

Jain Dental Care

Excellence in Dental Care

November 2018

A special message from Dr. Maneesh Jain

Dear Friends,

It has been an exciting year here at Jain Dental Care. I would like to thank you again for all our feedback and support that we have received through our online survey. We have an open door policy here at the office and truly feel this is your dental practice and you contribute to making it so successful. Please continue to take the time to give us your thoughts because your words do inspire change at the office. Thanks to our family of patients and our amazing team who work so hard to provide excellent patient care while maintaining a warm and friendly environment, Jain Dental was awarded Gold in this years Reader's Choice awards.



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We are continuing to update our website with useful information for you. We have added information sheets about the need for antibiotics before dental procedures and also oral health effects of smoking and cannabis use. Please make use of the valuable health related information at www.jaindentalcare.com

It was with mixed emotions that we had to say goodbye to Fran who retired after being with our team for nearly thirty years. Frances filled our halls with laughter and will always be remembered as our short but mighty energizer bunny.



She had created and fostered relationships with so many patients over the

years and will miss the interaction with our family of patients and also working closely with our collaborative team. We are not saying a total farewell to her because she has offered to help us out from time to time when available.

We have included an article about the importance of maintaining proper scaling recalls and why the measurements that our hygienists take during a full mouth exam are so important. Also we have some guidance on the recent surge in off the shelf and online dental product marketing.

Thank you again for all your support and feedback.

Dr. Maneesh Jain



Peru Dental Mission Trip

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Earlier this year Dr. Jain had the privilege of volunteering again with the charity Kindness in Action on a dental mission trip in the urban centre of Lima, Peru. The team worked in a local primary school in a very impoverished and dangerous part of Lima. The first day was reserved for the students and staff and the rest of the week was opened up to the local community. It was nice to see the difference that was made through providing urgent care as well as translating oral hygiene and dietary instruction. For many children this was the first time they had seen a dentist. Dr. Jain was also mentoring a group of dental students from University of Manitoba. After his mission trip Dr. Jain hiked the Inca Trail and to Rainbow mountain as well as climbing up the side of a cliff to have lunch in a glass pod overlooking the Sacred Valley.



Why do we measure your gums?

Periodontal Disease

The word periodontal means “around the tooth”. Periodontal disease attacks the gums and the bone that support the teeth. Plaque is a sticky film of food debris, bacteria, and saliva. If plaque is not removed, it turns into calculus (tartar). When plaque and calculus are not removed, they begin to destroy the gums and bone. Periodontal disease is characterized by red, swollen, and bleeding gums. Not only is it the number one reason for tooth loss, research suggests that there may be a link between periodontal disease and other diseases such as, stroke, bacterial pneumonia, diabetes, cardiovascular disease, and increased risk during pregnancy. Smoking also increases the risk of periodontal disease. Good oral hygiene, a balanced diet, and regular dental visits can help reduce your risk of developing periodontal disease.



Diagnosis

Diagnosis of periodontal disease is during a periodontal examination. This type of exam is always part of your regular dental check-up. A periodontal probe (small dental instrument) is gently used to measure the sulcus (pocket or space) between the tooth and the gums. The depth of a healthy sulcus measures three millimeters or less and does not bleed. The periodontal probe helps indicate if pockets are deeper than three millimeters. As periodontal disease progresses, the pockets usually get deeper. We use pocket depths, amount of bleeding, inflammation, tooth mobility, etc., to make a diagnosis that will fall into a category below:



Gingivitis

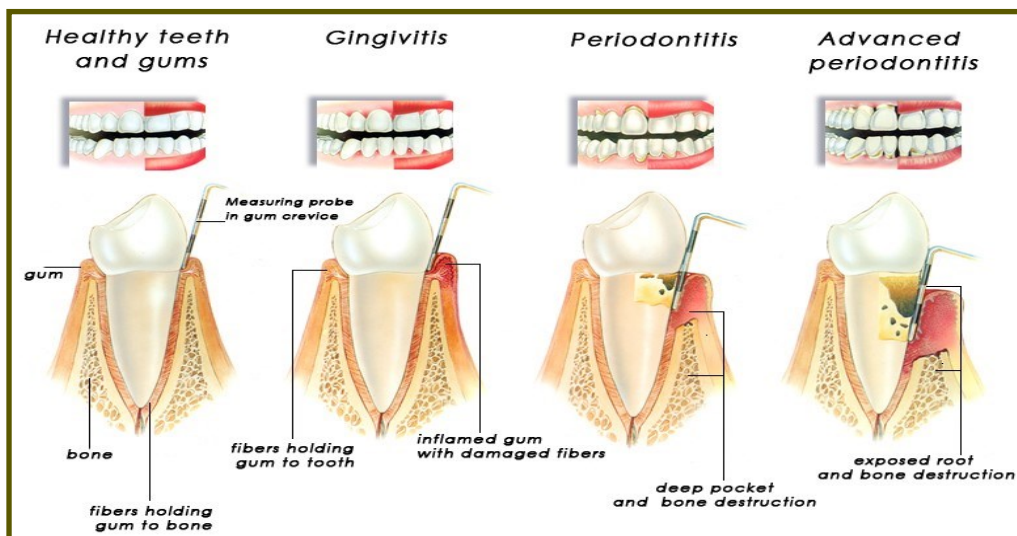
Gingivitis is the first stage of periodontal disease. Plaque and its toxin by-products irritate the gums, making them tender, inflamed, and likely to bleed.

Periodontitis

Plaque hardens into calculus (tartar). As calculus and plaque continue to build up, the gums begin to recede from the teeth. Deeper pockets form between the gums and teeth and become filled with bacteria and pus. The gums become very irritated, inflamed, and bleed easily. Slight to moderate bone loss may be present.

