



Jain Dental Care

Your Dental News

Fall/Winter 2010

Dear Friends,

This newsletter comes to you long overdue. We have had a wonderful year, with many additions to our team. We have also had some farewells to those who have moved on due to exciting life events, such as retirements, moves closer to home, education and maternity leaves.

Our office's dental treatment philosophy, in consistency with the Ontario Dental Association, has always been one of preventative care. We always aim to ensure longevity in your oral health - this is why we bring some of you back for more frequent scaling appointments, take digital x-rays, book COE's (comprehensive oral exams) and/or recommend crowns. When small problems are caught it increases your chances of keeping healthy teeth in the future and can prevent tooth loss and gum disease. Gum disease has been related to many other overall health problems, such as heart disease and diabetes. Please read the article on Preventative care in this newsletter for more information. When creating an individual treatment plan, our goal is to educate you about your options so that you can always make well-informed decisions. I encourage you to ask questions and seek clarification whenever you need it from myself, or any of our team.

I would like to also take this opportunity to give a very special thanks to the many dental volunteers that help our office run the annual Guelph Mouth Guard clinic.

Wishing you a very happy holiday season,

Dr. Maneesh Jain

Your Team of Dentists



Dr. Maneesh Jain

As an Ontario and Canada Scholar, Maneesh graduated from University of Toronto with his B.Sc. in Neuroscience and Doctorate of Dental Surgery. Along with his numerous academic awards and scholarships, he has been equally recognized for his community involvement. Since his time in Guelph, he served for 7 years on the executive of the Waterloo Wellington Dental Society (President 2005), 4 years as an Ontario Dental Assn. Councillor, 8 years as an active Rotarian (including chairing Guelph's Ribfest and serving on the board). Most recently Maneesh was invited to join the Academy of General Dentists, was named CTV's local hero and was awarded by Rotary for his outstanding contributions to the dental profession and community. Maneesh is married and has 2 children. He is a world traveller and enjoys mountain biking, basketball and hockey.



Dr. Mira Nusaputra

Mira attended York University where she completed her B.Sc. in Psychology. She then finished her Doctorate of Dental Surgery at University of Toronto. She worked in Toronto for a few years before joining our team. She is a member of the Toronto Crown and Bridge Study Club and the Academy of Cosmetic Dentistry. She is currently taking a comprehensive course through the Academy of GP Orthodontics. Mira enjoys dancing and swimming, and has a passion for cooking and exploring new places and cultures. She is married and just had her second son. She has enjoyed creating relationships with all the patients and staff at the dental practice. She is currently enjoying some time off on maternity leave.



Dr. Rose Rizek

Rose attended the University of Toronto where she completed her Honours B.Sc. in Human Biology and a Masters in Psychology. She continued her academics at the University of Western Ontario where she completed her Doctorate of Dental Surgery. She has been involved in volunteer dentistry and was also a representative for the Ontario Dental Association. She has a passion for theatre, dance and figure skating. Her husband and her like to spend time with family and friends, enjoy the outdoors and travelling. She is excited about joining the dental practice and looks forward to meeting all the patients.

Watch our video on the Mayor's page!!!
Go to www.guelph.ca and then click on



Also visit our office website at...
www.jaindentalcare.com

COMMON DENTAL EMERGENCIES

There are ways to avoid injury to your teeth and gums: avoid chewing ice, popcorn kernels and hard candy, all of which can crack a tooth; chew hard foods, such as nuts and peanut brittle, slowly; do not use your teeth to open or cut any type of hard shell; and avoid using your teeth as scissors on tape, packaging or ribbon. However, accidents do happen, and being prepared for an emergency can mean the difference between saving a tooth and losing a tooth.

Toothache

First call your dentist.

Then to ease the pain:

1. take an over-the-counter pain killer (one that works for you, do not put the pill on your sore tooth)
2. Hold an ice pack against your face at the spot of the sore tooth
3. Do not use any heat source on your jaw, it could make things worse.

