

Fellowship From Academy of General Dentistry CHICAGO



“Dr. Nik”

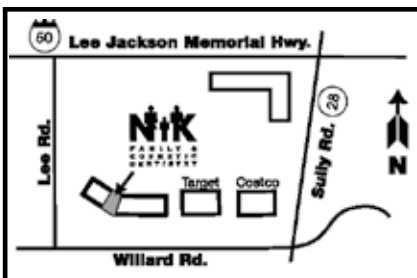
The Academy of General Dentistry (AGD) is pleased to announce that Kamran Nikseresht, DDS, of Centreville, Va., received the prestigious Fellowship Award during the AGD’s largest Convocation ceremony, a commencement celebration that recognizes AGD members commitment to excellence in dental education. Held at the AGD’s Annual Meeting & Exhibits on June 30th in San Diego, Dr. Nikseresht accepted his award along with more than 350 other recipients.

The Fellowship Award is presented to dentists looking to provide the highest quality of dental care by remaining current in their profession. In order to receive this award, Dr. Nikseresht completed 500 hours of continuing dental education, passed a comprehensive written exam and fulfilled three years of continuing membership with the AGD. As a recipient of this award, Dr. Nikseresht has joined an elite group of more than 14,000 members of the dental community (which accounts for 7% of dentists) who understand that great smiles and good oral health for their patients are the result of going above and beyond basic requirements. The Fellowship Award symbolizes excellence in the dental profession and a commitment to providing exceptional patient care.

“This is an outstanding accomplishment for Dr. Nikseresht,” says AGD President Vincent Mayher, DMD, MAGD. “By completing the rigorous requirements to become a Fellow, Dr. Nikseresht goes above and beyond basic licensure requirements in his state to keep his practice on the cutting edge.”



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.



Hard To Swallow?

Diet matters

Scientists are continually looking for strategies to prevent or eliminate oral cancer. Here are some potential approaches involving diet.

■ A Duke University study found that milk, cheese, yogurt, water, fruits, and vegetables worsen the taste of cigarettes, while coffee, soda, meat, and alcohol enhance it. Tobacco, especially when combined with alcohol, is a major risk for oral cancer.

■ A Brazilian study has linked oral cancer with the regular consumption of foods high in animal and saturated fats, including bacon, pork, and fried foods.

■ Fruits like blueberries, blackberries, and papaya could someday be used to halt the spread of existing oral cancer and reduce tumor size three times faster than conventional medication.

What do we know for sure? Early detection could cut deaths from oral cancer in half. Please don't miss regular visits – your dental team is trained to detect the early signs and symptoms!



Romancing Your Smile

Face forward

Something For Everyone

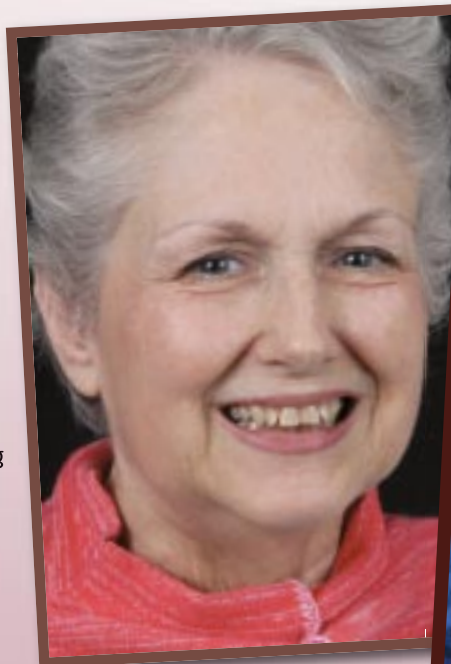
Never too late to restore your smile!

Intelligent smile-seeking camera technology won't close the shutter until it's honed in on a smile ... ready or not! Even levels of smile intensity can be pre-selected, to ensure the camera captures only your broadest grin. Good for the photographer ... but not so great if you've allowed your laugh to languish due to dental anxiety or lapsed home care routines. But hang on – it's *never* too late to get the smile you want.

