

# Word Of Mouth

with

## Dr. Greg Konotopetz

### fromthedentist

#### Our Sincere Thanks... For your trust & loyalty

We'd like to take this opportunity to thank you for your many years of continued support for our dental practice. It's been a privilege and a great pleasure for us to be able to provide you and your family with the highest standard of dental and oral health care.

We try to treat our patients with the utmost dignity, respect, and compassion. And it's very satisfying to see just how many patients pay us the ultimate compliment by referring their friends and family to our practice. We are truly grateful for your trust.

Please continue to refer any friends or colleagues to us, and accept our genuine "thank you" for your future referrals.

*Yours in good dental health,*

*Dr. Greg Konotopetz*

### turnthepage

Does gender really matter?

Defy anxiety and win the battle!

Find out which changes get real results!



## Don't Hibernate

### Winter health

The long dark days of winter come with special fitness, health, and nutrition challenges. Because of the reduced daylight, and sometimes severe cold, our bodies naturally want more carbohydrates and less exercise. "Paying attention to what your body tells you" doesn't always mean making the smartest health choices. Your body and its metabolism can easily and naturally give you a good excuse to be a couch potato for a few months - starting off with the rainy month of November, followed by the holiday season, only to wind down slowly in the spring.

Well, our bodies do need more food in the winter, and we do have a natural aversion to winter exercise, but that doesn't have to mean a winter on the couch. There are also serious physical and psychological consequences to giving in to the urge to hibernate during the winter. When you're less active, you have less energy, and are more susceptible to the *winter blues*, even depression. And a regular exercise or fitness regime not only reduces anxiety, but also boosts your body's defenses against cold and flu viruses.

Another reason to stay active during winter is to avoid sprains and injuries in the spring when you pick up where you left off with your exercise routine.

So, off the sofa and into the snow! When spring finally comes, it will feel that much better.

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

# DENTAL ANXIETY

## Shifting The Focus

### Stay positive

In a study where people were asked to solve math problems, there was no difference between men's and women's scores until the women were required to wear bathing suits. Suddenly their focus shifted to self-consciousness. Uneasiness and anxiety can hold anyone back. Don't let these feelings keep you from benefiting from preventive, restorative, or cosmetic dentistry.

#### What you can do

- Share your fears with us;
- Keep appointments – delaying

may complicate treatment;

- Avoid caffeine and sugar;
- Interrupt us if you need a break;
- Ask questions – knowledge is power!

#### What we can do

- Consult with you to develop your best treatment strategy;
- Provide you with distractions;
- Use technology to minimize discomfort;
- Offer sedation so that you can have more treatments in one visit;
- Provide non-surgical treatments.

## Ask Us Anything!

Can't figure out how to keep the paste on your electric toothbrush without it splattering? Try waiting until the brush is in your mouth before turning it on. So you see... You *can* ask us anything about dental procedures or home care techniques!

### 5 Great Reasons For Good Home Care

**[1]** Saves on both dental and medical costs particularly if you are diabetic or suffer from cardiovascular disease.

**[2]** Expands cosmetic options that require a solid oral health foundation.

**[3]** Keeps your breath sweet by managing the bacteria and sulphur compounds that cause oral malodor.

**[4]** Saves your smile for years to come – every minute in the US, a patient loses a tooth due to cavities or gum disease.

**[5]** Boosts your social life – everyone notices your smile first!

## CLOSING THE GAP

*Men, women, & health*

The gap between men and women's oral health concerns is less than you might think. Here are some similarities triggered by hormones...



- Adolescent hormonal fluctuations can contribute to gingivitis for both genders.
- Oral contraceptives can intensify existing oral problems in women, encourage gingivitis, or reduce saliva flow.
- "New-mom gums" happen when progesterone causes inflammation of the gums after the baby arrives.
- Andropause is a normal mid-life stage of male development that can increase risk for cardiovascular disease and osteoarthritis which have been linked with periodontal disease.
- Menopause may trigger dry mouth, jaw pain, or a burning sensation in women's mouths.
- Millions of men, as well as women, have osteoporosis which

has been linked to gum disease which has been linked to systemic diseases, jawbone loss, and tooth loss.



# Change For The Good!

Look really great ... for real!

