

Zoom!® Your Smile!



Zoom!® Special!
\$200 OFF

Regularly \$650

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

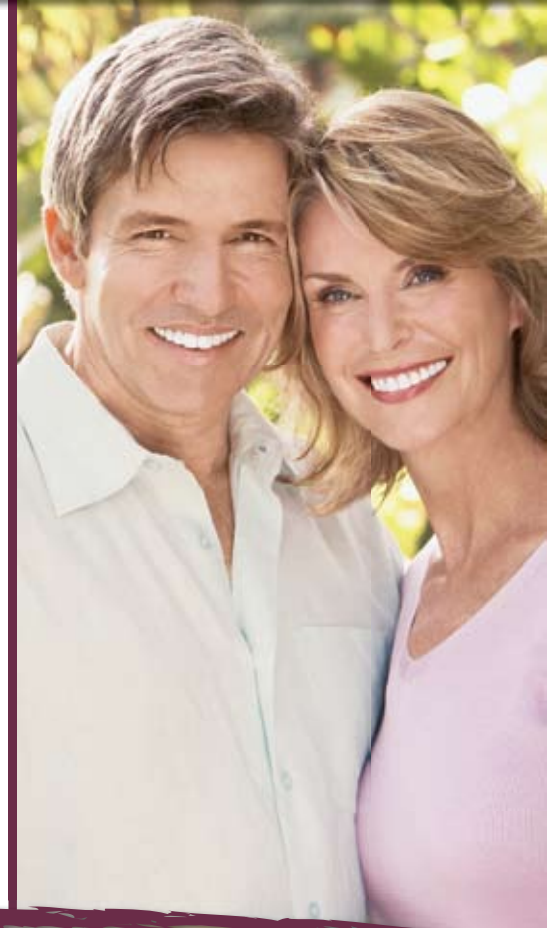
Offer expires March 1st, 2010

The #1 Whitening System

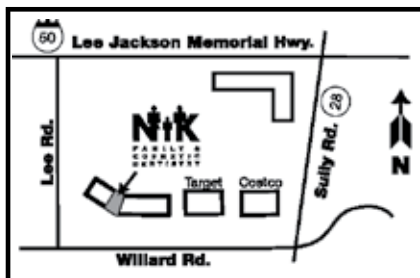
We are pleased and proud to offer our patients the newest generation of the world's leading whitening system! Zoom!® is the fastest, most comfortable, and most effective in-office whitening system ever. In just one hour, your teeth will be dramatically whiter: ideal for anyone looking for immediate results, and its convenience makes it the perfect choice for the busy individual.

The Zoom! procedure is simple. We apply the special Zoom! gel which is activated by the Precision Light Guide System. Teeth typically become at least six to ten shades whiter, and sometimes even more. A five-minute fluoride treatment completes the procedure. You will be amazed with the results!

Please call for an appointment to make sure your dream smile becomes reality.



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!

Something To Smile About

Recapture that confident feeling!

It's not too strong a statement to say that your life could improve dramatically after experiencing cosmetic and restorative dentistry. A fine example is one of our most popular and flexible restorative options: dental crowns. Not only are crowns strong and long-lasting, they can be matched to the translucence, color, and contours of your other teeth.

If you have gaps in your smile, or have teeth that are badly worn, fractured, or otherwise damaged, crown restorations are a tried-and-true smile prescription!

A **crown** can be used to cover a tooth to protect and strengthen it, and to improve its appearance.

A **bridge** can combine several crowns to span the gap left by missing teeth and to save your other teeth from drifting.

A **dental implant** can permanently replace one or more teeth by attaching a crown to an artificial root anchored into your jawbone. By helping to reduce bone loss, an implant can combat the collapsed look that occurs with missing teeth.

Talk about a more youthful appearance!

Your crown restoration will...

