

Know This...

Why annual oral cancer exams matter

By now you've heard us emphasize many times that the evidence linking gum disease to systemic diseases like diabetes and heart and stroke continues to grow. That's why we're so thorough at your checkups and focus on prevention and home care routines to maintain your oral health. Another important priority we'd like to stress is the need for regular oral cancer exams.

Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. It has now been established that people can develop oral cancer through the *human papilloma virus* (HPV). Most

types of HPV are harmless – skin warts for example, are very common. But some types that can be sexually transmitted have been linked to oral cancers.

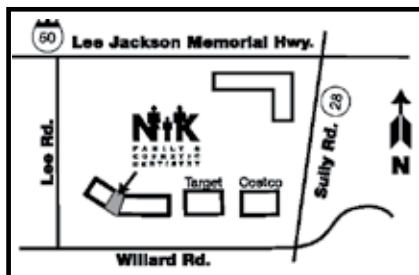
If oral cancer is caught early, the five-year survival rate can be as high as 90%. If not, the rate drops significantly. You can help us by pointing out any abnormal condition you might have seen or felt in your mouth, even ones that seem trivial like a small canker or cold sore that just won't go away.

And because in its earliest most-treatable stages oral cancer usually causes no pain or discomfort, we will perform an oral cancer examination for all of our adult patients, from age 20, every year.

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See How Close We Are...



Call Today!
(703) 961-0707

Nik Family And Cosmetic Dentistry
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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!



Don't Be A Holdout

Join the mainstream and start smiling

Beauty has been democratized, no doubt about it. Not only is it truly accessible, but there is no longer only one single model of attractiveness. And you don't have to go to extremes to look good either. Sure, you can still hold out for an idealized smile where the combined width of the two upper front teeth is 1.618 times the height of each tooth. But in reality, the most popular and accessible cosmetic dental treatments look completely natural, are very patient-friendly, and can improve your smile without surgery in only one visit or two.

Choose to...

Brighten dull teeth enamel and remove unattractive stains and discolorations with dentist-supervised teeth whitening.

Replace dark outdated silver fillings and match your natural tooth enamel with white composite bonding, porcelain, cast glass, or resin inlays and onlays.

■ *White Composite Bonding* restores and strengthens decayed areas while looking like original tooth color.

■ *Inlays* matched to your teeth enamel lie between molar cusps, the small bumps on the top surface. They are custom-made to fit the cavity.

■ *Onlays* are similar to inlays except that they extend over one or more cusps, repairing outer surfaces.

More men and women just like you are living healthier lives, looking younger, and enjoying every opportunity that life presents to participate in the democracy of beauty.

Reward yourself with a

marvelous makeover

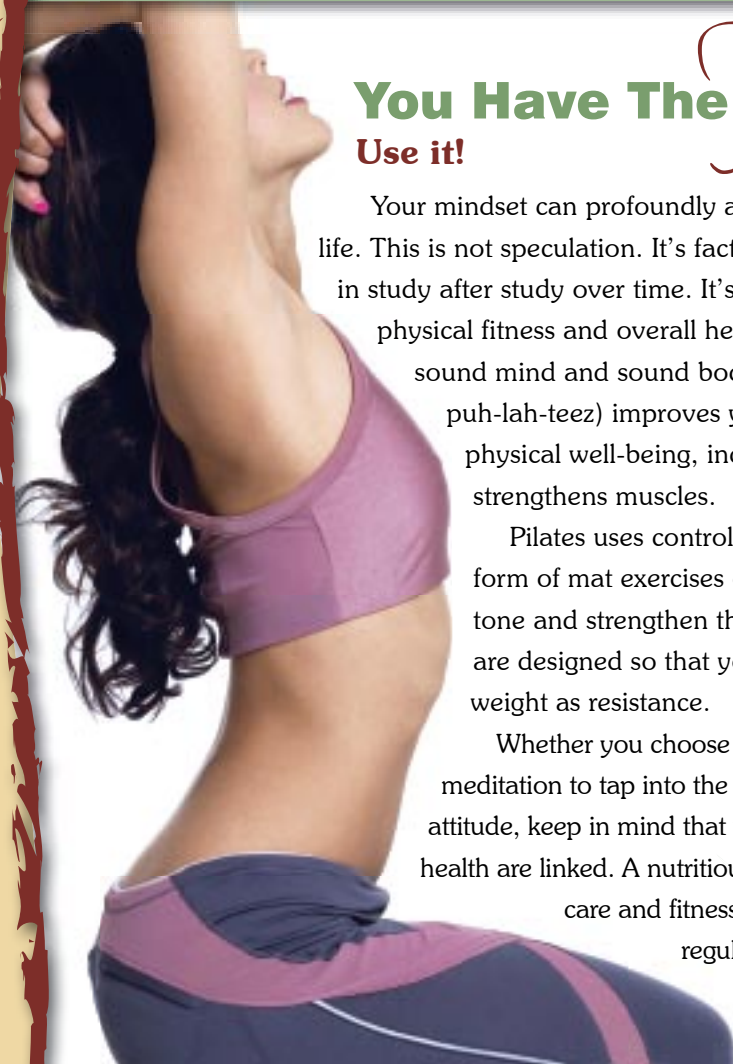
Stay On Top

Here's how!

