

Word Of Mouth

with

Dr. Greg Konotopetz & Dr. Colin Bonnet

fromthedentists

Season's Greetings

With thanks, too

As the year comes to a close, we would like to take this opportunity to thank all of you for your loyalty over the past year. We speak for everyone in our practice in telling you how much we appreciate each and every one of you.



We enjoy your visits and sharing your news about family events and activities. It's important to us and to the staff that you enjoy those visits to our office too. Your oral health is our first priority and we are committed to providing a comfortable and friendly atmosphere so that you, our patients, enjoy a relaxed, positive experience.

As the busy holiday season approaches, we would like to extend sincere wishes from all of us for happy celebrations with your family.

Happy holidays,

*Dr. Greg Konotopetz &
Dr. Colin Bonnet*

turnthepage

The truth about preventing gum disease!

Omega-way-to-go!

Are you at risk for oral cancer?

Sending you the
warmest of wishes for the

new year



From the entire staff at
Signature Smiles

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



First Things First It's worth it!

Study after study shows that a nice smile is important to how others perceive you. So we're totally on board when you want cosmetic dentistry. We'd like to remind you though, that whether you're considering whitening, veneers, or restorations like crowns or implants, you need strong teeth or bones and healthy gums to get your most attractive – and *lasting* – outcome.

Brush, floss, and rinse to banish gum disease!

Early disease includes gums that...

- are red, swollen, and tender
- bleed when you brush and floss
- generate bad breath.

If left untreated gum disease can...

- progress to inflammation and chronic infections.

That can lead to...

- the loss of teeth, gum, connective tissues, and the underlying jawbone.

Let's optimize your oral health and maximize your cosmetic results!

Manage It!



Your environment can hurt your smile!

Smoking is the single major preventable risk factor for gum disease

You don't have to assume that chronological ageing will dramatically alter your smile. After all, as your dental team, we're committed to helping you maintain your oral health and most attractive appearance. But you can help by becoming aware of and managing factors in your own environment.

- Toothbrush abrasion from brushing incorrectly or with too much pressure is common and can lead to receding gums, exposed roots, and exposed yellow dentin due to thinning enamel, plus sensitive teeth, cavities, and tooth loss.
- Substituting unsafe objects like earrings, forks, and needles for dental floss can damage your gums. Frankly, toothpicks are also potentially hazardous.
- Sugary acidic drinks and sports beverages can erode enamel and create an incubating environment for the bacteria that cause tooth decay and gum disease.
- Teeth grinding and clenching can crack and wear teeth and restorations and damage gums and cheeks.
- Smoking is the single major preventable risk factor for gum disease. It also depletes Vitamin C which is preventive. Even exposure to secondhand smoke is associated with a 50-60% increased risk for developing disease.
- Untreated periodontal diseases which are infections of the gums, periodontal ligament, and alveolar (jaw) bone can destroy the appearance and health of the gums and bone and lead to tooth loss.

We can't stop the ageing process, and maintaining your beautiful and youthful smile is really a lifetime commitment. But with good care, you can keep a healthy, younger-looking smile ... for decades.



How Do They Do That?



...Naturally!

Do you think they inject Omega-3 fatty acids into *every* one of those eggs? Surprise! Actually, they alter the chickens' feed – often with pleasant-tasting ground flaxseed which is higher in Omega-3 fatty acids and lower in saturated fatty acids than other grains.

Cold water fish like herring, mackerel, and salmon are superior sources of Omega-3, but all sources, according to research, can be beneficial to your health. One caveat, though – if you opt for supplements, Omega-3s have blood-thinning potential and can interact with medications.

Did you know that Omega-3s may prevent soft tissue and bone loss associated with gum disease? Not only that, but research also suggests they may...

- improve cardiovascular health
- help brain function
- protect expectant mothers against post-partum depression
- diminish joint inflammation.

Eggscellent!

A Piece Of The Puzzle

About oral cancer

Worldwide, close to 400,000 new cases of oral cancer are diagnosed each year. If diagnosed early, oral cancer can be highly curable, and now research has provided another clue. Chronic gum disease in men may increase their risk of tongue cancer!

Even after adjusting for smoking, age, and the number of teeth, each millimeter of bone loss due to gum disease was associated with more than five times the increase in the risk of tongue cancer.

This is interesting because today more than 25% of oral cancer victims are young adults who have none of the usual risk factors like tobacco use, alcohol use, diabetes, or HIV.

