



Jain Dental Care

Excellence in dental care

November 2020

A special message from Dr. Maneesh Jain

Dear Friends,

First off, I want to thank you all for your patience during these unprecedented times. COVID-19 has certainly changed significant aspects of our lives and I appreciate how understanding you have been as our office adjusted to our new-found reality. Our hearts go out to all of those that have lost loved ones of have been separated from family and friends during the pandemic.

To ensure maximum safety without compromising patient comfort, our office underwent significant changes. Specificities of these changes are highlighted in the article below. To help support the health care sector adapt to our current predicament, our office donated gloves and masks to Public Health at the onset of the pandemic. Even though our office was closed for four months, our team of dentists took on dental emergency patients from Guelph General Hospital to help alleviate pressure on local emergency rooms.

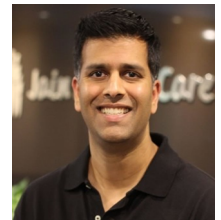
During these times, our top priority is to ensure patients are best cared for. Even though COVID exposure research indicates that dental staff are the highest risk front line health care workers, our doors remained open for emergencies despite the office being closed. These efforts go to show what

an amazing team we have! They are conscientious, hard-working, resilient, and compassionate.

In recognition of the widespread hardship that the pandemic is causing our office made a conscious decision to absorb all the additional cost of overpriced PPE and equipment rather than passing it on through increased fees to patients. I would like to thank all of you that have been in for appointments for all your positive feedback about what we have done and our outstanding team. We truly appreciate our community's support in voting for us as Guelph's **1st place (Diamond) winners** of the **Readers Choice Awards for Best Dental Office and Best Dentist**.

Let's continue to stay positive, remain optimistic, and take care of one another. Wishing you and your loved ones the best.

Maneesh Jain



COVID-19: Our commitment to keep you safe

We continue to be vigilant in ensuring **everyone is safe**. We have gone above and beyond the recommended guidelines to ensure the safety of our team and our patients.

Our efforts were even recognized and showcased on **CTV News Kitchener**. Please see the video at:



<https://kitchener.ctvnews.ca/this-guelph-dental-office-is-taking-extra-precautions-to-protect-patients-1.5035390>

We updated our office to surpass the stringent infection prevention and control standards with:

- three levels of **air purification protection**: at source (chairside), general operatory and general office all offering the highest industry standard HEPA filtration and UV disinfection
- state-of-the-art **sterilization systems**
- floor to ceiling walls with doors to each operatory
- **physical barriers** at key contact points to reduce the spread of droplets
- our dental team wearing **additional PPE** appropriate to role and procedure performing.
- general office housekeeping at frequent intervals, including cleaning and disinfection of **high-touch surfaces** (e.g., doorknobs, plexiglass barriers, handrails, counters, arms of chairs, etc.).
- a **virtual waiting room** where you are notified when to come into the office through text and email.

Worn Teeth

With proper care, your teeth can last a lifetime. But some amount of wear as we age is normal. By “wear,” we mean loss of tooth structure. Wear starts with loss of the hard, translucent enamel that forms the outer covering of teeth, and might, in more serious cases, progress to the softer inner tooth structure known as dentin. When tooth wear becomes more significant, we may have to intervene to keep your bite functioning properly and protect your teeth. Different types of tooth wear can result from one or more of these processes:



Abrasion is caused by the interaction of teeth and a foreign object rubbing or scraping against each other. The most common source of abrasion is traumatic toothbrushing.



Abfraction refers specifically to the loss of tooth enamel at the necks of the teeth (the thinner part right at the gum line). It is believed to be caused by tooth flexion from clenching or grinding the teeth (bruxing).



Attrition is an effect of tooth-to-tooth contact. Biting and chewing normally generate forces between 13 - 23 pounds. Yet people who have clenching and grinding habits can subject their teeth to forces up to 10 times that.



Erosion is the loss of tooth surface by a chemical process that does not involve bacterial action. It is basically caused by chronic exposure of teeth to acids from external (citric fruits, soda, etc.) and internal (gastric acid reflux) sources.

Treating Worn Teeth

In order to treat your worn teeth, we first need to identify the cause. We can help you reduce the stresses on your teeth, you may need instruction on gentle, effective tooth brushing techniques; or we may need to talk about your diet. If you have a clenching or grinding habit, we can make a mouthguard for you that will protect your teeth during sleep or periods of high stress.

Depending on how much tooth structure has been lost, we may need to replace it so your bite functions properly and your teeth look great once again. Not only can a full mouth rehabilitation improve the health of your teeth, but it will improve your chewing function, joint health and your facial profile. Modern dentistry can successfully and beautifully restore the normal shape, appearance and function of worn teeth.



Before and after photos of severely worn teeth due to attrition and erosion. Both teeth and facial profile are restored to create healthier function and a more youthful appearance.



Our remarkable mentors: what are they up to?