Here are ten things that dentistry can treat to dramatically improve your oral health and appearance...

1. Gums that are red, swollen, and sometimes bleed.
2. Gums that have receded exposing the roots of your teeth.
3. Tooth loss because of trauma, decay, or gum disease.
4. Teeth that have shifted.
5. Bone loss or deterioration of supporting ligaments.
6. A sad or mad appearance because your nose and chin have become closer together.
7. Inability to chew properly or speak clearly.
8. Teeth that are sensitive, grooved, or worn down.
9. Tooth enamel that is yellowed, stained, or mottled.
10. An altered bite with clicking jaw joints.

With periodontal treatment and modern dental techniques like bone regeneration, enamel remineralization, and orthodontics, it's never too late to enjoy robust oral health and strong teeth, gums, and bone. Then you can have restorative and cosmetic treatment like teeth whitening, bonding, crowns, bridges, veneers, and implants ... *and* give a BIG smile for the camera!



According to research, people prefer happy faces that look directly at them, and so appear to “like” them, which suggests that attraction is not simply about physical beauty. That makes sense. You are, after all, a multifaceted human being ... more than *just* your appearance, or *only* your intellect, or *merely* your earning power. Your wonderful pleasing smile is an extension of that complexity.

Your smile is more than just your teeth, or only your lips, or merely your gingivae (gums). When all three of these smile components are healthy, attractive, and radiate self-confidence, the total impact is far greater than the sum of the parts.

What’s the secret to a smile that reveals the inner you? A good home care routine, regular dental checkups, and a smile-healthy diet.

A Dynamite Concept

Could you have Complex Chronic Disease?

You know how in the movies, instead of swallowing a nitroglycerine tablet, the actor places it under his tongue? It’s because sublingually the medication is more rapidly absorbed into the circulatory system to speed relief to the sufferer. That’s a clear mouth-body connection and only one illustration of why scientists are exploring potential links between your oral health and your overall health. This includes the relationship between cardiovascular diseases and gum disease.

Gum disease results when plaque, the sticky film on your teeth, isn’t brushed and flossed away, causing redness or puffiness, a bad odor,

or bleeding during brushing. If allowed to progress, it can lead to the loss of teeth and bone, thanks to *periodontitis*, a chronic oral bacterial infection.

■ Chronic, persistent disease is the number-one healthcare challenge of this century according to the *World Health Organization*.

■ As many as 75% of people over age 45 have been estimated to have two or more chronic diseases such as diabetes and heart disease.

■ To raise public awareness of these *Complex Chronic Diseases* (CCDs), experts have coined attention-grabbing names like *arthrostrokoma* (arthritis, stroke, and glaucoma).

