

Summer Is Almost Here!

Smile!

Summer is almost here! For many of us, summertime is family vacation time and a time when we all relax our daily rules and routines. Rest easy this summer knowing that your dental checklist has been pulled together for you.

Here are a few things to check off your list...

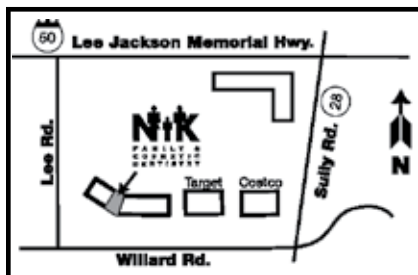
- **Mouthguards** – Protecting your teeth from summertime sports injury is essential. What shape is your mouthguard in? Have your children outgrown theirs? Make sure your protection is in top-notch shape!
- **Insurance Opportunities** – Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. Summertime gives us an excellent opportunity to plan your treatment over the next six months.
- **Back To School** – Book recalls for your kids now ... before school starts. And for college kids, ensure they see us before they end up too far away for care.
- **Recare** – We’re learning more and more about how healthy gums equal a healthy body. Have you had a recare appointment in the past six months?
- **Esthetics** – Whiten, brighten, and shine up your smile for those summertime photos! Ask for a personal cosmetic consultation!

So give us a call, check dentistry off your to-do list, then get back to summertime fun!

Looking your best helps you feel your best. We’re always happy to help. How better to say *welcome summer* than with a dazzling smile?



See How Close We Are...



**Call Today!
(703) 961-0707**

Nik Family And Cosmetic Dentistry
Kamran Nikseresht, D.D.S., F.A.G.D.
 14415 Chantilly Crossing Lane
 Chantilly, VA 20151-2116
 Web site www.nikdentistry.com

Office Hours

Monday	8:00 am – 5:00 pm
Tuesday	8:00 am – 5:00 pm
Wednesday	10:00 am – 7:00 pm
Thursday	8:00 am – 5:00 pm
Friday	8:00 am – 12:00 pm
Saturday	by appointment

Our Services Include:

- ❖ Tooth whitening in office or at home
- ❖ Cosmetic veneers
- ❖ Tooth-colored fillings
- ❖ Crowns & bridges
- ❖ Orthodontic treatment
- ❖ Dental implants
- ❖ Committed to excellence in dentistry
- ❖ Modern, state-of-the-art facility
- ❖ DVD & music in treatment rooms (in office selection or bring your own)
- ❖ Most insurance plans accepted
- ❖ Visa & MasterCard

Good News!

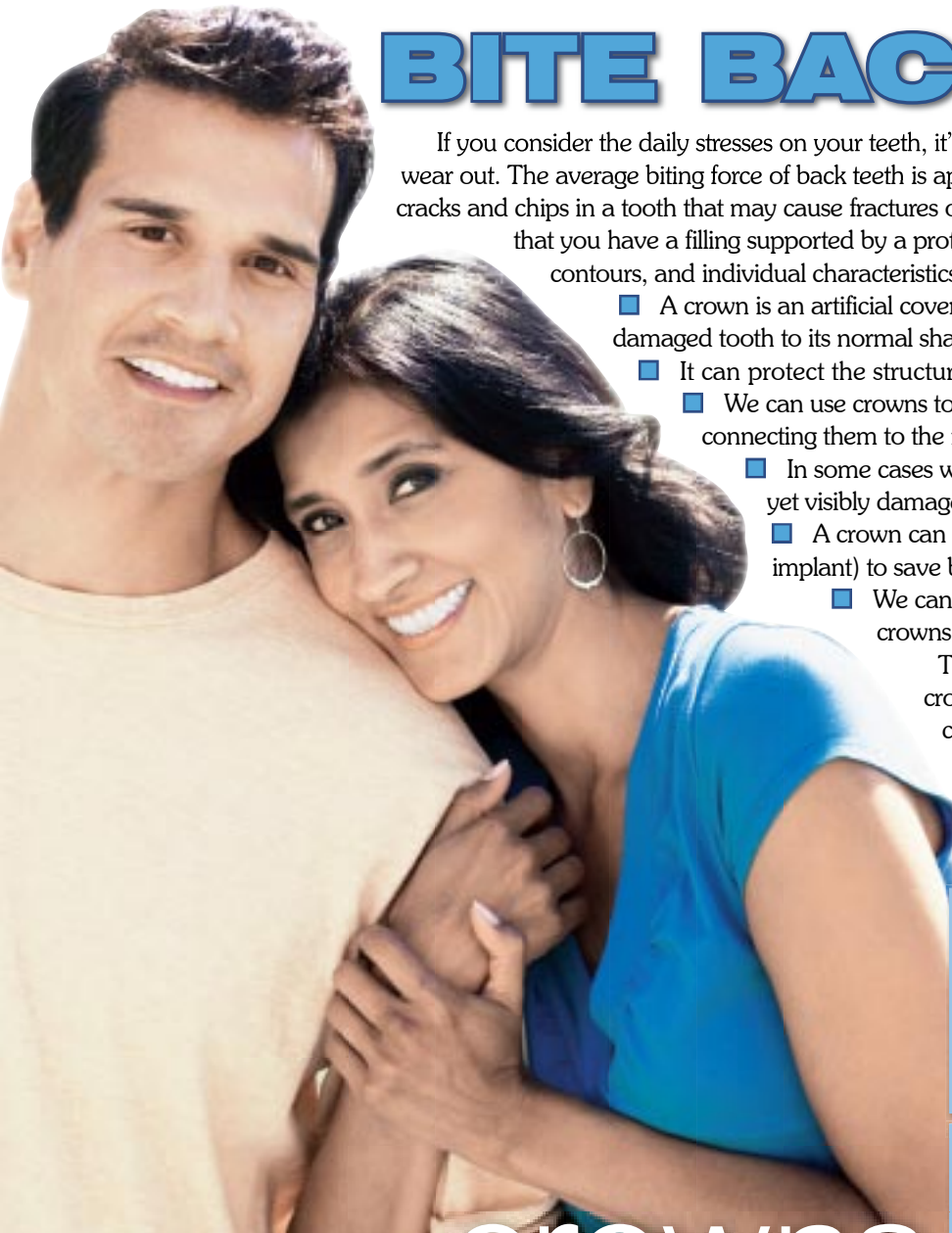
We have flexible payment plans available to help you achieve your goals ... talk to us today about your options!

