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February 2022

- OMICRON PROTECTION
- GUM DISEASE
- HEMP AND CORONAVIRUS
- DIABETIC FOOT CARE
- CHIROPRACTIC AND DIABETES
- PERIODONTAL THERAPY
- SENIOR LIVING
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## Diabetes, Stroke & Cardio Health



Plus **Exercise & Nutrition**

Featured Professionals – pages 34-37



Karl A. Smith, DDS, MS  
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Alicia Kovach, DC  
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## Mental Health Awareness

Featured Professionals – pages 38-39



Susan D. Rich, MD, MPH, DFAPA  
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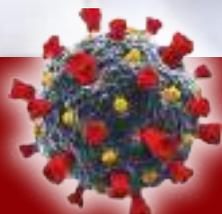
IN OUR NEXT EDITION  
**Integrative & Complementary Healthcare**

Directory Of  
Health Professionals  
page 64

50 CENTS



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## COVID-19 Vaccine Updates

From Your Health Magazine & the CDC



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# Periodontal Therapy For the Diabetic Patient

By Harold Packman, DMD

Prevention, early diagnosis and consequent treatment of periodontal disease may have a major impact on the control of diabetes. Research suggests that not only does diabetes influence the progress of periodontal disease, but active periodontal disease also influences the diabetic state.

The systemic inflammatory response generated by inflamed periodontal tissue aggravates insulin resistance and increases blood sugar, thus creating a vicious cycle of diabetes and periodontitis exacerbating each other and putting diabetic patients at increased risk for diabetic complications.

**People with diabetes are more than twice as likely to have periodontal disease than people without diabetes because diabetics are more susceptible to contracting infections.**

This may be due to numerous physiological phenomenon seen in diabetes, such as impaired immune resistance, vascular changes, altered microflora, and abnormal collagen metabolism.

People with uncontrolled diabetes are especially at risk.

Aggressive management of oral health in diabetic patients may diminish the adverse inflammatory effects on diabetes control.

Several studies have reported that when periodontal infections were treated, the management of diabetes markedly improved.

These studies suggest that the reduction of periodontal inflammation can be helpful in controlling blood glycemic levels and reducing insulin requirements.

**For diabetics, periodontal disease therapy is a long-term venture, requiring some modifications of the customary periodontal treatment applied to non-diabetics.**

Gum disease is something that must be treated, not just to save your teeth, but maybe to save your life.



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# Planning On Buying a Medical Or Dental Practice?

By A. Shane Kamkari, Esq.  
DentalMedicalAttorney.com

The obvious initial considerations in buying medical and dental practices that immediately comes to mind are the purchase price and the location of the practice that you plan to buy. However, you should also consider some factors that may be less obvious. The trajectory of the gross revenues that were generated and collected in the recent years, the patient retention rate, the employee retention rate, and the potential future growth or lack thereof are some additional factors that you should consider as a buyer of a medical or dental practice.

Protection against past and/or potential future liabilities is a much more important consideration for buyers than sellers in transactions

for acquiring medical and dental offices. In most acquisitions, sellers are fully paid at Closing and there is a lot less for them to worry about after the Closing. If the transaction is not properly structured, a buyer may realize too late that there are judgments, lawsuits, potential lawsuits, and liabilities that occurred when the seller owned the practice for which the buyer may become liable. Therefore, your transaction should be structured so that the Closing date becomes the cutoff date for all liabilities. Also, a thorough due diligence of dental and medical practices should be conducted so that any potential liabilities are flagged and dealt with prior to Closing.

Buyers should also be aware of substantial tax consequences (and how to best avoid or reduce them)

Please see "Practice," page 28



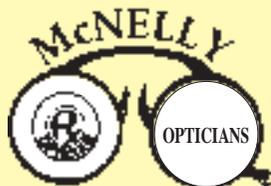
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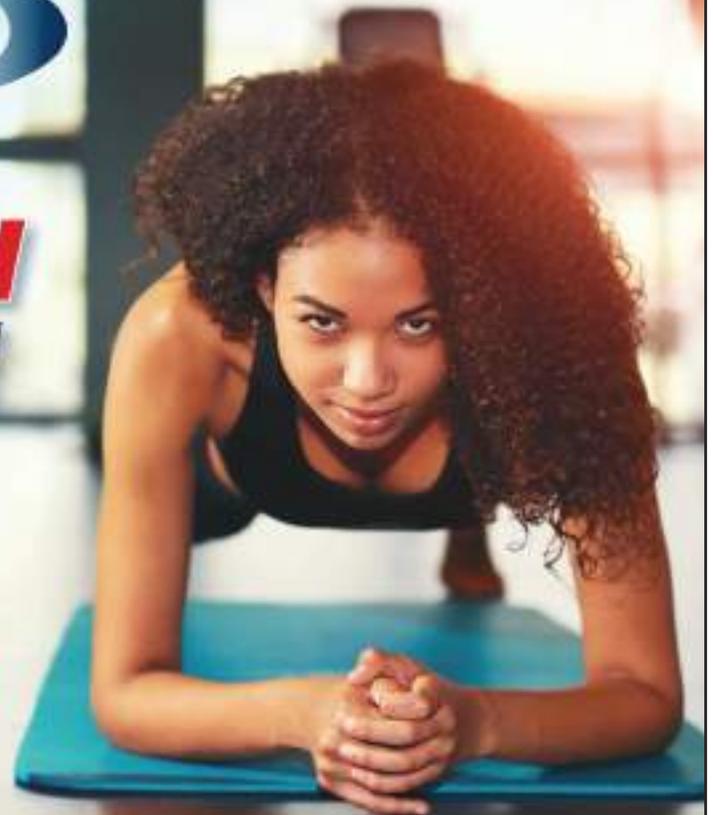
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# In This Edition...

The articles below are provided by local health professionals for the benefit of the public. Please contact them for advice and services.

- 3 | **Periodontal Therapy For the Diabetic Patient** | By Harold Packman, DMD
- 4 | **Planning On Buying a Medical Or Dental Practice?** | By A. Shane Kamkari, Esq.
- 7 | **Look and Feel Your Best** | By Hema Sundaram, MA, MD, FAAD
- 8 | **Hemp Compounds Prevent Coronavirus From Entering Human Cells** | By Andrea Grant, Owner
- 10 | **Happy – Healthy – New Year** | By Toni Greene, Owner
- 11 | **How to Beat Heart Disease: With a Periodontist, You Can Win** | By Karl A. Smith, DDS, MS
- 13 | **Feeling Beautiful Is Not Only Skin Deep** | By Sherry L.H. Maragh, MD, FAAD
- 15 | **Omicron Protection With Nutritional IV Therapy and Triple Immune Boost Shot** | By Anthony T. Hardnett, DC
- 16 | **Chiropractic and Diabetes: The Surprising Connection** | By Alicia Kovach, DC
- 16 | **Cardiovascular Disease Natural Approaches To Reduce Your Risk** | By Alan Weiss, MD
- 18 | **Sex Hormones Protect Your Heart?!** | Submitted By New Day Vitality
- 18 | **Diabetes and Oral Health** | By Brenda E. Howard, DMD
- 20 | **MAT Program: Assistive Telecommunications Equipment** | By Maryland Relay Telecommunications
- 21 | **Your Hearing, Diabetes and Cardio Health** | By Gina Diaz, AuD
- 21 | **Healthy Heart Month** | By Tiffany Daniel
- 22 | **Relief Is NOT Always a Good Start** | By Jamiel S. Hafiz, LPA, LAC
- 24 | **Embarrassed By Bad Breath? The Permanent Cure For Halitosis** | By Richard A. Miller, DDS
- 25 | **Chinese Medicine For Chronic Low Back Pain** | By Quansheng Lu, CMD, PhD, LAc
- 25 | **Diabetic Wound Care** | By Howard Horowitz, DPM
- 26 | **Permanent Cure For Bunions, Hammertoes and Calluses** | By Burton J. Katzen, DPM
- 27 | **Bariatric Surgery Helps Resolve Diabetes** | By Etwar McBean, MD, FACS
- 28 | **COVID Update: Omicron, Delta, Alpha: What Have We Learned?** | By Your Health Magazine
- 29 | **The Serious Side Effects Of TMJ Disorder** | By Jeffery L. Brown, DDS
- 30 | **Missing Multiple Teeth? Full Arch Treatment Options** | By Judy Yu, DMD, MBA
- 33 | **A Reason To Smile Again: All-on-Four Dental Implants** | By Sivakumar Sreenivasan, DMD, MDS
- 34-39 | Cardio Health & Diabetes Featured Professionals + Mental Health**
- 42 | **Cesarean Section Defects and Subsequent Fertility** | By Yemi Adesanya-Famuyiwa, MD
- 42 | **Food Sensitivity and Food Intolerance** | By Thomas K. Lo, DC
- 44 | **Disenfranchised Grief** | By Jessica Whittemore, LCSW-C, APHSW-C
- 46 | **Essential Oils and Acupuncture** | By Brittney de Vicq, MAC, LAc
- 46 | **Important Reasons For Detoxification** | By Venetta Kalu, LDN, CNS, ND
- 48 | **Foot Health: Steps For People With Diabetes** | By Ademuyiwa Adetunji, DPM
- 48 | **The Silent Dental Disease** | Submitted by E. Taylor Meiser, DDS
- 50 | **Steps To Preventing Diabetes** | By Janet V. Johnson, MD
- 52 | **Self-Care Guide For People With Diabetes** | Submitted By Kensington Pharmacy
- 54 | **Orthodontics and Mouth Protection** | By Jacqueline Brown Bryant, DDS, MS, PC
- 54 | **Manic Depression** | By Joyce Abramson, RNMS
- 56 | **Live A Pain-Free Life** | By Raju Mantina, NCBTMB and Piret Tuisk, LMT
- 58 | **Mental Ease Offers a Content Heart** | By Linda Penkala, Author, LMT
- 59 | **The Light Is Not Illuminated Enough** | By Bertha L. White, MSW, LCSW-C
- 60 | **Hearing/Vision Loss, Alzheimer's and Acupuncture** | By Young Yi, LAc, OMD

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

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

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

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

*G. Scott Hunter, Editor-in-Chief*

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

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# 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 probably have every expectation that this stage of life and beyond will be active, fulfilling and productive.

Our skin is the largest organ in our body and the mirror of everything

inside. It's natural 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 cosmetic dermatology. 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 new article "The 6 Buzziest Treatment Launches

*Please see "Feel Your Best," page 63*

### Face the Future

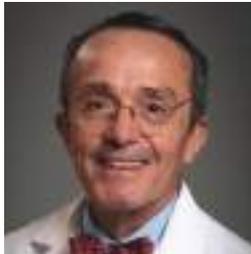
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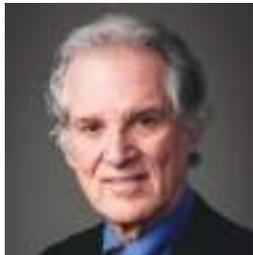
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Dr. Goldstein completed his residency in internal medicine at the University of Connecticut with two Commendations for Excellence in Patient Care, followed by a fellowship in hematology and oncology at the University of Connecticut. Dr. Cheson completed his residency in internal medicine at the University of Virginia Hospital and his clinical and research fellowship at New England Medical Center Hospital. He specializes in lymphoid malignancies and CLL.

