this misplaced beach, in the blazing sun, was a man sitting on a cooler selling cold drinks hoping that a thirsty sightseer might come by. Pot then drove us to his small village. He pointed out that some of the waves at this site were above the telephone pole, estimated to be more than 40 feet high. Most of the cinder block homes were under repair and the roofs were covered with tarpaulins. He pointed out some new concrete floors which the Government had constructed to replace some of the homes which were beyond repair. Up the street, about .5 Km from the dock was a huge ocean-going shrimp boat, standing upright with its prow an inch from the roof of a small house.



At the northern end of the island we crossed a small bridge to the mainland and continued up the coastal road. We soon came to the town of Kho Lak with its large Buddhist temple and school. We parked at the side of the road and as soon as we left the air-conditioned van, we had an ominous sensation. The smell of death permeated the air. As we passed through the gates of the temple it was apparent that this was a significant locale. Except for the shrine and some of the school dorms, all the buildings had been transformed into Morgue #2. This was the largest of the temporary morgues and had officially ceased operation only two days before our visit. A shed-like, dimly lit building about the size of a hockey rink operated as an autopsy room. Mobile stretchers, mops, and dozens of empty containers of Clorox, paid testimony to the work done here for more than two months.

Pathologists' notes, protocol memos and macabre graffiti were scribbled on the walls. Bypassing a few tourists with cameras, we went to the back of the complex where about 60 refrigerated trailers were lined up making three ad hoc streets. These trailers held the remains of about 1000 victims not yet identified or awaiting repatriation. On two sides of a room which had been used for record storage was an open patio where dozens of poster boards were set up, one after another. Each board held perhaps 50 photographs of victims. Most were taken some days or weeks after the event. Due to the bloating of the bodies, all had a similar swollen appearance. Some victims had scraps of clothing that might have been useful for identification. It was truly a grotesque picture gallery. On the way out, we paid our respects to the Buddhist monks and caretakers who were standing watch, as per the Buddhist faith.

Our last stop was back on the island of Phuket, close to the airport. We turned into what appeared to be a private road attended by security guards. This was Morgue #3, the only one currently in use. The site was purpose-built with neat white service buildings, tidy floral landscaping, a group of large military style tents for workers, and a wide expanse of cleared gravel road holding about 175 refrigerated trailers lined up in parallel streets. Despite the temperature of 42°C in the shade, we donned hazmat suits for the tour. Mortuary attendants were moving bodies into and out of the refrigerated trailers with motorized dollies and carts. Heavy equipment was used to lift and shift trailers. Without doubt, the most impressive elements were the autopsy units. These were designed, transported, and erected at the site by Norway. They consisted of three long buildings with hanger-like doors at each end. These buildings were well lit, air conditioned and superbly equipped. Bodies, on wheeled litters, entered at one end and moved, conveyer style, through several stations; photography, fingerprints, personal effects, physical autopsy, DNA harvesting, dental examination, radiography, and then transported back to storage. It was an amazing improvement on previous morgues.

All 29 countries who lost citizens or participated in TTDVI had their flags flown at

the entrance to Morgue #3. Before leaving, our contingent was photographed in front of a plaque dedicated to the dead and the personnel who recovered and identified them. It was a moving experience to be part of the international team.

Although we had a few days off later in the month, the rest of the tour of duty was taken up almost entirely with long days of identification work at the IMC., supper with the Canadian team, early bed, and repeat. David Hodges ^a and I returned home April 30.

^a David and I kept in touch and we looked forward to a meeting planned in the summer when he and his wife intended to visit Toronto. Unfortunately, that never happened as David succumbed to an aggressive cancer. He was a fine man and I think of him often

Contribution by Canadian Dentists^{a a}

Fifteen Canadian dentists participated in TTDVI; Their home provinces were; B.C. 9, Yukon 1, Alberta 2, Ont. 3

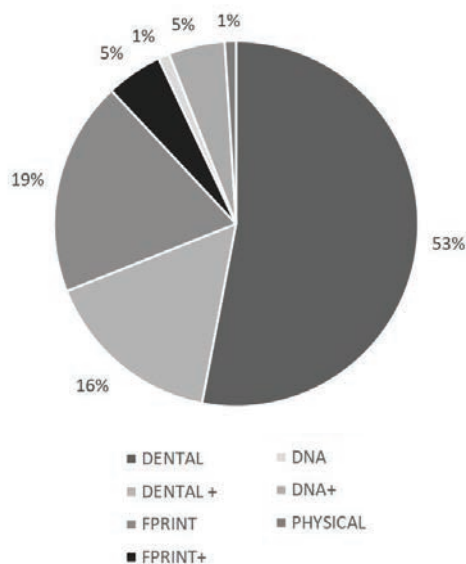
The first Canadian dentist arrived mid-January and rotations continued to the end of August. Canadian dentists were assigned or made contributions to reconciliation, quality assurance, PM radiography, improvements in digital transfer of am records to IMC and DNA sampling protocols.

