



Sonia Malik, Dartmouth, Nova Scotia

One of the best dentist places in town. Sonia malik is very hard working and friendly. I have been to Dentistry4U quite a few times and always got the best customer service ever had. The staff is very polite.

Sonia is truly one of the nicest people I've ever met. Super friendly and considerate of her patients.

My hygienist Sonia is caring, and professional and always goes above and beyond expectations to ensure I have all the time I need, and my questions answered. She is very informed & makes everyone feel very welcome at the practice. She is very deserving of this award.

I went for my cavity filling, and it was a painful procedure. Very good service. Very professional and friendly staff.

Sonia Malik is such a positive, proactive person that she takes care of our whole family's dental hygiene so well. She even reminds us on events for us to get checks up done on a regular basis

She is good and takes pride in her job.

She was perfect in every task.

Wonderful dental hygienist.

Sonia Malik is a wonderful dental care provider.

Very professional and excellent services

She is wonderful, and always puts my family at ease from my youngest to me

Amazing Dental Hygienist.

Sometimes the words are less to say thank you. Sonia stands out as a person who would go out of the way to help even when she is on holiday. Not all heroes wear capes, some wear coats as well. :-)



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She has a happy and charming personality. Hygiene is one of the most important and critical aspects of dental care and she is always maintaining high standards of hygiene.

I have been seeing a hygienist in the UK and always dreaded the treatment, but Sonia was different. Her examination was thorough, and the cleaning was superb. She put me at ease and made it a pleasurable experience for a change.

She is my hygienist for the last two decades. I am proud of my dental health. She encourages me and motivates me to keep up with current dental technology. I am grateful that she is my dental provider. With all regards, I nominate Sonia Malik Dental superhero.

Sonia is always ready to help and very friendly. She makes sure her patients get the best treatment they require and makes sure all her patient's needs are met. She goes above and beyond for all her patients and provides excellent services with a great smile on her face every time I visit her.

She did a pretty good job!

Very nice Dental hygienist. I really like her for her passion for her job and for her patients.

Sonia provides the best professional service. She's always so friendly, knowledgeable, and accommodating. I'm very proud to call her my hygienist. I feel Sonia is most deserving of this award. Thank you.

she is very accurate in her work, devoted to her patients, nice, sociable, and always smiling.

A wonderful hygienist who knows how to comfort patients who are anxious and nervous. She is easy to talk to and is reachable.

Thank you for being a truly spectacular dentist. I am filled with gratitude that you are always eager to readily help me out whenever I need it. Because of you none of my children fear going to their appointments to see you. You do magnificent work through your dental practice and I thank you.



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Sonia Malik is the best and I proudly recommend her name for the award.

It was hard to find a dental clinic when I moved to Dartmouth, Nova Scotia from Toronto, Ontario. I searched online for dental clinics. I tried to take an appointment for regular dental checkups and cleaning by calling many dentist offices without success. Finally, I got this dental office named Dentistry4u that gave me appointments as I needed. There I made Sonia Malik, my hygienist for the first time. On my first visit, I was a little bit skeptical about their services as a new patient. But I was comfortable as soon as I was at their dental office because of the warm welcome I received at the reception counter. At the scheduled time, Sonia greeted me and introduced herself to me in a friendly manner and she took me to the treatment room. She explained each procedure as well as my questions in easy-to-understand words. I talked with her about my teeth sensitivity. She was listening to my concerns and accordingly provided me with great dental treatment. I was very satisfied with the dental treatment I received from her. Each subsequent visit, Sonia provided excellent dental treatment to me as usual. She is a very courteous person. Therefore, I recognize her as a good hygienist. I am nominating her as a Dental Hygiene Healthcare Superhero because of the exceptional professional services she provided to me.

She is amazing at her work. Very comfortable environment. Well experienced.

Sonia is such a joy to visit. She always makes every effort to make sure I am comfortable as she knows I have bad dental anxiety. Throughout my visits, she constantly checks in to make sure I'm ok and to see if there is anything that would help me to be more comfortable. Sonia checks in regularly herself when it's time for a visit as she knows it will ease my anxiety if the call comes from someone, I'm comfortable with. She always offers to provide anything she can to ease my fear. It had been almost 10 years between dental visits when I first saw Sonia. She was instrumental in helping me to make it through the appointment. I am so grateful to have found such a kind, caring and considerate hygienist.

She is my hygienist for a few decades. I met her at Dalhousie School of DH as a patient. I left very pleased and since then it was either her or I won't get my teeth cleaned. I followed her to all offices she worked. she is a DH superhero who loves her work and motivates patients to look after their dental health.



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I love seeing Sonia and having my teeth cleaned and checked over! When I had braces, she was able to clean them without any damage or pain-which I appreciated. Sonia always keeps up with the latest science, processes and dental equipment and lets her clients know how it can benefit them as well. She's the best hygienist I've had, and I enjoy the Dentistry 4 U office. She's more than deserving!

