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WHIPLASH

**THYROID AND
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Complementary
Healthcare**

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Revolutionizing Whiplash Diagnosis

The Power of Weight-Bearing Open MRI and Digital Motion X-Rays

Submitted by
Washington Open MRI

Whiplash is a common injury that occurs in over 90% of all auto accidents. It happens when the head is suddenly jerked back and forth, which can cause damage to the soft tissues in the neck. Unfortunately, most people (90%+!) who suffer from whiplash don't even realize it. And for those who do, the diagnosis is often missed or misdiagnosed. This unfortunately leads to long-term, permanent damage and disability with no compensation.

However, there is hope! Thanks to modern medical technology, we now have access to tools like weight-bearing open MRI's and digital motion x-rays (DMX) that can help detect and diagnose whiplash with greater accuracy.

Weight-bearing open MRI's are a game-changer because they allow patients to be scanned while standing upright. This means that doctors can get a more accurate picture of what's going on with the spine, particularly in cases where whiplash has caused damage to the ligaments or other soft tissues. And because the patient is in a natural weight-bearing position, the scan can capture the full range of motion and flexion, which is crucial for accurate diagnosis.

But that's not all. Weight-bearing open MRI's are also more comfortable for patients. They're less claustrophobic than traditional MRI machines, and patients can watch TV or even have a loved one in the room with them during the scan.

Digital motion x-rays, or DMX, are another tool that can

help diagnose whiplash. Unlike traditional xrays and MRIs, which are designed to capture images of a patient who is standing still, DMX captures images of the spine in motion. This is important because, as we mentioned earlier, the symptoms of whiplash often present themselves when the patient moves their neck. With DMX, doctors can see the full extent of the damage and now develop a more accurate treatment plan.

The benefits of these technologies cannot be overstated. Not only do they provide a more accurate diagnosis, but they also help doctors develop better treatment plans. This means that patients who suffer from whiplash are more likely to receive the care they need to recover fully and avoid permanent damage.

But here's the problem: many

people are unaware of these technologies, or they don't know where to go to receive them. That's why it's so important to spread the word. If you or someone you know has been in an auto accident and is experiencing neck pain or other symptoms of whiplash, it's essential to seek out a healthcare provider who offers weight-bearing open MRI's and DMX.

Remember, whiplash is a serious injury that can cause long-term, permanent damage. But with the help of modern medical technology, we can improve diagnosis and treatment outcomes.

So let's spread the word and encourage everyone to learn more about weight-bearing open MRI's and DMX. Together, we can make a difference and help more people avoid the permanent impairment caused by whiplash.

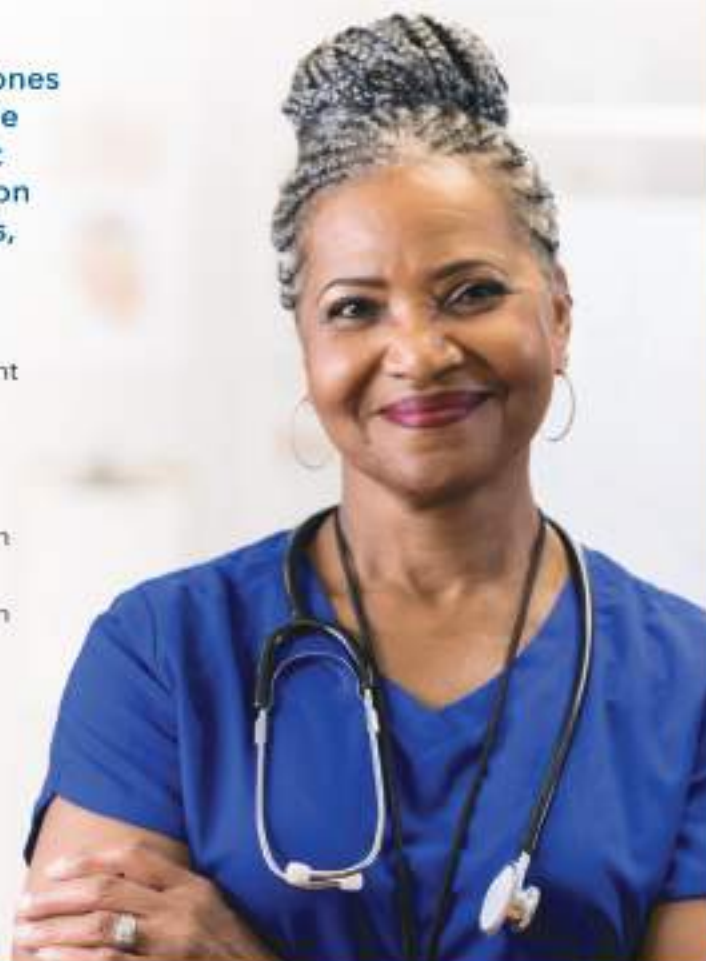
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Sex Hormones Protect Your Heart?!

Submitted by New Day Vitality
Hormone Center

YES! Sex hormones do more than impact your sex life; they affect your heart health, too. Heart disease is the leading cause of death for both men and women. And, while most people know that high blood pressure, excess weight, and high cholesterol levels can put them at risk for heart disease, not many know that the sex hormones – estrogen, progesterone, and testosterone – play a critical role in heart health.

Researchers at the University of Pittsburgh, Graduate School of Public Health, report the changing hormone levels that accompany the transition to menopause negatively impact a woman's cholesterol, "leaving her at greater risk for heart disease."

However, "...new clinical data show that cardiovascular mortality risk is reduced among HRT users," according to Sex Steroids' Effects on Brain, Heart and Vessels. And "estrogen treatment resulted in a significantly lower rate of atherosclerosis progres-

sion among early post-menopausal women," according to a 2016 article in the *New England Journal of Medicine*.

"Lower levels of testosterone... are associated with higher cardiovascular risk in both men and women," states an article in a 2015 *Current Cardiology Reviews*. In addition, a 2013 *Journal of Sexual Medicine* reports, "testosterone deficiency has been associated with metabolic syndrome and type 2 diabetes." Both of these illnesses greatly increase the risk of heart disease.

Here's how sex hormones influence cardiovascular health:

Estrogen:

- Improves arteries' flexibility and strengthens their interior walls
- Reduces inflammation in the heart
- Helps maintain healthy cholesterol levels

Progesterone:

- Increases "good," HDL cholesterol
- Improves dilation of blood vessels
- Lowers blood pressure

Please see "Sex Hormones," page 65

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Here's How Eyeglasses Work *A Clearer Perspective On Optical Health*



By Graham Corby
Certified Optician
Annapolis Opticians

Clear and precise vision is a gift that many people enjoy, thanks to eyeglasses. These marvels of optical engineering have been improving people's lives for centuries. In this article, we'll take a closer look at how eyeglasses work to correct various vision problems and enhance optical health.

The Basics Of Eyeglasses

Eyeglasses are optical devices designed to correct vision problems caused by refractive errors, such as nearsightedness (myopia), farsightedness (hyperopia), and astigmatism. They consist of two main components: lenses and frames.

Lenses: Lenses are the heart of eyeglasses. They come in various types, including convex (for farsightedness), concave (for nearsightedness), and cylindrical (for astigmatism) lenses. These lenses work by bending and focusing light rays so that they converge at a specific point on the retina, providing a clear image. Convex lenses are thicker at the center, while concave lenses are thinner at the center, allowing them to achieve this bending of light.

Please see "Eyeglasses," page 61



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We apologize for putting the wrong photo with the Hospice of the Chesapeake's article in the January 2024 edition. Here is Elizabeth Schuman, Hospice of the Chesapeake Senior Donor Relations Manager.



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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.

People are encouraged to buy a new house, car, cell phone or big screen TV, and those companies make themselves very visible and their products easily attainable.

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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Look and Feel Your Best

New Lasers and the Latest No-Downtime Procedures



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

How do you view midlife? If you're like most, you have every expectation that this stage of life and beyond will be active, fulfilling and productive.

Recent scientific studies have shown that first impressions matter, not only personally but also professionally. Of course, our skin is the first thing that everyone sees. Our skin is the largest organ in our body and the mirror of everything inside. It's natural, as well as a good personal and professional strategy, to want our skin to reflect externally the youthful vigor and vitality we strive for internally. This life philosophy is redefining midlife, and revolutionizing skin health and beauty. We are especially inspired by our patients in their 90's who are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are!

The idea of looking and feeling good at any age has inspired groundbreaking non-surgical strategies that naturally rejuvenate you, while preserving your individuality and avoiding the "done look." For the latest thinking from the world's cosmetic experts, read the recent article "*Injectables of the Future*" in *Harper's Bazaar* linked here: <https://www.harpersbazaar.com/beauty/skin-care/a42100260/injectables-of-the-future/>

In recent Academy teachings for dermatologists and plastic surgeons, we have focused on the science and research behind state-of-the-art techniques and technology. The key concept is to rejuvenate your skin layer by layer by harnessing your body's own capacity to renew itself. This approach is based on advanced understanding of the aging process and, if started in time, can save you from ever having to go under the surgical knife.

The American Board of Medical Specialties recognizes four types of specialists as being appropriately qualified and trained to perform cosmetic procedures – board certified dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons. It's important to ask your doctor not only if they are board certified, but in what specialty.

The uppermost layer of your skin can be treated to fade discolorations, spider veins, prominent pores, acne and rosacea and give your skin a beautiful glow, with Elos Plus photofacials, VBeam pulsed dye laser, micro-laser and chemical peels,

These treatments can be alternated with DermaSweep MD, a more effective, crystal-free alternative to microdermabrasion, which painlessly polishes your skin with silk and other brushes and then infuses it with customized therapies to fade discolorations, tighten pores and make your skin radiant and youthful. The finest silk brushes in the DermaSweep MD treatment can even be used to revitalize the delicate skin around the eyes.

The upper and middle skin layers can be stimulated to create new collagen and elastin with fractional resurfacing lasers like the new eMatrix Sublative, eTwo, Co2RE or Fraxel. These are exciting technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Fillers like Voluma, Juvederm, Restylane, Sculptra and RHA are pure, lab-made forms of natural hyaluronic acid to precisely replace the support that your skin has lost with time. Radiesse is a natural calcium-based filler. Sculptra is another effective volumizer. These fillers, as well as your own natural fat containing stem cells, can fill "smoker's lines" around the mouth, gaunt cheeks and under-eye hollows, shape your brows, and sculpt your profile. Truly expert technique doesn't just fill wrinkles – it actually reshapes your face, to restore ideal contours and lift your face subtly and beautifully with no scarring or down time. Recent research shows that expert filler placement can also stimulate your skin to produce new collagen and elastin, for longer term results.

A recent addition is platelet-rich plasma (PRP) with microneedling – the so-called "vampire face lift" – that harnesses the regenerative power of your body's own healing processes to restore smooth, radiant skin. Studies show that PRP is also effective for hair restoration. Exosomes are now being used for skin rejuvenation but it's important to use skin formulations with proper science and regulatory approvals.

The lowest layer of your skin can be treated with Ultherapy, Exilis Ultra or Sublime lasers, the newest no-downtime, no-surgery face and body lifting and tightening. These treatments tighten collagen and elastic tissue, to lift your brows and cheeks, define your chin and jawline, and tighten and lift your neck, chest, abdomen, buttocks, arms and elsewhere. You will see prompt results that improve even more over time. Stimulation of your skin's self-tightening is long lasting and can take years or decades off you.

These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on areas such as your stomach, arms, buttocks and legs.

Kybella injections or Laser Lipo can remove unwanted fat with no down time and no anesthesia to chisel your jawline. You can also melt fat away painlessly from your hips, abdomen, waistline, buttocks, arms and other areas.

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This highly sophisticated approach doesn't change you into the cliché of a "new you." Better yet, it empowers you to re-discover the Real You, balancing how you feel inside with how you look outside. A youthful and harmonious appearance gives the best first impression to those who see us, and can maximize our personal and professional success at any age.

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Navigating Natural Herbal Replacements For Fluoride In Caries Prevention

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

The dental health community continually evolves its approach to preventing dental caries, especially among vulnerable groups like children and young adults. In recent years, the American Dental Association (ADA) has acknowledged a growing interest in natural and herbal alternatives to fluoride in toothpaste and rinses. This article explores the burgeoning field of herbal replacements, underpinned by recent studies and recommendations from the ADA, to provide a comprehensive overview of how these alternatives are reshaping caries prevention.

The Shift Towards Herbal Alternatives

Fluoride's efficacy in preventing dental caries is well-documented.

However, concerns over dental fluorosis and a general trend towards natural healthcare have led many to seek herbal alternatives. These alternatives not only promise caries prevention but also resonate with the broader preference for organic and naturally sourced products. The ADA, recognizing this shift, has initiated and reviewed various studies to understand the potential and efficacy of these natural alternatives.

Why the Emphasis On Natural and Herbal Replacements?

The rationale for exploring natural and herbal replacements is twofold. Firstly, there's an increasing demand for holistic health approaches that align with an individual's lifestyle and ethical choices. Secondly, while fluoride is effective, its overuse, especially in children, can lead to fluorosis, a condition that affects the appearance of developing teeth. As

such, finding a balance between effective caries prevention and maintaining natural oral health has become a priority for many.

Herbal Replacements Under ADA Scrutiny

Several natural substances have come under the spotlight, with research often backed or reviewed by the ADA to ensure their efficacy and safety. Here are some notable mentions:

1. **Hydroxyapatite (nano-HA):** Although not an herb, nano-HA is a naturally occurring mineral that mimics the composition of tooth enamel. Recent studies have indicated its potential in remineralizing enamel and protecting against decay, with some research suggesting it could be as effective as fluoride.
2. **Xylitol:** Derived from birch trees and other natural sources, xylitol is a sugar alcohol that's been studied extensively

for its ability to reduce harmful oral bacteria. The ADA has reported on various studies highlighting its cavity-preventing properties, especially when used in chewing gum.

3. **Neem:** With a long history in traditional medicine, neem has antibacterial properties that make it a candidate for oral health care. Preliminary studies have looked into its effectiveness in reducing plaque and gingivitis, key factors in preventing caries.
4. **Green Tea Extracts:** Catechins in green tea have been shown to possess antibacterial and anti-inflammatory properties. Some ADA-reviewed studies suggest that green tea extracts in mouthwashes and toothpaste could help in reducing bacteria and improving overall oral health.
5. **Licorice Root:** Licorice has been identified for its antimicrobial properties against oral pathogens. While research is still in the early stages, some findings suggest it could be beneficial in reducing bacteria and preventing caries.

The ADA's Position and Ongoing Research

The ADA remains committed to evidence-based dentistry and has thus approached the topic of herbal replacements with a rigorous scientific perspective. While it recognizes the potential of these natural alternatives, it also emphasizes the need for more extensive and long-term studies to fully understand their benefits and limitations.

Ongoing research, much of it reviewed or conducted under the auspices of the ADA, is focused on not just proving the efficacy of these substances but also understanding their appropriate usage, side effects, and interactions with other dental care products.

The exploration of herbal and natural replacements for fluoride is an exciting and growing field, reflecting a broader shift towards personalized and holistic health care. While these alternatives show promise, the ADA and the wider dental community advocate for a cautious and informed approach. As research continues to unveil the potential of these natural substances, it's crucial for individuals, especially those responsible for the care of children and young adults, to stay informed and consult with dental professionals. The future of caries prevention is likely to be more diverse, with a blend of traditional and innovative approaches working hand in hand for optimal oral health.



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Cardiovascular Disease

Natural Approaches To Reduce Your Risk



By Alan Weiss, MD
Annapolis Integrative Medicine

Nearly one million Americans will die of heart disease this year; 2,400 will die each day of cardiovascular disease, an average of one death every 36 seconds.

Amazingly the human body contains 60,000 miles of blood vessels!

As many as 50% of first heart attack victims have a normal level of cholesterol. So it is clear that there are factors other than total cholesterol involved.

Important but lesser known risk factors are inflammation, infections, diet, and lifestyle.