SOME TTDVI STATISTICS

Estimated death	5,500
PM documentation	4,780
AM documentation.....	2,977
Non-Thai ID with AM records.....	94%
Thai ID with AM records	32%
Total ID 2,077/4780	43%
ID with AM doc.....	70%

^{a a} David Sweet, Personal Communication. University of British Columbia.

ID BY DISCIPLINE1



69% of Total Identifications were by Dental Means

About a month after returning home, I was contacted by a Psychologist. All Canadians were required to attend a clinical session for evaluation of PTSD or any other disturbances that might have been precipitated by the time spent in Thailand. This kindness was most appreciated.

When I think about this event, I have mixed emotions. The tragic nature of the disaster was overwhelming. Whenever I am asked to comment on TTDVI, I make sure to stress that the Thai protocol dealt with less than 5% of the total deaths. It is unimaginable what resources, time and money would have been expended if the TTDVI protocols were extended to deal with all the victims. I worked at a computer workstation and I did no recovery and only one case of repatriation confirmation. I estimate that I had primary input into 45-50 identifications. I have great admiration for the pathologists, dentists, and the forensic and mortuary technicians who worked under far worse conditions than I did and accomplished so much. It was obvious, and I must admit, most satisfying to see the respect the Canadians received. I felt honoured to be part of the team.

Stan Kogon

UPCOMING EVENTS

AO CHALLAH BAKE

Thursday, January 21, 2021

Zoom Event

EVENING CONTINUING EDUCATION SEMINAR

Wednesday, January 27, 2021

Andrew Moncarz

Dental Anaesthesia

WINTER SEMINAR AND CHARITABLE DRAW

Friday, February 19, 2021

Full program to be announced

Mazel Tov

To...

Carole Gruson and Charles Goldberg on the recent birth of their grandson **Jax Peyton** to daughter **Stephanie** and son-in-law **Corey**.

Just A Reminder...

The Roster is for the exclusive use of the membership of Alpha Omega Fraternity. Anyone found using this directory for solicitation purposes will be prohibited from advertising to Alpha Omega and may be the subject of legal action.

AO REVIVAL FALL HAPPY HOUR VIRTUAL COCKTAIL CLASS

AO REVIVAL FALL HAPPY HOUR VIRTUAL COCKTAIL CLASS WITH HARRY HANSON
THURSDAY OCTOBER 15TH, 2020.

On Thursday October 15th, in the comfort of our own homes, we had the pleasure for the second time of virtually participating in a cocktail class lead by award winning bartender Harry Hanson. Harry has slung drinks at some of the best bars and restaurants in Toronto and all over East London, UK. He spent a year teaching cocktail classes all over the UK but in light of current events he has decided to take his talents to the internet and we are just thrilled that he has! He is young, handsome, knowledgeable and has terrific energy and enthusiasm. Harry taught us how to make 3 different cocktails and my husband Danny and I, along with Mark and Jill Ziedenbergh had

a blast participating in this fun and exciting program. We all received an ingredient and equipment list beforehand so we could be prepared. My favorite of the 3 was a Bloody Mary made with vodka, a splash of red wine, lime juice, Worcestershire sauce (I just had to get the bottle from my fridge to figure out how to spell that!), hot sauce, horseradish, salt, black pepper, tomato juice and lots of ice stirred with a celery stalk. It was soooo good. That was our first drink and although I made all the others I actually only drank that one. I may have had more than one of those! Danny and Mark however were our tasters and had all 3. Our second drink of the night was a Saladito with tequila which I actually did taste and liked but liked my Bloody Mary more. The third drink was an Enzoni with gin and Campari which I did have fun putting

together but didn't taste. The recipes for all 3 drinks are included below.

This class was free for all AO members and their families. Thank you to everyone who participated- I was very happy with the turnout. We are hoping to offer another evening with Harry in the winter or spring so if you weren't able to join us this time please consider joining us for the next one.




Hoping you and your families are all healthy and safe at this time.

Respectfully submitted by Dr. Laurel Linetsky-Fleisher

Alpha Omega Cocktail Recipes



Drinks We Made:

	 Cocktail #1: Enzoni	 Cocktail #2: Saladito	 Cocktail #3: Caesar
Alcohol:	Gin + Campari	Mezcal/Tequila	Bloody Mary
Instructions:	1oz Gin 1oz Campari 0.75oz Lemon Juice 0.5oz Simple Syrup 4-6 Muddled Grapes Shake Strain Fresh Ice Drink!	2oz Mezcal 0.75oz Lime Juice 0.75oz Honey Syrup A Pinch of Sea Salt A Pinch of Cayenne Shake with Ice Strain Drink!	2oz vodka 1oz old red wine 0.5oz Lime juice 3 dash Worcester 2 dash hot sauce 1 tsp horseradish pinch salt pinch black pepper add ice top with tomato juice celery garnish
Notes:	Equal parts Gin, Campari, and Dry Vermouth makes a standard Negroni!	The recipe calls for a smoky Mezcal, but a bright Blanco Tequila would work	To make a classic Caesar, swap out the tomato juice for clamato juice

SLICE OF PI



Time flies when you're having fun and the semester is flying by at the AO Pi Chapter!