BITE BACK! **Strong beautiful crowns will restore your smile**

If you consider the daily stresses on your teeth, it's not surprising that both natural teeth and fillings wear out. The average biting force of back teeth is approximately 170 lbs. of pressure which can put tiny cracks and chips in a tooth that may cause fractures over time. When that time comes, we may suggest that you have a filling supported by a protective porcelain crown that will match the shade, contours, and individual characteristics of your other teeth.

- A crown is an artificial cover for a tooth and is used to restore a decayed or damaged tooth to its normal shape and size.
- It can protect the structure of a tooth that is cracked or broken.
- We can use crowns to stabilize teeth loosened by gum disease by connecting them to the neighboring teeth.
- In some cases we may even suggest a crown for a tooth that is not yet visibly damaged, to keep it from harm.
- A crown can be attached to an artificial root (permanent dental implant) to save bone and prevent other teeth from drifting.
- We can replace old matte-finish crowns with new porcelain crowns for ultimate esthetic improvement.

The esthetic and oral health benefits of crowns, crowns and bridges, and dental implants are considerable, and include stability and security, durability and longevity, and teeth that look and feel completely natural. To explore how we can help your smile, please ask for a consultation!



crowns

stability ... security ... durability ... longevity



Sweet
Magnolia

Fight bad breath & tooth decay

Sometimes you can't tell if you have bad breath. But then again ... sometimes you – or others – can. That's why there's such a wealth of aromatic therapies on the market. Mints and florals are especially popular.

So you'd think scientists would focus on the fragrant blossoms of the sweet magnolia for their effects on bad breath. Uh uh. It's the bark extract. Apparently, within thirty minutes, it can kill most oral bacteria that cause bad breath and tooth decay!

Unlike flavored chewing gum and mints that can only mask the odor of bad breath for a limited time, mints and chewing gum containing magnolia bark extract offer more promise. In fact, they're so effective against bacteria you might want to keep them handy for when you just can't brush.

Healthy Mouth, Healthy Body

Run towards your healthy future

Did you know that science has linked gum disease with heart disease and stroke, kidney disease, respiratory diseases, cancers, diabetes, arthritis, and complications of pregnancy?

You can protect yourself with good home care. Brush twice a day and floss once a day at home to remove oral bacteria. An invisible microbial film called plaque builds up on your teeth 24/7. If allowed to proliferate, it will alter the bacterial balance in your mouth and allow harmful bacteria to cause caries and gum disease.

Keep regular dental appointments. Once plaque hardens into a yellowish substance called tartar, professional cleaning in the dental office is the only way to remove these damaging hard deposits from your teeth. Left untreated, chances are it will lead to gum disease.