An easily obtained blood test called

C reactive protein (CRP) is a marker for inflammation in a person's body and is an important risk factor for heart disease. Inflammation can come from infections, diets rich in saturated fats and sugar, toxins such as lead and mercury, metabolic syndrome and diabetes. The degree of inflammation in your body is at least as important as your cholesterol level.

A typical American diet rich in saturated fats and high sugar foods, as well as tobacco use, obesity, and insulin resistance, can cause the CRP to be elevated.

Chronic hidden infections in the body can also raise the CRP level. Infections which have been linked to cardiovascular disease include periodontal gum disease, respiratory infections, stomach infections (H Pylori) and even urinary tract infections.

Important lab tests can help assess cardiovascular risk. These include insulin levels, both fasting and in response to glucose challenge, expanded lipid panels beyond the standard ones typically used which look more closely at the various types of proteins that carry cholesterol (HDL, LDL) as well

Please see "Reduce Your Risk," page 61

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Chiropractic Care

and Diabetes



By Alicia Kovach, DC
Kovach Chiropractic

Do you have an awareness of the potential diabetes rates among individuals born in the year 2000? Research suggests that one in every three men and two in every five women born in 2000 will likely develop diabetes in their lifetime. This disease ranks as the fifth deadliest in the US and continues to manifest as an escalating epidemic.

How can chiropractic care be of assistance in this scenario? It plays a significant role in contributing to the overall wellness of individuals diagnosed with diabetes. You might wonder about the

connection between chiropractic care and diabetes. When there's an interference in the nerve supply from the upper neck or middle back—areas responsible for supplying the pancreas—its function becomes compromised, operating below optimal levels.

This compromise may affect the pancreas' ability to produce enzymes required for digesting proteins, fats, and carbohydrates, as well as insulin production. This imbalance in blood sugar and digestion could lead to the onset of diabetes or hypoglycemia.

By allowing a chiropractor to address nervous system interference, you're enabling your body to function at its peak potential. In addition to chiropractic adjustments, modifying your diet and exercise regimen as recommended by your chiropractor contributes to avoiding this prevalent epidemic.

Next time you engage in conversations about diabetes with family or friends, consider asking them if they've consulted a chiropractor recently. It could make a substantial difference in their health journey.



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The Role Of Mental Health Support In Managing Diabetes and Cardiovascular Risks

Submitted By
A+ Counseling Center

The intricate relationship between mental health and physical well-being is increasingly recognized as a crucial factor in managing chronic conditions such as diabetes and cardiovascular diseases. As we delve into the complex interplay between mental and physical health, it

becomes evident that mental health support plays a pivotal role in enhancing the overall management and prevention of complications associated with these conditions.

Understanding the Connection

Diabetes and cardiovascular diseases are not isolated concerns; they are often accompanied by psychological challenges such as stress, anxiety, and depression. The chronic nature of

these conditions can lead to emotional distress, impacting the individual's ability to cope with the physical aspects of their health. Moreover, stress and negative emotions can contribute to unhealthy lifestyle choices, exacerbating the risk of complications.

Mental Health Support As a Coping Mechanism

The emotional toll of managing chronic illnesses can be overwhelm-

ing. Individuals with diabetes or cardiovascular diseases may experience fear, frustration, and a sense of loss of control. Mental health support provides a crucial outlet for these emotions, offering coping mechanisms and strategies to navigate the challenges of living with a chronic condition.

Counseling and Education

Educational counseling plays a vital role in empowering individuals to understand the connection between their mental and physical health. Counseling sessions can provide insights into the impact of stress on blood sugar levels, blood pressure, and overall cardiovascular health. Through education, individuals gain valuable tools to manage their conditions more effectively and make informed decisions regarding lifestyle choices.

Stress Reduction Techniques

Implementing stress reduction techniques is a cornerstone of mental health support for individuals managing diabetes and cardiovascular risks. Techniques such as mindfulness, meditation, and relaxation exercises can positively influence both mental well-being and physical health. These practices help reduce stress hormones, improve emotional resilience, and contribute to better overall disease management.

Building a Support System

A robust support system is essential for individuals facing the challenges of diabetes and cardiovascular diseases. Mental health support extends beyond individual counseling sessions to include family, friends, and community resources. Creating a supportive environment fosters a sense of belonging, reduces feelings of isolation, and promotes healthier lifestyle choices.

In the intricate tapestry of health, the integration of mental health support is indispensable for managing diabetes and cardiovascular risks. As healthcare professionals recognize the symbiotic relationship between mental and physical well-being, a holistic approach emerges, offering individuals the tools they need to navigate the complexities of chronic conditions. By prioritizing mental health support, we pave the way for a comprehensive and effective approach to managing diabetes and cardiovascular risks, ultimately improving the overall quality of life for those affected.



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How to Beat Heart Disease: With a Periodontist, You Can Win

By Karl A. Smith, DDS, MS

February is American Heart Month. Heart disease is the leading cause of death in the United States. You can fight back by eating healthy; becoming physically active; controlling your high blood pressure or cholesterol; and getting a clean bill of health from your periodontist.

Periodontal disease, heart disease and stroke may seem to have an unlikely connection, but researchers have found that gum disease sufferers are nearly twice as likely to also suffer from coronary heart disease. Research studies have discovered that oral infection is indeed a risk factor for certain types of cancer, stroke and other serious heart and health problems.

The Connection Between Your Mouth and Heart:

There are several theories, which may explain the link between heart disease, stroke and periodontal disease, which include the following:

Bacteria In the Mouth – There are many different strains of bacteria. Researchers assert that some of these strains of bacteria enter the bloodstream through your mouth and attach to the fatty plaques in the blood vessels of the heart. This attachment then contributes to clot formation, causing grave danger to the individual.

Inflammation – Periodontal bacteria causes severe inflammation in the gum tissue, which elevates the white blood cell count.

Immune System Deficiency – Individuals who experience particularly high levels of oral bacteria may have weaker immune systems. These factors may induce specific vascular effects, which have previously been shown to contribute in the onset of certain forms of heart disease.

There is little doubt that the presence of periodontal disease can worsen existing heart conditions. In fact, for many patients periodontists and cardiologists work as a team in order to treat individuals experiencing both conditions.

Diagnosis and Treatment

Since periodontal disease appears to be a risk factor for both heart attack and stroke, it is extremely important to seek immediate treatment with an experienced periodontist. Dentists who specialize in the treatment and prevention of periodontal (gum) disease – periodontists – 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, and are also trained in performing cosmetic periodontal procedures, and dental implants.

Initially, the periodontist will conduct thorough examinations to assess the exact condition of the teeth, gums and jawbone. X-rays can be helpful in determining whether bone loss is prev-

alent in the upper and lower jaw.

The periodontist is also able to conduct deep cleaning treatments to remove hardened calculus (tartar) deposits from the gum pockets. An antibiotic may be prescribed to ensure that the bacteria is completely destroyed and the periodontal infection does not spread to the rest of the body. Antibiotics alone are not enough to treat periodontal conditions but dental treatment along with antibiotics can have the power to get

and keep your body healthy.

Fortunately, you can fight back against heart disease. Visiting a periodontist today to remedy gum disease may be one of the best things you can do to help lower these overall health risks. If you are over the age of 45, have any health compromise, experience bleeding gums, or are interested in keeping your natural teeth for your lifetime call a periodontist right away. Get the answers to your questions about how good dental care might just save your life.



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By Reena Mary Thomas, MD
MRCP (UK), ECNU
Patuxent Endocrinology

Understanding Diabetes

Types, Causes, and Effective Management

being the most common. Characterized by elevated levels of sugar in the blood, diabetes demands ongoing management to prevent both short- and long-term complications. This article explores the different types of diabetes, their causes, and effective management strategies.

Types Of Diabetes

Type 1 diabetes, often diagnosed in childhood, results from the immune system mistakenly attacking and destroying insulin-producing cells in the pancreas. On the other hand, type 2 diabetes develops when

the body becomes resistant to insulin or fails to produce enough of it. Gestational diabetes occurs during pregnancy when hormonal changes affect insulin function. While gestational diabetes is typically temporary, type 1 and type 2 diabetes are chronic conditions requiring lifelong management.

The Role Of Insulin

Insulin is a vital hormone that facilitates the conversion of glucose (sugar) from the food we consume into energy. In individuals with diabetes, this process is disrupted either

by insufficient insulin production or ineffective utilization. Consequently, elevated blood sugar levels can lead to various health issues if not properly managed.

Diabetes Management

The cornerstone of diabetes management is maintaining blood sugar levels within a target range. Personalized treatment plans, including lifestyle modifications, medication, and, in some cases, insulin therapy, play a crucial role in achieving this goal. Continuous glucose monitoring (CGM) and insulin pump therapy are advanced strategies tailored to specific patient needs.

Continuous Glucose Monitoring (CGM)

CGM involves the use of a small sensor placed under the skin to measure glucose levels throughout the day and night. This real-time data helps individuals and healthcare providers make informed decisions about insulin dosages, diet, and physical activity, leading to more precise blood sugar control.

Insulin Pump Therapy

Insulin pump therapy delivers a continuous supply of insulin through a small device worn on the body. This method mimics the natural release of insulin and allows for precise control over insulin doses. Patients who are suitable for this mode of insulin delivery often benefit from improved blood sugar management and reduced risk of complications.

Preventing Complications

Effective diabetes management is crucial for preventing both short- and long-term complications, such as heart disease, kidney failure, and nerve damage. Regular monitoring, adherence to treatment plans, a healthy diet, and regular physical activity are key components of a comprehensive approach to diabetes care.

Understanding the different types of diabetes, the role of insulin, and personalized management strategies is essential for individuals living with this chronic condition. With advancements in technology and healthcare, there are now innovative tools like continuous glucose monitoring and insulin pump therapy that offer more precise and individualized solutions for effective diabetes management. By embracing these approaches, individuals with diabetes can lead healthier lives while minimizing the risk of complications.



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Embrace the Power Of Positive Affirmations In the Workspace!

Submitted by
Me Time Healing

As we step into the canvas of a new year, the essence of mindfulness and self-care takes center stage. In 2024, let's embark on a transformative journey of nurturing positivity through the daily practice of affirmations, embracing a mindset that prioritizes self-discovery and well-being.

The modern workplace can be stressful, as the advantages of modern technology, such as virtual desktops, make us available 24/7, whether we like it or not. Positive affirmations can help employees stay optimistic and avoid letting workplace stress get them down.

Positive affirmations are phrases that we repeat to ourselves that help us to visualize our best selves or our ideal situations. The theory behind positive affirmations is that they shift our thinking into positive patterns that allow us to remain upbeat in tough situations and make the most of opportunities that present themselves to us.

The following are a few positive affirmations that can help members of your organization see the silver lining even in the darkest clouds:

- I strive each day to do the best job that I possibly can.
- Today's activities are stepping stones to tomorrow's big goals.
- I enjoy communicating with all of my colleagues at work. I find getting along with others to be easy.
- Completing tasks on time is fun and rewarding.
- It's a pleasure to help customers resolve their problems.
- Contributing to the success of the team is something I find personally rewarding.
- I enjoy mastering the new challenges that my work presents to me.

By integrating these affirmations into the workspace, members of your team can experience improved focus, increased creativity, and enhanced overall well-being.

In 2024, let daily affirmations become a mindful practice, a moment of self-care that guides you through the ebbs and flows of the year. Celebrate your successes, big or small, and acknowledge your resilience through the lens of mindful reflection. The power of positive af-

firmations lies in their ability to craft a mindful narrative, one that uplifts, nurtures, and leads to a more intentional and joyous life

In 2024, let positive affirmations be a cornerstone of your personal development journey. Embrace the potential for growth, welcome love into your life, and cultivate a mindset that empowers you to face the future with resilience and joy.

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can provide guidance counseling for your team members, who are seeking to find the best approach to positive thinking, emotional wellbeing and support in pursuit of creating a growth focused, successful and productive work environment.



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TMD and Sleep the Connection

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It may be hard to believe, but when you have a TMJ disorder (otherwise called TMD), this can correlate to sleep-disordered breathing (SDB). The way this works is that when the jaw joint discs are displaced – just like a kneecap can slip out of place – you get pain. Pain and inflammation are quite common with a displaced jaw

disc. When you are hurting, you just cannot sleep all that well. Also, the quality of sleep is compromised because it is now harder to get the good, deep, non-REM sleep that helps our body to heal.

It is unfortunate that TMD is so poorly understood because so many people really do need help in this area. It is actually fairly easy to get a handle on this disorder, however. One of the first signs of TMD is that

you have clicking and/or popping in the jaw joints. This is often a clear sign that the articular discs (jaw joint discs) are displaced and causing an inflammatory reaction.

Another very clear sign of TMD is that you cannot open your jaw widely. The “normal” range of motion is generally considered to be around 50 mm. This means measuring from the tip of the upper front teeth to the tip of the lower front teeth when opening



Jeffrey L. Brown, DDS

wide, you should get around 50 mm. Some practitioners say that 35mm is around normal, but in general most agree that 50mm is a healthier way to be. This measurement can readily be done when you see your dentist or hygienist but most of the time it is not done.

So, now let's get back to the link to sleep problems. If and when the articular discs in the jaw joints are displaced, they are going to rub around in the jaw sockets and will quite literally pinch or rub against nerves and blood vessels in the joint. Diagnosis: It just plain hurts. In the human body when a bone rubs against bone or other vessels, it just hurts, simple as that. This in turn begins an inflammatory reaction in which the body releases the mediators of inflammation called “cytokines”. Now these cytokines are floating around inside your body causing a chronic irritation. It's kind of like being chronically sick all the time.

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- Jaw Pain, Clicking or Popping
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- Migraines
- Craniofacial Pain
- Sleep Apnea
- Orthodontics

Dr. Jeffrey Brown has limited his practice to focus only on TMJ Disorders, Craniofacial Pain Management and Sleep Apnea. By fixing slipped discs in the jaw joints, Dr. Brown can significantly reduce the pain patients experience in the head/neck region and other symptoms associated with jaw joint problems. Sleep & TMJ Therapy may be able to improve the quality of life for you or a loved one – we encourage you to contact us with any questions or concerns.

“Dr. Brown and his staff are absolutely wonderful. I was diagnosed with Dystonia. I could not turn my head and had a ton of pain. My doctors offered no help and no advice besides Meds and Botox. Since having the appliance I have NO pain and I can turn my head. I would highly recommend them to anyone. I feel Dr. Brown and his staff really care about their patients and helping them to get better. They do not just numb the symptoms but fix the problem. Thank you from the bottom of my heart. I feel like the old me again!”
- D. Thomas

“My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children's hospital. She was on medications for tics and associated muscle pain, OCD/repetitive thoughts, sleeplessness and more (all possibly associated with Tourettes). Drs. Stack and Brown installed spacers to alleviate pressure on nerve bundles in the jaw, and subsequently braces to complete the process. Her symptoms have diminished significantly. She is off medication, her tics have all but disappeared, she can concentrate better in school, and she is once again cheerful and relaxed.”
- Susan

When you are hurting, you just cannot sleep all that well.

When the body is running in inflammation mode, it hurts, and this leads to sleep difficulties. What happens in so many people are the jaw joints ache, which in turn leads to the neck being irritated, and then it travels down the back as well. This makes the deep sleep – called non-REM III – unable to happen the way it should. Now you are sleep deprived and not able to heal the body like your body intended. This cycle just gets worse and worse over time. In so many people, this will lead to OSA – obstructive sleep apnea. So be safe, be smart, learn about TMD and how to treat it for a good night sleep.



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
- Graduate of Georgetown School of Dentistry (1986)



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Embrace Radiance: The Winter Fire and Ice Facial For Glowing Skin

Submitted By
MJ Luxe Medi Spa

As the winter chill sets in, our skin often takes a toll, leaving it dry, dull, and in need of some tender loving care. Combat the harsh winter effects on your skin with a revitalizing winter facial experience that promises to soothe, soften, and calm – the Fire and Ice Facial featuring the ZO Stimulator Peel.

