



Jain Dental Care

Excellence in Dental Care

November 2019

A special message from Dr. Maneesh Jain

Dear Friends,

Our practice's values (Trust, Respect, Compassion, Teamwork, Accountability) form the foundation of our ethical and professional responsibility to our patients, to our community, and to each other.

We believe that your trust is the cornerstone of our relationship and needs to be earned through delivering excellent quality care and proper education about treatment choices and consequences. Respect of opinion, time, and situation is an important mutual value. By putting ourselves in your shoes we strive to deliver compassionate dental care with great moral concern regardless of age, anxiety level, and treatment. We strongly feel that success is only

achieved with teamwork between the entire dental team and you, our patient. We must always be accountable by taking responsibility for our actions, decisions, judgment and professional competence and act, first and foremost, for the benefit of, and in service to, the health of patients and to our community. We commit to keep our knowledge and skills of dentistry contemporary in order to provide treatment in accordance with currently accepted professional standards and evidence-based practice.

It is important that our entire team share this practice philosophy and that is why we are excited to announce that Dr. Pari Dabas joined our team in July. We are so happy with all the positive feedback that we have been getting from all the

patients that have had a chance to meet her.

We take your feedback very seriously. Whether it is through our online questionnaire or verbally to our team, we listen and implement changes when needed.

We have also revamped our website and added more resourceful patient information sheets. Please check it out at www.jaindentalcare.com

This year I celebrated 20 years in dentistry! It is truly remarkable to see the generations of patients that we have fostered relationships with. You are all like family to us. We truly appreciate your ongoing support.



Peru Dental Mission Trip

In February 2019 Dr. Jain had the privilege of volunteering again on a dental mission trip in the very remote area of Otuzco, Peru. The team set up a dental clinic in an old convent surrounded by mountains and farmer's fields. Being woken by roosters and cold showers the team worked hard to address the needs of the local community and surrounding area. The catchment area of the village had a 30 km radius so some families were walking over 6 hours one way for dental treatment. The team provided urgent care, translated oral hygiene and dietary instruction and arranged rides with locals for patients that had major surgery. Dr. Jain also mentored a group of dental students from University of Alberta. After his mission trip Dr. Jain did some hiking in the Andes.



Why do we take your blood pressure?

Your blood pressure could be an issue during dental work. While we do everything possible to make you comfortable, undergoing dental work can create stress. Blood pressure normally increases when stress occurs, including before dental procedures. If you already have issues with hypertension (high blood pressure), any circumstance that might increase it could lead to health problems or even an emergency like a stroke. If your blood pressure is high, we may forgo any planned procedures and refer you to a physician for further examination.

Local anesthesia can affect blood pressure. Local anesthesia is an important part of dental work—without it we couldn't provide maximum comfort during procedures. But many anesthetics include epinephrine, which helps prolong the numbing effect. Epinephrine also constricts blood vessels, which in turn can elevate blood pressure. We may need to adjust the anesthesia drugs and dosages we use in your case if you have high blood pressure.

It could save your health—and your life. The symptoms for hypertension can be subtle and often go unnoticed. Discovering you may have high blood pressure is the first step to controlling it and hopefully avoiding more serious conditions like diabetes or cardiovascular disease.



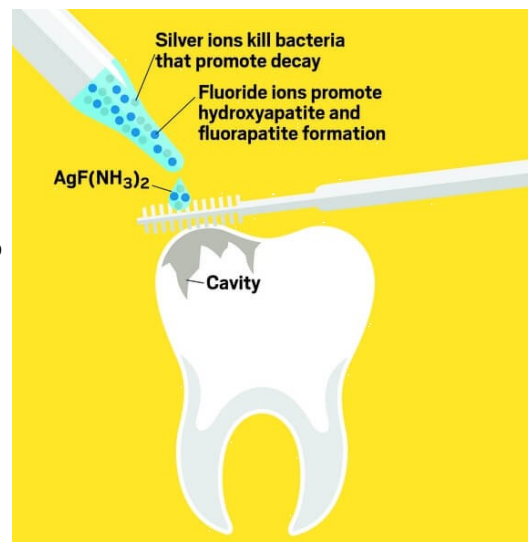
What is Silver Diamine Fluoride?

Silver Diamine Fluoride (SDF) is a liquid used on cavities to arrest tooth decay. In some cases where we use to do regular dental restorations, it is now possible to use an atraumatic, non-invasive treatment to stop the caries process. The silver ions act as an antimicrobial agent against the caries, while the fluoride ion acts to prevent further demineralization.

SDF can be used to stop the cavity and give you time before you choose to have it removed and filled. In certain cases, the cavity does not need to be removed and SDF is used to simply stop the process.

SDF will stain demineralized areas and soft-tissues brown or black. It does not stain healthy teeth. We will be able to reduce the dark appearance by applying a dental restoration.

If a restoration is placed on top of the SDF no further treatment is necessary. If no restoration was applied, or if the caries was more severe, it is recommended to re-apply SDF every 6 to 12 months.



Benefits of SDF

- Strengthens teeth making them more acid and abrasion resistant
- Stops the spread of cavities
- Provides pain and sensitivity relief
- Stains visible & hidden tooth decay
- Helps prevent decay caused by dry mouth
- Offers a no needle/no drill cost effective alternative

Where would we use SDF?