The year was kicked off on October 15th with a virtual Cocktail Class led by renowned Toronto Bartender, Harry Hanson! Members purchased ingredients ahead of time and followed along as they watched a live demonstration on how to make various cocktails (a Saladito, Caesar, and Enzone).

On November 5th, we had a panel of 2020 AO graduates at our Virtual Alumni Info Night. Chapter members submitted lots of great questions about GPRs, AEGDs, specialties, and associateships. The night was filled with laughs, discussions, and great advice.

To help members, our usual mock exams were carried out with a virtual twist. While this year's exams were different, student still benefited from the practice.

The Chapter enjoyed a Virtual Cooking Night where we made Healthier Pad Thai with Girl Gone Kosher (@girlgonekosher). Students had a great time cooking and eating together from a distance!

Last on the docket for this update is our awesome new AO Pi Chapter T-shirts, which are pictured here!



AO Pi chapter president Noah Gasner (left) and Dr. Ryan Schure sporting the new AO t-shirts!

Before you leave, the Pi Chapter needs your help replenishing our **stock of natural teeth!** Our members pre-clinical restorative and endodontic requirements cannot be completed without them. Collecting natural

teeth is posing a challenge during the pandemic and any contributions would be greatly appreciated.

We will gladly accept the teeth in any condition. However, ideally the teeth should be rinsed with water, soaked in 50:50 water:bleach for 1-2 days, and stored in 95% ethanol. If you'd like to contribute, please email willie.cygelfarb@mail.utoronto.ca to coordinate a pickup. Thank you very much for your time and consideration. The Pi chapter appreciates your help now more than ever.

Fraternally yours,
Max Silver

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MUSKULO-SKELETAL PAINS IN DENTISTS

Part 2 of a series

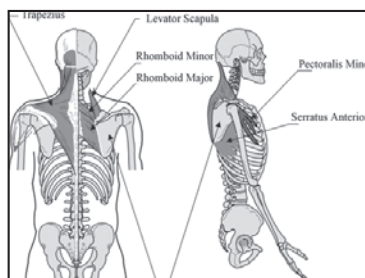
Have you ever felt a burning sensation between your shoulder blades?

In my last article, I talked about the importance and role of exercise in preventing many job related MSK conditions in dentists. I introduced you to the Levator Scapulae muscle and how tightness here can lead to neck pain and stiffness. I showed you some exercises to release and stretch the muscle to prevent neck pain. In this article, I am going to talk about upper back pain, often described as a nagging or burning pain between the shoulder blades. It's rather common in people whose work requires them to be in a seated position for many hours. And we know that 80% of dental professionals complain of upper back pain¹.

What can cause a burning sensation behind the shoulders?

The largest risk factor for developing upper back pain is prolonged rounded posture. When dentists are working, they need to hold their arms in front of their body for a long duration. This requires good stability of the shoulder blade to hold the arm steady and strong. The shoulder blade has no bony stability, rather it is suspended in musculature. Therefore, the upper back muscles have to work constantly to stabilize both shoulder blades to help the arms do the job.

Since childhood, we have often been told to sit straighter or more upright. This is because this position holds the upper half of the spine in a neutral position and activates muscles which are designed to perform light prolonged contractions. While no posture is perfect when helped for hours without break, sitting upright is the least stressful on one particular muscle. However, after years (and for many decades) of slouching our muscles change in response to slouching posture. This starts a feedforward system that not only keeps pressure on already stressed muscles, but makes it difficult to return to the preferred upright posture. Try it out now. How long can you sit in an upright posture with your shoulders back. Can you make it until the end of this article?



The picture above shows some of the main muscles that are responsible for stabilizing the upper back. 3 key muscles that are impacted by slouching and rounding of the shoulders that ultimately create pain between the shoulders, are the Rhomboids muscles, Pectoralis Minor, and Serratus Anterior.

The main culprits:

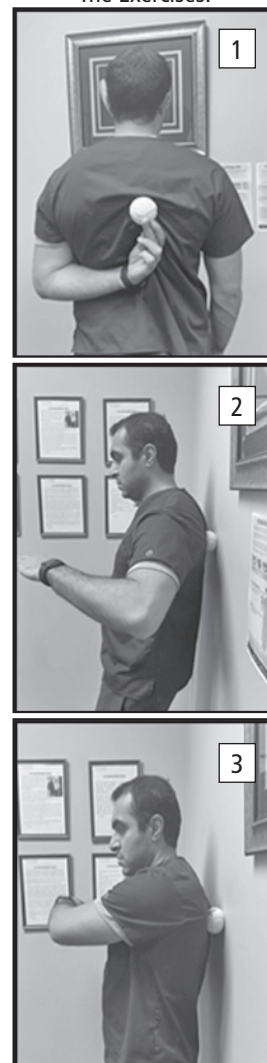
Rhomboids: The main muscles which are responsible for upper back stability and holding the upright posture. The constant contraction of Rhomboids which are stressed in rounded postures results in trigger point formation in these muscles. Rhomboid trigger points are very common. They are the main culprits that produce the pain around the shoulder blade area and shoot the pain to the neck. Most of us have experienced this burning and achy sensation around our shoulder blades when we have worked for long hours and the muscles are unable to meet the demands we place on them. An interesting thing with the Rhomboids is that they can also shoot the pain all the way from the shoulder to the fingers. This shooting pain pattern is very similar to the cervical disk herniation. In fact, I see many people during my daily practice whose pain is caused by a trigger point in their rhomboid muscle but who have been diagnosed by cervical discopathy! The trigger point formation requires both a direct release (as seen in Exercise 1) and strengthening exercises (as seen in Exercise 2) to increase the muscles ability to meet every day demands.

