

Word Of Mouth

with
Dr. Greg Konotopetz

Winter 2006

Focus On Wellness

Holistic dentistry: your oral and overall health

Holistic dentistry recognizes that all of the parts of the body are connected. Our team focus is on wellness – maintaining and improving health rather than just treating pain and disease. The Surgeon General's Report on Oral Health in Canada looks at the meaning of oral health, and explains why it is essential to the general health and well-being of all Canadians, and why all Canadians can achieve it. Here are some highlights of the report:

■ **Oral diseases affect health and well-being throughout life.** These conditions can undermine self-image and self-esteem, and lead to chronic stress and depression as well as incur great financial cost. They can also interfere with vital functions such as breathing, eating, swallowing, and speaking. **Daily oral hygiene** ... and

regular examinations for dental and oral problems are central to a healthy mouth and a healthy body.

■ **Lifestyle behaviors** such as tobacco use, excessive alcohol use, and poor dietary choices increase the risk of oral cancers, periodontal disease, and cavities.

■ **The mouth is the gateway to the body.** "You cannot be healthy without oral health." We must recognize that oral and general health are inseparable. The connection between periodontal disease and diabetes, stroke, premature births, and cardiovascular disease has been demonstrated, although further study is needed.

Please remember that excellent dental health is a good start towards overall health excellence.



Office Information

*How confident
are you when you
smile?*

*We can help to improve or
recapture that confidence
with implant dental
procedures.*

See page 4 for details...

**Signature Smiles
Oral Wellness Centre**
Dr. Greg Konotopetz
3291 Quance Street East
Regina, SK S4V 3B7

Office Hours
Mon, Tue, Thu 8:30 am – 5:00 pm
Wednesday 8:30 am – 7:30 pm
Friday 9:00 am – 4:00 pm

Call Today!
(306) 584-2833
or Toll Free
(866) 584-2833



Our Services Include:

- ❖ Family & general dentistry
- ❖ Tooth whitening
- ❖ Cosmetic dentistry
- ❖ Tooth-colored fillings
- ❖ Crowns & bridges
- ❖ Treatment of Temporomandibular Joint Disorder
- ❖ Orthodontic treatment
- ❖ Dental implants (*surgery & restorative*)
- ❖ Monitored sterilization techniques
- ❖ New facility
- ❖ Visa, MasterCard, Interac, CareCredit, and cheques welcome



Are You For Real?

Smiles can communicate who you *really* are

Sometimes we override our natural impulse to smile because we're ... well ...embarrassed about how it looks.

In surveys, virtually everyone rates the smile as the first thing they notice when they meet someone new. Is it any wonder that cosmetic dentistry is a growing industry? That's because people know that their smiles communicate who they are.

It's also because there are many non-surgical, non-intrusive procedures that can resurrect your smile – many in as little as one visit...

Whitening can lighten discolored teeth.

Tooth-colored composite can replace dark, silver-colored fillings.

Crowns can restore damaged teeth.

Veneers and bonding correct gaps, crooked, stained, or chipped teeth.

Bridges and implants replace missing teeth.

Gum sculpting makes teeth look longer and re-proportions your smile.

Orthodontics straightens teeth and closes gaps.

With cosmetic dentistry, you won't have to hide your smile, and you can benefit your health by improving function as well as appearance. But by far, the most transformative effect is bringing back your smile and communicating what you mean.

Giving a smile can feel every bit as good as getting one. We welcome a consultation to discuss your smile with you!

Did you know that...

- Hiding your teeth doesn't just cancel your smile – it sends out a totally different message.
- A smile with compressed or down-turned lips can communicate anger, dislike, grief, or sadness.

About Oral Cancer...

7 Things You Need To Know

1. sixth most common cancer;
2. oral cancer kills;
3. the worst five-year survival rate of all major cancers;
4. can be cured with early diagnosis;
5. often goes unnoticed;
6. it is usually painless;
7. it can be observed, if you know what to look for.

