

# Word Of Mouth

with

## Dr. Greg Konotopetz

### fromthedentist

#### Spreading The Word

*Thank you so much*

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.

*Yours in good dental health,*

*Dr. Greg Konotopetz*

Please feel free to share this newsletter with your friends and neighbours.

### turnthepage

Healthy teeth, healthy baby!

Yoga your way to a smile!

The great imposter – implants!

### In The Spotlight

#### Dr. Bonnet

It has been a little over a year since I joined the team at *Signature Smiles*, and I'm happy to report – I feel good about my practice debut and transition from dental school to *working dentist*. When I was looking for a place to work, I was hoping to find an office that provided patients with a broad range of high quality dental treatments including ideal treatment options, and an excellent mentor. It was all here.

I chose to relocate to Regina because it's my home, and offers more than many smaller cities with less hassle than larger centres. Outside of work, I enjoy spending time with family and friends, working out, and running. Although, it hasn't been long since I was a full-time student – I did my pre-dentistry at the University of Regina and completed my schooling in Saskatoon – I plan to continue attending courses on *occlusion* (the way the upper teeth mesh with the lower teeth and the relationship between the teeth and jaw joints) and *esthetic dentistry*. I am continuing to accept new patients; and together with Dr. Konotopetz promise to bring you the latest dentistry has to offer. I look forward to seeing you sometime soon!

*Sincerely,*

*Colin Bonnet*



Did you know?

*We have flexible payment plans available to help you achieve your goals ... talk to us today about your options!*

*Doing our very best for each and every patient, each and every day!*

# Show What You Know

Choose all that apply!

## The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

## Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

## You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

## The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



# Your Smiling Future

## Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

### Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.

## Restore Your Balance

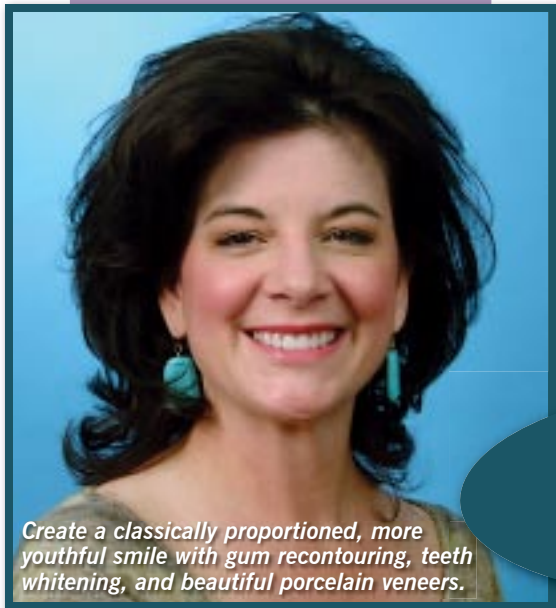
### Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

# Don't Chance It!

## Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums *and* thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

**Dentist-Supervised Teeth Whitening** - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

**Enamel-Colored Restorations** - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



## A Smart Investment

Dental implants: bank on a beautiful restoration

### IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

### HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

### APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

# Prestigious Recognition

## Congratulations Dr. Konotopetz

Dr. Konotopetz was deeply honored to be inducted as a Fellow into the *International Congress of Oral Implantologists* (ICOI) on February 8th, 2008. There was a wonderful convocation ceremony which was held in Las Vegas, Nevada.

This Fellowship provides Dr. Konotopetz with further opportunities to forge professional relationships, and to exchange information with colleagues who are equally committed to better serve and understand the needs of their patients.

Members of the ICOI are recognized as professionals dedicated to constant improvement of their skills and knowledge, and to making the benefits of implant dentistry available to more people every year.

The ICOI was founded in 1972 and is dedicated to advancing excellence in the art and science of implantology. The fundamental principle of the ICOI is, first and foremost, education. Not only is ICOI the world's largest implant organization - it is also the world's largest provider of continuing education.

Fellowship in the ICOI is designated for those who have distinguished themselves in their respective professions. It is a great honor for Dr. Konotopetz to be inducted into the International Congress of Oral Implantologists and to be included among so many highly eminent professionals.

Dr. Konotopetz is the only Saskatchewan dentist that currently



holds Fellowship status. In total, Canada has 278 members that have achieved a level of Fellowship, out of 3614 members worldwide that have a Fellowship with the ICOI.

There is no specialty designation of Implantology in dentistry. Dr. Konotopetz is proud to be able to offer both surgical and restorative aspects of implant care.



**Dr. Greg Konotopetz**  
**Dr. Colin Bonnet**  
3291 Quance Street East  
Regina, SK S4V 3B7

### Office Hours

Monday	8:30 am – 5:00 pm
Tuesday	9:00 am – 5:00 pm
Wednesday	8:30 am – 5:00 pm
Thursday	8:30 am – 5:00 pm
Friday	9:00 am – 4:00 pm

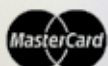
### Contact Information

Office	(306) 584-2833
Toll Free	(866) 584-2833
Fax	(306) 584-8422
Email	info@signaturesmiles.ca

[www.signaturesmiles.ca](http://www.signaturesmiles.ca)

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## Back To School?

### It's recare time!

It's an exciting time of year for your children - a fresh start, new expectations and even a little trepidation. The summer nights get just a bit cooler and before you know it, your young scholars are back in school! This year, remember to schedule your child's back-to-school dental exam before the end of summer.

We'll take this opportunity to give your child's teeth a thorough cleaning and we'll closely inspect their teeth for decay, discoloration, chips, cracks, and periodontal and orthodontic problems.

Your teens may be more concerned with the look of their teeth and with the freshness of their breath. Some treatments may be as simple as a reminder of the importance of good dental hygiene while others may be slightly more involved. Whatever the concern, we can help your teens to feel their most confident.



If your child is going to be involved in sports, we can fit them with a sports mouthguard to protect their teeth from injury. Remember, an ounce of prevention is worth a pound of cure!

We hope you enjoy the remainder of these glorious summer days. We look forward to seeing your teens and little ones before the back-to-school rush!