

Annandale Smiles

Your Newsletter from

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Based Upon Our Smile"
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Annandale Smiles

*A little newsletter with
Expert advice on Health, Wealth and Happiness*

How to keep a Great Looking Smile for Life

We here at Steven R. Johnson, D.D.S., & Associates, are very excited to get to offer our patients a GREAT new program called Whitening for Life. This program entitles our patients to get beautiful, white teeth for the rest of their life!

Whitening for Life is such a great program because after a one time enrollment fee of only \$99, our patients receive FREE whitening bleach at every six month preventative visit for their lifetime! This program not

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We've got a Great New Toy!

Dr. Johnson has just finished his certified training for a new technology called *Perio-Lase!* This is a wonderful treatment that we are so excited to start offering it to our patients, which helps to cure Periodontal Disease.

Periodontal Disease is a disease that starts off as plaque, an opaque film that hardens, forming tartar, or calculus. The calculus deposits harbor bacteria, which infect the gums. This is called Gingivitis, which is characterized by red, swollen gums that tend to bleed when you brush your teeth. When untreated, Gingivitis becomes Periodontitis, a much more serious disease that causes pockets to form which separate the teeth from the gums and bone structure. This can cause severe infection and

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Courtesy of **Steven R. Johnson, D.D.S. & Associates**



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"Right or Wrong Society Labels Us Based Upon Our Smile"

By Guest Author Dr. Tom Orent

For 11 years Nancy was a victim of domestic violence. The first time I met Nancy (not her real name) she wouldn't (couldn't) lift her head high enough to allow our eyes to meet.

While Nancy was in the chair, her 4-year old daughter, Cindy, played on her lap. Nancy's mother accompanied her for moral and financial support. Removed from the abusive situation she set out on the very slow process of recovery... which included both physical and emotional healing. A recovery which is likely to take a lifetime.

You Can't Imagine the Importance of a Smile Until You Can Smile No Longer

Society lays some pretty heavy burdens upon people who "look different." As much as we'd hope it no longer existed in today's world, you can see it with racial prejudices. It happens to people who are unusually short. And it happens to those unfortunate who suffer from various birth defects or disfiguring diseases or injuries. People are often "prejudged" and "labeled" for all the wrong reasons.

One of the cruelest examples is the way people look at a person with a broken or missing tooth. "Can't they afford to fix that?" "Don't they know how terrible that looks?" "How could she go out in public with teeth like that?"

We rush to judgment upon first impression as if our rational, reasonable, empathetic thought process were incapacitated. Employers meeting a job candidate with an obvious dental disfigurement are very likely to come to a subconscious yet negative first impression.

Men and women treat each other very differently when determining whether to date or not, in the absence of a pleasing smile.

According to surveys by the American Academy of Cosmetic Dentistry (AACD):

- 74% of adult Americans who responded

believe an unattractive smile can hurt a person's chances for career success.

- 92% say an attractive smile is an important social asset.
- Only 50% of adults are satisfied with their own smile
- Virtually all adults (99.7%) believe a smile is an important social asset.
- 96% of adults believe an attractive smile makes a person more appealing to members of the opposite sex.

Having to Say You're Sorry

Several visits passed before I felt we'd even reached a point where I could ask Nancy to sit back and show me her teeth. She apologized constantly for literally everything. For not sitting back far enough, not opening wide enough. Even for having such a "wreck of a mouth." Her ex-husbands words, now echoed by Nancy.

Although I gently (and consistently) urged her *not* to apologize, it was a tough habit to break. He ex-husband was responsible for massive unforgivable neglect and trauma to her smile. Although the teeth were within our ability to repair, it would be a very long time, if ever, before the emotional scars would begin to fade.

The First Time My Daughter Ever Saw Me Smile

After several visits I had reconstructed enough of Nancy's smile to ask her to look into a mirror. Nancy began to cry uncontrollably.

As she calmed down she looked at her mother and said, "This is the very first time Cindy's ever seen her mommy smile..."

Whether a small chip, dark tooth, an ugly old crown or blackened old mercury-silver fillings... is there someone in *your* life whose smile deserves a 2nd chance? Your words of encouragement might just be life-transforming for a friend or loved one. Take the time today to let them know how much you care.

Time to Share Some Treats

We have entered month three in our recipe contest! We received so many recipes this past month; so thank you to those that submitted their favorites! Please continue to send in your recipes so that you can be declared our next Recipe of the Month Winner!

This month's winner is one of our patient's that has been with our practice since 2003. She is a wonderful patient and friend. Dr. Johnson chose her recipe this month for her Pumpkin Spice Cinnamon Chip Muffins! He thought a pumpkin recipe would be PERFECT for the upcoming holiday season. Penny did however cook up her usual storm with all of the recipes that were submitted and she also thought these muffins were just wonderful! These muffins are quick, easy, and excellent and I hope all of you will try them!