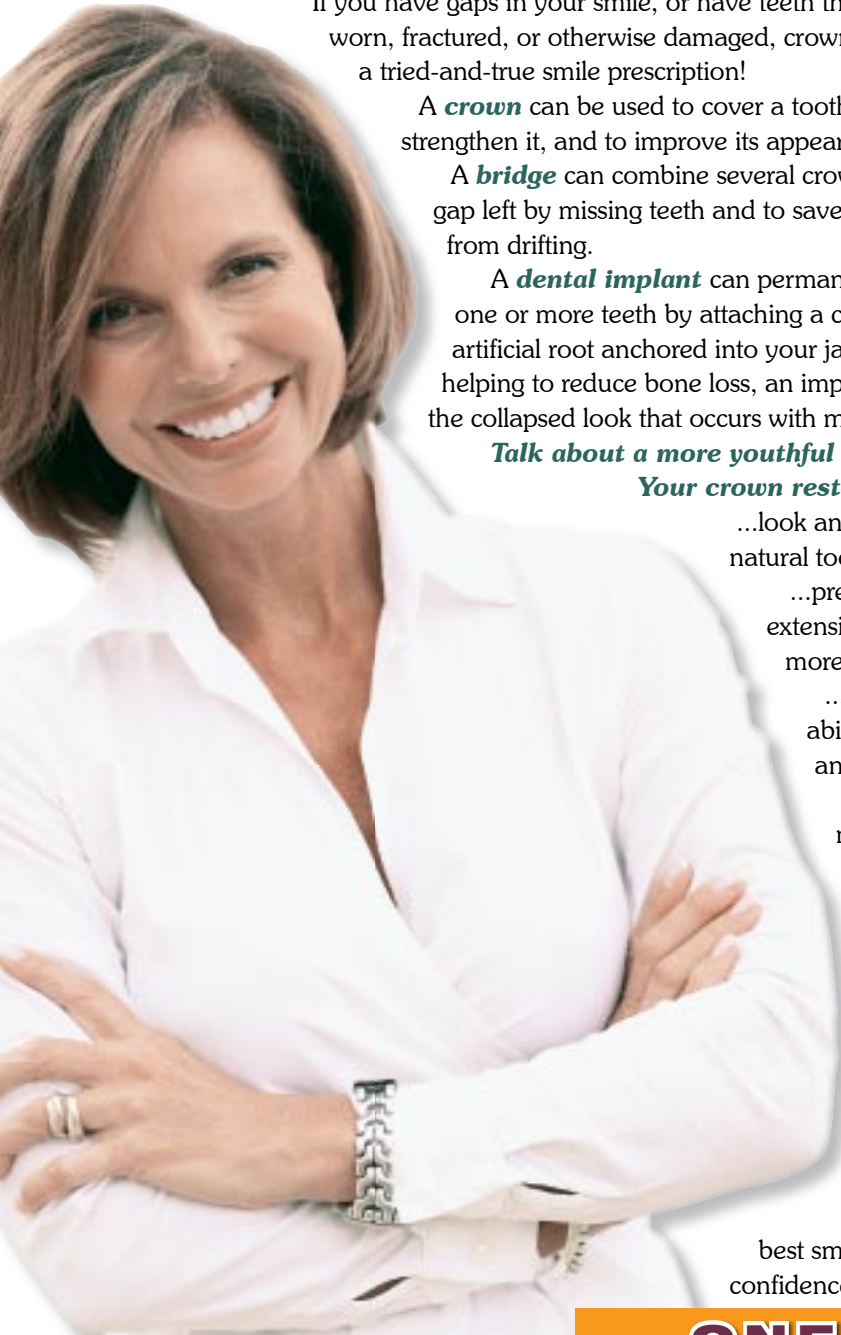
...look and function like a natural tooth;

...prevent more extensive damage and more costly repairs;

...restore your ability to enjoy food and socializing;

And there's more... Crowns can be shaped, sized, and positioned to dramatically improve the look and function of your teeth.

We really can help you to get your best smile – and your confidence – back!



It's A Sneak Thief

Don't lose your teeth

Gum disease is sly – it can turn up without symptoms. It's also responsible for more tooth loss than any other dental problem. Gum disease is an infection caused by plaque – a film of harmful bacteria that forms on teeth and irritates the gum tissue. Eventually, without treatment, the gum will pull away from the teeth, jawbone is destroyed, and the tooth is lost.

You could have gum disease if you experience:

- red, swollen, or tender gums;
- gums that bleed when you brush;
- receding gums;
- loose teeth;
- a change in your bite or the way dentures fit;
- chronic bad breath.

If caught early enough, gum disease can be treated and sometimes reversed. There's no way to determine its severity without a detailed examination at the dental practice.



SEVEN Interesting Things YOU NEED TO KNOW

ONE

You may transfer cavity- and gum-disease-causing bacteria through kissing, tasting, sharing or blowing on food, or by sharing eating utensils, toothbrushes, or water bottles.

TWO

You can brush and floss away plaque which is the soft invisible bacterial film that builds up on teeth.

THREE

Tartar or calculus, the hard yellowish deposit that forms when plaque is left to collect, can only be removed during a dental visit.

