



Jain Dental Care

Excellence in dental care

December 2024

A special message from Dr. Maneesh Jain

Dear Friends,

As your oral health care professionals, we want you to be confident knowing that we are a team of highly trained and skilled clinicians. We have tremendous respect and value for the foundational principles of patient care and time-tested scientific research and clinical practices. In addition, to give you the best possible service and results, we are committed to continual education and learning. In addition to using the latest products and technologies, we all routinely attend dental courses, meetings, and conventions to stay informed of new science, regulations and techniques.

Airway management in dentistry has become a significant focus in recent years due to its implications for patient safety, treatment outcomes, and overall health. In this newsletter we highlight some recent advancements and findings in this field. These advancements underscore the critical role of dentists in recognizing and managing airway-related issues, emphasizing the importance of a multidisciplinary and patient-centered approach.

In my role as the President of the Ontario Dental Association we continue to advocate to Health Canada to ensure the Canadian Dental Care Plan remains



sustainable to protect the long term health outcomes of the people it is intended to service. Simultaneously we need properly funded Provincial social assistance programs for children, seniors and persons with disabilities. We have been meeting with MPP's and the Premier to champion this cause.

It is with mixed emotions that we say goodbye to Staci Taylor. Staci is moving to Northern Ontario to start a new life after being with our family for over 21 years. Staci was the face of our office, with patients being greeted by her on their way in and out. She dealt with all our



orthodontic patients, our referrals to specialists, and also calmed the nerves of anxious parents before their kids went in for wisdom teeth extractions. She will truly miss all the relationships she fostered with so many patients over the years. We wish them all the best in their next phase of life.

This year I am celebrating 25 years of practice! I can't believe where the time has gone. I would like to thank all my mentors Dr. Tom Cox, Dr. Ron Hebden and Dr. Don Cohen for imparting sage advice that's given me a very well balanced view on patient care. I could not have done this alone. I want to acknowledge my wife, Shikha, who has been my partner throughout life and all aspects of my career. I also want to thank the amazing family that we have created here at the office. I admire and respect each of them for being such hard working and caring professionals. We have built this practice solely by word of mouth and giving back to the community that supports us. Your trust and confidence in our team is taken very seriously. Your consistent referrals of your friends and family is very much appreciated.



Finally, I would like to thank all of you again 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.

Wishing you and your family the best of the season,
Merry
Christmas
and Happy
Holidays!



Maneesh



Airway Centric Health

In recent years, the focus on airway health has gained significant traction within the dental community. This shift towards airway-centric health care recognizes the critical link between oral health, airway function, and overall well-being. Understanding and addressing airway issues can profoundly impact oral and overall health. We're excited to share information on how proper airway function contributes to a healthier life and how we can support you in achieving this.

What is Airway-Centric Health Care?

Airway-centric health care focuses on maintaining an open, functional airway to improve breathing and overall health. It is based on the understanding that your ability to breathe properly affects sleep quality, cognitive function, cardiovascular health, and even dental health. Addressing airway issues can help prevent a host of related conditions, from sleep apnea and snoring to chronic fatigue and concentration issues.



Why is Airway Health Important?

When our airways are obstructed, it can lead to a decrease in oxygen levels and sleep disturbances. Airway issues are often linked to conditions like:

Sleep Apnea	Caused by a partially blocked airway, leading to poor sleep quality and related health risks.
Bruxism (Teeth Grinding)	Often triggered by the body's need to keep the airway open, potentially causing wear and tear on your teeth.
TMJ Disorders	Strained jaw muscles and joints can result from compensating for airway obstructions.

Improving airway health can support better quality sleep, reduced stress, and more efficient body function.

How Do We Address Airway Health?

1. Comprehensive Evaluation: We assess the size and function of your airway, dental structure, and jaw alignment.

2. Customized Treatment Options:

- Orthodontics for Airway Support: Treatments such as expanders, aligners, or braces can help improve jaw alignment and open up the airway.
- Oral Appliances for Sleep Apnea: These appliances gently position the jaw to keep the airway open during sleep, providing an alternative to CPAP machines.
- Myofunctional Therapy: Exercises that strengthen the muscles around the airway can improve breathing function, especially in children and teens.



3. Collaboration with Specialists: For some patients, we work alongside ENT specialists, sleep experts, or myofunctional therapists to provide holistic care.

The Importance of Nasal Breathing for Optimal Dental Health

Did you know that how you breathe can impact not only your overall health but also your dental health? Many people are unaware of the significant role nasal breathing plays in maintaining a healthy mouth, jaw alignment, and jaw structure. For dental patients, understanding the connection between breathing habits and oral health is crucial to maintaining a healthy, vibrant smile.

Why Nasal Breathing Matters

Breathing through the nose rather than the mouth has several health advantages. The nose filters and humidifies the air, allowing for more oxygen-rich, cleaner airflow to the lungs. This helps maintain a healthy respiratory system and regulates breathing. It is important for patients to educate themselves about the science and benefits of proper breathing by reading books like *Breath-* by James Nestor or *The Oxygen Advantage-* by Patrick G. Mckeown. Eastern cultures have been advocating this science and practice for years through yoga and deep breathing meditation.



