

# HOLIDAY NEWSLETTER

## Year in Review 2020

### Dr. Avi Schetritt



First and foremost, I hope this newsletter finds you and your loved ones healthy and safe. It is hard to believe that

another year has passed since our last newsletter and what a year it has been! Who could have predicted a global pandemic?

Covid-19 has been challenging for all of us but has also shown us the resiliency of the human spirit. Despite having to face unprecedented challenges, we have persevered and adapted to our new normal. Due to the uncertainty of transmission routes and the rising Covid infection numbers, the Governor issued a mandate forcing us to close the office for the months of March and April. Fortunately, we are back in operation and I want to thank you for the support and confidence you have shown the practice.

As always, your health and safety are our primary focus and while we have always adhered to strict infection control protocols, most of you are aware of the new protocols that we have also implemented such as temperature taking and a Covid questionnaire. We have also spaced out our appointments so that fewer

patients are in the office at any given time.

I am grateful that the Holiday season is approaching. I am looking forward to spending some time sharing a meal and a few laughs with my family and a few close friends. I am certain that we will all be happy to bid a hearty farewell to 2020.

On a personal level, my son Samuel is now in his third year at UCF. He has changed his major from mechanical engineering to civil engineering and plans to one day build epic roller coasters. My daughter Sara had a disappointing senior high school year. The Covid pandemic resulted in the cancellation of her prom and graduation. Nevertheless, she started her first year at UCF this fall and is majoring in graphic design. Although all her classes are all online, she is still enjoying the independence of college life. Hopefully 2021 will bring back some form of normalcy for all of us!

I wish you all a wonderful Holiday season and pray that 2021 will bring you health, love, and happiness.

### Dr. Nick DeTure



Wow, 2020 has been a doosie! It started off well enough that we took our ski trip earlier than normal to meet with my cousins in Colorado the week of New Years. It was so cold we skied

less than normal. We did not mind because we figured we would go back out over the kid's spring break. Well, fast forward through our normal winter of family visiting from Canada and the start of spring baseball and by the time spring break rolled around, the country was in full COVID-19 panic, so no spring ski trip. We, like many of you, were shut in for 6-8 weeks from the end of March to the middle of May and then slowly started to venture back into the unknown world of working during Corona. We enjoyed the shut in. When else will I spend 6 weeks this my kids without work, school or after school activities getting in the way. Obviously the kids had some school work (virtually) but most days they only had 4 or so hours of work, and occasionally I had to go to the office for an emergency but we spent most of our time playing in the yard, doing puzzles and playing family games. It was the giant staycation we never wanted or knew we needed, but it turned out to be fun and ended up with a new addition to the family. We finally broke down and got the kids a puppy! Penelope is a miniature poodle. We figured we would never have as much time as we did over the summer with no activities or travel plans to raise and train a dog. By the end of July, we decide we needed a break from the heat and had planned to drive to Colorado. The kids had watched too many episodes of Diners, Drive in and Dives over the shut in and thought if we went on a road trip we could stop at some of the restaurants they had discovered on Tripe D. However, as

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the trip approached and we realized with COVID-19 that we would not be eating in any of the restaurants from Triple D, and the reality of three long days in the car each way with the kids and a puppy set in, we decided driving all the way to Colorado was a bad idea. My wife Connie, then found us a great spot in Western North Carolina, and it was perfect for us. We drove to Sapphire North Carolina and happened to run into some friends from Pompano Beach and spent the week hiking, sight seeing and exploring the waterfalls of that area. We returned to the start of school. Our kids started off doing ½ days but are now back in school full time. Austin is in his last year of middle school and is excited to get to high school next year. He has always been a good student and is slowly getting more organized with his schedule and work. He likes all sports and is still playing baseball and is hoping to play basketball and football for his school in the Spring of 2021.

Annabel is now in 6th grade. She has always been an excellent student and takes a lot of pride in her work. We spent a lot of time over the shut-in paddle boarding and bike riding. She and her sister Amelia are both back in dance this fall at a new dance school, she really enjoys tap and musical theater.

Amelia is now 7 and in first grade. She is a sweetheart and smart as a whip. We played lots of games and put together many puzzles over the shut in. She loves to dance as well. She especially likes HIP HOP!

It has certainly been a challenging year, but as fall progresses and the world learns to live with COVID-19, things are slowly returning to nor-

mal. We look forward to the holidays and the New Year and being able to spend more time with family and friends under more normal conditions. We wish you happiness and health over the Holidays. Thank you for all your support in 2020.

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## COVID-19

In an effort to help us all stay safe, I would like to share a few facts about the Covid-19 virus (from John's Hopkins Hospital):

This virus is not a living organism. It is a protein molecule (RNA or DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular (eyes), nasal (nose), or buccal mucosa (mouth), changes their genetic code (mutates) and converts these cells into aggressor and multiplier cells.

