



Jain Dental Care

Excellence in dental care

January 2023

A special message from Dr. Maneesh Jain

Dear Friends,

I am so fortunate to work in a profession that I love, with a staff I respect and with patients that make coming to work every day enjoyable.

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 Care was again awarded the Guelph Mercury Readers Choice Award!



It is with mixed emotions that we say goodbye to Lynne Brydges and Dr. Geoff Metz.

Lynne is retiring after being with our team for 38 years. Lynne started her dental career as an assistant with Dr. Hebden and then became our treatment coordinator. She handled reviewing complex implant treatment plans, ordering all our supplies and dealing with our referring specialists. She will



truly miss all the relationships she fostered with so many patients over the years. After being with our team for almost six years, Dr. Metz has retired from private practice and is joining public health. 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 his distinct privilege.

We wish them all the best in their next phase of life.

I would like to thank all of you who have been participating in our patient satisfaction surveys. Our feedback is invaluable to the success of our office. We constantly strive from continuous improvement. Also our digital confirmation has made confirming appointment times through email and text much easier for both patients and our reception team. Please ensure you read the instructions in the messages to avoid unnecessary messages and to ensure your appointment spot is secured.

Thank you again for all your support and feedback.

Maneesh



Caring for our environment

Jain Dental Care is working towards sustainable practices. Below are some of their recent initiatives.

- The office has initiated a community wide PPE recycling program. In conjunction with a company called LifeCycle Revive, dental offices in Guelph, Fergus, Kitchener, Waterloo and Cambridge collect and deliver PPE including masks, head covers, shoe covers, isolation gowns, and sterilization wrap. This PPE is then sterilized, formed into pellets and then used to create nonwoven textile for masks, disposable isolation gowns, and injection-molded items used in healthcare. These items can be recycled at the end of their life, forming a circular lifecycle.
- Last year the city stopped collecting recycling from all healthcare facilities. Instead of throwing all our plastics and cardboard in the garbage, every week the



staff takes all this recycling home.

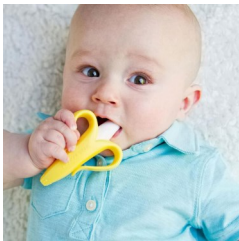
- Instead of using disposable isolation gowns the office installed a washer/dryer in a negative pressure room to be able to wash reusable gowns.
- Without compromising on quality, they continue to source environmentally friendly products from sustainable companies.
- They use a large amount of compressed air and suction in the office. Five years ago they switched to a higher end dry-vac system that reduces water usage on an ongoing basis and also switched to energy efficient compressors with variable motors.



Baby's first visit to the dentist

Why do babies need to see a dentist?

More than half of a child's 20 baby teeth will have grown in by the time they're 18 months old. Not only can a dentist help keep these first teeth safe and healthy, but early visits allow them to assess jaw development, look for habits developing, educate parents about oral hygiene and nutrition and also help children start learning what dental appointments are like, which may help them feel more comfortable in the dental chair as they get older. Putting off this first appointment until the child is three to five years old may lead to severe early caries syndrome. This condition, also known as nursing caries, baby bottle syndrome or baby tooth rot, describes severe cavities in a child's first teeth. Left untreated, severe early cavities can cause pain, infection and may even damage the underlying adult tooth.



Aren't they just baby teeth. Does it really matter?

Baby teeth play many important roles in a child's development. A child's back molars hold space for their adult molars to come into the mouth in a straight, functional pattern. Our front teeth are instrumental in our pronunciation of words, and a child losing their baby incisors too early could impair speech and have a social impact.

What parents should know about the first visit

The good news is that while early childhood cavities can be scary, a child's first visit doesn't have to be. The focus of a first visit will be on diet, feeding habits, teething, assessing the airway, checking for habits that affect jaw development and establishing a daily oral hygiene routine.

Nutrition is tied to overall oral health. Adults and children alike are susceptible to a host of oral health conditions that can stem from their diet and oral hygiene practices. Water and milk are appropriate drinks for infants, while juice should be avoided for as long as possible. At night, only put water in a bottle.



How to Help Your Baby During Teething

It can be hard to see your baby in pain as their first teeth come in. Here are a few tips to safely help your baby with teething:

- Massage their gums with a clean finger or chilled wet cloth.
- Frozen veggies can help soothe gums but be careful they are not a choking hazard.
- Avoid giving them teething biscuits. Sugar will remain on the new teeth, leading to decay.
- Avoid over-the-counter gels, your dentist can suggest medicine to ease the pain.
- Teething does not cause sickness or fever. If your child has a fever, check with your doctor.
- A child should rinse or drink water after taking any medication, as it is usually sweetened for taste.

Equitable access to oral health care

There is a direct connection between oral health and overall health. This is why **sustainable, equitable access to professional dental care for all Canadians** is essential.

