



YOUR HEALTH

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COVID-19 Updates

VACCINE
CORONAVIRUS

Info From Your Health Magazine and the CDC

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Meet Your Local Health Professionals

Special Section Including Biographical Information, Training, Degrees and Practice Philosophy of Health Professionals Near You.

PLUS: Articles and Advice From Doctors Near You To Help You Live Healthier!

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 Rashmi K. Parmar, DMD Snoring/Sleep Apnea	 "Dr. Net" Tesfayohannes, MD, Pain Management
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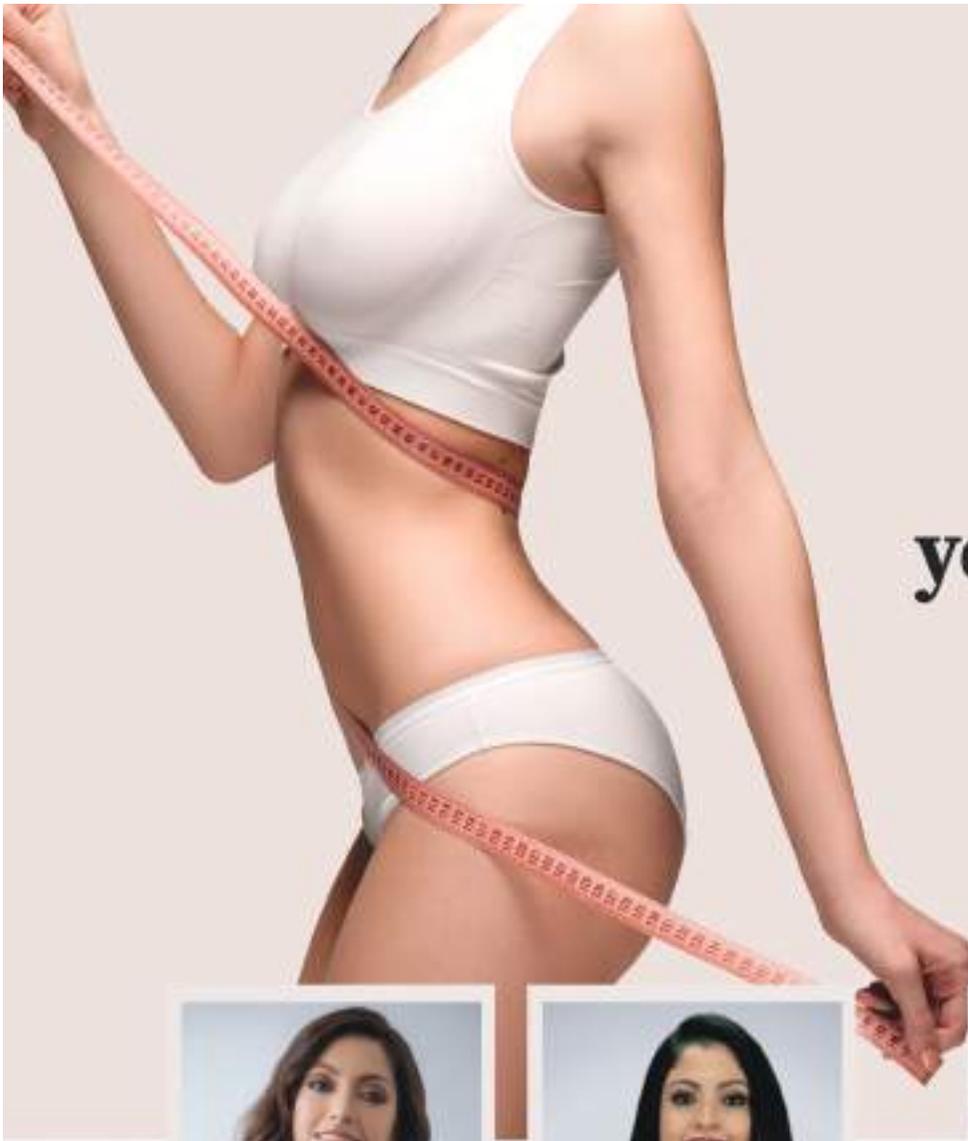


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Cardio Health & Diabetes

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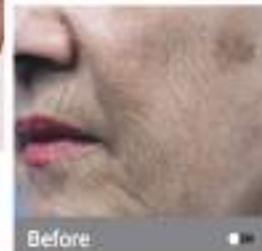
NON-SURGICAL FACELIFT



MABIR CRUZ
HEALTHYDERMIS CEO



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MEDICAL ESTHETICIAN



Before



After

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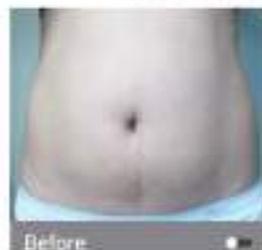


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By Deeni Bassam, MD, DABPM
The Spine Care Center

Why Does My Back Ache?

Degenerative disc disease is as common as getting a grey hair and the rate at which degeneration occurs is influenced by many factors including genetics, physical activity level, core muscle development, bone density, and smoking. Degeneration of these areas alone is a natural consequence of aging and is not enough to cause pain. Rather it is the inflammation of these structures that is felt by us as pain.

Degenerative structures of the spine are more prone to become ag-

gravated and inflamed causing us great pain, stiffness, and disability.

A spine specialist can help identify the degenerative area(s) of your spine which are causing you pain, allowing for an accurate diagnosis and treatment plan to be initiated.

Treatment can range from simple activity modification, medications to reduce the pain and inflammation, injections to identify the pain generator and deliver targeted anti-inflam-

matory, and surgery to stabilize lax structures if all else fails. In modern medicine, surgery should be seen as the last intervention to be offered rather than the first.

Your doctor should be able to help you better understand the causes of pain in your particular case and implement a treatment plan that eliminates or reduces the inflammation at the degenerative areas allowing for you to more easily achieve your activities of daily living.

Question: In the last week, have you had any pain affecting your muscles, joints, neck, or back which has affected your ability to carry out the activities of daily living?

Back pain is a very common problem that affects almost everyone. When the pain is severe enough to keep you from performing simple activities of daily living it may be time to see a specialist for an explanation and treatment plan.

In a recent European study approximately 67 million people reported pain during the week. In general, around 50% of the population reports pain at one or more locations in their bodies. Back pain is the most common site for pain in younger and middle aged adults. Knee pain is the most common in older people. Over the last 10-15 years, significant advancements have been made in the understanding and causes of back pain, its accurate diagnosis, and effective minimally invasive treatments.

“Degenerative disc disease is as common as getting a grey hair...”

When pain becomes too much to live with on a daily basis, a visit with a spine specialist can help shed light on the causes which would allow for targeted, directed, and effective treatment.

There are, generally speaking, three main areas of the spine which can cause clinically significant pain. These three structures, listed in order of incidence, are the discs, the bones, and the joints of the spine. Degeneration of these structures begins in our early 20's and continues throughout our lifetimes. We are simply living much longer as human beings than our spines were meant to last.



Back Pain?

Back and neck pain *can* be treated.

Back and neck pain are among the most common reasons for doctor visits, and are major causes of disability, lost work days, and high healthcare costs. Back or neck pain is a symptom, not a disease. That means the pain is likely being caused by something that can often be relieved when treated by the board certified physicians at The Spine Care Center.

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Celebrity Skin and Hair Health Tips For 2021



By Hema Sundaram, MD
 Sundaram Dermatology

look as if they are aging gracefully are using state-of-the-art strategies that help reverse the effects of aging without surgery. It's the new way – natural-looking results, a great value, no scarring and minimal down time.

How can we take our cue from the stars while avoiding extremes, and look as healthy, youthful and energetic as we feel inside?

The first tip is to find a board certified dermatologist – you can ask to see their American Board of Dermatology certification – who prioritizes safety during these challenging times. This article by an independent journalist has excellent information:

<https://www.realself.com/news/plastic-surgery-dermatology-appointments-post-covid19>

Safety-conscious doctors offer

Please see "Celebrity Skin," page 40

Every celebrity we know has rigorous skin and hair care regimens. It's a necessity to look good, even under the harsh glare of studio lights and high-definition cameras. Celebrities aren't always the best example, as they can look unnatural and "overdone" if they had drastic surgery. Those who

What Are Some Ways to Promote Wellness?



By Sarah Faggert Alemi, DAc, LAc
 Eastern Root Wellness, PLC

puncture) to help bring about overall wellness.

When an acupuncture needle is inserted into a specific point on the body, the needle causes nerves to send signals to our brain and central nervous system. A cascade of various hormones, neurotransmitters and chemicals are then put into production and released into the body. Depending on the point needed, different products will be created and circulated throughout the body.

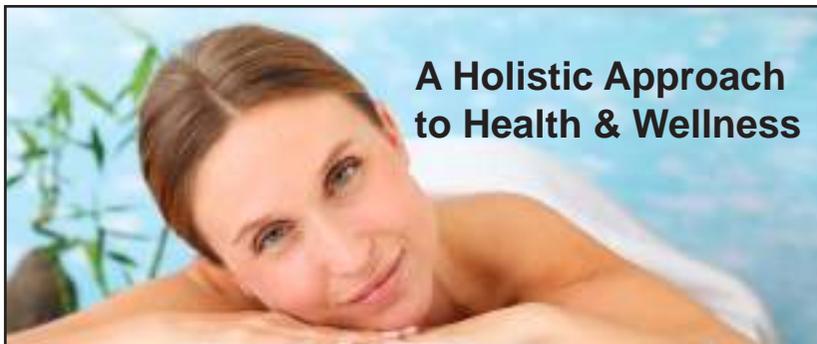
This leads to activation of the parasympathetic nervous system. This system is also known as the "rest and digest" system of our body. The system that is needed for us to heal and maintain good health.

One of the main benefits of acupuncture then is that it helps promote relaxation. It relaxes our nervous system by turning that relaxed nervous system "on." Another benefit of receiving acupuncture treatment is that

Please see "Promote Wellness," page 49

As more of us begin to look outside of traditional Western medicine for our health and wellness, it is important that we are aware of what our options are and how these therapies can help.

One therapy that has recently gained popularity is that of acupuncture. Acupuncture is part of Chinese medicine, a holistic medicine modality that uses various therapies (like acu-



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A Time For Change In 2021

By Jacqueline D. Griffiths, MD
New View Eye Center

Who started this whole New Year's resolution idea anyway?

The New Year's celebration can be traced back to the ancient Babylonians over four thousand years ago. Back then, it took place in March to coincide with the spring planting season.

2021 is the year to see what you've been missing. A resolution is a goal, so plan to live in a progressive world without glasses or contact lenses. Laser vision correction is an outpatient procedure performed by an ophthalmologist that corrects nearsightedness, farsightedness, and astigmatism. A VISX S4 laser is used to re-contour and shape the surface of the cornea, enabling the eye to focus without glasses or contact lenses. The excimer laser is controlled by a computer and used by an experienced, well-trained surgeon so precise changes can be made in the shape of the cornea while touching only a small area of corneal tissue.

A preoperative evaluation can determine if you are a candidate for LASIK or Epilase surgery. In general, candidates for LASIK or Epilase should:

- Be at least 18 years or older.
- Have a stable prescription for one

year.

- Be nearsighted (myopia) -0.75 up to -14.00 diopters or farsighted (hyperopia) up to +4.00 diopters.
- Have astigmatisms up to -4.00 diopters.
- Have healthy eyes.

One-hundred percent of LASIK and Epilase patients have improved uncorrected or normal vision.

The actual laser time is usually less than a minute and most patients are in and out of surgery in 15 minutes. The procedure itself is painless and patients are not put to sleep during the procedure. Very strong anesthetic eye drops are given about a half hour before the procedure and again immediately before the surgeon begins. Generally, most patients are quite comfortable within a very short time after Lasik and return to work the next day. Laser vision correction is very safe and with a low degree of risk.

Like DNA, or a fingerprint, your vision is unique. Traditional LASIK treatments were based on diagnostic technology similar to that used for the prescription of eyeglasses or contact lenses.

With the VISX CustomVue WavePrint System, individualized laser vision correction is now available. This diagnostic device maps the entire optical path of the eye and provides precise and detailed infor-

mation which the doctor calls your "fingerprint of vision."

Secondly, the WavePrint System incorporates the Star S4 laser from VISX with two exclusive features:

- Variable Spot Scanning (VSS) allows for a larger treatment area, up to 7mm pupil size.
- 3D ActiveTrak automatically and instantaneously tracks the minute movements of your eye in all three dimensions during the laser treatment.

If you are over the age of 40 and have had great distance vision for most of your life, there is a new option for you in vision correction, NearVision Conductive Keratoplasty (CK). This is the first non-laser vision treatment approved by the FDA. The new CK procedure, which uses the controlled release of radio waves, can bring fine print back into focus.

Safe and minimally invasive, the procedure takes less than three minutes and is done in the office with only topical eye anesthesia. It is performed without cutting or removing tissue. A small probe, thinner than a strand of hair, is used to release radio-frequency energy. The probe is applied in a circular pattern on the outer cornea to shrink small areas of corneal tissue. This circular shrinkage pattern creates a constrictive band to increase the overall curvature of the cornea.



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"

Washington Post Magazine

Voted

"Top Ophthalmologist"

Washingtonian Magazine
& Northern Virginia Magazine

Jacqueline D. Griffiths M.D. earned her undergraduate degree at Yale and her medical degree from the University of Michigan. Her Ophthalmology residency was completed at Georgetown University Medical Center.

Dr. Griffiths has been in private practice since 1994. She started her own practice and laser center, NewView Laser Eye™ in 1999 where she serves as the Medical Director. NewView's Mission is to provide Excellence in Ophthalmologic services by giving personalized attention to every patient.

Dr. Griffiths is Board Certified and began performing laser vision correction practically from its inception in this country. She has performed thousands of cases and participated with the CRS-USA LASIK trials to get the LASIK procedure approved by the FDA.

In addition to offering CustomVue LASIK and EpiLase, NewView offers CKSM, no-stitch cataract surgery, annual eye exams, contact lenses, glaucoma and diabetic screening exams, and cosmetic services including Botox, Restylane, Radiesse, Juvederm, and eyelid surgery. NewView Optical offers affordable high quality frames and lenses for the entire family (ages 5 and older).

Dr. Griffiths is the immediate past Ophthalmology Section Chief of Reston Hospital Department of Surgery, the former Chief of Ophthalmology for the Reston Ambulatory Surgical Center in Reston, VA as well as Loudoun Hospital in Leesburg, VA, Diplomate of the American Board of Ophthalmology, a Fellow of the American Academy of Ophthalmology, a member of the American Society of Cataract and Refractive Surgery, the Washington National Eye Center and others.



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Your Health Magazine is on a mission. There are far too many people, insured or not, who do not go to the doctor when they should, and in millions of cases, don't know who they should go to, or why.

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Information about, and from, local healthcare providers is not easy to find, and many times those services are difficult to access.

Information and encouragement always lowers fear and trepidation about anything, and this is especially true in healthcare. While general information is available on web-sites, specific information from local providers is almost impossible for people to find. This is one of the key reasons chronic and episodic conditions are not cared for. It is our mission to:

**Make A Difference By Empowering and
Encouraging People To Live Healthier By Going
To the Doctor When They Should.**

There is a lot of evidence that the health professionals who participate in Your Health Magazine have helped many people over the years. We at Your Health Magazine salute you!

G. Scott Hunter, Editor-in-Chief

If you would like to find out how you can participate in one of our upcoming editions, please contact the office nearest you.

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By Jay Cho, DC, FIAMA
Active Care Chiropractic
& Acupuncture

What To Do When You Are Involved In an Auto Accident

tients visit their doctor right after an accident even though they were experiencing only mild symptoms, only to have their symptoms get terribly aggravated a few weeks later while they were performing their daily activities. Since they had continuous treatment and established a medical record that supported their accident injuries, they had no problems receiving settlement from the other side's insurance.

friends to your co-workers have an opinion when it comes to something like this, such as waiting to get confirmation from the other insurance company before getting treatment; however, it is best that you act immediately when you are involved in an auto accident to protect yourself.

can choose your doctor or clinic, not your insurance or attorney who may send all their clients to the same doctor for their own convenience.

- Here are some suggestions:
- Visit the ER after the accident, or see any doctor as soon as possible.
 - Remember that you are the one who

- Remember that you are the one who chooses where you can fix your car after you get an estimate from the insurance company.
- Remember it is possible that your symptoms will get worse later on. Do not hesitate to get a consultation with your doctor.

Ms. Jin, a 40-year-old hair stylist, was experiencing moderate to severe symptoms that had been gradually getting worse since she had an auto accident. She was under chiropractic and acupuncture care for three months. Since the accident was the other driver's fault she received some compensation from the other side, which covered the cost of her care.

Mr. Smith, a 25-year-old UBER driver, visited a chiropractor/acupuncturist after an auto accident, which was also the other driver's fault. He wanted to receive treatment right away, but did not want to pay for his medical care until he received a monetary settlement from the at-fault driver's insurance company. After an initial examination the office had to refuse his care for several reasons:

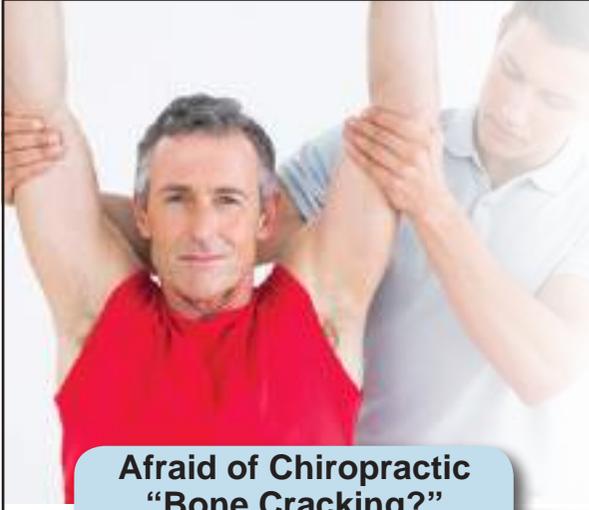
- Mr. Smith's accident happened three months ago.
- Mr. Smith was experiencing only mild muscular soreness and stiffness, and his symptoms may or may not have been related to the accident.
- Mr. Smith did not see any doctor since his accident, until now.

The first thing you need to do after being involved in any accident is to visit the ER, your primary care provider, or any doctor as soon as possible. This is important to establish an official medical record that you were involved in an auto accident, whether you are injured or not, and painful or not. If there is no medical record related to the accident more than six weeks from the accident date, most insurance companies will deny the case. Past that point there are many ways they can attack you, because there are many possibilities that you did not get injured by the accident.

It is highly possible that you may become painful a few weeks later from the accident; however, you or your doctor cannot easily prove that your symptoms are related to this accident if it has been more than six weeks without any medical record.

There are many cases where pa-

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Improve Your Health This New Year

Take Care Of Your Teeth and Gums

By Karl A. Smith, DDS, MS

While we know eating right and tossing out the cigarettes are all part of our typical New Year's resolution to lead a healthier lifestyle, many of us are not aware of the overall health benefits of taking good care of our teeth and gums.

Tooth decay, plaque and periodontal (gum) disease is a health problem that doesn't normally get a lot of New Year's resolution attention. In fact, many adults with gum disease are not aware of the diagnosis, symptoms or its lasting effects. Medical evidence concludes that poor oral health, gum disease, cavities, plaque buildup, etc., can contribute to other problems in the body.

The Causes and Symptoms Of Gum Disease

Periodontal disease is an inflammatory disease that affects the soft and hard structures that support your teeth. In its early stage, called gingivitis:

- gums become swollen and red due to inflammation
- teeth and gums often bleed while brushing

In the more serious form of periodontal disease -- called periodontitis:

- gums pull away from the tooth as infection settles in
- supporting gum tissues are destroyed
- supportive jaw bone can be lost
- your teeth will loosen and eventually fall out

Diagnosing Periodontal Disease

Periodontists are dentists who specialize in the treatment and prevention of periodontal (gum) disease. They are experts in the treatment of oral inflammation, plaque and bacteria as they receive extensive training in these areas during their three additional years of education beyond dental school. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease.

Make it your New Year's resolution to take better care of your mouth and teeth.

Brush twice daily: Your mouth is the front line for battling the bacteria.

Floss daily: Your toothbrush

can't reach between your teeth. Daily flossing cleans the spaces between teeth.

Have at least two dental cleanings a year: Your dental hygienist supplements your daily brushing and flossing.

Get a regular annual dental checkup: Preventative dentistry is better for your health.

Visit a periodontist for gum evaluation: All adult patients should

have full periodontal exams with charting accomplished once a year. This provides you and your Dentist with a baseline measurement to record the pocket depth (space between your teeth and gums), the presence of gum disease, gum recession, bleeding, tooth mobility and plaque buildup.

Eat, drink and be wary: The enemy of oral health is the group of natural bacteria that thrive on sugar and dissolve the protective enamel covering the teeth.

Consider a new and stronger smile: Getting dental implants and crowns for missing or broken teeth isn't a luxury; these problems may leave you with shifting teeth and a vulnerability to gum disease.

Improving your dental health and preventing tooth decay can have a large health impact than just a healthy mouth and brighter teeth. Take control of your dental health and make an appointment with an experienced periodontist today.

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By Mudit Sharma, MD, FAANS
Neurological Surgery
Virginia Spine Specialists

Minimally Invasive Solutions For Lower Back Pain

This may include over the counter anti-inflammatory medications, painkillers or physical therapy. In the few cases where low back pain persists, diagnostic studies such as MRI and x-rays of the back are usually obtained. These studies may indicate a need for specialized spinal care and more direct treatment such as interventional pain management with injections.

In cases that do not respond to any of these measures, surgery may be an option for achieving permanent relief from pain.

The success of such an operation is highly dependent on the specialist and patients must choose a spinal surgeon experienced in the latest minimally invasive techniques for treating their spinal problems.

A minimally invasive spine sur-

geon can minimize skin incision and muscle cutting to reach the problem area in the spine and, using specialized instruments, work through a small tube to address the problem.

This technique dramatically reduces blood loss during surgery, pain after surgery and time spent in the hospital. Patients are able to return to their normal routine more quickly than in the past.

Nearly every adult has experienced low back pain at some point in their life. It is not surprising that low back pain is the second most common neurological disorder affecting Americans; only headache is more common. Fortunately, most cases of low back pain are short-lived and go away in a few days without treatment.

