



Jain Dental Care

Excellence in dental care

November 2021

A special message from Dr. Maneesh Jain

Dear Friends,

During these uncertain times, our top priority continues to be your safety. Despite the risk of working with aerosols, our team has gone above and beyond to ensure we can remain steadfast in providing you with the compassionate care we feel you deserve. I feel very fortunate to work with a very hardworking and conscientious team.

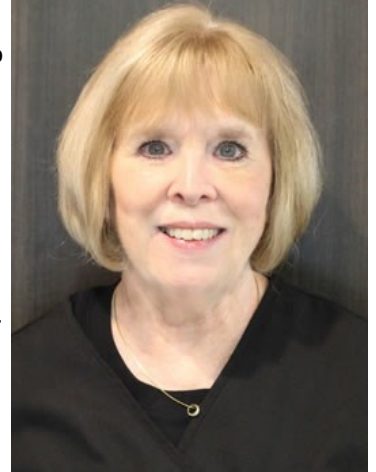
As many of you know, I have been very active and heavily invested in our local community. In addition to my involvement with the Guelph Community Foundation and 100 Men Who Give A Damn, I have been an active Rotarian for the last 20 years. This year I was asked to be President of the Rotary Club of Guelph Trillium. In Rotary we have an ethical guide that we use for our personal and professional relationships. It's called the Four-Way Test. (see below)

A few years ago, our dental team came together to develop our Mission, Vision and Values. The values reflect our core principles and ethics.

1. **Accountability** - everything is done with honesty and integrity.
2. **Respect**— respect our patients time and the well-informed decisions they make about their care.
3. **Teamwork**— working as a team amongst ourselves and with our patients to foster life long relationships.
4. **Trust and Compassion**- the compassionate care we deliver is with mutual trust.

It's amazing to see how the principles of Rotary are very much aligned with the values of our dental team.

It was with mixed emotions that we had to say goodbye to Heather who retired after being with our team for thirty-six years. Heather started her dental career as an assistant and then became our treatment coordinator. Many of you probably sat in her office while she reviewed your treatment options. Her gentle and calm demeanour rubbed off on to everyone she touched. She will truly miss all the relationships she fostered with so many patients over the years. We will miss her being part of our collaborative team. We wish her and her family all the best in the next phase of her life.



We truly appreciate our community's support in voting for us as Guelph's 1st place (Diamond) winners of the Readers Choice Awards for both Best Dental Office and Best Dentist for the second year in a row.

Our success has truly been a group effort. Over the past 20 plus years, it's been my privilege to work with a team of dedicated professionals that live and breathe our vision of providing optimal health for each and every one of our patients. Every day, we continue to strive to earn your trust and confidence. Thank you for allowing us to partner with you on your path to overall wellbeing.

Maneesh Jain

Rotary



THE FOUR-WAY TEST

Of the things we think, say or do:

first

Is it the **TRUTH**?

second

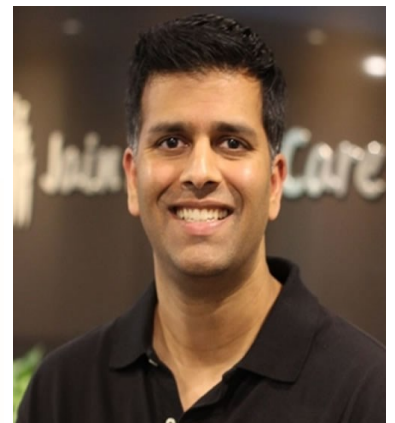
Is it **FAIR** to all concerned?

third

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

fourth

Will it be **BENEFICIAL** to all concerned?



It's more than “just a cleaning”

Some patients may refer to their dental hygiene appointments as “just a cleaning.” The truth is there is so much more than just teeth cleaning that occurs during these visits. Good oral health starts with the basics of dental hygiene. While flossing and brushing regularly are an excellent start, they are not a substitute for a professional dental cleaning with our registered dental hygienists.

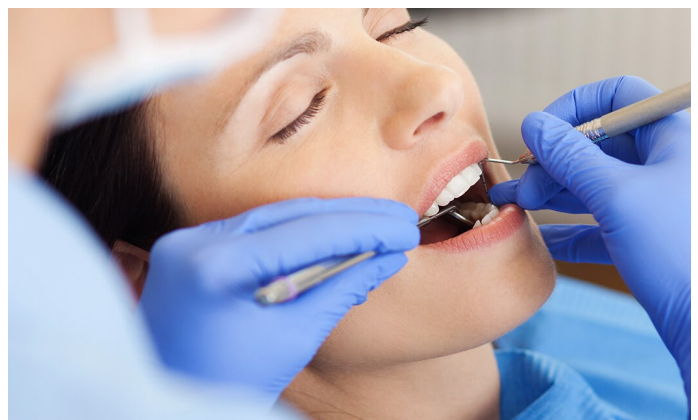
We sometimes hear the excuse for missing a dental cleaning is, “nothing hurts, so my teeth are fine” Unfortunately, pain is not a very good indicator of oral health. In fact, by the time pain presents itself problems are often much worse (and more costly!) than they would have been if addressed earlier.

