

# Annandale Smiles

Your Newsletter from

**Steven R. Johnson, D.D.S.**

4322 Ravensworth Rd  
Annandale, VA 22003

In This Issue:

**“How to Avoid  
Dental Double Trouble!”**  
*page 1*

**“Meet the Crew Member of the Month”**  
*Page 1*

**“Hope Your Holidays were a Hit”**  
*Page 2*

**“Disadvantages of  
Low Calorie Diets”**  
*Page 3*

**“There’s a Word for it”**  
*Page 4*

**“Time to Share Some Treats”**  
*Page 5*

Volume 3, Issue 17

# Annandale Smiles

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

## “How to Avoid Dental Double Trouble!”

I remember Johnny Carson telling this wonderful story about an elderly woman who called for roadside assistance.

The story goes something like this... An 87 year-old lady is stuck on the side of the highway. She tells the young man with the tow truck that the car “simply stopped working.” The mechanic asks her if there was any warning at all. She responds that the “Check Engine” light had come on about 80 miles back. Then finally there was a horrible noise “like a freight train trying to come to a screeching stop when the conductor notices a deer on the

*(Continued on page 7)*

## Meet the Crew Member of the Month

We’re beginning the New Year with our first ‘Crew Member of the Month,’ Mrs. Ruthie Hartman!

Ruthie has been a part of the Annandale Family Practice for many, many years. She was a patient of Dr. John Daniels before Dr. Johnson even came into the practice in



*(Continued on page 6)*

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



Dr. Steven Johnson  
4322 Ravensworth Rd  
Annandale, VA 22003

**Phone:** (703) 256-5870  
**Fax:** (703) 256-5396  
[www.annandalesmiles.com](http://www.annandalesmiles.com)

### Dentists

Steven R. Johnson, D.D.S.  
Soudabeh Dehghani, D.D.S.

### Team Members

Robin, Paulette, Ruthie,  
Linda, Rosalie, Eve, Julie,  
Rose, Ralph, Giannina,  
Missy, Penny, Gina,  
Christina, Hue, Diana,  
Shawn

## Hope your Holidays were a Hit!

We, here at Dr. Steven Johnson's office, hope that everyone had a marvelous holiday season! We know we sure did!

We had a few festivities in December at the office that we thought everyone would like to see, so we have added a few fun pictures to the newsletter! We had a Holiday Potluck this year, along with a Snowman decorating contest. In the picture to the right, team 1 decorated our office manager, Robin, and below, Dr. Johnson was decorated as the team 2 Snowman.



Everyone had a wonderful time together, talking and eating great food! Team 1 was especially thrilled, as they won the Snowman contest and received great prizes!

We are very excited for this New Year and for the new technologies that 2009 will bring. We will continue to send everyone a newsletter to keep you updated on all of the happenings in the office and will make sure everyone gets a birthday card this year as well!

We are also going to start making confirmations and scheduling through email, so please let the front desk staff know your email next time you come into the office. Of if you would prefer not to have us use email, then let us know that as well!

Thank you again for being a wonderful part of our family practice. We look forward to seeing you all very soon!

Happy New Year,  
The Crew at Dr. Johnson's Office

## “How to Avoid Dental Double Trouble!”

*(Continued from page 1)*

tracks ahead.”

There was white smoke coming out from under the hood. Turns out her engine had seized. Mechanic asks her when the last time she had her oil checked. She indignantly responds, “Why young man, I bought this car *brand new*, not even five years ago. It came with a full five year warranty...”

### The Rule of Double Dental Trouble

On occasion we meet a new patient who has taken a not particularly insignificant “leave of absence” from dental care.

After some number of years “out of the fold,” there’s usually a one specific factor that motivates them to hop in their car and *purposely* steer it to a dental office.

Sometimes the “final straw” was a toothache. Perhaps an infection. Awakened at night. Abscess... or something just plain fell apart in the middle of an important business meeting or family holiday dinner.

After addressing the immediate emergency, we reach the point of assessing and chatting about their overall dental health. As much as the patient “knows” it won’t be inexpensive to repair the damage of several years’ neglect, they are often *shocked* when they hear just exactly what it *will* take.

Now before I share the following “rule” with you, I’ll confess it’s *not* really a “rule” at all. It certainly has no scientific basis. But it does at least give us a starting point for discussion and understanding. A place to begin.

### The (so-called) Formula:

Figure out how much you would have spent during your *leave of absence* on routine cleanings, check-ups, x-rays. Add in occasional maintenance or replacement of fillings, a crown here and there. Add all of that together for the number of years you missed... then double that and you have a bare minimum starting point. It usually goes *up* from there.

