



Jain Dental Care

Excellence in dental care

November 2023

A special message from Dr. Maneesh Jain

Dear Friends,

It's been an exciting year for dentistry! The federal government announced the idea of a new Canadian Dental Care Plan for lower income Canadians without insurance. The plan has started with an interim Canada Dental Benefit for children under the age of 12 and hopes to extend to seniors, children under the age of 18 and persons with disabilities. We have seen some of these patients in our office.

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

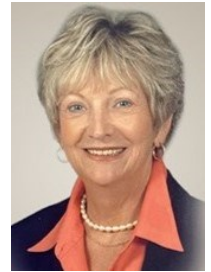
As most of you know, outside the office I have been busy with provincial and national meetings to deliver the message to various levels of government to make sure the program works! This is a generational opportunity. I recently went to Queens Park and met with our very own Ted Arnott, from Fergus, who is the Speaker of the Legislative

Assembly of Ontario to share concerns that Ontario only spends one third of the national average on public dental programs! We need to do better for these marginalized populations.



It was with immense sadness that we learned of our very own Anne Boden's sudden passing in July. Anne was our receptionist for many years prior to our office moving down to our current location. She was very much admired by our patients and our team and all her very close friends. Anne was active in Guelph playing squash, tennis, cycling, walking and running. She loved to travel and try new things.

Our deepest condolences to her beloved husband Alan who was her best friend and soulmate since 1981, her family in England and Australia and also all her good friends locally, many who we see at our office regularly. She will always be remembered fondly.



Finally, 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 once again awarded 1st place by the Guelph Mercury Readers Choice Awards for both Best Dental Office and Best Dentist!



Thank you again for all your support and feedback.

Maneesh



Introducing Dr. Ashish Chhibber



We are thrilled that Dr. Ashish Chhibber has joined our team. After working in health informatics, he attended the University of Western Ontario to obtain his Doctorate of Dental Surgery. He's truly enjoying the collaborative environment and interaction with both the team and patients.

His strong belief in "giving back to the community" has driven his active participation in Dental Outreach programs which gives him personal fulfilment and development.

Listening to his patients is a cornerstone of his practice and he genuinely values their opinions and concerns. His dedication revolves around delivering top-notch dental care, and educating clients about their dental health and treatment plan options.

Beyond dentistry, he's an unapologetic foodie with an adventurous palate. He's also an avid train and airplane spotter, and whenever time permits, reveling in the exploration of diverse cultures.

Supporting older adults living with dementia

Good oral health is important throughout life for overall health and wellbeing.

Poor oral hygiene can:

- Increase the risk of developing respiratory infections like pneumonia.
- Make it harder to control blood-sugar levels in people with diabetes.
- Increase the risk of heart attack and stroke.
- Lower self-esteem, reduce social interactions and lower quality of life.



Oral health and dementia:

- Older adults with dementia have more cavities than those without dementia.
- Older adults with dementia are less likely to visit an oral health professional compared to older adults without dementia.
- Research suggests that there appears to be a link between poor oral health and dementia but the exact nature of the relationship is still unknown.

Signs that more support may be needed:

- Does the toothbrush look like it is not being used?
- Has it been a while since the tube of toothpaste or container of floss has been replaced?
- Is there ongoing bad breath?
- Does the person have difficulty chewing food?
- As not all people can express pain, are there signs of dental pain such as frowning or grimacing when chewing food or drinking hot and cold fluids?



How to support an older adult living with dementia as a caregiver:

- Recognize that assisting or directly providing oral care is not an easy task.
- Be prepared to encounter some resistance.
- Start by finding routines that are familiar and identify routines you are both comfortable with, such as brushing teeth together, in the same place and at the same time of day.
- Consider labeling oral care tools in a way that is easy to identify (e.g., name, colors, placing dental tools and supplies in familiar places).
- Be prepared to provide reminders and prompts to help orient the older adult living with dementia that it is time to complete their oral care.
- More tips for caregivers can be found at:

https://www.cda-adc.ca/en/oral_health/cfyt/dental_care_seniors/tips.asp

Frequently asked questions...

Why can't you tell me what my insurance policy covers?

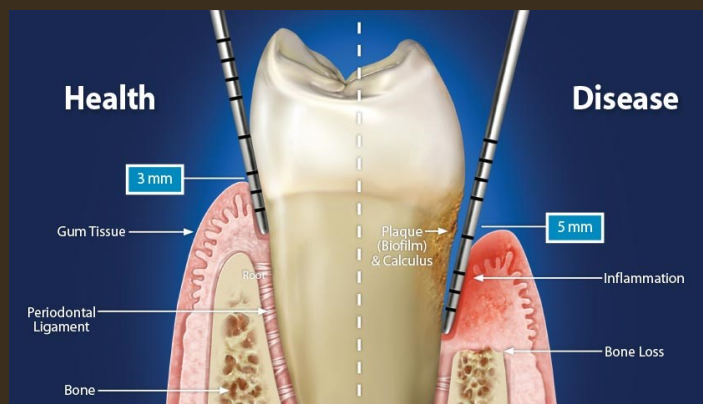
Your insurance policy is a contract between the insurance company and you as a policy owner. Each employer will have different policy agreements with the insurance carriers and even within each employer, each employee may have a different policy. There is no way for a dental office to know what each patient would be covered for. **This is the patient's responsibility.** Our office will do everything possible to help make the process of dealing with your insurance carrier as easy and smooth for you.

