



# Jain Dental Care

Excellence in dental care

December 2025

## A special message from Dr. Maneesh Jain

Dear Friends,

At Jain Dental Care, we believe that exceptional care begins with trust, integrity, and compassion. Every time you visit, our goal is to create an environment where you feel confident, comfortable, and truly cared for. We take the time to listen to your concerns, explain your options, and make recommendations based on what's best for your health—not just for today, but for years to come.

I want to thank all of you for your flexibility in your appointment scheduling as I finished my term as President of the Ontario Dental Association in June. We succeeded in advocating for positive changes to the Canadian Dental Care Plan to bring more access to patients that need the care. There is much more work that needs to be done to ensure the long term sustainability and success of the program. I want to thank our incredible team, especially our associates Dr. Rose Rizek, Dr. Pari Dabas and Dr. Ashish Chhibber for working so hard to accommodate emergency patients while I was away from the office. I am happy to be back to a more regular schedule at the office.



It is with mixed emotions that we say goodbye to Anne Louise Haynes. Anne Louise was the face of our office, always greeting patients with her lovely smile, for the last 13 years.

She will be moving to Collingwood with her family but you'll probably still see her cheering at Storm games as she makes frequent visits back to Guelph. Anne Louise had an amazing way of making everyone feel comfortable and relaxed. We will truly miss her.

Finally, we truly appreciate your ongoing positive feedback and support in making Jain Dental Care the Diamond Winner in this year's Guelph Mercury Readers' Choice Award. This is the **sixth year in a row** that we have been awarded one of the top awards. We don't take your trust and confidence for granted. Our team is committed to providing gentle, personalized dentistry built on honesty and respect. Whether it's a routine check-up or a more complex treatment, you can count on us to treat you like family.



Maneesh



## In Memorium

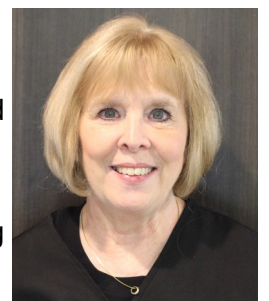
It is with immense sadness that our beloved Heather Campbell left us on October 29th, 2025 surrounded by her family.

Heather cherished her family above all else. She leaves behind her husband and soulmate, Rob, together since the age of fifteen. Her two daughters, Becky (Mark) and Allison (Mike). The unconditional love and support she gave them were among her greatest gifts. She also adored her only grandchild, Jane, who she showered with boundless love, gentle guidance, and constant support. She also leaves behind her two sisters and sister-in-

-law and their families who she was very very attached to and also shared a lifetime of memories.

Heather retired in 2021 after being with our team for 36 years as a dental assistant and later our treatment coordinator. Heather had a special gift for listening, understanding and making you feel that everything would be okay. Her compassion and warmth touched everyone she met.

Such a special person is difficult to lose, but we take comfort in knowing that heaven has gained a beautiful angel.



## Your dental insurance and the CDCP (Canadian Dental Care Plan) is just a benefit. It doesn't cover everything.



At our dental office, we are not insurance-driven — our focus is on you and your unique oral health needs. While we understand the importance of helping patients utilize their coverage, our treatment recommendations are always based on what is best for your long-term health, comfort, and smile. Insurance plans can vary and sometimes limit coverage, but we believe your care should never be limited by those boundaries. Our team will always explain your options clearly and help you make informed decisions that prioritize your well-being.

For example, most insurance plans will cover cavity checking x-rays (bitewings) every 9-12 months. We have many patients who are not cavity prone (have a low caries risk) and therefore, despite having the coverage for higher frequency, we only recommend bitewings once every 18-24 months.



On the other hand, some patients tend to build up a lot of plaque and calculus around their teeth and under their gums. This leads to bone loss, which leads to tooth loss. This is why our hygiene team takes gum measurements (periodontal probing) once a year to monitor progression of gum disease. Some patients need to come in every 3 months for scaling because they have more bone loss even though insurance may not cover that frequency. Some teeth that are heavily restored benefit from crowns to prevent cracks from forming. Our treatment coordinators send x-rays and intra oral photographs to your insurance to support the need for a crown. Some policies don't cover or partially cover these procedures but despite that our recommendation is always based on your long term health.



It's important for dental patients to understand their insurance coverage so they can make informed decisions about their oral health. Knowing what is and isn't covered helps avoid unexpected costs and allows patients to plan their treatment with confidence. However, because dental insurance can be complex, our team is always here to help. We'll gladly send pre-treatment estimates to your insurance provider and review the details with you, so you have a clear understanding of any out-of-pocket expenses. Our goal is to make your dental care as transparent and stress-free as possible.

## Sports Guards protect your teeth and can prevent concussions

Wearing a sports guard is essential for protecting your teeth, gums, and jaw during any athletic activity where contact or impact can occur. A properly fitted sports guard acts as a cushion, absorbing and distributing the force of blows that could otherwise cause broken teeth, lip and tongue injuries, or even jaw fractures. Beyond preventing dental emergencies, it can also reduce the risk of concussions by softening the impact to the jaw and skull. Whether you play hockey, lacrosse, basketball, or any other sport, a custom-fitted sports guard made by your dentist ensures maximum comfort, protection, and peace of mind—helping you focus on your performance without compromising your health.



