

Annandale Smiles

Your Newsletter from
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In This Issue:

**“The Loose Filling
that Really Wasn’t!”**
Page 1

Team Member of the Month”
Page 1

**“Research Clears Up Confusion
About Fat Burning”**
Page 3

“There’s a Word for it”
Page 4

**“Just Like Skin,
Eyes Can ‘Burn’ in Strong Sun”**
Page 5

Volume 4, Issue 3

Annandale Smiles

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

“The Loose Filling that Really Wasn’t!”

It was Thursday afternoon before a long holiday weekend. Jerry, a long time friend of my family, was concerned about a loose filling, and the thought of a potentially worsening situation during the weekend.

He couldn’t reach *his* dentist, so he gave my office a call. Although we’d never seen him as a patient, we invited him to come right down.

Good News and Bad

The filling he thought was “loose” *looked* fine. But when I ever so gently touched the tooth, it was clear that he was in for a shock. The filling was still in place, but Jerry’s *tooth* had split right up the middle...

(Continued on page 2)

“Team Member of the Month”

The April ‘Crew Member of the Month’ is Ms Giannina Bringas.

Giannina is one of Dr Johnson’s excellent dental assistants. She has been a part of Dr Johnson’s crew for 3 years as of March 27, 2009!

Giannina was born in Peru and lived there until about 7 years ago
(Continued on page 3)



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



Dentists

Steven R. Johnson, D.D.S.
Soudabeh Dehghani, D.D.S.
Brittany McCarthy, D.M.D.

Team Members

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

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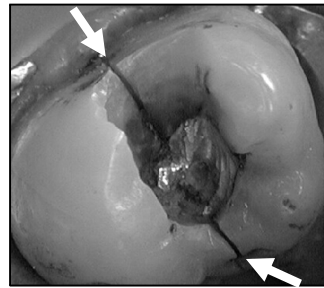
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clear up through the roots and into the bone!

Just like a tree stump that you'd take an axe to... the silver filling had expanded and contracted over the years, a few more times than the tooth could bear.

Just like a wedge in a tree stump the old mercury silver filling had split the tooth right clean up through the middle! Once I removed the filling, I saw what you see in the adjacent photo.

I explained to Jerry that it's COMMON to find problems like this under old Mercury Silver fillings. Decay, hairline stress fractures, and



Placement of a metal clamp around the tooth was the only way we hold the two halves of the tooth together while removing the bulk of the Mercury Silver Filling.

even wide open fractures like this one... which had **NO symptoms**, can't be seen on x-rays, or even our close up intraoral camera... and just plain seem fine... until it's FAR too late!

Any attempt to "save" a tooth this far gone is considered "Dental Heroics." We don't recommend it, although some patients choose to try. This may involve multiple gum and bone sur-

(Continued on page 7)

*Jerry's tooth had split
right up the middle...
clear up through the roots
and into the bone!*

SPRING CLEANING SPECIAL

Refer a friend who's never been to our practice and have them schedule a new patient cleaning and exam appointment before the end of April and we'll say "thank you" with Two Gift Certificates to an excellent local restaurant one for them and one for you as well.

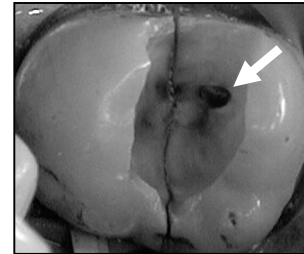
**But act fast, offer ends
April 30, 2009**

(offer valid for any new patient treatment and services excluding no charge consult)

*Not to be combined with any other offer
Exclusions may apply.*

"The Loose Filling that Really Wasn't!"

(Continued from page 2)



After removing the last remnants of the failed Mercury Silver Filling, you could see a HOLE where decay (a new cavity deep under the old filling) had eaten so deep it exposed the nerve.

age the tooth had already suffered, extraction was unfortunately the best option.

geries, root canal, bone grafting, internal build-up and external crown... potentially exceeding \$5,000.00, with zero guarantee of a positive long-term outcome.

Due to the severe dam-

Don't Wait. Don't Hesitate

Jerry's filling, and resulting trauma to his oral health is not uncommon. Old Mercury-Silver fillings expand and contract at a rate far different than your natural tooth enamel. Fillings often far outlast their usefulness- fact that a filling is "still in place" or "not broken" is absolutely no indication of proper function.

Your filling's ability to *protect* your tooth may be lost *long* before the filling itself is lost. New cavities can form silently, deep below. Even bacterial infection may make its way through to the nerve, *no* symptoms until it's just too late.

