



Jain Dental Care

Excellence in Dental Care

November 2017

A special message from Dr. Maneesh Jain

Dear Friends,

I would like to thank all of you for your positive feedback and to congratulate our amazing team who work so hard to provide excellent patient care while maintaining a warm and friendly environment. Jain Dental was awarded 1st place in this years Guelph Mercury Readers Choice Awards!!!



It has been an exciting year for our team here at Jain Dental Care. We launched our brand new website, video and Facebook page. Please check out our website at www.jaindentalcare.com. We built this website as a useful resource for our patients to gain valuable information not only about our office but many oral health related topics. We have included an entire section of

downloads of pre-operative forms, post-operative instructions, as well as info sheets on various topics.

It was with mixed emotions that we had to say goodbye to Dr. Mira Nussaputra who had been with our team for almost ten years. Dr. Mira has moved on to open her own office in St. Jacob's. This was not an easy decision for her. Getting to know you and your families over the years and being part of the team that cares for your overall health care has been her distinct privilege. She expresses her gratitude for her mentorship opportunity and will miss being a part of this collaborative team and thanks everyone for all their support. Mira, we are sad to see you go but wish you all the best in the future.

The entire team here shares the same genuine care for patients and are also committed to quality of treat-

ment, patient education and preventative care. We are very excited to introduce our new associate, Dr. Geoffrey Metz. Geoff joined us in June after working in Toronto for ten years. We have been thrilled with all the positive comments that we have been getting from patients he has treated. Please check out his full bio in the newsletter.

We have included an article about infection control since it has been in the news this year. Please rest assured that our team has been and will continue to go above and beyond current sterilization guidelines.

Thank you again for all your support and feedback.

Dr. Maneesh Jain



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Guatemala Dental Mission Trip

Earlier this year Dr. Jain had the privilege of volunteering with the charity Kindness in Action on a dental mission trip in the small village of Jalapa, Guatemala. Each morning the group was greeted by a line of grateful children some of whom had walked over fifteen kilometers to get to the clinic. Dr. Jain said that the group's mission was to ensure that no child went to sleep in pain. "The beautiful smiles of these adorable children will forever be etched into our hearts."



HPV-Positive Oropharyngeal Cancer

Common questions & answers about HPV-positive oropharyngeal squamous cell cancer (HPV-OSCC)

What is Human Papillomavirus (HPV)?

- HPV is a sexually transmitted infection that can infect the oropharynx (tonsils and throat), anus, and genitals.
- There are many types of HPV. HPV can cause cancer, warts or have no effect.
- Over two million Canadians have some type of genital or oral HPV infection.
- In some people, oral HPV infection leads to HPV-OSCC after many years.

What causes oropharyngeal cancer?

- HPV causes most oropharyngeal cancers in Canada.
- It is recommended that oropharyngeal tumors be tested for HPV.
- Smoking and alcohol use can also cause oropharyngeal cancer.

How did I get an oral HPV infection?

- HPV is transmitted to your mouth by oral sex. It may also be possible to get oral HPV by other ways.
- Performing oral sex and having many oral sex partners can increase your chances of oral HPV infection.
- Having an oral HPV infection does not mean your partner was/is unfaithful and does not suggest promiscuity.

Who has oral HPV infection?

- Many people will likely be exposed to oral HPV in their life.
- Around 10% of men and 3.6% of women in Canada have HPV in their mouths and HPV infection is more commonly found with elders.
- Most people clear the infections on their own within a year or two, but in some people HPV infection persists.

When did I get this infection?