Sometime patients feel treating cavities with fillings and crowns are more of a priority then a “dental cleaning” when in fact it's the opposite! If you have stages of gum disease such as, swollen bleeding gums, tartar buildup, bone loss and loose teeth, this doesn't make a very strong foundation for restorative work. You could spend a lot of money on restoring your teeth then potentially loose your teeth from gum disease. The key to good oral health is prevention. The following is a list of things that get checked at each appointment.

Our hygiene team will report all findings and evaluations to our dentists while they perform your oral examination and check your x-rays. Any further assessments or treatments will be recommended along with answering any patient concerns or questions.

Appointment Checklist

- ✓ Oral Cancer screening inside the mouth and outside on the face
- ✓ Check facial muscles, jaw joint and lymph nodes
- ✓ Check gums for bleeding, pus or pockets
- ✓ Evaluate texture of tissues and recession of gums
- ✓ Check for tooth decay
- ✓ Use of X-rays to check for decay between teeth and bone levels
- ✓ Use of X-rays to check for cysts or abscesses and root resorption
- ✓ Check fillings for leaks or cracks
- ✓ Check for loose teeth or shifting and drifting of teeth
- ✓ Check bite for wear, proper function and TMJ problems
- ✓ Remove plaque, tarter and stain that can cause decay and gum disease with scaling, polishing and remineralize areas when needed
- ✓ Patient education, recommendations and instructions to improve oral health



Primary and Permanent Teeth

While most children have 20 primary teeth—10 in each of the upper and lower jaws—these teeth eventually are replaced by 32 permanent teeth, 16 in each jaw.

PRIMARY DENTITION

| Upper Teeth | Erupt | Exfoliate |
|-----------------|--------------|-------------|
| Central incisor | 8-12 months | 6-7 years |
| Lateral incisor | 9-13 months | 7-8 years |
| Canine (cuspid) | 16-22 months | 10-12 years |
| First molar | 13-19 months | 9-11 years |
| Second molar | 25-33 months | 10-12 years |

| Lower Teeth | Erupt | Exfoliate |
|-----------------|--------------|-------------|
| Second molar | 23-31 months | 10-12 years |
| First molar | 14-18 months | 9-11 years |
| Canine (cuspid) | 17-23 months | 9-12 years |
| Lateral incisor | 10-16 months | 7-8 years |
| Central incisor | 6-10 months | 6-7 years |

PERMANENT DENTITION

| Upper Teeth | Erupt |
|-----------------------------------|-------------|
| Central incisor | 7-8 years |
| Lateral incisor | 8-9 years |
| Canine (cuspid) | 11-12 years |
| First premolar (first bicuspid) | 10-11 years |
| Second premolar (second bicuspid) | 10-12 years |
| First molar | 6-7 years |
| Second molar | 12-13 years |
| Third molar (wisdom tooth) | 17-21 years |

| Lower Teeth | Erupt |
|-----------------------------------|-------------|
| Third molar (wisdom tooth) | 17-21 years |
| Second molar | 12-13 years |
| First molar | 6-7 years |
| Second premolar (second bicuspid) | 10-12 years |
| First premolar (first bicuspid) | 10-11 years |
| Canine (cuspid) | 11-12 years |
| Lateral incisor | 8-9 years |
| Central incisor | 7-8 years |

When/why do I need to take antibiotics before my appointment?

In dentistry, antibiotic prophylaxis (AP) refers to the practice of patients taking antibiotics prior to some of their dental appointments to reduce chances of post treatment infections. In dentistry, the main indications for antibiotic prophylaxis have been to prevent **infective endocarditis (IE)** and **prosthetic joint infection (PJI)**.

However, in an era of antibiotic overuse, microbial resistance is a growing concern. The benefit of antibiotic prophylaxis in preventing relevant surgical site infections must be balanced with the inherent risks of antibiotic use. As your health care providers we play a critical role in stewarding the appropriate use of antibiotics.



Preventing Infective Endocarditis (infection in the heart)

| Antibiotic Prophylaxis IS REQUIRED for patients with: | IS NO LONGER REQUIRED |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| 1. a prosthetic cardiac valve | 1. mitral valve prolapse |
| 2. a prosthetic cardiac valve repair | 2. rheumatic heart disease |
| 3. a history of infective endocarditis | 3. bicuspid valve disease |
| 4. a cardiac transplant that develops a problem in a heart valve. | 4. calcified aortic stenosis |
| 5. specific congenital (present from birth) heart conditions including: <ul style="list-style-type: none">• unrepaired palliative shunts and conduits• during the first six months of a repair with prosthetic material• any repair with residual defect at the site or adjacent to the site of a prosthetic patch or a prosthetic device | 5. congenital heart conditions such as ventricular septal defect, atrial septal defect and hypertrophic cardiomyopathy. |

Preventing prosthetic joint (joint replacement) infection

After reviewing all the current best available evidence on the effectiveness of dental antibiotic prophylaxis in the reduction of PJI all the medical professional bodies have concluded that...