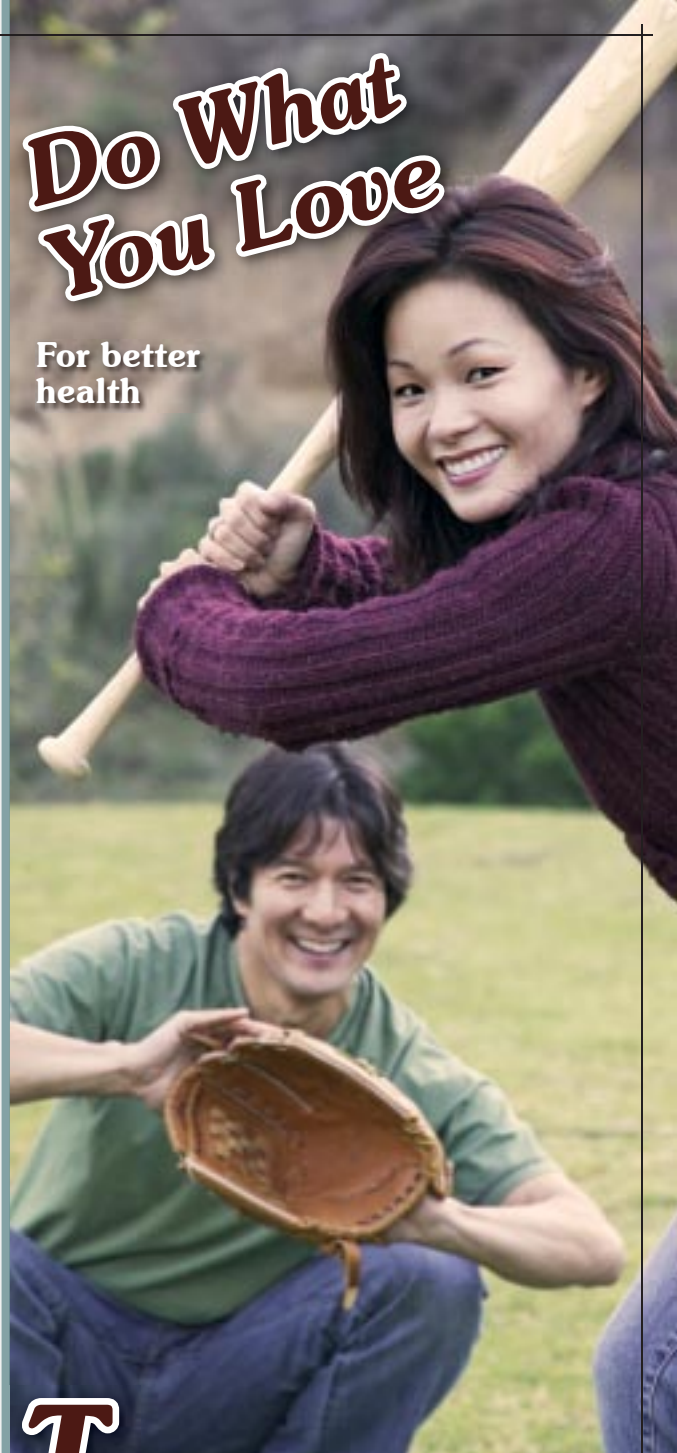
How about *periocardiobetes*? With further research, perhaps someday experts will be adding periodontal disease to this mix as it may be associated with oral cancers, premature births, osteoarthritis, and osteoporosis, and has been called the sixth complication of diabetes.

In the meantime, please keep your regular visits and monitor your oral health.



Do What You Love

For better health



T

hirty minutes of daily physical activity can do more than help protect you against high blood pressure, diabetes, and high cholesterol – all risk factors for cardiovascular disease. Regular exercise is good for your mental, emotional, and physical health. Yet who among us has never made a heartfelt commitment to a program ... only to quit in a heartbeat? Could be time to search for a new activity!

Are you a social butterfly ... highly competitive ... or so shy you’d rather just work out at home? Experts believe that taking the time to find an activity that suits your personality – even if you have to try and try again – is the key to staying focused and committed.

After all, you’re more likely to stay dedicated to the one you love!

Summer Specials reserved for you!

Tooth Whitening Special!

Regularly \$500

50%
off

You can have a whiter, brighter smile!

* Requires a comprehensive examination.

Offer ends: September 26th, 2008

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: September 26th, 2008

Zoom!™ Special!

Regularly \$650

\$200
off

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

One hour in-office whitening.

Offer ends: September 26th, 2008

Call Today for your appointment and details!
(703) 961-0707



Ahh... Summertime!

Which Way To The Beach?

As we breeze through the lazy, hazy days of summer, kicking back and swinging in the hammock can be made easy knowing that your dental checklist has been pulled together for you. And yes, that does sound like something a dentist would say! But seriously, with so many things to think about, it's easy for the details to get away on 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!

Nik Family And Cosmetic Dentistry

14415 Chantilly Crossing Lane
Chantilly, VA 20151-2116



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