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# Oregon State University Research: Hemp Compounds Prevent Coronavirus From Entering Human Cells

By Andrea Grant, Owner  
Bethesda Health and Wellness

Hemp is a dominant species in the cannabis plant, and it can be separated into both male and female plants. These plants have served a wide variety of purposes for more than 10,000 years. We get fiber from the plant's stems, protein from the seeds, oils from the leaves, and oils from the smokable flowers. Hemp

fibers can be used to make items including paper, clothing, textiles, rope as well as building materials.

## Hemp Vs. Marijuana

Hemp and marijuana (THC) are both derived from the cannabis plant; however, while marijuana comes from both the cannabis indica or cannabis sativa plant, hemp belongs solely to the cannabis sativa family. The effects of sativa and indica vary – the sativa

effect is described as focused, uplifting, and energizing while the indica effect is described as ultra-relaxing, sedating, full-bodied, and high.

There are approximately 113 cannabinoids found in the cannabis plant. Cannabinoids are a class of molecules that interact with the body. CBD and THC are two of the most abundant cannabinoids. Plant cannabinoids are made from cannabinoid acids – the major can-

nabinoid acids include CBDA, THCA, CBGA, and CBCA. When cannabinoid acids are exposed to heat energy or time, they lose the "A" part of the compound and turn into neutral, rather than acidic, plant cannabinoids. Therefore, they become CBD, THC, CBG, and CBC.

Findings of the study led by Richard Van Breemen, a researcher with Oregon State's Global Hemp Innovation Center, College of Pharmacy and Linus Pauling Institute, were published on January 10th in the *Journal of Natural Products*. Van Breemen and collaborators, including scientists at Oregon Health and Science University, found that a pair of cannabinoid acids bind to the SARS-CoV-2 (COVID) spike protein, blocking a critical step in the process the virus uses to infect people.

According to the press release, the study analyzed a range of plant-derived compounds used as dietary supplements including red clover, wild yam, hops and licorice using a mass spectrometry-based screening technique developed at Oregon State University. The compounds were ranked by their affinity to bind with the spike protein, and the two hemp-derived acids came out on top. The compounds are cannabigerolic acid, or CBGA, and cannabidiolic acid, CBDA, and the spike protein is the same drug target used in COVID-19 vaccines and antibody therapy. A drug target is any molecule critical to the process a disease follows, meaning its disruption can thwart infection or disease progression. According to Van Breemen, research showed the hemp compounds were equally effective against variants of SARS-CoV-2, including variant B.1.1.7, which was first detected in the United Kingdom, and variant B.1.351, first detected in South Africa."

"The benefit for preventing viral infection of cells must come from cannabinoid acids, which are heat sensitive and must not be smoked, or it would convert them to CBD and so forth," Van Breemen said. "So that wouldn't work for the antiviral effect." The effective forms are oil tinctures, capsules, brewing a tea with fresh or dried hemp flower. This can be done by boiling hot water and filling up a cup and then adding hemp flower to steep for 4-5 minutes. Water helps to extract acidic cannabinoids; Using water boiled to 212°F (100°C) for this short period of time will not significantly decarboxylate the acidic cannabinoids.

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# Happy – Healthy – New Year

By Toni Greene, Owner  
Happy Hour Yoga on Zoom!

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state of hypnosis, whether we like it or not.*



Toni Greene, Owner

The world is in a state of hypnosis. What is hypnosis? Hypnosis is a trance-like state, a state of being.

In this trance-like state the subconscious mind becomes heightened with awareness on different levels of feeling, emotions, breathing, talking, doing or just being. A trance-like state (imagining, remembering, daydreaming) is a state where suggestions are

being made to you either subconsciously or consciously by the thing that is causing the trance state.

The current trance word is CO-

VID-19...are you ready to be hypnotized?

Well, it does not matter, because we are in a state of hypnosis, whether

we like it or not. When we hear of the word COVID-19, we immediately go into a state, a trance, imagining, or even daydreaming.

In that trance our feelings trigger our emotions, which triggers our thoughts and fears about the pandemic. We immediately become heightened in our emotions, thoughts, and actions.

The CDC has made suggestions to us to be mindful of how we interact in today's world. The CDC has suggested we should all have the COVID vaccine. It is suggested to get booster shots to maintain the protection of the first COVID shots that were administered over six months ago.

Whether you believe in hypnosis or COVID-19 is a matter of choice. You can choose to be compliant (suggestion), or you can choose to be non-compliant (reject the suggestion).

During this new year be mindful and respectful of people's choices.

We have all been curtailed in our everyday activities and travel, however, we are now beginning to move about during this pandemic as if it's completely gone. News flash – it's still here!!! Keep in mind that a lot of people feel very strongly about their well-being. If you are planning on traveling, and mixing with friends, and family, it is suggested you wear face coverings and get your COVID shots.

Not getting shots or wearing face coverings is also a hypnotic state of mind. It simply means that you have rejected the suggestion.

As you can see hypnosis cannot make you do something you don't want to do. "You can take a horse to the water; however, you cannot make him/her drink." You can take someone for shots, but you can't make them get the shots.

You are right...it is a choice. Choices are made from your intellectual consciousness.

Suggestion...get your COVID shots. If not for you, for your loved ones. Let's continue to look forward to the new year of 2022.

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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 – perio-

dontists – 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 prevalent 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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# Feeling Beautiful Is Not Only Skin Deep

By Sherry L.H. Maragh, MD, FAAD  
Maragh Dermatology,  
Surgery & vein Institute

You don't have to live with stubborn fat areas or ugly leg veins. There are solutions available that will eliminate the need to hide those imperfections.

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

## SmartLipo Laser Body Sculpting

A revolutionary, minimally invasive treatment that helps to eliminate those stubborn areas of fat including that tummy pouch, the extra roll on your thighs, love handles, turkey neck, bra fat and back fat just to name a few areas that many people are frustrated by.

SmartLipo Laser Body Sculpting works by permanently destroying fat cells. This allows you to create the curves and contours ideal for your body without the concern of fat returning in areas treated if you maintain a healthy diet and exercise. You can finally have the body you've always wanted.

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

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

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

## You Don't Have To Suffer With Leg Veins

Spider veins are small superficial blood vessels that appear red or blue in the skin. They commonly occur on the legs, but can occur on other areas of the body. Larger dilated blood vessels,

called varicose veins, may appear raised above the skin surface. Varicose veins may occur with spider veins.

**Sclerotherapy:** The injection method for treating leg veins. One of several kinds of sclerosing solutions is injected directly into the vein with a very fine needle. The solution irritates the lining of the vein causing it to swell, stick together, and the blood to clot. Over a period of weeks, the vein

turns into scar tissue that fades, eventually becoming barely noticeable.

**Lasers:** Lasers can also be used to eliminate leg veins. Wavelengths of light are absorbed by the blood in the vein to destroy them. There are many types of lasers that can be used.

## Endovenous Laser Ablation

The newest technology available for the treatment of varicose veins. A small single needle incision is made

in the leg and a fiber is inserted into the varicose vein. The laser is activated and the vein is safely closed as the fiber is moved through the vein, gently heating it.

Once the vein is closed, the blood that was circulating through this vein is simply rerouted to other healthy veins and the varicose vein vanishes. Endovenous laser is minimally invasive and performed in your doctor's office.

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# Omicron Protection With Nutritional IV Therapy and Triple Immune Boost Shot

By Anthony T. Hardnett, DC  
effective Integrative Healthcare  
Chiropractor/Owner

If you're like most people your body probably doesn't get the nutrients it needs from food and supplements alone. This can leave you exhausted more often than not, and make your life so much harder than it needs to be – and leave you more susceptible to viruses like COVID-19 and the new omicron strain.

Social distancing and wearing masks is important, and those measures have certainly played a big part in keeping many of us healthy. But another point that can not be overlooked is that the best way to protect yourself from any germ, bug, or virus is to boost your own immunity by giving your body the key nutrients it desperately needs.

Nutritional IV therapy works by delivering the nutrients you are lacking directly to your body through an IV drip. IV therapy has been used in hospitals for many years, but it's now making its way to local clinics to treat an array of medical conditions. Nowadays it's as simple as going to your doctor's office, being hooked to an IV, and being provided with a custom combination of critical vitamins and minerals designed to help you and your body be your best.

## IV Therapy For Omicron Protection

It seems like everybody has COVID right now, vaccinated or not. The omicron strain is a real threat, spreading like wildfire. Give your body, and your immune system, the advantage it really needs right now. Various customized IV drips are available to help boost your immune system and overall health. They include a blend of IV fluids, vitamins, and antioxidants to cleanse your body and supercharge your immune system to fight off illness, which would be a good thing for just about all of us at this particular moment in time.

## Triple Immune Boost Shot

Another great way to give your immune system a helping hand is with a one-time immune boosting shot.

Triple immune injections combine three beneficial supplements into one powerful shot. They contain glutathione, zinc, and ascorbic acid – better known as vitamin C.

Glutathione is an amino acid and potent antioxidant that is essential to immune defense. It is the most abun-

dant free radical scavenger synthesized endogenously in humans. The lack or low level of glutathione is significant in acute and chronic disease.

Glutathione is required by the immune system for two important reasons: it protects host cells through its antioxidant mechanism and it provides optimal functioning of lymphocytes.

Unfortunately when glutathione is taken orally it is very poorly absorbed. Multiple studies have shown

no significant changes in biomarkers when participants took oral glutathione. When it is injected directly into the bloodstream via the triple immune shot it bypasses the gut entirely, and your body is able to absorb and use it to its fullest extent.

Ascorbic acid (vitamin C) is a strong antioxidant that contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune system.

Zinc is an essential mineral that contributes to immune defense by its role in the development and function of many immune processes. Supplementing with this mineral helps combat infections and aids wound healing.

Combined in a single injection, these three vital substances help to boost the immune system, improve metabolic functions, prevent illnesses, and ensure you feel your best no matter what!



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# Chiropractic and Diabetes

## The Surprising Connection



By Alicia Kovach, DC  
 Kovach Chiropractic

Do you know how many people born in the year 2000 will suffer from diabetes? The answer to this question is very disturbing. One out of every three men and two out of every five women born in the year 2000 will suffer from diabetes in their lifetime. Also diabetes is the fifth deadliest disease in the United States and is a growing epidemic.

How can chiropractic help? Chiropractic care can make a very im-

portant contribution to the wellness protocol that helps people diagnosed with diabetes. You may be asking yourself what the back has to do with all of this. If a person has an interrupted nerve supply from their upper neck or middle back (which are two areas that supply the pancreas) the pancreatic function suffers and does not function at 100%.

This reduction in function may be seen in its ability to produce enzymes to digest proteins, fats and carbohydrates, or maybe insulin production, or both. When this occurs blood sugar and digestion become unbalanced which results in either diabetes or hypoglycemia.

By allowing your chiropractor to remove the interference from your nervous system you can be reassured that your body will be performing at its maximum. Along with chiropractic adjustments your chiropractor may recommend changes to your

*Please see "Connection," page 28*

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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 cardiovas-

cular disease, an average of one death every 36 seconds.

Risk factors include a family history of premature coronary artery disease, tobacco smoking, hypertension, diabetes, obesity, and most famously, elevated cholesterol levels.

What is not generally known is that 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,

*Please see "Cardiovascular," page 56*

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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 progression 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

Please see "Hormones," page 66

## Diabetes and Oral Health



By Brenda E. Howard, DMD  
Blissful Dental

Periodontal disease is a chronic ailment that is also associated with an elevated level of systemic (whole-body) inflammation. Like diabetes, it may have wide-ranging consequences outside the mouth — possibly increasing a person's chance of experiencing major cardiovascular events (such as heart attack or stroke) or adverse pregnancy outcomes (low birth weight and pre-term delivery). So perhaps it's not surprising that a growing body of evidence suggests the two diseases are related.