Pectoralis Minor: The small muscle in the chest that often shortens and pulls the shoulder blades forward. This muscle shortens, especially in those who have excessive kyphosis, and can trap and place pressure on nerves that travel underneath and innervate the arm. When shortened this muscles indirectly causes increased pressure on all of the upper back muscles. Therefore it is not enough to strengthen and release the Rhomboids, you must also stretch this tight muscle. Exercise 3 is a good way to provide an overall stretch to the chest musculatures.

Serratus Anterior: A rather infamous muscle in the physiotherapy community which holds the scapula flat on the back and helps to protract the shoulder blades. This muscle is weak and overpowered very commonly in the general populations. Weakness here shows up as scapular winging. That is to say that the bony bottom and medial border of the scapula

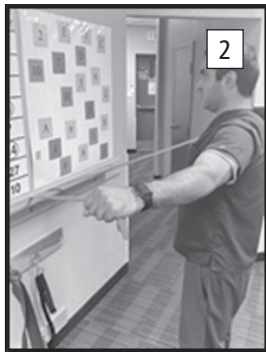
becomes prominent on the back. Serratus Anterior acts as the foundation, it holds the scapula in an optimal position that gives the other muscles the best position to do their job. This is why a strengthening program for this muscle (such as the one given in Exercise 4) should be included in any upper body and shoulder pains.

The Exercises:



1. Rhomboid Self Active-Release Technique:

Place a tennis ball on the tight muscles between your shoulder blade and spine (1) and press back against the wall behind you (2). Actively stretch your arm out to your side and then bring it all the way across the front of your body (3). Repeat this 10-15 times for a soft tissue release.



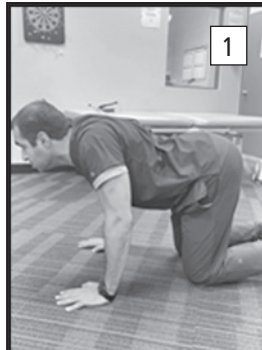
2. Rhomboids Strengthening:

Place a resistance band around a sturdy mid-level object, such as a bar, side bar of a treadmill, closed door, or have someone hold onto the middle of the band (1). Hold the band on either end, then squeeze your shoulder blades together and pull the band back towards your chest, hold this position for 2 seconds (2). You should end in a T-shaped position. Repeat this exercise for 3 sets of 10 repetitions or until you can no longer bring your arms out to the T-shape because of fatigue.



3. Pectoralis Stretch:

Place your forearms around a door frame around shoulder height. Keeping your forearms on the wall, take one step forward until you feel a stretch across your chest. Hold this position for 15 seconds and repeat for 4 times.



4. Cat/Cow Stretch:

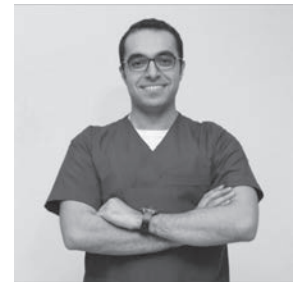
Start with your hands and knees flat on the floor (on all fours). Align your wrists underneath your shoulders and your knees underneath your hips. First, tilt your pelvis back so that your tailbone is sticking up towards the ceiling, bring your chin and head up towards the ceiling and drop your belly down so that there is an arch in your back (1). Hold this position for 5 seconds. Then slowly release the tops of your feet to the floor, tip your pelvis forward and tuck your tailbone. Draw your navel towards your spine and drop your head in order to naturally round your spine (2). Hold this position for 5 seconds. Alternate between these 2 movements 10 times.

The best way to prevent pains from rounded postures is to take frequent breaks and shift to a new position. This isn't always possible, like in the middle of long dental procedures, but along with the exercise above take a couple minutes to stand and shift your legs in-between each client! The information in this article is not meant to replace the advice or treatments from any health care professionals. If you are having severe neck pain please contact your physician or local physical therapist. If you have any pre-existing MSK conditions consult with your physical therapist before performing these exercises.

- Kasra Mirhosseini (PT, MScSEM, MCPA)
- Marija Radenovic (MScPT, HBSc)

References:

1. Feng B, Liang Q, Wang Y, Andersen LL, Szeto G. Prevalence of work-related musculoskeletal symptoms of the neck and upper extremity among dentists in China. *BMJ Open*. 2014;4(12)



Kasra is a musculoskeletal physiotherapist at One Step Ahead Mobility physiotherapy clinic and a clinical instructor and adjunct lecturer at the University of Toronto. He has developed a manual therapy based treatment method that is fast and effective on clients with various jobs and routines, and has helped many people with different conditions such as headaches, neck and back pain and temporo-mandibular joint disorders.

