



# Forging Ahead Into 2006!

Raising the bar with expertise, awards, and a new associate!

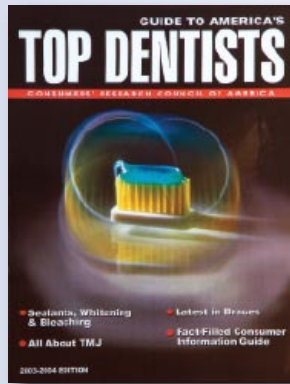
One word describes the year we've just had at *Next Generation Dental*: FABULOUS! And here's why... We have welcomed a very fine Associate in Dr. Paul H. Nacht. Over the next few months, we will be personally welcoming all of Dr. Nacht's patients as our practices merge. And we have won multiple prestigious awards.

We're very excited about our successes, and sincerely thank you - our loyal patients - for giving us constant support and continued referrals over the years. It is our honor to continue to offer all patients of Next Generation Dental's our guarantee: you will always receive the highest level of professional compassionate care possible; the quality of care that you have always expected and received from Drs. Ganjian and Nacht.

Please know that we always welcome existing and new patients for dental consultations. Is there anything you'd like to change about your smile? Experience our expertise: give us a call and let's discuss it! Make 2006 the year of your healthiest, brightest smile!



## Celebrating Our Awards!



**America's Top Dentist** - We have always been sincere about our mission to provide superior service and care, and so we are delighted and very proud to accept a highly coveted award in the dental world: the independent *Consumer's Research Council of America* "America's Top Dentist" designation. We were selected for our experience, training (education and continuing education), board certification (American Dental Association dental specialties), and professional affiliations (memberships in dental associations). This award tells our patients and prospective patients that we offer the "finest [in] professional services."

**Premier Providers** - Another award that we'd like you to know about is from *Align Technology Inc.*, the inventor of *Invisalign*® (the technologically advanced method of straightening teeth using customized clear removable aligners). Drs. Paul and Benjamin Ganjian have been awarded Align's "Premier Provider" status. This puts us in the top 5% of Invisalign practitioners in all of North America! To qualify, doctors must demonstrate an exceptional level of Invisalign experience. The Drs. Ganjian were among the very first recipients of the award.



**Features In Bride's Magazine** - Next Generation Dental has also been featured in the Health and Beauty section of *Bride's Magazine* in a great article entitled "Your Glowing Smile."

Of course, as individuals, we are extremely proud of our achievements in the past year, but it is very important to us that you know that the true emphasis on our successes is our ability to share them directly with you every time you come in to our practice, every time you read our newsletter, and every time you visit our web site [www.nxdental.com](http://www.nxdental.com). Our genuine intention at Next Generation Dental is to ensure our practice benefits you as much as possible.

Thank you for all your referrals. We appreciate them!



# A Jewel Like No Other

Gain a confident smile with crowns and bridges

**Crowns and Bridges.** The very words denote power and strength. That's fitting because crown and bridge restorations are meant to boost your smile power while strengthening the structure of your smile.

Crowns are sometimes called *caps* because they fit over your teeth to support them and to improve their appearance. They are usually made of natural-looking translucent porcelain and are designed to blend in so well with neighboring teeth that no one can tell that you have them.

Where does the bridge come in? When you have one or more missing teeth, replacements are created to fill in or *bridge* the gap. One or both of the supporting teeth on either side may require crowns to make them strong enough to support the replacement.

Crown and bridge restorations can benefit you in so many ways - enhanced appearance, improved ability to eat and speak ... and renewed self-confidence.

We invite you to call for a consultation. Your confident smile is always a jewel in our crown!

## Men On The Run

### How do you take care of your oral health?

On a typical *day*, the restaurant industry posts average sales of more than *\$1.2 billion*, and sales reach more than *\$440 billion* annually. In general, more men than women eat out, and more of them report eating out frequently. That's a lot of eating on the run! So how can men ensure they take care of their oral health?

- Plan once-daily flossing, preferably at bedtime instead of after a meal.
- Drink water throughout the day to clear away food debris.
- Keep a toothbrush at work. It increases the likelihood of brushing by 60%!
- Use antibacterial chewing gum and fluoride mouthwashes while traveling.
- Order take-home meals so you can relax, eat, brush, and rinse.