#### Two Diseases With A Lot In Common

It has long been recognized that having diabetes is a risk factor likely to increase the severity of periodontal disease. That's because diabetes reduces the body's resistance to infection, making diabetics more susceptible to both bacterial and fungal infections. Likewise, evidence

Please see "Diabetes," page 62

If you have diabetes, it is particularly important to maintain excellent oral health. That's because diabetics are more prone to oral infections such as periodontal (gum) disease, which can result in tooth loss if left untreated. Conversely, the presence of gum disease can make it harder for people with diabetes to control their blood sugar levels.

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# MAT Program

## Assistive Telecommunications Equipment Provided By the State

By Maryland Relay/  
 Telecommunications Access of MD

Communicating by telephone is an important part of living an independent life. That’s why the Maryland Accessible Telecommunications (MAT) program offers a wide variety of solutions and tools, provided by the State, to support day-to-day communications. The MAT program is administered by Telecommunications Access of Maryland, a State agency located within the Maryland Department of Disabilities.

The MAT program is available to any Maryland resident who:

- has difficulty using a standard telephone;
- is 3 years of age or older;
- is certified as being Deaf, hard of hearing, Deaf-Blind, blind, low vi-

sion or having cognitive, mobility or speech-related difficulties;

- is on a fixed income, or is a recipient of at least one state or federal financial benefit;
- equipped with home phone service and high speed/WiFi

If you meet the above criteria, you may apply for the MAT program. Applications are available online at [mdrelay.com](http://mdrelay.com). Once your application is approved, you will be notified and given instructions to schedule a free evaluation at a MAT evaluation center near you.

During this evaluation, you will have the opportunity to practice dialing, answering and talking on several different pieces of equipment until the evaluator finds the solution that works best for you. Your evaluator will order your equipment and it will be shipped to your home within 4-6 weeks. Each device comes with personalized instructions for setup and use, and you may always contact your local MAT evaluation center for additional training and set-up.

A sampling of the solutions available through the MAT program includes:

- Amplified phones
- Captioned Telephones
- Ring signalers
- Phones with large and/or high contrast buttons
- Phones that talk when dialed
- Picture phones
- Phones that amplify speech
- Braille TTYs for people who are Deaf-Blind
- Hearing Carry-Over (HCO) phones
- Voice Carry-Over (VCO) phones
- Hands-free phones

If you do not qualify for the MAT program but would like to purchase equipment, you may also request a free evaluation at any MAT evaluation center.

To learn more, or to apply for the MAT program, please visit [mdrelay.org](http://mdrelay.org) or call 1-800-552-7724 (Voice/TTY) or 443-453-5970 (VP).

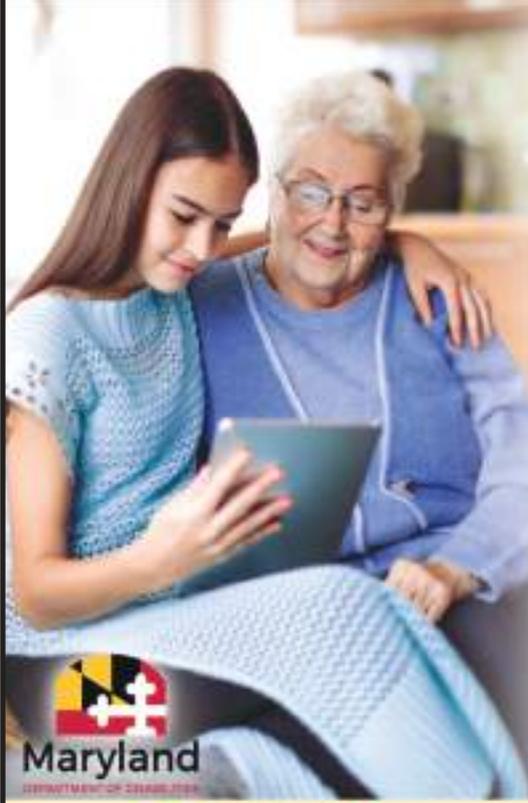
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# Your Hearing, Diabetes and Cardio Health



By Gina Diaz, AuD  
Freedom Hearing Center, LLC

There are a combination of risk factors that could contribute to your hearing loss. Two of the most common risk factors include diabetes and cardiovascular disorders.

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 sugars 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

*Please see "Hearing," page 62*

# Healthy Heart Month



By Tiffany Daniel  
Live To Day Wellness

The month of February has been nominated Healthy Heart Month. Why February? Could it be because it's the month of Valentine's Day, where the symbol is the red heart? Or could it have something to do with romance, chocolates and wine?

Ironically, romance, chocolates and wine are good for the heart too for various reasons, so why don't we celebrate Valentine's Day all month instead of heart disease? And why is it that heart disease plagues women

more so than men?

The American Heart Association created the Go Red for Women Campaign in 2003 to help increase the awareness of women's heart disease and studies. The month of February has been designated Healthy Heart month to focus on heart studies, check-ups and tests to learn more on preventing heart disease and heart attacks. However, the most common cause of death in women is still heart disease.

So let's talk about some of the things that can be done to help prevent heart disease in both men and women. This list is called the "Simple Seven" and it is very simple to maintain for your heart's sake.

Because the heart is a muscle, if these conditions are detected in time, they can possibly be prevented with daily physical activity, which increases your length and quality of life.

If you get at least 30 minutes of moderate physical activity each day, five times per week, you can almost

*Please see "Healthy Heart," page 62*



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Tiffany Daniel

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**Areas of Interest:** Healthy Eating and Regular Exercise

**Specialties:** Nutrition, Meal Planning, Weight Loss, Rehabilitation and Maintenance

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# Relief Is NOT Always a Good Start

By Jamiel S. Hafiz, LPA, LAc  
Highland Chiropractic and Patapsco  
Integrative Medicine and Rehab

Going for quick relief, many people create a cycle of chronic problems that could be avoided.

Whether it's just a wry neck, back pain when you sit, or even just an overall sense of "holding"...aches and pains can be distracting. Sometimes it's deadlines and worries that distract

from proper care, and sometimes it's fear of disease or treatment. As you get used to compensated postures, you only see it occasionally in the mirror -- ugh! Ultimately mood, patience, and self-appreciation suffer, and of course bearing this too long risks developing huge problems in the body and mind.

Simple floor stretches and exercises can take the edge off, and that is a good start. Massage can get blood back in tight muscles, and then they let down again temporarily. Some people

even "crack" their own neck or back, and that can give some temporary relief. The problem is relief is typically only temporary, as you are relaxing only the muscles that have been "able to jump in" and help compensate.

Those compensated areas are commonly joints (especially spinal) that more easily can "let go" because they themselves actually don't have a problem. They are just helping you "compensate" to make movements you need when other joints and

muscles are stuck.

When you relax those muscles, your body gets a relative rest from working overtime to guard movements. It feels good as your body can move a little better again, but unfortunately the same muscles quickly grab again because the problem joints are not corrected by simple muscle relaxation.

The other common "quick fix" is medications. Most anti-inflammatories and pain medicines can be effective to mask pain, yet it's like putting tape over a warning light in your car so you don't have to see it...asking for further injury and degeneration. Steroids are directly toxic to bone and cartilage, and they calcify (harden) muscle. In fact, the academies of orthopedics, rheumatology, and physiatry all concur that more than three injections per year risk degenerative joint damage and should be avoided.

*Going for quick relief, many people create a cycle of chronic problems that could be avoided.*

The other "quick fix" is bracing or joint replacement. Bracing can be used to re-train, but most use it just for relief, and it ends up weakening the joint. While joint replacements are a true blessing in certain situations, they can be done prematurely and unnecessarily. To tighten up loose and degenerated joints, there are options such as prolotherapy or PRP. Prolotherapy uses simple sugars that stimulate the body to thicken up ligaments of loose joints, and platelet-rich plasma (PRP) can stimulate complete healing of small tears or degenerated joints. And of course, high quality spine and extremity rehab is critical to re-pattern the joints and tissues.

So while relief can be the first thing we want when we are distracted by pain, it's wise to pause and consider that pain is a messenger and teacher. Your body and your life are not replaceable, so it's worth a professional consultation and treatment.

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# Embarrassed By Bad Breath? The Permanent Cure For Halitosis

By Richard A. Miller, DDS, Director  
National Breath Center

When you are close, do people rub their fingers under their nose? Cover their mouth? Cover their nose? Slightly turn their head? Offer you gum or mints? If you have seen these gestures, chances are you suffer from bad breath. And if the mouthwashes, mints, and gums don't work well any

longer, finally, there is a cure.

As you may already know, breath odor can smell like "rotten eggs," "feces," or even "dirty socks" and is caused by odors produced by bacteria that live in the coatings on the tongue. These bacteria form biofilms (coatings) that can only be removed by specialized and unique oral instruments invented at the national Breath Center. These Biofilm Removal Instruments® remove

the coating that causes bad breath – a painless process – and the odor-causing bacteria that go with it.

A biofilm is like a living organism with its own ecosystem – with live bacteria, food, debris, dead skin cells, and its own waste management system – your mouth. This biofilm attaches itself into the nooks and crannies on the top of your tongue, filling up the spaces between taste buds and



Richard A. Miller, DDS

## EMBARRASSED BY YOUR BREATH?



### Do People . . .

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- Rub Under Their Nose?
- Offer You Gums or Mints?
- Talk Behind Your Back?
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in many cases, covering them over. even antibiotics cannot penetrate it so they are not an option to eliminate bad breath. The only way is removal of the biofilm coating.

So, why don't mouthwashes, toothbrushes, or tongue cleaners work for serious bad breath? The reason is that the biofilm coating on the tongue is too thick to remove by scraping and too thick to be penetrated by mouthwashes. no matter the instrument used, it cannot reach into those microscopic nooks and crannies on the tongue surface leaving millions of bad breath bacteria to cause odors. In fact, the biofilm can be more than ¼ inch thick and doesn't cause any discomfort.

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One last thing. Most people cannot smell their own breath. It's just nature's way of allowing us to function without being aware of odors and some smells. And you might think that friends and family would tell you if there was a problem. Don't count on it. The closer you are to a person the more they get used to your breath. And most people are too polite to hurt your feelings. Halitosis sufferers get their cues from other people's actions, not their words.

So, if people react to you in close situations, you probably have noticeable bad breath. And morning breath that comes back later means your breath is bad enough to need treatment. either way, Tongue rejuvenation®, available exclusively at the national Breath Center for 30 years, is a painless technique that removes all the tongue biofilm and the odor. It will make you say goodbye to bad breath forever.

# Chinese Medicine For Chronic Low Back Pain



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

and degenerative disc disease.

According to traditional Chinese medicine theory, external factors such as extreme weather, injury, and excessive sexual activity, can lead to the block of Qi and blood, which is thought to result in low back pain if the block of Qi and blood is located at the lower back. Traditional Chinese Medicine (TCM) includes Chinese herbal medicine, acupuncture, moxibustion, cupping, scrapping, tui-na, qi-gong and exercises. Acupuncture and Chinese herbal medicine are the main parts of TCM.