For more information please visit www.onestepaheadmobility.com



Marija is a graduating physiotherapy student from the University of Toronto. She received her undergraduate degree in psychology, neuroscience, and behaviour from McMaster University. She enjoys applying this knowledge to her physiotherapy and using a holistic approach to helping people achieve their goals.



October 16, 2020

30-Tishri-5780

The first joint webinar of the Faculty of Dentistry of the Hebrew University-Hadassah School of Dental Medicine, Jerusalem, Israel with the Faculty of Dentistry of Gulf Medical University (GMU), United Arab Emirates

Prof. Lior Shapira and Prof. Stella Chaushu



On October 8, 2020, a joint historical webinar of the Faculty of Dentistry, the Hebrew University-Hadassah School of Dental Medicine, Jerusalem was held with the Faculty of Dentistry of Gulf Medical University (GMU), Ajman, United Arab Emirates. Over 500 dentists, dental students and faculty staff participated in the webinar.

The initiator of the webinar, Prof. Lior Shapira, Chairman of the Faculty's Teaching Committee, opened the webinar and presented the distinguished greetings of: Prof. Barak Medina - Rector of the Hebrew University of Jerusalem, Prof. Hossam Hamdy, Chancellor of Gulf Medical University (GMU), Prof. Aaron Palmon - Dean of School of Dental Medicine, HU-Hadassah, and Prof. Hesham Marei - Dean of the Faculty of Dentistry of GMU.

Following, Prof. Lior Shapira and Prof. Stella Chaushu, Chair of the Faculty's International Relations Committee, opened the scientific section which included three exciting scientific lectures, on the subject of 21st century dental education, and the changes generally required to adapt it to the new generation and new technologies in light of the spread of COVID 19.

Prof. Hesham Marei, an expert in Oral and Maxillofacial surgery and Medical Education, presented the benefits of using models of virtual patients in dental studies.

Prof. Avi Zini, Vice Dean of the Faculty of Dentistry in Jerusalem, presented the American accreditation process that he has led together with the Dean, department heads and the faculty in recent years. He described the many changes required to adapt the faculty to the requirements of the American organization and the importance of accreditation to the faculty's international recognition and status.





Dr. Asher Zabrovsky, an expert in the Department of Oral Rehabilitation, presented the many changes that have been made in teaching students following the spread of COVID 19, both in the theoretical distance teaching and in the clinical teaching adapting to the new rules in preventing infections during the pandemic.

Prof. Stella Chaushu chaired the discussion. The panel included Prof. Doron, Chair of the International Master's Program in the Department of Biomedical Sciences of the Faculty of Dental Medicine, Jerusalem and Prof. Hossam Abdelatty, Deputy Dean of Clinical Affairs and Head of Gulf Medical University, GMU Internships.

The lectures were of the highest standard and were followed by enthusiastic responses and many questions from participants from both countries. But the recurring response was: "A historic, exciting event, I had tears in my eyes". We have no doubt that this special event, the first of its kind in the country, symbolizes a new beginning and anticipation for a future of fruitful and exciting collaboration between the two faculties.

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IT IS NOT GOOD...



I write these words in a vulnerable state. I struggle to apply all of the suggestions that I am going to make. But that is okay as what I want to discuss gets me out of my comfort zone.

At the time of this writing there are only two stories that people are talking about: the US election and COVID19. However, there is another pandemic going on that is more personal and for many more difficult to talk about than the aforementioned topics. It is loneliness.

For all the advances in technology and the miraculous ability to communicate instantly with people on the other side of the world, people are feeling more isolated than ever.

But loneliness and being alone are not the same. A certain amount of solitude is actually good for us. It provides us with quiet time to: work creatively, rejuvenate ourselves and an opportunity for self reflection. Learning how to be comfortable and confident when by ourselves, is one of the ways to avoid and manage loneliness.

Loneliness is not bad either. It is a subjective emotion that is telling us that there is an awareness of a gap in our inherent need for social connection and a threat to self preservation. As John Cacioppo, the author of the book "Loneliness" has compared, that just as we have feelings of hunger, thirst and pain to warn us about bodily needs, loneliness is there to be understood as a call to action. Like a lot of our emotions, it is not the emotion itself, it is what we do about it.

Prolonged loneliness is not good for our us. Cacioppo's research showed that the stress of chronic loneliness is as deleterious to our health as smoking 15 cigarettes a day. It is a more critical a factor in early death than air pollution (5%), obesity (20%), or excess alcohol (30%). Living in a state of chronic loneliness increases the chance of an early death by 45% !

Human beings are social creatures. Literally from the moment we are born, we cry out for human contact. When the pleasure hormone of Oxytocin is released it fosters our need to bond to each other. One of the separators of humans from animals is our ability for complex communications that allow us to "plan, reason and work together". Making connections and what we do to reinforce them lead to a: productive, learned, bonded and meaningful life.