The ZO Stimulator Peel is a superficial peel designed to provide immediate results with zero downtime. Its potent blend of Alpha Hydroxy Acids (AHA's) works wonders by gently exfoliating the skin's surface, unveiling a radiant and refreshed complexion. The peel effectively targets dullness, fine lines, and uneven texture, making it an ideal choice to revitalize winter-weary skin.

*As the winter chill
sets in, our skin
often takes a toll,
leaving it dry, dull,
and in need of some
tender loving care.*

The “fire” element in this facial comes from the ZO Stimulator Peel's ability to stimulate collagen production, promoting skin elasticity and firmness. This boost in collagen not only enhances the skin's overall health but also helps combat the signs of aging – a welcome benefit during the winter months when the skin tends to lose its natural moisture.

Following the peel, experience the “ice” sensation with a cryo jelly mask. This refreshing mask not only hydrates the skin but also provides a cooling effect, reducing inflammation and redness. Perfect for soothing irritated winter skin, the cryo jelly mask works in harmony with the peel, ensuring a balanced and calm-

ing experience.

To elevate the indulgence, our winter facial includes an upper body massage, promoting relaxation and reducing tension. The massage not only enhances the overall spa experience but also aids in improving blood circulation, leaving you with a healthy and radiant glow.

What sets the Fire and Ice Fa-

cial apart is its ability to deliver noticeable results without the inconvenience of downtime. This makes it a perfect treatment for those with busy schedules who still desire a radiant complexion during the winter months.

The winter season doesn't have to be synonymous with dull and dry skin. Embrace the Fire and Ice Facial

with the ZO Stimulator Peel to revitalize and restore your skin's natural radiance. This holistic experience combines the benefits of exfoliation, hydration, and relaxation, ensuring your skin is prepared to face the winter with a healthy and glowing demeanor. Treat yourself to this luxurious winter facial and let your skin shine amidst the frosty landscape.



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By Shawn Samad, DDS
Laurel Pines Dental Group
The Bowie Dental Group
Bethesda Dental Group

Bruxism, the dental term for teeth grinding, is a common condition that affects both adults and children. While

Understanding Bruxism

A Comprehensive Guide To Teeth Grinding

occasional teeth grinding may not pose significant risks, persistent bruxism can lead to serious damage to teeth and other oral health complications. This article aims to shed light on the causes, symptoms, and potential consequences of bruxism, along with preventive measures and treatment options.

Teeth grinding involves forceful contact between the upper and lower teeth, which can manifest as either loud and grating or silent and clenching.



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Many individuals may be unaware of their condition, especially if they grind their teeth primarily during sleep. However, it's essential to note that bruxism can also occur during waking hours.

Children, as well as adults, can be affected by bruxism. In children, this condition often develops in response to factors such as colds, infections, teething, or earaches, which induce discomfort and lead to teeth grinding. As for adults, bruxism can be exacerbated by factors such as alcohol and drug use, along with certain sleep disorders.

The consequences of untreated bruxism can be severe, including damage to tooth enamel, increased tooth sensitivity, and even jaw disorders. The persistent grinding can wear down teeth, leading to fractures, chipping, or the need for extensive dental work. Additionally, bruxism can contribute to headaches, earaches, and facial pain.

Preventing and managing bruxism is crucial for maintaining optimal oral health. Dentists often recommend the use of custom-fitted mouthguards, which provide a protective barrier between the upper and lower teeth, reducing the impact of grinding. Stress management techniques and lifestyle adjustments can also help alleviate bruxism symptoms.

Regular dental check-ups are essential for early detection of bruxism, allowing timely intervention to prevent further damage. Dentists may recommend lifestyle changes, stress management strategies, or dental devices tailored to the individual's needs.

Bruxism is a dental condition that requires attention and proactive management. Understanding the causes, symptoms, and potential consequences of teeth grinding is the first step toward maintaining a healthy smile. If you suspect that you or your child may be affected by bruxism, consult with a dentist for a comprehensive assessment and personalized recommendations to safeguard your oral health.

Diabetic Wound Care



By Howard Horowitz, DPM
Bowie Foot & Ankle

A diabetic foot ulcer is an open sore on the bottom of the foot in approximately 15% of patients with diabetes. Of those who develop a foot ulcer, 6% will be hospitalized due to infection or other ulcer-related complication.

Diabetes is the leading cause of non-traumatic lower extremity amputations in the US, and approximately 14-24% of patients with diabetes who develop a foot ulcer have an amputation. Research has shown that the development of a foot ulcer is preventable.

Ulcers form due to a combination of factors, such as lack of feeling in the foot, poor circulation, foot deformities, irritation (such as friction or pressure), and trauma, as well as duration of diabetes. Patients who have diabetes for many years can develop neuropathy, a reduced or complete lack of feeling in the feet due to nerve damage caused by elevated blood glucose

levels over time. The nerve damage often can occur without pain and one may not even be aware of the problem. Your podiatric physician can test feet for neuropathy with a simple and painless tool called a monofilament.

Vascular disease can complicate a foot ulcer, reducing the body's ability to heal and increasing the risk for an infection. Elevations in blood glucose can reduce the body's ability to fight off a potential infection and also retard healing.

Once an ulcer is noticed, seek podiatric medical care immediately to reduce the risk of infection and amputation, improve function and quality of life, and reduce health care costs.

The primary goal in the treatment of foot ulcers is to obtain healing as soon as possible. The faster the healing, the less chance for an infection.

There are several key factors in the appropriate treatment of a diabetic foot ulcer:

- Prevention of infection.
- Taking the pressure off the area, called "off-loading."
- Removing dead skin and tissue, called "debridement."
- Applying medication or dressings to the ulcer
- Managing blood glucose and other health problems.

Not all ulcers are infected; however if your physician diagnoses an infection, a treatment program of antibiotics, wound care, and possibly hospitalization will be necessary.



Howard Horowitz, DPM
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Thyroid and Weight

What's the Connection?



By Rachel Polk
BeBalanced Annapolis

The thyroid is a butterfly-shaped gland in the front of your neck that produces thyroid hormones. Thyroid hormones control the way your body uses energy and affect nearly every organ in your body. If your thyroid is underactive, not producing the right amount of thyroid hormones, it is known as a condition called hypothyroidism. Nearly 15 million Americans have hypothyroidism. However, up to 60% of those with a thyroid disorder are completely unaware of it.

When you have hypothyroidism,

your metabolism (among other functions within the body) will be slower than average. Metabolism is how fast your cells turn nutrients into energy. The slower the process, the fewer calories you burn at rest and during activity. With a slow metabolism, more stored calories turn to fat tissue, leading to weight gain that can increase over time.

Other Symptoms Of Hypothyroidism

Besides weight gain, other symptoms of hypothyroidism include:

- The inability to lose weight
- Increased sensitivity to the cold
- Fatigue
- Depression
- Dry skin, hair and nails
- Hair loss
- Muscle weakness and joint pain
- Menstrual problems
- Infertility
- Brain fog
- Low stress resistance
- Recurrent infections

As you can imagine, symptoms like joint pain, fatigue, and depression could

Please see "Thyroid & Weight," page 61



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- Deanah M.



Deanah Lost 16 lbs!*



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Bariatric Surgery Helps Resolve Diabetes



By Etwar McBean, MD, FACS
The Bariatric & Hernia Institute, PC

What Is Diabetes?

Diabetes mellitus is a chronic metabolic condition in which the body has difficulty handling carbohydrates. This manifests as elevated blood glucose levels especially after meals. Acute effects may include frequent urination, thirst, lethargy, confusion and even a coma. Long-term effects involve multiple organ systems and may include

cardiovascular disease, kidney disease, nerve disorders, and visual disorders, among others. Each of these long-term complications has significant morbidity associated, for example, risk of heart attacks, risk of amputations, risk of kidney failure requiring dialysis, and risk of intractable neuropathy.

How Is Diabetes Diagnosed?

Diabetes is diagnosed by blood tests that evaluate the body's glucose levels. This is usually done fasting or after a glucose challenge. Assessment of HBA1c (glycosylated hemoglobin) evaluates glucose control over a 2-3 month period.

Traditional Treatments

Treatment for diabetes has centered around a carbohydrate restricted diet, regular exercise, behavior modification and medical therapies. Medical therapies include various oral medications, insulin injectable

Please see "Resolve Diabetes," page 61



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Gum Disease In Children



By Dawn L. Tyler, DDS
Magnolia Dental

Gums that are receding from the teeth, sometimes exposing the roots (this is actually a sign of more serious periodontal disease).

Bad Breath

Consistent bad breath that does not clear up with brushing and flossing.

Early diagnosis is important for successful treatment of gum problems in children. The most important preventative step against periodontal

disease is to establish good oral health habits with your child.

Establish Good Oral Hygiene

For newborns, wipe their gums with a wet cloth. Once teeth start to erupt, parents should use a tiny smear of fluoride toothpaste and a soft brush to clean children's teeth for them (make sure they spit, not swallow)! Start flossing when gaps form as teeth grow in.

Be a Good Role Model

Practice good oral hygiene habits yourself!

Schedule Regular Dental Check-Ups

Family check-ups, periodontal evaluations and cleanings are all important.

Check Your Child's Mouth

Keep a close eye out for bleeding gums, swollen and bright red gums, and bad breath.

Healthy gums are important for a healthy mouth and body, so we want you to pay a lot of attention to them! While we all know that children are resilient (and they get two sets of teeth), their teeth (baby and permanent) still need the same care and attention that is required by adult teeth.

Plaque and Gums

It's important to keep plaque under control, because if left untreated it can make your child's gums swollen, and they can bleed when touched. This can be the start of gingivitis—otherwise known as gum disease. It is common and can be improved with frequent brushing, flossing and regular cleanings in our office.

Gingivitis In Children

Unfortunately, gingivitis does happen to children—it is characterized by swollen, red gum tissue that bleeds easily. Gingivitis is preventable and treatable with a regular routine of brushing, flossing and professional dental care. However—if left untreated, it can advance to more serious forms of periodontal disease, even in children and teens.

Aggressive Periodontitis

Aggressive periodontitis can affect young people and children who are otherwise healthy. Localized aggressive periodontitis is found mostly in teenagers and young adults—usually found around the first molars and incisors. Generalized aggressive periodontitis may begin at puberty and involves the entire mouth. It's identified by inflammation of the gum and heavy accumulation of plaque and calculus.

Signs of gingivitis to watch for:

Bleeding

Bleeding gums during tooth brushing, flossing or any other time.

Puffiness

Swollen, bright-red gums.

Recession



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By Janine Horne, MSN-Ed,
RN, AHN-BC, Zen Well Studio

Unlocking Winter Wellness

The Power Of IV Hydration For Immunity, Energy, and Vitamin Replenishment

As winter blankets the world in frosty beauty, it also brings a host of health challenges, from seasonal colds to the winter blues. Amidst this, the concept of IV hydration emerges as a promising ally in the quest for

winter wellness. Let's delve into the world of IV hydration and explore the benefits it offers for immunity support, energy boost, and replenishment of essential vitamins.

At the core of IV hydration are cocktails designed to address specific health needs. These cocktails, enriched with a combination of vital nutrients, play a pivotal role in promoting overall well-being during the colder months. One such essential

component is Glutathione, renowned for its immune-boosting properties. This powerhouse antioxidant not only supports immune health but also reduces inflammation, providing a robust defense against winter ailments.

The B-Complex Vitamins, including B12, are crucial contributors to energy metabolism and immune function. These vitamins play a vital role in combating fatigue, a common companion during the winter season. Vitamin

B12, in particular, promotes neurologic health, blood cell growth, and muscle function, making it an indispensable part of the winter wellness arsenal.

Vitamin C, a well-known immune system booster, takes center stage in these IV hydration concoctions. Beyond its immune-boosting prowess, Vitamin C fights diseases, supports skin health, and contributes to a healthy heart. In the winter months, when the risk of illnesses is higher, the infusion of Vitamin C becomes a valuable shield.

Magnesium, another key player, promotes muscle, nerve, and cardiovascular health. As the cold weather tightens muscles and elevates stress levels, the inclusion of Magnesium aids in relaxation, providing a welcome relief during the winter blues.

Taurine, with its ability to enhance hydration, athletic performance, and cognitive function, adds a dynamic dimension to these winter wellness cocktails. This amino acid becomes a secret weapon against the lethargy and mental fog that often accompany the chilly season.

Zinc, a micronutrient with multifaceted benefits, boosts immune health, supports ocular health, and enhances cognitive function. In the winter, when the body is susceptible to various viruses, the reinforcement of zinc becomes an invaluable shield against common ailments.

These IV hydration cocktails also feature a blend of other essential nutrients, including Lipo (MIC), Biotin, Carnitine, Glutamine, Arginine, and Lysine, each contributing to the holistic approach to winter wellness. The infusion of these nutrients not only fortifies the body against seasonal challenges but also offers a rejuvenating energy boost.

In conclusion, IV hydration emerges as a transformative solution for winter wellness, offering a potent combination of immune support, energy boost, and replenishment of essential vitamins. As the frosty season unfolds, consider the power of IV hydration to unlock your full potential and embrace the winter months with vitality and resilience.



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Increase Your Self-Confidence

A Beautiful Smile – Your Secret Weapon



By Judy Yu, DMD, MBA
Dental FX

Self-confidence and success have a symbiotic relationship; they exist in progress harmony. Perception is reality – the more self confidence you have, the more likely you are to succeed.

Developing Your Self-Confidence

Although many of the factors affect-

ing self-confidence are beyond your control, there are a number of things you can consciously do to build self-confidence.

A beautiful smile is one thing that you can control, and having a beautiful smile increases confidence and self-esteem. As your self-confidence builds you will feel better about yourself. When you feel better about yourself, other people will see you in a more positive light.

A beautiful smile makes you more attractive – smiling attracts people to you. Smiling more often changes your mood, and makes you look younger, hence you also feel younger.

What Makes a Smile Beautiful?

While not every person is born with a perfect smile, qualities such as straightness, cleanliness or whiteness of teeth may come to mind. Thanks to developments in the field of cosmetic dentistry,

Please see "Self-Confidence," page 61

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A Reason To Smile Again All-on-Four Dental Implants



Submitted By Sivakumar
Sreenivasan, DMD, MDS
Dental Implant Center of Rockville

all of their upper and/or lower teeth. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called "all-on-four" dental implant restoration.

All-On-Four: One Full Arch Of Teeth, Four Dental Implants

To fully understand this remarkable technique for replacing teeth, you should first understand what a dental implant is. An implant is a small titanium screw that fits inside your jawbone and replaces the root-part of a missing tooth. Minor surgery is required to insert the implants. Once the implant is in place, a crown is attached to give you a highly realistic-looking and functional prosthetic tooth.

Here's where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on the top of your mouth, and four on the bottom, to restore your full smile. That's the

Can just four implants replace all of the teeth on the top or the bottom of your mouth? Thanks to advances in dental implant technology, that answer is a resounding yes.

Believe it or not, tooth loss is extremely common among adults, especially as we age. In fact, more than 35 million people in America are missing

Please see "All-On-4," page 61

All-On-4: Same Day Smiles



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By Nichole E. Ruffin, Owner, CMT
Caressence Therapeutic Massage

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Yoga Practices and Massage Tools

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- **Lymphatic Drainage Massage Tools:** Specialized tools, such as lymphatic drainage brushes and rollers, are designed to mimic the techniques used in manual lymphatic drainage massage. These tools can be effective in reducing swelling and promoting lymphatic flow.

Combining Yoga and Massage Tools

To maximize the benefits of lymphatic system activation, consider incorporating both yoga practices and massage tools into your wellness routine. A well-rounded approach can help improve circulation, reduce swelling, and boost your immune system.

The lymphatic system plays a vital role in maintaining our overall health and well-being. This intricate network of vessels and nodes helps rid the body of toxins, waste, and excess fluids, while also supporting our immune system. When the lymphatic system becomes sluggish or compromised, it can lead to a range of health issues. Fortunately, there are natural ways to promote lymphatic system activation, such as yoga practices and the use of massage tools.