## What Is Lower Back Pain?

Four out of five adults in the U.S. experience lower back pain at some point in their lives. Acute back pain lasts from a few days to a few weeks, but chronic back pain may last more than three months. There are many causes of lower back pain, but the most common causes are muscle strain

## Can Acupuncture Control Lower Back Pain?

Lower back pain limits activity and is the second most frequent reason for physician visits. Previous research shows widespread use of acupuncture for lower back pain. One meta-analysis

Please see "Back Pain," page 56

# Diabetic Wound Care



By Howard Horowitz, DPM  
Bowie Foot & Ankle

diabetes who develop a foot ulcer have an amputation. Research, however, 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

Please see "Wound Care," page 62



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# Minimally Invasive Foot Surgery

## Permanent Cure For Bunions, Hammertoes and Calluses

By Burton J. Katzen, DPM  
Metro Minimally Invasive  
Surgical Foot Care Centers

You only get one pair to last a lifetime, and most people will clock over 70,000 miles on a pair of feet in a 70 year life span. Mechanically, the feet are one of the most complex parts of the body. There are 26 bones, 30 joints, 19 muscles, and 107 ligaments in each foot. These structures

work together to allow the foot to move in six different directions to produce each complete step.

It has been estimated that 80-85% of the general population will suffer from a foot problem at some time in their life. In the past, many foot pain sufferers have avoided permanent cures, opting for periodic palliative care. In the long run, for the active person in pain, this may not be the treatment of choice. These visits

may be time consuming, expensive, and will not permanently cure a problem that may worsen.

### How Minimally Invasive Surgery Differs From Traditional Foot Surgery

Minimally Invasive Surgery (MIS) is a technique which enables a specially trained and certified surgeon to eliminate most bunions, hammertoes, corns, calluses, and spurs through a small incision often

requiring only one stitch, so no big scars. The procedures are performed with small specialized instruments with a diameter about the same size as a pen point. The bony structures are viewed during surgery by use of a Fluoroscope, so even though the incision is small, the surgeon can visualize the structures he/she is working on at all times during the surgery.

Unlike other surgeries, major factors associated with MIS are different. There is no hospitalization or deep general anesthesia required. The surgery is performed in a certified Ambulatory Surgical Center under local anesthesia with IV sedation administered by an anesthesiologist or a certified nurse anesthetist, so the patient will experience no pain before or during the surgery. Following the surgery, the patient will leave walking, be instructed to go directly home and remain off the foot other than ambulating to the bathroom for 2448 hours. The recovery time, and post-operative pain, swelling, and risk of infection is usually diminished with MIS due to the small incision, less exposure time, and lessor amount of soft tissue dissection and trauma to the structures. With some procedures, patients are often able to return to sedentary jobs in 23 days.

**Etiology** The most common cause of bunion deformities is believed to be a combination of hereditary tendencies and biomechanical imbalances. For example, excessive pronation, commonly referred to as flat-feet, places excessive stress on the inside of the big toe during toe-off forcing it into a valgus direction toward the smaller toes. As the bunion develops, the head of the metatarsal bone enlarges, becomes more prominent, and is irritated by the shoe. This can be demonstrated with the hand by holding the palm flat against a table and slowly bending the hand and watching the knuckles become more prominent.

**Treatment** The first choice in the treatment of bunion deformities is to discover them early in life so a conservative, mechanical approach may be used. This may include orthotics or a minimally invasive flatfoot correction, which will be discussed in a later issue. However, once the great toe is deviated and the metatarsal bone becomes prominent enough to be symptomatic in shoes, the only permanent cure is surgical correction, which in the majority of the cases can be done through the minimally invasive technique.

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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

*Please see "Surgery," page 62*

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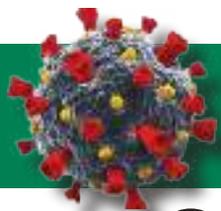
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# COVID-19 Update

## Omicron, Delta, Alpha What Have We Learned?

Now that we are in the midst of the latest surge in COVID, the word “omicron” has become a household term. And to think, a month ago hardly anyone in the U.S. even knew that omicron was part of the Greek alphabet. The world has essentially survived the original disease and delta, and will undoubtedly survive this one too, albeit with the tragic loss of many lives.

But, what have we learned?

One of the biggest mistakes of the scientists and especially government leaders is the failure to tell people in the very beginning that the likelihood of encountering variants is a practical certainty. This is what always happens with viruses. And, there will be more!

With millions of gene pairs, they will mutate and alter the original strain to some degree virtually all the time.

So that government leaders act like this is a surprise, is a bit startling. They have to know this and understand this. The doctors and scientists certainly understand this.

To draw an analogy, think of humans. Each person is essentially a variation of the other humans. No two are the same. Every time there is a new child, it's different from all the others. But, they are all so similar. For the most part, they react the same way to most things, they breathe the same, they have the same parts, they even look the same, but they are all different.

Scientists in the very beginning of COVID-19 were more realistic and painted the grim picture that a lot of people would be infected and millions would die from it. The panic and anxiety that followed may have saved some lives and probably did,

depending on how you look at it, but facts are facts, nature is nature, and science is science. Look how hard the entire world has fought this virus, and still millions of people have died.

What we have to understand is we're fighting a virus that is very transmissible, and lethal to many people. It will continue to mutate. There will continue to be variants. They could come as often as every month.

What we have to take away from delta, and now omicron is that there are going to be variants. Be prepared. Have a strategy for the long-term not just panic every time a new variant comes along or a spike happens.

The next variant is probably right around the corner. If we aren't thinking ahead, then all that's left is to react. It is always better to be proactive and have a strategy. Where is it?

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## PRACTICE

FROM PAGE 4

that could result from the allocation of the purchase price. Negotiating the purchase price is only the beginning of negotiations, not the end. A novice buyer or an attorney that is not experienced in these types of deals could make mistakes that could result in substantial tax consequences. For example, attorneys who are not adept in handling legal matters for medical and dental practices may not be familiar with credentialing of physicians and dentists with insurance companies, which could lead to substantial losses for a buyer immediately after the Closing due to their lack of ability to accept patients from those insurance companies.

The last step in the process for buying a medical or dental practice is the Closing. It comes after all other steps such as the letter of

intent, the purchase agreement, due diligence, etc., and it is when the transaction is finally consummated. It is worth mentioning that even prior to COVID our office has been handling these transactions 100% electronically.

Much like the Closings for purchasing houses, the Closings in practice transitions involve certain documents that require the parties' signatures. These documents include a Settlement Statement, Bill of Sale, Lease Assignment (if the practice's premises are leased), and a Professional Service Agreement for the transition period (if agreed by the parties). Depending on the terms of the Asset Purchase Agreement, the parties may be required to exchange and/or sign certain other documents based on the terms of the purchase agreement.

## CONNECTION

FROM PAGE 16

diet and exercise routine. All of these things combined will allow you to hopefully avoid this growing epidemic.

So the next time you hear your family or friends talking about diabetes ask them if they have recently visited their chiropractor.

# The Serious Side Effects Of TMJ Disorder



By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

Although there is a connection between TMJ disorder and other disease processes, the explanation of how this works may take a little time. When a person has displaced or slipped discs in their jaw joints, this can and will cause head and neck pain, tremors, tinnitus (ringing in the ears), vertigo, and sleep disordered breathing. The SDB (Sleep Disordered Breathing) often comes about due to the pain caused by the slipped discs. This is just like if you found out about a slipped disc in your lower back and how this can be the source of so much pain. So many people suffer from slipped discs in their jaw joints, yet they are not aware that this can be the cause of so many other problems.

Oftentimes, by the time the person meets up with the right TMJ doctor, they have already been to many specialists – the ENT, DO, PT, PCP, etc. and have been told that all is well, all is good. In order to really figure out if there is a TMJ problem, it is necessary to do an MRI of the jaw joints and view what those discs – the articular discs – are doing. In almost all cases of head and neck pain, those pesky little discs are slipped out of place, and they are pinching upon the nerves that are prominent in the joint. The temporomandibular joint is amazingly full of nerves and blood vessels, in fact so much that the slightest displacement can cause severe pain in a person.

One of the problems with this TMJ pain is that sleep is often compromised because the person wakes up frequently and this disrupts the normal cycle of recuperative sleep. Deep sleep is critically important to the healing process of our bodies. Without it, inflammation sets in, and this leads to a lack of ability for the cells to repair

and this leads to more pain which leads to less sleep, and you get the picture.

The research on this is quite clear. If you do not sleep well, your body breaks down at a faster rate which leads to cardiovascular problems, diabetes, and even other disease processes like cancer. Unfortunately, if this vicious cycle is not identified and

broken, it just keeps getting worse as the years go by. Even obesity is directly correlated to poor sleep – sleep apnea prevents our bodies from making the hormones we need to control our eating habits and we lose control and end up terribly overweight. Again – this is a vicious cycle that is very difficult to break unless you identify

it early enough.

The message here is that if you think you might have a TMJ problem – jaw clicking/popping, headaches, neck pain, dizziness, or even an unbalanced bite – get it checked by someone who understands TMJ disorders and can help you get a handle on the problem. Do it early and do it right.

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- **Head, Neck and Shoulder Pain**
- **Migraines**
- **Craniofacial Pain**
- **Sleep Apnea**
- **Orthodontics**





**Jeffrey L. Brown, DDS**

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



*"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

**For more reviews, search "Sleep & TMJ Therapy" on Google!**

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# Missing Multiple Teeth?

## Full Arch Treatment Options



By Judy Yu, DMD, MBA  
Dental FX

lower or upper jaw. There are more options available now than ever for full arch treatment.

### Removable Dentures

Before the introduction of dental implants, people who were missing many teeth and needed a full arch replacement had few options aside from unstable, ill-fitting and uncomfortable dentures. Dentures often require adhesives, which can be unpleasant and fail to come close to initiating the form and function of natural teeth.

The upside is that dentures are relatively inexpensive, and they are easy to remove and clean.

### Four Implant Overdenture (Snap On/Removable)

Stabilized overdentures look like traditional, removable dentures. However, there are four locators on

*Please see "Multiple Teeth," page 62*

A dental arch is either the top or bottom set of teeth in your mouth. When all or many teeth are missing or get to a stage where substituting them is recommended, then a full arch replacement becomes necessary. This can replace a full arch, either in the

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Dr. Angel Wood is a Chinese Medicine Doctor who specializes in Integrative Natural Medicine that deals with gastroenterological disorders. She has created a line of products that helps to re-balance the intestinal flora, while assisting in supporting the immune system.



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

# A Reason To Smile Again

## All-On-Four Dental Implants

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.

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 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 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

## All-On-4: Same Day Smiles



## Missing Teeth or Tired of Wearing Dentures?

Thanks to advances in dental implant technology, just **four implants** can replace all of the teeth on the top or the bottom of your mouth.

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# Featured Health Professionals

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## Karl A. Smith, DDS, MS

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### Meet Periodontist, Karl A. Smith, DDS, MS

Dr. Karl Smith specializes in periodontics and implantology. As a periodontist, Dr. Smith specializes in treatment of gum disease, the maintenance of periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the doctor or dentist, we strive to make your visits with us as comfortable and pleasant as possible. We strongly believe that our patients' comfort is an important part of quality dental care.

Dr. Smith believes that your right to choose a dentist is an important freedom. We work closely with your dentist, but a referral by a dentist is not required to visit our office. We also welcome referrals from patients and friends of the practice. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist.

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and professionalism of his office and patient-oriented staff. He is consistently rated by his peers as a Top Dentist 2012-2021 in *Virginia Living*, *Washingtonian Magazine*, and *Northern Virginia Magazine*.

#### What To Expect On a Visit With Dr. Smith:

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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Mention: **DRSmithMD0222**

### Degrees, Training and Certificates:

Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. After graduation immediately entered 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 after four years of reserve and fifteen years of meritorious world-wide active duty service in 1996. Fellowship in the Academy of General Dentistry and in DOCS, a sedation organization for dentists.

