



# Jain Dental Care

Excellence in Dental Care

November 2016

## A special message from Dr. Maneesh Jain

Dear Friends,

I am so fortunate to work in a profession that I love, with a staff I respect and with patients that make coming to work every day enjoyable. It has been an exciting year for our team here at Jain Dental Care.

We celebrated our dear friend Terri's retirement at the end of last year. She was a hygienist at our office for 25 years. We are sad to see her leave but wish her all the best in her next phase of life.

We are very fortunate to have some new team members join us. Dr. Ramona Ghasemi is a dentist who has recently joined our practice. I would like to thank all of you who have given her a very warm welcome. Ramona is an excellent clinician and a lovely person. We all feel very fortunate to have her as part of the team.

Alana Dunton joined us as a hygien-

ist with 10 years of experience. She lives on a dairy farm in Rockwood with her husband and two children. Also congratulations to Errin Quarrie who recently got married to her husband Chad.

The newest addition to our family is definitely the cutest. Dr. Rose Rizek gave birth to a healthy baby boy named Tobias. Both baby and mom are healthy and Dr. Rizek is looking forward to seeing all of you soon as she transitions back to work.

For Oral Health Month in April this year the clinical staff at Jain Dental Care put together a presentation for oral health care during pregnancy and for babies for our neighbours at Michael House Pregnancy Care Centre.

Many of you have asked about the news headlines that questioned the necessity of flossing, so we have put together some information regarding

this. We have also included an article about insurance coverage and direct billing.

I would like to thank all of you who have been participating in our new digital confirmation service called Lighthouse. It has made confirming appointment times through email and text much easier both for patients and our reception team. Please read the article for detailed instructions on how you can sign up and also how to use the system.

We have always had an open door policy at the office. We welcome your feedback or questions at any time because we strive to bring the highest quality care to our patients.

Thank you,  
Dr. Maneesh Jain



### Inside this issue:

Message from Dr. Jain	1
Digital Communication	1
Flossing?	2
Dental Insurance	3
Invisalign	4
New Team members	4

## We now communicate YOUR way!

More and more of us rely on our digital calendars now. For those patients, our office utilizes Lighthouse, a digital confirmation service to help you remember your appointment date and time. Our system is automated and allows you to confirm your appointment electronically.

- Appointment reminders will be via e-mail, phone call or text. Be sure to let our office know which choice you prefer.

- A courtesy text reminder can be sent an hour before your appointment.

- Only get the messages you want by responding to the first email.

- Please take the time** to read your email or text so you can respond properly and set your preference as to how many more messages you want to receive.

- ALWAYS** click one of the links in the email. **DO NOT** click your email "reply" button to respond.

We appreciate how our patients value our time and we value your time equally.

# Flossing? No strings attached!!!

In August 2016 there were many news items about an Associated Press (AP) initiated report which found an apparent lack of direct evidence to prove that flossing was effective.

The AP presented its article as a dramatic exposé, but it did not actually reveal any new clinical findings. The subsequent news items did not explain how there are multiple risk factors for developing tooth decay and gum diseases and that these diseases can take a long time to develop. By presenting incomplete information, without proper context, to those who might be looking for justification not to floss, these stories could jeopardize the public's oral health.

**“Poor evidence of effectiveness does not equate to evidence of poor effectiveness.”**



## WHAT WE KNOW

Dental plaque can begin the processes that causes tooth decay and gum disease if it is allowed to remain on the surfaces of teeth for more than 24 hours.

The only way plaque can be removed is mechanically, with a manual or electric toothbrush (which gets the cheek and tongue surfaces of teeth) and floss or other cleaning aids (which clean the hidden or hard-to-reach surfaces of teeth).

Although there is no 100% direct scientific evidence at this time which proves that flossing on its own reduces the chance of tooth decay and gum disease, there is strong indirect evidence that the mechanical removal of dental plaque from hard-to-reach tooth surfaces is effective in preventing these conditions. Evidence collected in the Cochrane Library review has concluded that people who brush and floss regularly have less gum bleeding compared to tooth brushing alone.

Not every outcome can be studied using randomized clinical trials (which can show direct evidence), especially chronic diseases (like periodontitis) that take years to develop. This is just one of the reasons there may not be strong direct evidence proving that flossing can prevent dental decay and gum disease.