Several types of loneliness can be discussed, but from a primitive standpoint, loneliness probably evolved as a warning signal or a sixth sense of being physically separated from the safety of the tribe and/or socially detached while being with the tribe.

For the most part our "negative" emotions, those which stimulate our sympathetic "fight or flight" nervous system are designed mainly for the short term to get us to move out of perceived danger whether physical or psychological. Self preservation is a primal driving force. But we are meant to live more in a parasympathetic state. While these imminent threats are not as prevalent now, the emotion still exists.

Imagine what it must have been like to be a caveman who had lost his way at night and was worried about predators. You think he'd have a good night sleep?

(Parenthetically, one of the reasons why we have different stages of sleep is that even when we did sleep with the tribe, if there were to be an attack, the fact that someone being in a lighter level should be in easier state of arousal to respond to the threat.)

Being ostracized by the group, or rejected in the quest for romance can also trigger loneliness.

Studies have shown that instead of looking to conquer our loneliness after an attempted connection, our tendency is to actually to put up a further guard and be less considerate of others. We also tend to be hypercritical of the next potential partner. After we have been rejected there are psychological scars formed during the time of wound healing. How the 'injury' is attended to affects the amount of time it takes to get back to normal.

If not used properly, loneliness stifles our ability to grow. It is an emotion that is meant to be overcome. Do we really want to live our lives in a shell?

Loneliness needs to be countered by the development of courage to move forward. At any moment we can choose growth or comfort. But growing always involves vulnerability. Learning to conquer loneliness is an important skill. This why having mentors is so important.

Being alone and loneliness are inevitable, There are ways of preventing loneliness from occurring and of reacting when it does.

Here is a list of ideas for the management of loneliness. It is presented as a jumping off point for discussion. Your feedback is appreciated.

Preamble: Especially with the conditions in the world today restricting our freedom and working against our pursuit of happiness, we have to have a mindset to fight the onset of loneliness which can lead to anxiety and depression. It is so easy to go into a shell or let our moods and our desire for safety to take over. But Ecclesiastes 3:1 "To everything there is a season, and a time to every purpose under heaven." For all the external causes of loneliness, our biggest battle in our life is with ourselves. We all have to find a resilience to rise to our potential. Commit ourselves to wanting to make a difference. Know the world is a better because we are here. Commit ourselves to CANI (constant and never ending improvement.) . Our life it a gift from God. How we live it is our gift back to Him.

1) Learn breathing exercises to relax. We cannot think an emotion away

2) Keep a journal

favourite music, and reading good books all help all help to combat loneliness. .

3) Improve communication skills: As loneliness is defined as a loss of needed social connection, anything that enhances such connection need to be strengthened. One of the reasons for teenage loneliness and depression is because of the distracting nature of technology. From the abandoning of cursive writing skills to a decrease in reading, (which is about making connections with the rest of the world), to having their faces down and not being able to look another person in the eye, the social development and primal learning techniques of most teenagers are stunted. Tech is not a genuine substitute for honest human interaction . Life is a contact sport. We have to rediscover the art of conversation and connection. This all said, the improvement in communication skills is first and foremost about how we talk to ourselves.

6) As Jordan Peterson recommends, surround yourself with people who want the best for you. We may be alone, but know we are not alone. Stacey Flowers has urged: a cheerleader, mentor, coach, friend and peer. To which I add, relatives (as a reminder of our roots), and a lover. Conversely, we should look to fulfill one of these roles for others.

7) Realize that we are all responsible for our own happiness. Get to really know yourself.

8) Join a group or a cause bigger than oneself. Stephen Covey said that interdependence is a higher quality than independence. Or have you noticed that watching sporting events during the pandemic is not the same experience as when we are at a game with fans affirming our joy or commitment?

4) I have trouble defining happiness and love. While different I think more than a state of being, they are states of positive energy. Happiness is what we have for ourselves and love is what we give to others. How is this expressed? One of the ways the sexes differ is that men socialize more through shared experiences whereas woman are more through shared intimacies. We need both.

9) Learn to be our own best friend. As the saying goes, if a friend spoke to us the way we speak to ourselves, we would not be friends with them. Avoid negative self talk.

10) Recognize the importance of: religion, exercise, diet, sunlight, sleep, and avoid ruminating activity.

Stephanie Cacioppo has suggested to see that there is a continuum from loneliness to love. Or a continuum from the fear of death to the creation of life! Regardless of what it is we enjoy, whenever we feel lonely, choose actions of love and creativity. Recovery from loneliness is an active process even if it means focused listening to a friend.

11) Strive to be needed.

12) Learn to manage the distractions that are numbing us from genuinely dealing with sources of loneliness or keep us from being as supportive as we can be.

And remember, you cannot get a hug from a smartphone.