In a few cases, the pain persists and interferes significantly with a person's emotional, social, and medical wellbeing. It is important to realize what causes low back pain and what can be done to treat it.

For our back to function properly, it needs a well-aligned spine supported by normal discs, stabilized by back muscles and freely traveling nerve roots. All these elements make up a normally functioning lower back and they all need to function together to meet our day-to-day demands on our spine. Low back pain results when one or more of these elements malfunction.

A muscle spasm, sprain, or strain of the lower back can cause dull aching pain that usually starts suddenly and can be traced to a particular event or action (pulling/pushing, lifting weights, inappropriate posture). Other, more prolonged cases of low back pain may be a result of gradual degeneration of the bony spinal canal (called osteo-arthritis) or the disc and may cause either the whole spinal canal or one of the nerve root exit sites to become narrow.

Yet another cause of low back pain may be trauma (motor vehicle crashes or sports injury). Finally, low back pain may be the first indication of disease elsewhere in the body that has spread to the spine (infections, cancers, etc.). In many cases, the back pain is also accompanied by leg pain that radiates down one or both sides.

Management of low back pain starts with conservative therapy directed by your primary care physician or spine specialist.

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- Leg Pain and/or Numbness
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- Herniated Disc
- "Slipped Disc"
- Spinal Stenosis
- Spinal Fractures
- Spinal Trauma
- Spinal Infections
- Failed Back Surgery



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"I came to see Dr. Sharma after undergoing an unsuccessful spinal operation elsewhere. After carefully reviewing my history and doing an assessment on me, he offered a minimally invasive procedure to fix my spine. I was home the next day after the procedure and I've been pain free ever since."

- Pt. J.O.

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By Sherri Hudson, CT
Holistic Family Health

Hyperbaric Oxygen Therapy and Anti-Aging

and hyperbaric medicine have been used to speed up the healing process for injuries, especially in athletes. A quick delivery of pure oxygen greatly increases blood flow in the body, which helps in healing.

A hyperbaric oxygen therapy treatment is like giving your skin an oxygen facial, but without any ointments or abrasive creams. Oxygen therapy is a natural cure from Mother Nature that can plump up your skin, and help reduce your lines and wrinkles.

Oxygen therapy happens inside our pressurized hyperbaric oxygen chamber. This very safe procedure gets oxygen to every cell of your body, helps your skin start breathing again, and leaves you with a rejuvenated feeling and appearance.

You may have noticed how pink and rosy your skin looks after exercising, right? That glow happens because your cells have been treated to oxygen-rich blood. Hyperbaric

oxygen therapy promotes that same kind of healthy circulation, and keeps your skin looking vibrant, without the exhausting workout.

Everyone breathes oxygen to survive, but as people age, their skin cells actually get less oxygen. When people reach age 40, they can lose about 50% of the skin's ability to absorb oxygen.

When cells do not get enough oxygen, they can slowly start to malfunction. This can mean wrinkles, age spots, sagging, weak collagen structure, and dull looking skin.

The good news is you will feel a major difference after only one hyperbaric chamber therapy treatment at our center. The oxygen easily enters the cells in your skin, which increases the blood flow to your skin.

Here are some hyperbaric oxygen chamber benefits:

- Helps increase the strength of elastin fibers and collagen in the skin

- Increases blood cells and helps the blood flow
- Enables skin's elasticity and suppleness
- Assists in the recovery of damaged skin, adds a glow to skin
- Increases cell metabolism and new cell production
- Helps the aging brain and degenerative vision
- Helps with joint pain recovery



HYPERBARIC OXYGEN THERAPY

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A New You For 2021



By Sherry L.H. Maragh, MD
Maragh Dermatology,
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abdomen and love handles. The 25 minute procedure destroys treated fat cells without surgery.

Is It Right For Me?

SculpSure is ideal for people with trouble spots, especially those that seem resistant to exercise and diet.

How Many Treatments Will I Need?

Most patients see results with as little as one treatment. However, you

may wish to have additional treatments based on your desired results.

What Should I Expect?

Most patients feel a tingling sensation intermittently throughout the treatment which is generally well-tolerated.

When Will I See Results?

Many patients start to see results as early as six weeks following treatment as the body begins to evacuate the

destroyed cells, with optimal results usually seen at 12 weeks.

How Long Before I Can Resume Normal Activities?

There is no downtime, so you can have the treatment during your lunch hour and return to work immediately. Speak with your board-certified dermatologist to see if a SmartLipo or SculpSure procedure is a good option for you.

After the new year when the holidays are over, it's time to do something for yourself, like improving those areas you may be self-conscious about: your stubborn body fat or veiny legs.

A beautiful new you begins with a consultation with your dermatologic surgeon and vein specialist to see what treatments and options are best for you.

SmartLipo® Laser Body Sculpting

SmartLipo laser body sculpting is a minimally invasive treatment that helps to eliminate those stubborn areas of fat works by permanently destroying fat cells. This allows you to create the curves and contours ideal for your body without the concern of fat returning in areas treated. If you maintain a healthy diet and exercise, you can finally have the body you've always wanted.

SmartLipo laser body sculpting is a laser-assisted lipolysis (fat destruction) procedure performed using a one millimeter cannula (or tube) inserted into the skin. A laser fiber inside of the cannula delivers energy directly to fat cells, causing them to rupture and drain away as a liquid, which is removed during the procedure.

Simultaneously, tissue around the area coagulates, resulting in overall skin tightening. It is a minimally invasive procedure, which usually requires only local anesthesia.

Results can be seen within a week, with continued improvement over three to six months. A compression garment is worn for a short period after treatment, depending on the body area treated.

SculpSure™ Fat Removal

This is a non-invasive body contouring system for the reduction of stubborn fat in areas such as the



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Sherry L.H. Maragh, M.D., FAAD, FACMS, FACS

Sherry L.H. Maragh, M.D. is the founder and director of our centers. She is Board Certified in general, surgical, cosmetic and laser Dermatology by the American Board of Dermatology. Dr. Maragh is recognized as a leader and expert in the field by both her peers and patients in offering the most advanced laser technology and minimally invasive surgical techniques for facial reconstruction and body rejuvenation.



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No Time For an In-Lab Sleep Study?

Learn About This Home Sleep Study Device



By Sheri Salartash, DDS, MAGD
Dental Excellence Integrative Center

Life can be hectic, making it impossible to take time off to do an in-lab sleep study. That's why there is something called a home sleep study device.

A sleep study device is a portable

diagnostic device that uses innovative technology to ensure the accurate screening, detection, and follow-up of sleep apnea. Its ease of use is unparalleled in the marketplace and it is greatly complemented by the fact that sleep study device testing is done in the comfort of your own bedroom; an environment that best reflects the pattern of your sleeping habits.

Benefits:

- The patient self-administers the home sleep study, allowing the patient to sleep in the comfort of their own home
- Saves time from a patient's busy schedule
- The cost of a home sleep test is only a fraction of the cost of an in-lab sleep study

Please see "Sleep Study," page 46

Plasma Pen

The Latest Non-Surgical Skin Tightening Solution

By Erika Davison, Licensed
Medical Aesthetician
Bitar Cosmetic Surgery Institute

The Plasma Concepts Pen is the leading plasma application device for the appearance of wrinkles, aging, skin laxity, tone and texture. This cosmetic procedure is administered by a licensed, trained and certified plasma technician. Plasma concepts can unlock skin's potential for youthfulness and tighter, smoother skin in as little as one treatment with long lasting results and high patient satisfaction.

How It Works

The plasma pen uses a continuous direct energy source; it ionizes nitrogen and oxygen in the air to create a plasma gas. During the procedure, tiny plasma flashes are being discharged from the tip of the Plasma Pen handpiece. Nitrogen plasma energy transfers to the skin's epidermal layer, while also heating and disrupting the deeper dermal structure. This micro-

trauma affects the superficial epidermis, as well as a deeper zone within the dermis – particularly the fibroblasts in turn encouraging collagen production.

What Does the Treatment Feel Like? Is It Painful?

Although for most clients, the Plasma treatment is virtually pain-free, your own treatment may be moderately uncomfortable and sensitive depending on where you are being treated and your own sensitivities and tolerances. Your technician will work closely with you to provide the most comfortable treatment. Topical numbing agents are used and the Plasma Concepts device and super-fine probes allow technicians to work quickly and efficiently, which will dramatically minimize any potential discomfort for you.

When Will I See Results?

Although results are often utterly dramatic from day one and your treated area may look completely healed from

Please see "Plasma Pen," page 49

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Dr. Sheri Salartash
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Does My Child Really Need Dental X-rays?

By April Toyer, DDS
Lifetime Dental Care

It might be shocking to realize that children often need dental x-rays more often than adults. Your child is constantly growing and changing, and they are often more susceptible to tooth decay than adults. The enamel on children's teeth is generally thin-

ner allowing decay to spread more rapidly than on adult teeth. The American Academy of Pediatric Dentistry recommends that x-rays are performed every six months to a year or more depending on their risk for tooth decay.

What Is the Purpose Of X-rays On Children?

Many parents are frustrated that their dentist reports that their child

now has cavities, but at their previous check up they were cavity free. Cavities can form rapidly on children, however the absence of x-rays at a previous visit due to age or behavior may be the cause for the initial under diagnosis. Most parents are shocked to find that their child has cavities because they regularly brush twice a day and limit high consumption of sugars in their child's diet.



April Toyer, DDS

Many parents admit that they have not yet begun flossing due to either lack of child cooperation or failure to realize the importance of flossing at such a young age. X-rays can detect cavities that form in the areas between your child's teeth that may not be seen on visible inspection. Once cavities are visually seen on areas between the teeth, these areas may be quite large, and actually approach the nerve of the tooth requiring more extensive treatment.

Eruption patterns of teeth can also be diagnosed with x-rays. Many children have delayed or advanced eruption patterns, or may even have permanent teeth that are missing or developing in an incorrect location. Early detection of these occurrences may help determine if early intervention or orthodontic treatment may be necessary. Many of these problems are more difficult to treat after the growth process is complete.

Children are known to being highly active and unfortunately prone to injury. Most commonly the upper front teeth take the brunt of the abuse and can suffer from root fracture, tooth displacement, color change, and mobility. Your child's dentist may elect to take regular x-rays of this area to determine if any damage has occurred to the baby teeth or the permanent teeth underneath.

Are X-rays Safe?

Radiation is all around us, from microwaves, to airplanes, and even from the sun. With the amount of radiation we are exposed to with daily activities, the radiation from dental films is very negligible. Different dental offices have different forms of x-ray technology and therefore different levels of radiation from their equipment.

Digital x-rays offer the lowest form of radiation to patients, in some cases up to 80 percent lower than the traditional films most adults had as children. All dental offices are required to have routine inspections of their x-ray equipment by their state. It is also required that a lead apron be placed on your child for additional protection.

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April Toyer, D.D.S.,
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Edward Parelhoff, MD

Edward S. Parelhoff, MD is a board-certified fellowship trained ophthalmologist with specialized training in pediatric ophthalmology. He specializes in strabismus surgery for children and adults.



Haresh Ailani, MD

Haresh Ailani, MD is a board-certified fellowship trained cornea and anterior segment ophthalmologist specializing in cornea, cataract and refractive surgery. He specializes in refractive/laser cataract surgery with standard and advanced technology intraocular lenses, and in all forms of cornea surgery.



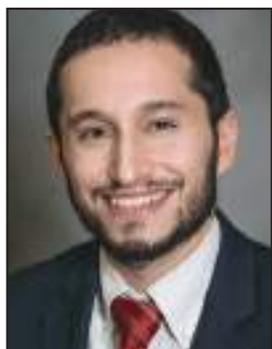
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Marissa Albano, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. She specializes in the latest glaucoma lasers and surgeries, as well as cataract surgery with standard and advanced technology intraocular lenses.



Jennifer Dao, MD

Jennifer Dao, MD is a board-certified fellowship trained ophthalmologist who specializes in pediatric ophthalmology and strabismus. Dr. Dao specializes in amblyopia, pediatric glaucoma, cataracts and performs an adjustable suture technique for adult strabismus.



Benjamin Abramowitz, MD

Benjamin Abramowitz, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. He specializes in the latest glaucoma lasers and surgeries, as well as cataract surgery with standard and advanced technology intraocular lenses.



Jessica Van Looveren, MD

Jessica Van Looveren, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. She specializes in the management and treatment of glaucoma, and provides comprehensive medical and emergency eye care.



Leah Fuchs, MD

Leah Fuchs, MD is a board-certified general ophthalmologist. She specializes in comprehensive medical ophthalmology for adults, including medical eye exams, urgent and emergency eye care.

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Should You Rent Or Sell Your Home?



By Jennifer Wong, Owner,
Principal Broker
W Homes, Inc.

There are both benefits and drawbacks when making the decision to rent or sell and no two people will have the same situation, making this a very personal choice that depends largely on you, your family, and your finances. Below we've detailed a few points to take into consideration while making this decision.

Renting Your Home

There are a few reasons why rental may be the right choice for you. Perhaps you would like to use the rental income to help you pay for the costs maintaining life in a senior assisted living facility. Alternately you might find that you're wanting to maintain the ownership of your home for sentimental reasons such as passing it down to family members. Should you choose to go the rental route however it's beneficial to find a property management company to manage the rental of your home. This will decrease

The decision to move into a senior living facility is a big one. It can come along with great excitement in knowing that you're going to be moving to a place that allows you to retain your independence while receiving additional assistance. However, it can also come along with stress such as what to do with your home when you move, is renting or selling the better option for you?

Please see "Your Home," page 26

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Activities To Help You Connect During COVID-19 Isolation



By Ifeanyi Olele, DO
Genesis Psychiatric Solutions

murder mystery games, and karaoke are some great examples of group activities or games that can be enjoyed from a distance. These can create a fun experience that's good for the spirit.

Isolated By Yourself

There are a couple of things you can do when feeling lonely or alone during this time. One great thing to do is initiate and organize family and friends group video chat sessions, because it's important to stay connected. You can also look into free

virtual resources that allow you to enjoy courses, classes, conferences, workshops, and events in a group setting. If virtual activities aren't your thing, you could read a new book, develop new skills, or catch up on your favorite shows. For the new year, you can use this time as a space for reflection. Try creating a vision board for the upcoming months. Reinvesting in yourself or exploring new self-care practices is never a waste of time.

Overall, if you find that these

times are overwhelming and new activities are not enough to combat the emotional, mental, and psychological effects of isolation and COVID-19, it is best to reach out to a mental health provider for guidance. You and your provider can create a plan to address your concerns. This may include you continuing therapy or even starting medication management. Regardless of the circumstance, therapists are available to help you and hear your concerns. Feel free to share them with your friends and family. Stay blessed.

Many people are struggling with isolation and boredom during the COVID-19 pandemic. Given these circumstances, some people may fall into symptoms of loneliness and depression. Those who have dealt with mental illness or past addictions may fear relapse or a return of symptoms. These challenging times have required people to play their part by social distancing, but this can affect other areas of our lives as well. Below are some tips to address isolation and boredom based on your specific isolation situation.

Isolated With Your Family

Have each family member create surprise activities for the day. This could build anticipation and create an element of surprise. For example, you can explore different recipes and create menus for breakfast, lunch, and dinner. Assign each member a part in contributing to the meal. For fun, have a Netflix or Amazon Prime movie night or a game night where the entire family participates. If there are family members outside of the house, they can also join in via zoom. Each household is different, but everyone can chip in on the fun.

Isolated With Your Significant Other

Date nights do not have to end with social distancing. If you're facing boredom, you or your significant other can create a date night filled with activities you can do at home or within the parameters of social distancing. For instance, you can create a romantic candlelight experience with your significant other in a warm and cozy area of your home or have a nice picnic on a warm and sunny day outside on your lawn. You could also order your favorite takeout or to-go meal and enjoy it together. If you want to change it up, you can also have a zoom couples' night with close friends that are couples. Taboo,

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Ifeanyi M. Olele, DO, MBA, MS
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- Spinal Cord Injuries
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TMJ Disorder and Bruxism

By Maribel M. Vann, DDS

Figure 1 is the Panorex of a 23-year-old female. She presented with numerous complaints of TMJ symptoms but also an extensive list of postural problems. Her difficulties started around the age of 12 years and had worsened steadily since then despite frequent attempts by various dentists and other professionals to assist her. Over a span of 11 years, these included equilibration of the dentition, repeated efforts with both maxillary or mandibular orthotics, various forms of therapy including physical therapy, chiropractic treatment and a variety of medications both over-the-counter and prescription.

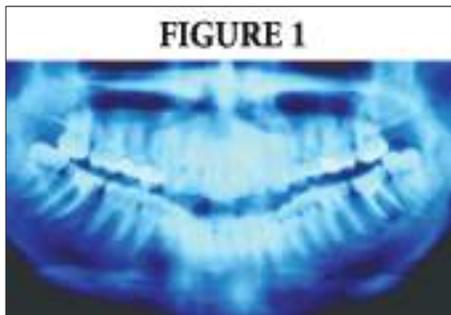
As can be seen, there has been extensive loss of tooth material, enough to require root canal treatment on three

molars and extensive restorations on most of the other posterior teeth. In her teens, veneers were placed on the six maxillary anterior teeth to compensate for excessive incisal wear, but she then developed an open bite from second molar to second molar. The usual suspects of severe caries or erosion from reflux acid were not the cause. The evidence suggested some powerful force was involved. The problem was to identify why such severe bruxism was being triggered.

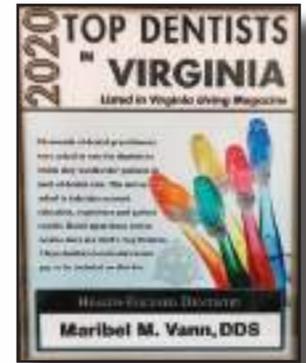
Figure 2A gives the key to the puzzle. In osteopathic language, there is a right torsion. In a torsion, both the ocular plane and the lateral occlusal plane run up to one side, roughly parallel to each other. In this case, the planes were tipped up to the right. Many individuals seem to cope with this anomaly all their lives without serious harm. For many others, there can be a host of unfavourable reactions including balance difficulties, possible strabismus and a wide variety of head, neck and spinal difficulties. The head of an adult female weighs about 6-7 kilos. If the head is not balanced, the rest of the body adapts to achieve as efficient a distribution of weight as it can, sometimes at the expense of tissues a long way

from the origin of the problem such as the pelvis.

Treatment for a torsion has been described previously. As the maxillary dentition and the ocular plane became more level the postural problems diminished steadily as did the bruxing. It was decided to restore the posterior dentition on the right quadrants as



there had been so much loss of tooth material and the treatment had created spacing on that side. Gradual widening of the palate was also done to help provide adequate space for the tongue to be contained within the closed dentition. The anterior open bite closed spontaneously partly because of extraction of the mandibular third molars. A photo supplied by the patient of her face at age six years showed that the condition had been present at least since then and was most probably as a result of birth trauma.



Dr. Maribel M. Vann

Originally from the Philippines, Dr. Vann completed her undergraduate studies and earned her first dental degree in the Philippines in 1978. She practiced general dentistry for six years in the Philippines. She attended Georgetown University School of Dentistry and graduated in 1988. She has been practicing in Northern Virginia ever since.

Dr. Vann is a member of the Academy of General Dentistry and the American Academy for Oral Systemic Health.

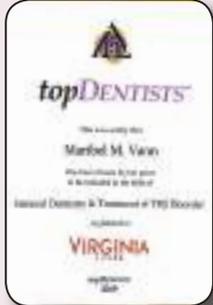
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Feldenkrais Help In Standing Tall



By Maureen McHugh,
Feldenkrais Practitioner
Wellness In Motion

Here is a fact to reflect on: our tensions make us short. By contrast, to relax is to become taller.

In the book, *A Story Like the Wind*, Laurens van der Post recalls his childhood among the Matabele in South Africa. In the evening, after a long day hunting, the tribe gathered around a campfire. The chief took his place and invited relaxation with the phrase, "Come, let us let our bodies be long."

Many of us wish we could relax like this: outside, around a campfire, listening to the night sounds, and feeling ourselves under the stars.

Perhaps vacation takes us there.

In the meantime, while living in our mostly urban environment, other approaches can help. One such is the Feldenkrais Method. It is named after its founder, Moshe Feldenkrais.

The Feldenkrais Method is a way, through movement, to bring about

Please see "Feldenkrais," page 46

Each of us was given, as part of our birthright, a certain height. When we stand at this height, we look good. We look like ourselves.

But things can happen, and the height can become less.

Some causes of getting shorter may be irreversible, but others may have the possibility of changing.

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Dry Needling For Knee Pain



By Zamir Ahadzada, DPT, PT
Bodies In Motion

performance deficits, movement coordination deficits, and mobility deficits.

There is research evidence that shows the benefits of dry needling for people with knee pain in combating these four categories. Thus, the focus of this article is to briefly demonstrate how dry needling can be used as a tool to help combat movement coordination deficits, muscle performance benefits, mobility deficits, and help decrease pain.

Dry needling is essentially the use of monofilament needles, without injections, to treat muscular and neural system dysfunction. This differs from acupuncture in that goal of Acupuncture is to restore the chi, or flow of energy, in the body using specific points in the body called meridians.

Originally, dry needling originated with the focus of targeting the trigger points in the body. Current research, however, suggests that it also influences other structures, such as the ligaments, muscles, subcutaneous fascia, scar tissue, peripheral nerves, and neurovascular bundle. This is because the trigger point anatomy is

Please see "Dry Needling," page 46

Now that winter is here and days are still getting shorter, more people are turning to indoor activities including, walking or running on a treadmill, and stationary bicycling. However, this might be difficult for some due to knee pain.

According to a systemic review, most people who complain of knee pain have difficulty with running, hiking, bending, and squatting. But what could be causing this? According to the American Physical Therapy Association (APTA) clinical guidelines knee pain can be divided into four basic categories: overuse, muscle



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Why Get a Massage?



By Mary Wilkerson, CMT
Vienna Massage Therapy

A major factor in our quality of life and flexibility can be how well we take care of our often-ignored musculature. If left unattended to, muscle imbalances can result in more serious problems down the line – not to mention the negative impact on posture and productiveness it may cause.

Similar to an advance warning system like smoke alarms, pain or discomfort is the body's warning signal that something's not right and needs our attention.

Many things we thought we just had to live with can be alleviated and/or remedied through massage and bodywork. With awareness of today's alternatives in preventive medicine, we now have viable options when deciding what our response will be when our body's "smoke alarm" goes off.

