



Dear Neighbor,

Welcome! Whether you are new to the area, or just looking for a new dentist, we will be happy to welcome you with the same kind of personalized service all our patients receive.

During your appointment you'll meet our team, and receive an oral health exam. We can talk about your concerns and smile goals - then decide if we are right for you and your family!

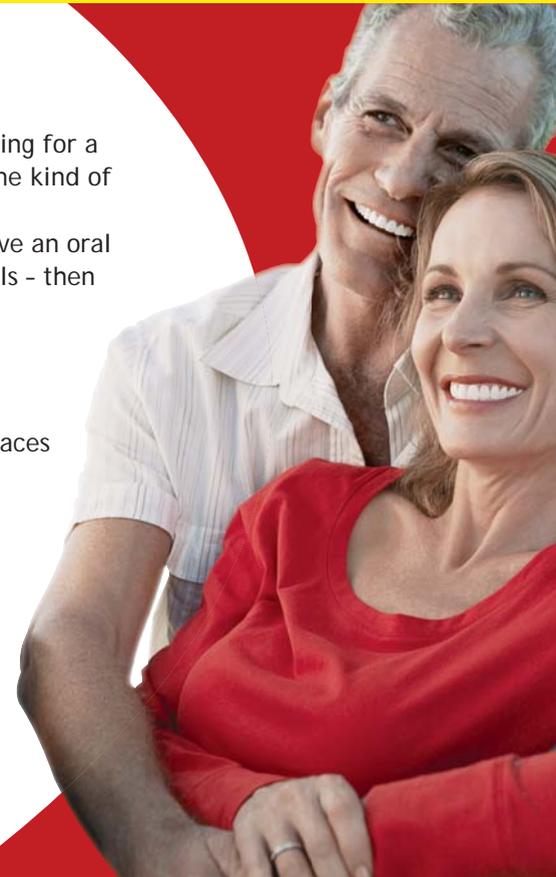
WE PROVIDE...

- Sedation dentistry to ease anxiety, help you relax, and increase comfort
- Comprehensive care including family, cosmetics, implants, and invisible braces for your one-stop convenience
- Flexible appointment hours, insurance, and payment options for your convenience and peace of mind.

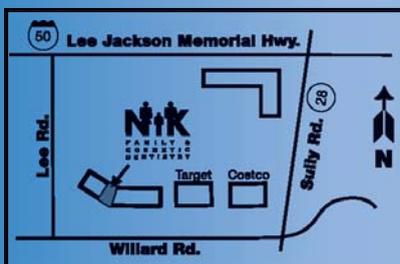
We care about your health and are dedicated to enriching your life while providing quality care. We will make it as convenient, comfortable, and affordable as possible for you to keep your smile looking its best. Our friendly team is eager to welcome you.

Call (703) 774-9805 today to book your appointment

Serving the Chantilly area for 14 years!



**We always welcome
new patients!**



Conveniently located at the Chantilly Crossing Costco Shopping Center!

Call Today!
(703) 774-9805

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 – 5:00 pm
Evening & Weekend Appointments Available!

Our Services Include:

- ❖ Tooth whitening in office or at home
- ❖ Cosmetic veneers
- ❖ Tooth-colored fillings
- ❖ Crowns & bridges
- ❖ Orthodontic treatment
- ❖ Dental implants
- ❖ One visit Cerec® restorations
- ❖ 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!

Feed Your Complexion

FEED YOUR SMILE

Foods that promote a healthy mouth also fight wrinkles, so you can eat your way to a winning smile and beautiful skin!

BERRIES & CITRUS FRUITS

Smile: Vitamin C contributes to healthy gum tissue.

Complexion: Antioxidants protect skin from free radical damage.

EDAMAME (e-da-ma-may or baby soybeans)

Smile: High calcium content builds strong teeth.

Complexion: Amino acids build cells and repair tissue.

LEAN PROTEIN

Smile: Amino acids help gums heal faster.

Complexion: Protein speeds the regeneration of skin cells and collagen.

ORANGE PRODUCE (including carrots, yams, pumpkins)

Smile: Vitamin A increases resistance to mouth infections.

Complexion: Beta-carotene and antioxidants rebuild skin cells.

GREEN LEAFY VEGETABLES (including spinach, beet tops, broccoli)

Smile: Calcium strengthens teeth.

Complexion: Antioxidants counter the ill-effects of free radicals.

