

# Word Of Mouth

with

## Dr. Greg Konotopetz

### fromthedentist

#### The Answer Is Yes!

My interest in your oral health is never-ending ... for many reasons. For example, I want you to know that scientists have found oral bacteria – the kind that causes gum infections – in arterial plaque. This means that the bacteria you are not removing from your mouth can access and damage other parts of your body. This sentence from the *US Surgeon General's Report on Oral Health in America* comes to mind: You cannot be healthy without oral health, and that oral and general health are inseparable. Please keep this in mind when you ask yourself, "Do I really need to floss?"

Out of sight is definitely not out of mind. Please enjoy each newsletter issue – it allows me to share important information with you in between your visits to our practice.

*Thank you for your trust!*

*Dr. Greg Konotopetz*

### turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!

Signature Smiles is proud to donate \$1000.00 to the Leader Post Christmas Cheer Fund in support of Regina's Women's Shelters.



### A Doctors Journey

#### Congratulations To Dr. Konotopetz!

We're pleased to announce that in May Dr. Konotopetz will celebrate his 28th year as a dentist. We're especially proud that he remains so committed to being a lifelong student! For example, Dr. Konotopetz has been granted Fellowships in the *International Congress of Oral Implantologists* and the *Academy of Dentistry International*, and this April he was one of only fifty dentists in Canada to learn from Dr. Harold Gelb, one of the fathers of modern TMD therapy.

This is also a milestone year for Dr. Bonnet. He has decided to move on as an associate dentist after spending 1 ½ years with us. As a team, we are disappointed, but glad for Dr. Bonnet that he can continue to build his skills. Of course, we will carry on providing our usual top notch services.

### Touching People's Lives

#### Giving back a smile helps erase trauma

Because he understands that your smile can profoundly affect your self-esteem as well as your health, Dr. Konotopetz has chosen to volunteer for the *Give Back A Smile* program. This very successful initiative sponsored by the *American Academy of Cosmetic Dentistry*, of which he is a member, has allowed many victims of domestic violence to regain their dignity and sense of self worth and to feel hopeful for the future.

This year Dr. Konotopetz is donating his services to fully restore the smiles of domestic abuse victims and help survivors to put their lives back together. Though bruises fade, shattered smiles are a traumatic reminder. Finding the self-confidence to apply for a job or to return to school to build a better life can seem an insurmountable obstacle.

How can you help? During April, May and June, in return for your donation of \$225 (U.S.), directly to the American Academy of Cosmetic Dentists' Charitable Foundation, Dr. Konotopetz will whiten your teeth for free. That's a \$300 saving on *Zoom!*™ whitening. These funds will go toward specialist and lab fees in world wide smile restorations.

Please call for your teeth whitening appointment. By participating with Dr. Konotopetz in the *Give Back A Smile* program, you can help restore broken smiles and broken lives.



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



## Not For Women Only

### 6 perio facts

**1** Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

**2** Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

**3** Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

**4** Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

**5** Tobacco and alcohol should be avoided, especially in combination.

**6** Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

# Healthy You

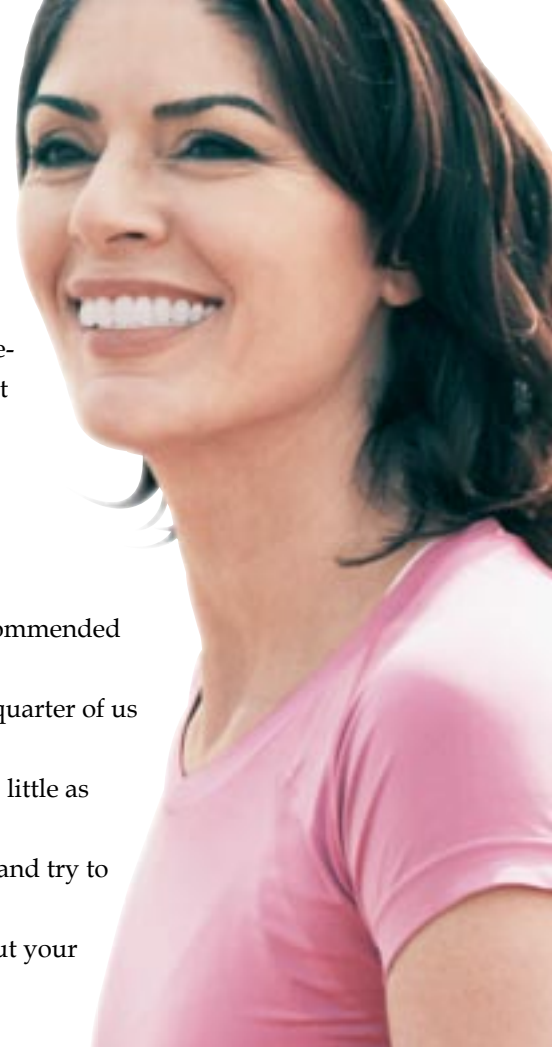
## Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