- We submit your insurance claim electronically for you so you are reimbursed by the insurance usually within a day or two.
- We will help you coordinate your benefits if you are covered by more than one insurance policy.
- We will send electronic predeterminations to see if you have coverage for certain procedures.
- We will send supporting documentation such as x-rays and photographs to ensure you qualify for your coverage for certain procedures.



However, please keep in mind, due to the healthy privacy act **we do not always get informed of what you are covered for.** Please forward any results of predeterminations you get from your insurance carrier to our treatment coordinators who will gladly help you understand your coverage better.

Will my insurance cover me coming in more frequently to get my teeth cleaned?



Yes, most insurance policies will cover you for extra scaling (cleaning). Most of the time you will have a frequency limit for a recall package (usually 6 or 9 months). A package includes scaling, polishing, and a recall exam by the dentist. In addition to this package you will have additional scaling units allowed each year. Our office caters to each patient with individualized care. Your treatment is based on the condition of your mouth. Some patients need scaling every 3 months, some are fine with scaling once a year. Our recommendation is based on the periodontal (gum) measurements that we take that gives us an overall assessment of the health of your mouth.

Why do you take photographs of my teeth and jaws?

We often take intra-oral (inside mouth) photos either to educate our patients about certain conditions we are seeing in the mouth or for insurance purposes as supporting information for a predetermination. Digital photographs are a great tool to show you things that we can see that you can't, such as fracture lines, the extent of decay, how far a tooth is broken or just how much tooth is left after a filling has been done. We also take extra-oral (outside mouth) photos with our camera during your comprehensive oral exam which is done for new patients and once every five years. This is to monitor changes we are seeing in the entire arch or the gum-line such as wear on teeth, progression of recession or changes in positioning of teeth.



Our Patients Strengthening Our Community

Barbara Salsberg Mathews

Barb has been creating art since she was a child. While in her teens, she wrote and illustrated two children's books published by Annick Press. She studied mime in Paris, France, and had a touring mime company. Barbara graduated from Ontario College of Art, earned her M.Ed. from the Ontario Institute for Studies in Education and taught visual and dramatic arts in high schools for over 25 years.



Barbara received a number of grants and awards for her work, including from Canada and Ontario Arts Councils, YMCA Three Rivers Women of Distinction (2022), the Rotary Club of Guelph Trillium - Service Above Self (2021), and Ontario Society of Artists. Since retiring as Head of Visual Art from Toronto Board's Northern Secondary School, Barbara now lives with her husband in Guelph where she does volunteer work and continues to make art.

In 2020 Barbara was diagnosed with Parkinson's Disease (PD). She's now using mime as a therapeutic tool to help others living with Parkinson's. University of Guelph is now offering Barbara's *Mime Over Mind* as a course exemplar of what to expect from their new Bachelor of Creative Arts, Health and Wellness degree.

Barbara and her husband, Bruce Mathews, have also created a fund known as Pay It Forward Arts Fund (PIFAF) and works in partnership with the charity, Art Not Shame, You may learn more about Barbara and her work at MimeOverMind.com

David Harvey

When he retired from the Alzheimer Society of Ontario 6 years ago, David Harvey was given a voice recorder as a gift. He had mentioned to his colleagues that he was thinking of making a podcast. The gift tipped the balance and one year later, *Dementia Dialogue* was launched. David had been working in the field of aging for most of his career and knew how misunderstood dementia was and also how excluded people with dementia felt. David talks of the intimacy of the human voice and feels that we need to hear the voice of people with dementia, if we are to understand the impact of dementia on a person.



Dementia Dialogue is a partnership with the Centre for Aging and Health at Lakehead University, where Dr. Elaine Wiersma is attached. Her work on understanding the *Dementia Journey* helped inform how the podcast developed. Now in its fifth season, the team has produced over 60 episodes ranging from art to spirituality to human rights. Most importantly, they feature people with dementia or those who care about them.

You can listen in at www.demetiadiologue.ca or on your favourite podcast platform like Apple or Spotify.



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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 Dr. Pari Dabas who gave birth to a beautiful baby boy, Niam, on March 3, in the middle of a snowstorm. If he could talk he would probably describe himself as a social butterfly considering how much he likes to flash his gummy smile at everyone he meets. When mom and dad aren't lugging him around on their travelling adventures, you can find him playing with his furry-sibling or exploring his musical interests on his baby piano.

Recently, Dr. Rose Rizek had the privilege of being in the cast of the musical "Cinderella" which was put on by Guelph's Royal City Musical Production Inc. She is thankful to have had the opportunity to work alongside so many talented and wonderful members of Guelph's arts community. Outside of dentistry, she has always had a passion for music and dance and this experience will be one she will never forget!