If a dysfunction or imbalance has existed for quite some time, it is important to realize that just one treatment every month or so is not likely to resolve it. Rarely is there a "miracle cure" that instantly erases the effects of abuse or neglect after months, or even years, of demands we have put on our bodies expecting that they will "just do it."

Oftentimes people are puzzled as to why, all of a sudden, they have a problem. Usually it is no surprise given the imbalance in the ration of physical demands and stresses placed on the body to the level of care and maintenance the body has received. Just like a treasured heirloom, the human body deserves and needs to be well cared for. Regular massage can be a worthwhile investment in your well-being.

The COVID-19 Pandemic and Oral Health



By Richard Hughes, DDS
Board Certified, American Board
of Oral Implantology

We all are going through these prolonged stressful times of COVID-19, with lockdowns, social isolation, disruption in business and education and loss of income for many. I have noticed in my practice and have discussed with dental colleagues around the USA, the acute effects of stress on the oral cavity.

People are presenting with fractured teeth, dry mouth (xerostomia), inflamed gums, TMJ issues and an increased rate of dental decay or cavities. These are not the signs and symptoms of COVID-19, but from acute psychological stress.

The fractured/cracked teeth, are from psychological stress related clenching, poor posture from makeshift home workstations, causing bruxism or grinding of teeth and poor sleeping patterns. Many a time, cracked teeth will need crowns or caps for restoration and even extraction and placement of a dental implant(s). A cracked tooth can cause excruciating pain. Stress and bruxing also causes some of the TMJ issues that can be painful and disrupting to eating food. The dry mouth syndrome or xerostomia is caused by some medications, but we are seeing an increase in dental decay in people not taking these medications

Please see "Oral Health," page 46

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Understanding Seasonal Affective Disorder



By Jessica L. Cardwell, PsyD
Licensed Clinical Psychologist

serious and impact how a person feels, thinks, and handles daily stressors and activities it can be a sign of SAD, which is a type of depression.

The signs and symptoms of SAD include those associated with depression with a recurrent seasonal pattern of symptoms lasting about 4-5 months per year. Depressive symptoms with winter-pattern SAD include hypersomnia (oversleeping), overeating with a craving for carbohydrates, weight gain, and social withdrawal. These are in addition to common depression symptoms including feeling depressed most of the day; losing interest in activities; changes in appetite, weight, sleep, and energy level; feeling hopeless or worthless; difficulty concentrating; and thoughts of death or suicide.

The National Institute of Mental Health reports millions of American adults may suffer from seasonal affective disorder (SAD), with many not knowing they have the condition. Some people can start to feel “down” in the fall and winter as the days get shorter, and then feel improvement in the spring with longer daylight hours. When these mood changes are more

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Please see “Disorder,” page 44

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Cyclical Nutritional Therapy For Hair Restoration



By Balvant Arora, MD, MBA
The Hair Loss Clinic

metabolically active unit in the body, and hence hair growth is impacted by calorie and protein malnutrition as well as micronutrient deficiency. Nutritional deficiency impacts both hair structure and hair growth. Effects on hair growth include acute telogen



Ask The Hair Loss Clinic about Hair Fact

Patients with hair loss often inquire whether nutritional supplements can help restore hair growth or prevent further hair loss. In fact, many will start dietary supplements without consultation in the hope that the supplements will help. The unregulated supplement industry also capitalizes on this population's vulnerability.

Hair follicle is amongst the most

effluvium (TE), a well-known effect of sudden weight loss or decreased protein intake. Studies have also reported potential associations between nutritional deficiency and chronic TE,

Please see “Restoration,” page 49



By Swathi Reddy, DMD
All Smiles Orthodontics

Commonly Treated Orthodontic Problems

Malocclusion (literally meaning “bad bite”) is the number one reason people seek orthodontic treatment. There are many different forms of malocclusion, such as:

- **Crowding:** Crowding can cause poor jaw alignment, impacted teeth, or teeth growing behind or in front of one another, resulting in poor biting relationships and undesirable appearance. Crowding only gets worse over time. Crowded teeth are harder to clean than straight teeth, which may lead to cavities and tooth decay.
- **Overjet or protruding upper teeth:** When the upper front teeth stick out too far forward, or the lower teeth don’t extend enough this is called protrusion. Thumb and finger sucking habits can also cause a protrusion of the upper front teeth. Significant dental protrusion can cause speech and chewing problems and can be unsightly.
- **Deep overbite:** A deep overbite or deep bite occurs when the lower incisor (front) teeth bite too close or into the gum tissue behind the upper teeth. A deep bite can contribute to excessive wear of the incisor teeth, bone and gum tissue damage.
- **Open bite:** An open bite results when the upper and lower incisor teeth do not touch when biting down. This open space causes all the chewing pressure to be placed on the back teeth. This excessive biting pressure and rubbing together of the back teeth makes chewing less efficient which can lead to digestive problems and significant tooth wear.
- **Spacing:** Spacing is too much room between the teeth. Spacing can occur if teeth are missing, small, or if the dental arches

- are wide. The most common complaint from patients with excessive spacing is cosmetic. Closure of dental spacing not only improves the look of the front teeth but it also prevents “food traps” from developing between the back teeth.
- **Crossbite:** A crossbite exists when the upper teeth in the back are fitting on the inside of the

lower teeth. This is often caused by the upper jaw being too narrow. Correction of this situation is important at a young age so that the upper jaw continues to grow properly. Expanders are usually used to correct this, and give excellent results.

- **Underbite or lower jaw protru-**

Please see “Orthodontic,” page 46

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Managing Mental Health During a Crisis



By Daphne King, EdD
Loudoun Counseling & Coaching, LLC

that we are experiencing limiting much needed human contact. The symptoms of anxiety come in the form of excessive worrying with intrusive thoughts, feeling agitated, restlessness, fatigue, difficulty concentrating, trouble falling or staying asleep, panic attacks, and avoiding social situations.

Here are some tips or strategies to help you manage your mental health during this pandemic and develop healthy coping strategies.

Tip #1, Limit News Watching

Currently with so many things happening in our country related to the pandemic, it is easy to spend countless hours watching the news. You want to be informed but not inundated with news. Decide what time of day you will watch the news and stick with that time and do not watch the news right

Please see “Mental Health,” page 46

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This year we have all experienced uncertain and unprecedented times with the COVID-19 global pandemic. The pandemic has brought with it an increase in symptoms of anxiety and depression due to the social isolation

30-Minute Foot Workout

By Edward S. Pozarny, DPM
Arlington Podiatry Center

Your feet work hard. They support your total body weight. They absorb the shock of your body pounding against the ground and adjust to the many different surfaces you walk or run on. Each foot contains 26 bones, 33 joints, and many different muscles, tendons, and ligaments.

If any of those bones, joints, or

soft tissues are out of place or working incorrectly they can cause your foot to have pain. If you have a medical problem such as diabetes, improper foot biomechanics can cause a serious health risk.

There are many different exercises that can help you strengthen the muscles of your feet. The three contained in this article are just an example of how simple stretching and flexing can help.

The Heel-Toe Wiggle

Sit on a chair with feet flat on the floor and shoes removed. With heels remaining on the floor, raise the forefoot and toes as high as you can and move them to the right. Bring the toes back down to the floor and raise your heels as high as you can. Move them to the right until they are parallel with your toes. Bring your heels back down to the ground. Repeat the process to the left. Do this for approximately ten minutes.

The Foot Loop

Lie on your back. Loop a towel or other long cloth under one foot. Keeping your knee straight, pull your toes toward your head and hold for five seconds. Then push your toes down against the cloth as far as you can and hold for five seconds. Relax your foot and pull the side of the cloth on the outside so that your foot bends sideways out for five seconds, then pull the other side of the cloth so that your foot bends sideways in for five seconds. Repeat with the other foot. Do for approximately ten minutes.



Edward S. Pozarny, DPM

The Foot Grabber

Place a dishcloth or towel flat on the floor. Sit in a chair with your feet on one end of the cloth. Curl your toes and pull the cloth under your feet. As you release, point only your toes up and spread them out as far as you can. Lower them back onto the cloth for the next grab. Repeat the process, spreading the cloth back out as necessary. Do for approximately ten minutes.

By doing these simple exercises for 30 minutes each morning, you can strengthen your feet and toes and lessen the likelihood of developing serious muscular/skeletal problems.

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YOUR HOME

FROM PAGE 18

the burden of being a landlord off both yourself and your loved ones.

Selling Your Home

Selling your home is often found to be the best choice for many seniors as they move into their new stage of life. Selling your home relieves much of the stress of maintaining ownership of a home and saves you from ongoing maintenance fees and property management costs. Selling your home can also provide you with a nest egg to finance your new living situation. If selling is a route that you are considering, it's imperative to get an appropriate appraisal of your property to understand its value and any renovations you may need to do. Working with a realtor that you trust during this period can ease the stress of selling your home and ensure the transition goes smoothly.

Whether you decide to rent out your home or sell it – speak to someone that you can trust about your options. Realtors have experience in property management and can guide you during the entire process.

Laser Resurfacing: Turn Back the Hands Of Time



By Mariam Alimi, MSN, FNP
Impressions Medispa

The anti-aging breakthrough of the decade is a skin-resurfacing treatment known as fractional CO2.

Combining the effectiveness of traditional carbon dioxide lasers with a new application technique, it delivers powerful results without the traditionally harsh side effects and downtime.

How Does the Fractional CO2 Work?

The laser works by vaporizing the

tissue and drilling microscopic beams into the epidermis.

Traditional carbon dioxide lasers are the “gold standard” for treating deep fine lines and wrinkles, and acne scars.

However, in the last 2-3 years there has been a real shift to fractionated lasers because the treatments involve less complications and downtime.

“Essentially, you are getting all the benefits of laser resurfacing, still the best way to remove wrinkles, but you’re getting it without the downtime and without the horrendous complication rate,” says David Goldberg, MD, director of Skin Laser and Surgery Specialists of New York and New Jersey and clinical professor of dermatology at the Mt. Sinai School of Medicine in New York City.

The Most Common Conditions the Fractional CO2 Addresses Are:

- Fine lines and wrinkles of the face
- Scars, especially acne scars

- Eyelid laxity, lines around the eyes
- Pucker marks (smoker’s lines) and frown lines
- Brown spots and splotchy, uneven skin tone

What Will You Look Like Immediately After Treatment?

Patients typically experience swelling and a mild sunburn sensation for about 1-2 hours following the treatment. The first 3-5 days your face will have a red complexion with swelling. Typically a post-ablative kit is included to speed up healing by exfoliation of the dead skin cells and

to enhance results. Mineral makeup can be used typically on day four to help cover any redness.

Due to the heating of dermal collagen during the laser treatment, tightening of skin laxity and improvement of rhytids (fine lines) continue for up to six months. The results of the treatments can be dramatic and with proper sun protection, effects are thought to last 8-10 years.

Most effects of treatment become visible right away, whereas new collagen formation builds up gradually over time and results in continued smoothing.



Advice On Looking Your Best

Everyone wants to look as young as they feel and NOW is your chance! Schedule your **FREE consultation** with Mariam Alimi, MSN, FNP to learn how these non-invasive aesthetic services can help YOU reach your beauty goals:

- Body Contouring/Cellulite
- Medical Weight Loss
- Acne Treatment
- Botox, Dysport, Xeomin
- Restylane, Juvederm, Radiesse
- Laser Hair Removal
- Micro Needling
- Chemical Peels & ViPeel
- Fractional CO2 Laser
- Skin Rejuvenation (IPL/ Photofacial)
- PRP Hair Restoration

Botox
\$10 unit
(Retail \$14/unit)
*We participate in Brilliant Distinctions Rebates
Offer expires 01/31/21

Restylane or Juvederm Fillers
\$100 OFF
Offer expires 01/31/21

PRP Hair Restoration Special
\$700
(Retail \$900)
Offer expires 01/31/21

Fractional CO2 Resurfacing
20% off
Offer expires 01/31/21

FrEE Consultation Call Now!



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Mariam Alimi, MSN, FNP
Aesthetic Director & Advanced Injector

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ACUPUNCTURE & ORIENTAL MEDICINE

Carlos Durana, PhD, MAC *Seasons In Our Life*

Carlos Durana, Ph.D., MAC., Dipl. Ac. (NCCAOM) practices acupuncture, body therapy, Chinese herbal medicine, life/wellness coaching, and counseling. He has been in practice for over 30 years, and he has a background in medical Qigong, meditation, stress management, exercise and nutrition. Dr. Durana brings breadth and depth to his practice and has been cited twice in *Washingtonian Magazine* as "one of the most highly regarded practitioners in his field." He offers a caring, comprehensive, integrative approach to whole being wellness and the treatment of a broad range of conditions.

Special Interests/Services: Dr. Durana's areas of practice include: pain management, neck and back pain, repetitive stress injuries, fertility and women's health, men's health, sports performance/injuries, and other health concerns. He also addresses anxiety, depression, stress management, and the enhancement of wellness.

He is fluent in English & Spanish, and treats all genders, religions, ages and ethnicities.

Professional Affiliations: Dr. Durana is a founding member of the Maryland Acupuncture Society and the Acupuncture Society of Virginia. He is a member of the American Psychological Association, and is a member of many other organizations.

Practice Location: 11250 Roger Bacon Dr • Reston, VA • Atrium #5, Suite 1C
Also located in Washington DC & Bethesda, MD!

703-716-0906 • www.SeasonsInOurLife.com

Practice Philosophy:

Dr. Durana's approach is based on caring, acceptance and positive regard for others. It is educational, practical, and holistic. He is a proponent of integrative approaches to health care that honor the body-mind connection and its impact on your wellbeing. He also provides you with the tools you need to find health, peace and happiness.



ALTERNATIVE MEDICINE

Maureen McHugh

Feldenkrais Practitioner at Wellness In Motion

Maureen McHugh is a Guild Certified Feldenkrais Practitioner. She has been teaching the Feldenkrais Method since 1991. She works full-time and offers both group and individual instruction.

Maureen came to the Method, like many of her clients, after a sports injury. Also like many of her clients, after the injury she tried several approaches, including physical therapy, chiropractic, massage and hypnosis. She had a positive experience with each. And yet the nagging pain was still there. When a friend referred her to Feldenkrais, she found the approach that fully relieved the pain, opened up new doors in sports and music, and launched her on a new career.

The Feldenkrais Method is a teaching approach. It takes place through Group Classes and Individual Sessions. It is not part of the medical system and, therefore, is not covered by insurance. Just the same, many people who have Flexible Spending Accounts get reimbursement through them for the Individual Sessions.

Practice Locations: Arlington, VA & Alexandria, VA

Call/Text: 703-751-2111 • **Email:** MaureenMcHugh200@gmail.com

www.WellnessInMotion.com

Practice Philosophy:

"Wellness In Motion" means feeling good when you move and naturally expressing the vitality of your life in movement.

"Without learning to know ourselves as intimately as we possibly can, we limit our choice. Life is not very sweet without freedom of choice."

— Moshe Feldenkrais



AESTHETICS

Mabir Cruz-Riveros, LMA *Healthydermis*

Degrees, Training & Certifications: Mabir Cruz-Riveros was born in Barranquilla, Colombia. She is certified as a Licensed Master Aesthetician, a Licensed Aesthetic Educator and is Certified as an International Medical Aesthetician.

Mabir is an innate artist, lover of the world of beauty and glamour, resulting in her passion for life. For the last 25 years, she has expressed her compassion in helping her patients find satisfaction through the art of aesthetics.

She inherited her love of aesthetics from her parents. Since a very young age, she saw them perform in this industry, which awakened in her the same desire. As an International Medical Aesthetician, Mabir learned from her parents the sensitivity and beauty of the human body, life skill in their work, and how to stand out in this industry.

Services & Special Interests: Mabir specializes in natural aesthetics without surgery. She offers skin treatments for acne, cellulite, rosacea, stretch marks, tattoo removal, laser hair removal, scar removal, and more.

Practice Locations: 2944 Hunter Mill Road, Suite 201, Oakton, VA 22124
7230 Heritage Village Plaza, Gainesville, VA 20155

www.MyHealthyDermis.com • 571-502-0202

Practice Philosophy

"We focus on catering to the specific needs of each individual. Our process begins with a consultation where a precise protocol is designed for that patient. The professional procedures along with the discipline of each patient allows us to guarantee positive results."



AROMATHERAPY & HERBOLOGY

Laina Poulakos, Owner/Founder *Mother's Nature Aromatherapy Store & Consultations*

Degrees, Training & Certifications: Laina is a certified Aromatherapist and Herbalist, and the owner of Mother's Nature Aromatherapy Store & Consultations. Laina has been practicing Aromatherapy and Herbolgy for the past six years. She recently obtained her Ayurvedic medicine certificate through Yogi Cameron. She provides consultations and makes a wide variety of aromatherapy products. Many satisfied clients and friends have experienced the positive benefits of her guidance and expertise in the alternative medicine field.

Special Interests: Laina has a passion for helping people find peace of mind, and health, in the most positive light possible. Her passion for helping people is inspired by her son Benjamin, who has a genetic condition that is unique to him. He is the inspiration for her to follow the healing path.

She has a unique perspective on what it takes to begin living a healthier, more natural lifestyle, through home remedies and natural medicine.

Areas of Expertise: Handmade, natural aromatherapy products, including balms and soaps, that can be used to relieve a number of ailments. Consultations are available for personalized, confidential advice.

How To Contact Laina: Call 703-851-0087, OR visit mothersnaturestore.com

Practice Philosophy:

"I am the mother of five children and find healing to be a wonderful way to share my calling with society. I want to provide and share all my knowledge to give everybody peace of mind and well being."

Best Health Advice:

"Herbs are nature's medicine cabinet. For thousands of years, over 300,000 species of plants have been identified and used to treat ailments and promote health & wellness. Contact your local herbologist to learn how they can help you."



AESTHETICS & SKIN CARE

Mariam Alimi, MSN, FNP *Impressions MediSpa*

Degrees & Training: Mariam is an Aesthetic Nurse with a Bachelors in Nursing from Stratford University (cum Laude) and a Bachelors from Virginia Tech. She is an expert in laser technology and has over 14 years of experience in cosmetic dermatology and aesthetic medicine.

Special Interests & Certifications: Mariam is certified in Botox & Dermal Fillers including Advanced Techniques using Restylane, Restylane Lift/Perlane, Voluma, Juvederm XC, Juvederm Ultra Plus, Volbella, Vollure, Radiesse, and Beletoro. Mariam is Licensed in ArqueDerma® Artistic Restoration Lift® and InstaTox®. She has completed an intense training through Injectability Institute home of ArqueDerma® technique. Mariam is committed to restoring, sculpting and enhancing ones natural beauty through non-surgical techniques.

She is certified in IPL/BBL lasers, Fractional CO2 Resurfacing, ND Yag, Erbium Resurfacing, RF Skin Tightening, SculpSure, Microneedling, Chemical Peels, Stem Cell Platelet Rich Plasma (PRP) Injections for Hair Restoration, Vampire Facelift, Skin Rejuvenation and Hair Loss.

Mariam specializes in skin care for various conditions including acne, hyperpigmentation, melasma, wrinkles, acne scarring, stretch marks, scars, rosacea and veins. Mariam has extensive experience using lasers and chemical peels safely on skin of color and ethnic skin.

Professional Memberships: Association of Medical Aesthetic Nurses, American Society for Laser Medicine, and American Nurses Association.

Practice Philosophy:

"Helping you look and feel your best!"

Practice Location:

10560 Main Street, #307
Fairfax VA

703-273-0001

ImpressionsMediSpa.com



DENTISTRY

Bryan L. Grimmer, DDS

Bryan L. Grimmer, DDS has been in the dental business for over 40 years in the Herndon, Virginia area. Dr. Bryan prides himself on providing dentistry services to his community. His focus on providing his patients with prompt and courteous service, helpful customer support, and quality dental products makes him a popular choice.

He completed his dental training at Georgetown University in 1979. Dr. Grimmer is an active member of the American Dental Society, the Virginia Dental Association, the Northern Virginia Dental Society, and the Academy of General Dentistry.

Dr. Bryan Grimmer has been practicing family and cosmetic dentistry since 1979. Though Dr. Grimmer originally hails from Pocatello, Idaho, he spent his formative years in California. He is a 1975 graduate of Brigham Young University and currently holds three bachelor's degrees in Psychology, Microbiology-Biology, and Zoology.

Practice Location: 131 Elden Street, Suite 101, Herndon, VA 20170

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DENTISTRY

Sheri Salartash, DDS, MAGD, FICOI
Dental Excellence Integrative Center

Voted VIRGINIA'S TOP DENTIST
Virginia Living Magazine (2018) & The Washingtonian (2019)

Dr. Sheri Salartash is an expert Cosmetic & General Dentist sharing a tremendous wealth of knowledge and experience with her patients and staff. She is very passionate about the results of her work and she knew by the age of 10 that she would be a dentist. She has several certifications in areas of functional, biologic, and naturopathic approaches to dentistry. Her office focuses on Comprehensive Dentistry, Aesthetics and Functional/Physiologic and Neuromuscular Orthodontics with a whole-body approach. Her office is certified mercury-safe and she provides services in sleep apnea solutions and TMJ treatment. Dental Excellence Integrative Center has been awarded several honors for its commitment to business excellence and dental care.

She graduated Magna Cum Laude from Virginia Commonwealth University and is honored to have been recognized as one of "America's Top Dentists" by Consumers' Research Council of America for the past 12 years. Dr. Sheri has also been nominated as one of the Top Dentists in *Northern Virginia Living* in 2018 and *Washingtonian* in 2019. She also is featured as an integrative dental expert on the TOP Doctors Interviews which are seen on CNN Headline News, Fox News, Oprah Winfrey Network, CNBC and other networks.

Dr. Sheri is committed to continuing education and was awarded a Mastership with the Academy of General Dentistry (AGD). The Mastership Award is the highest honor available in the AGD and one of the most respected designations in the profession. This accomplishment meets the highest criteria for professional excellence which is only designated to the top 2% of dentists in the country. She also has fellowship with International Congress of Oral Implantologists and American Academy of Implant Prosthodontics. She is also Certified Biological Dentist by International Academy of Biological Dentistry and Medicine, and Accredited member of Academy of Biomimetic Dentistry.