The best prevention is *regular* checkups. I hesitate to use the word "*Routine*" ("Routine Checkups") as the word diminishes the importance of periodic reexamination, the best and often the *only* way to help insure you keep your natural teeth for a lifetime.

Our Most Sincere Condolences

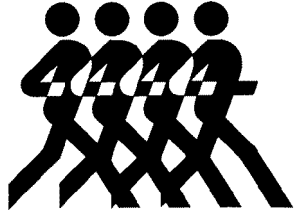
The staff of Steven R Johnson, DDS & Associates offers condolences to Dr Steven Johnson and his family in the passing of his brother, Dr Glenn Johnson of Spicewood, TX. Dr Glenn Johnson passed away on March 16, 2009 after a valiant battle with liver cancer.

Our thoughts and prayers are with you Dr Johnson, and your family.

“Research Clears Up Confusion About Fat Burning”

(Continued from page 3)

burn. *Runner's World*, p.38



Q & A With Dr. Cliff Sheats

Q - How does a person choose which supplements to help the most in losing fat?

A - With the understanding that food is first, this is a great question.

There is a significant amount of advertising hype surrounding this subject. However, the scientific literature provides well documented evidence of specific nutritional supplementation constituents and their effectiveness. It's of utmost importance to differentiate between "real science and pseudo science."

Q - If you had to pick one supplement to help with fat loss, which one would it be?

A - Surprisingly, my favorite supplement supporting body fat loss is a fat! MCT Oil has been researched for more than 30 years. Medium Chain Triglycerides have demonstrated to positively affect metabolism. MCT has a significant "thermic effect" upon metabolism. Furthermore, MCT is utilized by the body as a great energy source with

little tendency to be able to be stored as fat.

Q - How is MCT oil used?

A - You simply drizzle approximately 1 Tablespoon of MCT over your food. MCT oil digests very rapidly, thus its best utilized with a major meal to buffer its release.

Q - Is all MCT Oil the same?

A - Absolutely not... you want to use a very pure form of MCT. The one that we carry at the Lean Bodies Clinic is 90% C-8 Chain. It's the purest source that I've found. Beware of "knock off" products with names like "MCT FUEL" that are contained in plastic bottles. Pure MCT must be contained in glass.

Q - How costly is a pure MCT Oil?

A - The MCT Oil that we use and carry at our Clinic comes in one size. This 32 fl. oz. bottle will last approximately 12 weeks and costs \$40.00

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

For more information, please go to www.VERYBESTYEARS.com and start TURNING BACK Your Biological Age 15 Years!

“You get the best out of others when you give the best of yourself.”

-- Harry Firestone

“Team Member of the Month”

when she moved to Virginia. She has been a dental assistant for many years but plans on going to school to become a dental hygienist. She loves being in the dental field and wants to continue to learn more and to grow deeper into her profession.

Giannina has one daughter, Alexandra. She is 11 years old and attends middle school here in Virginia. Giannina and her daughter are very close and do almost everything together. They love to go shopping and have recently started swimming together every week at the Rec Center.

Giannina and Alexandra's favorite thing to do is to take in the sights of New York and experience all of the wonderful theatre there!

We have been so blessed to have Giannina on our team. She has excelled as a leader in our practice. She not only assists Dr Johnson with dental work, but also counts inventory and does the ordering, among numerous other things, just to “help out.” She is always one that the rest of the staff can count on and never lets us down! Thank you, Giannina, for being an outstanding addition to the Crew here at Steven R Johnson, DDS & Associates!

“Every problem has a gift for you in its hands.”

— Richard Bach

“Research Clears Up Confusion About Fat Burning”

By Dr. Cliff Sheats

For years, exercisers have believed that keeping their heart rate at the low end of their target zone caused their body to burn more fat. In fact, well meaning exercise professionals discouraged their clients from exercising above 60% of their target zone if they wanted to burn the most fat.

Their rationale was that the exerciser would not burn as much fat with more intensity. Instead, they'd begin burning more carbohydrate. Unfortunately, this is still taught in gyms across America today. However, one of the first studies to dispose of this myth was conducted at the University of Texas.

Writing in *Runner's World*, Owen Anderson summarized a University of Texas study, which found that when athletes exercised at 50% maximal heart rate, 90% of the calories burned were from fat. When the athletes increased to 75% of maximal heart rate, only 60% of the calories burned were from fat.

However... Anderson further pointed out that the higher intensity exercise session actually burned more total fat calories. This took place because the 50% maximal heart rate workout only burned 7 calories per minute, while the 75% maximal heart rate workout burned 14 calories per minute. This more intense workout consumed 8.4% fat calories per minute (60% x 14) compared to 6.3 fat calories (90% x 7) for the less intense workout.