I'd like to nominate Sonia Malik. She has been my and my family's hygienist for a few years and truly has a unique ability in making her patients feel cared for. She does not miss a beat. It's always a pleasure seeing her.

Sonia is very helpful and knowledgeable. Dentistry4U is the only place we have ever been for any dental needs since we move to Canada. She is also a nice person, very positive and she does a lot for the community.

She is very nice and kind and always takes care of hygiene 5 stars.

She is reliable efficient and friendly did exactly what she said she would do

Best Dental Hygienist.

I like her professionalism and advice. I trust her with my smile. I will recommend Dentistry 4u for all dental needs. Everyone in the office is always helpful.

Very professional, she delivers the best service

She is the most dedicated hygienist. Always available to help and be there for everyone. Always supporting different communities and educating everyone on proper dental hygiene.

My Hygienist is extremely exceptional in caring for my oral health. I began my relationship with her because I had a toothache. The hours of operations were convenient and because of her compassion & care, I switched my oral health care to her practice. The explanation of what my problem was at any time was clear & concise. I am a 79-year-Old lady with very few original teeth remaining but because of this practice, I will be able to maintain what I have. Dr. Muood Ali is the most competent dentist I have ever seen. Sonia's staff are very friendly and efficient. I must mention that over the past few months I have had the opportunity to hear Sonia



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interacting with little children & it warmed my heart because of her patience in dealing with them, as they were not as cooperative as adults. She goes above & beyond to please. I have never told her how my overhearing of her care has affected me, but I will and I am so proud to nominate my hygienist, Sonia Malik, for this award.

Sonia has carved her own path to success through her hard work and determination. She is a well-deserved candidate for the award as she always prioritizes the needs of others. Very gentle and thorough in her work.

I was new to Canada and was looking for a Dental Clinic for my family and me. I heard about Sonia Malik and Dentistry4U from people I met. I booked an appointment for the family, and we were made to feel very welcome and put at ease by Sonia. The atmosphere is great, and Sonia is knowledgeable and very good at her work, and we feel comfortable being treated by her. My daughter believes she is the best and my wife and I share the same thought. We always feel happy to keep our appointments and meet with Sonia.

Best Dentist place for our family, very friendly and helpful.

Sonia Malik is a wonderful dental hygienist; she goes over and beyond to look after her patients and her friends. My niece was having a lot of pain in her teeth, she was travelling in the next few days. Sonia went out of her way to make sure she is looked after before her travels. She is humble and that's why I would like to nominate her.

Sonia Malik practicing hygienist is well known for her dedication and her personalized concerns even for trivial issues relating to her profession. Due to her personalized caring, I have chosen her as my personal hygienist. Not only this, but during her every visit to me, (maybe irregular periods) I feel dependent on her valuable advice and treatment as well. So, my family feels dependent on her. That's my story in brief.

She is my kid's teeth teacher. This is what my elder son wrote about her I love spending an hour every six months. I get pumped about it for a few months, then I forget then I see you, and again I love, what you do for me.

She makes having work done super easy, I feel like I have known her all my life. I lived in fear of the dentist due to a school visit that went very wrong. She has taken the fear away!



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Sonia is an absolute professional; friendly, confident, and always on point. I couldn't imagine a person more suited to the profession than Sonia.

She's the hardest woman I have seen ever, she loves her patients and her patient loves her

I love how nicely Sonia cleans my teeth. Very professional and gentle touch. I highly recommend her.

One of the most amazing Dental hygienists I know.

Sonia is very professional and helpful she helped me when I was unable to go anywhere on the weekend with pain in my molar. I called her on the weekend she came to her office and checked what was happening she also called the dentist to come in and check so he can prescribe medication for the infection and pain and asked me to come back if the pain continues. Later when the pain and swelling were gone, she asked me to come and see the dentist and he took my molar out. She always calls me when my cleaning is due. She even offers seniors to pick up from their residence and drop them off if they are unable to drive. One of my teeth was broken I went to her for help she took really good care of me. She is very calm and relaxed I feel comfortable going to her. I am very pleased with her service.

She is Super Amazing in what she does.

Sonia is a dedicated hygienist and a sweet-natured human being. She knows her skill too well and children find it easy to get their procedures done by her. She is a thorough professional and sends reminders for due services. Client satisfaction is her way of working and I have known her for many years. My family, including my children and husband, get their dental hygiene routines from Sonia and this practice has helped keep away from teeth decays and cavities. She regularly provides for her clients and reinforces the idea of keeping oral hygiene a priority. Her exemplary career with so many years of experience and happy patients bears testimony to her highly skilled practice.

Sonia is the most kind and understanding woman I have ever met, going to the dentist isn't fun but she makes it all worth it.

I met her first time at the temple, and I found her very friendly and soft-spoken. I asked her so many questions as I was very new in Canada. She is very helpful. I am so grateful for



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everything that she did for us guiding us to take care of our health and dental hygiene.

