



WORD *of* MOUTH

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

The COVID-19 (Coronavirus) certainly caught all of us by surprise. We closed my practice and continued to help people with emergencies as required by our licencing body (RCDSO). Some changes will be made to keep you safe in our office. We care about your health and safety!

Family, and caring for others, have been and continue to be a central theme in my life and dental practice. Throughout the year, many of us express these values in different ways: volunteering, educating, giving a helping hand and donating money. I continue to be so impressed with how many of my patients and my own family members are engaged in these activities. We are truly lucky and blessed to live in this country called Canada. A special thank you is appropriate to all front line workers who continue to work so that the rest of us can have food, shelter and most importantly healthcare.

Part-time teaching at Western University continues for me. Now entering my 18th year on the faculty, I am committed to helping dental students train in the area of Endodontics (root canal treatment). I want the dental students to get a great education, as I did at Western. After graduation, a dentist must take regular and extensive dental continuing education, as my children and I do, to strive for top notch dental care to you and all patients out there.

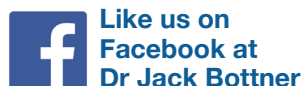
I am happy to announce that my wife, Michelle, and I have recently become grandparents to a baby girl, born to our son Aaron, whom you may remember worked with me from 2011 – 2015 before returning to school to become an Orthodontist. Aaron is now practicing orthodontics in Ottawa.

My son, Daniel, who graduated from the University of Toronto in 2016 (with his sister Leah) is getting to know many of you as he is working with me at White Oaks. His kind, caring approach leads to the bed-side manner needed to assist in providing good dental care. Although life can change, my plan is to work at White Oaks for many years to come.

We truly appreciate your confidence in us! Please let me know if you need help with the dental fees, especially in light of the COVID-19 pandemic.

All the best and be well!

Sincerely,
Jack Bottner



Visit us online for more information
DrJackBottner.com

Dr. Jack Bottner
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Evening appointments available.



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New and Previous Patients Always Welcome and Appreciated

ORTHODONTIC ALIGNERS



Some people want straight teeth to have a nicer smile and to be able to clean between their teeth more easily. The resulting improved tooth alignment and bite may help with chewing function, and sometimes take some pressure off the TMJ's (temporomandibular joints). There are different treatments to achieve this. Depending on at least these factors: the patient's oral hygiene, type of existing bite, jaw position, facial appearance during treatment, level of compliance, degree of difficulty of procedure, medical history, oral habits, oral pathology, and cost, the three typical modes of orthodontics are considered. They include: removable appliances (retainers), braces and more recently, aligners. A proper initial diagnosis with x-rays, along with regular follow up, during and after treatment, are very important to try to ensure the best results.

My son Aaron, who graduated as an orthodontist from the University of Toronto specialty program about 2 years ago (and now lives in Ottawa), has piqued my interest in providing aligners to my patients. Under Aaron's guidance my wife Michelle has been my first patient, and I am very pleased with her progress. Aligners are worn for different lengths of time depending on the desired goal and all the factors mentioned earlier. The advantages of aligners over braces are significant, which include: no wires poking into the gum or cheek, no brackets falling off, easy to floss and eat when aligners are taken out, more esthetic, and no food restrictions. However, there are situations where braces work best, especially in more complicated cases.

I am now offering orthodontic aligners to my patients for whom it would be appropriate to use, with my son Aaron reviewing all my cases. My fees will be less than at an orthodontist's office, charged at the rate of a general dentist. Payment plans can be arranged. If you are interested, give our office a call (519-686-6200) and we can book a free brief consultation and assessment.

Achieving a great smile and bite makes both the patient and the dentist happy!

Above is a picture from the company Invisalign to give you an idea of what an aligner looks like.