Advanced Periodontitis

The teeth lose more support as the gums, bone, and periodontal ligament continue to be destroyed. Unless treated, the affected teeth will become very loose and may be lost. Generalized moderate to severe bone loss may be present.

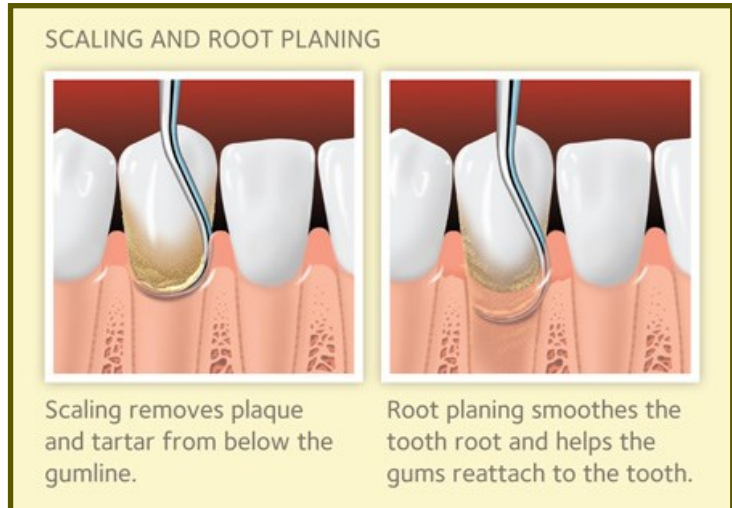


Treatment

Periodontal treatment methods depend upon the type and severity of the disease. We will evaluate for periodontal disease and recommend the appropriate treatment.

If the disease is caught in the early stages of gingivitis, and no damage has been done, one to two regular cleanings will be recommended. You will also be given instructions on improving your daily oral hygiene habits and having regular dental cleanings.

If the disease has progressed to more advanced stages, a special periodontal cleaning called scaling and root planing (deep cleaning) will be recommended. It is usually done one quadrant of the mouth at a time while the area is numb. In this procedure, tartar, plaque, and toxins are removed from above and below the gum line (scaling) and rough spots on root surfaces are made smooth (planing). This procedure helps gum tissue to heal and pockets to shrink. Medications, special medicated mouth rinses, and an electric tooth brush may be recommended to help control infection and healing.



If the pockets do not heal after scaling and root planing, periodontal surgery may be needed to reduce pocket depths, making teeth easier to clean. We may also recommend that you see a Periodontist (specialist of the gums and supporting bone).

Direct to consumer dental marketing

There is a growing presence of direct to the consumer (DTC) dental services, where patients are instructed in how to independently take their own impressions and order products such as mouth guards, snoring appliances, teeth whitening trays and bleaching products, partial dentures, veneers and aligners. Direct to consumer laboratory services eliminate the role of the dentist in diagnosing the patient's oral health needs, developing a treatment plan to best meet those needs, and safely managing treatment throughout the course of care. Self-delivered, unsupervised dental treatments have the potential to cause damage and irreversible complications for patients.

In contrast to well researched, scientifically proven techniques many of these alternative remedies have made anecdotal claims touted by popular press and internet. We have seen first hand at our office some of the irreversible results of charcoal whitening and do it yourself night guards. It is our professional, moral and ethical responsibility to provide the highest standard of dental care to our patients. If you ever have any questions about these products please ask us.



Patients Strengthening our Community



Beth Harris and her family have been patients since moving to Guelph in 1997. Beth is the Executive Director of Michael House Pregnancy and Parenting Support Services. Michael House is a nonprofit agency in Guelph which runs 4 specific programs in support of women and children.

The Residential Program opened its first home in 2003 and currently houses 12 women and children. Emily's Place, an 8 unit apartment building, opened in 2015, supports women and their families who no longer need the residential program, but still benefit from added support. The Aftercare Program and Drop-in Program support women and their families once they are living independently in the community. Together with other agencies Michael House offers support and advocacy for housing, counselling services, addiction, parenting, family health and education. Beth thinks of the work of Michael House as "Changing the world, one small family at a time."

In addition to her work as ED at Michael House Beth enjoys performing in Community Theater, singing with The Over Tones Inc., volunteering at church and spending time with husband Doug, their children and grandchildren.

For more information on Michael House please visit them at www.michaelhouse.ca



Yvonne Bowes, Executive Director has been with Dunara for over 18 years because she believes Dunara makes a difference in peoples lives every day. Dunara Homes for Recovery Inc. has been a part of the Guelph Community for over 30 years providing residential care and support to adults living with a mental illness.

Dunara was started by a few families who had the challenge of finding appropriate community housing for their adult children who had been diagnosed with schizophrenia and nothing was available in our community. Through a very passionate and committed team of staff Dunara continues to provide support and education to many individuals each year through residential programs, safe and affordable community housing and support groups. For many Dunara is the place where they regularly attend two weekly support groups for social and learning opportunities and this serves as a wellness check.

Dunara is a registered charity who must continue to count on the generosity of many individuals, groups and community businesses that allows them to continue to enhance their programs and opportunities and to work towards ending the stigma of mental illnesses.

If you would like more information about Dunara Homes for Recovery Inc., please visit their website at www.dunara.com



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T: 8:00 - 8:00

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Th: 8:00 - 8:00

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www.jaindentalcare.com

Having fun as a team



The team at Jain Dental Care raised funds for the Heart and Stroke Foundation riding the Big Bike through downtown Guelph. The team got a great workout while making lots of noise and got cheered on by people walking on the streets. The team also attended the Ontario Dental Association Annual Spring meeting in Toronto and all volunteered to participate in anti-septic mouth rinses. The team learned a lot and had a great time as well.