The US Surgeon General said: The mouth is the gateway to the body ... and provides health care providers and individuals with an invaluable window to their general health status. You cannot be healthy without oral health. We must recognize that oral and general health are inseparable.

The connection between oral and overall health, particularly the potential for links with systemic and inflammatory diseases has been demonstrated, although study must continue. Let us help you to make choices that will keep you and your family healthy and happy. Our practice is always pleased to welcome new patients.

the *mouthbody* link



Oral Cancer
An association may exist between gum disease and pre-cancerous lesions and oral tumors.

Heart & Stroke
People with gum disease are more likely to suffer from coronary artery disease, and gum disease may aggravate existing conditions such as endocarditis.

Respiratory
Gum disease may be linked to pneumonia, bronchitis, emphysema, and chronic obstructive pulmonary disease, particularly in the elderly.

Bones
Women with osteoporosis may be at higher risk for gum disease, and people with gum disease may be at a higher risk of underlying osteoporosis.

Keep This Newsletter

Be prepared

The most common type of dental emergencies usually involve a chipped or broken tooth, or a knocked-out tooth. Immediate treatment is vital to reduce discomfort and to save the tooth, if possible. Bring the patient to our dental practice or go to a hospital for an evaluation and treatment. It's always wise to be ready ahead of time for the unforeseen.

Here are our suggestions for an emergency dental care kit:

- Emergency phone numbers
- Saline solution and small container with lid to transport a knocked-out tooth
- Handkerchief or tea towel
- Gauze
- Tweezers
- Sterile cotton
- Small mirror
- Ibuprofen – *not Aspirin®*, acetylsalicylic acid, ASA.

Many mouth injuries can be prevented. Feel free to ask us about custom-fitted mouthguards that we can make for you right here at our practice. Yours could save your smile!



Cyberchondria

Or cyber smart?

Eight out of ten Internet users have looked online for health information on various topics, and more than seven million Americans go online every day to research health or medical information. No wonder *cyberchondria* has entered the lexicon.

Originally coined exclusively for a group of individuals totally focused on checking their symptoms on the Internet, many of us generalize the term to describe most self-directed health research.

What's the trick to staying cyber-informed without feeling overwhelmed by incendiary headlines and unconfirmed data? No trick. No unnecessary anxiety. You can rely on us – your personal smile-consulting team.

The Internet is a valuable tool, but it's not your only resource. We will be happy to answer your questions and discuss your oral care options with you. Call our practice today.

Take A Look!

Take advantage!

We're really serious when we say we welcome you to join our practice. And to show you that we really mean it, we're offering you two specials that we hope will encourage you to give us a try! Seriously!

WHITENING

*One hour in-office whitening
As seen on the hit TV series
"Extreme Makeover"*

Only \$450

Regularly \$650

Expires July 31st, 2009

SPECIAL

NEW PATIENT

*Includes a comprehensive
examination, oral cancer
screening, four digital bitewing
x-rays & a routine hygiene visit.*

Now \$65

Regularly \$210

Expires July 31st, 2009

SPECIAL

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Dear Neighbor, You are important!

How you look and feel matters – to you, your friends, co-workers, loved ones – and to me, a dental practitioner who practices right in your neighborhood. That's why I personally invite you to discuss how the professionals at our practice can enrich your life (and your smile) with oral health care – right here, near your home!



"Dr. Nik"

Life can be tricky. Times, unpredictable. But one thing remains the same – the importance of your oral health! Isn't it time to give yourself the smile you deserve – with brighter, straighter, healthier teeth? I believe it is. That's why I am committed to helping you look and feel your best so that you can start your day with a confident smile!

Wonder what one of our most requested services is? Smile enhancement.

And one of our popular solutions? Porcelain veneers – ultra-thin shells that are bonded directly to your teeth to...

- lengthen teeth that are too short
- re-proportion your smile
- strengthen and hide large front-teeth restorations
- close spaces between teeth
- cover badly stained teeth
- restore chipped &/or cracked teeth
- and much more!

We offer numerous solutions for every smile, and invite you to discover the right fit for you. And, I have to be honest ... when you love your beautiful, healthy smile, my smile brightens too!

Yours in good dental health,

Dr. Kamran Nikseresht

P.S. We are offering FREE Cosmetic Dentistry Consultations! We'll analyze your smile, and discuss what cosmetic dental technique would make you smile more! Please phone today at (703) 961-0707. Offer expires: July 31st, 2009.



Mixed Sources
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10313-55031 ND09-4