Outside of private practice, Dr. Jain has been involved in volunteer organized dentistry for the last 25 years. After serving as board member and President of the Waterloo Wellington Dental Society, in 2016 he joined the Ontario Dental Association (ODA) Board of Directors. Currently he serves as Vice President and Chair of the Government Dental Programs Working Group and will be assuming the position of ODA President in 2024. During Dr. Jain's tenure, he has been involved in advocacy for comprehensive access to oral health care. This advocacy has proven effective with the successful creation of the new federal **Canadian Dental Care Program**. This program focuses on equitable access for marginalized populations, giving low-income uninsured Canadians the dental care they deserve. The ODA's advocacy work has stretched to all levels of government.



Leader of the Green Party of Ontario, MPP Mike Schreiner



MP, Lloyd Longfield



Ontario Premier, Doug Ford and ODA representatives

Servicing communities

Community service has been one of Dr. Jain's central tenets. In addition to volunteering with the Rotary Club of Guelph Trillium and the Guelph Community Foundation, Dr. Jain has been a volunteer dentist for various marginalized communities.

"Volunteering only scratches the surface of what is needed. It is humbling to see what these communities are facing. We have so much more to do." -Dr. Jain

- organized the annual Guelph mouth guard clinic for young athletes for 20 years
- delivered an educational seminar on infant oral health to residents of Michael House Pregnancy Shelter
- provided dental care to the underfunded government sponsored dental programs for the last 30 years
- one of the few dental offices in Guelph that participated in the underfunded Ontario Seniors Dental Care Program
- volunteer for overseas dental mission trips in Guatemala, Peru and Nicaragua
- volunteer at Bearskin Lake First Nations Reservation through the Remote Areas Program in Ontario Indigenous Communities
- volunteer at the Special Smiles Special Olympics Dental Program



Our Patients Strengthening Our Community

Bruce Folkard

Originally from Port Alberni, Bruce moved to Guelph in 1973 and became an active member of the Guelph Curling Club.

He started his community volunteering in 1984 as a Big Brother. He still has an ongoing relationship with his Little Brother after 39 years. Bruce was awarded a 25 year recognition of his service with the Big Brother Big Sister Association.

Bruce has been an active member of the Rotary Club of Guelph Trillium since 1991. He has been awarded a Paul Harris Fellowship and was the Chair of the annual "Guelph Ribfest" in 2003.

Rotary has a World Curling Championship played every 2 years and his team competed in 2004 in Duluth, Minnesota and in 2006 won a gold medal in Lockerbie, Scotland.

Bruce has been a member of the Canadian Legion for the past 36 years. In 1995 his team won the Ontario Legion Curling Championship and represented Ontario at the Canadian Legion Curling Championship in Chester, Nova Scotia.

Bruce Folkard retired from his insurance career in 2009.

Bruce has been a member of Royal City Men's Club since inception in 2015.

On a weekly basis, he transports clients for the VON to their appointments and delivers groceries for Food4Kids and THE SEED.

So, as you can see for many years Bruce has truly embraced the motto of Rotary, "Service Above Self".

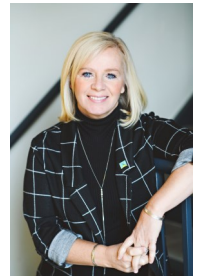


Helen Fishburn

For over 25 years, Helen Fishburn has worked in numerous roles in the mental health and addictions field, including various leadership roles for the past 20 years with the Canadian Mental Health Association Waterloo Wellington. Helen holds a Masters in Social Work from Wilfrid Laurier University.

Helen feels honoured to be the Chief Executive Officer of CMHA WW as it allows her to drive health care system change forward while overseeing care for people of all ages with complex needs. The creation and implementation of Here 24/7, a coordinated access centre for all mental health, addictions and crisis services in Waterloo Wellington, and the IMPACT police crisis program are some of the defining achievements in Helen's career. More recently, Helen has been a key participant in the popular 'Finding the Balance' webinars, created to respond to and support the mental health needs of our community during the COVID-19 pandemic.

In 2021, Helen was honoured to receive a Champion of Mental Health award from The Canadian Alliance on Mental Illness and Mental Health, which recognizes exceptional Canadians who have worked to advance the mental health agenda in Canada. In 2016, Helen received the Guelph Women of Distinction Award. If you ask Helen, her true pride and joy is her family – her husband and their two children keep her grounded and ever grateful.



Jain Dental Care

100 Edinburgh Rd. S.

Guelph, ON N1H 5P4

P (519) 824-5678

info@jaindentalcare.com

www.jaindentalcare.com

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

Our Growing Team

Congratulations to our hygienist Taylor who had a baby girl Juniper on March 26. She's very social, determined to learn new things, and loves being around people and pets.

Our fall team day was a very fun "Amazing Race" that included a stop at Wellington Brewery where teams had to stamp their own six-pack by completing tasks and finding pictures of craft beers around the city!

