



## Julie DiNardo, Hamilton, Ontario

Julie really focuses on the oral–systemic connection. She uses the phase contrast microscope to look at the bacteria in the mouth and sets out a treatment plan to help educate her clients to recognize the importance of the oral–systemic connection. She empowers her clients to take ownership of their oral and overall health. She also works closely with CHX Technologies and conducts case studies through her office.

Julie is a huge advocate and founding member of the American Academy for Oral Systemic Health. Her research studies have shown how poorer oral health can adversely affect our general health, from cognitive thinking to arterial inflammatory burdens. She spends many hours presenting these case studies to various people in the position to make a change in our health care.

Julie DiNardo is one of the most passionate dental hygienists I know! I had the pleasure of featuring Julie in *Dental Hygiene Quarterly* as a presenter where she shared her knowledge on managing both hard and soft tissues. I also interviewed her about her successful independent practice, Gleam Smile Centre. Not one day is the same as the next for Julie. Some days, she doesn't even pick up a scaler! She uses the phase contrast microscope to help educate her clients and to help her with treatment planning. She has clients who travel from afar to see her. Her passion is obviously contagious as her daughter, Victoria, also chose the path of dental hygiene for her career and is part of the Gleam Smile team! Julie wears the cape daily saving people's lives!

Julie DiNardo wears her invisible cape daily. She is an extraordinarily compassionate person by nature. She goes to great extremes to buy the latest and greatest equipment to ensure there's not a cell unturned or anything amiss. She has detected several oral cancers and referred immediately, which in turn had positive outcomes. She donates her time generously by providing free oral cancer screenings. Her practice is a happy place and I find it hard to leave her chair. It's such a relaxed atmosphere and that's a huge statement as most people dislike having any oral procedures done. She is constantly at conventions either speaking or just gathering the newest information to put into practice. She does all this wearing her beautiful big smile while still raising a wonderful, large, loving family.

# DO YOU KNOW A DENTAL HYGIENE SUPERHERO?



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Julie DiNardo is so good, so professional, so knowledgeable, and so helpful, I don't want to see anyone else, and I recommend her whenever possible. I have, on occasion and only when necessary, had other hygienists look after my teeth. No one has come up to her standard. I heartily recommend her.

Julie is fantastic! She is so caring and knowledgeable! She cares for everyone as if you are a member of her family! She participates in ongoing education to better herself and her knowledge! She has been featured in many articles for her dedication to her industry! I am very proud to know her!

Julie has turned my gums into healthy tissue once again. I have Crohn's disease and was told by my former hygienist and dentist that my gums would always bleed and be inflamed due to my illness. I went to Julie's office and in two visits she had my gums on the road to recovery. Between her cleaning my teeth and gums and my own daily flossing I now have healthy pink gums. Julie is so passionate about her job. She does things no other hygienist has ever done for me...BP check, thyroid check, cancer screening. I believe you would have to search very hard to find a hygienist as excellent as Julie.

Julie has actually taught me about my dental health. I don't just show up and get my teeth cleaned like at many other offices I've attended. With Julie, I get my blood pressure checked, the cells on my teeth are looked at under a microscope, and she shows me what's happening. She taught me about spirochetes—what patient can even say that word?—and I am proud to say that she is part of my family's health care plan. We all know that our mental health is dependent on our dental health now. I can't thank her enough for how she has taught my kids about how important the health of their mouth is.

I am nominating Julie DiNardo. Not only is she the best dental hygienist, she is also the most caring and knowledgeable. She truly cares about her patients. It's never about the money but how she can keep us healthy.

Julie is exemplary in her field. She is knowledgeable, professional, and provides the best in oral hygiene care.

Julie DiNardo at Gleam Smile Centre is so thorough and knowledgeable when it comes to dental health.