1. The significant majority of prosthetic joint infections are not due to organisms found in the mouth.
2. Rarely does a dental procedure lead to infection in the blood-stream.
3. Few prosthetic joint infections have a clearly defined relationship with dental procedures.
4. There is no reliable evidence that antibiotic prophylaxis prior to dental procedures prevents PJI.



As a result of this work, the Canadian Orthopedic Association and the Canadian Dental Association provide the following guidance concerning the management of dental patients with orthopedic devices:

1. Patients should not be exposed to the adverse effects of antibiotics when there is no evidence that such prophylaxis is of any benefit.
2. Routine antibiotic prophylaxis is not indicated for dental patients with total joint replacements, nor for patients with orthopedic pins, plates and screws.
3. Patients should be in optimal oral health prior to having total joint replacement and should maintain good oral hygiene and oral health following surgery. Orofacial infections in all patients, including those with total joint prostheses, should be treated to eliminate the source of infection and prevent its spread.

Our Patients Strengthening Our Community



Ajay Heble is the founding Director of the International Institute for Critical Studies in Improvisation (IICSI), and Professor of English in the School of English and Theatre Studies at the University of Guelph. His research has covered a full range of topics in the arts and humanities and has resulted in 15 books published or in press, numerous articles or chapters, and over 100 graduate students and post-doctoral fellows trained and mentored. He was the founding Artistic Director of the award-

winning Guelph Jazz Festival and Colloquium (he served in that capacity for 23 years, retiring in 2016), and is a founding co-editor of the peer-reviewed journal *Critical Studies in Improvisation/Études critiques en improvisation* (www.criticalimprov.com). Dr. Heble is the recipient of numerous awards, including the 2016 SSHRC Impact Award in the Partnership category, the 2014 Dr. Winegard Exemplary Volunteer Award, and a Teaching Excellence Award from the Student Senate Caucus at the University of Guelph. In 2019, he was awarded an honorary degree (*Doctor honoris causa*) from 17, Instituto de Estudios Criticos in Mexico.

In his teaching, Heble has sought to develop pedagogical strategies that foster connections between what students learn or do at university and how they come to understand themselves as socially responsible citizens.

Heble is also an accomplished pianist with a long background as a performer. His first CD, a live set of improvised music called *Different Windows* with percussionist Jesse Stewart, was released on the IntrepidEar label in 2001. His recent recordings include *Hold True (Accroche-Toi)*, *The Time of the Sign*, and *Le gouffre / The Chasm*, all with his improvising quartet The Vertical Squirrels (and released on the Ambiances Magnétiques label).

Faculty webpage: <https://www.uoguelph.ca/arts/sets/people/ajay-heble>

Ray Stultz is a Senior Account Manager with the Business Development Bank of Canada where he helps entrepreneurs grow in their marketplace.



He feels that volunteerism was a great way to learn about the city. As a KidsAbility parent, he looked to give back, so became a board member for three years. At the boards he's participated with, he's been told that he uses a 30,000 feet view to allow the board to focus on strategic vision and the organization to concentrate on operations. He enjoyed a year with the Rotary Club of Guelph Wellington where he understood the value of service above self. As a Victims Services Wellington board member for 3 years, he learned more about the volunteers that work with the Guelph Police Service at times when victims are in great need. For three years he was a Guelph Jr. Gryphons Volleyball Head Coach and Treasurer – a sport that he loves. The Children's Foundation of Guelph and Wellington was where he helped children and families for 7 years with 2 years as chair, and 1 year as a past chair and is where he gained valuable leadership and stewardship skills. Presently, he's a cabinet member for The Grove Hubs, which is focused on youth mental health in Wellington County for almost 2 years. He has also stepped forward to be a board member for the Guelph Chamber of Commerce.

He and his wife Leanne have two kids Jackson and Claire who are both at Bishop Macdonell HS. He was recently honoured to receive the Paul Harris Fellowship Award.



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Our Growing Team



Congratulations to our dental assistant Grace on the birth of her precious baby daughter, Mila Anne Poisson, born on July 23rd, weighing 6lbs 14oz. She is very cute and sweet. Mom is feeling very happy and blessed.

We are also very happy to introduce Sally Makar as our Office Manager. Sally brings years of experience from various practice models, and has tremendous professionalism and work ethic. She looks forward to meeting you all and welcomes your feedback.