The Lymphatic System: A Brief Overview

The lymphatic system is often compared to the body's drainage system. It consists of lymphatic vessels, nodes, and organs that transport lymphatic fluid, which contains white blood cells and waste products. One of its primary functions is to filter and remove harmful substances, ensuring our body remains free from infection and disease.

Yoga Practices For Lymphatic System Activation

- **Deep Breathing:** Pranayama, or deep breathing exercises, are integral to many yoga practices. Deep, slow breaths stimulate the diaphragm and abdominal muscles, promoting the flow of lymphatic fluid. Incorporate deep breathing into your yoga routine to kickstart your lymphatic system.
 - **Inversions:** Inverted yoga poses, like the Downward-Facing Dog or Shoulder Stand, encourage the flow of lymphatic fluid from the lower body to the upper body. This helps detoxify the lower extremities and reduce swelling.
 - **Lymphatic Pumping:** Gentle movements like knee-to-chest poses and ankle circles promote the rhythmic contraction of lymphatic vessels, aiding in fluid circulation. These movements can be easily integrated into your yoga practice.
- Massage Tools For Lymphatic System Activation**
- **Dry Brushing:** Dry brushing involves using a stiff, natural-bristle brush to gently exfoliate the skin

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Meet Christa Bellanca

In therapy with me, expect a blend of warmth, authenticity, and laughter as foundational elements. Establishing a secure, trusting relationship is my priority, seeing healing emerge through connection. Embracing Dolly Parton's insight that "laughter through tears is my favorite emotion," I avoid taking myself too seriously, recognizing that defensiveness hinders growth – a lesson learned through experience and parenting.

Raised by a resilient single mother, I inherited values of strength, perseverance, and compassion. These principles not only shape my therapeutic practice but also form the core of our Betty Center's ethos. My unique journey from journalism to social work after raising my children led me to obtain my Masters in Social Work at 47. My personality encompasses contrasts—I relish yoga, loud concerts, and the outdoors as much as quiet moments with family, books, and cozy cups of tea. I'm a devoted reader, a passionate Washington football fan, and an adept cook (but not a baker!). Additionally, I indulge in true crime podcasts and Dateline/48 Hours, though that's our little secret.

In therapy, I specialize in aiding individuals navigating transitions: divorce, empty-nesting, and other major life changes. My expertise lies in addressing anxiety, depression, ADHD, trauma, and relational challenges, employing diverse evidence-based methods tailored to each client's needs. I believe in a personalized approach, fostering a secure therapeutic relationship where you feel truly heard and understood.

Education: I hold an MSW from the University of Maryland (2017) and a BA in Communications with a Women's Studies Minor from the University of Delaware, graduating Magna Cum Laude in 1992.

**Betty
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Maureen Vernon, PhD

*Life Can Be
Challenging and
There Are Times When
We Could All Use a
Little Extra Help.....*

116 Defense Highway
Suite #210
Annapolis, MD

410-266-0019



Meet Maureen Vernon

Dr. Maureen Vernon has been helping adults, children, couples, and families learn positive coping strategies to address their emotional needs. As a Board Licensed Psychologist for 25+ years, she continues to offer her services as a private therapist; divorce/child custody evaluator and mediator; parenting coordinator; conducting forensic and abuse assessments; and conflict resolution consulting.

Degrees & Training: PhD in Psychology and Evaluation- Catholic University of America, Washington, D.C.; Master of Science in Counseling/Clinical Psychology- Loyola University of Maryland.

Professional Memberships: American Psychological Association; Maryland Psychological Association; Association of Family & Conciliation Courts; Professional Academy of Custody Evaluators; Anne Arundel County Psychological Association;

Interests & Hobbies: Movies, college sports (Notre Dame & Villanova), her yellow lab Keenan, studying history, and travel.

Volunteer Highlights: Beans & Bread; Boy's Town; St. Mary's Annapolis; AA County Social Services Holiday Sharing; St. Vincent DePaul; AAMC Pediatric ER; and Backpacks for Kids.

Professional Statement: Life can be challenging and there are times when we could all use a little extra help...If you are feeling anxious, alone, struggling to manage all the demands of your life, or experiencing problems with your spouse, child, parent, sibling, friend, or coworker – you can trust that I will listen and offer the tools to improve those relationships.

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Meet Periodontist, Karl A. Smith, DDS, MS

Dr. Smith is a dentist who also specializes in treatment of gum disease, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the dentist, he strives to make your visits as comfortable and pleasant as possible. He strongly believes that value and comfort is an important part of quality dental care.

The right to choose a dentist and provider of care is an important freedom. Referrals from patients and friends of the practice are welcome. We also work closely on referral from your family dentist, but a referral is not required to visit our office. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist for screening.

Dr. Smith's colleagues describe him as a gentle, easy-going person that provides expert care to patients. People come from near and far to experience the comfort of his office and patient-oriented team. He has been consistently voted by his peers a Top Dentist in *Washingtonian Magazine*, and *Northern Virginia Magazine*.

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Dr. Smith says that "From the first phone call you will be treated with care and concern for your unique dental condition. Every question you have ever had about your dental health will be covered as well as any financial considerations you may have. It is my goal to care for each and every person that comes through my doors and to exceed your expectations from a dental office. I promise to always give you honesty and accuracy when it comes to your treatment. I will never start treatment without your full knowledge, understanding, and acceptance of your condition."

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Degrees, Training and Certificates:

Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. General Practice in the U.S. Air Force Dental Corps.. Successfully completed three additional years of advanced training in the specialty of Periodontics, Dental Anesthesia and Implants in 1992 at the University of Texas Health Science Center, San Antonio and Wilford Hall USAF Medical Center. Retired from the U.S. Air Force as a Lieutenant Colonel in 1996. Fellowship in the Academy of General Dentistry and in DOCS, a sedation organization for dentists.

www.DrKarlSmith.com

Robin R. Robinson, AuD

479 Jumpers Hole Road
Suite #203-A, Severna Park, MD

410-672-1244

2654 Brandermill Boulevard
Gambrills, MD

410-672-1233

9 Lee Airpark Drive
Suite #500-B, Edgewater, MD

410-956-2555

10264 Southern Maryland Blvd.
Suite #103, Dunkirk, MD

301-327-5371



Meet Robin R. Robinson:

Dr. Robinson founded Hearing Solutions Audiology Center to provide the excellence that patients deserve when it comes to their hearing health. With emphasis on diagnostics and aural rehabilitation with advanced technology instruments, Dr. Robinson has been practicing for over 20 years and is board certified by the American Board of Audiology. She received her doctoral degree in Audiology from the Arizona School of Health Sciences and her Master's and Bachelor's of Science degrees from Radford University in Virginia, graduating with Magna Cum Laude honors. As an audiologist, Dr. Robinson has worked for large medical hospitals as well as ENT specialists, but she enjoys the personalization and patient care she is able to provide in a private practice like Hearing Solutions. As a native Virginian, Dr. Robinson still enjoys outdoor activities such as boating and kayaking on the weekends. When Dr. Robinson and her husband aren't attending their children's sporting events, they can usually be found enjoying the waterways of Maryland.



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Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103



Meet Jeffrey L. Brown

Dr. Brown's practice focuses on TMJ, sleep apnea and orthodontics. This allows Dr. Brown and his team to provide individualized, focused care for patients dealing with these specific issues. Every day, his practice helps patients of all ages with facial development, sleep issues, chronic headaches, migraines, neck pain, movement disorders, and much more. His training also includes multiple disciplines involving the cranial bones in the skull, and the discs in the jaw joints. Through treatment, Dr. Brown is able to reduce these symptoms, align cranial bones, avoid extractions, and greatly reduce the need for traditional braces.

His expertise allows him to identify issues early on which promotes proper facial development using dental appliances. If there is an internal imbalance, whether an adult or child, the body does not develop or function properly. When the cranial bones are lined up correctly, patients are able to function, sleep and generally live better.

With that in mind, the team at Sleep & TMJ Therapy takes a whole-body approach when treatment planning. They work hand in hand with physical therapists and osteopathic doctors for a better success rate. Dr. Brown is devoted to helping patients of all ages live a symptom free life.

Degrees & Certifications

Dr. Brown earned his degree from Georgetown Dental School and completed residencies with Emory University Hospital for Dental Sleep Medicine and the ALF Appliance Therapy Institute.

Outside the Office

When not seeing patients, Dr. Brown is a sought-after speaker. He has lectured all over the world, including D.C., Dubai, Seoul, London, Norway and Toronto. He has also been featured on Channel 9's Good Morning Washington, several podcasts, and numerous magazines and journals.

Professional Affiliations

Dr. Brown is a diplomate of the American Academy of Craniofacial Pain, a member of the American Academy of Dental Sleep Medicine, American Academy of Gnatological Orthopedic, Academy of Integrative Pain Management American Dental Association, a Fellow of the American Academy of Craniofacial Pain, and Legacy Provider for the ALF Interface Academy.

Do you have TMD or Sleep Apnea?

TMD Symptoms: Noise in the jaw joints when opening and closing your mouth, difficulty chewing, limited opening, tender facial muscles, ear ringing, uncomfortable bite, jaw locking, headaches, migraines, dizziness, vision issues as well as pain in the jaw area which can radiate to the ears, head, neck, shoulders, and back.

Sleep Apnea Symptoms: Snoring, waking up gasping for air, feeling tired and irritable in the morning, difficulty controlling weight, concentration problems, morning headaches, episodes of not breathing, waking with a sore throat, forgetfulness and mood changes.

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...
Call today to schedule a consultation with Dr. Brown: 703-821-1103.*



David E. Harmon, Jr., DDS, MSD

Orthodontics

10264 Lake Arbor Way
Mitchellville, MD

301-333-3900

www.harmonortho.com



Meet Dr. Harmon

Degrees, Training and Certificates: Master of Science in Dentistry in Orthodontics; DDS and BS from Case Western Reserve University in Cleveland, OH

Professional Memberships/Associations: Assistant Clinical Professor at the University of Maryland, Department of Orthodontics; Adjunct Assistant Professor at Case Western Reserve University, Department of Orthodontics, Cleveland OH; American Association of Orthodontists; President Mid-Atlantic Society of Orthodontists; Past President of the Maryland Society of Orthodontics; Alpha Phi Alpha Fraternity, Inc.; Former Member of Bishop McNamara High School's Board of Directors; Former member Prince George's County Community Education Foundation Board of Directors.

Areas of Interest: Building and networking computers, golf, and football

Family/Hobbies/Interests: Children, Kennedy and David III; Wife: Shonda W. Harmon, MBA, MPA



Maryland
State Society of
Orthodontists



www.SleepandTMJTherapy.com

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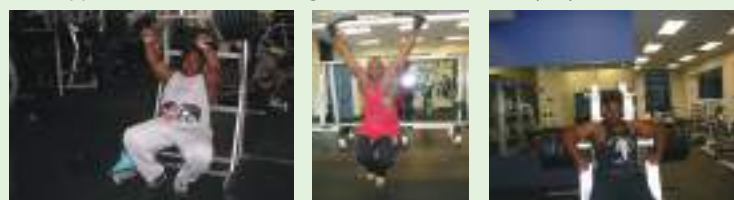
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For nearly two decades, our company has done this by researching and producing products that get powerful results in your balanced and healthy lifestyle. We maintain the highest safeguards to ensure that all of our customers receive the highest quality, yet affordable, nutritional support products for the results they desire. Through our web sites, numerous distribution outlets, and distribution partners, we specialize in and proudly offer the finest anti-aging products to not only Internet consumers, but also traditional health food stores as well as specialty item stores. We provide our customers the choice of using advanced Internet ordering, or conveniently calling our state-of-the-art calling center.

At present, we have strategic partner alliances in place with doctors and researchers in many areas of nutrition science with a special focus on hormones, nutrition and balanced health. We are continually researching the very latest science and medical data to continually offer only excellence in natural anti-aging and weight loss supplements to ensure the highest level of customer loyalty and satisfaction.



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Meet Ghassan Jacklis

Ghassan Jacklis is a warm, respectful dentist serving his patients in Washington, DC. Dr. Jacklis is originally from Syria, and he is Arabic-bilingual. He is a member of the District of Columbia Dental Society. Dr. Jacklis graduated and obtained his Doctor of Dental Medicine from the University of Pennsylvania's dental school. He then completed his Residency in general practice at the Johns Hopkins University, where he also completed his Fellowship in hospital dentistry and oral surgery.

Dr. Jacklis provides procedures such as implants, root canals, surgical extractions, general dentistry, and cosmetic dentistry. He regularly attends general dentistry training as well as implant training to remain current with medical nuances and developments. All of Dr. Jacklis's implants and prostheses are ceramic. He also provides services such as whitening, dentures, and bridges.

***Please note that Dr. Jacklis only sees
patients 7 years of age and older.***

In his spare time, Dr. Jacklis enjoys playing tennis, racquetball, and solving puzzles. He also enjoys tinkering with small electronic repairs. Since relocating to the United States, Dr. Jacklis and his wife focus on spending quality time with their family, and they enjoy taking weekend trips to various areas to gain adventure and experience.

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Paul V. Beals, MD, CCN

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Meet Paul V. Beals

***Dr. Beals specializes in holistic therapy for cancer and heart disease
and is an expert in chronic Lyme disease.***

Degrees, Certifications and Professional Memberships:

Board Certified in Family Practice

Certified Clinical Nutritionist (CCN)

MD, Temple Medical School, Philadelphia PA

Member of the American College of Advancement in Medicine (ACAM) – Certified Chelation Therapist

Member of ILADS, International Lyme Associated Disease Society

Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

Former volunteer instructor, Georgetown Medical School, introductory course on Alternative Medicine

Frequent guest on national TV and radio talk shows discussing complementary and alternative medicine

35 years in practice

We Go The Extra Mile By Giving You The Best Of Both Worlds: Conventional and Alternative Medicine

Holistic Medicine Nutrition

We believe in eating healthy food as close to its natural state as possible for the best health for you and your family. Our holistic nutrition includes unrefined, unprocessed, and organic whole foods.

Holistic Therapy Diabetes and Heart Disease

Our committed and professional staff will provide medical care to a family as a whole, with the main aim of working towards excellence, sincerity and a quality health care services. Holistic Therapy is very effective amongst heart and vascular patients.

Chronic Lyme Disease Treatment

Chronic Lyme Disease is part of our most prized specialties. Lyme disease is a common underlying cause of chronic illness. Dr. Beals is able to test for and treat these root problems of illness using both conventional methods and complementary therapies.

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With our LabCorp services, you have opportunities as our patient to participate in tests that can improve the quality of your life. You are entitled to carrying out our lab test which ranges from routine tests such as cholesterol tests and blood tests. This helps to diagnose some genetic diseases such as cancer and some other uncommon diseases.

Family Practice Medicine

Our committed and professional staff will provide medical care to a family as a whole, with the main aim of working towards excellence, sincerity and quality health care services.

Integrative Cancer Support

The goal of integrative holistic medicine is to work with the patient as the center of the medical team and combine both traditional and complementary treatments to restore the patient to a better state of health. Whereas traditional medicine will focus on only treating the tumor.

www.DrPaulVBeals.com

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Meet Michael Whalen

*Associate Professor of Urology | Chief, Urologic Oncology
Director, Genitourinary Multi-Disciplinary Clinic |
Site Director, National Cancer Institute
Fellowship in Urologic Oncology |
Urology Residency Research Mentor*

Dr. Michael J. Whalen, MD, is an accomplished Associate Professor of Urology and Director of Urologic Oncology at the George Washington University School of Medicine. A graduate of Harvard College and Columbia College of Physicians & Surgeons, he completed residencies at New York Presbyterian Hospital-Columbia University Medical Center. Dr. Whalen holds board certification in Urology and underwent specialized fellowship training in Robotic and Minimally Invasive Urologic Oncology at Mount Sinai Hospital and Urologic Oncology at Yale-New Haven Hospital.