For those who’ve spent a number of years away from routine maintenance and restorative dental care, trying to regain proper health and oral fitness and esthetics can *easily* be a five figure journey. And that’s assuming (hoping) we *can* restore optimal health. There are cases when things have gone out of control and slipped beyond even modern dentistry’s ability to restore a reasonable level of health.

Therefore, please remember how important your dental health is and make sure to keep your six month check ups regular.

Best wishes to you and your family for a Happy, Healthy Holiday Season and Prosperous New Year.

(Continued from page 1)

1988. Ruthie then became a member of Dr. Johnson's crew in October of 1992. She has been a dedicated member of Dr. Johnson's staff for 16 years now and still loves every second of it!

Ruthie is married to Ken Hartman and together they have two children, Cindy and Jane. They also have three grandchildren, Amanda, Jessica, and Jennifer. Ruthie and Ken moved to this area from Massachusetts in November of 1963. They both enjoy this area very much and have been heavily involved in numerous activities.

In June of 1992, Ruthie became a volunteer for the Fairfax County Hospital working in the Women and Children's gift shop. She continues to work part time for the hospital gift shop, as well as

in our office. Ruthie is also an Ordained Elder and Deacon at her church and is Chairman of her Church Circle. She is a member of a bowling league and is active with her community Civic Association. Ruthie is also a seasonal worker for the Fairfax County voter registration office and serves as an election official at the voting polls.

Ruthie loves being involved in all the different organizations and being around people. She enjoys staying busy with all of her activities; you could probably call her "the energizer bunny!"

She means so very much to Dr. Johnson and Penny and the rest of our team here at Steven R. Johnson, DDS & Associates. Thank you, Ruthie, for being an amazing "crew" member. We all love you very much!

**\$100 OFF  
any  
Cosmetic Treatment  
"WILD CARD  
COUPON"**

Brighten your smile  
ZOOM Whitening, Deep Bleaching,  
Invisalign, inlays, or crowns

You choose  
and save \$100  
off your total  
cosmetic services fee  
but only until  
February 28, 2009

Not to be combined with any other offer  
Restrictions apply. Call for more details.

**Start the New Year  
with the PERFECT  
smile that you have  
ALWAYS wanted!**

Call to schedule your FREE  
Lumineers consultation today,  
and when you begin  
the treatment, you'll

**Receive \$200 OFF  
of Every Unit!**

*This offer expires  
February 28, 2009*

*Not to be combined with any other offer*

## "Disadvantages of Low Calorie Diets"

By Dr. Cliff Sheats

The challenge of losing body fat comes with a backdrop of failure.

According to the Mayo Clinic, "anyone who wants to be thin meets with challenge and too often failure." The clinic goes on to say, "of people who lose weight, as many as 95 percent regain the weight within five years (Medical Essay, as cited in "Weight Control-What Works and Why," 1998).

It's easy to understand why people fall prey to low calorie dieting. They find themselves in a desperate mode and reach out to what they perceive to be the quickest way out of their predicament.

They find the "quick fix" to be tempting. When they arrive at this juncture, rational thought regarding fat loss goes out the door. Emotional, irrational thinking takes over and squeezes long term logic out of the brain.

From a psychological perspective, they want the path of least resistance and the quickest track to weight loss.

Mix into this picture the emotion evoking promises from sleek marketing ads... and for many people the temptation becomes too great and they succumb to the slippery slope of weight loss mania.

### 5 Keys To Long Term Fat Loss

There are five major elements of discussion that affect the process of building a metabolism for long-term, permanent fat loss. They are generalized as the following areas:

1. Constant to increased energy throughput

2. Spreading the calories out throughout the day
3. Choosing the metabolic activating (nutrient dense) foods
4. Strength training and aerobic exercise
5. Psychology of change/food attitudes

The answer to permanent fat loss is a metabolism fast enough to burn fat. The reality of achieving that goal lies in the restructuring of food attitude patterns and building the metabolism through an eating and exercise program.

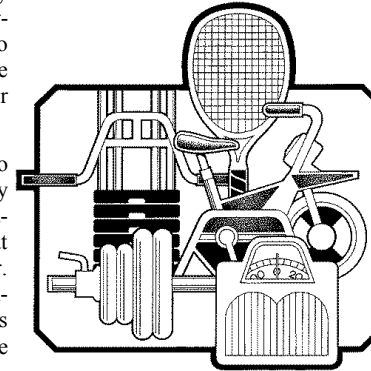
The answer is not a calorie restrictive diet, with energy throughput too low to stimulate and up-regulate metabolism. This lifestyle change is paramount in order for long-term success. The problem of a down-regulated metabolic rate must be corrected before long-term fat loss can become a reality.