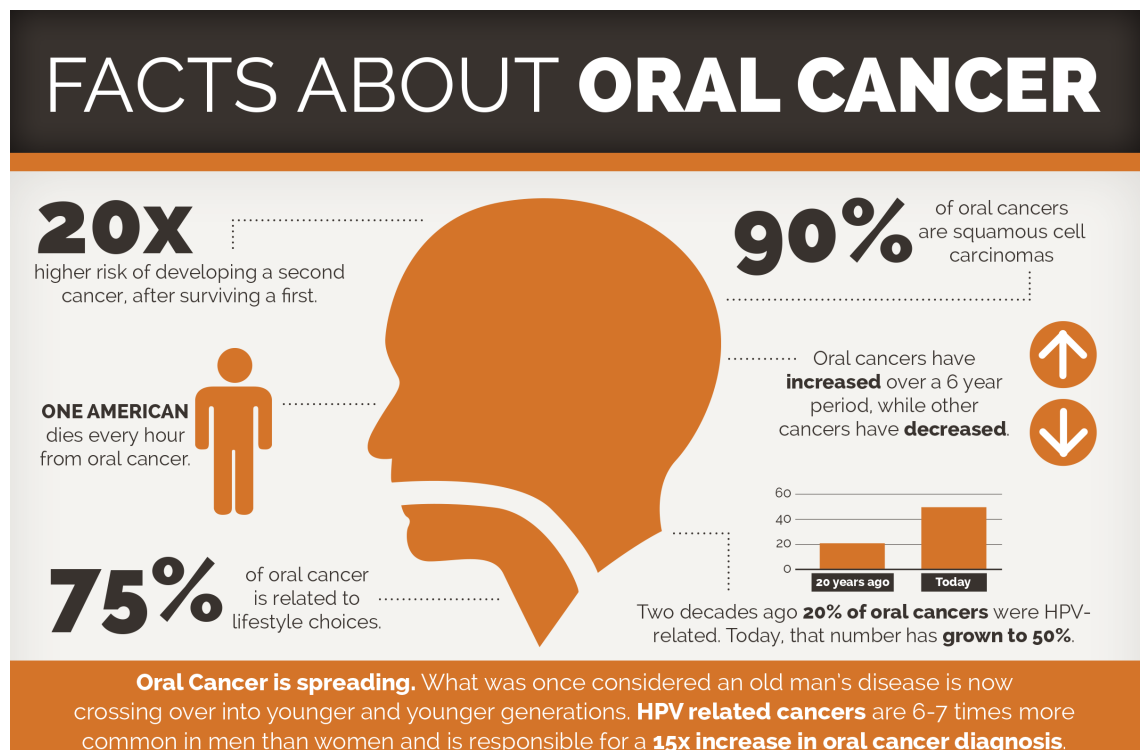
- We do not know the time from first oral HPV infection to cancer but it takes many years.
- We know that some people have infection 15 years or more before cancer.

What does having HPV in my tumor mean?

- Oropharyngeal cancer patients with HPV in their tumor live longer, on average, than people without HPV (i.e. HPV-positive tumors usually respond well to therapy).
- However, patients who currently smoke tobacco or have smoked for a long time in the past do not live as long as patients who never smoked. Patients who are current smokers should consider quitting.

Will the HPV vaccine help me?

- The HPV vaccine prevents people from getting new HPV infections.
- The vaccine will not help you clear an infection you already have.
- The vaccine is recommended for people ages nine to 26 years old.

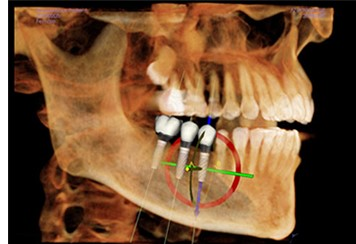


The advancements in imaging and implant surgery

Radiographic imaging is changing the way we see things. With the introduction of Cone Beam Computerized Tomography (CBCT) we can now visualize the mouth as a 3D model. It can aid with diagnosing pathology, bone morphology and identifying structures that we need to avoid during surgery.

CBCT offers many advantages over conventional CT scans:

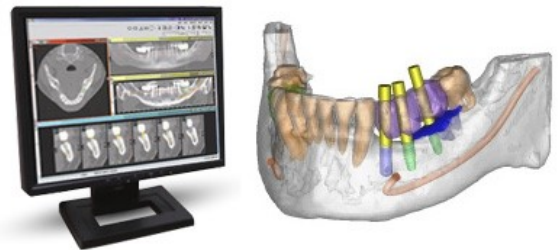
- reduction of the size of the irradiated area
- higher image accuracy
- reduction of image artifact
- reduction in x-ray dose



Benefits of Computer Guided Surgery - *Precision ... Accuracy ... Success*

Computer guided implant surgery represents a giant step forward in the replacement of teeth with dental implants. Using Computerized Tomography (CT) Scan techniques and 3-D imaging we can now visualize the placement of dental implants in three dimensions. Implant surgery can now be preplanned on the computer so that there are less surprises during the procedure by eliminating the guesswork involved in determining what parts of the jaw-bone offer the best sites for dental implant placement.

