

Word Of Mouth

with

Dr. Greg Konotopetz

fromthedentist

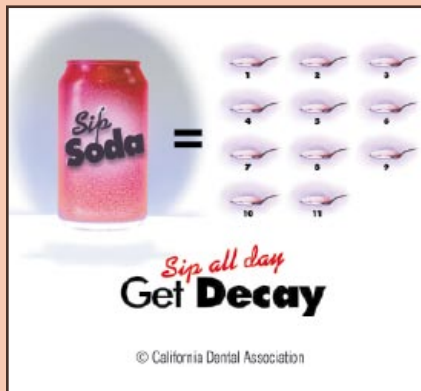
Imagine This!

Sip all day ... get decay

Open your mouth and put in 11 teaspoons of sugar. Then pour in phosphoric acid, citric acid, add a little water, mix well. That little concoction creates cavities. Imagine doing that to your teeth all day long. That's exactly what you're doing if you drink soda throughout the day. Remember, sip all day ... get decay.

Yours in dental health,

Dr. Greg Konotopetz



turnthepage

Little link ... BIG connection!

TMD? Take the bite out of reality!

When is age *not* the issue?

Nobody Knows You Better

Cosmetic veneers can reveal a different side of you

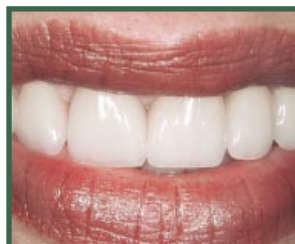
Nobody knows your smile flaws better than you. You can't help it – it's human nature. But have you ever really appreciated the natural beauty of your teeth? Exquisitely crafted and strong porcelain veneers can restore natural beauty and transform your smile.

How? Cosmetic veneers can:

- make your teeth stronger;
- resist plaque-causing bacteria;
- cover smile imperfections.

And still look natural? Yes. Each hand-made custom-sculpted paper-thin veneer is layered like a pearl and fired by hand, ensuring translucency, opalescence, and fluorescence, all inherent in natural teeth. Translucency allows light to pass through. Opalescence is the reflection of a lustrous light from a tooth's interior. Like an opal, natural tooth enamel glimmers with subtle iridescent colors. Fluorescence refers to the natural light emitted by your teeth.

The result? Veneers look vibrant and completely natural. Get re-acquainted with the natural vibrancy of your smile.



Check this out!

Veneer Stats

250	Percentage increase in popularity of veneers over the last 5 years.
10	Number of years younger you could look.
2	Number of visits for a stellar veneer smile.
.3	Number of millimeters thickness of a hand-sculpted veneer – that's paper-thin!
0	Number of people who'll know you've got veneers.

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



Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches.

Temporomandibular Joint Disorder (TMD) is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD? Dentistry may have a solution.

Uncommonly Adaptable

Incredible implants offer flexible smile solutions

Dental implants have proven themselves time and time again since they were invented in 1952. In the beginning, many people associated them with space-age technology and considered them out of reach for ordinary people. Today, an implant can be used to immediately replace a tooth lost by a young athlete, for example. This is without a doubt the best way to minimize bone loss, the shifting of teeth, and the emotional trauma associated with an altered appearance. Dental implants look natural, can help maintain a more youthful appearance, and they are so versatile that they can be used in combination with other restorative techniques – at any age!

Here are some of the ways that dentistry can improve your smile using dental implants.