Effects of Mouth Breathing on Dental Health



When we breathe through our mouths, particularly during sleep, it can create an environment that allows harmful bacteria to thrive. This is due to the lack of saliva, which plays a protective role in neutralizing acids and keeping the mouth moist. People who mouth breathe often experience more cavities, inflamed gums, and a higher risk of oral infections.

Additionally, mouth breathing can affect the shape and alignment of your jaws, especially in children whose facial bones are still developing. Chronic mouth breathing can lead to longer faces, narrower jaws, and dental misalignments that might require orthodontic intervention. Why does this happen? During nose breathing, our tongue naturally sits at the roof of our mouth. It is a strong muscle with continuous force expanding our upper jaw. With mouth breathers, our tongue sits at the floor of our mouth allowing our upper jaw to collapse inward. The lower jaw generally follows the upper jaw.

Benefits of Nasal Breathing for Dental Patients

- Prevents Dry Mouth:** Nasal breathing helps maintain adequate saliva flow, keeping the mouth moist and creating a hostile environment for bacteria that cause tooth decay and gum disease.
- Improves Oral pH:** Saliva helps balance the pH levels in the mouth, reducing the risk of acidic environments that can erode enamel.
- Supports Proper Jaw Alignment:** Nasal breathing can help maintain a more natural tongue posture, which encourages healthy jaw alignment and reduces strain on facial muscles.
- Enhances Sleep Quality:** Nasal breathing improves oxygen intake, which contributes to better sleep quality. This can also reduce the likelihood of conditions like sleep apnea that can cause teeth grinding and other dental issues.



From the North Pole to the South Pole- Our Patients strengthening our community

Ken McGoogan

Ken is best-known for his biographical narratives about Arctic exploration -- among them *Searching for Franklin*, *Fatal Passage* which inspired an award-winning, [feature-length docudrama](#) on which Ken served as consultant. His seventeen books also include novels, memoirs, histories, and polemical works.

Ken's numerous awards include a Cambridge University fellowship, the Pierre Berton Award for History, the University of British Columbia Medal for Canadian Biography, the Writers' Trust Drainie-Taylor Biography Prize, and an American Christopher Award for "a work of artistic excellence that affirms the highest values of the human spirit."

Ken has served on the national council for the Writers' Union of Canada and as chair of the Public Lending Right Commission. He is a fellow of the Explorers' Club, an ambassador of the Royal Canadian Geographical Society, and a patron of the John Rae Society. Ken won a teaching excellence award from University of Toronto, teaches Creative Nonfiction (CNF) in the low-residency MFA program at University of King's College in Halifax, and sails as a resource historian with Adventure Canada.

His latest book- *Shadows of Tyranny: Defending Democracy in an Age of Dictatorship* explores the resurgence of authoritarianism in the United States and the looming inauguration of Donald J. Trump as president.

He says you can find out more than you ever wanted to know at www.kenmcgoogan.com.



Sara Ritzie

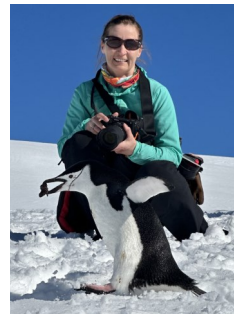
"Pose with a penguin and change the world." It might sound like a stretch, but for Sara, a 2023 expedition to Antarctica was about far more than the wildlife. As part of Homeward Bound, a global leadership program for women in STEMM, Sara joined 100 women from around the world to lead with impact and tackle critical challenges like climate change, equity, and creating a better future for all.

A veterinarian with a passion for community health, Sara is currently completing a Doctor of Veterinary Science (DVSc) residency in community medicine. Her work brings vital veterinary care to underserved urban and Indigenous communities across Ontario, addressing barriers to access and supporting those most in need. Through her research, Sara is developing innovative solutions to make veterinary care more accessible, combat the mental health crisis in the veterinary profession, and help keep pets and families together.

Dedicated to advancing both human and animal well-being, Sara combines clinical expertise with leadership training to champion initiatives that enhance the health of pets, people, and communities. From Antarctic icebergs to Ontario neighborhoods, her mission is clear: equitable care and collaborative solutions for a healthier, more connected world.

Learn more about Homeward Bound: <https://homewardboundprojects.com.au>

Learn more about the Community Healthcare Partnership Program: <https://chpp.uoguelph.ca>



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Th 8:00- 8:00

F 8:00- 4:00

How Tongue Ties and Poor Tongue Posture Affect Dental Health

1. Impact on Teeth Alignment: When the tongue cannot rest in its ideal position, it may fail to support the upper jaw's natural expansion. This can lead to crowding of the teeth, misalignment, and the need for orthodontic treatment.

2. Jaw Development and Facial Structure: Children with tongue ties or poor tongue posture may develop a narrow palate or an elongated face, as the tongue is not positioned to provide the gentle pressure needed to shape the mouth properly.

3. Increased Risk of Dental Issues: Poor tongue posture often leads to mouth breathing, which dries out the mouth, causing bad breath, tooth decay, and gum inflammation. An unaddressed tongue tie can also lead to a habit of improper swallowing, which may put additional strain on the teeth and jaw.

4. Sleep Quality and Health: Poor tongue posture and mouth breathing can interfere with sleep quality, contributing to conditions like sleep apnea, teeth grinding, and jaw clenching, which have long-term effects on dental health.