Renowned for expertise in urological cancers, Dr. Whalen excels in both major open and minimally invasive surgeries, including pioneering the supine-position robotic retroperitoneal lymphadenectomy for advanced testicular cancer. His clinical focus spans prostate, bladder, kidney, and testis cancers, utilizing advanced techniques like robotic surgery with the DaVinci system and transperineal prostate fusion biopsy.

Apart from clinical practice, Dr. Whalen is actively involved in clinical outcomes research, contributing to numerous peer-reviewed journals. Recognized as a dedicated mentor, he received the Teacher of the Year award from Urology residents in 2019. Acknowledged for excellence, Dr. Whalen was awarded the Commission on Cancer, Cancer Liaison Program Outstanding Performance Award in 2021 and listed as one of Washingtonian's Top Doctors in 2023. His commitment extends to education and cutting-edge clinical trials, solidifying his reputation as a leading figure in urology.

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Craig A. Smith, DDS

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Family Dentist**

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Suite A, Greenbelt, MD
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Meet Craig A. Smith

Dr. Craig Smith is committed to health through dentistry, ensuring you have optimal oral health which contributes to your overall health and well-being.

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Dr. Smith's Philosophy: Always listen to the patient and in turn respond in an educational manner so that the patient will understand.

Degrees, Training, and Certificates: Doctor of Dental Surgery (D.D.S.) - Howard University College of Dentistry; 2 Year General Practice Residency; Chief Resident - Harlem Hospital Center (Affiliate of Columbia University); Certified Invisalign Provider

Professional Memberships: National Dental Association
Areas of Interest: All phases of dentistry - cosmetic, implant, crowns and bridges, root canals, veneers, preventive care, Invisalign and whitening.

Hobbies: Mountain biking, racquetball, golfing, and boating. My interests are to continue to deliver quality dentistry and to further reach out to the community to help to increase the peace.

Additional: Many patients do not understand the importance of a healthy mouth, as health problems could arise. I want to educate all of my patients on health through dentistry.

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Meet Deana Moody

Degrees/Training: Bachelor of Science, Ohio State University, Columbus, OH, Dental Hygiene, Pre-Dentistry; University of Maryland Dental School, Doctor of Dental Surgery, Baltimore, MD; Pete Dawson Center, Tampa, FL; Zimmer Institute

Professional Memberships/Associations: Academy of General Dentistry; American Dental Association

Areas of Interest: Preventative, Cosmetic, Endodontic and Prosthetic Dentistry

Practice Philosophy: To provide patients with state-of-the-art treatment together with personal attention and compassionate care. My expertise and concern for my patients ensures that they receive effective care in a warm and friendly environment.

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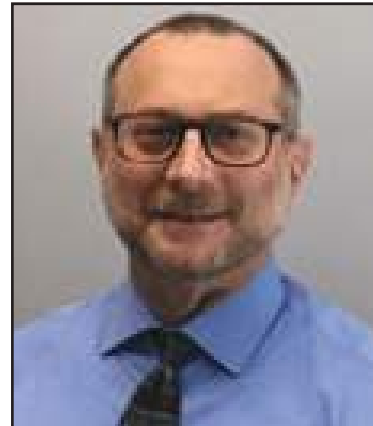


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Howard Horowitz, DPM

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Meet Howard Horowitz:

Dr. Horowitz arrived in the Washington metro area in 1986 and established Bowie Foot and Ankle later that year. He quickly joined the staff at the newly opened Bowie Health Center Surgery Center. Dr. Horowitz enjoys the general nature of his practice and sees patients of all ages with a variety of foot problems. He especially enjoys dealing with the orthopedic nature of many podiatric problems, whether they be of recent onset or long standing. He has found that chronic problems affecting the ankle, knee, hip or back, can often be traced to recent symptoms within the foot, or vice versa.

Dr. Horowitz has been practicing in the Bowie area for over 25 years. He graduated from the Illinois College of Podiatric Medicine with a Doctorate of Podiatric Medicine and did his postgraduate training in podiatric medicine and surgery in association with the Podiatry Group of Greater New York and the New York College of Podiatric Medicine. Dr. Horowitz remained in New York for an additional two years to practice with several of his training program's attending doctors in order to further hone his medical and surgical skills. Dr. Horowitz continues to expand his knowledge in podiatric medicine, in an effort to bring advances in treatment and technology to his patients.

Professional Affiliations: American Podiatric Medical Association, Maryland Podiatric Medical Association and American Academy of Podiatric Sports Medicine

Special Interests: Biomechanics/Computerized Gait Analysis, Orthopedics, Surgery

Board Certifications: Wound Care - American Academy of Wound Care Specialists, Podiatric Surgery - American Board of Medical Specialties in Podiatry; Podiatric Surgery, Podiatric Orthopedics - American Board of Podiatric Orthopedics and Medicine, Podiatric American Board of Orthotics, Prosthetics, Custom Orthotic / Brace Fabrication and Shoe Modification

Family: Wife: Karin and Children: Aliza and Talia



www.BowieFootandAnkle.com

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E. Taylor Meiser, Jr., DDS

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Smile**

37 Old Solomons Island Road
Annapolis, MD

410-224-4411



Meet E. Taylor Meiser, Jr.

Degrees/Training: DDS, University of Maryland Dental School; General Practice Residency, San Diego Naval Hospital; Prosthodontics Residency, Naval Dental School, Bethesda; U.S. Navy Dental Corps Officer, Commander, USN, (retired).

Professional Memberships: American Dental Association, Maryland State Dental Association, Anne Arundel County Dental Society, Annapolis Dental Study Club, Chesapeake Implant Study Club, University of Maryland Alumni Association.

Practice Philosophy: To follow the "Golden Rule" in all aspects of professional dental care, providing outstanding quality dentistry in a caring, comfortable and comprehensive manner. Lighthouse Family Dentistry will "Light Up Your Smile."



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Renee Bovelle, MD Ophthalmology



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Meet Dr. Bovelle

Board Certified, Ophthalmology
by the American Board of Ophthalmology

Degrees, Training and Certificates: UCLA Medical School; Yale University Hospital for Residency; Louisiana State University for Cornea and Refractive Fellowship

Professional Memberships/Associations: American Academy of Ophthalmology; American Society of Cataract and Refractive Surgery; International Society of Refractive Surgery

Areas of Interest: All laser custom LASIK; Cataract Surgery; Botox; Dermal Fillers; Cornea Comprehensive Ophthalmology

Practice Philosophy: Envision Eye and Laser is committed to delivering superior ophthalmic care with state-of-the-art technology and patient education in a caring, compassionate environment. We cater to a diverse population of adults and work with your primary care physician to improve the quality of your overall health and life. Your best vision is our focus.

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Meet Toni Nandini Greene

Mission: To help people to be comfortable in their own skin, to love themselves, like themselves and be themselves and most of all accept and forgive themselves. "I'm here for you".

Specialized Degrees: Hypnotherapy, G.I.A. of America Gem (stone specialist), Advanced Yoga Training in Rishikesh India, continuing yearly training of Yoga and Ayurveda in Rishikesh India. Certified Astrologer - Charts interpreted for as little as \$49. The Big 3: Sun, Moon, Rising Ascendant.

Associations: Nath - (National Association of Transpersonal Hypnotherapists), NGH - (National Guild of Consulting Hypnotist), Y.A. (Yoga Alliance)

Areas of Interest: Hypnosis for Everything, (Fears, Phobias, Nail biting and more), Ayurveda Yoga, Yoga for Couples, Yoga for Diabetes, Yoga Teachers Training, and Life Coaching.

Hypnosis is a very useful tool to use in alleviating or diminishing pain in the body by at least 50% to not having pain at all. Hypnosis is a process whereby you are lead into a deep state of relaxation. In this state of deep relaxation you become aware of the pain. In hypnosis you are put in a hypnotic trance. In this trance it is suggested that you become aware of your breathing; breathing is emphasized to help regulate your sympathetic nervous system.

The sympathetic nervous system is the system in the body that serves to accelerate the heart rate, constrict blood vessels and raise blood pressure. It also becomes out of balance because of our unawareness of our thoughts, and actions. Pain and disease in the body has a lot to do with the imbalances in the body due to our diet and lifestyle. Mental or physical stress and an unhealthy diet, including refined sugars, fried food and over indulgence in food and drink, can cause pain in the body as well. This is a major cause of inflammation in the body that causes pain.

Acidic foods, and left over or stale foods, build up toxins in the body and can cause pain and inflammation in the joints that cause joint pain such as arthritis, burning sensation, swollen ankles, knees, and legs. Hypnosis will help you through the hypnotic suggestion so that you are mindful of the foods you eat and the thoughts we think. Stress in the body and mind is intimately related with causing pain in the body.

We use hypnosis in controlling the thoughts to manage or alleviate the pain in the body. With positive suggestions to you in a hypnotic state (trance), you will be reminded to be mindful of the new suggested way of eating with awareness, and you will realize as a result of awareness the lack of pain in the body. Hypnosis is a useful, natural tool that can be used to manage pain, stop over eating, smoking, phobias and more. Hypnosis is used to ease the pain of surgery or excessive pills taken for pain management.

When the conscious part of the brain is temporarily relaxed the person focuses on relaxing and letting go of distracting thoughts, thereby allowing the mind to slow down the pulse and respiration. When the pulse and respiration is slowed, the heart rate and respiration is then slowed causing relief in the body and mind and the pain is released or just simply gone.

When using hypnosis for pain management there may need to be a series of sessions. There are different levels of pain, and discomfort we carry in the body and mind. The sessions can vary depending on the severity of the discomfort in the body and mind.

Hypnosis is a pain-free technique used in healing the body and mind. Hypnosis only requires your participation and willingness and it will happen, the pain will be gone from the body, or three degrees milder, or more. Give it a try.

yhm.news/Happy-Hour-Yoga

Diabetes and Yoga



By Toni Greene, Owner
Happy Hour Yoga on Zoom!

Diabetes may occur when the body is stressed, or there is a lack of exercise and wrong diet. Diabetes can be controlled.

Stress is caused when the mind is over worked with worry and anxiety. We create stress when we think that we have to control everything and everybody. Stress comes about when we do not take the time to assess the situation. If we were to dissect the situation we are stressing about we will see that we are adding more to the problem than necessary. Our mind likes to create, and our mind likes to keep moving and jumping all over the place. If and when we take the time to

really look at the situation you will see it really wasn't as bad as we imagined.

Diabetes can often times be controlled through diet. We often enjoy eating foods that are good to taste but very bad for the body.

When we begin to control our thought process we can begin to heal our bodies. Controlling the thought process is harder than giving up alcohol, drugs, cigarettes, sex, shopping, etc. Control your thoughts with the help of meditation, prayer and readiness and willingness. Wanting to change is the first step. Saying no to your cravings is the second step. You will find when you eat a proper diet, and eat at a regular time every day and when you eat a balanced meal it will cut out the junk food cravings and eliminate the snacking in between meals. You will begin to control your mind and you will have the final say in healing your body.

In yoga, we have various twists and turns that will activate and stimulate the lower and upper vertebrae of the spine that will in turn regulate the uric acid that forms in the body due to excess worry and wrong diet. Relaxation will eliminate the over active mind. Namaste/Sat Nam.

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Improving Access For Blacks To Hospice and Supportive Care



By Rachel Sherman, DNP, FNP-BC
Director of Nursing and Clinical Advocacy

The low numbers of Black people using hospice isn't because they are healthier. In fact, they are more likely to have diabetes, high blood pressure and heart disease. For most, these health issues are not genetic. Many are fighting health issues because they are fighting food insecurities, poor educational opportunities, a lack of jobs, and more. Many can't afford the medicines they need to manage their diseases or conditions. Others can't get to the healthcare they need because it is too far from where they live.

There is a startling statistic reported by the National Hospice and Palliative Care Organization in 2020. Of the 1.55 million Medicare beneficiaries who received hospice that year, only 8.2% of them were Black. It is one of many statistics that show a lack of health equity among the Black population in our nation.

Among hospice professionals, this is not a surprise. We know the numbers. That's why we are doing something about it. One of the first barriers we addressed was making sure our staff reflects the communities we serve. We focus on the recruitment and retention of people who identify as Black. Hiring professionals who people of color can relate to means there is someone who might more acutely understand their fears and concerns. When a Black family meets me, a Black nurse practitioner, they see that they are represented in this organization. Trust and commonality are essential when you're concerned about the impending loss of your loved one or advanced illness in yourself.

To build bridges in our communities, we have focused on nurturing relationships with people and organizations vital to Black families. We get boots on the ground in the community, hosting education sessions at senior centers, libraries, schools, religious centers and with lawmakers. I and many others on our team do a lot of talking at local churches and work to build relationships with their pastors and faith leaders. We recognize that in communities of color there is a strong tie to their religious leaders and this is an important part of understanding unique cultures.

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Manic Depression



By Joyce Abramson, RNMS
Charles County Freedom Landing

About one in seven adults are diagnosed with bipolar illness. In the U.S. that is over 17 million adults. The illness occurs equally among men and women.

Given proper treatment, at least 80% of people with bipolar disorder can recover.

People with bipolar illness are often very intelligent and creative, but without treatment become hampered by emotional instability. Throughout history, records show many great innovators and artists have suffered from severe mood swings. Issac Newton, Ernest Hemingway and Winston Churchill experienced

such fluctuations.

Bipolar disease received its name from the symptoms displayed by those diagnosed with the illness. Symptoms often range from one extreme to another: different as night and day or north and south.

A person with bipolar illness tends to have moods that are up and down. They may range from extreme withdrawal or inability to move (depressed) to agitation or euphoria (manic). Often symptoms fall within a moderate continuum. A person may display frequent symptoms of depression with occasional symptoms that may indicate a manic episode, or the reverse may be true.

In a manic phase, a person may feel excited, have an increase in physical activity, not sleep for days, or speak rapidly. A feeling of being all-powerful and attempting to perform tasks that are impossible or dangerous sometimes occur.

Thinking patterns can be affected and the individual may show signs of paranoia or have hallucinations (see or hear things which are not really there).

When the person is experiencing the depression phase of the illness, sad-

Please see "Depression," page 63

Chinese Medicine For Chronic Low Back Pain



By Quansheng Lu, CMD, PhD, LAc
Wholelife Chinese Medicine
& Acupuncture Center

Understanding Lower Back Pain

Lower back pain affects a significant majority of adults in the United States, with approximately four out of five experiencing this discomfort at some stage of their lives. Typically, back pain can be categorized as acute, lasting from a few days to a few weeks, or chronic, persisting for more than three months. While various factors can contribute to lower back pain, the

primary culprits often include muscle strain and degenerative disc disease.

In the context of traditional Chinese medicine (TCM), lower back pain can be attributed to external influences such as severe weather conditions, injuries, and excessive sexual activity. According to TCM theory, these factors can lead to a blockage of Qi and blood, believed to be the root cause of lower back pain if concentrated in the lower back region. Traditional Chinese Medicine offers a range of practices, including Chinese herbal medicine, acupuncture, moxibustion, cupping, scrapping, tui-na, qi-gong, and specific exercises, with acupuncture and Chinese herbal medicine as key components.

The Role of Acupuncture in Managing Lower Back Pain

Lower back pain often hampers daily activities and stands as the second most common reason for physician consultations. Extensive utilization of

Please see "Low Back Pain," page 63

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Hearing Loss and Your Overall Health



By Laura Chylinski, AuD, CCC-A
Freedom Hearing Center, LLC

Your hearing can be related to many aspects of your overall health; including but not limited to your physical and social well-being.

Research has indicated that hearing loss is about twice as common in adults with Type 2 diabetes compared to those without the disease. In addition, adults with pre-diabetes have a 30% higher rate of hearing loss compared to those with normal blood sugar.

Why you ask? There are two

theories: 1) High blood sugar can damage nerves throughout your body, also known as diabetic neuropathy. This most often occurs in one's feet and/or legs; however, researchers think that depending on the affected nerves, this may be happening to the hearing nerve as well. 2) It's possible that the high glucose levels associated with diabetes cause damage to the small blood vessels that support and feed the inner ear, similar to the way in which diabetes can damage the eyes and the kidneys. However, more research in this area is needed to discover why people with diabetes have a higher rate of hearing loss.