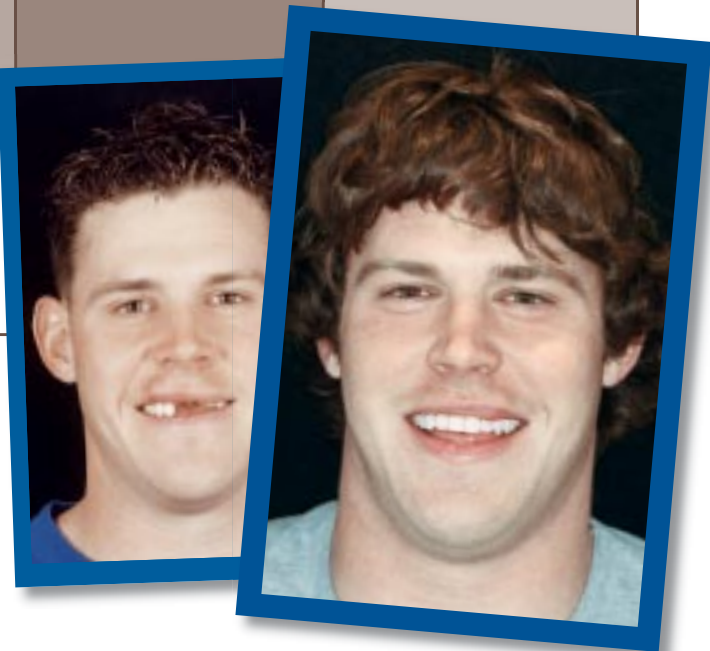
Individual implants can replace one or more missing teeth. Because it's created just for you, we can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile.

If you have a number of adjacent teeth missing, implants can be used in combination with a bridge. Both restorations are so natural looking, they're virtually undetectable.

Implants can be used to secure specially modified dentures to improve your appearance and your ability to eat and speak with comfort.

One of today's many dental implant options could provide the dental solution you're looking for!

Set A Great Example



Quit today!

Did you know that exposing your child to cigarette smoke could cause cavities or delay development of their permanent teeth? Or that chewing tobacco can cause oral cancer? If you quit smoking or using tobacco, you will also reduce your risk for cavities, gum diseases, tooth loss, emphysema, all cancers, and heart attack and stroke.

Tobacco users actually cost others, as well. Second-hand smoke is harmful and health care costs families and governments. Every cigar or cigarette represents hard-earned money going up in smoke ... and along with it, opportunities for other pleasures and experiences.

Nicotine is very addictive but you can kick it ... and you'll smell great, look younger, and smile more too! And you won't be the only one to benefit: most smokers start very young, so you can set a great example.

MAKE THE Connection

PARTICIPATE IN YOUR ORAL & GENERAL HEALTH!

► **No one knows everything about gum disease and the way in which it affects your general health.** Debate and research about the precise dynamics of this interrelationship will likely continue for a long time to come. It's not clear whether there is a cause-and-effect relationship or even whether the true culprit is bacteria or inflammation or a mechanism we don't yet understand. Fortunately, you don't have to know *everything* to know a good thing when you hear it.

► **For instance, it's good to know that when you take care of your oral health, you are making a positive contribution to your overall health and well-being.** How can this be? Researchers have established links between gum disease and other ailments, and because periodontal disease can be prevented, treated, and in some cases, even reversed, you can participate actively in managing your oral health and therefore your general health.

► **Prevention (a good home care routine and regular dental visits) is your best strategy because gum disease has no symptoms in the earliest stages.** It occurs when plaque (bacterial film) builds up. By the time you experience symptoms like discomfort, bleeding, and bad breath, you will already have damaged your gums and possibly even supporting ligaments and bone. Without intervention, you could experience bone and tooth loss.



Untreated periodontal disease



Regained perio health plus veneers

Here are some links that have been demonstrated between oral health and overall health.

Pulmonary Infection: Harmful bacteria from gum infections has been linked with pneumonia, bronchitis, emphysema, & chronic obstructive pulmonary disease.

Osteoporosis: Women with osteoporosis may be at higher risk for gum disease & people with gum disease may be at a higher risk of underlying osteoporosis.

Diabetes: People with diabetes are more susceptible to gum disease which in turn can make it more difficult to control blood sugar.

Heart Disease & Stroke: People with gum disease are almost twice as likely to suffer coronary artery disease as those without gum disease.

Oral Cancer: An association has been found between serious periodontal disease & pre-cancerous lesions & oral tumors.