[www.DrKarlSmith.com](http://www.DrKarlSmith.com)

## Rishi R. Sood, MD

6915 Laurel Bowie Road  
Suite #101  
Bowie, MD 20715

**301-622-5360**

**Satellite Office:**  
7610 Carroll Avenue  
Suite #360  
Takoma Park, MD 20912



**D**r. Rishi R. Sood, MD is an Interventional Radiologist in Maryland, District of Columbia and Virginia. He received his medical degree from George Washington University School of Medicine and has been in practice for less than 3 years.

Dr. Sood, MD performs a Uterine Fibroid Embolization. This procedure is Nonsurgical and is used to block blood flow to fibroids, causing them to shrink.

It is a Minimally invasive procedure performed through a needle sized hole in your wrist or thigh.

There is no general anesthesia required and is performed as an outpatient procedure (typically within 45 minutes). The procedure does require 3-5 days for recovery and it preserves the uterus.

Dr. Sood, MD prefers the Uterine Fibroid Embolization over the traditional Abdominal Hysterectomy that surgically removes the uterus.

Dr. Sood, MD feels the Uterine Fibroid Embolization is a less invasive surgery that does not leave any scars.



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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Jeffrey L. Brown, DDS

### TMJ & Sleep Apnea Treatment



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**703-821-1103**



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 Gnathological 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.*

[www.SleepandTMJTherapy.com](http://www.SleepandTMJTherapy.com)

## Alicia Kovach, DC

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### Meet Dr. Alicia Kovach

**Degrees/Training:** Graduate of Palmer College of Chiropractic, DRX Training, Activator, Myofascial Release, Board Certified Physical Therapy and Webster Certification. Trained in the Thompson Technique, as well as in the latest evidence based Chiropractic treatments for Pediatric and Pregnancy Care

**Associations:** Maryland Chiropractic Association, International Chiropractic Pediatric Association

**Areas of Interest:** Maternity Care, Pediatric Care, Worker's Compensation, Personal Injury, Spinal Decompression for Herniated Discs

#### Pregnancy and Chiropractic

Regular chiropractic care is an integral part of the prenatal and postpartum care during pregnancy. It helps keep mom feeling good and assists her in coping with the physical stresses of an ever changing body.

#### Infants and Chiropractic

Chiropractic is a holistic approach to the treatment and management of health conditions. Chiropractic care encompasses a wide variety of safe, natural and noninvasive treatments. This includes chiropractic spinal adjustments, exercise and stretching programs, diet and nutritional counseling, soft tissue techniques, to name a few. In experienced hands, chiropractic care can provide your infant, child or adolescent with a lifetime of health and happiness.

#### Scoliosis in Children

Scoliosis is the lateral deviation of the spine and affects not only adults, but more commonly affects children and adolescents. The goal is to eliminate discomfort and prevent progression of the lateral curvature. If the curvature continues to progress severe spinal deformity can occur resulting in physical disability and cardiovascular compromise.

#### Sports and Children

Sports and regular physical activities not only serve as fun-time for children and teens, but more importantly, improves their overall health and wellness status while promoting a healthy lifestyle which they can carry into their adulthood years.

#### Nutrition and Children

The rate of childhood obesity has been rising significantly over the last 30 years. Studies have shown that obesity in childhood dramatically increases the odds of obesity in adulthood, a condition which compromises health and overall well being. Obesity is a difficult condition to treat as it requires a very high level of self-discipline in order to overcome. It is thus especially important to prevent obesity from occurring during childhood or seeking immediate and effective treatment if it does exist.

#### Children and Chiropractic Care

Dr. Kovach works collaboratively with the care team for the youngest of patients, and takes great pride in ensuring that they receive the best treatment. She has completed training with the International Chiropractic Pediatric Association (ICPA) and is truly passionate about treating the whole family at all stages of life. If you have any questions or would like more information on the services Dr. Kovach provides, please feel free to contact the office at 410-697-3566.



[www.KovachChiropractic.com](http://www.KovachChiropractic.com)

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Robin R. Robinson, AuD

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

**410-672-1244**

1413 Annapolis Road  
Suite #104, Odenton, 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**



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.



[HearSolutions.com](http://HearSolutions.com)

## Tara White, President



1201 N. Orange Street  
Suite #7581  
Wilmington, DE 19801

**302-295-0511**



### Meet Tara White

Cardiac arrest occurs when the heart suddenly stops beating and can lead to death if immediate action isn't taken. When a person is in cardiac arrest, blood is no longer able to flow to the brain and other vital organs. This can be caused by certain heart conditions and many other risk factors. According to the American Heart Association, over 70% of those cardiac arrest take place outside of the hospital, of which a staggering 90% of the victims die.

Tara White knows the devastating effects of cardiac arrest all too well. While traveling to Disney World with her family, her uncle choked on a hot dog, which led to him going into cardiac arrest and needing CPR and defibrillation. After five days in the hospital, he passed away. This was the catalyst for a crusade for Tara to learn CPR and then teach as many people as she possibly could, so they would never have to feel the feeling of helplessness that overcame her.

In a time when 47% of Americans have high blood pressure, 42.4% are obese, 21 million Americans have some sort of substance abuse issues, the overdose rates have tripled over the past thirty years, and heart disease is the number one leading cause of death in this county; it is more important than ever that citizens are CPR trained, have access to and know how to use an AED. The likelihood that a person who experiences cardiac arrest will be at home, in their community, or anywhere other than the hospital is great.

Recognizing that there are communities that Socioeconomics impacts the chance of surviving a cardiac arrest in lower income communities, Tara founded the Touching Hearts Project, a nonprofit established to address this issue. The Touching Hearts Project's mission is to raise the percentage of lay-responders who are CPR trained and provide equal access to AEDs in every community. The organization provides AED units to at-risk communities and free CPR training to those who can't afford it and, most likely, need it the most. Their website, [www.thetouchingheartsproject.org](http://www.thetouchingheartsproject.org), provides information about their initiative and opportunities for citizens to contribute any size donation to help save lives by ensuring that everyone is trained.

#### Certifications:

- American Safety and Health Institute Active Violence Emergency Response Training Instructor Trainer
- American Safety and Health Institute FA/CPR/AED Instructor Trainer
- American Safety and Health Institute Basic Life Support Instructor
- American Red Cross FA/CPR/AED Instructor Trainer
- American Red Cross Basic Life Support Instructor Trainer
- American Red Cross CPR for the Professional Rescuer Instructor
- American Red Cross Emergency Medical Response Instructor Trainer
- American Red Cross Babysitting Training Instructor Trainer
- American Heart Association Basic Life Support Instructor Faculty
- Nationally Registered Emergency Medical Technician (EMT)
- EMT for the State of Delaware



[www.TheTouchingHeartsProject.org](http://www.TheTouchingHeartsProject.org)

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Renee Bovelleville, MD

Ophthalmology



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## Meet Dr. Bovelleville

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.

Deana Moody, DDS

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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

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## Susan D. Rich, MD, MPH, DFAPA

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Is your child or teen struggling at school, home or in the community? Dr. Susan Rich is a child/adolescent & adult psychiatrist specializing in diagnosis and treatment of complex neuropsychiatric and neurodevelopmental conditions, such as Fetal Alcohol Spectrum Disorder (FASD), childhood attention deficit hyperactivity disorder, high functioning autism, and anxiety in children, adolescents, and young adults. Neuropsychiatric conditions often co-occur with neurodevelopmental issues and childhood trauma leading to issues with emotional regulation, social interactions, and sensory systems.

Dr. Rich identifies strengths and challenges for children, adolescents, and young adults to help improve adaptive and executive functioning through tailored school, family and community supports. Her innovative and traditional approaches include use of medication/psychopharmacology, mindfulness, cognitive/dialectical behavioral and holistic approaches to promote health and well-being.

**Book and Articles:** Dr. Rich has authored several book chapters and articles, such as "Executive Dysfunctions and the Sleepy Secretary of ADHD." She is an internationally renowned speaker and book author of "The Silent Epidemic" - a book about the hidden pandemic of neurodevelopmental disorder associated with prenatal alcohol exposure affecting 1 in 20 US kids ([www.prenatalalcohol exposure.com](http://www.prenatalalcohol exposure.com)).

**Honors & Awards:** Dr. Rich is recognized as Distinguished Fellow in the American Psychiatric Association; one of America's Top Psychiatrist's in 2014 and 15 by the Consumer's Research Council of America; Washingtonian Magazine's 2018 The Face of Child and Adolescent Psychiatry; and a 2020 Top Psychiatrist in Maryland by Top Doctor's Magazine. She served as past President of the Child & Adolescent Psychiatry Society of Greater Washington and was selected as 2015 Potomac Citizen of the Year for her community service related to environmental conservation and FASD prevention.

**Subspecialties:** Neuro-developmental Disorders, Anxiety disorders, Prenatal Alcohol Exposure, Fetal Alcohol Spectrum Disorder, ADHD, and early childhood mood disorders.

Dr. Rich is a fee-for-service provider and does not participate with any insurance plans at this time.

[www.SusandRich.com](http://www.SusandRich.com)

## Pauline Belton, LCPC-S, BCHT, ED.D.

Mental Health



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## Bertha L. White, MSW, LCSW-C

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### Meet Bertha L. White

Bertha L. White is the President and CEO of Agent Of Change, LLC, Mental Health Services and Resources. She is a Licensed Certified Social Worker - Clinical, (LCSW-C) in the state of Maryland. Bertha earned her Bachelor of Psychology at the University of Maryland-European Division while traveling abroad with her military family. She earned her Master of Social Work at the University of Maryland-Baltimore.

With over 20 years' experience, Ms. White founded Agent of Change in 2009, to promote her vision of a premier Mental/Behavioral Health Agency in the Southern Maryland Region. We exist to provide qualified support and interventions that positively impact personal growth and wellness. We recognize the journey to making necessary changes to overcome life's obstacles can be difficult, but be encouraged.

Ms. White specializes in: Child, Adolescent, and Adult Psychiatric Diagnostic Evaluations, diagnosing, and treatment of a wide spectrum of Mental Illnesses and Behavioral Health conditions. She is a Certified Clinical Trauma Professional and Certified Dialectical Behavioral Therapist. Often, the focus of clinical attention is past and current circumstances that don't meet diagnostic criteria. Yet, these circumstances still impact life with feelings of brokenness. At Agent of Change, we strive to support life that's more mentally, emotionally, physically, and spiritually balanced. We promote community organizing, advocacy, social awareness efforts and program development, and are in partnership with community resources and programs.

Ms. White remains "faithful, humbled, and dedicated to her efforts to be an agent of change."



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## Beth Albaneze, MA, CTRS, CPRP

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Beth Albaneze, owner  
of House Calls Total  
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team provide a unique  
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House Calls Total Wellness is an award-winning program in the metro Maryland, DC area including nationwide online resources that arranges a variety of specialized behavioral health services designed for children to senior citizens starting in the comfort of one's home or location that the client chooses. The aim of House Calls is to provide a one-stop shop for whatever mental health-related service a client may need.

Whether your child has severe anxiety, a parent is moving to a senior facility or needing to remain safe with supports or your family member has a relative that is isolated for a variety of reasons, House Calls can help. Our team of specialists provide counseling and/or coaching, act as an advocate on your behalf when preparing for school accommodations and acquiring resources, the team creates specific recreation/socialization objectives and help individuals with organization challenges to name a few. Clients don't have to travel to a bunch of locations, identify and enroll in a variety of unrelated programs, and wonder how to pay for them. Whatever the need, House Calls' team of professionals can help clients navigate these complex, emotional paths with fees negotiated just for that client. Beth and her team of specialists assist family members in making difficult decisions about their loved ones and strive to keep the family stabilized by reducing fears with creative alternatives.