Sonia Malik is a very brilliant dental hygienist and is very professional and knowledgeable in her work.

Sonia Malik is an amazing dental hygienist!! She is wonderful at what she does. Their clinic is well reputed, and they do timely follow-ups!!

Successfully started a dental clinic

I went for my life's first appointment, and she made me comfortable. It was impressive. She knows how to do her work very well. I have no words to express my feelings.

She's our superhero, each of her job and duties requires precision and focus to maintain the health and safety of patients. She's a great hygienist and always careful not to skip steps or make errors.

She's our superhero that scores highly on social responsibility, indicating that she desires fair outcomes and has a general concern for others. She also tends to be high on the measure of agreeableness, meaning that they are very sensitive to the needs of others and value harmony within our family.

She's our superhero and family friend who knows all about major events in our life. During our visits, you can also expect some good-humoured chatting and some well-meaning advice!

She's our superhero because she maintains our teeth in a way that you can not do for yourself while providing very useful advice on how you can do a better job of keeping your teeth and gums healthy.

She's our oral health cheerleader, always on your side and here to help.... with a smile.

They are very friendly and explain the procedure very well. They are helpful and have awesome staff.

I had a great experience regarding my tooth extraction and customer service. I go there regularly for checkups.

I am proud of my teeth because of my hygienist thank you



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My dental hygienist, Sonia Malik is great. I am prone to cavities and have many fillings. The guidance provided by her and doctors at Dentistry4U helped me to enhance my oral hygiene and keep cavities away. They also provide last mile connectivity by offering pick-up to patients from the bus stand and ferry terminal which makes the experience must smoother and easier.

Sonia Malik is a truly honest person. She is essentially a positive, social, and psychological health to the individuals that get to know her. She gives emotional support and empathy. She is a hard worker and makes sure her work is a priority.

Sonia Malik is the Best Dental hygienist in Dartmouth!! Highly recommended

The very first time I met Sonia, she made me feel very comfortable, she explained what she will be doing, and helped me understand how important is to keep oral hygiene. During my stay, she made sure I am comfortable and since then I have been following her advice and doing regular visits to her clinic. She went beyond her duties to help patients. She is caring, passionate and above all a very talented professional. She will be my dental hygienist for life

She always has a smile on her face and makes me leave with a smile on mine.

Sonia is an amazing person and has friendly customer service.

She is a great person.

She is the best dental hygienist I know. She is always responsive and available for us. My kids love her.

Sonia Malik is the best hygienist in our area, she goes above and beyond to provide services to her clients. She is very knowledgeable and highly talented in her job. She is my and my family's hygienist for the last 13 years and will always remain in future. She is a very energetic, friendly, and outgoing hygienist, who always has a positive attitude. She releases patients' stress like magic. She has excellent motor skills and is very detail oriented. Also, she actively participates in local charities to give back to her community. I would highly recommend her for the superhero award.



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I am always thoroughly impressed by their expertise and kindness during my appointments. The office staff is also extremely welcoming and warm. I really appreciate all their help.

I called Sonia Malik on weekend for, an emergency and she came through for me with flying colours

She is very kind and always ready to help irrespective of time.

My superhero not only runs and manages a dental clinic, but she is an active member of her community. She always greets you with a smile and motivates you to do better.

She is such a lovely hygienist, it's always nice seeing her cheerful and energetic. Makes me excited to go into the dentist's office

Always goes above and beyond in her workplace. She is a very kind soul who's interested in making you happier when you leave the dentist's office. She's always smiling. She's a very hardworking lady I look forward to my dental appointments when she's working!

She's a great dental hygienist.

I had trouble being comfortable with a dentist, and Sonia Malik became a hero at that time to help me to understand my dental problems and my options. She was willing to work for me, set arrangements on behalf of me the dentist and accompany me during all processes of my denture problems. She is kind, very professional, wise, always available, and very respectful. With no doubt I trust her

Sonia Malik, she's my hygienist and, she used to be my employer. she's a hard-working woman she's very honest she likes everyone and everyone like her she's very kind and honest. She loves her job that's why she's perfect. I love her so much. She always smiles even when she's sad. she is motivated, and soon I see her she gives me the power to love my day. I thank God to have Such a nice person in this world like Sonia Malik.

Sonia Malik is an excellent dental hygienist. She is a very knowledgeable and experienced hygienist. She is very detail-oriented and takes the time to explain dental issues to her patients. She always makes me relaxed and comfortable and fully explains the health reasons and steps behind everything she does inside my mouth. She is passionate about oral health



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and always encourages preventive maintenance. She is a very energetic, friendly, and outgoing hygienist. I would highly recommend her for this award.

Sonia Malik is the best dentist on the east coast. Thanks for keeping us confident when we smile :)

Very caring! Easy to talk to and discuss your problems.

Sonia Malik goes over and above helping patients with treatments. She is amazing with kids too. Friendly personality and hard worker.

All the best, Sonia!!!

Awesome.



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