Cardiovascular disorders also increase your risk of hearing loss. Many researchers believe the inner ear is often the first part of the body to be affected by heart disease. Studies have shown that inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss, especially low-frequency hearing loss. Why is the inner ear extremely

Please see "Hearing Loss," page 65

The Power Of Yoga A Boon For Cardio Health and Diabetes Management



By Betsy Paul
Just "B" Yoga with Betsy Paul

Yoga, an ancient practice originating in India 5,000 years ago, has witnessed a surge in popularity, thanks to its multifaceted benefits. Beyond its reputation for flexibility and relaxation, regular yoga practice has emerged as a powerful ally in promoting cardiovascular health and managing diabetes. Let's delve into the remarkable ways in which yoga contributes to these specific health aspects.

Cardio Health:

- **Enhanced Cardiovascular Function:** The dynamic combination of postures and controlled breathing in yoga stimulates the heart, improving blood circulation and reducing the risk of cardiovascular diseases.
- **Blood Pressure Regulation:** Yoga's emphasis on mindful breathing techniques has been linked to lower blood pressure, fostering heart health and overall well-being.
- **Boosted Immune System:** Regular yoga practice bolsters the immune system, providing added protection against infections that can compromise cardiovascular health.
- **Increased Physical Activity:** Many yoga poses involve physical exertion, contributing to overall fitness and weight management – crucial elements in maintaining a healthy heart.

Diabetes Management:

Please see "Power Of Yoga," page 63

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Self-Care Guide For People With Diabetes

Submitted by
Kensington Pharmacy

You want to learn how to live well with diabetes. Here is an easy guide to help you understand and address the factors that impact your success.

Healthy Eating Tips

Understand how the foods and fluids you eat and drink affect your diabetes control.

- Focus on the right foods in the right amounts.
- Aim for variety and balance.
- Make healthy choices when shopping and eating away from home.
- Treat low blood sugar.
- Be consistent with meals and snacks.

Being Active

Whether you take daily walks, work in the garden or start a fitness program, being active regularly can help you control diabetes and decrease risks for complications.

Monitoring

Monitoring your blood sugar can help you manage your diabetes. Knowing your numbers, you'll have helpful information to support the de-

cisions you make regarding food and activity. It's important to monitor other aspects of your health to help reduce the risk of diabetes complications.

Make the most of monitoring by using these tips:

- Use the results of self-monitoring blood sugar to achieve blood sugar control.
- Monitor your weight and blood pressure.
- Inspect your feet regularly.
- Be sure your doctor schedules tests for lipids, kidney function and more.

Taking Medications

When medications are taken correctly, they can help you stay your healthiest.

Problem Solving

Learning to solve problems is important in taking charge of your life. This is especially true when you manage diabetes.

Try These Tips:

- Approach one problem at a time.
- Explore what might be causing the problem.

Please see "Self-Care Guide," page 65



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Orthodontics and Mouth Protection



By Jacqueline Brown Bryant
DDS, MS, PC

For orthodontic patients, facial, jaw or mouth protection is crucial. Mouth guards are one of the most important aspects of team/personal sport gear; happen to be the least expensive aspects of protective gear and one of the best long-term investments in having a healthy smile. Athletic programs require such gear to help minimize

tooth trauma and jaw injuries. This includes cheerleading, gymnastics, soccer, karate, boxing, football, basketball, and anytime there can be physical contact.

The American Association of Orthodontists recommends mouth guards be worn any time the teeth could come into contact with a ball, a hard object, another player or the pavement. This applies to organized sports as well as leisure activities such as bicycling, skating and running. A survey by the AAO found, only 33% of parents said they have their child wear a mouth guard. You can pick up mouth guards over the counter or have them custom fit, which offers the most protection.

Mouth guards prevent more than 200,000 oral injuries each year. If a mouth guard is not worn, the more common injuries are, cuts to the lips, cheeks and jaws, broken teeth, loosened

Please see "Mouth Protection," page 65

Navigating the Shadows

Understanding Postpartum Depression For Black and Brown Mothers



By Ebere Azumah, MD, MPH
FACOG, Love Your Menses

The postpartum period is a pivotal transition from pregnancy to early motherhood, marked by challenges and the need for support. This exploration focuses on postpartum depression (PPD) among Black and Brown individuals, emphasizing its nuances and the critical importance of awareness and assistance.

PPD is a prevalent mental health condition affecting individuals within the first year after childbirth. Unlike the transient "baby blues," PPD involves persistent feelings of sadness,

despair, and detachment from the newborn, impacting the parent's ability to care for themselves and the baby. Complex factors, including biological, hormonal, genetic, and environmental elements, contribute to PPD. Hormonal changes, sleep deprivation, mental health history, stress, and a lack of support increase the risk.

Symptoms encompass emotional, physical, and behavioral changes, requiring prompt recognition and professional assistance. Treatment options include therapy, support groups, and medication, tailored to individual needs. Early intervention and a supportive environment are crucial for recovery.

Research highlights the prevalence of PPD, emphasizing the need for tailored education and support for Black and Brown mothers. Recognizing the silent struggle is vital for fostering resilience during this transformative period.

Postpartum education is key in addressing PPD, covering topics like breastfeeding, nutrition, and self-advocacy. Classes create a platform for

Please see "Navigating," page 63

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What Is Nutritional Response Testing?



By Thomas K. Lo, DC
Advanced Chiropractic Center

Nutritional Response Testing® is a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. When these issues are corrected, through safe, natural, and nutritional means, the body can repair itself in order to attain and maintain more optimum health.

Nutritional Response Testing analysis tests your body's neurological reflexes on the surface of the body. These reflexes are the body's way of telling us what and how well your

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Adrenal fatigue and hypothyroidism are the most common conditions we handle, followed by digestive issues, allergies and food sensitivities. We are also helping post-COVID long haulers, those with autonomic nervous system dysfunction and patients with chronic ailments with their recovery.

Unfortunately, we live in a polluted environment with chemicals and heavy metal toxicity; we breathe in bad air, eat highly processed food, take drugs with bad side effects and have a lot of stress from listening to bad news and engaging in negative social media.

Besides sleeping well, getting adequate exercise and practicing mindfulness, nutrition is an important part for attaining better health.

You may need the help of Nutrition Response Testing if you have one or more

Please see "Response Testing," page 63

Integrating Homeopathy and Supplements Into Conventional Medicine



By Lisa Boynes Sindass, MD
Trusted Medical MD

In the realm of modern medicine, patients are increasingly seeking holistic and complementary approaches to enhance their well-being. A growing number of medical doctors are recognizing the benefits of integrating homeopathy and supplements into their practice, providing patients with a more comprehensive and personalized healthcare experience.

Homeopathy, a system of alternative medicine, involves the use of

highly diluted substances to stimulate the body's natural healing processes. While its efficacy is a subject of ongoing debate in the medical community, some medical doctors are incorporating homeopathic remedies into their treatment plans, particularly for conditions where conventional medicine may have limitations.

Supplements, on the other hand, offer an additional avenue for supporting overall health. Many individuals may lack essential nutrients due to dietary restrictions, lifestyle choices, or other factors. Medical doctors are increasingly prescribing supplements to address specific deficiencies and promote optimal health.

The integration of homeopathy and supplements into conventional medical practice is rooted in the concept of personalized medicine. Medical doctors recognize that every patient is unique, and a one-size-fits-all approach may not be suitable for everyone. By considering

Please see "Homeopathy," page 65

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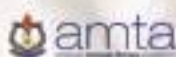
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Optimum Health for Life



Linda Penkala

Your Heart's Best Support This Year!

The 9 Pillars To Prevent Heart Disease

By Linda Penkala, Author
LMT, Speaker

The month of February offers one beautiful reminder to pay attention to, and care for our hearts whether through choices, or loving others, along with ourselves. One bottom line is clear ~ there are NO do-overs, so what we have now, and lifestyle decisions we make daily, will create the future of our health.

From my journey of one medical moment with my heart years ago, to the book I wrote, *The Pause to Relax Ladies for Robust Heart Health*, comes my 9 Pillars of Heart Disease Prevention, part of my Wise Heart Health Program:

- 1. Know Your Numbers – LDL, HDL** and triglyceride levels, blood pressure, fasting blood sugar, weight and hs-CRP or high sensitivity C reactive protein, an inflammation marker. High amino acid, homocysteine also is an inflammatory indicator, along with possible B vitamin deficiency.
- 2. Assess Stress** – burden of toxic relationships, anger, unforgiveness, grief, or chronic negativity. Pay close attention to work/home stress levels and have tools to reset and restore balance.

tionships, anger, unforgiveness, grief, or chronic negativity. Pay close attention to work/home stress levels and have tools to reset and restore balance.

3. Movement As Medicine – lack of exercise doubles the chance of dying from heart disease. If inactive, work up slowly to 30 minutes, 3-5 days a week. Find an activity you love, and do it!

4. Stop Smoking – the #1 preventable risk factor that is in your hands.

5. Eat and Drink Heart Healthy – Eat more red - tomatoes, beets, watermelon, chili, cumin, radishes. Hydration is key, so drink 1/2 your body weight in ounces of water. Alcohol affects the heart, so moderation or abstaining is prudent for heart health. Monitor caffeine as it is a stimulant and add magnesium rich foods like avocado, almonds, and dark chocolate.

6. Slow Down To Relax – nourish quiet time of prayer, meditation, yoga. Embrace massage therapy to reduce

Please see "9 Pillars," page 63

Causes and Symptoms Of Postpartum Depression

Submitted By
Empowered Connections, LLC

Everyone has heard of the "baby blues." Between exhaustion and hormonal changes, about 80% of new mothers experience some version of this very temporary phenomenon. They'll find themselves feeling sad, anxious, and irritable. Sleep is compromised, and it's tough to maintain focus. It's frustrating to feel like this at such an incredible moment of your life, but baby blues typically do not last more than a week or so. Anything that lasts longer warrants far more attention. It could be the beginning of postpartum depression — a diagnosable mental health disorder. Let's take a closer look and learn a little more.

Postpartum Depression: Causes

The main suspect is always hormones. Progesterone and estrogen levels, by necessity, are highly elevated during pregnancy. However, once you've given birth, those levels quickly drop. At the same time, thyroid hormones are returning to normal levels. Mood swings are virtually unavoidable.

On its own, this would be enough to reduce some of the joy of becoming a mother. But the hormonal shifts are not the only factor in play. As touched on above, a lot is going on. For example:

- Feeling overwhelmed by the enormity of this event
- Feeling overwhelmed by all the people reaching out and wanting some of your time
- Having no private time to yourself
- Concerns about your mothering skills
- Fatigue
- Fears about all the changes — including how your body feels and looks.

It's not fair, but just when all you want to do is rest and bask in the glow, your circumstances are not cooperating. Left unchecked, this combination of factors can cause postpartum depression.

Postpartum Depression: Symptoms

First and foremost, postpartum depression presents with obvious sadness. This can manifest in sudden crying spells and/or second-guessing the entire idea of having a child. You'll wonder if you have what it takes to be a good

Please see "Postpartum," page 65

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The Silent Dental Disease



Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

Bacteria from dental plaque not only attacks the soft tissue, but will eventually attack the bone causing teeth to fall out. The most common strain of bacteria in dental plaque can cause blood clots that induce heart attacks when they enter into the blood stream. Additional studies presented that dental plaque is linked to:

- A potentially fatal disease called infective endocarditis in which the sac around the heart becomes infected with bacteria
- Lung infections in people with chronic lung diseases such as chron-

ic obstructive pulmonary disease.

- Weakened immune systems that can slow wound healing and diminish a person's response to vaccines against hepatitis B and influenza.
- A higher risk of giving birth to premature, low birth weight infants.

Treating gum disease has become more important than ever due to these findings. Soft tissue management is a non-surgical approach to control the infection of the gums and root surfaces. There is no cure for gum disease; it can only be managed or controlled.

Your hygienist will perform the treatment, also known as scaling and root planing, to treat the infection, make recommendations to help you effectively clean your teeth daily, and guide you through the efforts to achieve and maintain optimum oral health.

Scaling and root planing is the treatment of the diseased root surfaces below the gum line. This differs from a routine prophylaxis (cleaning) because it emphasizes cleaning below the gum line

Please see "Dental Disease," page 65

Foot Health

Steps For People With Diabetes



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

Healthy feet are essential for overall good health, no matter your age, fitness level, or physical challenges.

For people with diabetes, however, taking care of their feet is especially vital. More than 60% of all non-traumatic lower-limb amputations worldwide are related to complications from the disease.

Hispanics with diabetes are particularly in danger, because more than 90% of those with the disease or at risk for it have never seen a podiatrist as part of their health care.

The leading cause of hospitalization among people with diabetes, regardless of ethnicity, is foot ulcers and infections, but most of those problems are largely preventable. It's important for those with the disease to "knock their socks off" and receive regular foot exams by today's podiatrists.

While ulcers (open sores on the foot) are the most common diabetes-related foot problem, several others are also serious and prevalent, including neuropathy, skin changes, calluses, poor circulation, and infection.

The nerve damage that diabetes causes may mean a person with an ulcer or injury may be unaware of it until it becomes infected. Infection can lead to partial or full amputation of the foot or lower leg.

The good news is regular care from a podiatrist can help reduce amputation rates between 45-85%.

People with diabetes need to inspect their feet daily and be vigilant for warning signs of ulcers, including irritation, redness, cracked or dry

Please see "Foot Health," page 63



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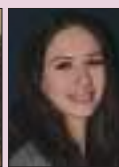
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Get Rejuvenated This New Year Deep Tissue, Myofascial Release, and Swedish Massages



By Sherrel Treasure, Massage
Therapist, Elon Roshell Day Spa
& Health, LLC

As we welcome the dawn of a new year, many of us embark on a journey towards better health and well-being. In this pursuit, therapeutic massages emerge as powerful allies, offering not just relaxation but a profound impact on our overall health. Among the various massage techniques, Deep Tissue, Myofascial Release, and Swedish massages stand out as pillars of rejuvenation.

Deep Tissue Massage

A perfect solution for those seeking relief from chronic muscle tension, Deep Tissue Massage goes beyond the surface, targeting the deep layers of muscle and connective tissue. Ideal for individuals recovering from intense physical activities or those suffering from persistent muscle pain, this massage technique employs firm pressure and slow strokes to release tension, promoting better circulation and flexibility. As we stride into the new year, a Deep Tissue Massage can help alleviate the stress of the past and set the tone for a revitalized, pain-free future.

Myofascial Release

Often overlooked, the fascia is a crucial component of our musculo-skeletal system. Myofascial Release focuses on releasing tension in the fascia, allowing muscles to move more freely. This technique is particularly

Please see "Get Rejuvenated," page 65

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2024 Medicare Coverage Share Cost Updates

Submitted by
Montgomery County SHIP

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- \$278/month if you've worked between 7.5 and 10 years
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- Skilled nursing facility coinsurance \$0/day for days 1 – 20 each benefit period (after a minimum 3-day in-patient hospital stay)
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- Part D catastrophic coverage limit, You get out of the donut hole and reach catastrophic coverage

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Coping With Crisis

Can Anything Help?



By Maureen Vernon, PhD
The CARE Practice

Turning on the news, picking up a paper, or opening up social media can change your mood for the rest of the day. Don't isolate yourself from what's going on in the world, however perhaps there should be a warning "This information may be dangerous to your Emotional Health."

When a crisis happens, we try to find some way to understand and explain it. Tragedies bring out a myriad of emotions ranging from sadness, disbelief and compassion, to anger, regrets, rage and revenge. We identify with the loss, knowing that we, too, could be the next victims to have our lives forever changed. These types of events challenge us and bring out the best, and unfortunately at times, the worst in human behavior. In the days and weeks following a tragedy, many people continue to talk about it and try to make some sense out of the situation and get closure. The question "why?" is not easy for us to leave unanswered.

We often feel powerless not knowing what to do or say in order to be of help to others or ourselves. Unfortunately, some turn to alcohol, drugs, and other unhealthy and destructive outlets that only lead to further depression and distress. However, for many people just taking some action is better than doing nothing, in an attempt to exercise control over a paralyzing situation.