The virus is very fragile; the only thing that protects it is a thin outer layer of fat, and that is the reason why soap or detergent is the best weapon. The foam cuts the fat (that is why you must scrub for 20 seconds or more, to create lots of foam). By dissolving the fat layer, the protein molecule disperses and breaks down. Heat melts fat: therefore, it is necessary to use water above 77 degrees for hand washing, laundry, and cleaning surfaces. In addition, hot water makes more foam, making it more effective.

Alcohol or any mixture with alcohol over 65% dissolves fat, especially the external lipid layer of the virus. Any solution with 1-part bleach and 5 parts water directly dissolves the protein, breaking down the virus from the inside.

The virus molecules remain very sta-

ble at colder temperatures, including air conditioning in houses and cars. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm, and bright environments will degrade the virus faster.

The virus cannot go through healthy skin.

No spirits, such as Vodka, will work. The strongest vodka is only 40% alcohol, and you need a minimum of 65%.

The more confined the space, the higher the concentration of the virus there can be. The more open, or naturally ventilated, the less the concentration of virus.

You must wash your hands before and after touching any commonly used surfaces such as: door locks, knobs, faucets, switches, handles, remotes, cell phones, tablets, plastic cards, keys, watches, keyboards, mice, desk surface.

You should moisturize your hands due to frequent washing. Dry hands have cracks, and the virus molecules can hide in the micro cracks. Stay safe and healthy and healthy and if nothing else, wash your hands frequently!

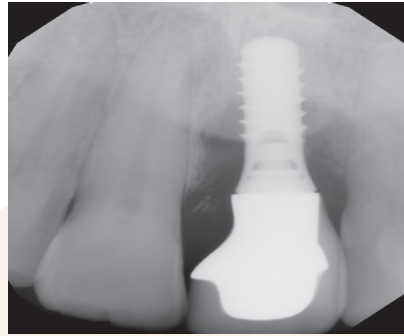
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## LAPIP

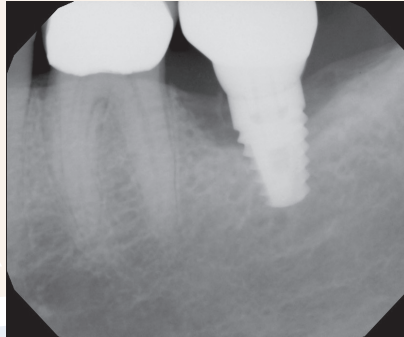
Multiple recent studies have shown that gum infection around implants (peri-implantitis) is caused by the same bacteria that cause gingivitis and periodontitis. Some of these bacteria such as Porphyromonas Gingivalis have been shown to increase the risk of developing certain cancers. For instance, Pg causes colon cancer cells to grow faster and

patients infected with Pg have a 60% greater chance of developing Pancreatic cancer. To prevent cross-bacterial infection of implants, it is critical to manage periodontal infection throughout the mouth prior to starting implant therapy. Once infection and bone loss has started, treatment of ailing and failing implants is challenging. Over the last 20 plus years we have treated infected implants in just about every way possible from traditional surgical techniques to chemotherapy and laser. We have found the best treatment so far is the Nd:YAG laser with the LAPIP technique. This stands for laser assisted peri-implantitis procedure. In most cases we can stop the infection and in many cases regenerate much of the bone which has been lost. This therapy is often combined with soft tissue augmentation to create a better seal of thick gum tissue around the implants. If you, your patients or someone you know have dental implants and are concerned you may be developing peri-implantitis please see your dentist or call our office for a consultation.