Practice Location: 3116 Mount Vernon Avenue, Alexandria, VA 22305
703-745-5496 • www.dental-alexandria.com

We offer the most advanced dental laser system on the market today. The Fotona Lightwalker allows for an array of procedures that were not available just a few years ago for treating dental problems, sleep problems and enhancing cosmetic procedures. The soft tissue system is non-invasive and shortens healing times and there is no need for drills or needles with no bleeding, and minimal or no pain. When looking for non-invasive solutions for gum diseases, cavities, or other oral issues, this is the way to go.

Many different dental procedures can be done involving the dental laser technology, such as removing cavities and over-grown tissue, treating gum diseases, or whitening teeth. Moreover, laser dentistry is ideal for adults and children who are sensitive to needles or have anxiety of dental work due to their past experiences.



ENERGY MEDICINE

Sarah Lascano, Owner
Ray-Zen Energy

Degrees, Training & Certifications: Sarah Lascano is the founder of RayZen Energy, where she is an energy medicine and spiritual healing practitioner. She has helped hundreds of clients around the world get unstuck, find better health, gain wisdom, and transform their lives. Her popular On Demand Healing sessions are transforming the way people receive energy healing. Sarah holds engineering degrees, is an IET Master Instructor and certified BodyTalk Practitioner which she combines with knowledge of the human body to bring a powerful, grounded energy to her sessions. It is her passion to help people discover the root cause of their problems and move forward with ease and grace.

Areas Of Expertise: I use your body's innate wisdom to create healing that is customized to you, directed by your body. Symptoms present differently in every body and similar symptoms can mean different things. Correcting imbalances can restore your body's health gently yet effectively. The results are fast, powerful, and safe to combine with other treatments and medications.

If you've been searching for answers to issues disrupting your life or want to optimize your health, my energy healing programs can improve physical, emotional and mental health, spirituality, career, money, and relationships.

Services: BodyTalk System, Integrated Energy Therapy, Reiki, Traditional Chinese Medicine, Five Element Theory, Lymphatic Drainage, Body Ecology, Hormones & Neurotransmitters, Epigenetics, Angel Healing, Shamanic Healing, Neuromodulation Technique, Chakra & Meridian Balancing

(540) 235-6440 • <https://rayzenenergy.com/>

Practice Philosophy

Leave the past behind and welcome wellness – feeling lighter, empowered, and in charge of your life.

Energy Medicine removes blocks that are keeping you stuck and allows your body to start functioning in balance. Stresses accumulate from our childhood, traumatic events, toxic relationships, and more. Release these stresses and reconnect the body, allowing it to heal the way it knows best. Our bodies have innate wisdom and are always striving for wellness.



DENTISTRY

Zina Alathari, DMD
Tysons Dental Corner

Degrees, Training & Certifications: Dr. Zina Alathari graduated from Tufts University School of Dental Medicine in 1994. In addition to her general dentistry training, Dr. Alathari takes continuing education each year in advanced clinical procedures and technologies - concentrating on cosmetic dentistry, teeth reconstruction, and pain relief. Her wide range of service to the public has given her experience to understand each patient's individual needs.

Services: Cleanings & Exams, Dental Implant Restorations, Porcelain Veneers, Dentures & Partials, Teeth Whitening, Tooth Colored Fillings, Cerec® One Day Crowns, and more!

Practice Philosophy: In our office you will experience all that modern dentistry has to offer, including a comprehensive list of general, restorative and cosmetic dental services to meet the needs of the whole family. Our goal is to assist each patient in achieving and maintaining long term dental health and a beautiful smile.

Practice Locations: 21155 Whitfield Place • Sterling, VA 20165
Call: (703) 444-5553 • www.LoudounDentalCare.com
7121 Leesburg Pike, Suite 104 • Falls Church, VA 22043
Call: (703) 237-5600 • www.TysonsDentalCorner.com

"As always, everything was done in a very professional manner. Staff is always friendly and conscientious. Office and treatment areas are orderly and spotless. I have been coming here for years and can't fathom going anywhere else for my dental needs."

- Jim R., Leesburg, VA
Designer



FAMILY & COSMETIC DENTISTRY

Marv Thomas, DDS
The Dental Spa

Degrees, Training & Certifications: Dr. Marv Thomas established the Dental Spa in 2002. She graduated from Howard University College of Dentistry with honors and did an internship at Sloan Kettering Cancer Center in Manhattan, New York in Oral Cancer Reconstruction.

Professional Memberships: Fellowship in Sedation Dentistry, The American Dental Associations, The Academy of General Dentistry, The Virginia Dental Association, The Northern Virginia Dental Society, The American Orthodontic Society and The Dental Organization of Conscious Sedation.

Dr. Thomas has been on and has sponsored numerous international dental and health missions in Jamaica, Haiti, India, Kenya, and Dominica Republic.

Areas of Expertise: Invisalign® for Teens & Adults (discreet, removable aligners to straighten teeth & improve your smile!), Bonding, Crowns & Bridgework, Cosmetic Dentistry, Dental Implants, Fillings, Oral Cancer Screenings, Orthodontic Treatment, Periodontal (Gum) Disease Therapy, Porcelain Veneers, Professional Teeth Cleanings, Removable Dentures, Root Canal Treatment, Sealants, Sedation Dentistry, Sleep Apnea, Teeth Whitening, TMJ/TMD Treatment, Tooth Extractions, and more.

Practice Locations: 12351 Dillingham Square • Woodbridge, VA 22192
703-580-8288 • www.TheDentalSpaOfVirginia.com • #DentalSpaVA

Practice Philosophy:

The Dental Spa is not only known for its tranquil environment and anti-anxiety atmosphere, but as a state of the art modernized facility. It is where Feng Sui and technology comes together.

We were recently voted "Best of Prince William" (INSIDENOVA, 2018)

dentalspa



ENERGY HEALINGS & YoRiQi

Bonnie Mazaris, RYTT-200
Beyond Bonnie's Hands

Bonnie has been involved in healing arts since she was young, starting with her family as a caregiver and coach. She mentored her family and friends before she ever knew what energy work was. Through hard times and emotional times, Bonnie has served as a vessel to all who needed her loving, healing energy. Bonnie has been training in yoga since 1976, Energy and Healing field since 1990 and also has experience in the field of wellness.

YoRiQi is a self-healing technique that consists of light exercise and stretching with Kundalini, Korean, Yen, restorative Yoga methods and finding the energy flow with tapping the body to release stagnant energy. This brings in a new fresh flow of energy and enhances the circulation and breath. It includes vibrational dancing and laughter Yoga to take your experience to the next level. You will then relax to a beautiful sound bath meditation, that takes you to an even higher level of completion.

Services: Through the art of healing herself and others she has many other modalities which include long distant healing, acupressure and clearing chakras. She offers Reiki, a form of energy healing. Reiki is also called palm healing or hands-on-healing as a form of alternative medicine. Reiki is a spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui.

Methodology: She starts with a combination of clearing the stagnant energy and opening up the chakras. She includes a light shaking for relaxation, light tapping or touching, and light or heavy acupressure if needed. Bonnie will also use her warm healing energy with her hands to embrace your body and soul with universal loving healing energy that flows from her heart.

YoRiQi Classes every Tuesday and Thursday from 12pm to 2pm - Call for group, birthday, couples sound bath healing meditation information. For a faster response please text me for class occupancy and private healings. I will get back to you ASAP. With COVID we are only accepting 4-6 people in the classroom. For your safety we are taking as many precautions as possible for a safe environment. Bring your own mat and a small pillow. Couple of blankets if you will be coming for healing sound bath meditation.

Personal interests: Bonnie enjoys cooking, music, dancing and the arts.
Office Location: 44330 Mercure Circle, Suite 282 (2nd Entrance) • Dulles, VA 20166
703-598-5197 • www.BeyondYoRiQi.com

Benefits of Reiki:
Reiki is very beneficial for cancer, colon problems, abdominal pain, breathing problems, headache, back, legs, knees, feet, hands, throat and heart and many more. You may experience emotional releases of stress and a series of three of more treatments will stimulate the body's natural healing process.



FAMILY & SEDATION DENTISTRY

Chris Kim, DDS
Mt. Vernon Center for Dentistry

Degrees, Training & Certifications: After graduating from University of California, San Francisco School of Dentistry, Dr. Kim completed an Advanced Education in General Dentistry residency at UCSF where he received advanced training in prosthodontics, endodontics, and dental surgery. He attended and completed the NYU Implant Fellowship program. He has maintained more than ten times the continuing education requirements every year while in private practice. Dr. Kim continues his dental education at the prestigious Kois Center for Dental Excellence and the Frank Spears Dental Education seminars.

Services & Special Interests: Dental Sedation & Anesthesia, Cosmetic Dentistry (Invisalign Clear Braces, Porcelain Crowns, Porcelain Veneers, Teeth Whitening), Dental Implants & Dentures, Emergency Dental Care, Pediatric Dentistry, Restorative Dentistry, Root Canals, Snoring & Sleep Apnea Treatment, TMD/TMJ Treatment, Tooth Extractions

Professional Memberships: Academy of General Dentistry (AGD), American Dental Association (ADA), Northern Virginia Dental Society (NVDS), Virginia Dental Association (VDA), Virginia Academy of Comprehensive Dentistry, International Dental Implant Association

Practice Location: 8101 Hinson Farm Road, Suite 114 • Alexandria, VA 22306
703-360-5881 • www.CosmeticDentistAlexandria.com

Practice Philosophy:

Strives for excellence while creating smiles in all aspects of his patients lives. Committed to building trust with his patients and the establishment of long-term oral health so that patients can smile at life. Aims to partner with patients to provide the highest quality dental experiences. Procedures are designed to improve his patients' health and appearance.

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FAMILY & SEDATION DENTISTRY

Fatemah Mojarrad, DDS, MPH
Center for Dental Anesthesia

Dr. Mojarrad has been practicing Dentistry since 2015. She attended Virginia Commonwealth University where she obtained her Bachelor of Science in Chemistry. She continued her education at the University of Alabama at Birmingham where she earned her Master's Degree in Public Health. With her Master's Degree in hand, she was finally ready for Dental School. She received her Doctorate of Dental Surgery from Howard University College of Dentistry in Washington DC. Upon graduation, she was recognized with an award for outstanding community services. She worked with both Mission of Mercy and Give Kids a Smile which had her traveling to underserved areas of D.C. to provide much needed dental care to underprivileged families.

Dr. Mojarrad feels blessed to work at a capacity and in a profession where she can make positive changes for her patients that directly impacts their lives by creating confident smiles and improving their overall health. Dr. Mojarrad has a passion for learning. She enjoys regularly attending continuing education courses in order to stay abreast of the profession and provide the most advanced dental techniques for her patients. Dr. Mojarrad is an artist and loves to do Cosmetic Dentistry. She aspires to improve her patient's dental health, self-confidence, and quality of life, by providing them with compassionate dental care. In her free time, she enjoys yoga, hiking, traveling, and spending time with friends and family.

Practice Location: 5284 Dawes Avenue • Alexandria, VA 22311
703-379-6400 • www.SnoozeDentistry.net



FAMILY MEDICINE

Ria Shirsolkar, MD, MS
Stone Ridge Family Medicine

Compassionate Family Physician with 12+ Years of Experience.

Dr. Ria believes in the power of personalized care and compassion for accelerating the healing process. She works closely with patients and builds a personal bond with their families to provide qualitative care that focuses on preventive lifestyle modifications for overall well-being.

Believing in collaborative care, she makes sure to involve patients in healthcare decisions. A thoughtful listener and a caring soul, her calm demeanor and lively nature make patients comfortable around her, who end up enjoying long-lasting relationships that span across years.

Completing her family medicine residency from Virginia Tech Carilion Clinic, she practiced with renowned hospital organizations like Valley Health, Inova, & Novant UVA Health Systems before on-boarding Stone Ridge Family Medicine. A board-certified and NCQA-recognized in providing high quality diabetic care, she specializes in chronic disease managements like diabetic care, heart conditions, musculoskeletal pains, and women's health. Dr. Ria is also a certified Aviation Medical Examiner.

When not busy caring for her patients, she loves to spend quiet hours with her family, cook elaborate meals, or gardening – activities that she feels are therapeutic in nature.

Practice Locations: 24560 Southpoint Drive, Suite 220, Aldie, VA 20105
571.570.4300 • www.stoneridgefamilymedicine.com



FAMILY & SEDATION DENTISTRY

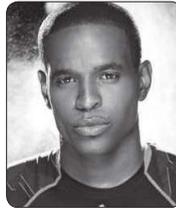
George A. Solier, DDS, MAGD
Mt. Vernon Center for Dentistry

Dr. Solier has been practicing dentistry and serving the community since 1978. Since graduating from the Medical College of Virginia he has built a thriving relationship-based practice in the Sherwood Hall Professional building. A Master of the Academy of General Dentistry he specializes in all aspects of Dentistry including Implant, Cosmetic Dentistry, and Endodontics. He prides himself on getting to know his patients and their families. Many of his patients have trusted him with their care for decades. With retirement on the horizon, a year or two down the road, he wanted to ensure his patients had a dental family that shared his compassion and expertise. He found that in Mt. Vernon Center for Dentistry and in January of 2020 merged his practice with ours. We are proud to welcome Dr. Solier and his team to the Mt. Vernon Center for Dentistry family!

Professional Memberships: American Dental Association (ADA) – Since 1978; The Northern Virginia Dental Society (NVDS) – Since 1978; The Academy of General Dentistry – Since 1980; The American Academy of Implant Dentistry (AAID) – Since 2000

Awards: Fellowship of Academy of General Dentistry – 1996; Mastership of Academy of General Dentistry – 2006; America's Top Doctors – 2010 and 2016; Top Rated in Quality Consumer Checkbook – 2008 and 2015; Washington D.C. Top Rated – 2011; Voted America's Best Dentists by National Consumer Advisory Board – 2020

Practice Location: 8101 Hinson Farm Road, Suite 114 • Alexandria, VA 22306
703-360-5881 • www.CosmeticDentistAlexandria.com



FITNESS & CONDITIONING

Khalid McLeod, MS, NASM, ACE
KAMLife

Khalid McLeod is one of the nation's leading health and fitness experts. With more than two decades of experience, Khalid's footprint in the health and fitness industry has crossed many boundaries, as he has given multiple workshops on four continents.

Education & Certifications: As a former all conference Collegiate athlete, and recently Hall of Famer, Khalid holds a dual Masters in exercise physiology and nutrition as well as various certifications from several organizations in the industry.

Work & Achievements: His achievements have been well documented in various forums, including international lectures from Rome to Tokyo on topics which include Adult/Childhood obesity, Nutrition for Elite Athletes, and Advanced Program Design and Periodization.

Khalid has worked with highly conditioned athletes in Major League Baseball (MLB) and the National Football League (NFL). He has been involved in government contracts to develop and improve wellness programs and recruitment standards. He particularly enjoys working with collegiate and high school athletes, along with various trainers and conditioning specialists from all walks of life, domestic and abroad.

Khalid's press accolades include the *Washington Post*, *Baltimore Sun*, *Daily Herald*, *Chicago Tribune*, *Arizona Republic*, and *Fitness Style Magazine*.

Practice Location: Serving the Virginia Area.
202-853-8884 • www.KAMLifeConsulting.com

Practice Philosophy

"To nurture the body, the mind and all the elements involved in life's everyday challenges. We understand without your pure health, goals, and dreams your life's successes can be derailed significantly. Therefore, our efforts focus on making those dreams a reality by pushing you physically, mentally and progressively to create a beautiful body and an ultimate lifestyle change for you and your family."



FAMILY DENTISTRY

Raman K. Jassal, DDS
Herndon Family Dental

Degrees, Training & Certifications: Dr. Raman K. Jassal graduated with a D.D.S. from the University of Maryland, Baltimore College of Dental Surgery in 1985. Prior to studying at Dental School, he received his Bachelor of Science in Medical Technology (B.S.M.T.) from the University of Maryland School of Medicine. Dr. Jassal has been practicing dentistry in Herndon for over 30 years. Since he began practicing dentistry, Dr. Jassal has kept up to date on many continuing educational classes, ensuring that his patients receive the most comprehensive and advanced dental care.

Services & Special Interests: Bonding & White Fillings, Bridges, Crowns, Dental Hygiene & Periodontal Health, Teeth Whitening, Veneers, Dental Implants, Dentures & Partial Dentures, Extractions, Invisalign, FastBraces, Root Canal Endodontics, Inlays & Onlays, Crown Lengthening

Patient Testimonial: "Dr. Raman K. Jassal is an excellent dentist. He is very personable and kind. He makes you feel at ease. I used to hate going to the dentist until I started going to Herndon Family Dental and met Dr. Jassal. He took care of my dental needs in a professional and pain free manner. I have been coming ever since and have recommended all of my friends and family to use the Herndon Family Dental." (Kevin T.)

Practice Locations: 112 Elden Street, Suite N • Herndon VA 20170
703-787-9000 • www.HerndonFamilyDental.com

Practice Philosophy:

"Our dentists are some of the best, most experienced and qualified in the field of general and cosmetic dentistry. Our entire staff is dedicated to providing you and your family with quality oral health care, both preventive and restorative. Our goal is to make dentistry a pleasant experience for you. We take time to answer all your questions and deliver supreme-quality dental services that you will be satisfied with."



HAIR LOSS

Balvant Arora, MD, MBA

Board Certified Plastic, Reconstructive and Cosmetic Surgeon

Came to the U.S. in September 1992 as a certified Plastic Surgeon by the Medical Council of India. Obtained ECFMG certification in 1994. General surgery residency from 1995-1998 at Stony Brook University Hospital and plastic surgery residency from Oregon Health Sciences University from 1998-2000.

One year of fellowship in cosmetic surgery from Lenox Hill Hospital in 2001. Joined Stony Brook University Hospital as Assistant Professor in the division of Plastic Surgery.

In 2008, worked at Mary Washington and Stafford Hospital as staff Plastic Surgeon. Held the position of Chief of Surgery and President of Medical Staff at Stafford Hospital.

Completed an MBA in Healthcare Management in 2013 where his B School honored him with the "Outstanding Student Award" for his achievements and excellent performance. Board Certified by The American Academy of Anti-Aging Medicine.

His key focus lies in understanding the uniqueness of case and then taking the necessary steps to provide a personalized plan to obtain the best results. His in-depth study about the science of hair, the genetics behind it and the physical, mental and environmental factors affecting hair give him the edge as a Hair Expert.

Treats patients in such a manner that the results last for a lifetime. Medical treatments restore the health of hair and involve the use of medications and non-invasive or minimally invasive surgical procedures. Surgical treatments include hair transplants which are carried using different techniques. Also focuses on the need of importance of nutrition and supplements to further enhance the growth of hair and its health.

McLean Clinic

5400 Shawnee Road, Suite 110
Alexandria, VA 22312

Rockville Clinic

6858 Old Dominion Dr., Suite 102
McLean, VA 22101

(703) 914-4247

www.TheHairLossClinic.com



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Practice Philosophy:

"You'll love the personal attention we give to your comfort and appearance. And, you'll appreciate our use of the latest materials, modern treatment techniques and our pleasant relaxed environment."

Patient Testimonials:

"Dr. Hughes is the Picasso with dental implant and cosmetic procedures. Thank you for my new smile."

"Dr. Hughes, you gave me better health and a new bite out of life."

IMPLANT DENTISTRY

E. Richard Hughes, DDS

Degrees, Training & Certifications: Dr. Hughes received his Bachelor of Science in Microbiology from the University of Maryland in College Park, MD. He graduated from Meharry Medical College School of Dentistry in Nashville, TN with a degree as a Doctor of Dental Surgery. His Post Doctorate Certificate in Oral Implantology is from Howard University of Dentistry in Washington, DC. Dr. Richard Hughes is a fellow of the American Academy of Implant Dentistry and the American Academy of Implant Prosthodontics, and board certified by the American Board of Oral Implantology/Implant Dentistry. He is also a reviewer for the Journal of Oral Implantology, and is on the surgical staff of INOVA Loudoun Hospital in Leesburg, VA. Dr. Hughes, with 21 years of experience in implant dentistry, is a national and international lecturer on numerous topics about implant dentistry, an implant surgical demonstrator and clinical investigator.

Special Interests: Dental Implants, Cosmetic Dentistry, Restorative Dentistry

Professional Memberships & Affiliations: Part One Test Construction Committee, American Board of Oral Implantology/Implant Dentistry; Oral Examiner, American Board of Oral Implantology/Implant Dentistry; Board of Directors, The American Academy of Implant Prosthodontics; Editorial Advisory Board, Journal of Implant and Advanced Clinical Dentistry; Infection Control Committee and Cancer Committee, INOVA Loudoun Hospital, Leesburg, VA

Practice Location: 46440 Benedict Drive, Suite 201 • Sterling VA 20164

703-444-1152 • www.sterlingimplantdentist.com



Practice Philosophy:

Beyond delivering the highest level of technical care, Dr. Kline is committed to providing a compassionate and comprehensive approach to accurately diagnose and treat the source of pain in order to restore functionality to those with painful spine conditions.

INTERVENTIONAL SPINE CARE

Daniel Kline, MD *Integrated Spine and Pain Services*

Degrees, Training, & Certifications: Dr. Kline is an interventional spine care specialist. He graduated from the University of Virginia School of Medicine in 2008. He then completed his residency in Physical Medicine and Rehabilitation at the State University of New York Downstate Medical Center in New York City. Subsequently, he pursued further specializations at the Virginia iSpine Physicians Interventional Spine Care Fellowship in Richmond, Virginia. There he was involved in clinical trials investigating novel treatments for spinal disorders and co-authored 3 book chapters focused on interventional spine care. His primary interest is the use of evidence-based, minimally invasive, image-guided procedures to treat painful spine conditions. He is board certified in Physical Medicine and Rehabilitation.

Areas of Expertise: Dr. Kline strives to utilize his expertise to improve the pain and function of those with painful spine conditions while minimizing the use of medications. The most common conditions that he treats include: radicular pain/radiculopathy, painful discs and facet joints in the neck and back as well as sacroiliac (SI joint) and hip joint pain. Commonly performed image-guided procedures include selective nerve root blocks, transforaminal epidural steroid injections, medial branch blocks, radio frequency ablation as well as intra-articular SI and hip joint injections.

Practice Locations: Alexandria, VA • Falls Church, VA
(703) 313-9111 • www.IntegratedSpineandPainServices.com

ISPS | INTEGRATED
SPINE & PAIN SERVICES



Practice Philosophy:

Dr. LeBaron believes that patient centered medicine must be a partnership between the patient and their physician. She understands that each patient has different concerns and needs so she spends time listening to her patients and individualizing their care. She provides personalized medicine for your optimal health. Health is not just the absence of disease, but optimal wellness of body, mind, & spirit.