Psychological counseling can provide insights and a deeper understanding of these scary emotional reactions. It will also offer coping tools, which empower you to make better decisions and choices when faced with challenging emotional situa-

tions. Although it is not always possible to change the situation, or the other person, we can learn to manage our feelings and develop more positive behavioral reactions.

See Dr. Vernon's picture on the Front Cover of this Edition, and her Feature on page 31!

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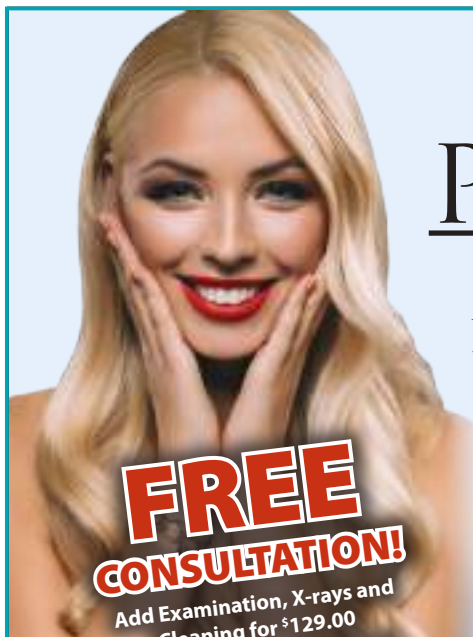
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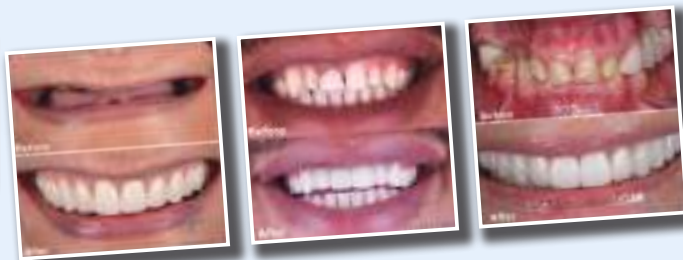
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EYEGLASSES

FROM PAGE 5

Frames: Frames hold the lenses in place and are available in various styles, materials, and shapes. Choosing the right frame is essential for comfort and aesthetics. Frames also allow for the proper positioning of lenses in front of the eyes to ensure effective vision correction.

How Eyeglasses Correct Vision

Eyeglasses work by altering the way light enters the eyes to compensate for the refractive error. When you have a vision problem, the light entering your eye does not focus correctly on the retina, causing blurry or distorted vision. Eyeglasses modify the path of

incoming light, bending it to match the eye's natural focusing ability, thus producing a clear image on the retina.

Regular Eye Exams

To ensure that your eyeglasses continue to provide optimal vision correction, it's crucial to have regular eye exams. Eye health can change over time, and your prescription may need to be adjusted. A qualified optometrist or ophthalmologist can assess your vision and make the necessary adjustments to the prescription for your glasses. Also the fit and adjustment of your glasses should be frequently checked by a qualified optician.

REDUCE YOUR RISK

FROM PAGE 9

as a lesser known but more important protein called Apolipoprotein B.

A test called a coronary artery calcium score as well as carotid artery ultrasonography help us know if there is any damage and plaque on these important arteries.

Once a person's current state of vascular/cardiac health and their risk of developing it in the future is calculated, a treatment plan can be formulated.

For many people, lifestyle and nutritional interventions can substantially reduce cardiovascular risk even without the use of more aggressive pharmacological treatments. Though cholesterol lowering drugs can be life saving there are other safe and effective ways to reduce the risk of heart disease for people who either cannot tolerate statins or

would prefer other modalities.

Recent evidence suggests using hormone replacement around onset of menopause may reduce development of coronary artery disease in women. This is important given that heart attack risk for women begins to rise after menopause to meet that of men. Testosterone replacement in men may help reduce cardiovascular risk.

There are many tools we have to assess a person's risk of heart disease, and an integrative physician has many options available to treat each person appropriately and safely. But the first step is to realize that heart disease is very common, and to have a clear eyed view of the current state of affairs and future risk, and then embark on a treatment plan that works.

THYROID & WEIGHT

FROM PAGE 18

be exasperating weight gain, leading to a vicious cycle. When you're exhausted, in pain, or feeling down you are less likely to get physical exercise, stick to a healthy diet, or practice self-care.

What Causes Thyroid Dysfunction?

Research estimates that up to 90% of all cases of hypothyroidism are autoimmune in nature, with the most common result being Hashimoto's disease. When this happens, your thyroid is not the source of the problem but the victim of a misguided immune system attack in which your body mistakes your thyroid for a virus.

Other causes include:

- Radioactive iodine (used to treat hyperthyroidism)
- Chronic stress – Cortisol can inhibit or block proper thyroid hormone conversion, leaving you "thyroid resistant."

- Certain medications (like lithium)
- Inflammation
- Estrogen dominance

Reverse Hypothyroidism Weight Gain Naturally

We have found that when insulin and cortisol levels are balanced through specific diet and lifestyle changes, while balancing sex hormones, the thyroid gland becomes much more efficient, lessening and even eliminating the need for medications.

Not only can this combination help you lose weight, but it will help you:

- reduce stress and inflammation,
- strengthen your immune system,
- and improve symptoms related to hypothyroidism such as depression, fatigue, hair loss, brain fog, and more!

If you suffer from thyroid dysfunction, or other hormone related issues, BeBalanced can help!

ALL-ON-FOUR

FROM PAGE 24

beauty of the all-on-four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

Besides ensuring that your implants are permanently fixed in place, this bone fusion has another important benefit: it prevents future bone loss in the jaw. This helps to maintain a more youthful facial structure – and better oral health. But perhaps the biggest surprise about the all-on-four is how quickly it can transform your life.

What's The All-On-Four Dental Implant Procedure Like?

It can be scary to get implants for the first time. Most of that fear is probably due to the uncertainty, so here is the step-by-step process for getting an All-On-Four dental implant.

First, your dentist will want to make sure your comfortable, so either local or general anesthesia will be administered.

Second, the dentist or surgeon will prepare your mouth for the implants, which involves removing your

remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

Next, they will begin the implantation process. This means they will insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of your mouth and two towards the back of your mouth so the "anchors" can evenly bare the force of the denture.

After the implants have been placed, they will thoroughly clean the surgical sites and suturing all the incisions. Then you'll be taken to a recovery room where you can relax and take time to wake up from the anesthesia.

How Do You Know If The All-On-Four Procedure Is The Right Option For You?

At your All-On-Four consultation, you'll receive a 3D CT Scan. This scan will help determine if you need implants and assist your doctors in creating your treatment plan. So if you want to learn more about dental implants, simply schedule a consultation with an All-On-Four provider. It's the best way to find out how dental implants can change your life.

SELF-CONFIDENCE

FROM PAGE 23

people can change the smile they were born with into a smile they love.

What Dental Procedures Could Help My Smile?

Dentists are able to perform a variety of cosmetic procedures to improve patients' smiles. These procedures range from subtle changes to major repairs, fixing flaws such as discolored, chipped, misshapen or missing teeth.

Cosmetic procedures include bleaching, bonding, veneers, reshaping and contouring. Bleaching is a common

and popular procedure that is used to whiten teeth and can be performed by a dentist in the office or under supervision at home. Dentists can also use a variety of methods to correct misshapen or crooked teeth. Veneers are thin shells of porcelain or plastic that are cemented over the front of teeth, and bonding is the use of tooth-colored material to fill in gaps or change the color of teeth. Tooth reshaping or contouring are used to alter the length, shape or position of teeth and are ideal for patients with normally healthy teeth seeking subtle changes in their smile.

RESOLVE DIABETES

FROM PAGE 20

formulations, and newer non-insulin injectable drugs. These treatments are life-long in an effort to maintain normal blood glucose levels.

Role Of Bariatric Surgery For Treatment Of Diabetes

For morbidly obese individuals, weight loss has been shown to improve blood glucose control significantly. Weight loss helps to improve glucose metabolism and decrease resistance to the body's natural insulin. Studies have shown that both medical and surgical weight loss have produced significant results in the improvement and elimination of diabetes.

Surgical weight loss procedures

such as gastric bypass and sleeve gastrectomy have been shown to produce effective and sustainable weight loss which results in resolution of diabetes for many patients undergoing bariatric surgery (weight loss surgery). Many patients have their glucose control improve immediately after surgery with medication requirement eliminated or significantly reduced. Long-term studies are showing this effect with HBA1c getting back within normal ranges for many affected patients. The effects of bariatric surgery are most pronounced when associated with lifestyle changes including healthy diets, regular exercise and behavioral changes that continue to promote weight loss.

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DEPRESSION

FROM PAGE 42

ness, hopelessness and low self-esteem may be evident. There may be changes in appetite and sleeping habits.

The presence of bipolar disease indicates an imbalance in brain chemicals called neurotransmitters. These are chemical messengers to the brain. Certain ones regulate mood and affect thought patterns. Effective treatment tries to restore that balance.

Like many long-term illnesses, it may mean life-long maintenance treatment. Certain medications have had a

positive effect on correcting the chemical imbalance experienced. Mood stabilizers can improve symptoms of both mania and depression. Additional medication may be needed in conjunction with mood stabilizers during acute episodes.

Support and understanding by family, friends, and co-workers enhance the recovery process. Learn the facts about the illness. This helps eliminate myths and misperceptions. Encourage the person to seek and maintain treatment. Support the fact that the illness is treatable and recovery can be obtained.

LOW BACK PAIN

FROM PAGE 42

acupuncture for treating lower back pain has been noted in previous studies. A meta-analysis aimed to evaluate the efficacy of acupuncture in managing lower back pain by examining 33 randomized, controlled trials. These trials were categorized based on acute or chronic pain, the style of acupuncture used, and the control groups involved. The analysis indicated that, as a primary outcome for relieving chronic pain in the short term, acupuncture proved significantly more effective than sham treatment or no additional intervention. Consequently, the study inferred that acupuncture could effectively alleviate chronic lower back pain.

Frequency and Safety

Of Acupuncture Sessions

The number of acupuncture sessions required depends on the nature of the back pain. Generally, acute back pain might necessitate 1-3 sessions, while chronic back pain may require 6-16 sessions for effective management. For optimal treatment outcomes, a twice-weekly session frequency is recommended.

Is Acupuncture a Safe Option?

Indeed, acupuncture is considered a safe treatment. However, as with any medical procedure, there can be occasional side effects such as dizziness, local internal bleeding, dermatitis, nerve damage, or increased pain, particularly if the acupuncturist lacks adequate training.

9 PILLARS

FROM PAGE 52

cortisol levels, anxiety and blood pressure. Chiropractic, acupuncture, breathwork, Yin Yoga all help calm the central nervous system, lessening fight, flight, and freeze patterns.

7. Gather With Girlfriends – women socializing and joining in laughter, camaraderie and fun is a better indicator of heart disease than current standard tests. Nurturing friendships psychologically and biologically is the answer for your heart's need for connection and longevity.

8. Regular Dental Cleaning – the connection between oral and heart health is based on solid research that disease can originate in the mouth beginning the process of inflammation throughout the body.

9. Use Nature To Nurture – walk on grass, or the beach by the water to get grounded, benefiting from negative electrons emanating from the earth. Aromatherapy is a centuries old healing modality from plants to comfort, calm or energize the entire body.

NAVIGATING

FROM PAGE 48

open mental health dialogue, building a supportive community that encourages self-expression. They play a pivotal role in building confidence, offering a lifeline for those with PPD, and promoting positive parenting experiences.

Navigating postpartum depression's shadows requires recognizing the unique challenges faced by Black and Brown mothers. Prioritizing education, open dialogue, and community support collectively works towards

destigmatizing PPD, ensuring every mother receives the mental health care and understanding she deserves.

Love Your Menses provides a 10-week Postpartum Education program for Black and Brown mothers. The program includes weekly educational sessions, sister circles, group chats with postpartum experts, and care packages, addressing diverse needs during this transformative period. Learn more at LoveYourMenses.com.

POWER OF YOGA

FROM PAGE 44

• **Blood Sugar Regulation:** Yoga's impact on stress reduction can positively influence blood sugar levels, aiding in diabetes management.

• **Improved Insulin Sensitivity:** Certain yoga postures and relaxation techniques have been shown to enhance insulin sensitivity, a key factor in diabetes control.

• **Weight Management:** The physical activity involved in yoga helps manage weight, a critical aspect of diabetes care.

• **Enhanced Circulation:** Yoga's focus on deep breathing and gentle movements promotes better blood flow, which is beneficial for individuals with diabetes.

• **Stress Reduction:** Chronic stress is a significant factor in diabetes management, and yoga's calming effects play a vital role in reducing stress levels.

Differentiating Slow Yoga For Nervous System Resilience:

In the realm of yoga, one specific approach that stands out is slow yoga for nervous system resilience. This unique practice goes beyond the physical benefits associated with traditional yoga, focusing on regulating the autonomic nervous system (ANS). Slow yoga for nervous system resilience is

designed to calm the nervous system, leading to benefits such as regulation of blood pressure, heart rate, circulation, and blood sugar. The practice also contributes to a boosted immune system, providing a comprehensive approach to overall well-being.

In stressful situations, the calming effects of slow yoga for nervous system resilience come to the forefront, offering a distinct advantage over high-intensity exercises. Slow yoga for nervous system resilience equips individuals with the tools to navigate stressful scenarios with a composed mind. This proactive approach ensures that individuals can make informed decisions and take appropriate actions, emphasizing the holistic impact of yoga on mental and physical health.

Incorporating yoga into a routine not only fosters flexibility and relaxation but also presents a holistic approach to cardiovascular health and diabetes management. The myriad benefits, ranging from improved blood circulation to stress reduction, make yoga a valuable addition to the toolkit for individuals looking to enhance their well-being, including those focusing on cardio health and diabetes management.

RESPONSE TESTING

FROM PAGE 50

health conditions that won't go away, have visited many doctors, even alternative practitioners, but the results weren't what you had hoped for. In addition, if your health conditions are significantly affecting your life and you are realizing that these conditions will probably not get better unless the real source of the problem is identified and corrected.

You are in charge of your own

health and these three questions are important to ask yourself: How good do you want to get? How fast do you want to get there? How long do you want to stay there?

The body has the full potential to repair itself when given the right nutrition. Your chances of recovery have never been higher than with Nutrition Response Testing.

FOOT HEALTH

FROM PAGE 54

skin (especially around the heels), or drainage on their socks.

Although ulcers can occur anywhere on the foot or ankle, they are typically found on pressure points on the foot, like the ball of the foot or bottom of the big toe. If you discover an ulcer or have any symptoms, see a podiatrist immediately. In many cases, the foot can be saved with early treatment.

In addition to examining your feet every day, and keeping your blood glucose in your target range, make sure to follow these foot health tips:

• Discuss your diabetes and the risks with your family. Diabetes can be hereditary, so talk to your family

members about monitoring blood sugar and foot health.

- Never go barefoot. Always protect your feet with the proper footwear and make sure socks and shoes are comfortable and fit well.
- Trim toenails straight across, and never cut the cuticles. Seek immediate treatment for ingrown toenails, as they can lead to serious infection.
- Keep your feet elevated while sitting.
- Wiggle toes and move your feet and ankles up and down for five-minute sessions throughout the day.

Successfully managing diabetes is a team effort, and today's podiatrist is an integral player on that team.



HEALTH DIRECTORY

ACUPUNCTURE

Eastern Medical Holistic Healing Center – Angel Wood – 240-755-5925 – www.Acupuncture4Wellness.Webs.com.

West Annapolis Acupuncture – Brittney de Vicq, LAc, MAc – 410-375-9716 – BrittneyAcupuncture.com – Annapolis, MD.

CHINESE MEDICINE & ACUPUNCTURE

Quansheng Lu, CMD, PhD, LAc – www.WholeLifeHerb.com – 301-340-1066.