This revolutionary system offers more accurate and safer positioning of dental implants. This technology enables us to get an advanced, detailed look at the interior sections of the jaw bone, surrounding tissue and the nerves.



Uncompromising safety, training and expertise

Patient safety, staff safety and infection control is of paramount importance to us. We believe **infection control** is an ethical obligation. To protect our patients and ourselves, we implement the strictest sterilization and cross contamination processes using standards recommended by Public Health Ontario (PHO) and the Royal College of Dental Surgeons of Ontario (RCDSO).



dental office can utilize to provide state-of-the-art dental care. Also, being members of various professional dental associations helps us to stay abreast of the changes and recommendations within our profession.



Dr. Jain recently attended a Spear dental seminar in Arizona and did some hiking while he was there.

As your dental health professionals, we want you to be confident knowing that we are a team of **highly trained** and skilled clinicians. To give you the best possible service and results, we are committed to **continual education** and learning. We attend dental courses and lectures, meetings, and conventions to stay informed of new regulations and techniques as well as the latest products and technologies that a modern



Strengthening our Community



We would like to celebrate some amazing work that our patients are doing in the community.

The Guelph Wish Fund for Children was founded in 1984 by Ron Asselstine and Alan Ferris. Granting its first 'wish' in May 1985, the Guelph Wish Fund for Children has received over four million dollars, and has supported over 335 children and their families. Its mission is to provide hope, strength and joy to children during a very difficult time. Thanks to a caring community, tireless volunteers, and the generosity of many individuals, groups and businesses, the Guelph Wish Fund for Children has been able to provide wishes to deserving children in our community.



Ron Asselstine is a retired National Hockey League linesman. Born in Toronto and raised in Guelph, Ontario, Asselstine's NHL officiating career started in 1979. Ron was honoured in 2007 with the Caring Canadian Award for his work as founder of the Guelph Wish Fund for Children presented by Governor General Michaëlle Jean. Ron's wife, Wendy, has been instrumental in the success of the charity and was taking care of all the operations while Ron was away travelling with the NHL.

In 2017, the organization voted Sharon Rice to be their new Executive Director. A committed volunteer, Sharon has extensive experience with non-profit organizations, one of which is the Elora Festival where she served as Board Chair, Volunteer Coordinator and General Manager. An active member of the Rotary Club of Guelph, she carried out an International Service project in Tanzania building a children's library at a Leprosy Rehabilitation Centre. She served on the Board of Governors for Groves Hospital, the Management Board of River Run, and Centre Wellington Strategic Planning Committee. She is recipient of several awards including the *Queen's Diamond Jubilee Medal* and the *Wellington County Volunteer of the Year Award*.



Thank you Ron, Wendy and Sharon for all your hard work and generosity for our community.



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T: 8:00 - 8:00

W: 8:00 - 4:30

Th: 8:00 - 8:00

F: 8:00 - 4:00

www.jaindentalcare.com

Congratulations to Errin

For the birth of her beautiful baby girl, Oaklyn Rylee, born June 30th in Kitchener. 8lbs 2oz. The proud mom says she's cute, chubby and a little sassy.



Welcome Dr. Geoffrey Metz

Geoff attended Tufts University in Boston where he graduated with a BSc in biology (honors). After a stint working as a cancer researcher, he crossed the northern border and attended the Faculty of Dentistry at the University of Toronto. After completing his DDS with honours, Geoff then ventured even further north spending six months practicing dentistry in Inuvik, Northwest Territories as well as other isolated Arctic hamlets. He returned to Toronto where he worked in private practice for more than 10 years. He also taught part-time as a clinical instructor at U of T's Faculty of Dentistry in their emergency dentistry department. Geoff relocated to Guelph to enjoy the strong sense of community here and to be closer to the outdoor activities, like hiking and snow shoeing, that he enjoys so much.