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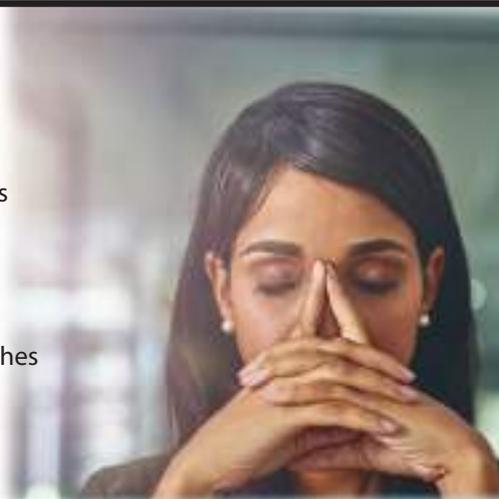


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# Cesarean Section Defects and Subsequent Fertility



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Cesarean sections are usually done in over 20% of deliveries globally. In the U.S., nearly a third of deliveries are by cesarean.

In the three years following childbirth, women who delivered their first child by cesarean had lower rates of conception after unprotected intercourse, and fewer of these women had a second child than those who delivered vaginally.

There can be sequelae from ce-

sarean delivery on subsequent ability to conceive. These sequelae are magnified in the presence of a cesarean section scar, also called a niche.

Niches are observed in 50-60% of women following a cesarean section. Several factors have been shown to be associated with the development of a cesarean section niche, such as diabetes and smoking, which can contribute to poor healing of tissue.

Cesarean section niches can result in a spectrum of disorders starting with cesarean scar ectopic pregnancy, to increased incidence of placenta previa and uterine rupture associated with major maternal morbidity, and even mortality. Cesarean section niches collect menstrual blood, resulting in abnormal peri-menstrual bleeding or spotting. They also cause pelvic pain, painful menstruation, and dyspareunia. The accumulation of blood in this area may also negatively affect the quality of cervical mucus and semen, as well as interfere with semen transport.

*Please see "Cesarean," page 63*

# Food Sensitivity and Food Intolerance



By Thomas K. Lo, DC  
Advanced Chiropractic Center

**What Is a Food Sensitivity?**

Some health problems cause the same symptoms as food allergies, but are really food sensitivities. This can make it hard to know for sure whether you have a food allergy.

Food sensitivities can cause symptoms similar to allergies, but reactions are slower and milder. It can take hours or even days before symptoms appear.

Immunoglobulins A, G or M (IgA, IgG, IgM) are often involved.

Sensitivities may contribute to chronic conditions such as fibromyalgia, chronic fatigue, arthritis, depression, sinusitis, GERD (gastro esophageal reflux disease), migraines, irritable bowel syndrome, attention deficit disorder (ADD), rashes, lactose intolerance, and more.

Inadequate digestion or digestive disturbances like inadequate digestive enzymes or damaged intestinal walls with increased intestinal permeability are often involved.

*Please see "Sensitivity," page 65*

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## **KEITH P. MYERS, MD, DC**

Keith P. Myers, MD, DC graduated from Chiropractic College in Kansas City and practiced as a Chiropractor for several years before joining the US Army. He attended the Uniformed Services University of Health Sciences School of Medicine in Bethesda, 2002, and went on to do residency training in Physical Medicine and Rehabilitation at Walter Reed Army Medical Center. He is Board Certified in Physical Medicine Rehabilitation and subspecialty Board Certified in Brain Injury Medicine.

**Professional Memberships/Associations:** Retired US Army Medical Officer/LTC, American Assoc. of Medical Acupuncture, and American Assoc. of Orthopedic Medicine. Dr. Myers has had extensive experience treating musculoskeletal injuries and other complaints in our nation's wounded warriors as well as military retirees and dependents. He was in charge of the amputee service at Walter Reed National Military Medical Center for many years and has taken care of Traumatic Brain Injury patients at NiCOE. He retired from the military in 2021 after 26 years of service and entered civilian practice. Dr. Myers also has trained in and practices Medical Acupuncture. Dr. Myers is committed to quality comprehensive care for patients and has worked closely with Physical Therapists and Chiropractors throughout his career. He brings a unique perspective to the office as well as his expertise in musculoskeletal medicine.



## **ANDREW RILL, DC**

Dr. Andrew Rill is a native of Maryland, growing up in Westminster. He attended Elon University where he was a member of the men's club lacrosse team and Kappa Alpha Order Fraternity. As a member of Kappa Alpha Order, Dr. Rill dedicated his time to raising money for the Muscular Dystrophy Association. Dr. Rill also spent time volunteering at the Boys and Girls Club of Burlington, NC. He graduated from Elon in 2009 with a BS in Exercise and Sport Science. Dr. Rill then attended Palmer College of Chiropractic, Florida Campus where he earned his Doctor of Chiropractic degree in 2012. While at Palmer, Dr. Rill had the opportunity to work with a wide range of patients including USA Track and Field Team members who competed in the 2012 London Olympic games.

Dr. Rill is excited to bring his knowledge and passion for conservative, natural healing to the Rockville community. In his free time, Dr. Rill enjoys spending time with family and friends, and tries to play as much golf as possible.



## **DORIAN WALKER, DPT, CMTPT**

**Degrees, Training and Certifications:** Dorian went to Ramapo College of NJ for undergrad and University of Medicine and Dentistry of New Jersey for Physical Therapy school.

Dr. Walker has worked as a Physical Therapist for 13 years! She has been with Pain Arthritis Relief Center since March 2021.

She specializes in Dry Needling and she LOVES treating knees and shoulders.

She is a HUGE New York Giants Fan.

Dr. Walker loves the Pain Arthritis Relief Center Team environment and having multiple specialties to collaborate and learn with!



## **RENEE SIRULNIK, PTA, FMT**

**Degrees, Training and Certification:** BS, English, Communications/Public Relations for Healthcare - James Madison University, and AAS, Physical Therapist Assistant, Montgomery College

**Certifications/Training:** Functional Movement Training (FMT) Basic and Advanced, Kinesiology taping Certification, Myofascial Cupping Certification, VM1 - Visceral Manipulation 1, Neufit Level 1 and 2 Certified Practitioner, HeartMath Certified Practitioner, Color Mapping PainLess Dry Needling, and Reiki Master.

**Professional Memberships/Associations:** AMTA and ABMP

**Areas Of Interest:** Soft tissue work, cupping, taping, posture and alignment, functional exercise interventions, stress management, holistic and integrative health



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# Disenfranchised Grief

## And Why Professional Caregivers Experience It



By Jessica Whittemore  
LCSW-C, APHSW-C  
Hospice of the Chesapeake

When shopping for a sympathy card, you'll find cards for loss of parents, spouses, children, even friends. There probably wouldn't be a card for "loss of your favorite resident." Especially in the last two years, the need for that card is just as great as the

need for conventional sympathy cards.

Professional caregivers, which include certified nursing assistants, nurses, social workers, physicians and others, regularly experience loss like the rest of us but often on a larger scale. It can be downplayed not only by society but also among their professions because it is to be expected.

This kind of loss is often called disenfranchised grief. It is a type of grief that doesn't really fit in with the larger society's view about death and loss. Because of that, people experiencing it will find difficulty getting the support they need to cope with that grief. But just because it's part of the job doesn't make that loss any less real.

The largest element of disenfranchised grief caring professionals face is when their patients die. Imagine you're a CNA at an assisted living center. Every weekday morning for the last four years, you wake Ms. Smith, help her dress and then bring her down to the dining room for breakfast. Then one morning, you learn she died the night before.

Society views that as, "Well, it's your job. You work in assisted living. Don't you expect this?" The answer is yes but that doesn't mean it hurts any less. In fact, they may already feel physically, emotionally and mentally burnt out. With the pandemic, there has been more loss than many caregiving professionals have ever experienced.

Just as professionals should expect loss is part of the job, they should also be allowed to grieve. Perhaps the team could hold a monthly memorial service to honor residents who have died or include a time during team meetings to share memories of residents who have passed. It's important to find even just five minutes to take a mental health break each day, whether it's a walk around the building or using a guided meditation app in the quiet of one's car.

Self-care is important, but that shouldn't replace professional counseling for those who feel overwhelmed by disenfranchised grief. People can seek confidential help through their company's employee assistance program. If there isn't an EAP available, Maryland residents can call 211 or visit [211md.org](http://211md.org) to find mental health resources.

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# Essential Oils and Acupuncture



By Brittney de vicq, MAC, LAc  
Brittney de vicq Acupuncture

example, lavender, a well known essential oil, can be used for a variety of ailments. Lavender has a pleasant pungent odor and when used on the appropriate acupuncture points it can calm headaches, relieve muscle spasms and alleviate anxiety. The quality of the Lavender essential oil is relaxing and cooling. It moves the physiological symptom through the acupuncture point and meridian as opposed to suppressing it.

The essential oil can be applied on an acupuncture point during an acupuncture treatment. A small drop of oil is applied topically on one or more points as part of the acupuncture treatment. Essential oil blends can also be custom made for a client so that they may use the oils at home to continue the treatment. The acupuncturist can create a custom blend of several different oils specific to the client's health issue and then the client can apply the oil twice a day for usually two weeks.

It is very important to work with an acupuncturist who has received proper training in using essential oils in relationship with acupuncture. It is also important to use essential oils that have been made using the highest standards. The quality of the oil is paramount to receiving a good effect from the treatment.

Essential oils are an ancient and recently popular modality used in holistic healing. The tradition of using essential oils in healing can be found around the world in many ancient cultures. Recently there has been a surge in the interest of using essential oils for physical health and emotional well being.

Acupuncture and essential oils make a wonderful combination. The use of oils on acupuncture points and meridians can create a profound healing experience. Each oil has an energetic quality and when they are paired with the appropriate acupuncture point they can create a powerful healing response.

The essential oils can be used to relax, stimulate, warm or cool. For

## Important Reasons For Detoxification

ing in detoxification. However, the major reasons are for rejuvenation, boosting energy, and optimizing the health status.

There are so many things that are introduced into our daily lives that destroy these bodies that we live in. Now, in our current situation, a well-designed detox program that aims to boost and restore your immune system, as well as cleanse your lymphatic system and give your cells a good total body cleansing is helpful in many respects to optimize health.

Various types of detoxification methods are practiced around the world for some important reasons other than weight loss, such as:

Please see "Detoxification," page 66



By Venetta Kalu, LDN, CNS, ND  
Path Of Life Healing Center

Now is the time to start working on detoxing not only to prepare for unveiling the body during the summer show-and-tell season, but to also boost health and immunity. There are many reasons for engag-



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# Foot Health: Steps For People With Diabetes



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

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

*Please see “Diabetes,” page 65*

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.



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Dr. Greene was featured on the Oprah Winfrey Network mini-series Unfaithful, working with couples who have had infidelity issues to heal and save their marriages.

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## The Silent Dental Disease



Submitted by E. Taylor Meiser, DDS  
Lighthouse Family Dentistry

chronic lung diseases such as chronic 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.