SMOKE SIGNALS

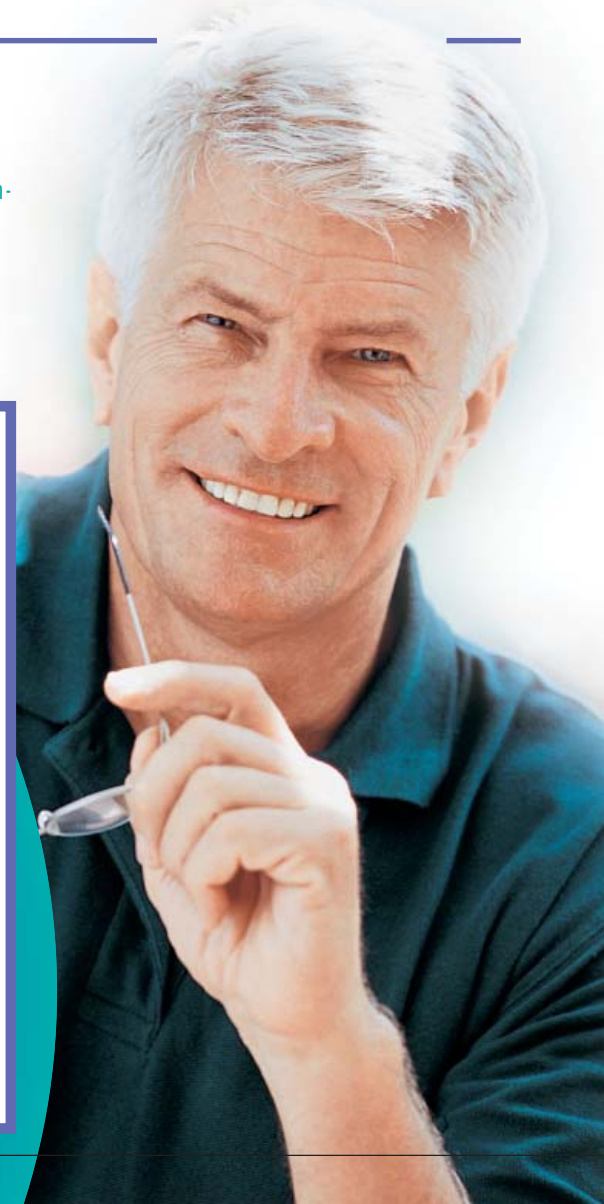
Second-hand facts

Smoking tobacco has been linked to oral and other cancers, but did you know that second-hand smoke is *more dangerous* than directly inhaled smoke. It contains the same 4,000 chemicals as smoke that is directly inhaled, but in even greater quantities. Approximately 50 of these carcinogenic chemicals cause cancer. Second-hand smoke contained in a car is 23 times more toxic than in a house!

7 Things You Need To Do

Check for 5 symptoms every month:

1. a sore on any oral tissue that bleeds easily or does not heal;
2. a color change of the oral tissue;
3. a lump, thickening, rough spot, crust;
4. a small eroded area;
5. pain, tenderness, or numbness; and...
6. avoid regular sun exposure, tobacco, and alcohol intake;
7. visit your dentist for an exam and evaluation.



The Migraine Mimic

Dentistry can help solve the mystery

Are you one of the 90% of North Americans who experiences headaches? Ever thought of asking a dentist about them?

Problems with your oral health can mimic the symptoms of migraine or tension headaches. A number of dental problems can cause pain to radiate along the jaw, the neck, and around the head. Here are some examples:

- Temporomandibular Joint Disease (TMD), a misalignment of the jaw;
- Myofascial Pain Dysfunction Syndrome or muscle spasms caused by grinding teeth and clenching jaws;
- Abscessed, infected, or cracked teeth;
- Gum disease.

Using dental diagnostic tools and dental technology, a dentist can detect these problems and provide options that could change your life.

Consider a dental consultation. It could provide the solution to your mystery "migraines."

It's No Secret!

We can put you at ease

You know how you try not to think about a secret in front of people, just in case you blurt it out ... *and then you do?* Same thing happens with dental anxiety.

Research shows that when you're trying *not* to think about things, your brain has to remember what it is you aren't supposed to be thinking about. Ironically, you end up being pretty focused on the thoughts you want to avoid.

What to do if you're fearful about dental visits? Instead of internally monitoring your thoughts, bring your concerns out in the open. Share them with someone trustworthy. Discuss your fears with a dentist.