Badly bitten lip or tongue

If there is bleeding: use a clean cloth and press down on the part of the mouth that is bleeding

If the lip is swollen: use an ice pack to keep the swelling down

If the bleeding does not stop: go to Emergency at the hospital

ASAP

Lost Filling

Put a piece of dental wax or softened sugarless chewing gum in the spot where the filling was lost. This protects the area for a short period of time. See your dentist ASAP

Knocked Out Tooth

If you act quickly (within an hour or two), a knocked out permanent (adult) tooth could be saved by being put back in place and taking root again. After two hours the chances of this happening are poor.

1. Get to your dentist ASAP
2. If the tooth is clean: put it back in its place (its socket)
3. If you cannot place the tooth back in its socket, put it in a container of milk or inside your mouth beside your cheek.

Chipped or Broken Tooth

Chipped or Broken teeth can almost always be saved! Call your dentist, you may require a filling or in more serious cases a root canal or crown may be needed.

**Our dentists
are available
to you
24 hours a day!**

Toothbrush Tips

Whether manual or electric, your toothbrush should:

1. Have a small head (so it can move around easily in your mouth)
2. Have soft bristles
3. Fit comfortable in your hand

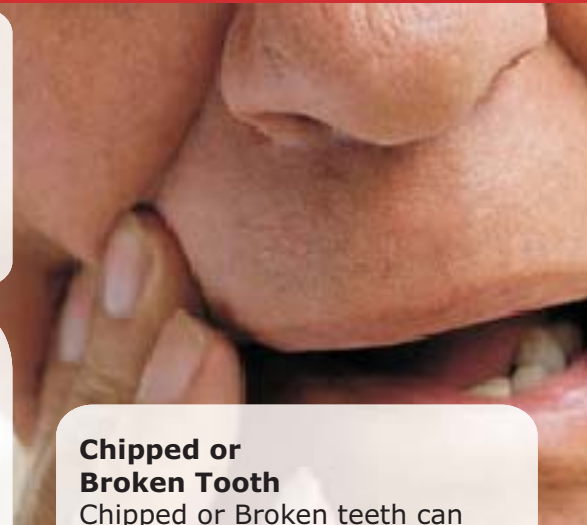
Electric or Manual?

For most people it doesn't make a difference. For patients that are prone to gum disease, cavities, or have reduced manual dexterity research has proven that some electric toothbrushes are more effective at removing plaque. Please ask us if you need more information.

Caring for your toothbrush:

1. Do not share your toothbrush with someone else.
2. After brushing, rinse your toothbrush thoroughly with tap water and allow to air-dry.
3. Store standing upright. If it is near other toothbrushes, do not let the heads touch.
4. Do not store in closed containers.

**Replace your toothbrush
every 3-4 months or
when bristles look
worn and bent**



Preventative Dentistry: Do I need all this?



Preventive dentistry is the modern way of reducing the amount of dental treatment necessary to maintain a healthy mouth. Two major causes of tooth loss are decay and gum disease. The better we prevent or deal with these two problems, the better chance people have of keeping their teeth for life.

Maintaining a **regular recare program**, where your teeth get scaled and polished, prevent the onset of gum disease. Catching cavities when they are small with the help of **digital x-rays**. Placing **sealants** on children's molars that have deep grooves. Putting **crowns** on teeth that are at a functional risk of cracking. These are all simple ways we are trying to keep your teeth intact so you are not

dealing with the frustration and expense of tooth loss.

Do I really have to go to the dentist every six months?

How often you go for a check-up depends on your oral health needs. The goal is to catch small problems early. For many people, this means a check-up every six months. Your dentist may suggest that you visit more or less often depending on how well you care for your teeth and gums, problems you have that need to be checked or treated, how fast tartar builds up on your teeth, and so on. It's worth noting that you should not determine your need for dental care on what your dental plan covers.

Do I need x-rays at each visit?

We recommend bitewing x-rays once a year. These are 2 x-rays of your molar teeth that are used to detect decay. Most cavities develop between your molar teeth, where it is impossible to see them. That's why x-rays are such vital diagnostic tools. Our office uses digital x-rays that reduce radiation, enhance imaging and are eco-friendly. In addition to bitewing x-rays we recommend a full mouth series at your COE (comprehensive oral exam) which is done once every 5 years. These x-rays show us the roots of all your teeth where we can check and compare for bone loss, cancer, abscesses, and other oral diseases.