Bye Bye “Gummy” Smile

We can help!

Are you concerned that your gums show too prominently when you smile? Or whether or not your “too-gummy smile” is healthy? While it’s not an indication of poor gum health, a gummy smile could dampen smile appeal.

During your consultation, we can explain how a gum lift could make a tremendous difference ... perhaps even **create the smile of your dreams!**



To give you the smile that you’ve always wanted, let’s discuss options including:

- Crown Lengthening - A gum-sculpting procedure that can either raise or even-out your gumline, exposing an engaging balanced smile.
- Crowns or Veneers - Options that can correct the length and shape of your teeth, giving them a more attractive uniform look.

7 Factors You Can't Ignore

Do they apply to you or someone you love?

Gum disease is a chronic bacterial infection that is a major cause of tooth loss in adults and triggers an inflammatory response in your body. Scientists believe it may be linked to other inflammatory diseases such as heart disease and stroke, Alzheimer’s, diabetes, respiratory diseases, cancers, arthritis, and osteoporosis. As if this weren’t worrisome enough, research suggests that the incidence of gum disease may be 2-3 times higher than previously thought. This is alarming because only about 3% of those afflicted seek treatment.

Here are 7 factors that could make you vulnerable to developing gum disease...

Improve Your Smile!

Enrich Your Life!

DENTAL IMPLANTS



If you are self-conscious about your smile, you may not be getting the most out of life. Missing teeth or worn restorations can age your face and make you feel less vibrant. They can also cause you to miss out on the things you once enjoyed, like favorite foods. Rest assured that there is a solution: *dental implants*, which are artificial roots secured by the jawbone, serve as anchors for replacement teeth. They offer superior stability and help preserve bone. Implant-supported teeth look, feel, and function just like natural teeth.

IMPLANTS CAN IMPROVE YOUR SMILE BY:

- providing a permanent anchor for attractive replacement teeth
- curtailing bone loss
- supporting face and lips, eliminating a “sunken” look.

IMPLANTS CAN IMPROVE YOUR LIFE BY:

- offering the convenience and comfort of non-removable replacement teeth
- restoring bite pattern and alleviating headaches and jaw aches
- aiding digestion by allowing you to properly chew foods.

Whether you need to replace one tooth, several teeth, or all of your teeth, there is a solution for you. We will be happy to discuss ways to bring back your healthy smile and vibrant lifestyle.



Vital For Your Health

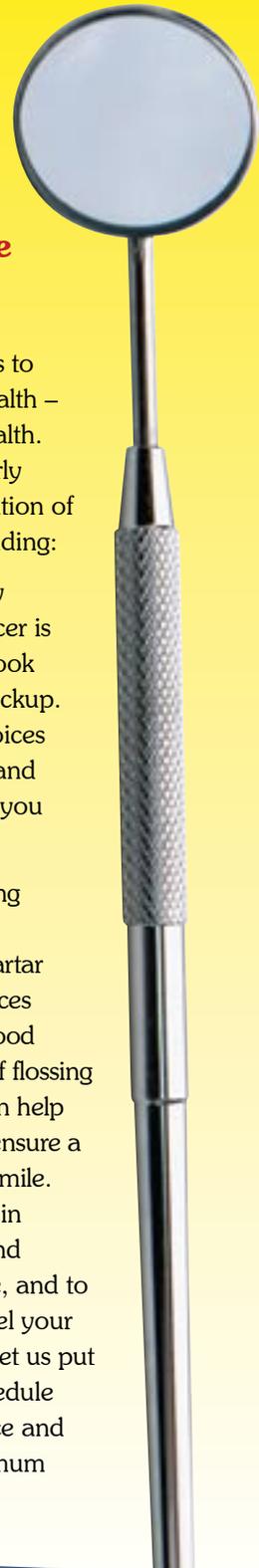
Dental hygiene visits

Regular recall appointments help us to monitor your oral health – even your overall health. We can aid in the early detection and prevention of serious diseases including:

ORAL CANCER – Early detection of oral cancer is imperative, and we look for signs at every checkup. Making informed choices about diet, tobacco, and alcohol use can help you prevent this disease.

GUM DISEASE – During regular cleanings, we remove plaque and tartar and can detect instances of infection. With a good home-care regimen of flossing and brushing, you can help prevent disease and ensure a fresh sweet-smelling smile.