Here is the November recipe:

Pumpkin Spice Cinnamon Chip Muffins

1 Box Spice Cake Mix

1 (15 oz) can pumpkin

½ cup water

1 package (10 oz) Hershey's Cinnamon Chips

Beat cake mix and pumpkin with electric mixer on low speed until well blended. Add the ½ cup water and beat 2 minutes on medium.

Fill muffin tin with papers and add mix to ¾ full, or a 9x13 pan. Bake @350° for 20 – 30 minutes or until tester comes out clean. You can frost with a cream cheese frosting if desired. Makes 12 muffins.

Our November Recipe of the Month winner is: Mary Greenway
Congratulations Mary!

Dr. Johnson has GREATLY enjoyed taste testing everyone's recipes, but he needs more to try. You can submit as many recipes as you like; the more we get, the happier Dr. Johnson stays! Just bring them to the office at your next visit, or email them to gina.johnsonassociates@gmail.com with the subject of "recipe." We are going to choose a winner on the 20th of every month and the winning recipe will be displayed in the next month's newsletter. So make sure to get us your recipe before then!

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tooth loss.

There is, however, a great way to cure Periodontitis. It is through Laser Periodontal Therapy (LPT). This is a patient friendly, minimally invasive procedure that is a wonderful alternative to gum surgery. We, here at Dr Jonson's office, use the *PerioLase Digital Laser*, which is the only laser specifically designed for Laser Periodontal Therapy.

What we will do is schedule you a complimentary consultation so we can show you how the laser works. During the consultation, we will take x-rays of your mouth to make a definitive diagnosis and to determine the extent of your infection. When you return for your first LPT treatment, you'll receive a local anesthetic to eliminate any possible discomfort. Then, Dr Johnson will use a tiny laser fiber (about the thickness of three hairs) and insert it between the tooth and the gum, clearing the infection away. The procedure is fast; it only takes two 2-hour sessions, where Dr Johnson will treat one half of your mouth at each session...and you'll probably feel good enough to go right back to work afterwards!

There are so many wonderful benefits to the *PerioLase* treatment! There is NO cutting or suturing of the gums, there is MUCH less discomfort with LPT than with surgery—during and after the procedure. It takes less time than surgery—this treatment takes only two 2-hour sessions with about two follow up visits, where surgery requires about four 1-hour sessions and numerous follow up visits for suture removal and additional check ups. The *PerioLase* treatment gives better, longer-lasting results—98% of LPT treated patients remain stable after five years, while only 5% reportedly remain stable after surgery. Also, less than 24 hours recovery time is required with the *PerioLase* treatment, when it can take up to 4 weeks to recover from surgery. And finally, this treatment is safe for patients with health concerns such as diabetes, HIV, hemophilia, or those taking medications such as Coumadin or Cyclosporin.

As you can see, there are so many extraordinary benefits to this state-of-the-art technology! Call our office today, so that we can get you scheduled for your complimentary consultation and start you on your journey to healthy, beautiful teeth!

“Happy Turkey Days to You and Your Friends!”

For this Holiday Season, when you refer a friend to our practice you will receive FREE enrollment for Whitening for Life!

When your friend calls to schedule their first appointment, make sure they give us your name, and we will enroll you in Whitening for Life at NO CHARGE!

This is a \$99 value and it is yours FREE!

This offer expires December 31, 2008!

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only ensures that our patients keep brilliant, white teeth for a lifetime, but it also ensures that their teeth stay healthy and clean.

Your long term dental health is as important to us as it is to you. Our patients have found that these six month preventative visits help greatly reduce emergencies. That is why we are happy to provide this extra bonus for our patients who are committed to their dental health.

All you have to do is call to schedule your six month cleaning and check up. At that visit, we will take impressions of your teeth to make your custom fit bleaching trays! If you have recently had a cleaning, just call and we can schedule a very short appointment to take those impressions.

Then, about a week later, we will have you come in to pick up your custom trays, the bleaching gel, and an Application Guide in order to begin your at home bleaching treatments.

Every six months thereafter, when you return for your preventative dental visits, you will receive 1 tube of the preferred percentage of bleaching gel at no charge to you. You will receive the touch up gel at every six month check up for the REST OF YOUR LIFE!!!

This program is **absolutely** wonderful and we could not be happier to be able to offer it to our fabulous patients!

Give us a call today to start the journey towards that white, bright smile that you have always wanted!

“Get a more Beautiful Smile for the Holidays”

SAVE \$200 ON LUMINEERS!

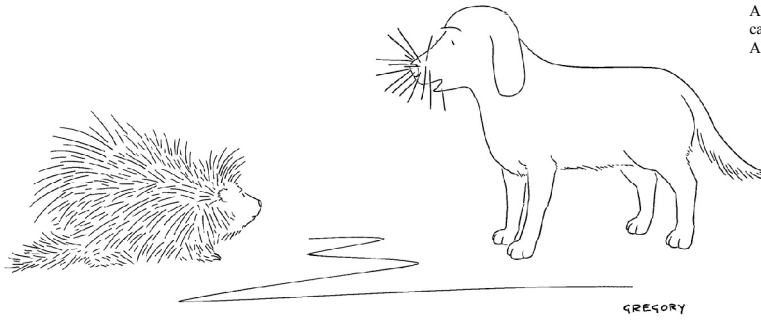
Get rid of tooth discoloration, stains, gaps, and broken teeth.

