



Word Of Mouth

WITH
Drs. Greg Konotopetz & Kim Neudorf

Produced to improve your dental health and awareness

Summer 2011

from the dentists

Team Continuing Education

Dr. Konotopetz and his team attended a Global Implant Symposium together at the end of April. This conference featured a wide range of education in the dental implant area, and was the perfect opportunity to stay current on the latest treatment options. Whether you need to replace one tooth, several teeth, or all of your teeth, there is a solution for you. We will be happy to pass on the wealth of information we learned to help bring back your healthy smile and vibrant lifestyle!

Dr. Neudorf is also dedicated to staying current with the latest learning and technology. She has recently attended the first round of courses at *The Pankey Institute*! This week long commitment gives you, our patients, the latest information on occlusal disease and techniques to balance your bite optimally, while having a great experience here at *Signature Smiles*.

There are at least three more rounds of courses to go at *The Pankey Institute*, which Dr. Neudorf looks forward to participating in and continuing on the path of professional excellence. Dr. Konotopetz remembers his seven visits down to the Institute and jokes "we obviously couldn't learn as fast as they do today".

The team at *Signature Smiles* goal is to give you, our clients the best information, education and technology to allow you to enjoy a beautiful, healthy smile for many years to come.

Yours in Good Dental Health,
Dr. Greg Konotopetz and
Dr. Kim Neudorf

Introducing State-of-the-Art Science And Technology

...At Signature Smiles

Cadent iTero™

In a constant effort to provide state of the art technology for our patients, we are excited to share with you some new equipment that we will be incorporating in our office called *Cadent iTero™*! An accurate impression is fundamental to a successful outcome in restorative dentistry. Conducting digital impression procedures with Cadent iTero provides consistent, superior results, as well as numerous other benefits for you, the patient, as well as for us, the clinician and our dental laboratory. Great news, no more gooey impressions, weird tastes and rubbing trays!

Cadent iTero features parallel confocal imaging, which uses laser and optical scanning to digitally capture the surface and contours of the teeth and gingival structures.

We think that you will be quite excited and become engaged in the process as you see your own dental work on-screen, a cutting edge image that will give you the best fit possible for your dental work. Watch for it real soon!



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

A Face-Saving Option

Consider permanent dental implants

Let's face it – all mature adults experience the effects of gravity and a life well-lived on their appearance. Though when teeth are missing, the bite and facial structure can alter, exaggerating signs of normal ageing and creating a sunken aged appearance. You may be surprised to learn that dental implants, which were invented as a permanent way to replace teeth and to avoid bone loss, actually have a cosmetic benefit and can even prevent the need for a surgical facelift.

Implants have two parts: a root made of biocompatible metal and a custom-made enamel tooth crown which is attached to it. Here's how they can help save your oral health and appearance...

- Immediate placement after tooth loss can save supporting bone, adjacent teeth, and your great looking smile.
- Implants can be an attractive alternative to a denture or bridge.
- An implant-supported bridge can be used when more than one tooth is missing to provide greater stability and save underlying bone.
- An implant-supported denture can solve the problems of eating, speaking, and socializing associated with wobbly fitting dentures and permanently removes the need for adhesives.

We are committed to helping you prevent tooth loss, but when the need arises, we'll be happy to discuss whether implants are a suitable option for you. Not only can they save your looks – they look and feel natural too!

Let us lift your smile & your confidence!

Go Ahead! Add an onion!

From time immemorial, onions have been used as a food remedy for a myriad of health issues. Why? Raw or cooked, onions have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties which may help with many diseases such as diabetes, osteoporosis, and high blood pressure. It might surprise you to learn that onions are one of the best foods for your smile too!

Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum diseases). Eating them raw produces the maximum benefit.

On the nutritional front, onions contain numerous vitamins and minerals... and on top of all that, they're inexpensive and delicious! Worried about onions on your breath? Fresh parsley will do the trick!





Tattoo Who? No worries!

Tattooing, though ancient, has really caught on with people who admire the tribal esthetic. Interestingly, in addition to the body, some nations to this day deliberately tattoo the *gingivae*, or gums. Motives vary: appearance, superstition, and occasionally as a folk remedy. An amalgam tattoo, though inadvertent, is also a real thing.

Sometimes a small area of blue-gray-black, which looks much like a tattoo, can appear on the tongue, cheek, roof of the mouth, gums, or lips. It is usually caused by tiny amalgam particles when you get or remove a silver filling, and sometimes can form over time when a filling rubs oral tissue while talking or eating.

Amalgam tattoos are nothing to worry about – most people never realize they have one. But if you do, we'll be happy to take a look.