5) Have gratitude and remember to smile. The movement of 4 muscles to smile is the easiest way to spread joy and express thanks. Too bad that masks hide the easiest way to affirm someone else . Laughter is a good precursor to a smile. Have a sense of humour, especially about ourselves. Watch great comedy, listen to

David Burstein

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I FOUND THE OLDEST STORE IN TORONTO

By Steven Brown



We live at the top of Avenue Road, and I truly can't believe I've noticed this just recently. As you see in the picture in the top left hand corner; the store has been there since the year 1! O.K. So they forgot the period after EST. Maybe it was a printing error that they just haven't gotten around to fixing yet. Or maybe the printer was charging by the letter, and they were trying to save money. (And you thought this page couldn't get any more, well you know. Just fill in the blank.) Regardless, who knew they needed gowns in the year 1! (Maybe it was the first virus.) But maybe they've changed with the times. Maybe they started out selling big rocks to defend oneself. Then they could have moved on to catapults. And just maybe just recently, into women's party wear. As Darwin said - NOT survival of the fittest! But "Survival of the most adaptable." They seemed to have adapted incredibly well. So I wish them well on the next 2019 years in business. Maybe next century they'll be selling hover boards. Or Marty and Doc memorabilia. Or if the Leafs win the cup in the next 100 years, maybe they'll move into hockey equipment, when that becomes popular again. Don't sell these entrepreneurs short! They're time tested!

Moving on. If you haven't burned the magazine already, after that paragraph. You all know from previous columns, how upset I

was that I missed the black jeans with holes in the knees phenomenon. I should have thought of that, and made millions before someone else did. Well, I ain't missing out on this opportunity. Here's my idea. So many people lately have told me that my fly was undone, that I've invented a prototype of denim jeans, so when you button up the waist button, (now get this), the zippered fly automatically zips up, without you having to remember. Good, huh. Oh yeah. (Batteries not included.)

And just off the top of my head, and I don't mean in the last year with this Covid thing. Wasn't it better when we could touch people. No malice of forethought. Just friendly. I miss those days. I guess that came from America. But then again Americans have no sense. Whereas, we as Canadians have no cents. And speaking of America, my brother-in-law is a Rabbi in Manhattan, and we live streamed him for the High Holidays. But I'm sure there were some Rabbis who got next to, or NO turnout. We have a choir at our Synagogue, and if a Rabbi with a choir, and no 'tuner inners' on the holidays gave a sermon, then we could really say he or she 'Was preaching to the choir.' Speaking of America, you all know the result of the election, but I'm still 2 days away at this writing. But another idea I had, were for red hats for Canadians, that said, 'MAKE AMERICA GRATE AGAIN!'

I can't make the rest of my thoughts flow nearly as well as I've just done, so here we go. - I know condominium developers sometimes omit the 4th floor designation, because Chinese people believe the number 4 connotes death. But why does EVERY condominium omit a 13th floor. Shouldn't there be condominiums for Jewish people that want to live on the 13th floor. It's lucky! I may get into the condominium business. Forget that zipper thing. And I know who the construction company is going to be. I recently saw their truck with the name of the company on the side. 'Build By Design'. That's probably a good way to go about it.

And you know, I always love stores, and their signs. I just walked by a store for creams and things to keep you looking young. The sign said 'Complementary Skin Analysis'. Do you think anyone ever went in, and after looking

at them for a while they said - "Nope. You're O.K." Me neither. And when you see a car company commercial on TV. Do you think European car commercials say at the bottom in fine print, 'North American Model Shown'. Can't they get their own damn models for their commercials? And passing a farm in Innisfil recently, on the side of the road was a big sign that said - 'Pasture Fed Eggs'. I can see all those little eggies out in the pasture enjoying themselves now. And if Barry didn't take this next one out, then it's his fault. Not mine. I recently wrote about the fact that if I wanted to learn a new language, I'd move to Italy. We all know that Starbucks' has its own language. And I've learned since my Timmies closed down for a week, that it's not a good idea to go in and order a "Large Black Blond". I've still not recovered from that.

Finally someone asked. I heard you. Yes, my son and daughter-in-law just bought a house. A nice house, but I think the owners thought Covid started 25 years ago. I don't believe they ever went out of the house. We went over to help 'tidy' up the back yard. And, to teach my son everything I've learned about measuring once, and cutting twice. After pulling weeds for 3 hours, I remembered my favourite line in a movie. The Matrix. If you haven't seen it, stop reading and watch it right now. - O.K. You're back. Good. After 3 hours of weed pulling I yelled out - "I should have taken the blue pill!!!!!!" I also told them to look to the future, as they do in 'The Matrix'. (Now that was a good segue.) I told them, "If you put stuff out by the curb, and it's still there 2 days later; then you've kept it too long." And on the way home we stopped for lunch, and all of a sudden Paula heard a loud repeating noise and said - "Can someone stop that incessant beeping?" So I said, "Paula! Someone's just trying to steal a car. Just give them a little time." And when we got home, I noticed the twice a day security car was across the street, checking our neighbour's house. (Even though they were home). As an aside, they are, no joke - billionaires. We live on the poor side. So, see how much trouble you can have when you have that much money. So Paula and I have decided to stop just short of a billion.

