



Spring 2016

WORD *of* MOUTH

A Dental Health Newsletter for the Patients of Dr. Jack Bottner

This is the time of the year to look forward to spring and summer, with longer days and more outside activities with family, friends or just on your own. Enjoy yourself more by getting that much needed exercise which your body needs for overall good health! I must remind myself constantly that taking the time to exercise and to have a reasonably balanced diet is always beneficial.

My two sons and daughter are moving along with their dental studies. Aaron Bottner worked with me at White Oaks Mall Dental Clinic for 4 years and is very much enjoying his studies at the University of Toronto (U of T) in the specialty of Orthodontics. He mentions our office often, in a fond way, in particular about the patients and staff. Daniel and Leah are finishing their dental program, also at U of T, in June this year. Daniel will be joining my practice at White Oaks, and Leah was accepted to and will be doing a 1 year Dental Residency program at Sick Kids Hospital in Toronto.



I continue to teach at Western University in the Dental School (my 13th year there). This school year I have been a Clinical Instructor in Oral Medicine and in Endodontics (Root Canal Treatment). The opportunity to give back to the school from where I graduated back in 1983 is very inspiring to me. My interaction with students and other dentists has been fun and very educational. The Dental School promotes the same goals that I have, which include a cautious, good quality, conservative and motivational approach to treatment. My son Daniel, who will be joining me this summer, also embraces these same concepts.

My Restorative Dental Hygienist, Andrea Twarowski, received additional training at Algonquin College in Ottawa over a year ago. Amongst other procedures, she has placed fillings, as well as temporized and permanently cemented crowns. At times she will be assisting me in the treatment of our patients, but mostly will be providing the same dental hygiene services as in the past. On the side, Andrea provides an online service to prepare dental assistant and hygiene students for their board examinations. Her upbeat, positive personality and friendliness is obvious in her work.



I periodically update my website, www.drjackbottner.com, to provide information to you that I hope you find interesting. While reviewing dental literature which is critical for me, I try to pass on parts of it for you to also benefit from.

It truly is a privilege for me to be your dentist. Thank you on behalf of my staff and me for the many patient referrals we receive. We always strive to earn your trust.

Sincerely,

Jack

P.S. On the reverse side you will find information about Porcelain Veneers.

Dr. Jack Bottner
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Open Monday to Friday
Evening appointments available.



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New Patients Always Welcome and Appreciated

Porcelain Veneers

Veneers are strong, thin pieces of porcelain that are bonded to the teeth. They are used to repair chipped, decayed or stained teeth and may help in closing gaps between teeth.

With a bit of contouring, veneers may also correct slightly crowded or overlapping teeth. If your teeth have discoloured with age, a veneer may improve their appearance.

Veneers can also be used for cosmetic reasons instead of crowns, which are more often used for badly damaged or decayed teeth. The tooth enamel needs to be ground down slightly in order to accommodate the veneer.

Veneer preparations frequently require the use of local anesthetic and, depending on colour and shade, may take more than one appointment to complete.

Before



After

