

Say “Wow!” Now!

Zoom! Advanced Power

Teeth whitening has never been safer, faster or more effective, thanks to Zoom!® *Advanced Power*™, the very latest in-office teeth whitening. It is so effective that your smile shade could literally zoom right off the whitening charts! The Zoom people call that the “wow factor” – patients are so wowed by their smile’s dazzling brightness!

Optics experts created an exclusive light technology that has the highest

output of any chairside whitening lamp available. Combining this light source with Zoom! Advanced Power 25% hydrogen peroxide gel creates your super-wattage smile in only 45 minutes! And these results really last! We can also provide a customized take-home kit for an annual perk-up.

Call us today for your personal smile consultation. In under an hour, your teeth could Zoom! to the top of the charts!



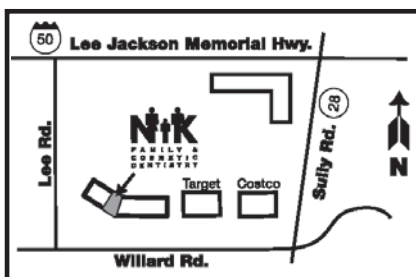
WHITENING SPECIAL!
ONLY \$450 REGULARLY \$650

One hour in-office whitening

As seen on the hit TV series “Extreme Makeover”

Offer ends: March 31st, 2009

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!

Grin... Or Grimace?

You tell us!

The average person can exert up to 200 lbs of muscular force on their back teeth... that's a lot of pressure! So much so that for some individuals, stress-related teeth grinding and jaw clenching can cause serious dental damage. Men especially often wait too long and only seek help after tolerating increasing pain and injuring their smiles' function and appearance.

Here are 9 telltale signs that indicate a stressed-out smile...

- 1 Ground-down eye teeth
- 2 Popping, clicking jaw joints, and difficulty biting
- 3 Recurring headaches
- 4 Chipped edges on front teeth
- 5 Feeling stressed and anxious
- 6 Worn cusp tips on premolars and molars
- 7 Loss of tooth enamel and dentin
- 8 Cracked teeth
- 9 Damaged restorations

Recognize yourself?

Don't just grin and bear it. Let dentistry help you.

Think About Links

Connect with
dentistry for
better health



Even if you think your teeth and gums are healthy ... and even if you don't have rheumatoid arthritis ... reading this could help you. According to research, people with rheumatoid arthritis could be more than twice as likely to have gum disease with accompanying jawbone loss and tooth loss. What does this have to do with you? Well, understanding that each of these is an autoimmune disease with chronic inflammation could provide clues to improve treatment – or even prevent – both disorders.

Science hasn't confirmed a cause-and-effect relationship between the mouth and the body, however, scientists theorize that either: (a) Oral bacteria enter the bloodstream and release toxins that affect other parts of the body; (b) Bacteria-fighting blood cells trigger the body's own immune system to actively work against itself.

How can dentistry help you?

- Dentists can simply and effectively monitor the health of your gums over time.
- Because bone loss in your jaw can occur without obvious gum damage, dentists can use safe and effective x-rays to evaluate the health of your gums and bones.
- Dentists can provide professional instruction in home-care routines that, along with cleanings at the dental practice, will help ensure your oral and overall health.

Gum disease may be associated with heart, lung, and kidney diseases, cancers, diabetes, and osteoporosis, as well as rheumatoid arthritis. How can you help yourself? Visit a dentist regularly.



And The Winner Is...

Guava!

Move over blueberries, broccoli, and pomegranates! Red carpet *superfoods* like these will soon be vying for the limelight with ... guava! This exotic yet readily available fruit also boasts a high antioxidant content, so it's good for your immune system and can help lower cholesterol and protect your heart.

For centuries guava leaves have been chewed to relieve toothaches and used as a decoction for gargling to relieve oral ulcers, inflamed gums, and sore throats.

Guava's distinctively aromatic fruit looks much like a small pear or apple, and once ripe, every part is edible. The rind alone contains over five times more gum-protecting vitamin C than an orange, and the fruit is exceptionally high in calcium for healthy teeth and bones. The glamorous guava: good for you and delicious too!

Would You Do It?

Go ahead – wear a crown – and smile again!