Don't you feel badly for people who wear themselves out trying to improve things about themselves that they just can't change? It's great to know that there are still some enhancements you can make where you will absolutely, positively see a for-real difference ... and everyone else will too. Restorative dentistry can help change your smile for the better.

## enhancement

Brighten stained or discolored teeth, or replace missing or worn teeth

## technique

Teeth whitening can be enough but if your teeth have become stained or discolored through age or from tetracycline or other medications, bonding or veneers are a beautiful solution.

## enhancement

Rebuild chipped, cracked, or worn teeth

## technique

We can strengthen damaged teeth with custom-designed crowns or restore the appearance of less damaged teeth with bonding materials or ultra-thin porcelain veneers. All of these methods are completely natural looking.

## enhancement

Give proportion to an uneven or too-gummy smile

## technique

We can even out your gumline and reveal your natural enamel by removing excess gum tissue.

## enhancement

Replace missing teeth or correct a bad bite

## technique

Crowns, bridgework, dental implants, or a combination of all three could offer your best improvement for functional or structural problems.

## enhancement

Close gaps between teeth

## technique

Some gaps can be filled by using porcelain crowns or camouflaged with veneers which have been called *instant orthodontics*. Sometimes braces and other appliances are required to move teeth over time.

before



after



before



after



## Smile Signals

### It's about complex interrelationships

At the *Institute for Human and Machine Cognition*, researchers are using helmet-mounted cameras and other technology to send signals to the brain ... through the tongue! People without sight have perceived people walking in front of them and have been able to locate doorways. If this doesn't demonstrate the complex interrelationships between our mouths and other systems in our bodies, then what can?

Gum disease has a tendency to sneak up on you. That's probably why so many people lose teeth because of it. If we don't keep our teeth and gums scrupulously clean and healthy, then plaque (bacterial film) will build up and harden into calculus. If allowed to accumulate, it can cause swelling, tenderness, and even bleeding ... and that's not all! Gum disease has been *linked* to **toxemia, premature births, cardiovascular diseases, diabetes, and osteoporosis.**

Only a dentist or hygienist can remove calculus. But the best cure is prevention through regular brushing and flossing, a diet adequate in vitamins like A, C, and B-complex that build healthy gums, and regular dental exams.



# 10 Implant Imperatives



Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can replace those lost teeth and help you to look great.

**Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth.**

**Implants...** require only normal brushing and flossing for maintenance;

...are anchored permanently in your jawbone;

...preserve and strengthen the underlying bone just like the roots of your natural teeth;

...do not alter or compromise adjacent healthy teeth;

...require no plates that can affect comfort and fit;

...can replace the form and function of only one tooth or two, or can replace teeth in an entire jaw;

...can anchor dentures to prevent shifting, or replace partial dentures & bridgework;

...are without any age barrier;

...are safe & reliable (hundreds of thousands are placed every year – all over the world);

...look completely natural so that no one will know you have them ... unless you tell!

*Call for a consultation. Safe, reliable, & natural-looking dental implants may be your solution.*

**Signature Smiles**

ORAL WELLNESS CENTRE

IMPLANTS • SMILE MAKEOVERS • ORTHODONTICS

**Dr. Greg Konotopetz**  
**Dr. Colin Bonnet**  
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**Office Hours**

Monday	8:30 am – 5:00 pm
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**CareCredit**






## What's New At Signature Smiles?

- We are all trained at using a cold laser at the office. It proves to be very successful in treating sensitive teeth, cold sores, sore jaw joints and muscles and accelerates healing – be sure to ask us about it!
- Kelly, a great new assistant (trained in Alberta) has joined our team. Thea, a top notch hygienist (trained in Toronto) also from Regina round out our exceptional team.
- Dr. Bonnet continues to excel in his first year with us and is fully bilingual in French.
- Dr. K has been granted a fellowship in the International Congress of Oral Implantologists... Congratulations!

## Referral Rewards

Referrals of your family, friends and co-workers are our greatest compliment. I am enclosing two "Share a Smile" referral cards especially for you to give as gifts – don't forget those helpful neighbors next door. As our way of saying thanks, please accept a \$20 gift certificate of your choice from selected nearby merchants for every referral who becomes a patient. Make sure they mention your name when they make their appointment, or better yet put your name on the "Share a Smile" card and ask them to bring it in at this appointment. We'll reward you both. Thank you for your confidence in our dental care.