Our goal is to aid in the early detection and prevention of disease, and to help you look and feel your best. Call us today. Let us put you on a regular schedule of health maintenance and monitoring for maximum smile results!



Tobacco & Alcohol

Smoking or chewing tobacco and drinking alcohol are the leading causes of oral cancers. Doing both could put you at 15 times greater risk than others.

Genetic Susceptibility

About 30% of the population inherits the tendency to be six times more at risk for gum disease.

Hormonal Changes

Life stages that bring natural changes in hormone levels include puberty, pregnancy, menopause, and andropause.

Stress

Stress has been linked to cancers and can make it more difficult for you to fight off oral and other infections.

Diabetes

Diabetics are at higher risk for infections including gum diseases which can make it more difficult to control blood sugar.

Clenching Or Grinding Teeth

Excess force on the supporting tissues of your teeth could speed their deterioration.

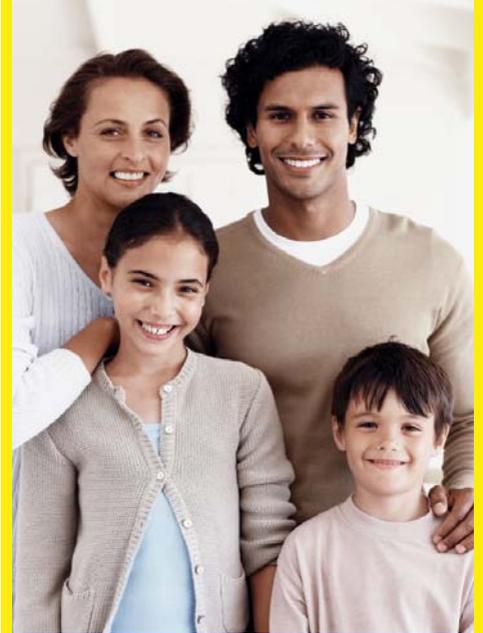
Avoiding Dental Visits

Regular exams and confirmation of proper home care techniques can help you prevent gum disease. Our professionals can identify gum disease symptoms before you can, and help you to halt or even reverse its progression.

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14415 Chantilly Crossing Lane
Chantilly, VA 20151-2116



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Valuable Health Information For Our Neighbors

Straight Teeth = Health

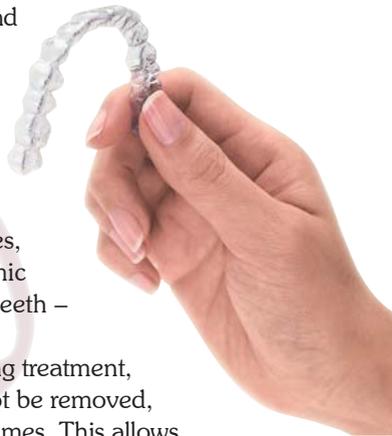
The added benefits of Invisalign

We seek the maximum benefits from everything. Why should your orthodontic treatment be any different? You can have more than just straight teeth. With *Invisalign*®, not only can you improve aesthetics, but more importantly, occlusion (bite), periodontal health, and overall health.

When teeth are misaligned they can be difficult to clean. Gaps and crowding can exacerbate the buildup of bacteria, making the development of periodontal problems likely. The resulting gum disease has been linked to overall health issues, including diabetes, heart disease, stroke, and a host of other systemic troubles. This illustrates the need for straighter teeth – not just for looks, but for your health.

You can even begin to reap the benefits during treatment, because with *Invisalign*, unlike braces that cannot be removed, aligners can be removed to eat and at cleaning times. This allows for proper brushing and flossing techniques which reduces your risk of periodontal, and overall, health problems. You can better maintain effective oral care.

Improve your overall health. Ask us about *Invisalign* today.



Receive
10% off
treatment

When started before
March 31st 2012



New Patient Special

Introductory exam

At Nik Family & Cosmetic Dentistry, we take pride in bringing added value to every patient by meeting all of your dental needs here in one location and by offering a comprehensive range of dental products, technology, and procedures.

We would really like the opportunity to get to know you ... and encourage you to take advantage of our Family Introductory Special!

Family Introductory Special

Now \$149

For every adult exam completed receive 1 child exam FREE
Introductory Exam Includes:
Comprehensive exam, 4 digital bitewing x-rays & routine hygiene visit.

***Valid for new patients without dental insurance coverage.**

**No Insurance?
No Problem!
We Offer CareCredit®**

 **CALL**
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