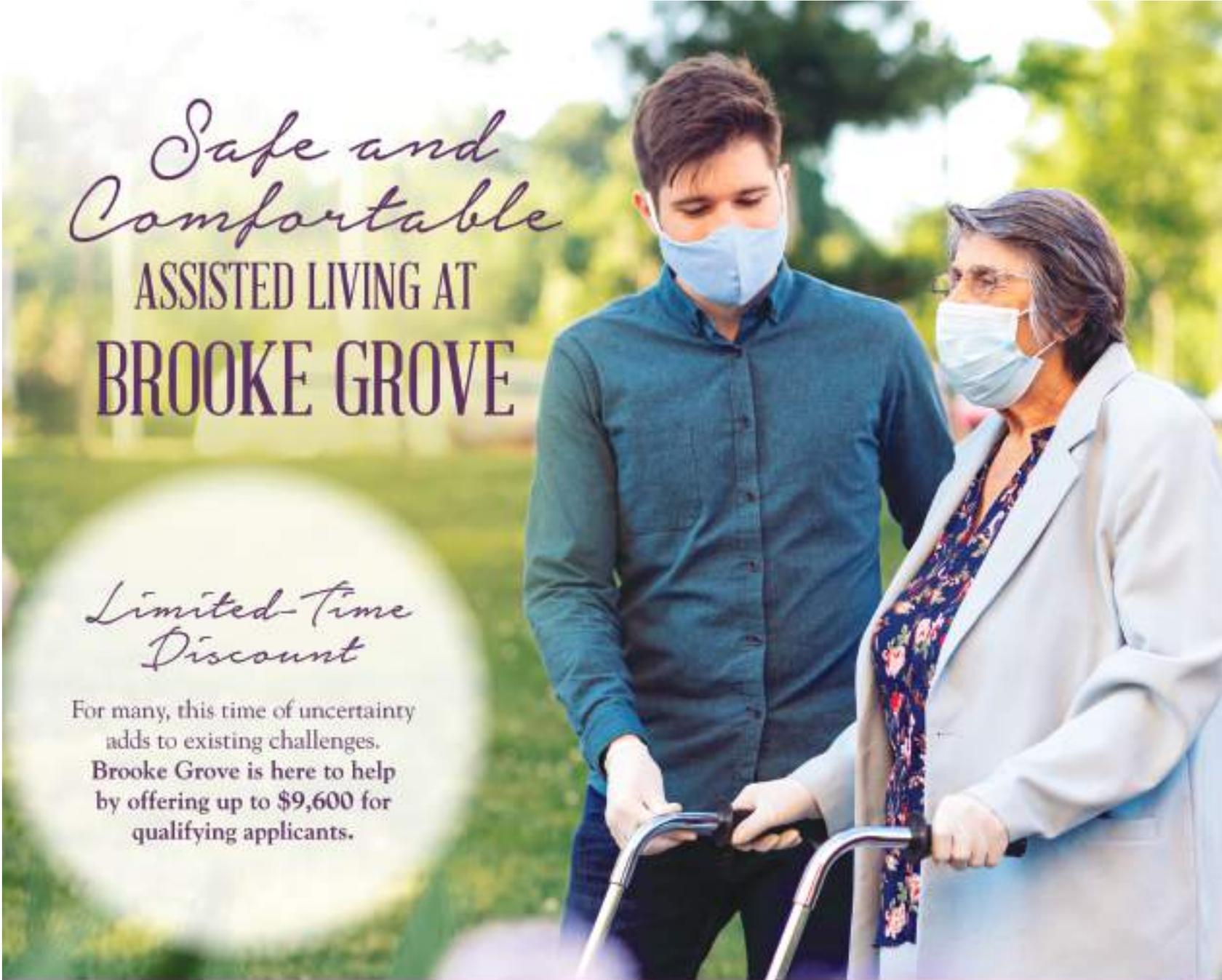
Your hygienist will perform the treatment, also known as scaling and root planing, to treat the infection, make recommendations to help you effectively clean your teeth daily, and guide you through the efforts to achieve and maintain optimum oral health.

Scaling and root planing is the treatment of the diseased root surfaces below the gum line. This differs from

*Please see “Disease,” page 65*

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



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# Steps To Preventing Diabetes



By Janet V. Johnson, MD  
Loving Care Pediatrics

control, exercising more, eating a healthy diet, and not smoking.

## Weight Control

Having excess weight is the single most important cause of type 2 diabetes. Being overweight increases one's chances of developing type 2 diabetes seven-fold. Being obese makes you 20-40 times more likely to develop diabetes than someone with a healthy weight.

Losing weight can help if your weight is above the healthy-weight range. Losing 7-10% of your current weight can cut your chances of developing type 2 diabetes in half.

## Active Lifestyle

Inactivity promotes type 2 diabetes. Working your muscles more often and making them work harder improves their ability to use insulin and absorb glucose. This puts less stress on your insulin-making cells. Long bouts of hot, sweaty exercise aren't necessary to reap this benefit. Walking briskly for a half hour every

More than 24 million Americans have diabetes; of those, about six million don't know they have the disease. This difficult disease, once called adult-onset diabetes, is striking an ever-growing number of adults. Even more alarming, it's now beginning to show up in obese teenagers and children.

Type 2 diabetes is largely preventable. About nine cases in 10 could be avoided by taking several simple steps: keeping weight under

*Please see "Prevent Diabetes," page 65*

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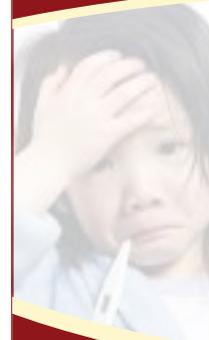
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# Self-Care Guide

## For People With Diabetes

Submitted by  
Kensington Pharmacy

### Monitoring

Monitoring your blood sugar can help you manage your diabetes. By knowing your numbers, you'll have helpful information to support the decisions you make regarding food and activity. It's also 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

*Please see "Self-Care," page 63*

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, don't over-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.



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# Orthodontics and Mouth Protection



By Jacqueline Brown Bryant  
DDS, MS, PC

ments 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.

Please see "Orthodontic," page 65

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 invest-

# Manic Depression

often range from one extreme to another: different as night and day or north and south.

*About one in seven adults are diagnosed with bipolar illness. In the U.S. that is over 17 million adults.*



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

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

Please see "Depression," page 65

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# Live A Pain-Free Life

## Treatment Of Acute and Chronic Injuries To Avoid Unnecessary Surgery

By Raju Mantina, NCBTMB and Piret Tuisk, LMT Microtrauma Maintenance Therapy

It is an inevitable fact that the soft tissue in our bodies deteriorates both as we age and due to injury. It tears, weakens and eventually it fails. As therapists, we can help reduce and at times reverse the deterioration.

The right therapy can enhance soft tissue health for our clients, be it an elite athlete or a weekend warrior, so that they can function and perform at their peak level without discomfort, pain, and injury.

For more than 25 years as a sports massage therapist working with Olympic athletes as well as regular individuals, combined with the increased awareness of the importance as well as the scientific research extolling the virtue of exercise and stretching as fundamental to a healthy person,

we have found that a combination of exercise, Active Isolated Stretching (AIS) and massage can create the space in the soft tissue and maintain its suppleness to allow our clients to live without discomfort and pain.

Raju says "This technique can be adapted and used on almost any client and can lead to a new wave of success in the clinical massage therapy world as well." More and more experts are telling their clients that massage can help delay and even avoid surgical intervention.

### The Three Elements Of Micro-Trauma Maintenance Therapy

**Exercise** – One has to honestly implement and do exercise regularly without exception and excuse for optimal results. The soft tissue will develop its basic foundation and can withstand and absorb healthy stress by rearranging and strengthening itself.

### AIS Stretching (Active Isolated

**Stretching)** – During this form of stretching, the soft tissue opens up with the highest possible length, which allows the tissue to function and perform at optimal state without discomfort, pain, or injury.

**Massage** – In combination with the AIS stretching, the massage provides additional suppleness and pli-



2021 US Track and Field Olympic Trials – Eugene, Oregon

ability continues to allow the tissue to function and perform at optimal states.

## CARDIOVASCULAR

FROM PAGE 16

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.

Beyond the typical statin drugs offered, there are safe, natural and very effective approaches to lowering cardiovascular risk. These include dietary modification, I favor either the Mediterranean or Paleo diet. Omega 3 fatty acids are great at reducing in-

flammation and correcting abnormal cholesterol profiles. Other important tools are exercise, treating chronic infections, and aspirin therapy.

Natural agents like Niacin (vitamin B3), Pantethine (vitamin B5), and plant sterols can be used to effectively reduce cholesterol and inflammation. Even pomegranate juice has been shown to lower cholesterol. As well magnesium can be used to reduce blood vessel spasm and blood pressure.

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

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.



Raju Mantina  
Former Athlete & Coach  
2015 Germany

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## BACK PAIN

FROM PAGE 25

sis is designed to assess acupuncture's effectiveness for treating lower back pain. The 33 randomized, controlled trials that met inclusion criteria were sub-grouped according to acute or chronic pain, style of acupuncture, and type of control group used. For the primary outcome of short-term relief of chronic pain, the meta-analyses showed that acupuncture is significantly more effective than sham treatment and no additional treatment. The study concluded that acupuncture may effectively relieve chronic low back pain.

### How Many/Often Acupuncture Sessions Do I Need?

Usually, 1-3 sessions for acute back pain; 6-16 sessions for chronic back pain, depending on the situation. Twice a week is recommended for a better treatment result.

### Is Acupuncture Safe?

Yes. Acupuncture is a safe treatment. It may occasionally cause dizziness, local internal bleeding, dermatitis, nerve damage, and/or increased pain (especially when the acupuncturist is not well-trained).

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Linda Penkala

# Mental Ease Offers a Content Heart



By Linda Penkala, Author, LMT  
Wellness Catalyst

Never in my life, after 34 years in the holistic wellness field, did I ever think there would be such media and interest in the four M's. Meditation, mindfulness, massage and mental health have been front and center, and for good reasons. The level of intense emotions, along with chronic stress these last few years, have been unmatched by any other moment in our lives, and is rising the risk of cardiovascular disease.

There was no course to take for proper preparation for a Pandemic! It

seems to be learned along the way to thrive, not merely survive. And there is much hope to raise the bar for wellness, as that is my life's passion, to empower health and wellness, most especially now, for ourselves, families, faith communities, and the world.

The connection between the brain/mind and heart is uniquely joined by the longest nerve in the body, the vagus nerve, (meaning wandering), from the abdomen to the brain. Research reveals that it plays a pivotal role in maintaining health, improving healing, controls inflammation, and is part of the parasympathetic nervous system. This is the rest, repair and digest component, offering a sense of calm.

The opposite is the sympathetic nervous system of fight, or flight that is dominated by cortisol the stress hormone. Most folks are living in this stress state, but we can access the vagus nerve (which is not functioning well) to control our emotions and

Please see "Mental ease," page 66



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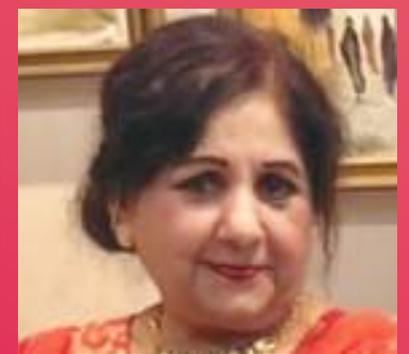
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Dida K Ganjoo, MD



## Dida K Ganjoo, MD

Dr. Dida Ganjoo, M.D. has been working as a psychiatrist in the D.C. area for many years. She specializes in chronic mental illness, depression, and anxiety. Dr. Ganjoo currently owns her own practice, which has expanded to three convenient locations: Bowie, Forestville, and Silver Spring. In her free time Dr. Ganjoo enjoys reading, cooking, and spending time with her dog, Boomer.