### *Did you know...?*

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



## Wish No Longer

### Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

### **Cosmetic veneers could give you your dream smile if...**

**You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.**

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

**You are unhappy with the shape and proportion of your teeth.**

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

**You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.**

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

# A Little Or A Lot

## You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

### Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

### Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

### Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

### Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE

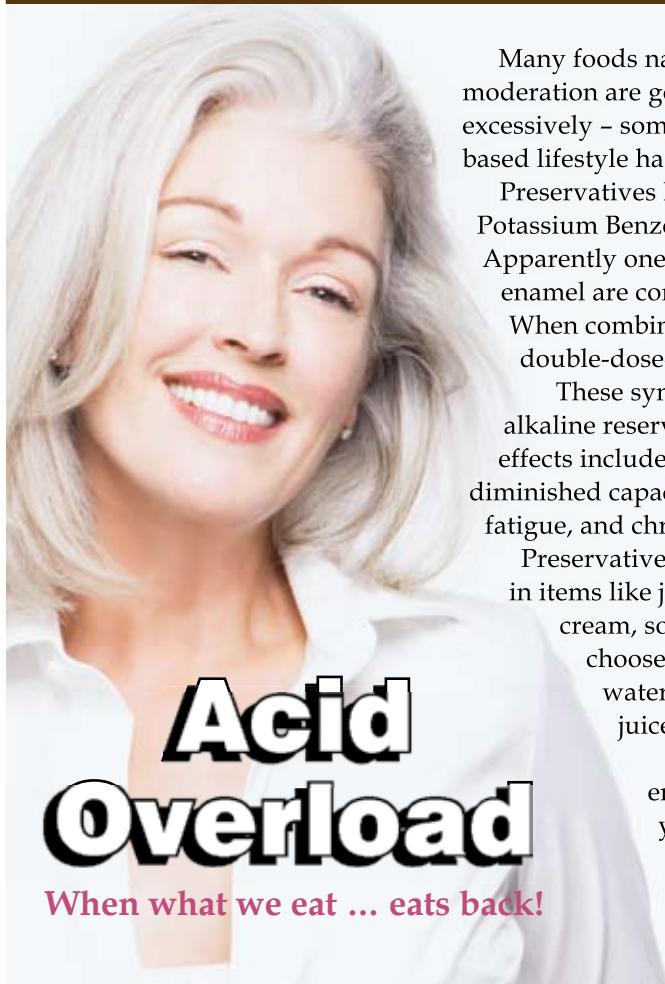
## TEMPT YOUR TASTEBUDS

### TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.



# Acid Overload

When what we eat ... eats back!

Many foods naturally contain acids like Vitamin C, which if consumed in moderation are good for you and which can cause enamel erosion only if consumed excessively – something that is in your control. However, our modern, consumer-based lifestyle has created another *hidden* epidemic of acid erosion.

Preservatives like Benzoic Acid and its salt forms, Sodium Benzoate and Potassium Benzoate have been added by manufacturers to prolong shelf life. Apparently one acid is not enough. Others which can do significant harm to tooth enamel are commonly added to magnify Benzoic Acid’s preservative power. When combined with high sugar content, your teeth – and body – receive a double-dose-acid-attack.

These synthetic “acid bombs” can dramatically over-tax your body’s natural alkaline reserves and create a condition known as chronic acidosis. Harmful effects include leaching of minerals from organs and bones, kidney stones, diminished capacity to digest food, increased cellular ageing, diabetes, chronic fatigue, and chronic weight-gain.

Preservatives are used in some toothpastes and mouthwashes and commonly in items like jams, tomato sauces, salad dressing, juices, pickles, soft cheeses, ice cream, soft drinks, wine coolers and candies. Now that you know, you can choose moderation and avoid candy, sodas, sports drinks, and vitamin waters. You can also rinse your mouth after acid exposure, dilute acidic juices, and drink water.

If you’ve already lost enamel, let’s talk during your next visit about your options for the restoration and preservation of your smile.



## Spread Smiles!

### Share rewards

If you are delighted with the excellent treatment you receive at our practice, then you might consider sharing the news with friends, family, and coworkers. You know they will experience the same commitment, compassion, and concern to which you have become accustomed. Your trust and confidence are so important to us that we’ve included two referral cards that you can give to friends and if you need more please call us or come in to obtain more.

With every three new patients you send our way, your name will be entered into this years draw for *Regina’s Out on the Town Adventures* worth over \$1,500 provided especially by Dr. Konotopetz.

Thank you, sincerely, for the favor of your referral!

**Signature Smiles**  
**ORAL WELLNESS CENTRE**  
GENERAL DENTISTRY INCLUDING  
**IMPLANTS • SMILE MAKEOVERS • ORTHODONTICS**

**Dr. Greg Konotopetz**  
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)



## Sealants

### Not just for kids

Sealants, or plastic coatings on the grooves of molars, are a simple and effective way to stop decay on the chewing surfaces. Many people think sealants are for children, but several situations make adults good candidates.

Change in personal habits – Young adults who leave home may develop oral health problems because of a change in diet and home care. Sealants help protect their teeth during this time.

Change in health – Many people suffer loss of motor skills because of arthritis or stroke, and may have a harder time brushing. Sealants help when teeth aren’t cleaned as well as they should be.

Introduction of medicines – Some medications increase the risk of tooth decay. Sealants help protect your teeth when taking medications that cause *xerostomia* or dry mouth.