



Lisa Tiffany Bowie, Edmonton, Alberta

It is my pleasure to share my story of why my dental hygienist, Lisa Tiffany Bowie is my superhero. From the minute I met Tiffany it was clear that Tiffany's focus was both encouraging and educational in response to my oral health care. Tiffany pointed out the areas where my flossing was going well and places where I could do better. This was done by examining areas of blue dye on my teeth and gums. Immediate and relevant feedback. Tiffany and I discussed the importance of quality oral care and its impact on a person's overall health. Through her influential and knowledgeable approach, I am empowered to be diligent about my oral health care, especially in the areas of brushing and flossing. Each dental hygiene visit I can see the positive results of a consistent approach to healthy oral care. Tiffany takes pride in celebrating these results with me!

Tiffany goes well beyond the oral health for total health motto though creating and sharing several podcasts on "Communitetooth". She often works with her colleagues to prepare and present these. Topics include women's mental and physical health, oral massage therapy for TMD, psychology in the dental office, ortho and the airway, the journey of dental school, pediatric sleep and ear, nose and throat specialty, and children's sleep. These podcasts highlight Tiffany's leadership and integrity to help people live healthy productive lives. She has influenced me to be a solid advocate for careful healthy oral care every day. She is a professional ambassador who makes the connection between dental practice to a person's overall well-being. This visionary focus is the ultimate self-care for people in living a quality life. I am grateful for my superhero Tiffany who supports her patients in living a healthy lifestyle!

Tiffany is incredibly approachable, kind, and amazing at her job. She is sweet with our super energetic kiddo, supportive, and knowledgeable. We are grateful.

Tiffany is patient, compassionate, curious, meticulous, motivated, and full of life! In addition to being a dental hygienist, she is also a Myofunctional therapist. She provides exceptional patient care.



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