INTEGRATIVE & OSTEOPATHIC

Erika LeBaron, DO, MSN *Vitality Integrative Medicine*

Degrees, Training & Certifications: Dr. LeBaron is a licensed osteopathic physician board certified in family medicine and osteopathic manual medicine. She earned her Doctor of Osteopathic Medicine from Texas College of Osteopathic Medicine. She completed her internship at Conroe Medical Center in Texas and her Family Medicine residency at University Hospitals in Ohio. She also has a Master of science degree in psychiatric nursing.

Areas of Expertise: Following residency, she has done additional training in integrative/functional medicine, osteopathic manual therapies, regenerative medicine with prolotherapy and PRP injections, and bio-identical hormone replacement therapy in which she has earned certification. She has also done additional training in many other areas including low-dose-naltrexone therapy, Wilson's temperature syndrome, thyroid and hormonal imbalances, age-management medicine, autism spectrum disorders, brain health, GI issues, and cardiovascular health among others.

Professional Memberships: American College of Osteopathic Family Physicians (ACOFF), American Academy of Osteopathy (AAO), American Osteopathic Association of Prolotherapy Regenerative Medicine (AOAPRM), Association of American Physicians and Surgeons (AAPS) and serves on the Board of Directors, Christian Medical and Dental Association (CMDA), Cellular Medicine Association (CMA), Age Management Medicine Group (AMMG), American Academy of Anti-Aging Medicine (A4M)

Practice Location: 8421 Dorsey Circle, Suite 102 • Manassas, VA 20110

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KETAMINE FOR PAIN/MOOD DISORDERS

Ladan Eshkevari, PhD, CRNA, LAc, FAAN

Dr. Eshkevari has been a professor at Georgetown University for over 20 years. She earned her BS in nursing with Honors from the University of MD, her MS in Nurse Anesthesia from Columbia University, NY and earned her doctorate in Physiology and Biophysics from Georgetown University. She is an expert in the area of anesthesia, pain management, and alternative medicine, and holds a diplomate degree in Traditional Chinese Medicine and Acupuncture.

Dr. Eshkevari has expertise in central and peripheral mechanisms of pain and stress responses; and her specific area of research involves identifying physiologic markers for chronic stress, and stress induced depression and anxiety that are modulated by acupuncture.

Dr. Eshkevari has been published in numerous journals, including *Experimental Biology and Medicine*, and *Endocrinology*. Her research has stimulated international interest in her work, which has been highlighted in numerous popular magazines such as *National Geographic*, *Time Magazine* and on NPR Boston. She was recently inducted as a Fellow in the American Academy of Nursing, the highest honor bestowed on nurses both nationally, and internationally.



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INTEGRATIVE MEDICINE

Mary Babcock, DO

Degrees & Training: Dr. Babcock entered private practice after notable turns as an attending physician at Walter Reed Army Medical Center and teaching faculty at the Uniformed Services University of the Health Sciences in Bethesda, MD.

A veteran of physical medicine and rehabilitation, Dr. Babcock specializes in treating traumatic muscular and neuromuscular injuries and other chronic pain conditions including: Ehlers-Danlos syndrome, arthritis, back, neck and pelvic pain, degenerated or herniated discs, fibromyalgia, headaches, neuromuscular disease, neuropathic pain, plantar fasciitis, sports & music injuries.

Specialties: Dr. Babcock is equally accomplished in alternative treatment modalities including: prolotherapy, ozone therapy, osteopathic manual medicine, medical acupuncture, Botox injections for pain as well as Cosmetic Botox, PRP and Stem Cell Therapies.

Hobbies: Believing wellness springs from a balanced life, Dr. Babcock enjoys hiking, painting, playing the ukulele & violin, and spending time with her family and pets. Her years in the military and caring for her mother with chronic pain has enriched Dr. Babcock with unique perspectives in functional medicine, diagnosis and treatment of musculoskeletal conditions and biomechanical instability.

Practice Philosophy: Holistic in her approach, Dr. Babcock believes listening to the patient is paramount to developing an effective treatment plan that restores an individual's health and quality of life as quickly as possible.



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& Coaching, LLC
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Suite 202
Sterling, VA 20165

MENTAL HEALTH

Daphne King, EdD

Dr. King is a therapist specializing in marriage/couples/relationship/ family counseling, suicidal ideation, depression, self-esteem, adolescents and adults, PTSD, anxiety, and cognitive behavioral therapy. She focuses on helping others to live their most healthy lives with a holistic approach that looks at all factors of their environment. As a case manager, she has experience working with families and adolescents, as well as those requiring hospitalization in psychiatric hospitals and residential facilities. As a social worker, she has extensive experience working with children and adolescents in the foster care system and those experiencing mental health concerns as well as providing crisis intervention to school age children. Dr. Daphne King received her BA in Social Relations from Michigan State University, MA in Social Work from Grand Valley State University, and Doctorate in Education in Counseling Psychology from Argosy University.

Dr. King is the MSW Online Program Coordinator and Assistant Professor in the Department of Social Work at George Mason University.

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Making a Difference By Empowering and Encouraging People To Live Healthier



MEDICAL ONCOLOGY

Paul Bannen, MD

Dr. Paul Bannen specializes in medical oncology and is board certified. He received his medical degree from University of Missouri-Columbia School of Medicine and completed his internal medicine residency at University of Texas Health Science Center. He then went on to complete his fellowship at Georgetown University.

Medical Education: University of Missouri-Columbia School of Medicine

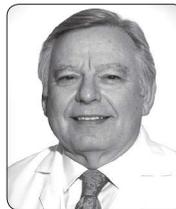
Internal Medicine Residency: University of Texas Health Science Center

Certification: Internal Medicine and Medical Oncology

Fellowship Training: Georgetown University

Practice Locations: Regional Cancer Care Associates

Clarksburg • 301-685-6300
22616 Gateway Center Drive, Suite C • Clarksburg, MD 20871
Olney • 301-774-6136
18111 Prince Phillip Drive, Suite 327 • Olney, MD 20832
Rockville • 301-279-7510
9715 Medical Center Drive, Suite 221 • Rockville, MD 20850



MEDICAL ONCOLOGY

Frederick Barr, MD

Dr. Frederick Barr specializes in medical oncology and is board certified. He received his medical degree from Northwestern University Feinberg School of Medicine and completed his internal medicine residency at Northwestern Memorial Hospital.

Medical Education: Northwestern University Feinberg School of Medicine

Residency: Northwestern Memorial Hospital

Board Certifications: Internal Medicine, Medical Oncology

Practice Location: Regional Cancer Care Associates

Chevy Chase • 301-657-4588
5454 Wisconsin Avenue, Suite 1300
Chevy Chase, MD 20815



MEDICAL ONCOLOGY

Chitra Rajagopal, MD

Dr. Chitra Rajagopal specializes in medical oncology and is board certified. She received her medical degree from Madras Medical College and completed her internal medicine residency and fellowship at Georgetown University.

Medical Education: Madras Medical College

Internal Medicine Residency: Georgetown University

Certification: Internal Medicine and Medical Oncology

Fellowship Training: Georgetown University

Practice Locations: Regional Cancer Care Associates

Clarksburg • 301-685-6300
22616 Gateway Center Drive, Suite C • Clarksburg, MD 20871
Olney • 301-774-6136
18111 Prince Phillip Drive, Suite 327 • Olney, MD 20832
Rockville • 301-279-7510
9715 Medical Center Drive, Suite 221 • Rockville, MD 20850



MEDICAL ONCOLOGY

Frederick P. Smith, MD

Frederick P. Smith, M.D., is a board-certified medical oncologist who completed his oncology training at Georgetown University's Lombardi Cancer Center. A native of Burma, Dr. Smith attended Niagara University in New York and later attended St. Louis University Medical School, where he graduated cum laude. Following medical school, he completed residency and oncology fellowship at Georgetown University. He remained a full-time member of Georgetown's academic faculty for five years and actively participated in clinical trials, teaching and patient care.

Dr. Smith is well-published, having contributed to over 70 oncology publications throughout his career. He has been in private practice in the D.C. metropolitan area for many years and has been an integral advocate in the community to promote access to clinical research. In practice, he continues to pursue cutting-edge cancer care focused on the comfort and satisfaction of each patient and his or her family.

Medical Education: St. Louis University (cum laude)

Residency: Georgetown University

Fellowship: Georgetown University

Board Certifications: Medical Oncology

Practice Location: Regional Cancer Care Associates

Chevy Chase • 301-657-4588
5454 Wisconsin Avenue, Suite 1300 • Chevy Chase, MD 20815



MEDICAL ONCOLOGY

Dongmei Wang, MD

Dr. Dongmei Wang is a board-certified medical oncology specialist. She received her medical degree from Capital University of Medical Sciences and completed her internal medicine residency at St. Vincent's Medical Center in Bridgeport, Conn. From there, Dr. Wang completed her fellowship training in medical oncology and hematology at the National Cancer Institute in Bethesda, MD.

Medical Education: Capital University of Medical Sciences, Beijing, China

Residency Internship: Training Center of Gen Practice, Beijing, China

Internal Medicine Residency: St. Vincent's Medical Center, Bridgeport, Conn.; College of Physicians and Surgeons, Columbia University, New York, NY

Fellowship: Medical Oncology and Hematology, National Cancer Institute and National Heart, Lung & Blood Institute, Bethesda, MD

Board Certified: Internal Medicine and Medical Oncology

Practice Location: Regional Cancer Care Associates

Rockville • 301-279-7510
9715 Medical Center Drive, Suite 221 • Rockville, MD 20850



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MOBILE DENTISTRY

Namita K. Thapar-Dua, DDS

Dr. Namita K. Thapar-Dua (formerly known as Dr. Chaudhary) is a different kind of dentist. She takes time to listen to the patients (even with Alzheimer's) and provide them with the best care she can. Rather than rushing through dental visits, Dr. Thapar-Dua listens, talks, and serves her patients by investing in long-term relationships.

A Magna Cum Laude graduate of the University of Maryland's prestigious Baltimore College of Dental Surgery, Dr. Thapar-Dua completed a general practice residency with the Veteran's Affairs Medical Center in Washington, DC. She is continually dedicated to advanced, postdoctoral study. Advanced training allows her to provide patients with a health-centered and aesthetically pleasing approach to family dental care.

Formerly, Dr. Thapar-Dua co-owned The Mobile Dentist, which serviced more than 50 senior living communities throughout Maryland and the DC area. Having spent a large portion of her career focusing on the special needs of senior patients, Dr. Thapar-Dua's experience in geriatric dental care is profound. To go beyond mobile dentistry, Dr. Thapar-Dua introduced SENIOR smile, a service that takes the dental office into senior centers and residences to provide comfortable, personalized dental care.



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NEUROLOGY

David Schoenfish, PA-C

Integrated Neurology Services

David Schoenfish is a physician assistant Board Certified by the National Commission of Certification of Physician Assistants (NCCPA). David is a member of the American Academy of Physician Assistants, and he is currently licensed to practice by the Virginia Board of Medicine and the Maryland Board of Physicians.

David graduated summa cum laude with a Bachelor of Science in Exercise Science from the University of Sioux Falls in Sioux Falls, SD, during which he was also a member of the USF men's cross country and track and field teams. He then received his Master of Physician Assistant Studies degree from the University of Nebraska Medical Center (UNMC) in Omaha, NE. During his physician assistant education, David gained experience in assessing and treating various neurologic conditions including traumatic brain injuries, stroke, polytrauma, Parkinson's disease, Alzheimer's disease and other forms of dementia, migraine, and multiple sclerosis in inpatient and outpatient settings while rotating with the UNMC Neurological Sciences department and at Madonna Rehabilitation Hospital in Omaha, NE. He has previous clinical experience working as a patient care technician in the neurology unit at Avera McKennan Hospital and University Health Center in Sioux Falls, SD.

Outside of practicing medicine, David enjoys running, cycling, music, following the Minnesota Twins, and spending time with friends and family.

Practice Locations:
Alexandria, VA
Falls Church, VA
Lorton, VA

Phone: (703) 313-9111

Website:
www.IntegratedNeurologyServices.com



NEUROLOGY

Simon Fishman, MD

Integrated Neurology Services

Degrees, Training, & Certifications: Dr. Fishman graduated from Thomas Jefferson Medical College at the age of 23. He completed an Internal Medicine Internship, a Neurology Residency, and a Neuromuscular Fellowship at the University of Michigan Medical Center in Ann Arbor. He completed additional training in Neurologic Critical Care at Johns Hopkins Medical Center. Dr. Fishman is certified by the American Board of Psychiatry and Neurology (ABPN) and the American Board of Electrodiagnostic Medicine. He has been featured in several local magazines, obtained the Collaborative Service Award from Inova Alexandria Hospital, and received the Patient's Choice Award.

Areas of Expertise: As a neurologist, Dr. Fishman is highly trained to treat disorders of the nervous system, which include diseases of the brain, spinal cord, nerves, and muscles. He has extensive experience with movement disorders, neuromuscular disorders, and therapeutic use of BOTOX® and Baclofen. Conditions treated at his practice include Back/Neck Pain, Concussion, Dementia, Dizziness, Epilepsy, Falls & Gait Abnormalities, Migraine, Multiple Sclerosis, Neuromuscular Disease, Neuropathy, Parkinson's Disease, Sleep Disorder, Spasticity & Dystonia, Stroke, and Tremor.

Practice Locations: Alexandria, VA • Falls Church, VA • Lorton, VA

Phone: (703) 313-9111 • **Website:** www.IntegratedNeurologyServices.com

Practice Philosophy:

The physicians, practitioners, and staff of Integrated Neurology Services are committed to providing high quality, compassionate care for the prevention, treatment, and management of illnesses. We are devoted to addressing the individual needs and demands of patients in a warm and caring environment.



NEUROPSYCHOLOGY

Colleen Blanchfield, MD

Full Circle Neuropsychiatric Wellness Center

Degrees, Training, & Experience: Dr. Colleen Blanchfield earned her Bachelor of Science from the University of Wisconsin in 1981 with majors in Zoology and an independent major entitled Biology and Psychology of Women. After finishing her residencies in Neurology and Psychiatry at State University Health Science Center in Brooklyn, Dr. Blanchfield chose to begin her neuropsychiatric practice in Northern Virginia. She was attracted to the diversity of the area as well as the strong sense of family and community that she found here.

Dr. Blanchfield had a successful Neuropsychiatric practice in Falls Church from 1992 to 2004. She was on staff at Dominion Hospital and Fairfax Hospital and performed electroconvulsive therapy at both hospitals. She has a life-long interest in the brain, behavior and mind-body connections. She has opened this wellness center with the intent of expanding her knowledge and her ability to help people help themselves. She moved her practice to Reston in early 2004 for personal as well as professional reasons. In both Neurology and Psychiatry, Dr. Blanchfield provides clinical assessment and evaluation as well as medication management. She is licensed to practice acupuncture in Virginia.

Practice Location: 44055 Riverside Parkway • Suite 238 • Leesburg, VA 20176
703-481-9111 • www.cblanchfieldmd.com



Dr. Blanchfield is fortunate to work with a staff of passionate mind-body practitioners who share a common vision of wellness. Their input and collaboration are essential to comprehensive patient care.



NEUROLOGY

Diana Lam, PA-C

Integrated Neurology Services

Diana Lam, PA-C, is a dedicated, knowledgeable physician assistant who specializes in pain management. She provides invaluable support and compassionate care at Integrated Spine and Pain Services in Alexandria and Falls Church, Virginia, working alongside board-certified interventional pain management specialist Daniel Kline, MD.

Diana attended the State University of New York's Stony Brook University in Stony Brook, New York, where she graduated cum laude in 2014 with a biology degree. She became a certified nursing assistant in 2016, then furthered her studies at Albany Medical College's Center for Physician Assistant Studies in Albany, New York. Diana graduated in 2018 with a master's degree in physician assistant studies.

Among her previous clinical experience, Diana completed a preceptorship in emergency medicine at Alfred Z. Solomon Emergency Center, Saratoga Hospital in Saratoga Springs, New York. She's also worked in practices and hospital departments around New York State, covering specialties such as pulmonology, orthopedics, psychiatry, internal medicine, family medicine, surgery, pediatrics, and obstetrics and gynecology.

Diana has worked as both a physical therapy aide and aquatic therapy aide, and she has basic life support and advanced cardiac life support certification. She enjoys building relationships with patients at Integrated Spine and Pain Services, where in addition to her clinical role, she spends time helping patients understand their conditions and the available treatment options. Diana also counsels patients on the use of medication, including opioid misuse and alternatives to prescription pain medications.

Practice Locations:
Alexandria, VA
Falls Church, VA
Lorton, VA

Phone: (703) 313-9111

Website:
www.IntegratedNeurologyServices.com



OPHTHALMOLOGY

Jacqueline D. Griffiths, MD

NewView Eye Center

Degrees, Training & Certifications: Undergraduate degree from Yale and her medical degree from the University of Michigan. Ophthalmology residency completed at Georgetown University Medical Center. Board Certified Ophthalmologist.

Professional Memberships: Ophthalmology Section Chief of Reston Hospital Department of Surgery, Former Chief of Ophthalmology for the Reston Ambulatory Surgical Center in Reston, VA as well as Loudoun Hospital in Leesburg, VA. Diplomate of the American Board of Ophthalmology, a Fellow of the American Academy of Ophthalmology, a member of the American Society of Cataract and Refractive Surgery, the Washington National Eye Center and others.

Services: Laser Vision Correction, Advanced Cataract Surgery, NearVision CK™, Comprehensive Ophthalmology, Eyelid Surgery, Laser Floater Removal, Botox, and Fillers.

Practice Location: 12110 Sunset Hills Road, Suite 50
Reston, VA 20190
703-834-9777 • 1-800-MY-VISION
www.drjdg.com

Personal Interests: Tennis, swimming, snorkeling, biking and travel.

"Top Ophthalmologist"
Washingtonian
and *Northern Virginia*
Magazine

Practice Philosophy:

Comprehensive Ophthalmologist who specializes in refractive surgery and cosmetic procedures.

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"Like a fine work of art, every face deserves a fabulous frame!"

Dr. Dawn Devaney Gammon ("Dr. Dawn") and The Eyewear Gallery Team are dedicated to providing their patients with compassionate, comprehensive eye care and the most unique, fashion-forward frames from around the globe. We have taken extensive measures to ensure that our office remains safe and ready to serve you and your family. All services are offered by appointment only.

OPTOMETRY

Dawn Devaney Gammon, OD, FAO *The Eyewear Gallery*

Degrees, Training & Certifications: Dr. Dawn Devaney Gammon graduated with high honors from Nova Southeastern College of Optometry in North Miami Beach, Florida. She completed her residency at the Veterans Affairs Medical Center/Southwestern Blind Rehabilitation Center in Tucson, Arizona. She is experienced with all types of contact lenses, including toric and multifocals and refractive surgery co-management.

Professional Accolades: Dr. Dawn was recognized as a Top Optometrist in Consumers' Research Council of America's Guide to America's Top Optometrists seven consecutive times. In addition to a five-star Yelp rating, The Eyewear Gallery was named Northern Virginia's Best Eye Care Provider in the 2016-2020 Virginia Living Magazine Readers' Polls. In the past Dr. Dawn has traveled to Honduras with the Virginia Medical Brigade Eye Care Team to bring primary eye care to the underserved populations there.

Services & Special Interests: Our expert optometrists are ready to evaluate your ocular health and determine the best prescription for your eyes, as well as contact lenses fittings and LASIK consultations. Our specially trained licensed opticians use your face shape, skin tone, and individual style to help you choose your most flattering eyewear look. If you already have a prescription from your doctor, we will be happy to fill it with the most technologically advanced lenses.

Practice Location: Reston Town Center • 11900 Market Street • Reston, VA 20190
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Practice Philosophy:

"We treat patients at our state-of-the-art surgery centers. The surgical, non-surgical, and laser treatments we perform are designed to refresh your look and help you feel your best, inside and out."



ORAL & FACIAL SURGERY

David Liang, DDS, MD *Northern VA Surgical Arts*

Degrees, Training & Certifications: Dr. David Liang was born in Taiwan and has lived in the United States since 1992. He graduated magna cum laude from the University of California, San Diego in 1999 with a B.S. in Bio-engineering. In 2005 he received his D.D.S. from the Columbia University College of Dental Medicine. In 2008 Dr. Liang pursued further training at Emory University, where he received his M.D. and completed a post-graduate internship in General Surgery. He completed his residency training in Oral and Maxillofacial Surgery at NOVA Southeastern University and Broward General Medical Center in 2012. He is also certified in Advanced Cardiovascular Life Support (ACLS) as well as Pediatric Advanced Life Support (PALS).

Special Interests: Dr. Liang has an interest in teaching and has always enjoyed sharing his knowledge with patients, students and younger surgeons in training. He will continue this endeavor in his practice and through his involvement in the Washington Hospital Center residency training program.

Professional Memberships: Dr. Liang is an active member of the American Dental Association, the American College of Oral and Maxillofacial Surgeons, the American Medical Association and the American College of Physicians.

Clinical Interests: Dr. Liang performs the full scope of Oral and Maxillofacial Surgery with special interests in Dento-Alveolar Surgery, Dental Implants, Bone Grafting, Maxillofacial Trauma, and Oral Pathology.

5 Office Locations: Arlington, VA • Gainesville, VA • Manassas Park, VA
Warrenton, VA • Manassas, VA

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Practice Philosophy:

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ORAL & FACIAL SURGERY

Joseph M. Arzadon, MD, DDS *Northern VA Surgical Arts • The Spa Clinic*

Degrees and Training: Dr. Joseph M. Arzadon, an oral, maxillofacial and facial cosmetic surgeon, migrated to the United States in 1973. He received his undergraduate degree from the George Washington University, graduated Summa Cum Laude from the University of Maryland School Of Dentistry, and received his Medical Degree from the University of Connecticut School Of Medicine. He completed his internship in General Surgery and residency in Oral and Maxillofacial Surgery from the University of Connecticut Health Center where he completed his training in 1996.