A white, healthy smile is handsome, and in the long run, slowing down can give a substantial return on your investment.



### You may require a crown if a tooth has:

- \_\_\_\_\_ been extensively damaged by decay; \_\_\_\_\_
- \_\_\_\_\_ become weakened because there is more filling than tooth; \_\_\_\_\_
- \_\_\_\_\_ been fractured, compromising its structural integrity; \_\_\_\_\_
- \_\_\_\_\_ become discolored and detracts from your smile; \_\_\_\_\_
- \_\_\_\_\_ undergone root canal treatment; \_\_\_\_\_
- \_\_\_\_\_ the role of supporting a bridge. \_\_\_\_\_

## Scent Sense

### Try a bouquet

Men who like floral-spicy scents think women wearing the fragrance look twelve pounds lighter. Researchers at Chicago's *Smell & Taste Treatment and Research Foundation* have also found that scents can make both men and women seem more attractive and even help them eat less. When a pleasing aroma dominates the frontal region of the brain, its feelings and perceptions interpret for the eyes.



# Try A Different Spin

## Yo-yo dieting may hurt immunity

Weight going up and down like a yo-yo? That's a no-no. Continually losing and regaining weight can make it harder for your immune system to fight infection. *Periodontitis* or gum disease is a bacterial infection that destroys the tissues and bone that support the teeth and leads to tooth loss. It has also been linked to cardiovascular diseases, osteoarthritis, oral cancer, and other systemic diseases. A balanced diet is essential to your entire health.

Many foods that build and maintain strong muscles and bones also build strong, healthy teeth and gums.

Your diet should include:

- Dairy products or dairy substitutes
- Whole grains
- Fruits and vegetables
- Lean meat, fish, poultry, and légumes.

We can't think of anything more attractive than the glow of a healthy smile ... and a healthy body.

# You're In Control

Cosmetic dentistry could be just the motivator...

If you've been avoiding a dental appointment because you're fearful, non-surgical cosmetic dentistry could be just the motivator you need. Believe us ... the rewards are worth it.

You could start with a dentist-supervised teeth whitening program – in the privacy of your own home. You can whiten a little over a day or two, or a lot over a week or two. *It's all in your control.*

Another simple cosmetic technique is replacing dark, older fillings or bonding that has become compromised over time. *You've already had the big work done.* With quiet, comfortable dental technology and superior materials, you'll have a revitalized, glowing smile before you know it.

You might even consider a completely natural-looking smile makeover with cosmetic veneers. And the rewards? *You won't have to:*

- avoid smiling for photos, or always smile with your lips closed;
- cover your mouth with your hand when you smile or laugh;
- worry that your stained or yellow teeth make you look older;
- see dark fillings, chips, crowding, or gaps when you smile or laugh;
- wish you had a more stellar smile.

And there's more! Not only can we keep your smile healthy, studies show that smiling more can help you release tension and stress.

Our entire team is cheering for you. *It's all in your control.*



## Floss Shredding?

Don't get tied up in knots!

Daily flossing is essential for oral health. If your floss consistently catches or shreds even after trying different types of floss, it might not be your technique.

Your floss could be...

- ... hooking on chips or cracks in your teeth enamel;
- ... snagging on a broken or jagged filling;
- ... catching on a spiky surface surrounding a cavity.

Whatever the cause, floss-shredding could be a clue to a dental flaw that should be corrected. Examples include outdated restorations and subtle smile imperfections like cracks or chips.

Beautiful, durable, and tooth-colored, today's bonding materials and inlays and onlays can be used to restore older fillings – and your smile. Hand-sculpted porcelain veneers can conceal chips, severe staining, and even gaps.

Flossing problems? Whatever the cause, we have the solution for you.