Dr. Tom Cox, Dr. Ron Hebden and Dr. Don Cohen have all been very influential to Dr. Jain when he was building Jain Dental Care. Even though they have been retired for some time, they all loved their work. They all still miss meeting with patients and love running into so many of them around town. They also miss working with the team and enjoy catching up with them when they swing by the office.

They all feel that after practicing for 35-40 years the best part is the memory of all the great people they were able to meet through the office. They feel that the changes made to the old office are incredible and gives them great comfort knowing that their patients have been left in such capable hands. It is their fervent wish that you all stay safe and healthy in these perilous times.



Dr. Tom Cox keeps himself busy wood-carving birds, cooking, baking and gardening. Patients might remember some of his award-winning carvings and orchids around the office. He is a five-time super senior Cutten Fields golf champion. He and his wife of 53 years, Phyllis, enjoy spending time with their four grandchildren.



Dr. Ron Hebden's new job entails a lot of golf and many home renovation projects where he gets to use much larger drills and tools. He's enjoyed trips to China, Europe, South East Asia and Australia. Once safe to travel again there are a few places left that he wishes to see as there's always a warm spot somewhere with a golf course.



Dr. Don Cohen keeps himself busy with workouts and yoga at the Y and continues to cycle and canoe. Since retiring he's enjoyed travelling with his wife, Laurie, even doing a few Transatlantic cruises to Europe, and recently they have become doting grandparents again with a wonderful little grandson.

Why do I need a nightguard?

Bruxism is a condition in which you un/consciously grind, gnash or clench your teeth. People who brux during sleep are more likely to have other sleep disorders, such as snoring and pauses in breathing (sleep apnea).

Mild bruxism may not require treatment. However, in some people, bruxism can be frequent and severe enough to lead to jaw disorders, headaches, damaged teeth and other problems.

Because you may have sleep bruxism and be unaware of it until complications develop, it's important to know the signs and symptoms of bruxism and to seek advise from our dental team.

Signs and symptoms of bruxism may include:

- Teeth grinding or clenching, which may be loud enough to wake up you or your sleep partner
- Teeth that are flattened, fractured, chipped or loose
- Worn enamel, exposing deeper layers of your tooth
- Increased tooth pain or sensitivity or mobility
- Tired or tight jaw muscles, or a locked jaw that won't open or close completely
- Jaw, neck or face pain or soreness
- Pain that feels like an earache, though it's actually not a problem with your ear
- Dull headache starting in the temples
- Damage from chewing on the inside of your cheek
- Sleep disruption

Our Patients Strengthening Our Community



Sarah Haanstra is passionate about making our community a better place. She has worked and volunteered in the non-profit sector for over 15 years. Currently, Sarah runs Toward Common Ground where she does research to understand the issues that face our community, works with stakeholders to find solutions to address pressing needs, supports organizations to secure funding to offer essentials services and programs, facilitates strategic planning processes and conducts evaluations to



understand impact and identify areas for improvement. Some of her professional highlights include convening the symposium that led to the Guelph & Wellington Task Force for Poverty Elimination; leading the research for the 2018 Vital Signs Report; starting the Adverse Childhood Coalition of Guelph & Wellington; and most recently, leading the development and release of the Vital Focus Series which is putting a spotlight on the secondary effects of the pandemic.

Sarah is an active volunteer in the community. She is currently a member of the Guelph Chamber of Commerce Board of Directors and a mentor for the Oaktree Project. In the past Sarah was member of the Ontario Nonprofit Network Evaluation Strategy Advisory Committee and the co-chair of Guelph & Wellington Task Force for Poverty Elimination.

Sarah is committed to collaborating with others to address issues that impact residents who live in Guelph & Wellington County. Most recently her contributions were recognized with a Woman of Distinction award. Sarah lives in downtown Guelph with her partner and two active children.

Shirley Hunt had an “aha” moment after reading Richard Louv’s “Last Child in the Woods” and decided to dedicate the next phase of her career to helping people experience the benefits of nature-based activity. With a Master of Social Work specializing in community development, Shirley has always enjoyed bringing people together to brainstorm and launch new programs that address community needs. In 2008, recognizing the need for a new way to propel kids outdoors, she worked with a local photographer, Trina Koster, and community members to develop and launch Focus on Nature – a school-based program that connects kids with nature through photography. In 2016, she was fortunate to work with another dedicated group of community members to develop and launch Up and Running Guelph to support women struggling with depression and/or anxiety. Harnessing the proven mental health benefits of exercise, nature, and social connections, Up and Running delivers supportive, inclusive walking and running programs to help women manage their mental health.



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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

www.jaindentalcare.com

Our Growing Team

Congratulations to our team’s new moms Kayla and Caitlin who recently had babies. We’re all very excited for you both.



Kayla and her handsome baby boy, Heath Maxym, born August 31st in Fergus. 7lbs 4oz. The overjoyed mom says he is super sweet, full of smiles & slowly starting to get the giggles.



Caitlin and her precious baby daughter, Jayde Olyvia Jordao, born on October 28th, weighing 6lbs 15oz. She is so beautiful and so sweet. Mom is feeling happy and blessed.