Pregnancy: Periodontal disease during pregnancy has been linked with toxemia, pre-term delivery, & babies with lower birth weights.

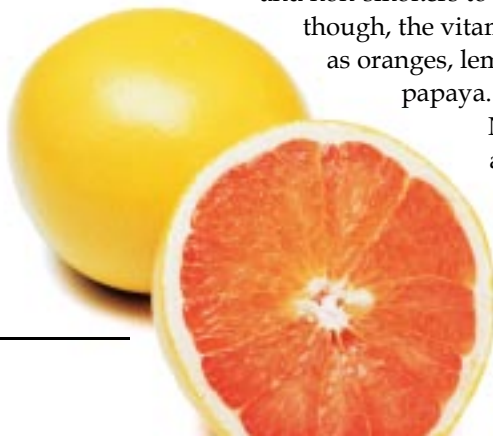
Diverse & Abundant!

Put the "C" in cuisine!

Do you enjoy the idea of belonging to an elite group? Well, along with a fruit-eating bat, a species of trout, apes, guinea pigs, and the red-vented bulbul bird, humans are among the few species that cannot synthesize their own vitamin C! Your gums need vitamin C to stay pink and healthy and to give you nice-smelling breath and a youthful appearance.

How do you get enough vitamin C? Well, you could eat two grapefruits a day like the participants in one study. The increased vitamin C helped both smokers and non-smokers to improve their periodontal health. Thankfully, though, the vitamin is abundantly available in foods as diverse as oranges, lemons, spinach, potatoes, kohlrabi, guava, and papaya.

Now, get ready to smile – because humans are special in another way! Only we humans cook. So you can get vitamin C whether you're dining vegetarian or nouvelle cuisine, Chinese, Kosher, Italian-American-Mexican, or Indian curry takeout!



Which Way To The Beach?

Ahh ... Summertime! But first, ensure the important things are looked after!

As we breeze through the lazy, hazy days of summer, kicking back and swinging in the hammock can be made easy knowing that your dental checklist (and your family's) has been pulled together for you. And yes, that does sound like something a dentist would say! But seriously, with so many things to think about, it's easy for the details to get away on you.

Here are a few things to check off your list...

- **Mouthguards** - Protecting your teeth from summertime sports injury is essential. What shape is your mouthguard in? Have your children outgrown theirs? Make sure your protection is in top-notch shape!
- **Insurance Opportunities** - Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. Summertime gives us an excellent opportunity to arrange your treatment over the next six months.
- **Back To School** - Book recalls for your kids now ... before school starts. And for college kids, ensure they see us before they end up too far away for care.
- **Recare** - We're learning more and more about how healthy gums equals a healthy body. Have you had a recare appointment in the past six months?
- **Esthetics** - Whiten, brighten, and shine up your smile for those summertime photos! Ask for a personal cosmetic consultation!

So take a moment and give us a call, check dentistry off your to-do list, then get back to summertime fun. We are committed to excellent oral health and just wanted to remind you of details you may have overlooked. Now ... back to the badminton!



Signature Smiles

ORAL WELLNESS CENTRE

IMPLANTS • SMILE MAKEOVERS • ORTHODONTICS

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**Communication is important
to us - don't be
afraid to ask questions!**

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Links Make Us Think Oral and overall health

Many of you are aware that gum disease has been *linked* to systemic diseases that include heart and stroke, diabetes, osteoarthritis, cancers, toxemia, and premature delivery. The link to kidney disease is no less worrisome, especially for those who are already vulnerable to infection, such as those who depend on dialysis.

In one study, scientists examined 253 people with kidney failure who regularly received dialysis to cleanse their blood. More than 80% had some type of gum disease. Older people, smokers, diabetics, and those who had been on dialysis for longer periods of time were more likely to have severe periodontal disease.

A 2002 study showed that more than half the people on dialysis visited the dentist less than every five years. Yet another illustration of the importance of regular dental care!

Your Referrals... Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that your testimonial speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

We want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

We welcome your referrals, and we're very proud of them. *Thank you.*