

Ask Us!

Let us help you to lighten up!

It was a great photo. You were caught in the middle of a “full-on” laugh. Then you noticed the old, silver, amalgam fillings and realized that your entire dental history is on display! No need to be self-conscious any longer. There is a simple and attractive solution to the problem.



“Dr. Nik”

According to research, the demand for natural-looking white composite resin fillings has surpassed silver amalgam by a ratio of more than 3:1! These fillings are more natural looking than amalgam, and have the added advantage of never discoloring surrounding or neighboring teeth as older amalgam fillings have been

known to do. Modern materials and processes ensure that they are also durable, reliable, and predictable.

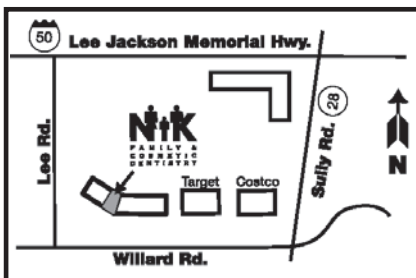
Because of these advantages and high consumer demand, we have recently restocked one of the finest composites available. This material can be so precisely color-matched to your teeth that it will be invisible to the casual observer.

Let’s talk about concealing, once and for all, your “dental history” with composite fillings. It can usually be done in only one visit or two, and because your silver fillings could be upwards of 15 years old, your insurer may cover replacement costs.

Call us about this impressive improvement. Be laugh-out-loud confident ... whether you’re in front of, or behind, the camera!



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

WE WELCOME NEW SMILES!

If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.

Tailored For You



Cosmetic veneers

Sometimes people live with a smile they're unhappy with because they think they'll need to commit to braces and actually re-align their bite. Sometimes they're wrong. Beautiful hand-sculpted porcelain veneers, applied to the outside surfaces of your teeth, can dramatically recontour your smile.

Here are some smile concerns that can be completely concealed with long-lasting veneers, without moving your teeth...

- Teeth that overlap slightly;
- Enamel that has become worn or chipped;
- Teeth that are off center;
- Teeth that are straight but have gaps between them;
- Edges that are too feminine or too masculine for your smile;
- Teeth that are a little crooked;
- Teeth that are stained or dull looking.

You can turn getting it wrong into exactly right. Redesign your smile with cosmetic veneers.



Look At This!

And assess your oral health

Did you know that saliva is being used to diagnose systemic illnesses, assess the risk of dental caries (decay), and create smart, targeted antibiotics that destroy *only* bad bacteria? Your mouth really is the gateway to your body. According to one survey, virtually 100% of dental professionals and physicians believe that there may be a link between oral health and overall health. Many are actively trying to educate their patients about the importance of preventing and treating gum disease.

In the earliest stages you might not realize that you have gum disease, which is why regular dental exams are so important. If you have any of these symptoms, your dental team can treat, repair, or even reverse them.

- | | | |
|--|------------------------------|-----------------------------|
| Do your gums feel and look puffy or tender? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| Do your gums bleed when you brush your teeth? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| Do your teeth appear long due to receding gums? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| Do you have persistent and embarrassing bad breath? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

If you answered "yes" to any of these questions, it's important that you call your dental team ... and the sooner the better! The initial stage of gum disease called *gingivitis* is very treatable with home care and regular monitoring. The later stage called *periodontitis* is more serious and can lead to bone, tissue, and tooth loss.

Why else should you call? Regular dentistry is your gateway to a smile that's healthier and more attractive!

Help On The Half-Shell

What a pearl!

What could a human and a humble mollusk possibly have in common? Each has the capacity for self-repair! A human bone will mend and so will a cracked oyster shell. In future, scientists believe oysters could help cure and even prevent diseases like osteoporosis and arthritis ... and help restore oral health by re-generating lost bone.

How? Biologists are studying the way oysters generate mother-of-pearl with a strong, durable substance called nacre. In future it could be grafted onto human bone to release active molecules to induce bone remineralization.

Wait – there's more! Oysters that don't produce pearls are also remarkable. They contain more zinc per serving than any other food, help us to maintain our sense of smell and taste, and may help prevent oral cancers.

Oysters: one of nature's true gems.



Do It The Right Way

Learn how

If a little bit is good, then a whole lot is better ... right? Wrong! Too much washing can worsen skin breakouts. Too much exercise can keep your muscles small. And too much brushing can damage your teeth and gums!

Your dental team can help you to develop and maintain good oral health. For example...

- You can learn about the relationship between oral and overall health.
 - You can find out how to select the best toothbrushes.
 - You can receive a demonstration on how to brush and floss your teeth.
 - You can find out about alternative tools for your unique dental needs.
 - You can take home special devices like plaque disclosing agents to improve your cleaning technique.
- You can *never* have too much motivation – or too many smiles!



Get ready to let loose ...and laugh!



Woo Hoo! What About You?

Laughter is contagious – but you already know that. Well here's something you might not know! According to scientists, upbeat sounds like laughter or a happy *huzzah* trigger our brain's smile-activation center, priming our facial muscles for an involuntary smile. If you've been resisting your natural impulses and covering up your smile, maybe you need a smile recharge.

Cosmetic dentistry can create eye-catching results quickly, comfortably, and without surgery. Help your inner you shine through...

- Remove those stains you've been trying to hide.
- Whiten your teeth to their most youthful, healthy, and glamorous best.
- Correct the appearance of gaps, chips, and crowding.
- Improve the shape and proportion of your gums and teeth.
- Make lips appear fuller and plump fine lines to make them less noticeable.
- Restore appearance and function to teeth that have been weakened or damaged by root canal therapy, clenching, or grinding.
- Replace older dark conspicuous fillings with white ones that look so natural no one will guess that you've ever needed fillings.

Not only is your mouth the first place people look when they meet you, but study after study has shown that attractive people tend to make friends more easily and are more likely to succeed in their careers.

Get ready to reveal your best smile! You're worth it. And before you know it, your renewed self-confidence will have you laugh-out-loud spontaneous again.



Summer Specials!

Tooth Whitening Special!

Regularly \$500

You can have a whiter, brighter smile!

50%
off

* Requires a comprehensive examination.

Offer ends: August 29th, 2008

Get Acquainted Special!

Regularly \$210

Includes:

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

now
\$65

Offer ends: August 29th, 2008

Zoom!™ Special!

Regularly \$650

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

One hour in-office whitening.

\$200
off

Offer ends: August 29th, 2008

Call Today for your appointment and details!

(703) 961-0707



Neighbor, Know This!

Crowns & Bridges

There are some dental terminologies that our patients often want clarified. We are regularly asked, "What is the difference between a crown and a bridge?"

Crowns (some people call them "caps") are used to restore a compromised tooth that is in danger of breaking. A crown covers and protects the entire tooth. Crowns no longer need to be metal based except when strength is an issue for some rear molars. Otherwise, for teeth that show when you talk or smile, we choose modern, color-matched porcelain or reinforced resins. The damaged tooth is filed down and the crown is permanently cemented to it. In this way, the entire chewing surface of your tooth is replaced. A properly designed and fitted crown cannot be distinguished from a real tooth. They just look more healthy and youthful.

When a tooth is missing a bridge is required. This procedure usually requires that a crown be placed over the teeth on either side of the gap. A "false" tooth or teeth can be anchored to the two crowns, thus forming a "bridge" to create a continuous chewing surface. Bridges are permanent, like crowns, and can only be removed by your dentist.

Other tooth restoration options, like implants which effectively incorporate crowns to create a strong, attractive, more youthful smile, will be covered in upcoming articles. Stay tuned!

Yours in good dental health,

Dr. Kamran Nikseresht

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