



## Elizabeth Jones, North Vancouver, British Columbia

To call Elizabeth a dental hygiene superhero would be to underestimate her true value. She epitomizes the motto “oral health for total health.” Elizabeth has been my hygienist for almost 30 years, and for all this time, she has kept me healthy. Not only does she protect my dental health, but by doing so, she has kept me physically healthy as well. I am in my 80s and have had no oral or physical problems to date because of her dedication to me: from brushing to flossing to the use of the Sulca brush, all of these procedures and tools Elizabeth has patiently taught me how to use. Her caring and professional attitude qualify Elizabeth as my superhero.

Hi, I am Paige and I am 10 years old. Elizabeth is the greatest dental hygienist. She takes good care of my mom, brother, and me and is really good at keeping our teeth happy. She lets me help with cleaning my teeth. I watch in the mirror when she puts pink dye on my teeth and she asks me if she missed any spots and sometimes I find a spot! She always teaches us to take good care of our teeth. But my most favourite part is the car wash. I always ask for the super car wash and then I get to have tooth pillows on my teeth after. It is so fun going to see Elizabeth and my teeth are so sparkly after. She is my super dental hygiene hero.

Elizabeth loves her clients. She cleans and educates like no other hygienist I have ever had, giving me a variety of techniques to stop my gum disease and prevent tooth and bone loss. She has a wealth of up-to-date information that she freely shares. She empowers me with knowledge on how best to take care of my teeth and gums, on the relationship between my teeth and overall health, and on products that work and those that do not. She is generous with her time, supplies, and herself, working late to accommodate clients’ schedules and freely giving away toothbrushes and other products to use at home. When she knows a person or family is struggling financially, she will take care of them at a very reduced rate or for no charge at all. This generosity extends into the community as well, giving food and clothing to those in need and reaching out to those who just need to know someone cares. I truly believe she changes lives every day—she certainly has changed mine!

# DO YOU KNOW A DENTAL HYGIENE SUPERHERO?



Sponsored by:



I was going to go to Mexico to have my teeth fixed. Elizabeth was one of my Pilates students and when she found this out, she explained a few things. So, I made an appointment with her. My gums bled profusely. It took another appointment for Elizabeth to finish cleaning my teeth, they were so bad. Gums bleeding non-stop. Elizabeth educated me about all the things I can do to improve my dental hygiene. She was clear in explaining precisely what had happened to my teeth and what I needed to change. So I did it all twice a day. By the time of my next cleaning appointment my gums had improved. The next time after that there was a bit more improvement. She kept educating me. After 2 to 3 years I went from her “very worst” client to one of her “top two” clients. When I brushed my teeth too hard (too much enthusiasm) and damaged my gums, she educated me again. She is clear, concise, educated, helpful, an angel, a truly good person. She is educated well beyond any hygienist I have ever been to. She really saved my teeth and subsequently my health. I was utterly terrified of dentists when I met her. With her help I was able to have all the dental work done that was needed, even an implant. She is truly a professional in her field. I will leave my teeth in her care until she retires. I thank God I found her.

I have had many dental hygienists throughout my life, but Elizabeth stands alone as my dental SUPERHERO. In a world that consistently prioritizes speed, efficiency, and profit, I am challenged to find how this path combines successfully with health care. Elizabeth stands alone for this reason: she REALLY cares. She takes the time to understand her patients and what they are dealing with from a medical and mental perspective. She educates her patients so they are empowered to improve their health. This takes time, empathy, knowledge, experience, and patience, all of which are in abundance when you are under the care of Elizabeth. Her patients are her community and that makes a difference to us all!! It's the simple things like listening, supporting, going out of her way to follow up with her patients if they are struggling and need extra support. Giving hugs and connecting with her patients make the experience of getting your teeth cleaned feel like a coffee date with a good friend. I value her endless knowledge and guidance and am forever grateful for having a hygiene superhero in my life!



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRE



**DENTAL HYGIENE  
CANADA.CA**

Smile! Your Total Health Starts Here

# DO YOU KNOW A DENTAL HYGIENE SUPERHERO?



Sponsored by:



Elizabeth gives us the tools and information that we need and can understand to empower us to stay on track. Her motto is “prevention is better than cure”! She is knowledgeable and constantly upgrades her skill and stays up to date with the latest trends and techniques. It is so evident this is not a “job” for her but a true passion.

Elizabeth is a kind and caring dental hygienist who takes my family’s teeth so seriously you would think we were all her own children. A mother puts family first. Elizabeth will help her patients as though we are family. She ensures we are brushing properly, using the proper tools, flossing, using mouth wash as it should be used, and makes sure we understand not only what brushing teeth means, but also how we can protect our teeth for the future. She is always on time, uses her appointments wisely, and makes the best use of the time we have when we meet her. Elizabeth listens to our questions and takes time to answer them in enough detail that we can understand. She always follows up on questions we have with the most current research and will always answers questions in a way we can understand.

My hygienist is not only a consummate professional, she is kind, caring, and honest. I always feel comfortable and welcome when I go for my visits, as Elizabeth is very personable. She is extremely thorough with her exams and treatment. She always does cancer checks, asks a lot of questions regarding health and lifestyle, not to be nosy, but to understand where and if a problem may lie. I appreciate her vast knowledge in every aspect of dentistry. She attends many study clubs in various specialty offices to learn as much as she can in order to confidently educate her patients. I know I am in the best hands and receiving the best care for my oral hygiene.

Elizabeth’s humour and stories are enough for me to want to see her, but she is also great at her job. She always has new information to share that she has read in dental journals, and is great at explaining any issues she finds in our mouth, any possible issues she thinks might be in our future, and any procedures she is doing or recommending that the dentist do. Her experience and attitude are tremendously reassuring. Her care for us and all of her patients is evident in the way she talks to us, her flexibility with scheduling, etc. I really value her work, and her as a person and a friend. This isn’t just a job for Elizabeth. This is her life and she is dedicated!



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES



**DENTAL HYGIENE  
CANADA.CA**

Smile! Your Total Health Starts Here

# DO YOU KNOW A DENTAL HYGIENE SUPERHERO?



Sponsored by:



Elizabeth is called the “Clean Police” in our household. She has instilled the best hygiene practices in each of our family members so that each time we go back to her, there is minimal work for her to do. That is a formidable task given that children don’t always listen...but they did with her. We credit the health of our gums and teeth to Elizabeth’s good care.

Elizabeth or “She Who Must Be Obeyed” (as I refer to her) 😊, is my dental hygienist superhero! I had super sensitive gums and teeth, which made visits to the dentist and teeth cleaning difficult. Elizabeth did a thorough examination of my mouth and then informed me of the precise condition of my mouth and my gum recession. She made it very clear exactly what had to be done and what steps had to be taken moving forward to preserve what gum I have left. No other hygienist has ever taken the time to explain exactly what the problem was or to offer a solution. My gum recession has stopped and the sensitivity has reduced significantly. I truly appreciate Elizabeth’s “tough love” approach, and am grateful for her thoroughness, expertise, and the fact that she actually cares!

Elizabeth is intelligent, professional, and a compassionate member of the health care profession. She has been taking care of our family for three generations. That number itself must surely illustrate how fantastic she is!

Our kids have grown up knowing Elizabeth and her dental care and we are so happy they got an early start with her. Elizabeth TRULY cares about the condition of our teeth, gums, and overall health. She instills a knowledge of dental care into young minds, making them responsible for their own dental health and their health into adulthood. Her office is filled with artwork from kids who think she has a direct line to the Tooth Fairy.