Board Certifications: He is board certified by the American Board of Oral and Maxillofacial Surgery, Fellow of the American Association of Oral and Maxillofacial Surgeons, Fellow of the American Academy of Cosmetic Surgeons, and member of both the American Dental Association and the American Medical Association. He is licensed in both Medicine and Dentistry, and certified in both Oral and Maxillofacial Surgery and Cosmetic Surgery.

Special Interests: His special interests are facial cosmetic, dental implants, and reconstructive surgery. In his 21 years of practice, Dr. Arzadon has performed over a thousand facial cosmetic procedures and placed thousands of dental implants along with major bone grafting as well as routine oral surgery and maxillofacial surgeries.

In his spare time, Dr. Arzadon volunteers as Chief Medical Officer of the Philippine-American Medical Mission of the Metro-Washington DC Area, also known as Medical Mission of Mercy, USA. Dr. Arzadon has been an active volunteer to the medical missions in the Philippines, providing cleft lip and palate surgery since 1997, and has personally treated over 300 patients with cleft lip and palate.

5 Practice Locations: Arlington, VA • Gainesville, VA • Manassas Park, VA • Warrenton, VA
Manassas, VA • The Spa Clinic • 703-379-2700

www.NovaSurgicalArts.com • www.SpaClinic.net



Practice Philosophy:

"My philosophy is to provide the best orthodontic treatment at the most appropriate age. I feel it is important to analyze each patient's specific needs, because in-depth planning leads to superior results and higher patient satisfaction. I strive to maintain a balanced and harmonious facial appearance with a functional bite, in addition to providing a long-lasting beautiful smile."

-Dr. Swathi Reddy

ORTHODONTICS

Swathi Reddy, DMD *All Smiles Orthodontics*

Degrees, Training & Certifications: Dr. Swathi Reddy received her DMD from Goldman School of Dental Medicine, Boston University. She graduated with high honors and was inducted into the Omicron Kappa Upsilon National Dental Honor Society. She received additional training to be a specialist in Orthodontics and Dentofacial Orthopedics at University of Nevada.

Professional Memberships: Dr. Reddy is an active member of many organizations, including the American Association of Orthodontists, American Dental Association, Northern Virginia Dental Society, Southern Association of Orthodontics, and Virginia Dental Association.

Best Health Advice: It is recommended by the AAO (American Association of Orthodontics) that all children get a check-up with an orthodontist no later than age 7. An orthodontist can identify any problems with emerging teeth and jaw growth, even while some baby teeth are still present.

Services: All Smiles Orthodontics offers complimentary consultations with convenient office hours and flexible payment plans with interest free financing.

Practice Location: 9010 Lorton Station Boulevard, Suite 260 • Lorton, VA 22079

703-337-4414 • www.AllSmilesBraces.com



5 Practice Locations:

Arlington, VA
Gainesville, VA
Manassas Park, VA
Warrenton, VA
Manassas, VA
703-379-2700

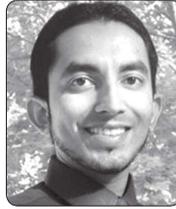
www.NovaSurgicalArts.com



ORAL & FACIAL SURGERY

Kenneth Blais, DMD *Northern VA Surgical Arts*

Dr. Kenneth Blais grew up in Seattle where he completed undergraduate education at the University of Washington in 2002. In 2007, he received his D.M.D. from Tufts University School of Dental Medicine in Boston. His training in Oral and Maxillofacial Surgery was completed at Louisiana State University in Shreveport in 2014 where he also earned his M.D. in 2011 and completed an internship in general surgery. During his residency he was trained in full scope Oral and Maxillofacial Surgery including head and neck cancer, cleft lip and palate, facial cosmetics, and treatment of craniofacial deformities. His surgical interest are in dental implants with bone grafting, maxillofacial trauma, orthognathic, outpatient anesthesia, and treatment of oral and maxillofacial pathology. He enjoys travelling, camping, backpacking, road cycling and snowboarding. As an avid musician, he also enjoys watching live bands and jazz performances.



Practice Philosophy:

We strive to give each patient a beautiful, healthy smile that will last for a lifetime.

ORTHODONTICS

S. Kalim Hussaini, DDS, MS *Smileworks Orthodontics*

Degrees, Training and Certificates: My dedication to providing excellence in patient care started with my education and training necessary to make my patients feel confident in the care they receive. I began my professional studies at Virginia Commonwealth University, where I graduated summa cum laude and received a Bachelor of Science in Biomedical Engineering. I went on to earn my Doctorate of Dental Surgery from the VCU School of Dentistry at the MCV campus where I graduated magna cum laude.

Following dental school, I completed an orthodontic residency program at Columbia University College of Dental Medicine, where I was awarded a Master of Science degree in Orthodontics. I was elected Class President for all three years of residency by my peers and served all duties and responsibilities of a Chief Resident. Through my Ivy-League education, I developed a solid foundation in the fundamentals of orthodontics along with training in the most recent orthodontic advancements. Following residency, I reached the pinnacle of academic achievement in my profession by becoming a board-certified orthodontist.

I feel truly blessed to be a part of this wonderful profession. The greatest joy I experience as an orthodontist is watching my patients grow up into happy, confident adults, right before my eyes. On top of it all, I am blessed with the ability to give my patients the smiles they deserve. It is absolutely exhilarating to experience my patients' grateful reactions as they leave my office the day their treatments are completed. I love to see the self-esteem their new smiles bring them in every aspect of their lives!

Memberships: American Board of Orthodontics, American Association of Orthodontists, Virginia Association of Orthodontists, Northern Virginia Orthodontic Study Club, American Dental Association, Virginia Dental Association, Northern Virginia Dental Society

Practice Location: 10081 Market Circle • Manassas, VA 20110

703-383-0090 • www.smileworksva.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



PAIN MANAGEMENT

Chirag Sanghvi, MD, MPH

Board certified in Anesthesiology and Pain Management, Dr. Chirag Sanghvi is the lead Pain Management Specialist at Newbridge Spine & Pain Center in Leesburg, VA and Frederick, MD.

Degrees, Training and Certifications: Dr. Sanghvi completed his fellowship in Pain Management at the Cleveland Clinic in Cleveland, Ohio, after fulfilling his residency at Loma Linda University Medical Center, in Loma Linda, California, where he served as an anesthesia and trauma clinical research specialist. Dr. Sanghvi obtained his Masters of Public Health at the University of North Texas Health Science Center in Fort Worth, Texas.

What Patients say: "Dr. Sanghvi is one of the best doctors all around. His bedside manner is over the top. He has never rushed me or made me feel like a check. He is extremely professional, kind, and personable. I wish, he were my doctor for everything!" - Patient on Health Grades

Practice Locations: Newbridge Spine & Pain Center
Leesburg: 161 Fort Evans Rd, NE, Suite 340, Leesburg, VA 20176
• 703-443-8000 Frederick: 196 Thomas Johnson Drive, Suite 215, Frederick, MD • 301-668-9988

Practice Philosophy:
Provide the most comprehensive, effective and compassionate care to chronic pain patients while ensuring a patient-focused, efficient and friendly practice environment.



PERIODONTICS

Karl A. Smith, DDS, MS

Periodontal Care can save your life! Let me help you live healthier than ever before.

As a periodontist, Dr. Smith specializes in treatment of gum disease, supreme oral health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. He also helps with loose dentures and provides comfortable sedation and modern laser care.

Degrees, Training and Certificates: Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. Specialty in Periodontics, Dental Anesthesia and Dental Implants at the University of Texas Health Science Center, San Antonio and Wilford Hall USAF Medical Center 1992. U.S. Air Force Dental Corps, Lt. Colonel, Retired, 1996 after years of meritorious world-wide service. Consistently voted by his peers a Top Dentist and Top Periodontist in *Washingtonian Magazine*, *Northern Virginia Magazine*, and *Virginia Living* 2012-2020.

Practice Locations:
2500 N. Van Dom Street, Suite 128 • Alexandria, VA 22302 • 703-894-4867
601 Post Office Road, Suite 1-B • Waldorf, MD 20602 • 301-638-4867

Visit my website: www.DRKARLSMITH.com

Dr. Smith's colleagues describe him as a caring, gentle, easy-going person, and people come from near and far to experience the comfort of his office and his patient-oriented team.

My patient's say:

"I'd give 10 stars if I could. Dr. Smith is so kind, caring and explains everything so that you understand. His assistants are thorough, knowledgeable and gentle."

"I can't wait to help you be healthy."



PAIN MANAGEMENT

Deeni Bassam, MD

The Spine Care Center

Deeni Bassam, MD, has more than 15 years of experience in treating back pain. He has cared for tens of thousands of patients in the Washington, D.C. area by performing interventional spinal procedures that offer relief from pain. If you have a spinal problem, then chances are he's treated it successfully, hundreds, if not thousands of times. His high-quality care has earned him repeated recognition as a "Top Doctor" in the *Washingtonian* and *Northern Virginia Magazine*.

Degrees, Training & Certifications: Dr. Bassam is a native of northern Virginia and earned his medical degree from the University of Virginia School of Medicine. He completed his residency in anesthesia at New York Hospital - Cornell Medical Center. He completed his fellowship at Texas Tech Health Science Center, one of the most respected interventional pain management programs in the nation. In 2005, Dr. Bassam returned home to northern Virginia and founded The Spine Care Center in Manassas. He is Board Certified by the American Board of Anesthesiology, with a Certificate of Added Qualification in Pain Management. He was the first doctor in Virginia to perform the mild® procedure for lumbar spinal stenosis and is one of the only physicians in the area who implants intrathecal pain pumps.

Areas of Expertise: Epidural Steroid Injections, Spinal Cord Stimulator Placements, Radiofrequency Ablations, and many other minimally invasive spinal procedures.

Personal Interests & Hobbies: Dr. Bassam and his wife are raising their four kids in Northern Virginia. In his free time, he enjoys horseback riding, reading, and scuba diving.

Practice Locations: 8525 Rolling Road, Suite 200 • Manassas, VA, 20110

Phone: 703-705-4471 • **Learn more at** www.spinecareva.com

Practice Philosophy

The Spine Care Center is a comprehensive, multi-specialty medical group that provides world-class minimally invasive surgical and non-surgical treatments for both acute and chronic conditions of the spine. We are committed to helping you restore function and relieve pain.



PHYSICAL THERAPY



"Best PT Clinic in Loudoun"
(*Leesburg Today*, *Loudoun Times Mirror*)

"Going beyond your symptoms...to correct the source of your pain."

At **BioMechanic Physical Therapy** our techniques are founded in your body mechanics; from when your foot hits the ground then up through your knees, hips and beyond. A common example is when over pronation in the foot causes knee pain. Maybe you just need new shoes - not a knee operation. We can help sort that out.

Our Doctors of Physical Therapy ensure that the physics of you are optimized to get to the reason of why you; 1. developed a problem that came on slowly or 2. what body mechanics may have been thrown off by your injury or surgery. We use precise tools to measure, our analytical minds to solve the problem, and our hands to restore you to perfect! We are a manual therapy clinic that also uses the latest in technology.

We know it is important to address your symptoms now, but more importantly -- to also correct the source of your pain. This makes you feel better now - and it prevents your problem from coming back. **Call us today for a FREE screening!**

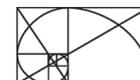
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BIO MECHANIC
PHYSICAL THERAPY

(703) 723-7726 • 19441 Golf Vista Plz, #340 • Leesburg, VA 20176



PAIN MANAGEMENT

Bringing you university quality care with private practice efficiency and compassion.

Netsere "Dr. Net" Tesfayohannes, MD, ABA, ABAP

Degrees, Training, and Certifications: MD - University of Wisconsin-Madison 1997. Completed his training at Hospital of the University of Pennsylvania, with specialized training in Interventional Pain Management at the renowned Cleveland Clinic Foundation.

Medical Director - Georgetown Pain Management

Professional Memberships/Associations: Selected to become the Program Director of the Interventional Pain Management Center at Georgetown University Hospital, where he is currently serving as a Section Chief and an Assistant Professor of Pain Medicine at Georgetown University Hospital. Associate Member in Washington Metro Pain Institute.

Practice Locations: 301-718-1082 • Georgetown Pain Management
7300 Hanover Drive, Suite 204, Greenbelt, MD
7500 Greenway Center Drive, Suite 940, Greenbelt, MD
2021 K Street NW, Suite #605, Washington, DC

GEORGETOWN
Pain Management
www.gtpain.com

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Making a Difference By Empowering and Encouraging People To Live Healthier



PLASTIC SURGERY

Anne Marie Nickodem, MD *Aesthetically Yours*

Dr. Anne Nickodem, a board certified plastic surgeon, specializes in facial rejuvenation, augmentation and body contouring. Nonsurgical options are available to remove stubborn fat or treat facial aging concerns. Cosmetic surgical procedures include facelift, blepharoplasty, rhinoplasty, breast lift, and more. Breast reconstruction and correction of deformities may be covered by insurance. Dr. Nickodem participates with most insurance plans. Visit www.AestheticallyYours.com to see her full profile and schedule an appointment.

Degrees & Training: Graduate of Washington D.C.'s Georgetown University and Georgetown University School of Medicine. General Surgery training completed at St. Vincent's Medical Center of New York. Plastic Surgery residency at Georgetown University.

Professional Memberships: Dr. Nickodem is a member of numerous professional societies including the American Society of Plastic Surgery (ASPS), American College of Surgeons (ACS), National Capital Society of Plastic Surgeons, and Medical Society of Northern Virginia.

Practice Locations: 3301 Woodburn Road • Suite 201 • Annandale, VA 22003
1860 Town Center Parkway • Suite 310 • Reston, VA 20190

703-560-8711 • www.AestheticallyYours.com

- SKIN CARE
- MOMMY MAKEOVER
- FACIAL REJUVENATION
- INJECTABLES
- BREAST PROCEDURES
- BREAST RECONSTRUCTION
- BODY CONTOURING



PODIATRIST

Robert A. Breiner, DPM *Robert A. Breiner, DPM & Associates*

For over 30 years, Dr. Breiner has been a Podiatrist and Foot Surgeon in the Northern Virginia area. He is a Diabetic Foot Care Specialist. The business was started in 1972 in Springfield and it has been serving the people of this region for the last 30 years. Dr. Breiner took over the practice in 1990 and is now proud to work with three practitioners, Dr. Rich Okino, Dr. Gaspar and Dr. Mary Clare Zavada.

Special Interests: Dr. Breiner treats all types of foot and ankle structural disorders. During your consultation, he will perform a detailed assessment of your problem, describe his findings clearly and suggest a treatment and recovery plan that is customized to your specific needs. He will present all your options in a clear and comprehensible manner so that you are able to participate equally in the decision making. At our foot care facility, we treat ingrown toe nails, fungal nails, warts, heel pain, diabetic, ulcer, vascular foot care, sports medicine, foot and ankle injuries, corns and calluses, orthotics.

Professional Memberships: American Podiatric Medical Association, American Professional Wound Care Association, Knights of Columbus, Lions Club International, Catholic Charities USA

Practice Location: 5105 Backlick Road, Suite S, Annandale, VA 22003
703-941-7770 • www.RobertBreinerdpm.com

Practice Philosophy: Dr. Breiner is one of the most reputed podiatrists and foot surgeons in the Northern Virginia area. He has been practicing in this region for more than a decade. Dr. Breiner only recommends surgery when it is absolutely necessary and strongly feels that the procedure should be minimally painful for the patient. Also, the aesthetic result of any surgical procedure is not secondary for him. In fact, it is as much a priority as the corrective function of the surgery.



PLASTIC SURGEON

Don J. Fontana, MD, PA



Degrees: Medical Doctorate University of Zurich, Switzerland
M.S. Catholic University of America
Internship - Residency Georgetown University, Washington, DC

Professional Appointments: Board Certified by the American Board of Plastic Surgery, Past President of National Capital Society of Plastic Surgeons; Past Chief, Division of Plastic Surgery, Suburban Hospital; American Society of Plastic Surgeons; Northeastern Society of Plastic Surgery

Practice Location:
Cambridge Professional Center, #201
3500 Old Washington Road • Waldorf, Maryland 20602
301-870-0600
www.fontanacosmeticsurgery.com



- Board Certified "American Board of Plastic Surgery, Inc."
- Chosen Best Physician by *Washingtonian Magazine* and *Washington Checkbook Magazine*
- Best Doctors in America
- America's Top Plastic Surgeon 2006-2019

ARLINGTON PODIATRY CENTER



PODIATRY & SPORTS MEDICINE

Sabina Malhotra, DPM, AACFAS ARTHROITIS & SPORTS

Orthopaedics • Physical Therapy • Wellness

Degrees, Training, and Certifications: Dr. Sabina Malhotra is a board-certified foot & ankle physician specializing in sports medicine. She is dedicated to providing personalized, comprehensive care for all conditions of the foot & ankle. A native of Northern Virginia, Dr. Malhotra played varsity tennis at Flint Hill School and then received her Bachelor of Science at The College of William & Mary. She obtained her medical degree from Temple University School of Podiatric Medicine in Philadelphia, PA. Dr. Malhotra then completed three years of surgical residency at MedStar Washington Hospital Center and Georgetown University Hospital in Washington, D.C.

Frequently recognized by her patients and peers as a "Top Doctor", Dr. Malhotra has appeared in several publications including *Northern Virginia Magazine* and serves as the consulting doctor for several local running clubs. She believes in the natural healing properties of the body and encourages her patients to remain active throughout the recovery process. She places a high emphasis on fitness of both body and mind and believes in leading a healthy lifestyle. Using both innovative and holistic treatment approaches, Dr. Malhotra helps her patients achieve the best possible outcomes. Her professional motto is simple: "Patients first!"

Professional Memberships: American College of Foot and Ankle Surgeons, American Academy of Podiatric Sports Medicine, American Podiatric Medical Association.

Special Interests: Foot & Ankle, Sports Medicine, Injury Prevention, Custom Orthotics, PRP

Personal Interests: Motorsports, tennis, hiking, yoga, singing, and photography. She is fluent in English, Spanish, Hindi, Urdu, and Punjabi.

Practice Locations: 21475 Ridgetop Circle, Suite 150, Sterling, VA 20166
25055 Riding Plaza, Suite 260, South Riding, VA 20152

Practice Philosophy:
"Feet and ankles are like the tires of your car. They must be balanced, healthy, and strong to support and align the rest of the body. After all, the journey of a thousand miles begins with a single step. My goal is to help my patients take that first step!"

Call: (703) 444-5000
www.ArthritisAndSports.com



PODIATRIST

Edward Pozarny, DPM, FACFAS *Arlington Podiatry Center*

Since 1984, Dr. Edward Pozarny has been working to provide the best podiatric care for patients in Arlington and throughout Northern Virginia. Dr. Pozarny's experience in podiatry and foot care is coupled with his genuine concern and fabulous bedside manner.

Degrees, Training & Certifications: BS Physical Therapy from Boston University, DPM Degree from California College of Podiatric Medicine, Residency at Monsignor Clement Kern Hospital Michigan. Faculty at Georgetown Medical School. Podiatry Speaker at National Health Explorers Exposition- NIH Bethesda, MD. Board Certified Foot & Ankle Surgeon since 1990.

Professional Memberships & Affiliations: American Board of Foot and Ankle Surgery, American College of Foot & Ankle Surgery, Arlington Host Lions Club, Northern Virginia Podiatric Medical Association, American Podiatric Medical Association

Special Interests & Services: Bunions, Fractures, Ankle Injuries, Corns, Hammertoes, Ingrown Toenails, Heel Pain, Calluses, Warts, Custom Foot Supports, Corrective Surgery, Flat Foot Conditions, Athletic Injuries, Children's Podiatry, Diabetic Feet

Personal Interests & Hobbies: Dr. Pozarny is a jazz guitar and piano musician who performs locally. He enjoys skiing, camping, and other outdoor activities.

Practice Location: 611 S. Carlin Springs Road, Suite 512 • Arlington, VA 22204
703-820-1472 • www.ArlingtonPodiatry.com

Practice Philosophy

"Our staff at Arlington Podiatry is dedicated to your foot health as well as your overall health, making sure that you are treated with the best care possible. Our goal is that our patients have healthy feet and ankles and maintain those healthy feet and ankles to ensure that their quality of health is the best that we can provide."



PRIMARY CARE & AVIATION MEDICINE

Tesfaye Tetemke, MD *Skyline Medical Center*

Degrees, Training & Certifications: Dr. Tesfaye Tetemke is Board Certified in Internal Medicine by the American Board of Internal Medicine. He has a successful and remarkable professional career with more than 24 years of experience providing medical care.

He is a Federal Aviation Administration designated Aviation Medical Examiner, a Department of Transportation (DOT) Certified Medical Examiner, highly experienced in inpatient care as a hospitalist, and a U.S. Citizenship and Immigration Services Designated Civil Surgeon.

Dr. Tetemke received his Doctor of Medicine (MD) at Addis Ababa University in Ethiopia. He completed his Internal Medicine residency at Howard University Hospital in Washington, DC. He studied Aerospace Medicine at the GAF Institute of Aviation Medicine in Germany and completed his Physician Pilot Training at Ethiopian Air Force Flying School in Ethiopia.

Professional Memberships & Affiliations: American College of Physicians, Aerospace Medical Association, American Medical Association, International Society of Travel Medicine

Areas of Expertise: Primary Care & Internal Medicine (Preventive Care, Comprehensive Clinical Care), Aviation Medical Examinations & Flight Physicals, DOT Commercial Vehicle Driver Fitness for Duty Medical Exams, Immigration Medical Exams, Immunizations, Travel Health, Disability Medical Exams, School Health Physicals, Workers Compensation Exams, and More!

Practice Location: 5276 Dawes Avenue • Alexandria, VA 22311
Main: 571-777-8494 • Cell: 703-887-8892 • www.SkylineMedCenter.com



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PROSTHODONTICS

Garima K. Talwar, DDS, MS

*Board Certified Prosthodontist
Specializing in Reconstructive, Cosmetic and Implant Dentistry*

Dr. Garima Talwar brings 25 years of experience in Full Mouth Reconstruction and Implant Dentistry to the DC Tristate area.

Her dedication to cosmetic and full mouth reconstructive dentistry has won her many patients and their testimonials are self evident of their life changing experiences. She has been recognized as one of the best Prosthodontists by 'Top Dentist' and *Washingtonian Magazine* and by her peers.