Today, self-improvement opportunities abound – from gyms to plastic surgery to spa treatments. Why? Because people like you demand them. Same thing with dentistry. Appearance matters, so patients like you are asking for treatments that will help them look great *and* feel great. Dental crowns, for example, can brighten, recontour, and restore alignment to your teeth for your most healthy and vibrant smile. The crown is the part of the tooth that you can see above the gumline. When even one becomes damaged, it can affect your appearance and your ability to eat, speak, and smile.

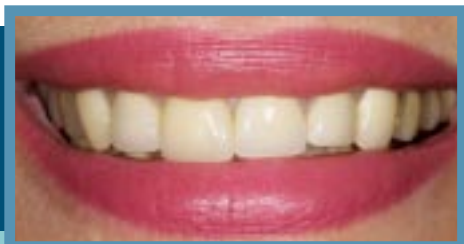
Crown restorations fully cover the damaged tooth to prevent further trauma and provide a seal against bacteria when...

- Too-large fillings have challenged the integrity of tooth structure;
- The tooth has broken or fractured;
- Root canal therapy has left the tooth brittle and weak;
- A gap needs a bridge to prevent shifting teeth and an altered bite.

Dental implant crowns are placed permanently onto an artificial root...

- To replace a single tooth;
- For full-mouth reconstruction;
- To retain an overdenture;
- To retain a fixed bridge.

Today's crowns are the most popular restoration option for people like you who want to improve their oral health *and* their smiles – so add dentistry to your list of terrific things to do *just for you!*



Dental crowns can brighten, recontour, and restore alignment to your teeth for your most healthy and vibrant smile.

**Think
Lunch
Break!**

5 Reasons To Recontour

You've probably heard about one-hour teeth whitening, but did you know that you can also get tooth reshaping or dental recontouring done over your lunch hour? Tooth-colored materials can be used quickly, easily, and comfortably to create a dramatically straighter-looking, more-even smile.

One-visit tooth recontouring is a great choice for minor smile flaws – and it can create virtually instant results.

Re-invent your smile and camouflage teeth that are...

1. Ridged or pitted
2. Chipped or fractured
3. Crooked
4. Uneven in length
5. Crowded or overlapping

Call the dentist for a consultation and find out how dental recontouring can make a dramatic difference in your smile! And if you want to create even more drama – your dental team will be happy to discuss other cosmetic options!



The Best Investment? Prevention!

Our goal is to help you have the best possible oral health for a lifetime. For some people, only the high cost of repair is a motivator to adopt preventive habits. They know that the longer they wait, the more dental repairs will cost.

Decay in one tooth, if left untreated, will spread. Instead of one filling, you'll likely need a crown, increasing the cost by more than six times. Further delays could result in root canal treatment – even more expense!

The early stages of gum disease are easy to treat with dental intervention and good home care. Without these therapies, it can result in tooth loss.

It is never too late to start a preventive oral health program. Remember ... prevention is the best investment!

NEW PATIENT

SPECIAL

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

Now \$65

Regularly \$210

Expires March 31st, 2009

(703) 961-0707



Dear Neighbor,

Get the dental facts... & then decide!

Do you worry about your family?

Are you ever concerned that you might be overlooking something important?

It's perfectly natural and legitimate to second-guess yourself ...especially with all of the media attention drawn to health issues – like the impact that poor oral health can make on overall health and well-being.

Let us help you to sort out the sensational from the factual.

Gum disease has been linked to systemic diseases including:

- heart and stroke
- diabetes
- toxemia
- premature births
- kidney disease
- cancers

Gum disease can appear silently without symptoms before progressing into a more serious form that destroys tissue, ligaments, and bone.

Gum disease is the leading cause of tooth loss.

And, guess what? A little second-guessing can be a great motivator that goes a long way in pointing you in the right direction ... and helping you to ask the right questions ... make decisions ... take action.

Do you have a dental problem or concern? Do you have a question about treatments, procedures, or technology?

Call us today at (703) 961-0707!

It will be our sincere pleasure to meet you ... and take steps towards helping your family gain a lifetime of oral and overall health.

Sincerely,

Dr. Kamran Nikseresht

P.S. We welcome you to come for an introductory visit and consultation with our team. See our new patient special to the left, and call today!



"Dr. Nik"

Nik Family And Cosmetic Dentistry

14415 Chantilly Crossing Lane
Chantilly, VA 20151-2116



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