Do I really need to put a crown on that tooth?

Crowns are often used to improve the strength or appearance of teeth. If a tooth is weak it is at a functional risk or cracking. A tooth can become weak from having a large cavity in it, having had root canal, or having had a previous crack in it.

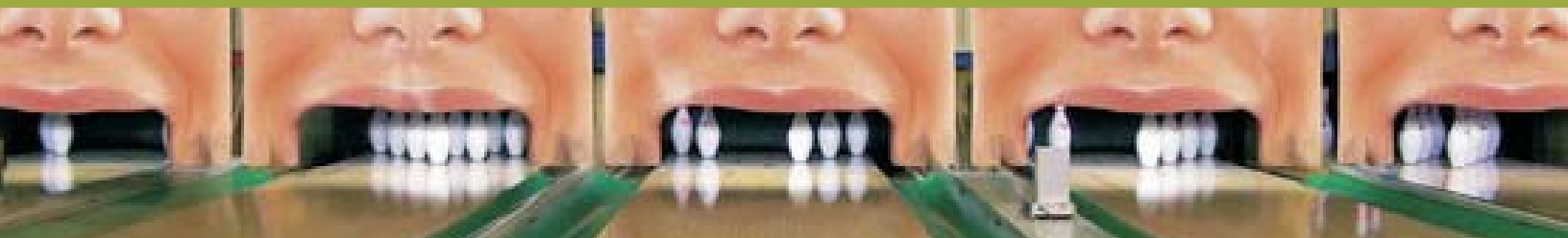
What can I do to prevent my kids getting cavities?

Routine daily care and regular check ups are most important. In addition to this, if we notice that molars have very deep grooves we may recommend placing sealants on them.

Most dental insurances cover more than just your regular check up appointment, they also cover the in-between scalings.



Crown being placed on tooth



Why was my blood pressure taken at my dental appointment?



Some dental procedures cannot be performed if a patient's blood pressure is not within the normal range. Your blood pressure readings have become part of your medical history that we maintain on file. Ask us if you have any questions.

Oral Cancer Screenings
Now part of your regular check-up

Please let us know of any insurance changes

Please remember to give our office 48hrs notice for cancellation of appointments



Patient Profile

Gursharn Nijjar (aka Dee) has been a resident of Guelph for over 30 years. Dee has always had a love for cooking for her family and friends. Dee's dream of sharing her cooking passion has been realized through the restaurant, Diwa Classic Indian Cuisine that her and her brother-in-law opened in Guelph a few years ago. Diwa has acclaimed great success earning a renowned reputation. Their lunch buffet shows off their exquisite menu that covers all corners of the Indian subcontinent and showcases dishes that have evolved over the ages. The elegant décor and customer focus make it an experience no one should miss. Asha Ram, the head chef, has over 25 year of experience in a number of 5 star hotels throughout India and South Africa. Dine-in, take out and delivery...try it out for yourself!



From left to right: Dee, husband Paul, head chef, Asha Ram, brother-in-law Andy (assistant chef and part owner) and sister-in-law, Kulwinder

Diwa Classic Indian Cuisine

336 Speedvale Ave. W
Guelph, N1H 7M7
(519) 826-9711

Mon-Thur 11:30-2:30pm 5:00-9:00pm
Fri-Sat 11:30-2:30pm 5:00-10:00pm

www.diwaindiancuisine.ca

Office Information

**188 Waterloo Ave.
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(519)824-4970**

Dr. Maneesh Jain.....Dentist
Dr. Mira Nusaputra.....Dentist
Dr. Rose Rizek.....Dentist
Terri.....Hygienist
Leanne.....Hygienist
Maniza.....Hygienist
Heather.....Treatment Coordinator
Staci.....Reception
Sherry.....Dental Assistant
Karen.....Dental Assistant
Shikha.....Office Manager

Office Hours

Monday.....**8-4:30pm**
Tuesday.....**8-8:00pm**
Wednesday..**8-4:30pm**
Thursday.....**8-8:00pm**
Friday.....**8-4:00pm**

*Articles provided by Ontario Dental Association
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