Dr. Talwar has been trained at leading centers in the world, including the US, England and India. She completed her training and masters in Prosthodontics from the School of Dentistry, University of Maryland. She is Assistant Professor at the Post Graduate Program of Prosthodontics at School of Dentistry, University of Maryland and Clinical Instructor in Prosthodontics and Oral and Maxillofacial surgery at Johns Hopkins Hospital Baltimore, Maryland. She maintains her private practices in Virginia in Ashburn and Leesburg.

Esthetique Dentistry
703-729-6222

44345 Premier Plaza, # 220
Ashburn, VA 20147

EsthetiqueDentistryAshburn.com

Advanced Dental Care
571-455-0466

1602 Village Market Blvd SE, # 130
Leesburg, VA 20175

AdvancedDentalCareLeesburg.com



SNORING & SLEEP APNEA TREATMENT

Rashmi K. Parmar, DMD, D-ABDSM

Sleep Better Maryland

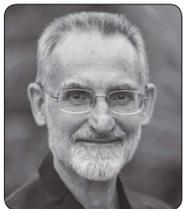
Dr. Parmar is a Diplomate of the American Board of Dental Sleep Medicine. She has a practice devoted solely to the treatment of snoring, Sleep Apnea and temporomandibular disorders. She received her professional degree from the University of Pennsylvania School of Dental Medicine and has been in practice in the Clarksville/Columbia area of Maryland since 1991.

Dr. Parmar has focused on Sleep Apnea and Sleep Medicine for over 15 years. She speaks extensively on Sleep related topics nationally and internationally and has several publications on sleep. The practice participates in major medical insurances including Medicare.

Practice Locations: 12620 Clarksville Pike, Clarksville, MD 21029
Phone: 410-531-5639 **Website:** www.SleepBetterMaryland.com

Practice Philosophy:

Dr. Parmar is passionate about her profession and believes in providing optimum care to each and every patient. Her goals are to treat each patient's individual needs with compassion and competency in a comfortable and trusting environment using state-of-the-art technology and the latest techniques.



PSYCHOTHERAPY

David Leonard Trautmann, LCSW

New Spirit Therapy

Experienced psychotherapist:

- Taking a Whole Person approach to therapy;
- Viewing the person as an integrated whole;
- Encompassing heart, mind, body, spirit, and soul within a specific historical and social context;
- Having an extensive and varied background in human services and mental health serving a wide diversity of people of many ethnicities and nationalities along the whole spectrum of development from infancy to retirement;
- With training in Psychology, Modern Psychoanalysis and Clinical Social Work;
- Having a strengths-based, developmental and psychosocial orientation;
- And strong interest in and extensive study of the spiritual basis of psychological and social health and healing and its implications for therapy practice

Experience: 26 years of experience

Degree: Graduated from New Mexico Highlands University

Location: McLean Professional Park
1485 Chain Bridge Road, Suite 304-A, McLean, VA 22101 • (571)655-7088

Practice Philosophy:

"I know from experience how sustaining therapy can be through difficult times, and would be happy to help you in your struggle! Call!"



SPINE SURGERY

Mudit Sharma, MD

Virginia Spine Specialists

Degrees, Training & Certifications: Dr. Sharma, MD, FAANS, FACS is a board certified Neurosurgeon and has called Northern Virginia his home since 2001. After finishing his training at the prestigious Georgetown University Hospital, Dr. Sharma joined the clinical staff at Prince William Hospital to diagnose and treat spinal problems. He was the first Neurosurgeon to offer minimally invasive spinal care at Spotsylvania Regional Medical Center. He specializes in minimally invasive procedures of the spine and has treated countless patients over the years who are now living pain free and productive lives. He travels all around the country and the world to give talks to other doctors about the latest spinal innovations.

Professional Memberships: Dr. Sharma is a Fellow of the American College of Surgeons and a Fellow of the American Association of Neurological Surgeons.

Clinical Interests: Minimally Invasive Spine Surgery using Artificial Disc Replacement, Lumbar Fusion, Microdiscectomy, XLIF™ Procedure. Dr. Sharma specializes in treating Neck, Back, Arm & Leg Pain - and a variety of Spinal Disorders including Slipped Disc, Spinal Stenosis, Herniated Disc, Sacroiliac Joint (SI) Dysfunction, Spinal Tumors, Failed Back Surgery, and others.

Practice Locations: 8650 Sudley Road, Suite 315 • Manassas, VA
4604 Spotsylvania Parkway, Suite 300 • Fredericksburg, VA

Call: 571-921-4877 **Fax:** 571-208-0585 • www.VASpines.com • info@vaspines.com

Practice Philosophy

"Pain can be successfully treated with state-of-the-art techniques."

-Mudit Sharma, MD



SKIN CARE/LASER SURGERY

LaSondra Gray, CLA, LSO, CQA, MBA

Reflections Image Center & Skincare Institute

LaSondra Gray is Northern Virginia's hidden gem and expert in laser technology — from head to toe. She has a unique approach that gives her patients proven clinical results. She believes in an integrative approach that infuses multiple disciplines through the use of laser technology, comprehensive exams, nutrition and lifestyle insights. Together with her team of Board Certified Physicians, Physician Assistants, Nurse Practitioners, Registered Nurses, Licensed Practicing Nurses, Chiropractors, Laser Technicians, Nutritionist and Medical Massage Therapists she is able to provide patients with sustainable proven results.

LaSondra understands and knows the value and benefit that advancements in laser technology has on resolving multiple issues from aesthetics to therapeutics including the elimination of pain. This knowledge has proven invaluable to her as she has traveled the world training multiple disciplines in the safety and efficacy of laser technology. Her passion began over 15 years ago when she began working with some of the world's most renowned Dermatologist, Plastic Surgeons and Pain Management professionals. Her travels throughout the US and internationally allowed her to study under surgeons and skincare experts from some of the top institutions in the world. She has trained and lectured on the safety and efficacy of laser and soft tissue interaction. As a result, LaSondra has received accolades for her efforts in opening and expanding laser centers throughout the world. She has paired her studies along with her own personal philosophy to become renowned for achieving true, positive, visible results — garnering her some of the most elite clientele in the area. She caters to people who seek exceptional results and services that support a natural, healthy look and lifestyle — today and tomorrow.

Practice Locations: 44125 Woodbridge Parkway, Suite 220, Lansdowne, VA 20110
Website: reflectionsimagecenter.com • 703-539-6002

Reflections has an innovative approach to skincare unlike anything else available today. We combine the most advanced skincare technology with medical and technical expertise. This allows us to create an individualized treatment program for each client.



THERAPEUTIC MASSAGE

Mary Wilkerson, BCTMB

Vienna Massage Therapy

Degrees & Training: Board Certified in Therapeutic Massage & Bodywork; Nationally Certified in Therapeutic Massage & Bodywork since 1994; State Certified Massage Therapist by the VA Board of Nursing #0019000472; 1994 Graduate of Potomac Massage Training Institute, Washington DC.

Professional Memberships: American Massage Therapy Association, Recipient, and AMTA Government Relations Activist Award 1999.

Services: Massage Therapy for wellness, relaxation. Injury Rehab and Restorative Therapies for sports, overuse, and postural issues.

Special Interests: Medical Massage and Restorative Therapies including: Active Isolated Stretching, Myofascial Release, and Trigger Point Therapy.

Practice Location:
243 Church Street NW, Suite 100A
Vienna, VA • 703-938-3737
www.viennamassagetherapy.com



Teeth Whitening

Look Ten Years Younger



By Zahra Kavianpour, DDS
Brighter Smile Family
Dentistry & Orthodontics

Your smile is one of the first things a person will notice when you meet. If you would like to improve your smile with a simple procedure, teeth whitening may be a great option for you, especially if you have stained, dull or discolored teeth. Most dental offices provide teeth whitening

services to new and existing patients.

Regardless of how well you care for your teeth, over time, discoloration will occur. The main causes of stained teeth are genetics, antibiotics, tobacco and certain foods. As we age, our teeth darken as well. While preventing tooth discoloration is nearly impossible, our experienced team can help reverse the effects of discoloration by helping to create a whiter and brighter smile.

Whether it's an in-office treatment or at-home treatment, the principles of teeth whitening are the same. A special whitening agent is applied to the teeth in order to bleach the stains

and brighten your smile. Your expert dentist will discuss your whitening needs and goals with you to determine which option is best for you.

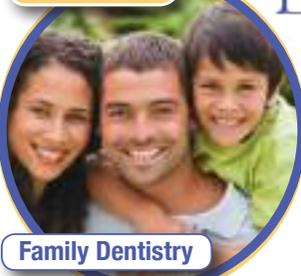
In-office tooth whitening is the quickest method to a brighter, whiter smile. With the supervision of an experienced dental professional, a stronger bleaching solution can be used than with at-home kits. Optimal results are achieved much faster with the professional whitening treatment, and in many ways the results are much better given the nature of the bleaching agents that are used. On average, patients find they appear up to ten years younger just by restoring the bright, white smile of their youth.

During a professional teeth-whitening treatment, we will first clean the teeth. They will apply a whitening agent to your teeth, carefully avoiding

your gums and soft tissue. Once applied, a laser light will be directed at the teeth to expedite the process. For maximum results, the process may be repeated more than once.

If in-office professional whitening isn't an option for you, at-home treatment may provide the whitening you need. While you will find a vast variety of at-home teeth whitening products on the market, including whitening toothpastes, over-the-counter gels, rinses, strips, trays and more, your dentists can fit you with custom-made whitening trays that will more accurately fit to your teeth for a more even whitening result. At-home teeth whitening results are less dramatic compared to those achieved at the dentist. While at-home teeth whitening is easy to use, it is not recommended if your teeth or gums are sensitive.

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What Is Balayage?



By Shana Mouhssine, Creative
Stylist, Balayage Specialist,
Alya Salon and Spa

painted freehand, creating a beautiful and dimensional sun-kissed color, where as with highlights, foils are almost always used for coloring. That being said, sometimes a client's desired balayage cannot be achieved without using these foils. That's why in some cases, it is best to use a foilage technique to give clients the best results possible.

So, what is foilage? Foilage is a technique that involves painting the hair inside pressed foils.

When creating highlights, a favorite technique is to back tease each section of a client's hair before applying a lightener. This insures the best transition between dark and light colors. Taking extra time around the face creates baby lights, also called "money pieces." Baby lights are achieved by taking very small sections of the hair around the forehead into foils, and brightening them up to frame the face.

After all the foils are processed, and the hair is washed, a toner or a glaze is used, usually a cool or warm tone to create the perfect color and shine combination.

Customizing and combining these different techniques on each client will give them a one-of-a-kind signature look. Although these coloring services might take a couple of hours, they are well worth the wait.

The name balayage originates from the French word for "sweeping." It is a very specific type of hair coloring, and it's created by a hand painting technique that gives a very natural, blended look. The hair is painted in an upward and downward motion, the way you would stroke a paint brush on canvas. Because of this method, a balayage coloring will have no harsh or obvious regrowth lines showing through. As your hair grows, the color blends with it, making it a very low-maintenance style.

The balayage has been around for decades, but it has made a massive come back into the hair industry in the last couple of years, not to be confused with highlights.

When balayaging, the hair is

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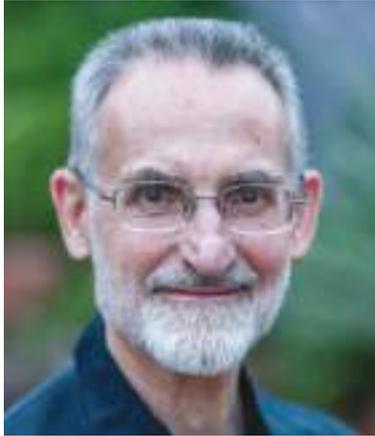


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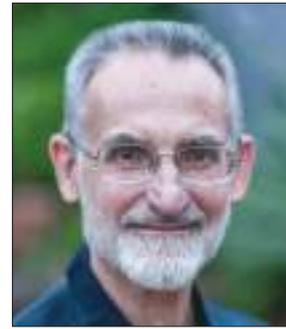
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The Adventure Of Coming To Know One's Self



By David Trautmann, LCSW
New Spirit Therapy

and accomplish the wonderful things and solve the difficult problems that only human beings can do. And it's by means of these capacities that we can overcome grief and sorrow, anxiety and worry, personal and relationship problems, habits and addictions, frustration, stress and failure, and all sorts of mental and emotional problems, if we only knew and developed these capabilities and potentialities and used them for our benefit and for the good of others. And that's what counseling and psychotherapy is designed to help us do.

Did you know that? These, our uniquely human abilities – our mental and emotional powers; our capacity for discovery, insight and understanding, to care and to love; our minds, hearts and will - these are all spiritual, super-natural abilities because they are meta-physical (above nature) and non-material, and exist independent of (though responsive to) the condition of our bodies and material conditions and circumstances. And it is

It's been said that to know oneself is to know God. That's because every human being has powers that are super-natural and potentialities that are divine. These are the capacities and abilities that enable us to make discoveries, find answers, solve problems, overcome difficulties, rise above ourselves and our circumstances, conquer and harness nature and natural processes, and create

Please see "Adventure," page 47

CELEBRITY SKIN

FROM PAGE 4

virtual consultations, and stringent safety measures in-office.

A second tip is to select a dermatologist with European experience, whose philosophy is to be subtle and preserve your individuality so that you still look like yourself – just a more healthy, rested and relaxed version. Ask your dermatologist if they serve as principal investigators on FDA studies to bring the newest treatments to our country, teach at the dermatology and plastic surgery academies and publish scientific papers.

Healthy skin and hair begin with at-home treatment with proven science. Better to invest in what's actually in a skin cream or hair lotion than to pay for fancy packaging and expensive celebrity endorsements. Leading dermatologists are researchers to identify key ingredients to truly turn the clock back, by stimulating new skin collagen and elastin or reducing hair shedding. Dermatologist-dispensed skincare includes antioxidants, growth factors, retinoids, peptides, DNA repair, vitamins A/C/E, hyaluronic or glycolic acid.

sential for skin health – even in winter. Some damaging ultraviolet rays can pass through car or house windows. Year-round sun protection helps prevent skin cancers and pre-cancers, and also sunspots, wrinkles and premature skin aging. Modern sunscreens from your dermatologist include natural minerals, brush-on powders, and added skin repair ingredients.

The next step can be to consider non-surgical procedures.

Ultherapy Non-Surgical Face, Neck and Body Lifting is a unique micro-focused ultrasound with no recovery time that lifts and tightens your jawline, neck, forehead, cheeks, chest, arms, buttocks, abdomen and knees. Featured on Dr. Oz and The Doctors, Ultherapy is the only FDA-approved treatment for non-surgical lifting. Christie Brinkley considers Ultherapy a secret to her youthful beauty in her mid-60's.

Platelet Rich Plasma (PRP): Sometimes known as the Vampire Face Lift, this harnesses your body's own restorative power to naturally

Broad-spectrum sunscreen is es-

Please see "Celebrity Skin," next page

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- Dermatitis (Eczema)
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CELEBRITY SKIN

FROM PREVIOUS PAGE

treat wrinkles, scars, pigmentation – and also hair loss. Many stars, including Kim Kardashian, Bar Refaeli and Rupert Everett, have spoken out about their use of PRP to maintain youthful skin and hair.

Body Contouring: Exilis Ultra, a state-of-the-art, no-downtime laser that combines radiofrequency and ultrasound, can painlessly melt away unwanted fat or cellulite on your chin, neck, arms, abdomen, waistline, hips, thighs, buttocks and other areas. Results are quick and effective, with skin tightening and lifting and a radiant glow. Kybella effectively dissolves away submental fullness (double chin), as publicized by Khloe Kardashian. LipoLite Laser permanently removes stubborn fat deposits that are resistant to exercise and a healthy diet, to recontour your chin, abdomen, arms, thighs, and other areas. Treatment is quick, comfortable, and requires only local numbing. Celebrity devotees include the Real Housewives of New York City, Omarosa from The Apprentice (who has tweeted about her body contouring in our clinic), and Khloe Kardashian.

Liquid Face Lifting: Natural fillers such as Voluma, Juvederm, RHA, Restylane and Sculptra remove under-eye hollows and bags, restore youthful cheeks and lips, and lift your jaw line. They can also improve bony, veined hands and sun-damaged necks and chests. French cannula techniques stimulate new collagen for better and longer-lasting results. The most expert dermatologists have early access to the newest fillers, and know how to re-shape your whole face. They also offer fat grafting using your own natural fat with stem cells. Cindy Crawford and Joy Behar are among those who describe fillers as a key to ageless beauty.

Beyond Botox: Expert treatment with the four available muscle relaxers - Botox, Dysport, Xeomin and Jeuveau - safely smoothes out your frown lines, forehead wrinkles, crow's feet, and lines around your mouth and neck. Gwyneth Paltrow, Vanessa Williams and Brooke Shields are among many who have publicly spoken about their positive experiences.

Advanced Lasers: The most dedicated clinics have the best technologies. GentleMax Pro offers rapid, effective and pain-free removal of unwanted face and body hair in all skin types from lightest to darkest. VBeam Perfecta is the gold standard and a celebrity go-to for scars, facial and spider veins, leg veins, sunspots, scars, stretch marks and birthmarks. Elos Plus, featured on CBS News and

the Rachel Ray Show, rejuvenates all skin layers together, while fading sunspots, veins, wrinkles, scars and other blemishes.

Expert Tip: The American Board of Medical Specialties recognizes board certified dermatologists and plastic surgeons as core aesthetic specialists who are appropriately trained to perform cosmetic procedures. Some European countries now have patient safety laws that allow only dermatologists and plastic surgeons to perform cosmetic procedures independently.

As we look with hope towards a new year, today's treatments in expert hands empower us to reflect outwardly the good health, energy and vitality we strive for internally. The final and very important health tip is to get a skin check. Skin cancer now affects one in five Americans. The key is early detection and treatment. The American Academy of Dermatology recommends annual full-body skin examinations by a board-certified dermatologist, and more frequent examinations if you have personal or family history of skin cancers or pre-cancers. Your dermatologist can show you how to perform at-home skin self-exams in between your regular office visits.

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Fascia and Myofascial Release



By Mary Fairbairn, NCMT
Hands in Demand Professional
Massage Therapy

Before explaining what myofascial release (MFR) is, there must be an understanding of what fascia is. John F. Barnes, physical therapist and owner of MFR Treatment Centers

and Seminars, has described fascia as a specialized system of the body that looks like a spider's web. Fascia is a densely woven structure that covers every bone, muscle, nerve, vessels, and the internal organs. It is one continuous structure that exists from head to toe without interruption. Each part of the body is connected to every other part of the body by fascia.

Pull off the skin of a piece of chicken and usually a sheet of fascial tissue will stretch between the underside of the skin and the surface of the muscle/meat. Howard Rontal, founder of The Myofascial Release Massage and Certified Hellerwork Practitioner, explains that fascial tissue has many functions: it serves to

Please see "Fascia," page 49

Set Realistic Mental Health Goals For the New Year



By Candice McKinney, MA, LPC
Beyond Counseling, Inc.

As we embark on a new year, the perfect opportunity presents itself to make resolutions geared towards better physical, financial, and emotional health. We must be intentional about setting realistic and achievable goals especially when it comes to our mental health. After experiencing the turbulent twist and turns of 2020, one thing we could all use is a moment to put ourselves first.

Consider utilizing therapy to help you sort through your goals. The perspective of a neutral party could be just what you need to help you take the next steps toward a more stable and peaceful life. You can find a therapist by searching many of the therapist directories

available on the internet or give your insurance provider a call to see who is available in your network. In the meantime, here is some advice for making your mental health a top priority:

Listen to your body: How we treat our mind and body is very telling in regard to our mental health, so we must treat it well. Drinking lots of water, getting sufficient sleep, and getting exercise are all healthy tools we can use to treat our bodies and minds well.

Normalize Asking for Help: In this culture of being independent, the ability to ask for help can often be a far-fetched idea. However, pretending that nothing is wrong does not make it go away. Seeking professional guidance from a mental health professional can help in sorting through life's challenges and to help determine what is triggering the emotions you are feeling. Committing to therapy is the bravest thing that you can do.

In closing, as we embrace the New Year, I leave you with these words: "There are only two days in the year that nothing can be done. One is called Yesterday and the other is called Tomorrow. Today is the right day to Love, Believe, Do and mostly Live." -Dalai Lama.

Spravato

New Treatment For Depression



By Colleen Blanchfield, MD
Full Circle Neuropsychiatric
Wellness Center

pressive disorder (MDD) is a common mental health disorder affecting 16.2 million Americans annually. Patients with depression may need several trials of antidepressants before achieving a positive response. Of those who seek treatment, only 60% will respond to medication and many of those will require trials of several medication before experiencing remission. The 40% of patients who do not respond to medications are considered to have treatment resistant depression (TRD). These patients will continue to experience symptoms of sadness, decreased motivation and energy levels, and persistent thoughts of death or suicide.

Treatment resistant depression affects the outcomes of other medical conditions and reduces life expectancy. It is a leading cause of disability in the United States and worldwide. For years psychiatrist have struggled

Although we have come far in our understanding of the brain, much still remains unknown. Through research and development, there have been significant strides in understanding mental health disorders and how to treat them.

In the United States, major de-

Please see "Depression," page 49

Who Should Get Acupuncture?



By Taran Kermani, LAc, MAC
The Teal Center

spasm and tension to headaches, such as debilitating migraines and stubborn tension headaches can benefit from acupuncture. By releasing the taut trigger points in the muscle belly or activating the fascia and releasing endorphins (endogenous analgesics), acupuncture can ease your pain.

Insomnia

With our busy and stressful lives these days it is getting harder and harder to stop thinking about all those due dates and responsibilities late at night and quiet down the mind. It seems like we are always in the fight or flight mode, in other words, our sympathetic nervous system is on overdrive. Acupuncture can activate the opposing system, the parasympathetic nervous system, the rest and relax mode, which can help us fall asleep easier and gives the body the restful sleep it needs.

Indigestion Or Other Digestive Complaints

Patients with different digestive complaints, such as Irritable bowel syndrome (IBS), Inflammatory bowel disease (IBD), Gastroesophageal reflux disease (GERD), or simple constipation

Please see "Acupuncture," page 46

Acupuncture is a non-invasive treatment modality that is scientifically proven to be beneficial in treating many common, modern day complaints. Most people know about its benefits in treating pain but acupuncture can be helpful in treating many other conditions, with no side effects. The following are among the most commonly seen complaints in an acupuncture clinic:

Pain

Anyone with any sort of pain from musculoskeletal issues such as fibromyalgia, back pain, neck pain, knee arthritis, ankle sprain, or muscle

How To Overcome Treatment Resistant Depression

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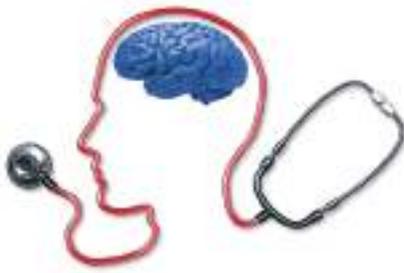


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Naturopathic Supplements – Which Are Safe?