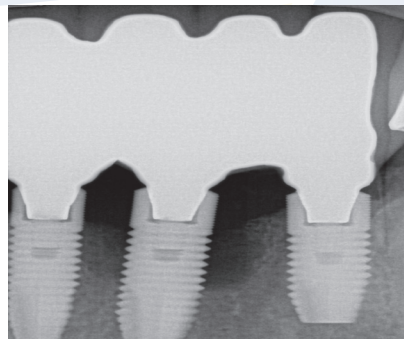
**Before**



**First Visit May 9, 2018**

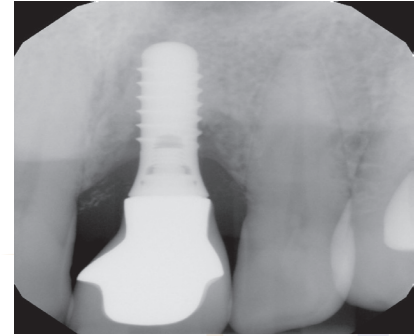


**First Visit Oct 23, 2013**

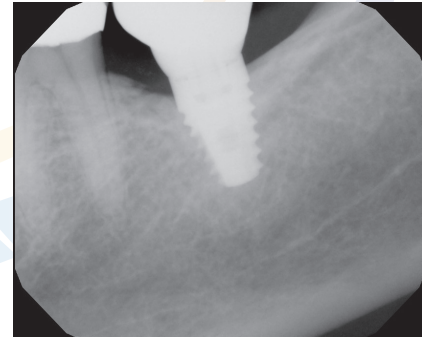


**First Visit March 6, 2019**

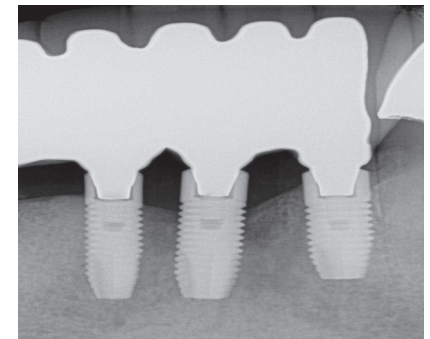
**After**



**Second Visit June 21, 2019**



**Second Visit Dec 29, 2015**



**Second Visit March 28, 2020**

## MEET OUR STAFF



### **Martha**

This probably has been one of the most difficult years of my life, and not just because COVID 19.

On October 7, 2020 I lost my most precious love. My Mother lost her battle against cancer. As a family we are thankful that we were able to be next to her bed to hold her hand and show her our love until her last

breath. Thankful for Dr. Avi for allowing me to spend all the necessary time with her and for all the support that I received from the Team.



### **Penny**

It's really been a challenge this year to be able to do much of anything, given the circumstances. However, we managed to

do a weekend getaway to Islamorada where Zander enjoyed feeding tarpon and I enjoyed watching the

beautiful sunsets.

In the fall, we took a road trip to see family in Asheville, NC and I was able to spend quality time with them and met my 6-month-old great-nephew. While there, we went to see a waterfall and saw the leaves starting to change. It was incredibly beautiful.

With all the challenges this year, the doctors and team have really worked hard to ensure our safety. It's comforting to know we are striving to keep each other and our patients safe!



**Kerri**

I am excited to be back in Deerfield. I am happy to see the patients and girls I missed in the office!

I feel extremely lucky that Dr. Avi gave me the opportunity and chance to return to my first location.

My husband & I have been married for 18 amazing years! We have 2 cats, MoJo & Rocky, who are always at the door to greet us, & brighten our day.

My husband & I are both huge Miami Hurricanes, Dolphins,

& Manchester United fans. We love hanging out with our friends no matter the occasion.

Due to the covid-19 pandemic, our travels were put on hold this year! We did manage to see a close friends daughter get married in Scaly Mountain, NC. What an extremely quaint, small, & romantic wedding! Unbelievably beautiful area to visit. Incredibly quiet and relaxing.

I am so grateful & proud to be a part of this charming and polite team. It's nice coming in to happy faces every morning. This makes me love going to work every day.



**Carol**

2020 has certainly taught us what is important in life, family and health. This pandemic forced us to spend more quality time

with our family, declutter our junk, cook meals daily, do DIY projects and lots more. It made me realize just how hectic and rushed we are as a people. The everyday hustle of our routine hardly leaves us any time to

really enjoy the simple things. It was great not having to go to stores and buy things we do not actually need. Food shopping was the highlight of our days. Who would have ever thought that would be our reality!

On another note, one amazing thing happened this year, and that was the birth of our second grandbaby, Rowan.

We wanted to be there for his birth, but COVID-19 hit and we were not able to travel to California. But at the end of September we decided we had to go and see our babies. It was exactly what we needed, and the time spent with both, Leena and Rowan, was priceless. It's hard living so far away from them.

Although with technology, we do get to see them as much as we want through Alexa video.



**Luisa**

My name is Luisa Reyes, I joined the practice almost a year ago. I am from the Dominican Republic and came to the states to pursue an education in science that I completed here in Florida. I have been a

Dental Assistant for almost 20 years, I love and enjoy my job and taking care of patients.

This year has been challenging for everyone including myself but I have tried to keep as normal as possible. This summer I traveled to Samana, a beach town located in the Dominican Republic. Had an amazing time visiting the surrounding beaches.

On my free time I enjoy working out and doing any type of physical activity. I love taking spinning and zumba classes.

I am happy to have join the practice and meet all our wonderful patients! Happy holidays to everyone



**Viki**

2020! What an interesting year it has been. I moved to Deerfield Beach in January and it has been fantastic living close to the

beach and the office. On my free time I enjoy going out for a bike ride, running or spending time with my dog Athena.



**Here's to a New Year, welcome 2021!**