CHIROPRACTIC

Kovach Chiropractic & Wellness Center – Alicia Kovach, DC – 410-697-3566.

Effective Integrative Healthcare – Crofton 410-774-0644 – Millersville 410-729-2200 – Lanham 301-577-6556.

DENTISTRY

Cosmetic Dental FX – Judy Yu, DMD, MBA – 410-360-0440 – www.DentalFXMD.com – Pasadena, MD.

Lighthouse Family Dentistry – E. Taylor Meiser, DDS – 410-224-4411 – Annapolis, MD.

Karl A. Smith, DDS – Waldorf, MD – 301-638-4867.

DERMATOLOGY

Hema A. Sundaram, MD – Dermatology, Cosmetic & Laser Surgery – 11119 Rockville Pike, Suite #205, Rockville – 301-984-3376 – Also in Fairfax, VA.

EYE CARE

McNelly Optical, Inc. – 410-263-2692 – www.McNellyOptical.com – Annapolis, MD.

FERTILITY

Montgomery Women's Fertility Center – 301-946-6962 – MontgomeryFertilityCenter.com – Rockville, MD.

HEALTH AND WELLNESS

Taylor 4 Life Wellness, Inc. – Gregory Taylor, MS – 301-979-9010 – Taylor4LifeWellness.com – Largo, MD.

HOME CARE

At Home Care, Inc. – 301-421-0200 – AtHomeCareInc.com – Since 1977.

HORMONES

New Day Vitality Hormone Center – 410-793-5212 – Arnold, MD and Easton, MD – NewDayVitality.com.

HYPNOSIS

Toni's Happy Hour Yoga and Holistic Wellness Center – 301-449-8664.

INTEGRATIVE MEDICINE

Alan Weiss, MD, Annapolis Integrative Medicine – 410-266-3613 – 1616 Forest Drive, Suite #3, Annapolis, MD 21403.

Taylor Integrative Health – Janay Taylor – 410-292-0483.

MEDICAL SPA

Luminox Healthcare Services – 240-553-7970 – LuminoxHealth.com.

Millennium MediSpa – 301-652-9005 – www.AnythingCosmetic.com.

MEDICAL SPACE

Charles L. Feitel Company – 301-571-9333 – www.MedicalandDentalSpace.com.

MENTAL HEALTH SERVICES

Charles Co. Freedom Landing, Inc. – 301-932-2737 or 301-870-3969.

House Calls, LLC – 301-346-6732 – CallingOnBeth@gmail.com – www.CallingOnBeth.net.

Luminox Healthcare Services – 240-553-7970 – LuminoxHealth.com.

MRI

Washington Open MRI, Inc. – 6 Locations: 15005 Shady Grove Road, Suite #110, Rockville, MD 20850; 7399 Hanover Parkway, Greenbelt, MD 20770; 6196 Oxon Hill Road, Suite #110, Oxon Hill, MD 20745; 5530 Wisconsin Avenue, Suite #529, Chevy Chase, MD 20815; 9135 Piscataway Road, Suite #106, Clinton, MD 20735; 25 Crossroads Drive, Suite #180, Owings Mills, MD 21117 – www.WashingtonOpenMRI.com – 301-908-8279.

NEUROLOGY

Charles C. Reel, MD – Maryland Gait and Balance Disorder Center – Charlotte Hall, MD – 301-290-0395.

NUTRITION

Nutritional Healing Center – Thomas K. Lo, DC, MA – 240-651-1650 – 7310 Grove Road, Suite #107, Frederick, MD 21704 – DoctorLo.com

ORTHODONTICS

Jacqueline Brown Bryant DDS, MS, PC – Damon, Clear Braces & Invisalign for Adults And Children – Silver Spring, MD 20910 – www.SmileConstructors.com – 301-587-8750.

PAIN MANAGEMENT

Georgetown Pain Management – Netsere Tesfayohannes, MD, ABA, ABAP – 301-718-1082 – 8120 Woodmont Avenue, Suite #560, Bethesda, MD – 7300 Hanover Drive, Suite #204, Greenbelt, MD.

Metropolitan Pain & Spine – Dr. Levi Pearson, III, MD, MBA – 9501 Old Annapolis Road, Suite #305, Ellicott City, MD 21042 – www.MetropolitanSpine.com – 410-772-6312.

Newbridge Spine and Pain Center – 301-638-4400 – www.NewbridgeSpine.com.

Pain & Rehab Center, LLC – Dr. Gelareh Naenifard, DC – 5855 Allentown Road, Suite #19, Suitland, MD 20746 – www.PainRehabCenterMD.com – 301-925-2013.

PODIATRY

Bowie Foot Care – Howard Horowitz, DPM – 301-464-5900.

Largo Foot and Ankle Health Center – Ade Adetunji, DPM – 301 386 5453.

PRIMARY CARE

Loving Care – Janet Johnson, MD – Hyattsville, MD – 301-403-8808.

PROSTHETICS

Metro Prosthetics – 301-459-0999 – www.MetroProsthetics.com

SENIOR CARE

Chevy Chase Home Care. Help at a time you need it most. Any Ages. Any situations. Any shifts. MD, DC, VA – www.CHCHHomeCare.com – 202-374-1240.

St. Mary's Nursing & Rehabilitation Center – 301-475-8000 – Leonardtown, MD – www.StMarysNursingCenter.com.

VETERANS

Charlotte Hall Veterans Home – 301-884-8171 – Waldorf, MD.

WEIGHT LOSS

The Bariatric and Hernia Institute – Dr. Etwar McBean – 240-206-8506 – www.TBHIInstitute.com.

YOGA

Toni's Happy Hour Yoga and Holistic Wellness Center – Toni Greene, Owner – 301-449-8664.

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cancer by offering free and potentially life-saving skin cancer screenings in Rockville, MD and Fairfax, VA.

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POSTPARTUM

FROM PAGE 52

mom or ever feel comfortable in such an identity. In addition, symptoms that are common with any kind of depression can emerge. These may include:

- Loss of Concentration
- Physical ailments that lack an obvious source (headaches, sleep disturbances, loss of appetite, and tense muscles)
- Withdrawing from social interactions
- No longer feel interested in activities that once gave you pleasure.

More Extreme Symptoms

The big red flag for depression is having thoughts of self-harm. This can be present with postpartum depression, but there's an added element: the new mother can experience intrusive thoughts about hurting their baby. Also, they can feel disconnected from the infant and not show interest in caring for them. Therefore, postpartum depression can cause long-term negative effects on the child — ranging from unhealthy sleep patterns to obesity to underdeveloped social skills.

Now What?

HEARING LOSS

FROM PAGE 44

sensitive to blood flow? Your heart is responsible for pumping blood and bringing oxygen and other nutrients throughout your body. The tiny hair cells and nerves in your inner ear need proper blood flow in order to pick up the sounds that allow you to hear. Without proper blood flow to bring needed oxygen, these cells and nerves can become damaged, leading to permanent hearing loss.

After nine months of anticipation, postpartum depression is putting a damper on motherhood. A new mother can lose confidence in their ability to raise a child and simply wonder what happened. They need help and support so they can begin making choices that will enhance their resilience. For example:

- Getting rest
- Eating healthy
- Staying engaged with trusted friends and family members
- Reaching out for help with daily functioning
- Daily physical activity
- Joining support groups to connect with other mothers who know the struggle

Self-help is vital, but it's only part of the solution. If you feel like postpartum depression might be happening to you or someone you know, ask for help from a professional. Working with an experienced therapist is a proven path toward processing and resolving the factors contributing to the problem.

If you or a loved one have been diagnosed with a cardiovascular disorder and/or diabetes, it is important to know that hearing loss is a potential complication related to these diseases. Regular hearing evaluations should be incorporated into your routine check-ups, because the earlier hearing loss is diagnosed, the more effective treatment options are likely to be.

SELF-CARE GUIDE

FROM PAGE 46

- Ask your diabetes care team to help you develop your own "what to do if" plan, such as if you have low blood sugar, if you want to eat extra food or if you are too sick to eat.
- Keep track of how well you solve problems and ask for help if you are having trouble.

To be sure you gain the benefits from your prescribed medications, use these tips:

- Take medications in the right amount, at the right time and in the right way.
- If you are new to taking medications on a regular basis, keep a medication record to help you develop good medication-taking habits.
- Understand how to take your medications by asking questions and getting answers that you understand.

Healthy Coping:

Coping with diabetes is an ongoing

process. Work with your health-care team to learn what works for you.

- Learn how to manage living with diabetes.
- Identify things that cause you distress and stress.
- Understand that depression is more common among people with diabetes, and it is okay to ask for help.
- Ask for guidance to develop healthy coping skills.

These Are Tips To Help You Get Started:

- Know your treatment goals and ask your diabetes care team for help if you experience trouble in reaching those goals.
- Develop and maintain healthy behaviors to reduce your risk.
- If you use tobacco, find a way to quit.
- Have an annual flu shot.
- Get a pneumonia shot to help prevent pneumonia.

GET REJUVENATED

FROM PAGE 56

beneficial for individuals with postural issues, chronic pain, or restricted mobility. As we embark on a new year, undergoing Myofascial Release can provide a fresh start for our bodies, encouraging improved posture and flexibility, setting the stage for a healthier and more active lifestyle.

Swedish Massage

For those seeking a harmonious blend of relaxation and therapeutic benefits, Swedish Massage is a timeless choice. This gentle yet effective technique incorporates long, flowing strokes, kneading, and circular movements to promote relaxation, improve circulation, and

relieve muscle tension. As we navigate the challenges of a new year, a Swedish Massage can be a soothing balm, offering not only physical benefits but also mental and emotional rejuvenation.

Embracing Deep Tissue, Myofascial Release, and Swedish massages as part of your new year wellness routine can be a transformative experience. These therapeutic techniques not only address physical concerns but also contribute to mental and emotional well-being, paving the way for a healthier and more vibrant you in the coming year. So, why not start the year on a rejuvenating note and treat yourself to the gift of well-deserved relaxation and health.

MOUTH PROTECTION

FROM PAGE 48

teeth or the most serious, teeth that have been knocked out. Jaws pushed out of alignment can also occur. A tooth that has been loosened has been pushed into the socket (intruded), knocked part way out of the socket (extruded) or pushed sideways but still in the socket (luxated).

Most adults and parents do not

realize that not only do mouth guards save teeth and protect jaws from breaks, mouth guards may also protect against injuries to the neck and central nervous system by decreasing force transmitted through the jaw to the base of the skull — a particularly sensitive area for children, teens and adults.

DENTAL DISEASE

FROM PAGE 54

where the plaque thrives. Scaling and root planing focuses on eliminating tartar and plaque and detoxifies the root surfaces where the disease occurs before it reaches the bone where it is not reversible.

What your dentist hopes to accomplish with soft tissue management:

- Gums that do not bleed. Healthy gums do not bleed. Bleeding is a sign of infection.
- Fresher breath and taste.
- Gums that are pink, firm, and knife

edge inter dental papilla.

- Reducing pocket depth.
- Control of gum disease.

Patients with gum disease are placed on a three-month re-care. This is a requirement for successful therapy. Studies have shown that within three months the plaque recycles itself.

It is very important for those who have gum disease to receive routine treatment.

HOMEOPATHY

FROM PAGE 50

individual health profiles, genetic predispositions, and lifestyle factors, doctors can tailor treatment plans that encompass a range of therapeutic options.

It's essential for patients to communicate openly with their doctors about their preferences and concerns regarding alternative therapies. A collaborative approach allows for informed decision-making, ensuring that any proposed homeopathic remedies

or supplements align with the patient's overall health goals.

The convergence of homeopathy and supplements with conventional medicine reflects an evolving landscape in healthcare. When practiced responsibly and in conjunction with evidence-based medicine, this integrative approach has the potential to offer patients a more personalized and comprehensive path to wellness.

SEX HORMONES

FROM PAGE 4

- Reduces coronary hyperactivity

Testosterone:

- Increases blood flow
- Positively impacts cholesterol
- Decreases inflammation

- Affects muscle mass

Take care of your heart. Talk to a hormone specialist to learn more about how you can improve your quality of life with bio-identical hormone therapy.

UltraSlim

What were your goals at the beginning of the year? Have you met your goals? Are you moving in the right direction? Is it hard to stay on track?

Losing "stubborn fat" is hard and as you get older – it just gets harder and harder. You might go to the gym five days a week, sweat on the treadmill for an hour, and see maybe a pound or two drop in a month. Is that really worth your time?

Or... imagine going to a medical facility, laying down, spending 35 minutes relaxing, then getting up and finding out you've lost two inches around your waist. Which do you prefer? What if you could keep doing that and losing more and more fat until you looked like you did years ago?

If you have any interest in this and how it works when it comes to inch loss, you should stop what you're doing and call the office for an appointment immediately. This new treatment technology uses a special laser therapy to trick your mitochondria (in your fat cells) to release their fat contents.

If you eat better, drink plenty of water, stay away from sugars, and carbohydrates, this can lead to permanent fat loss without surgery. Here's a heads up. If you have tried liposuction in the past – you know that when you "regain the weight" it goes to different place(s) – making your body look distorted and then unfortunately, you're back to where you started, only worse. With this technology we don't destroy your fat cells. What we do is we simply drain the contents of the fat cells so you lose the inches and look good again.



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Dr. Hema Sundaram, MA, MD, FAAD

Your skin is the largest organ in your body and, together with your hair and nails, the mirror of everything that's happening internally. After over twenty years as a fellowship-trained, Board Certified dermatologist and as a cosmetic surgeon, I am completely convinced of the positive effects of integrating medical and cosmetic treatments to balance how you look with how you feel. When that balance is missing or has been lost with age, how we look doesn't represent who we really are inside. Others may assume that an older, stressed or worried appearance means a lack of ideas, energy and creativity. This impacts us both personally and professionally. The greatest joy of my profession is restoring the inner-outer balance for the women and men who consult me. They find it an exhilarating experience to look in the mirror, and love the reflection that's looking back.

My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert treatment of skin, hair and nail conditions and state-of-the-art techniques including lasers, fillers, Botox, fat grafting, platelet-rich plasma (PRP), chemical peels, liposuction and body contouring and vaginal rejuvenation.

My mission in my North American and global research is to elucidate the scientific basis of new and emerging technologies, and how this science can be applied to achieve the best and safest procedural outcomes. As a Principal Investigator for studies of new technologies, a national and international teacher of dermatologists and plastic surgeons, and one of a handful of experts serving as an advisor and director of advanced medical education programs, I'm confident that you will achieve the best possible results when you entrust your face and body to our hands. As a daily practitioner of yoga, I understand the value of a holistic approach.

Above all, my team and I promise to give you straight answers. We'll steer you through the hype and jargon, and help you restore the inner-outer balance that empowers us in every aspect of our lives.

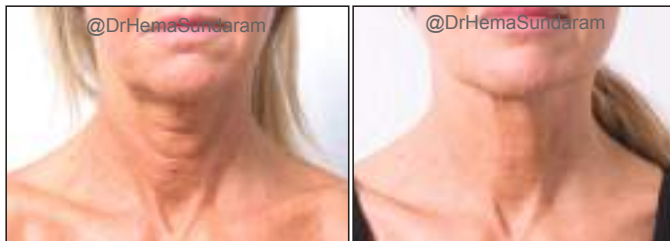
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural Safety.
- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
- Author of "Face Value: The Truth About Beauty and a Guilt-Free Guide To Finding It" - selected for the National Press Club Authors' Night.
- Quoted as an expert in leading publications including The New York Times, USA Today, Prevention, Good Housekeeping, Allure, Marie Claire, Essence, Cosmopolitan, Self and Woman's World.
- Medical Advisor to Fitness magazine and for tv and radio shows.
- Charities supported include Skin Cancer Foundation, Breast Cancer Awareness and The Leukemia & Lymphoma Society.



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Through commitment to research and education, Dr. Sundaram has been involved in pivotal studies of many of the advanced aesthetic technologies available in North America, and teaches them nationally and internationally to dermatologists and plastic surgeons

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