By Lakita Conley-Ware, PhD
Naturopathic Health Consultant

tics states supplements manufactured in the USA cannot be contaminated with heavy metals. There are several U.S. based companies that produce naturopathic supplements that screen against chemicals, are pure organic and are GMO free.

One such solely American based naturopathic firm called Shaklee does extensive screening in their US bases research and development center. Shaklee Corporation is an American manufacturer and distributor of natural nutrition supplements, weight-management products, beauty products, and household products. The company is based in Pleasanton, California with global operations in Canada, China, Indonesia, Japan, Malaysia, and Taiwan.

Most people when they decide to take various types of supplements, herbs or superfoods assume that they are all safe. As with everything in life, some are better for you than others and becoming educated about which ones are best is going to help you improve your health.

The U.S. Dietary Supplement Current Good Manufacturing Prac-

They screen all new botanicals for 350 contaminants, for 250+ pesticides, and conduct over 100,000 quality product tests yearly for potency, safety and purity. They have over 125 medical/nutritional publications. Their staff – MDs and scientific PhDs – are naturopathic specialists. With this type of testing, this company offers a series of naturopathic products that are healthy and safe for everyone, from children to the elderly. Shaklee has also partnered with NASA to develop products that help astronauts be as healthy as possible. There are even Olympic athletes who claim use of Shaklee products helped them win medals.

It is important to know what is safe and going to help you live healthier. Some products are obviously better than others, and that goes for supplements as well. So, make sure you always read the labels first, before taking them.

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DISORDER

FROM PAGE 24

SAD, but many Americans continue to suffer year after year due to a lack of understanding and diagnosis of SAD. If you or someone you know is struggling with symptoms of SAD they should contact their physician for diagnosis and to begin treatment interventions. Common treatments include vitamin D, antidepressant medication, psychotherapy, and light therapy. Given the cyclical nature of SAD, the best treatment results are often seen with early intervention and plans for support as the seasons change.

For People With Chronic Heel Pain

A New Year's Resolution



By Gregory Cardinal, DPM, MS
Podiatrist in Motion, LLC

Heel pain is one of the most common complaints heard at the podiatrist office. Heel pain can be caused by a

myriad of things such as plantar fasciitis and Achilles insertional tendinitis, among others. Usually the doctor will prescribe a host of conservative treatments such as a stretching regimen, night splint, icing, rest, orthotics and oral anti-inflammatory medication or cortisone injection.

However, when the pain keeps recurring over time despite adherence to these and other various treatments it may be time to re-evaluate for a chronic injury. Amniotic membrane therapy is an alternative for patients that have had little to no success with conservative treatment, have reached their limit of steroid injections or want

to avoid them altogether.

The therapy consists of an injection to the injury site itself. The injectable is donated amniotic membrane tissue containing natural growth factors produced by our bodies that signal cells to the site of injury. These growth factors reduce inflammation, enhance soft tissue healing and regenerate the damaged tissue. Patients usually expe-

rience some temporary soreness at the injection site following the procedure and are put on a rehabilitation schedule for optimal recovery.

So, whether you're a runner wanting to get back on the trail or someone looking for an alternative to steroid injections or other treatments have proved unsuccessful, amniotic membrane therapy may be right for you.

Advantages Of Adult Braces



Submitted by
T. Wesley Daczkowski, DDS
Daczkowski Orthodontics - Manassas

In the United States there are millions of people receiving orthodontic treatment. In those millions the number of adults getting braces have increased. It is common to find individuals getting braces in adulthood due to not receiving orthodontic treatment in childhood. If you find yourself in this same situation adult braces may be the best solution for you.

A Variety of Options

At this day and age, the options that an adult has when choosing braces have increased. There are numerous styles and types of braces. They range from traditional metal braces to clear removable aligners. Don't be intimidated by all of the options that you may find. An experienced orthodontist will guide you during the whole process and will help establish which options are best for you. Your

dental health needs and preferences will always be a priority.

Types Of Adult Braces:

- **Metal braces** – Often the most affordable adult braces option, traditional metal braces are placed on the front side of the top and bottom rows of teeth.
- **Clear braces** – A more subtle alternative to traditional metal braces, clear braces blend in with your teeth and are a popular option for those concerned with the aesthetic appearance of braces.
- **Invisalign braces** – These clear aligners are removable, allowing you to easily clean your teeth and eat without restrictions. Orthodontists customize these aligners to fit your teeth comfortably and they generally appear much less noticeable than other types.
- **Lingual braces** – Like traditional braces, lingual braces are made of metal. Orthodontists apply these braces to the backside of your teeth, making them invisible to others.

Positive Results

When your orthodontic treatment has concluded, noticeable differences will be experienced such as:

- Teeth cleaning becomes an easier process – When your teeth are misaligned or crowded it is more difficult to clean all the areas of your teeth. After treatment, you

Please see "Adult Braces," page 47

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SLEEP STUDY

FROM PAGE 15

- Home sleep study can be especially advantageous to the home bound or elderly, who might need assistance from family members

Home Sleep Study Unique Clinical Features:

- Measures actual time that patient sleeps
- Provide more of an accurate assessment of sleep apnea
- RDI and AHI – special indices that determine the severity of sleep apnea
- ODI (oxygen desaturation index, measurement of blood oxygen levels)
- Heart rate, the heart beats per minute while the patient is sleeping
- Body position during sleep
- Snoring intensity
- Sleep stages
- Sleep fragmentation
- Sleep statistics
- Measures the physiological signal that mirrors changes in the autonomic nervous system caused by respiratory disturbances during sleep

The FDA-approved portable sleep apnea diagnostic device is an at-home sleep apnea test that uniquely uses finger-based physiology and innovative technology to enable simple

and accurate obstructive sleep apnea (OSA) testing while avoiding the complexity and discomfort associated with traditional air-flow based systems.

Thanks to its innovative use of technology, the home sleep device offers unparalleled performance, reliability and satisfaction.

The sleep device is worn like a simple wristwatch, with no need for belts, wires or nasal cannulas. The simple and intuitive use leads to outstanding compliance and accurate result.

How Does It Work?

The amount of time people sleep varies from person to person. The sleep study device is put on when you go to bed and runs 10 consecutive hours after turned on. You should take it off your wrist (without the need to be powered off) when you wake up in the morning and return it to the clinic for sleep data downloading.

Thanks to automated data analysis, you don't have to wait to get your diagnosis. Once you return the sleep device to the center, you will receive an immediate detailed sleep report. This instantaneous report generation – compared to a lengthy wait in most hospital-based settings – allows you to initiate sleep apnea treatment quickly.

FELDENKRAIS

FROM PAGE 22

greater harmony in the body, and more generally throughout the self. Every demand of life, so it seems, is to activate. Feldenkrais wanted to be effective and get things, but he also asked the bigger question: “How do I get things done?”

The activity of the Feldenkrais Method is, first of all, to focus on how you do things. Simple things, like reaching and rolling over. Then, to help you increase your awareness of having choices. And then to match choices to the situation.

As an example, will you make an experiment, please, in how you are when you come to stand.

- **Usual.** From sitting, please stand. Pause there, and note your sense of height. Then, walk a few steps. Observe how you feel as you walk. Resume sitting.
- **Worse than usual.** As you stand again, feel that you are rushed and do not take your full height. Walk like that.
- **Better than usual.** As you stand again, take the time to draw yourself up to your full height, and even, aim to be a little taller than usual. Pause, then walk.

Do you notice any differences? Is it interesting to question like this?

DRY NEEDLING

FROM PAGE 22

firmly anchored in the anatomy of the neural and muscular systems.

Due to the influences on the muscular and neural system, dry needling can be a strong tool for knee pain. It can influence all the categories mentioned above that can cause knee pain due to its effect on the neural and muscular system which includes tendons, ligaments, subcutaneous fascia, scar tissue, and trigger points for pain relief.

This is used in conjunction with electrical stimulation to “retrain” the muscles so that the muscle unit can perform optimally when running or with squatting. Needling can also decrease trigger point cycle, and thus help decrease pain in the fascia and tendons underlying the kneecap itself. Thus, dry needling can be a beneficial tool to help people get back to running, walking, and squatting for the winter season.

ORAL HEALTH

FROM PAGE 23

and is most likely due to people being in a “fright flight” mode that makes the dry mouth and causes an associated bad breath. The dry mouth syndrome may partially be due to mouth breathing while wearing a face mask. Mouth breathing does cause irritation and redness of the gums and discoloration of the front teeth.

Inflamed and bleeding gums are also, but not solely, caused by mouth breathing while wearing a facemask and psychological stress. Prolonged

and severe stress can cause “Vincent’s Infection,” commonly known as “Trench Mouth” which makes the gums painful to the touch.

Please see a dentist if you are experiencing any of these dental problems. Please see your physician and or mental health care provider, if you are experiencing stress and anxiety due to these life challenges. Try to find something relaxing to do for your mental health. Please try to keep a positive attitude.

MENTAL HEALTH

FROM PAGE 25

before going to bed.

Tip #2, Limit Time On Social Media

Just as with news watching, we all sometimes spend countless hours scrolling through social media. I would suggest, limiting your time on social media to a set time each day, i.e. 30 minutes a day or one hour a day. Shut off social media and electronics at least one hour before retiring to bed.

Tip #3, Get Exercise Or Physical Activity.

Moving your body and engaging in physical activity at least three days per week has been shown to improve mood and overall well-being.

Tip #4, Meditate

Meditation has been proven to reduce symptoms of anxiety and help to regulate mood. Ten minutes of meditation is all you need to get

started. There are apps you can use to help you start your meditation journey, such as Insight Timer and Headspace.

Tip #5, Seek Professional Help If Necessary

Dealing with the effects of a crisis or even the stress of the pandemic may lead to situations that prove to be too much to handle on your own. It is in these times, that you want to seek help from a professional to help you develop coping strategies to manage mental health issues.

As we continue to deal with crisis that may arise or the pandemic, it is important to ensure that you are taking care of yourself and addressing your mental health needs. The offered tips are a starting point to help you manage your emotions and mental health during any crisis or the pandemic that we are all experiencing.

ORTHODONTIC

FROM PAGE 25

sion: An underbite exists when the top front teeth are hitting behind the bottom front teeth. Underbites are best treated at a young age so that the upper jaw continues to grow properly.

Orthodontic treatment is a viable option to correct these malocclusions.

If you think, you or your child has developed any of these bite problems, now is the time to start looking for orthodontists.

If you are interested in learning more about braces, or about your specific orthodontic needs, call to schedule a consultation appointment.

ACUPUNCTURE

FROM PAGE 43

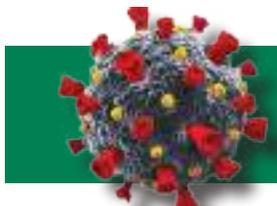
and diarrhea have eased their symptoms with the help of acupuncture. Since the other benefit of the activation of the parasympathetic nervous system is directing the blood to the internal organs, mostly the digestive organs. So as you become more relaxed your body digests the food better, the symptoms will go away and you would benefit from all the nutrients you ingested in your food.

Menstrual Issues

Most women of reproductive age are suffering from different menstrual issues that can be overlooked and

called “normal.” Having mood swings, abdominal cramps, bloating, heavy and irregular bleeding is not normal and never fun. By balancing hormone levels, increasing blood flow to the reproductive organs, and regulating their functions, without the side effects of the hormonal medications usually given for these conditions, acupuncture can help rescue you from your monthly sufferings and their consequences.

If you are suffering from any of these conditions acupuncture is the right choice for you.



COVID-19 Update

COVID-19 Vaccine On the Way As Cases and Hospitalizations Surge

Whether you visited family and friends during the holidays, whether you were around other people at all, you can't escape the constant news of cases of the coronavirus spiking across the country, and the fear of overwhelmed hospitals and deaths.

Undoubtedly at this point we all know people who have been infected. Unfortunately, with this comes sickness, sometimes severe, and sometimes fatal.

It's a scary time in America, and our area, as well.

Everywhere we go, we see people wearing masks. We practice social distancing, and do all sorts of strange things we've never done before in order to ward off the virus. Yet, we still see this remarkable surge in cases. How can this be?

This virus is a strange and confusing enemy, giving us very little help to figure out what we can safely do, and what puts us, our families and friends in danger. Obviously we need to protect ourselves, but even in situations where restrictions are very strict, the virus surfaces, and rages out of control.

The NFL is all over the map trying to keep games on schedule while pulling unknown players out of nowhere to play quarterback, and rescheduling games over and over. College sports are struggling to keep any kind of a season on track.

These institutions have huge budgets and infrastructure to assure they operate in the safest manner. It still doesn't work. Restaurants, bars, movie theaters, spas, and churches struggle to make it through this crisis – a daunting task. Go to the mall. Empty hallways and stores that will likely not make it. It's gut-wrenching!

Considering all the things we have done to protect ourselves, it's a challenge to just imagine what else, besides a total lockdown, we can do to prevent the spread. But, would a total lockdown even work?

Doctors and hospitals have gotten immensely more proficient at handling cases, and helping most people recover from the disease, yet the number of deaths continues to grow. This country owes a huge thank you to health care workers, scientists and doctors for their talents, commitment and hard work to find better answers and treatments to help us survive this awful pandemic.

The whole thing will make your head spin – wait, I'm sure your head is already spinning, as is mine, just considering all this.

Could a Vaccine Be Here Soon?

Enter Operation Warp Speed. Using our modern technology and a fierce public-private partnership we appear to be on the verge of something that has never been done before – development of a vaccine in such

a short period of time. Yes, vaccines are on the horizon, which look amazingly effective, so far.

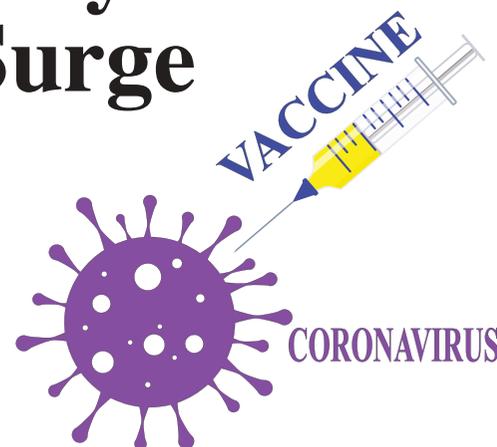
Moderna and Pfizer have already applied for emergency authorization to distribute vaccines that the data shows, so far, are over 90% effective at stopping the virus, and virtually 100% effective at preventing serious illness.

The Oxford University-Astra-Zeneca vaccine is another choice that could be available very soon. This vaccine doesn't need to be stored in a freezer and lasts longer, so it may be easier to distribute.

These are three different vaccines, which is, quite frankly, an amazing feat! It is almost unbelievable given the carnage we have seen, that shortly there will be millions of doses available.

Anyone who has been around science for any period of time can truly appreciate that development of a vaccine in less than a year is unheard of – as many people would simply say – it is simply not possible. And, then we hear the news, and it appears these three choices are on the way – soon.

How do we make it through winter to a time when we actually have these little miracle drugs available?



It is mind-boggling to look around and decide what to do during these winter months while the virus is raging and businesses are crumbling.

All this author can say is hang in there. We will get through this thing – together. Be smart. Use your mask. Be careful. Respect the elderly, frail and vulnerable. Now might be a time to re-double our efforts in order to make it to the end of the tunnel when there actually is a vaccine that will protect us.

The CDC, state governments and doctors are all weary of another surge on top of this one as a result of Thanksgiving holiday gatherings. Keep an eye on what's going on and consider what you will be doing for Christmas and New Years. It may be a time to wait it out and keep your distance. With, what appears to be, a real solution to this whole mess on the horizon, now might be the time to sacrifice.

ADULT BRACES

FROM PAGE 45

- will be able to reach more areas for cleaning.
- More comfortable chewing – One of the many issues of a misaligned mouth is the discomfort of chewing food. After braces have aligned your bite, your chewing experience becomes easier.
- No more bad breath – Bacteria lingers throughout your mouth and along the surfaces of your teeth. When your teeth are not aligned you may miss numerous areas for cleaning. This leads to that unpleasant odor. Once your teeth are properly straightened, these areas are no longer hiding from you.

- Tooth enamel damage prevention – When your teeth are misaligned it is common to find them rubbing against each other. This in turn wears your enamel away and your teeth are more prone to cavities and erosion.
- It is important to take care of your braces during the orthodontic treatment but it is just as important to take care of your teeth after they are removed. Remember to brush and floss multiple times a day to maintain the healthiness of your teeth.
- Contact an experienced orthodontist and experience a new level of confidence with your new teeth.

ADVENTURE

FROM PAGE 40

through awareness of and proper use of these abilities that we find happiness and can meet and rise above the challenges that we encounter in life. And it is the purpose and function of counseling and psychotherapy to help us to learn how to do this. Isn't that wonderful?

Personal counseling and psychological therapy is a form of personalized education that helps people to understand themselves and others emotionally to get thoughts and feelings working together more productively to overcome anxieties and fear, lift depression, overcome addictions and harmful, self-defeating habits,

improve behavior and relationships, find happiness and satisfaction, and achieve greater success in life. And it is quite effective in doing this through collaboration of the client with the treatment provider. Effective psychotherapy is designed to bring out the best in us by recognizing and supporting and developing our natural, in-born propensities and talents, validating our truth, understanding reality and distinguishing between what's false and useless worry, guilt, shame, blame and self-defeating behavior. This develops our "better angels", bringing us closer to all that is divine. Is that not exciting?

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DEPRESSION

FROM PAGE 43

to help these patients.

In March 2019, the FDA approved esketamine, (sold under the brand name Spravato®) for patients with TRD. Esketamine has a novel mechanism of action to offer patients relief from depression. It is self-administered via non-invasive intranasal dosing in a physician's office. It is given in conjunction with routine antidepressant medications.

Many patients who have tried esketamine report they feel more like

themselves again. They note improvement in focus, energy, and describe marked improvements in mood. Patients describe improved interest and participation in activities with friends and family.

Patients who have tried and failed at least two antidepressants medication are potentially eligible for this medication. Patients who feel that they have TRD and are interested in esketamine treatments, should contact a local certified Spravato treatment center for information.

PLASMA PEN

FROM PAGE 15

the outside very quickly, it takes about 4-8 weeks to be able to see the full results that can last up to three years.

How Many Treatments Do I Need?

The procedure provides results after

just one treatment. The number of treatments required to achieve desired results will depend on the area being treated, the condition of the skin and age. Your technician will create a plan with you.

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FASCIA

FROM PAGE 42

support, protect, cushion, and insulate. It allows for movement of the different bones and muscles; to stretch and slide over each other. Fascia is made of elastin and collagen. In the young it is soft, pliable, stretchy and serves as a lubricant. Due to age, repetitive use injuries, trauma, falls, poor postural patterns, surgical procedures, scarring and inflammation the fascial tissue becomes hard, dense, fibrous, inelastic and short. It goes from being a lubricant to an adhesive. Myofascial restrictions do not show up in many standard tests (x-ray and CAT scans).

Myofascial release is an effective and safe hands-on technique that provides sustained pressure into the

myofascial restrictions to decrease and eliminate pain. It restores motion by stretching and lengthening the fascia. MFR is done on the skin, using little if any lubricant. Depending on how chronic the condition is, the client usually feels relief and increased movement during the first session. Ideally, the MFR session is a fully body technique because the fascia is entwined and connects many parts of the body together. MFR can also be incorporated into a regular massage session. The amount of sessions needed depend on the severity of the restrictions. The therapist trained in MFR can help determine the best course of treatment.

RESTORATION

FROM PAGE 24

male pattern hair loss, female pattern hair loss, and alopecia areata.

Nutritional deficiencies are on the rise becoming more common than we can realize. The problem of deriving nutrition from food is compounded by the fact that the nutritive value of the agricultural produce from the farms itself is falling down due to changes in the soil including decrease in the mineral content, use of pesticides, fertilizers and fast-growing crops which do not assimilate enough nutrients.

Nutrient mining and leaching are exacerbated by use of fertilizers. Nutrient exhaustion, over cultivation, lack of return of organic matter to the soil and deforestation are leading to this global phenomenon.

This is where cyclical nutritional therapy comes into play. The purpose of the program is to provide the body with the right nutrients in the right doses in a synergistic, complementary manner, so that they are absorbed eas-

ily and will render good results for hair growth. Excess use of any single nutrient turns out to be ineffective as a balance of all micronutrients in the body is essential to ensure wellness. High dose nutritional supplements can become ineffective and also reverses the benefits.

Cyclical nutrition therapy program, known as Hair Fact, includes low-dose synergistic combinations of vitamins, minerals, anti-oxidants and amino acids to be taken by mouth in a cyclical manner. Studies using Hair Fact showed consistent improvements in the form of correction of hair fall and minimum 18% increased density within two months with further improvement to a maximum of 156% over one year. Hair Fact is the foundation of hair restoration and maintaining the health of hair. It can be combined with all the other treatments for hair restoration.

PROMOTE WELLNESS

FROM PAGE 4

it helps improve sleep. Acupuncture can help promote quality sleep through its communication with our central nervous system. Acupuncture can also improve our energy levels.

From this, we can then follow how acupuncture can help with overall mood. If we are more relaxed, sleeping better, and feeling less fatigued our mood is likely to be better. Several patients report that following treatment, they find themselves in an overall better mood for the next few days to couple of weeks.

One of the most common reasons that patients come for acupuncture is for pain relief.

Acupuncture can help the body

manage pain directly through the production and release of pain moderating chemicals, as well as indirectly by: increasing blood flow to surrounding tissue to bring in nutrients, oxygen, and chemicals, stimulating your body's release of natural anti-inflammatory compounds that reduce pain and promote healing and the stimulation of your body's immune system.

Reduced stress, better sleep, improved energy levels, better mood and reduced pain are all benefits of acupuncture that almost everyone experiences when they receive treatment. Even better, the more treatments you receive the more likely it is to see a noticeable improvement in these areas as well as in overall well-being.



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