This pain free, comfortable application of porcelain veneers is done without removing original tooth structure!

The Perfect Smile can be yours for the Holiday Season with a savings of \$200 through December 31, 2008.

Call our office and schedule your appointment today!

This offer is good for the whole family!



"On the plus side, you've cured my back pain."

"Deal Me In"

By Florence Markoff

Gambling mavens say that the language of poker has entered our everyday speech more than any other card game.

Poker was first played in 19th century New Orleans where gambling was a favorite pastime of the highest and lowest on the social ladder. Rumor had it that no riverboat steamed up the Mississippi without "cardsharps" aboard whose profession was to turn the cards into meaningful profit.

It didn't take long for the game of poker to catch on, spreading across the country and carrying its own language.

The word "poker" itself was introduced to this country by French seamen who played a card game called "Poqué." Southern gentlemen, untutored in French pronunciation, gave the word two syllables – "Po Kuh." Northerners who learned the game from them assumed it was spelled "poker."

Over time, the language of poker became the language of politics as well – with President Teddy Roosevelt calling his program a "Square Deal." President Franklin D. Roosevelt in his

acceptance speech at the Democratic National Convention in 1932 introduced the phrase "New Deal," and President Harry S. Truman gave us the "Fair Deal."

President Truman is also famous for the sign on his desk that read "The buck stops here" -- another phrase straight from the card table.

In poker a marker – usually a buckhorn knife, called a buck – was passed around the table to show which player had the next deal.

But since dealing was an important responsibility because the dealer's bet determined whether the jackpot would be large or small, some cautious players preferred not to deal. When their turn came they simply "passed the buck."

But whether they "passed the buck" or not, all players suffered some anxiety when "the chips were down" – the time when bets had been made but the outcome of the game was still in doubt.

*Word lover, writer and radio personality
Florence Markoff lives in Providence, RI.*

There's a
Word
for it.

"So Much to Do, So Little Sleep"

Whether they're single career women, newlyweds, new moms, single moms, empty-nesters or grandmothers, many -- if not most -- women acknowledge that they just don't get enough shut-eye.

In fact, a National Sleep Foundation survey found that 60 percent of the women polled said they only get a good night's sleep a few nights a week -- or less. And 43 percent said daytime sleepiness interferes with their daily activities.

But don't abandon hope, say experts on women and sleep -- there are steps you can take to get back on a well-rested track.

Respect Your Sleep

For starters, women have to be convinced that lack of sleep is harmful, not a badge of honor. Acknowledging those harmful effects to your health can help you "respect your sleep."

"Studies now are showing that if you are sleep-deprived, you have a tendency to gain weight," said Donna Arand, director of the Sleep Disorders Center at Kettering Medical Center in Kettering, Ohio, and a spokeswoman for the American Academy of Sleep Medicine.

Sleeping less than seven hours a night is associated with a higher body mass index (a ratio of weight to height) and a higher likelihood of obesity, according to a study of more than 25,000 people published in the journal *Sleep*.

Other researchers looked at the results of 23 studies and found that 17 of them supported an inescapable link between insufficient sleep and

increased weight. The findings were published online in the journal *Obesity*.

Health Risks

But the health risks aren't limited to weight gain.

Cardiovascular problems such as high blood pressure have been linked to lack of sleep, Arand said. And the National Sleep Foundation says too little sleep can lead to an increased risk of diabetes, psychiatric problems such as depression and substance abuse, and a greater risk of motor-vehicle accidents.

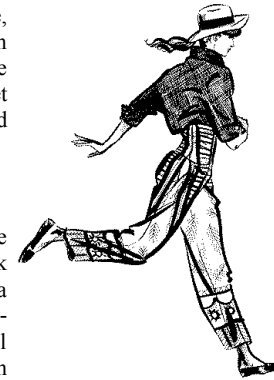
The foundation also says insufficient sleep can hinder attentiveness and make it tougher to remember new information.

In fact, performance can be impaired after just four nights of five hours' sleep or less, researchers reported online in the journal *Sleep Medicine*.

Secrets to Better Sleep

So now that you know why sleep is so important, here's some advice on how to get a good night's rest.

- Exercise regularly. It's best to complete a workout at least a few hours before bedtime, however.
- Finish eating at least two to three hours before bedtime.
- Avoid caffeine and nicotine close to bedtime.
- Maintain a regular bed and wake time schedule, including weekends.
- Create a sleep-conducive environment that's dark, quiet, comfortable and cool.



*"Friends are those rare people who ask how you are
and then wait for the answer."*

- Author Unknown