- In areas where placing a restoration would be very difficult
- Around margins of restorations to prevent secondary decay,
- Anxiety over dental treatment
- For cavities that cannot be treated in 1 visit
- Difficulty accessing dental care
- Patients with a high risk of developing caries



Diabetes and Your Oral Health

About 11 million Canadians are living with diabetes or prediabetes. Oral health is an important part of overall health. People living with poorly managed diabetes are at greater risk of bleeding gums and periodontal disease, which needs to be managed to preserve teeth and gums. The good news is that treating either gum disease or diabetes can lead to improvements in the other. Research shows that people with diabetes are at a higher risk for oral health complications and are more susceptible to infections.

How diabetes can affect your oral health:

Inflammation and gum disease: Gum disease is a major issue that shows up in people with diabetes. Without meticulous detail to brushing and flossing, the gum surrounding a tooth becomes more infected and more inflamed, which has negative effects on the supporting bone and can lead to cavities at or below gum level, increased tooth mobility and eventual tooth loss. As well, women diagnosed with gestational diabetes (diabetes while pregnant) can have an increased risk of swelling of the gums.

Infection and delayed healing: People with uncontrolled high blood sugar levels are at increased risk of infection and delayed healing. It lowers the ability of the body to fight infection and it slows down healing, which can have a huge impact on the mouth.

Tooth decay and loss: There is an increased risk for new cavities, cavities around existing fillings and major dental work with people who have diabetes. If tooth loss does occur, the impact is huge.

Fungal infections: Thrush (an oral fungal infection) can also be more prevalent in a person with poorly controlled blood sugar levels. If you wear a denture, cleaning it every day will help prevent fungal infections.

Dry mouth: This is important, as dry mouth means less saliva is being produced. It can be a symptom of high blood sugar and can also cause an increase in high blood sugar levels. With less saliva, you can have an increase in bacteria, which can increase your risk for cavities, gum disease and bad breath. Our office may be able to recommend some home remedies or oral moisturizers.



Loss of taste: Some people with diabetes will notice a change or a loss in their ability to taste as a result of the changes to the taste bud tissues situated on the tongue.

Burning sensation and pain: In people with poorly controlled diabetes, a risk factor is the development of a condition called diabetic neuropathy (damage to nerves that can cause weakness, numbness and pain), which is usually in the hands, arms and feet. Neuropathy can also affect your mouth, so you may feel a burning, scalding or tingling sensation, numbness and/or pain.

What we need to know

- If your diabetes is under control
- If you take insulin and when your last usual dose of insulin was administered
- If there has been any other changes in your medical history
- The names of all the herbal medicines, prescription and over the-counter drugs you are taking



Our Patients Strengthening Our Community



Anita Macfarlane has contributed significantly to the health and education of children in Guelph and Wellington and Dufferin counties as an advocate for student nutrition programs.

As a Program Director, Anita is responsible for the planning, implementation, management and evaluation of the Children's Foundation of Guelph and Wellington Food & Friends and Scholarship Programs.



Anita's work has had a positive impact on thousands of children in our community. Anita's impact on children does not stop at filling tummies. She ensures this is done in a respectful manner that is universal and works to reduce the stigma for children that access these programs.

Anita is well respected in the community as an advocate for child hunger and has worked hard to make the community understand why we need student nutrition programs.

Sharon Stewart is a retired RN, a Registered Horticultural Therapist and Founder and Director of the Julien Project. The Julien Project, established in 2006, is a community based charitable organization located at the Ignatius Jesuit Centre Farm. It provides social and therapeutic horticultural gardening opportunities for people of diverse backgrounds and abilities enabling personal growth, community membership and environmental well-being.



Programs include garden workshops for children and youth; for adults referred from the mental health community, or agencies providing support for their marginalized populations. An individual Fee for Service program provides private workshop sessions.

In 2019 a special focus will be workshops and garden activities for trauma survivors, "Healing Silent Wounds". The Julien Project was granted a national award from Bell Let's Talk to deliver these workshops that help reduce the stigma of mental health issues in our community.



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Hours:

M: 8:00 - 4:30

T: 8:00 - 8:00

W: 8:00 - 4:30

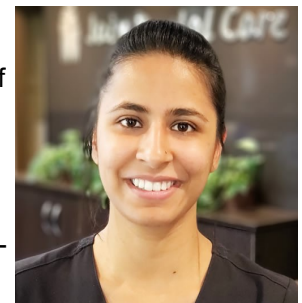
Th: 8:00 - 8:00

F: 8:00 - 4:00

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Our Growing Team

Dr. Pari Dabas began her journey by first graduating with a B.Sc. in Biology (Honours) from McMaster and then completed her Dentistry degree with Distinction from Western. She served as the President of the Dental Student Society and was the Representative for the Federation of Canadian Dental Student Associations (FCDSA). She promoted oral care for children through a program called DocsKids. Pari has been recognized by her professors and fellow colleagues for her leadership, contribution and commitment to her school and community. In her free time she enjoys volunteering, travelling, exploring nature, dancing and spending time with her family and friends.



Dr. Rose Rizek is back from maternity leave and busy with her adorable kids Tobias and Adalia.



Meaghan enjoying her maternity leave with her lovely kids Jack, Lily and Elliott Elizabeth.



Tammy enjoying her parental leave with gorgeous grand-daughters Madeline and Eden.