Anderson, O. (1995, May). Burn, baby,

(Continued on page 6)



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"If you can bear me, give me a sign."

"Pigging Out"

Pigs in pokes and assorted other "pig tales"

By Florence Markoff

Let's face it. Pigs have never had good public relations and most of the phrases connected with pigs are negative.

While biologists tell us pigs are actually quite intelligent, a person who is called a pig is accused of filth, greed, gluttony and obesity. To "pig out" means to overeat, acting pig-gish means behaving badly and a "pig pen" or "pig sty" is a filthy place.

Furthermore, pigs are commonly thought to be as obstinate as mules, and for centuries "pigheaded" has meant woefully stubborn.

Considering all this, it hardly seems likely that anyone would want to ride a pig. And, indeed, "piggyback" doesn't refer to pigs at all. Instead, it's a corruption of "pick a back" meaning to carry something or someone on one's back or shoulders.

Then there's the matter of deception. When we tell someone not to buy "a pig in a poke" we're reminding them to take a careful look at any purchase before parting with their hard earned money.

The phrase goes back to old time markets

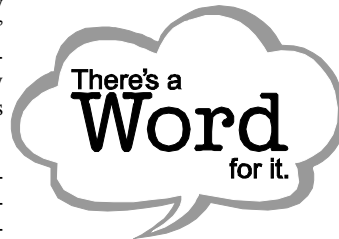
where dishonest farmers sometimes put a young pig on display and offered others neatly tied in sacks, or pokes, ready to be carried away.

When unwary buyers who purchased those "pigs in pokes" got home and opened the sacks, however, they sometimes found not a pig, but a cat.

Sharp buyers insisted on opening the bag in the market before buying. If the farmer had been dishonest, the buyer would "let the cat out of the bag."

And if you're the kind of person who's clever enough to avoid buying a "pig in a poke" you're probably also smart enough to be thrifty. In which case, you may stash your coins in a "piggy bank." Initially these convenient containers had nothing to do with pigs. Their names actually came from the Old English word "Pygg" meaning an earthenware pitcher or jar. More recently, though, these jars morphed into the pig-shaped pottery coin containers we see today.

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



"Just Like Skin, Eyes Can 'Burn' in Strong Sun"

*Kids, teens more susceptible to sun-related vision damage
without proper protection*

Don't overlook your eyes when you're thinking about ultraviolet (UV) protection as the weather heats up, experts say.

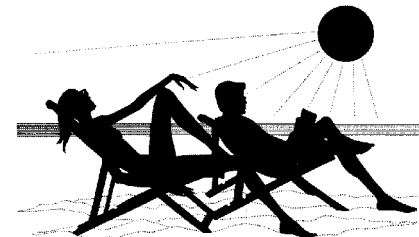
Overexposure to the sun's UV rays has been linked to a number of eye problems, such as age-related cataracts, pterygium, photokeratitis and corneal degenerative changes, according to the American Optometric Association (AOA).

These conditions can cause blurred vision, irritation, redness, tearing, temporary vision loss and, in some cases, blindness.

"Just as skin is 'burned' by UV radiation, the eye can also suffer damage. The lesson -- especially for young people -- is that eyes need protection, too. Protection can be achieved by simple, safe and inexpensive methods such as wearing a brimmed hat and using eyewear that properly absorbs UV radiation," says Gregory Good, a member of AOA's commission on ophthalmic standards.

Children and Teens at Greater Risk

Children and teens are particularly susceptible to sun-related eye damage, because they typically spend more time outdoors than adults, and the lenses of their eyes are more transparent



*"When I hear somebody sigh, 'Life is hard,'
I'm always tempted to ask, 'Compared to what?..'"*

— Sydney J. Harris

than those of adults, which means that more harmful light can reach the retina.

But it appears many people still don't fully understand the danger the UV rays pose to eyes.

A 2007 AOA survey found that 40 percent of Americans don't think UV protection is an important factor to consider when buying sunglasses.

The survey also found that 61 percent of Americans buy sunglasses for their children, but 23 percent don't check if the lenses provide protection against UV rays.

Protect Your Eyes From the Sun

The AOA offers the following advice about sunglasses:

- Wear protective eyewear any time your eyes are exposed to UV radiation, even on cloudy days and during the winter.
- Purchase quality sunglasses that offer good UV protection. They should block out 99 percent of UV-A and UV-B radiation and screen out 75 percent to 90 percent of visible light.
- Make sure sunglass lenses are perfectly matched in color and free of distortions or imperfections.
- Buy gray-colored lenses. They reduce light-intensity without altering the color of objects, providing the most natural color vision.
- Make sure children and teens wear sunglasses. They typically spend more time in the sun than adults.