# Make Your Smile Your Dream Smile

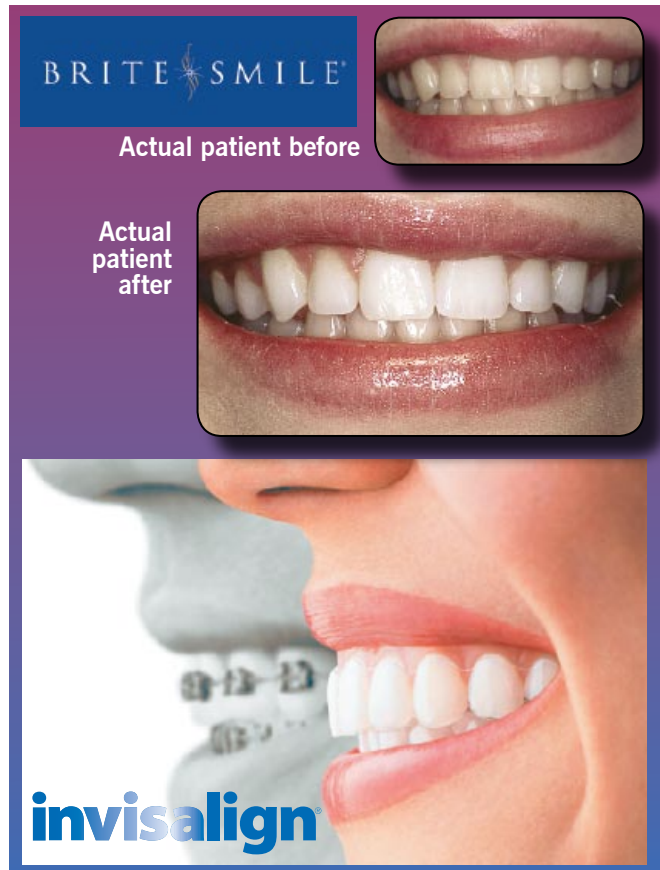
## We're determined to help!

Here at *Next Generation Dental*, we make absolutely sure we're offering our patients the very best and latest in dental techniques and technologies. That's why we're such fans of continuing education which is essential for any medical professional who wants to keep on the leading edge. Two of the new technologies that we're proud to deliver to our patients are *BriteSmile*® teeth whitening and *Invisalign*® orthodontics.

*BriteSmile* is an innovative in-office procedure that we feel is the quickest, safest, and easiest method of whitening and brightening your happy smile! Its technology allows us to whiten your teeth up to fifteen shades in a little over one hour. It uses a special gel that contains just 15% hydrogen peroxide - less than half the peroxide of traditional whiteners - thereby reducing dramatically any sensitivity problems. And independent studies have proved that *BriteSmile* causes no change in enamel.

*Invisalign* is the method of straightening teeth using a series of nearly undetectable clear, removable aligners. Imagine... orthodontics without metal wires and brackets! This year, we've been recognized as a "Premier Provider" of this unique technology. Please read more about this award on page one.

Our web site offers information about *BriteSmile* and *Invisalign*, as well as the other services we offer at *Next Generation Dental*. But please, never hesitate to call and talk to us if you have any dental question or concern, or if you see something on our site that peaks your interest.



## office information

**Next Generation Dental**  
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Dr. Benjamin Ganjian, DDS  
Dr. Sandra Kupferman, DDS  
Dr. Paul H. Nacht, DDS

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(212) 362-3360

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### Office Hours

Mon-Thu 8:00 am - 7:00 pm  
Sunday 11:00 am - 5:00 pm \*  
\* Sunday by appointment only

### Contact Information

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Web site www.nxdental.com

CapitalOne | healthcare finance™

DISCOVER  
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**Referrals Do Us Proud ...Every time!**

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques ... but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

After all, we are *your* dental office and *your* dentist! And you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of family, friends, and colleagues.

Thank you for your trust!

## Give A Big Smile... Give a gift certificate!

Do you know someone who'll be making an important appearance this fall? Someone who is being married? Going to a convocation? Attending a special event? Now you can give them the gift of looking and feeling their best!

We are pleased to offer a terrific gift idea: our very own Gift Certificates which can be purchased by anyone... for anyone ... for any dollar amount.

These certificates can be used for any dental service that we offer, from an introductory visit or cleaning, to cosmetic and natural-looking restorative procedures like teeth whitening, veneers, and implants.

Call us today to purchase a Gift Certificate for someone you care about. And please tell your friends, family, and business colleagues about this service. Then ... just watch them smile!