Next morning, on a Sunday, I went out and

Purchase Program Update

As a result of the COVID -19 pandemic the purchase program has had to deal with a great deal of new challenges. Also, unfortunately our purchase program director Naomi Cohen is taking a one year leave of absence due to the tragic sudden loss of her husband.

We have hired a new director for this year, Jerry Baum. Jerry has a great deal of experience and is very capable of handling the program on an interim basis.

The program opening will be delayed until March 1, 2021. The supplies you order will be shipped in May and June 2021. **Please plan accordingly!**

Fraternally, Steven Millman

got the Sunday Star. When my wife got home she brought home the same paper. I said, "Don't worry. This is excellent. Now I can read it twice!" And when we were in the car later with my daughter, she asked me why I yell at things so much. In this case, because a police officer was directing traffic. I told her they don't need cops to do that, and I'm just trying to change the world, one complaint at a time.



And as always - Dental. A not so quick story about a lecture I went to given by the RCDSO on sterility in the office. I actually printed out the 111 page email on sterility, sent out by them 4 years ago. At the end of the 1 hour seminar, I put up my hand, and said I agreed with the person giving the talk, but I asked everyone in the room what we have in patients' mouths, more than anything else. Nope, not hand mirrors, or hand scalers, but our hands. Then I asked all in attendance if they have ever read the side of the box of their examination gloves. It says NON-STERILE examination gloves. That's all I have to say about that. And don't forget to warn your patients that present to your office with a lot of calculus; that after they have their cleaning, they might feel a little light headed. Because their head will be a little lighter. And really people. If Methuselah had really lived to be 969, he wouldn't have had any teeth for the last 880 years of his life. And 2 things people say that they don't really think about when they say it. Number one. "I took the words right out of your mouth." If you really had a word stuck in your mouth, only a dentist could really take it out. And also, someone I met on the street said "It's like pulling teeth." I said - "So it was easy?"

And I'll leave you all with these two thoughts. There are a lot of big and small hurdles in life, but I've got long legs, and they've helped me get over most of them.

And in the end, it is true, that money can't buy happiness. Unless you're already happy. Then it can buy more.

And that's it, once again.
Stay well,

Unpolitically correct,
I remain,
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Mazel Tov

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Drs. David & Eddie Glick and families on the loss of their brother

Dr. Bonnie Chandler

Dr. Eddie Glick on the loss of his brother

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Drs. David & Eddie Glick on the loss of their brother

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Dr. Michael Davis and family on the loss of his brother

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GOLD CARD

David Balaban on the loss of his grandmother

Dr. Ilana Kraus

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Dr. David Glick on the loss of his brother

Dr. Eddie Glick on the loss of his brother

Dr. Michael Davis on the loss of his brother

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CHANGES TO TRIBUTE CARD DONATIONS

The Tribute Cards have been a long-time tradition in Alpha Omega. Historically, the Women's Auxiliary took on this major project to raise important funds for Alpha Omega Foundation which go to support various charitable institutions as well as providing financial assistance to important dental research. Starting in **January**, the cost of the various levels will be as follows:

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| • Tribute Card | \$18 |
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| • Bulk Tribute cards (10 cards) | \$150 |

The donation site is being revised to allow a choice of sending e-cards or the traditional cards to be sent by mail. Members have the opportunity to direct their donation to a number of different funds which will be listed in a drop-down menu. Look for these changes and help support the important ongoing charitable work of Alpha Omega Foundation.

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- Dentistry for All (*Clinic in Guatemala*)
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Changing Times, Changing Needs



Mr. Alan Lachapelle

Department Head - Manager, PLP

Mr. Lachapelle graduated from Seneca with High Honours in Legal Administration in 1987. He received an Alternative Dispute Resolution certificate from the University of Windsor Law School and consolidated his credentials through management courses with the Insurance Institute of Ontario and private educational facilities.

After 7 years as a paralegal at a downtown Toronto law firm specializing in defence work, Mr. Lachapelle joined the Professional Liability Program of the RCDSO in 1994 as Claims Examiner. He advanced to Claims Supervisor and Senior Professional Liability Advisor before assuming the Department Head role in 2017.

Dr. Hong received his DDS from the University of Toronto, with honours, in 1983. After graduation, he worked in public health, and started a general practice in Toronto. He also worked at Sunnybrook Hospital as a staff dentist for over 30 years. He continues in clinical practice and teaches dental students at U of T.

Dr. Hong began working for the College on a part-time basis in 2001 as a Monitoring Officer, joined the Professional Liability Program as a Senior Dental Consultant in 2016 and became the Assistant Manager - Dental in 2019.



Dr. Peter Hong

Senior Dental Consultant, PLP



Lisa Bruni

Legal Advisor, PLP

Ms. Lisa Bruni graduated with a degree in Journalism in 2009. After a period of time working as a journalist, she returned to law school and graduated from Queen's University in 2014. Lisa has defended many malpractice lawsuits involving regulated health professionals and has acted as counsel in regulatory proceedings. In April 2018, she left private practice to focus her attention on assisting Ontario's dentists as a Legal Advisor with the Professional Liability Program.

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