The scope involves nutritional and biochemical components to establish the relationship between loss of body fat and gain of lean mass following diet and exercise with constant to increased energy throughput.

It's vital to NOT focus on the results. Instead, one should focus on the routine of the lifestyle change. In other words, live the lifestyle change and enjoy the process of the day to day routine that leads to success.

*Dr. Cliff Sheats is a National Best Selling Author, Board Certified Clinical Nutritionist with a Ph.D. in Health Sciences.*

*For additional information you can go to [www.VeryBestYears.com](http://www.VeryBestYears.com) and learn how to **TURN BACK Your Biological Age 10 - 15 Years in 12 Weeks!***



*"No matter how good you get you can always get better  
and that's the exciting part."*

-- Tiger Woods



© The New Yorker  
Collection 1983  
Arnie Levin from  
cartoonbank.com. All  
Rights Reserved.

"Howard, I think the dog wants to go out."

## "A Little Eggs-pertise"

By Florence Markoff

We talk about eggs almost as often as we eat them.

We "walk on eggshells" when we're acting carefully and avoid "putting all our eggs in one basket" by risking everything on a single venture.

At the same time, we know we "can't make an omelet without breaking eggs"-- a phrase that comes from a French proverb and reminds us that some things can't be accomplished without sacrificing others.

The omelet, by the way began life being called an "alumette" which was a small metal plate. It took on the meaning of eggs beaten and cooked without stirring until set because such a dish resembled a thin plate. Over the years "alumette" changed to become "omelet."

If we're fortunate, we'll avoid people who are "bad eggs" and keep company with "good eggs" only.

Some of these "good eggs" may be eggheads -- folks whose hair has receded, leaving the front of their heads smooth and bare.

The term took on an additional meaning around

1918 when some newspapermen began using it to refer to intellectuals.

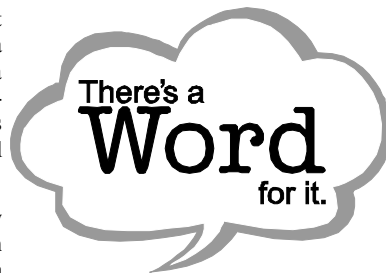
This use cropped up again in 1952 when columnist Stewart Alsop used it to describe the intellectual (and partly bald) Democratic candidate for President, Adlai Stevenson.

If you're wise, you'll set aside a "nest egg" -- a term that goes back to the days before scientific egg production. Back then, farmers would place a fake egg made of porcelain or white glass in the nest of a hen. This supposedly encouraged the hen to lay its own egg.

People who start saving a nest egg put a little money (like the porcelain egg) aside, which helps them save more.

If you are foolish, however, you may end up with "egg on your face." This expression, which means you've found yourself in an embarrassing or humiliating situation, probably had its beginning in the theaters of old where audiences weren't shy about letting bad actors know what they thought about them by throwing rotten eggs.

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



## Time to Share Some Treats

We cannot believe the holidays are over, but we are ready to start a GREAT New Year with a wonderful new recipe! We did not receive many this past month, but 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 submitted several recipes that have been in her family for years. She has made this great treat every holiday without fail and couldn't imagine a holiday without it! We know that the holidays have passed, but we think this recipe shouldn't be contained to just one season; it should be enjoyed all year round! Thank you, Kim, for this excellent new pie recipe to add to our repertoire of treats!

Here is the January recipe:

### Chocolate Chess Pie

2 (9 inch) unbaked pie shells

2 sticks margarine

2 ½ cups sugar

4 blocks unsweetened baking chocolate

4 eggs beaten

½ cup milk

1 teaspoon vanilla extract

1 container whipped cream

Melt together margarine and chocolate in a double broiler. If you don't have a double broiler, create one: fill a small pot with cold water and then place a stainless steel bowl over it. Make sure that the bottom of the bowl is not touching the water. Place the chocolate and margarine in the bowl and set the pot over high heat. Once the water has come to a boil, reduce the heat to medium and stir the chocolate around until it has melted.

Remove the bowl from the heat and mix in the sugar, eggs, milk, and vanilla. Pour batter into unbaked pie shells.

Bake at 350° for approximately 50 minutes. Cool and serve with whipped cream.

Our January Recipe of the Month winner is:

Kim Donoghue  
Congratulations Kim!

Dr. Johnson still needs more recipes to try. Please 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](mailto:gina.johnsonassociates@gmail.com) with the subject of "recipe." Or fax it to (703)913-9736.