Dental professionals are trained to help put people at ease with a welcoming atmosphere and a relaxed environment.

Get In The Pink

And restore your balance

Pink, healthy gums add up to more than a healthy mouth.

Research has shown that...

- we see teeth as whiter when they are surrounded by pink gums.
- even the whitest teeth are not perceived as attractive without healthy gums.

And there's more...

- a too-gummy smile can make your teeth look too small, too short, or too square.
- receding gums can make your teeth look longer, making you look older.

How can cosmetic dentistry help restore esthetic balance to your smile?

Gum sculpting is a cosmetic dental technique that can be used to create a more natural, more proportioned smile simply by non-surgically removing excess gum tissue. Teeth that look too long can also be re-proportioned and look more youthful with a simple procedure called grafting.

Veneers are ultra-thin hand-sculpted pieces of tooth-colored porcelain that fit over the front of individual teeth. Veneers can be sculpted to make your teeth look longer or wider or shorter. Each hand-crafted veneer is a work of art customized for your unique smile.

Other techniques like **bonding, crowns, and bridges** can give you a smile that looks and feels completely natural – and balanced.

Enhance your smile – and your gums – by keeping regular visits to the dentist and maintaining a good home care routine.



We'll be happy to schedule your cosmetic consultation. Call today!



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News Worthy

❖ Dr. Konotopetz continues his fourth year as an associate dental professor at the University of Saskatchewan, College of Dentistry in Saskatoon.

❖ Signature Smiles has added another dentist – Dr. S. Kondrashova. She graduated from the University of British Columbia and has 20 years of expertise in many aspects of dentistry. Her husband is a medical doctor and she has two lovely children.

❖ Dr. Konotopetz attended the International Congress of Oral Implantologists in Strasbourg France in November 05 – always learning the latest.

❖ Dr. Robin Listrom and Dr. Natalie Wong, two of Canada's pre-eminent implant surgeons from Toronto, attended Signature Smiles to help collaborate on implant and bone grafting surgeries that Dr. Konotopetz performed.

❖ Dr. Konotopetz lectured at a Canadian Orthodontic Symposium in Ottawa in August 05.

❖ Dr. Konotopetz is attending further surgical training in Berne, Switzerland in March 2006.



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Have We Met?

I moved into this terrific neighborhood two years ago to follow my dream – and I've never looked back. I rejected an impersonal clinical dental environment so that I could build relationships with my patients. I chose to establish a practice based on communication and community right here in east Regina.

By listening to my patients I experienced first-hand the satisfaction of building my practice to meet their needs by creating...

- a relaxing and welcoming environment;
- ease of access to excellent dental care;
- leading-edge technology designed specifically to increase patient comfort and to expand treatment options;
- distractions so that patients can relax instead of focusing on the procedures we're performing.
- And above all – complete exams, careful diagnosis and treatment choices that truly allow for predictable health.

Compassion and respect for every client is a big part of our practice philosophy of delivering preventive, minimally-invasive dentistry. Kristin and Danielle our hygienists are highly trained health care professionals, as are Erin and Maralee our dental assistants. They will always maximize your comfort in the operatory. Karyn and Lisa, our office administrators, will keep you smiling by simplifying and streamlining scheduling, insurance claims, and billing.

I am committed to keeping it simple. The health and happiness of my clients, lifelong learning in my profession, and contributing to the well-being of my patients and chosen community are my clear priorities.

Our team would like to make your healthy smile a priority. Please call or come and meet us in person!

Call Signature Smiles Oral Wellness Centre Today!
(306) 584-2833 or Toll Free
(866) 584-2833

A Brilliant Merge Overdentures

Merging the benefits of two tried-and-true dental techniques – *dental implants* (biocompatible posts implanted in your jawbone) and *dentures* – offers a tremendous benefit for denture wearers. Because the denture clips over snap-like attachments on the implant, they're called "overdentures," and they can be easily removed for cleaning, just like a standard denture. The great advantage?

The overdenture is very comfortable and very secure (without adhesives) which helps patients to speak more clearly and eat easily.

Another benefit of the overdenture system? Placement is a simple in-office procedure, and you leave with the overdenture in place.

Please call today if you or someone you love might benefit from this merge of technology.