Straight To The Point

Use what you know to fight gum disease

Your immune system's killer cells, known as T cells, rely on vitamin D to recognize and respond to a threat from an infection like gum disease. That's a new discovery. Made by your own body through exposure to sunlight, Vitamin D can also be found in fish liver oil, eggs, and fatty fish such as salmon, herring, and mackerel, or taken as a daily supplement. *Good to know.*

Just as plaque, the bacterial biofilm you can feel on your teeth can lead to infection and inflammation if not controlled, other types of biofilms can cause disease elsewhere in your body – the middle ear and gastrointestinal tract are examples. Insight into how gum diseases trigger your immune system and link to inflammatory diseases like heart and stroke, diabetes, cancers, arthritis,

Alzheimer's, and complications of pregnancy, could further science's understanding of other biofilm-associated diseases. *Inspiring.*

Finding a cure is complex. Nearly one third of the human genome is involved in gingivitis alone, and that's the mildest form of gum disease. Plus, advances in molecular techniques suggest that human microbial systems are more uniquely individual than previously understood. *Fascinating challenge.*

Intriguing stuff, but sticking to the basics is still your best hope. Brush and floss daily to keep plaque from building up and hardening into tartar, and keep your regular hygiene appointments to prevent or reverse gum disease. *Straightforward and effective.*

When ISN'T Candy Dandy?

When it's really something else!

Tobacco candies come in the form of dissolvable, flavored, candy-like pellets, sticks, and strips. They are designed to give adults a smokeless way to get nicotine into their system. Trouble is, they look and taste just like regular candy, especially to children.

They can also contain a greater proportion of free nicotine which is more quickly absorbed into the bloodstream than is usual for other tobacco products. This could make them more toxic to a child than cigarettes or smokeless tobacco when accidentally ingested. For a small child or infant, it only takes one milligram of nicotine to cause illness. Larger doses can be fatal.

We support your efforts to quit tobacco and to avoid the perils of secondhand smoke – it's essential to your health and others. But please keep cessation aids out of children's reach.



Dr. Neudorf Spring Studies

As you've read, Dr. Neudorf recently attended a week long continuing education course at *The Pankey Institute* to study advances in occlusal disease, or what we refer to as the "bite". So what's this "bite" stuff all about? Is it important? You bet it is. In fact, it's equally as important as fixing cavities and treating gum disease.

Occlusal (bite) disease develops when upper and lower teeth do not fit together properly. "TMJ" problems, including pain, may occur as teeth wear against each other. Grinding teeth can make this problem much worse. Even in the absence of pain, the uneven bite is affecting tooth structure, bone, roots, gum tissues, and jaw joints. Excessive wear, cracks, fractures, tooth movement, tooth sensitivity, cavities, and gum disease can all be part of the occlusal disease process. With appropriate therapy, tooth wear and premature aging of the

mouth can be minimized.

The highest standard of care consists of customized treatment, appropriate to the individual patient's circumstance. Treatment of occlusal disease may include one or more of the following: bite splint therapy, equilibration (reshaping of the teeth to fit evenly together when biting), orthodontics, replacement of missing teeth, or restoration of damaged teeth. Diagnosing and treating occlusal problems is essential to optimal health, maximum comfort, ideal appearance, and to dentistry that lasts. Having a smile redesign or "cosmetic makeover" that is beautiful is not enough. Teeth need to function properly for long-lasting results.

As you can imagine, this aspect of dentistry is quite complex so Dr. Neudorf will continue to take courses at *The Pankey Institute* to bring you, our patients, this unique top quality service to have lifelong, stable, healthy smiles!

Dr. Konotopetz has always valued the importance of continuing education.

He says "only by staying on the cutting edge, can you bring the best care for your patients." Well, he's been busy studying implants. He is already a Fellow of the *International Congress of Oral Implantologists*. To our knowledge, the only implant "Fellow" in Saskatchewan. He is currently working on a 340 plus hour implant residency in Toronto. Upon completion he will write a comprehensive written exam followed by an oral exam which includes a review of submitted cases and presentation of current implant credentials. If he passes he will be given Associate Fellowship in the *American Academy of Implant Dentistry*. We have no doubt he will do well. Good luck Dr. Konotopetz!

Dr. Konotopetz has been restoring dental implants for over 20 years, placing them surgically for 8 years and in May 2011 just celebrated 30 years of dental services in Saskatchewan!

office information

Signature Smiles

ORAL WELLNESS CENTRE

IMPLANTS • SMILE MAKEOVERS • ORTHODONTICS

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Office Hours

Monday	8:30 am – 5:00 pm
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Allergies And Plaque

Avoid dry mouth

Mother Nature gives more than flowers in bloom for people with allergies. Sneezing attacks and running noses can make life pretty miserable, even when the sun is shining. That's why a lot of allergy sufferers turn to antihistamines for relief.

What many people don't know is that while many allergy medications are good with noses, they can cause problems by drying out your mouth which means less saliva to wash away debris from your teeth. Over time plaque may build up around teeth and gums and encourage cavities.

If you are taking antihistamines, the best remedy is to drink plenty of water and keep your mouth moist. Brushing and flossing after each meal will keep your smile healthy and stop plaque from getting a hold of your teeth.

Regina's *Out on the Town* Adventure Winner

Congratulations to Ken and Shauna Bourassa for receiving our night out on the town. Also to Lois Dixon and Yvonne Harris for receiving our professional dental kits. A dental home that provides predictable long term health and an exceptional dental experience is important. Thank you for your kind and ongoing referrals.

Stay tuned for this year's adventure.