Got You Covered!

Cosmetic solutions for every need

Did you know that for every decade over the age of 30, you show a millimeter less of your front teeth as everything starts to sag a bit? That could be up to 15-20% of your smile! Today, beautiful permanent cosmetic veneers are only one of the many cosmetic options available to help you look your youngest, healthiest, and most attractive.

Here are some examples of safe and effective procedures that can be used individually or in combination to create your dream smile...

Supervised Teeth Whitening – This has become a favorite way to brighten smiles whether dulled by time, life’s little habits, or health issues.

White Fillings – Fabulous durable and completely natural-looking materials can be used to create the appearance of a flawless smile that has never been touched by a dentist’s drill.

Bonding – Matching composite material to the surface of your tooth can cover stains, chips, or cracks and reshape your tooth to fill gaps much like a cosmetic veneer.

Translucent Porcelain Veneers – Today’s veneers range from very fine to thick enough to mask even serious staining and smile flaws while still looking completely natural. Veneers have even been called *instant orthodontics!*

Thankfully, cosmetic dentistry has never been a “one size fits all” kind of science. In fact, it’s the artistry behind many techniques, and the trust that is built up with your dentist, that creates your ideal results. We’ll be happy to answer all of your questions.

BEFORE



AFTER

TMD Symptom Checklist

Get your pencil ready!

Stressed out? It could be affecting your oral health. Sore jaws, popping, clicking, and headaches belong to a host of symptoms of Temporomandibular Joint Disorder (TMD).

If you think you may have signs of jaw joint trouble ... take the pressure off! Share your symptoms with your dental team at your next visit. There could be a dentally related solution.

Jaw joint (or temporomandibular joint) problems can develop for many reasons:

- Stress-related behaviors like clenching and grinding teeth;
- Repetitive habits like pen and pencil biting, nail biting, gum chewing;
- A misaligned jaw joint/bite;
- A direct blow to the face or jaw, or a whiplash injury;
- Poorly fitting dentures;
- Erupting wisdom teeth;
- Worn, loose, or missing teeth.

FOUR

Plaque and tartar can cause decay and gum disease.

FIVE

Gum disease may be linked to systemic and inflammatory diseases including cardiovascular diseases, arthritis, diabetes, cancers, lung diseases, and complications of pregnancy.

SIX

Some people can inherit a gene that makes them as much as six times more likely to get severe gum disease.

SEVEN

You can prevent gum disease by brushing twice a day, flossing once per day, and keeping your regular dental appointments.

It's Easy!

Simple solutions for cold-weather health

Now that we have moved indoors for the colder-weather season, germs spread more readily as we're all in closer proximity. Stay healthy and prevent germs from spreading with these simple precautions.

- Avoid coughing into your hand – use your sleeve or elbow.
- Wash your hands frequently, scrubbing well with soap and water, and dry your hands thoroughly.
- After a bout of stomach flu or a head cold, replace your toothbrush to prevent recurring illness.
- Keep your family's toothbrushes separated so bristles don't touch.
- To keep airborne bacteria from settling on your brush, close the toilet lid before flushing and keep your brush in a cupboard or drawer.
- Consider investing in a UV toothbrush cleaner.

For a Brighter Healthier Smile, Call Today!

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Chantilly, VA 20151-2116



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How Long Has It Been?

Don't put it off any longer – here's why!

Did you know that you can be symptom-free and still have gum disease? Or that without treatment you could lose teeth and possibly affect your general health? Your regular dental visits are always too important to miss ... and never more so than when you're on a tight budget. Avoiding treatment can lead to higher costs for your finances.



"Dr. Nik"

We particularly recommend that you book an appointment if you...

- are under stress that can decrease your ability to fight infections;
- have been diagnosed with an inflammatory condition such as cardiovascular disease, arthritis, or diabetes;
- are pregnant or preparing to start a family;
- are in a time of life where hormonal fluctuations are present;
- have a family member with gum disease which can be passed along;
- consume tobacco or alcohol;
- have sore or bleeding gums or have ever been diagnosed with gum disease;
- grind or clench your teeth which can speed up the progress of gum disease.

New Patient Special

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

Now \$65

Regularly \$210

Offer expires March 1st, 2010

Please call (703) 961-0707 today for a free consultation. We can diagnose and treat gum disease even when you have no symptoms. And we'll be happy to discuss flexible financial options to help keep your smile at its healthiest and most attractive.

Sincerely,

Dr. Kamran Nikseresht



Mixed Sources
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