Viruses and bacteria in gum tissues could be toxic to surrounding cells, or could indirectly contribute to cancer through inflammation. Please have regular periodontal and oral cancer exams.

Focus On You

Your oral and overall health matter

Imagine if a wound in your forearm became increasingly swollen and inflamed, yet was left untreated. You might worry that it would eventually affect your health. Well, your oral tissue is equal to the amount of skin between your wrist and elbow ... and many scientists believe that gum diseases, like other infections, have the potential to influence the rest of your body.

This is not a new idea. In 1891, *The Human Mouth As A Focus of Infection* proposed that oral microbes affect overall health. However, in the absence of adequate science, focal theory gradually fell out of favor. Still, the mouth-body link regained credibility when newer research was emphasized in the *Surgeon General's Report on Oral Health in America* in 2001.

Associations have been made between gum disease and heart and stroke, some cancers, diabetes, kidney disease, lung disease, Crohn's disease, Alzheimer's, osteoporosis, premature deliveries, and toxemia. The strength and precise nature of these associations are unclear. However, long-term studies and improved research designs that consider factors like age and tobacco use are creating a more complete picture.

Your mouth is a complex ecosystem harboring many kinds of bacteria. Viruses and inflammation have also been suggested as possible factors. Thus it appears unlikely that a single "gorillacillin" superdrug will present the solution.

We urge you to maintain your home care routines and your regularly scheduled visits with us to help maintain your optimal oral health.



It Was Soooo Good!

Holiday giving for your oral health

The holiday season will shortly be upon us, and with it all those wonderful family get-togethers, terrific meals, parties, snacks, more terrific meals, and finally all those great leftovers... You get the picture. Unfortunately, so do your teeth and your gums! And if you're not careful, by the New Year you might just need a complete oral health makeover.

The problem isn't so much the individual holiday sweet or rich food. It's just the constant bombardment of sugars and starches in the mouth that combine to fuel the plaque-producing bacteria that attack your tooth enamel. Saliva, your natural bacteria cleanser, becomes overwhelmed, and the plaque takes up permanent residence.

Here are some helpful hints to get you through the holidays, so you can keep your healthy smile for a lifetime!

- Rinse your mouth with water between snacks. Chewing sugarless gum will give your saliva a boost and wash away the sugars and starches.
- Eat adequate amounts of green, orange, and yellow vegetables and fruits for their high vitamin A and D content. Citrus fruits, yogurt, and other dairy products also provide plaque-fighting vitamins and minerals.
- Avoid constant sugary snacks and sipping sugar-filled sodas for long periods of time.



Have a wonderful time, give your oral health a helping hand by taking the occasional time out from all those temptations. And never ever forget to brush and floss after every meal.

Do You Suffer From Headaches?

One in eight Canadians suffer from recurring headaches that compromise normal living. An estimated 80% of all headaches occur from muscle tension. Did you know that many tension headaches are related to your bite?

Please share any headache concerns with us and discover how creating dental balance may significantly reduce or eliminate your headache afflictions.

Do You Have Complete Dentures?

Does your denture fit as well as you would like?

Regardless of the fit, you are losing bone as you read this. Unfortunately many dentists are remiss by not sharing this fact with you when they pull your teeth. The teeth, when present, impart microstrain to the (alveolar) bone of your jaw and this is what keeps it from shrinking away. Remove the roots of a tooth and the bone disappears; up to 40% in the first year and up to 10% per year after that.

What results? – No foundation for a comfortable, well fitting denture. What this means for you is: loss of nutrition, loss of comfort and confidence and a potentially shorter life. Yes, you heard right, potentially a shorter life. The Mayo Clinic has published a study indicating (on average) individuals with well anchored, natural teeth, live up to 10

years longer. So if your dentures don't fit and you want the benefits of preventing bone loss and all the other positives that come with well anchored teeth – consider dental implants.

A consensus statement from the Toronto World Implant Symposium in the early 80's stated *the current standard of care for an edentulous (no teeth) lower jaw is (minimally) 2 implants supporting a full denture*. Properly executed dental implants are a successful, predictable way of anchoring one missing tooth or all your missing teeth. They also prevent bone loss by substituting for the missing teeth.

Signature Smiles provides both the surgical and restorative phase of dental implants and has over 20 years of implant experience.

Signature Smiles

ORAL WELLNESS CENTRE

IMPLANTS • SMILE MAKEOVERS • ORTHODONTICS

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

CareCredit

VISA



Cheques