*The Canadian Dental Association supports flossing as one step of maintaining healthy teeth and gums. Flossing is an effective preventative measure to remove plaque, the main cause of gum disease. The weakness of the evidence supporting the value of floss in the prevention of gum disease is a reflection of the difficulty of conducting the necessary studies, not of the value of flossing for the maintenance of good oral health. Brushing, flossing, eating a healthy diet, and seeing your dentist regularly are all steps in preserving a healthy mouth.*

Dr. Mira and the clinical staff giving a complimentary presentation to the women and children of Michael House Pregnancy Care Centre about oral hygiene instruction, sugar consumption, baby bottle/nursing caries and developing good healthy habits.



# Dental Insurance— we are here to help.

**Q:** “My plan says that I am covered every 6 months for cleanings so how can I come in every 3 months and still be covered?”

**A:** Even though you are covered every 6 to 12 months for a recall package (includes scaling, polishing and an examination by the dentist) your coverage also allows you to come in more often just for scaling if we deem necessary. This decision is made by the dentist based on recommendations made by the hygienist depending on each patient's individual periodontal (gum tissue) evaluation.

**Q:** “Why doesn't the office know that my insurance plan has changed.”

**A:** **As a policy holder, it is your responsibility to understand your coverage and inform us of any changes to your policy.** The insurance policy is between the insurance carrier and the policy holder. Due to confidentiality, our office is not informed of your information. We can and will gladly send a predetermination (estimate) on your behalf for any complex treatment to inquire about coverage. The response of this predetermination is also only sent to you.

**Q:** “Why do I have to pay the office? Why can't you just collect the insurance cheque?”

**A:** The Ontario Dental Association remains firm in its position that dentists should decline the assignment of dental plan benefits, i.e. should not bill the insurance company directly. This is to protect your policy from office fraud (unnecessary billing without your knowledge) as well as unnecessary resources being used by offices to collect left over balances. With the introduction of electronic funds transfers and direct deposit, we make every effort to make payment as easy as possible. We submit your claim electronically so that you are reimbursed within a few days. We also have options of paying with credit card so that you can earn points while deferring your payment to when your credit card is due.



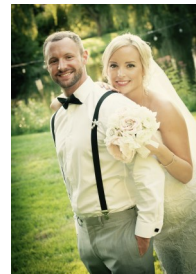
(Above) Volunteers from the Jain Dental Care team who gave their time at the annual Guelph Mouth Guard Clinic. About 100 mouth guards were made on the spot at a reduced cost for kids that play hockey and other sports. (Left) The staff at Jain Dental Care enjoying a team day at the Guelph Curling Club. Not all of us stayed on our feet! It was a lot harder than we thought.



## Welcome to our new team members



Ramona grew up in Toronto. She attended University of Toronto to obtain her Doctor of Dental Surgery degree. Ramona is currently living in Cambridge. In her free time, Ramona takes piano lessons, attends spinning classes, watches movies and enjoys spending time with friends and family. However, her biggest hobby is travelling as she is fascinated by different cultures and loves to familiarize herself to different ways of living. Ramona is an empathetic and compassionate dentist and is very excited to have joined our dental team.



Congratulations to Errin and Chad who were happily married this past summer. We wish you all the best in your life together.



Alana graduated Dental Hygiene in 2006. She is very passionate about the profession and providing optimal oral care and education for all her clients. Alana was born and raised just outside Rockwood, where her and her husband Geoff currently raise their two children on their dairy farm.

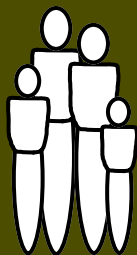


How cute is he!!! Dr. Rizek had a baby boy, Tobias Julien El Sayegh on June 23, 2016. He was 7lbs 13 ozs. Mom and baby are both very healthy.

In an effort to create a pleasant environment for our staff and patients we have commissioned art work from local artists including Jane Bayne, Julia Veenstra and our very dear friend Jessica Masters of some Ontario scenes.

This is one of the pieces from Jessica that you will enjoy in the hallways.

[www.jessicamasters.com](http://www.jessicamasters.com)



Jain Dental Care

100 Edinburgh Rd. S.

Guelph, ON N1H 5P4

P (519) 824-5678

F (519) 767-0935

[info@jaindentalcare.com](mailto:info@jaindentalcare.com)

Hours:

M: 8:00 - 4:30

T: 8:00 - 8:00

W: 8:00 - 4:30

Th: 8:00 - 8:00

F: 8:00 - 4:00

[www.jaindentalcare.com](http://www.jaindentalcare.com)

## Ever Consider Invisible Braces?



Invisalign is another option for straightening teeth without needing traditional braces. You wear a series of clear aligners which move your teeth slowly. You can brush, floss and eat whatever you want. For more information ask one of our clinical staff.