You wouldn't miss washing a third of your body while you shower ... what would be the point of that? Well, why would you skip flossing? Brushing alone cannot reach in between your teeth and under the gumline – that third where the bacteria that cause gum disease, caries, and bad breath love to hide.

Flossing once a day, preferably before bedtime, is just as essential as brushing for 2-3 minutes twice a day. Your floss can give you other clues too. Is it hooking on chips or cracks, snagging on a jaggy filling, or catching on a spiky cavity?

Actually, many dental problems begin silently. Regular dental visits can identify problems in their early stages when they are easier and cheaper to treat. And we can help keep you on top of your flossing technique!



You Have The

Use it!

Power

Your mindset can profoundly affect the quality of your life. This is not speculation. It's fact and it's been proven in study after study over time. It's also been proven that physical fitness and overall health contribute to a sound mind and sound body. Pilates (pronounced puh-lah-teez) improves your mental and physical well-being, increases flexibility, and strengthens muscles.

Pilates uses controlled movements in the form of mat exercises or with equipment to tone and strengthen the body. These exercises are designed so that your body uses its own weight as resistance.

Whether you choose pilates, yoga, or meditation to tap into the power of a positive attitude, keep in mind that your oral and overall health are linked. A nutritious diet and a good home care and fitness routine combined with regular dental visits will keep you smiling.



Brighter



A Ray Of Sunshine

You can get enough

Vitamin D helps our bodies use calcium and phosphorous to help muscles and nerves work properly, fight diseases including cancers, and to build and maintain strong bones and teeth. If vitamin D is lacking, even an abundance of calcium won't keep your skeleton strong.

Although D is called the sunshine vitamin because we can produce it naturally through exposure to the sun's ultraviolet rays, there's a problem with that. According to the experts there's no such thing as a safe tan. Tans and skin cancers including lip cancer both begin with DNA damage caused by exposure to ultraviolet light.

What to do? Enjoy antioxidant-rich fish like salmon and sardines, liver, and egg yolk which naturally contain D. Consider a supplement and fortified foods and beverages like milk, soy drinks, and margarine.



We Make It Easy For You

Here's how to get the smile you deserve



You know that you're going to update your smile. You know you want to look younger, healthier, and show off a new, more competitive you. But where to start? That's the easy part – with a consultation at the dental practice!

Once you get all the facts, you'll stop worrying and gain confidence. Once you decide, you'll be free to act! Improving your smile is not a problem, it's a terrific solution. We'd be proud to help you find the best solution for your smile.

Easy-care cosmetic veneers (made of either composite materials or porcelain) and dental implants are two very popular choices.

Beautiful composite veneers are a popular and affordable option that can be used effectively to fill gaps and chips, strengthen,

whiten, and straighten the appearance of your smile.

Completely natural-looking porcelain is more translucent like natural teeth enamel and is highly stain-resistant to food, tobacco, and beverages like tea, coffee, and red wine. The durable, smooth, glass-like surface is so resistant to oral bacteria, many just slip away.

Permanent porcelain implants look completely natural, and will prevent bone loss and shifting and tilting of your bite.

Making the right decision has never been so easy. Choose to look younger by brightening your smile or improving the appearance of crowded or gapped teeth without

braces. Please come and see us at our office for a consultation.

Improving your smile is not a problem – it's a terrific solution

Fall Specials reserved for you!

Tooth Whitening Special!

Regularly \$500

50%
off

You can have a whiter, brighter smile!

* Requires a comprehensive examination.

Offer ends: December 31st, 2009

Get Acquainted Special!

Regularly \$210

now
\$65

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

Offer ends: December 31st, 2009

Zoom!® Special!

Regularly \$650

\$200
off

As seen on the hit TV series "Extreme Makeover."

One hour in-office whitening.

Offer ends: December 31st, 2009

Call Today!
(703) 961-0707



Neighbor, Ask Us!

The Facts About... TMD

Do you experience pain in your face, ears, below or in front of your ears, or headaches for which your medical doctor has not found a cause? Do your jaw joints, located in front of your ears, hurt when you chew or do they make clicking or crackling noises? If so, you may be suffering from Temporomandibular disorder – often called TMD.

The temporomandibular joints – or TMJs – are located on both sides of the face in front of the ears, connecting the jawbone to the skull. They're the most complicated joints in the human body, and they allow us to open our mouths wide and move our jaws side to side.

Symptoms of TMD affect millions of North Americans and can appear with no apparent cause. They can also appear after a trauma, such as a traffic accident or a blow to the face. Teeth clenching, excessive gum chewing, a bad bite, nail biting, or cradling a phone between your shoulder and head can cause or exacerbate TMD. Stress and tension may awaken or aggravate an existing TMD condition. However, stress alone does not cause this disorder if a patient enjoys good oral health.

To diagnose TMD, a thorough exam is essential. Let us help you determine if the cause of your discomfort is your jaw joint, and from there, if necessary, determine a treatment plan that will give you relief.



The lower jaw (mandible) is attached to the skull by a joint on each side of the face called the temporomandibular joint (TMJ). Any number of problems can prevent the TMJ from functioning properly.