## How a crown can prevent a cracked tooth

### What Is Cracked Tooth Syndrome?

Cracked Tooth Syndrome (CTS) refers to a situation where a tooth develops a small, often invisible crack that causes discomfort—especially when chewing or when the tooth is exposed to temperature changes. Unlike a fully broken tooth, the crack may not show up on X-rays, and symptoms can come and go, which makes CTS challenging to diagnose. These cracks typically occur in molars because they absorb the most chewing force, but any tooth can be affected.

### Common Signs and Symptoms

- Sharp pain when biting or releasing pressure
- Sensitivity to hot, cold, or sweet foods
- Discomfort localized to one tooth
- Difficulty pinpointing the pain
- Pain without visible damage



### What Causes Cracked Tooth Syndrome?

- Bruxism (teeth grinding or clenching)
- Large fillings that weaken tooth structure
- Chewing hard foods (ice, nuts, hard candy)
- Trauma to the mouth
- Age-related wear



## How a Crown Can Help

1. Reinforces weak tooth structure by distributing the force over the entire biting surface so pressure no longer concentrates in the cracked area. This prevents the crack from spreading deeper into the tooth.
2. Reduces pain and sensitivity by stabilizing the tooth and sealing exposed dentin, a crown often eliminates the sharp pain associated with chewing and temperature changes.
3. Prevents further damage so the crack does not extend into the pulp or root, preventing potential root canal or in severe cases, extraction.
4. Restores function and longevity allowing normal chewing without fear of further fracture.





## Our patients strengthening our community

### Susan Brown

Susan Brown was born and raised in Guelph. The city has always held a special place for her. A nurse by profession, she worked in many areas of health care from acute care, health education, administration and home health care.

Raised in a family where civic duty and public service were stressed, her volunteer activities reflected this belief. Over the years she led or participated in several initiatives, locally, regionally and provincially. She was a founding member of the AIDS committee of Guelph and Wellington County which later morphed into ARCH. During her 8 years on the Guelph District Health Council, she served as Chair during the Blundell Committee for Hospital Redevelopment. She was then appointed to the Hamilton Action Task Force for Health Care.

Susan has strong links to the Guelph Community Foundation. She believes in the premise that a community should care for itself. To that end, she created a fund in memory of her father, Dr. Charles Pinch, which supports the Guelph Humane Society. She served as the Grants committee chair for all of her term as well as executive positions including the role of chair. She remained a volunteer with the board until 2018 and continues to support its activities.

Susan worked in many areas of health care and in 1996 she co-founded Robertson Brown Health Services and became sole owner in 2008. The company provided home health care services in nursing, PSW care and companion support.

After the sale of the company in 2014, Susan joined the Board of Guelph Wellington Women in Crisis and co-chaired the fundraising committee that hosted two successful galas. The Guelph Civic Museum Capital Campaign was another of her volunteer commitments. Presently she sits on the OAKTREE10 panel to determine the recipient of this year's grants.

In 2016, she was honored to receive the Women of Distinction Community Award as well as being a recipient of the Inspirational Women designation by the Chamber of Commerce.

During Covid, Susan was able to create a family legacy from the war letters of both her parents and paternal grandparents. This treasure trove of transcribed letters morphed into a book that highlights their trials and joys during war as well as a personal snapshot of life in the medical corps while serving overseas in WWII. Her website [loveandwar.ca](http://loveandwar.ca) contains more detail.

Presently Susan is a member of CFUW Guelph and is involved in the various activities of the club.



### Darlene Carpenter

Originally from rural farming community in Chatham – Dresden, Ontario area, Darlene learned quickly about sharing with others and the value of gratitude. As a child learned the important value of family, friends, and a kind word to others.

Darlene's career was dedicated to science and the pharmaceutical industry.

Darlene had a unique opportunity to work in Australia for 4 years with her family. This provided a firsthand understanding of different cultures, norms and nurtured the passion for travel.

Darlene and her husband Joe both joined Rotary in 1995, at a time when women joining with their husband was a rare service club membership opportunity. She is proud to say that she and her husband, Joe, were the first husband and wife to join a Rotary club in Australia.

This certainly paved the way which is now common in 2026.

Their journey returned them back to Canada. Both Joe and Darlene are members of Rotary Club of Guelph Trillium since 2000.

Volunteering and community service is very important with contributions as Rotary President, developing and implementing computerized volunteer system for the club's Ribfest event, hosting international students in Rotary Youth International Exchange program, her role as a team leader for a food project in Mexico and volunteering in local community activities such as Ribfest, Rotary Tour de Guelph and the Kids-ability Halloween event.

Darlene has been awarded a Paul Harris Fellowship.

Over the past few years, after retiring from the pharmaceutical industry, Darlene has been actively working in the travel industry sharing her travel experience with many clients.

One focus is to give back through travel by supporting the Guelph Wish Fund which provides opportunities that allow children with a challenging health issue to have a travel wish come true. This is a very rewarding experience to be part of the joy that a travel journey brings to a child and family going through such a personal struggle.

Personal joy comes back through purpose and Rotary International's motto- "Service above self".



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## Our growing team



Congratulations to our dental assistants Grace and Rapunzel for the birth of their daughter and son respectively. Grace's, Alice is now 10 months old. She is a very sweet, curious, and joyful baby. She loves long stroller walks, playing peekaboo, and exploring her surroundings. Rapunzel's, baby Kairo is now 7 weeks old. He's a happy little guy; he loves eating, sleeping and baths. She's starting to see his personality now. The next generation of our dental team!!