By Bertha L. White  
MSW, LCSW-C  
Agent of Change, LLC

# The Light Is Not Illuminated Enough

action is required.

The Congressional Black Caucus Emergency Task Force on Black Youth Suicide and Mental Health, reiterated this crisis in their 2019 released report, which highlights the suicide rate among Black youth under 13 years old. This group is twice as likely to die by suicide compared to their white peers.

Parents/family, educators/school counselors, and health care providers are the first line of defense for Black youth, and are likely to see the warning signs of distress first. Be watchful for changes in thinking, emotions and/or behavior. Keep in mind children and teens may not be able to clearly describe and explain their distress. Nonetheless their emotional responses should be validated, accepted, and taken seriously, even if you don't agree with it. You run the risk of further regression and despair if you devalue, reject, judge, or shame them.

Black children and youth are experiencing and suffering from unique

circumstances and challenges, simultaneously. When youth are unable to identify their struggles and what troubles them the most, they can't learn to challenge it, cope with it, or control it, which causes a significant decline in their mental health growth and wellbeing.

Risk factors and warning signs of Black youth experiencing mental health conditions and instability may include:

### Depression:

- Suicidal/homicidal ideation with plan intent or attempt
- Hopelessness, helplessness, worthlessness and invisible
- Changes in mood, isolation and avoidance, less communicative,

says you don't understand, may feel alone in their experience, experienced death of loved one

- Poor adjustments to changes in learning and living environment
- Changes in thought processing and perception, struggle to concentrate, retain and recall information leading to academic decline feeling unprepared or unable to meet expectations
- Loss of peer relationships, self-confidence, worth, esteem and identity

### Anxiety:

- Anticipation and worry about what might happen, could continue, or could happen in the future. Fear of the pandemic, fear of transitioning to adulthood, fear of death or harm

Please see "Illuminated," page 66

The light is not illuminated enough on the complicated burdens Black youth have to bare. Signs and symptoms of anxiety, depression, traumatic stress associated with the pandemic, and race based traumatic stress, continues to rise among Black children and teens at an alarming rate, faster than other racial/ethnic groups in America. Delays in seeking mental/behavioral health care in Black communities is understandable and verifiable. Nonetheless, any delay in seeking mental health care can lead to the most negative and possibly fatal consequences for Black children and teens. This crisis is not getting the attention it deserves and can no longer be ignored. Immediate attention and

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Bertha L. White, MSW, LCSW-C  
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Certified Clinical Trauma Professional

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# Hearing/Vision Loss, Alzheimer's and Acupuncture



Submitted by Young C. Yi, LAc, OMD  
Yi's Acupuncture and Herbal Clinic

Acupuncture is a technique in which practitioners stimulate specific points on the body – most often by inserting thin needles through the skin. It has been proven to be effective in the treatment of conditions such as back/neck/joint pain, headaches, anxiety, depression, nausea, and infertility.

However, researchers are only beginning to understand whether acupuncture can be helpful for various other health conditions.

## Hearing Loss

Sudden sensorineural hearing loss, commonly known as sudden deafness, occurs as an unexplained, rapid loss of hearing, either at once or over several days. This type of hearing loss is due to auditory nerve damage.

While research is still being conducted, studies have shown that acupuncture can be an effective solution for patients experiencing hearing loss of this nature. They suggest that the use of acupuncture in addition to drug therapy increases blood flow and the flow of oxygen to the ear, facilitating the recovery of nerve function.

Research published in the International Journal of Clinical and Experimental Medicine supports this theory, saying that acupuncture “can significantly improve the hearing of patients with nerve deafness, and the efficacy of acupuncture in combination with medication is superior to medication alone.”

## Alzheimer's

A study conducted at Wellesley College in 2000 concluded that acupuncture could treat anxiety and depression for people who have Alzheimer's. The study involved 11 participants who were diagnosed with Alzheimer's or Vascular Dementia. Following treatment, researchers evaluated the mood of participants and found substantial increases in mood, energy and pain from other ailments caused by aging.

A second study at the University of Hong Kong in 2000 administered acupuncture treatments to eight patients with mild to moderate Alzheimer's. The research team concluded that after treatments were finished, participants showed significant improvement in memory and attention, as well as increased motor and verbal skills.

These studies show promising results and lay the foundation for longer and more controlled studies which could drastically improve the lives of people living with Alzheimer's.

## Vision Loss

Your eyes are a reflection of your overall health. Illnesses such as diabe-

Please see “Alzheimer's,” page 63



Young C. Yi, “One of the best practitioners of Oriental Medicine in the U.S.”  
LAc, DOM  
VA, MD, DC  
- Parade Magazine in 2001, 2002, 2004

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### Testimony:

I was diagnosed in 2006 for macular degeneration in the left eye. After treatments by retina specialists, including Avastin injections, the left eye has a scar and permanently lost central vision. In 2012, my right (good) eye experienced bleeding and swelling of the retina. Again, Avastin injection retina specialists temporarily stopped the symptoms. However, my night vision was very poor. When I went see a low vision doctor, he recommended wearing glasses with telescope on it. These are very expensive and heavy. Out of desperation, I went to see Dr. Yi, who had advertised in the Chinese news paper about treating macular degeneration. After three months of treatments I can now drive in the dark on dry on the roads. The “Dark cloud” in the central part of my left eye also has been reducing after each treatment. I am very grateful about Dr. Yi's treatment.

- DC Resident, Mrs. Zhang

For more testimonies, please visit: [www.eyecure.net](http://www.eyecure.net)

### Reference:

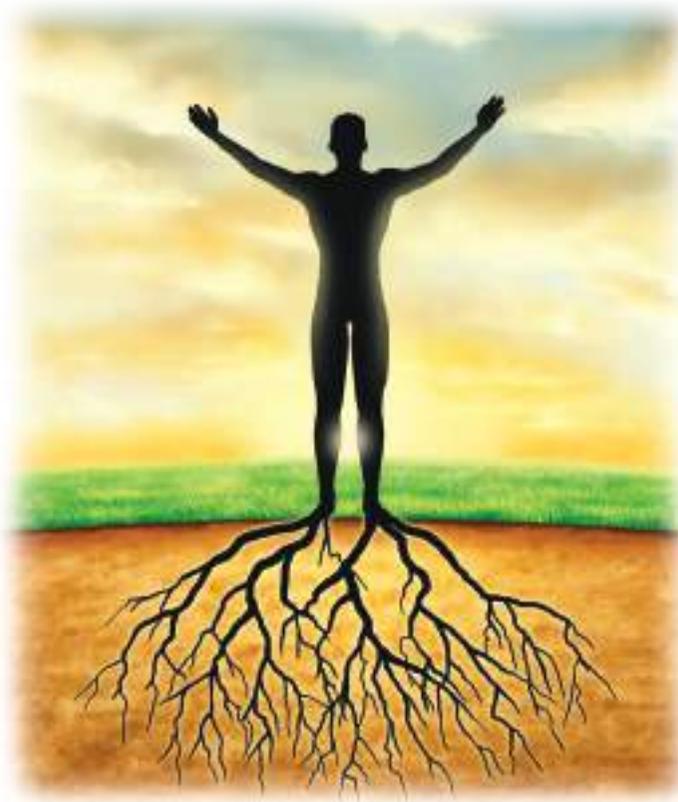
It is my pleasure to write this letter of recommendation for Dr. Young C. Yi. I have known Dr. Yi for many years both professionally and personally and consider him a brilliant oriental medicine doctor and a great human being. I have worked with him on several occasions on health-related tips for our readers in Parade Magazine and in doing so interviewed him and many of his patients and found his results with patients just short of miraculous. If you have any further questions about Dr. Yi, I can be reached at *Parade Magazine*, and I'll be glad to answer any other questions you might have about him.

- Michael H. O'Shea, PhD  
Contributing Editor  
*Parade Magazine*

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# DIABETES

FROM PAGE 18

shows that having serious gum disease (periodontitis) is likely to result in worsening blood glucose control in diabetics; it can also increase the risk of diabetic complications. So, what's the connection?

While no one is sure at present, the two diseases seem to share some common pathways and disease-causing mechanisms. Both are associated with the process of inflammation and the immune response. Inflammation itself — often signaled by pain, heat and redness — is evidence of the body's immune system at work, attempting to fight disease, repair its effects, and prevent it from spreading. Chronic or prolonged inflammation, however, can lead to serious problems in different parts of the body and a decline in overall health.

If you're a diabetic, your risk of dying from heart attack is over twice as great if you also have severe periodontitis — and for kidney disease, your risk is 8.5 times higher. Plus, un-

controlled periodontal disease makes it six times more likely that your ability to control blood sugar levels will get worse over time. So not only can having one condition put you at risk for worsening the other — having both can cause a significant deterioration in your overall health.

## A Two-Way Street

While diabetes can't be cured, it's possible to manage the disease on a long-term basis. Clinical studies show that diabetics who get effective treatment for their periodontal disease also receive some significant benefits in their general health. Many exhibit better blood glucose control and improved metabolic functioning after periodontal treatment.

Be sure to let your dentist know if you're being treated for, or are at risk of developing diabetes. And if you are managing the disease, remember that it's more important than ever to maintain good oral health.

# HEARING

FROM PAGE 21

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 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.

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.

# HEALTHY HEART

FROM PAGE 21

guarantee an improvement.

Learn to control your cholesterol and give your arteries a break by allowing them to stay clear of plaque build up.

Choose healthy foods that are fueled with vitamins and minerals that our bodies use to make new cells and create the energy we need to thrive and fight diseases.

Manage your blood pressure and keep it within healthy ranges so you can reduce the strain on your heart, arteries, and kidneys, which keeps you healthier longer.

If you're overweight, you can reduce your risk for heart disease

by successfully losing weight and keeping it off; especially if it is in your mid-section as this is the danger zone for auto-immune diseases.

Diabetes appears when your body is unable to create insulin to carry your food energy into your cells. This is a good indication that your blood sugar levels are too high and need to be managed.

And last but not least, smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots.

Don't ignore the signs as they can be different in men and women. Get your check-up. Eat healthy and stay active.

# MULTIPLE TEETH

FROM PAGE 30

the under-side of your "plate," which attach on top of implant abutments. Snap on dentures essentially clip into place. There's no rocking, shifting, or rubbing, because your implants keep the appliance secure.

Overdentures improve stability and functionality to 60% compared to natural teeth, they are relatively inexpensive, and easy to clean.

Some people find them uncomfortable, and they may cause sore spots on gum tissue. Although they are fairly stable they may still move when chewing or speaking, and may require relines to improve fit and comfort as bone in the jaw deteriorates.

## All-On-4 Implant Fixed Bridge

Bridges are permanent restorations attached onto teeth or implants, supporting false crowns in the areas of missing teeth. The biggest difference between an All-On-4 appliance and an

overdenture is that the All-On-4 appliance is permanent — you never have to take it out, and it improves functionality to 90% compared to natural teeth versus 60%. Other benefits are that this appliance eliminates the need for bone grafting; your dentist can provide a temporary bridge the same day of your surgery; it preserves bone and soft tissue; they never decay (95% success rate over 30 years); they are very natural looking, allowing you to eat the foods you want; and you are able to clean fixed bridges like natural teeth — inside your mouth.

## Traditional 6-8 Implant Support Fixed Bridge

Traditional fixed bridges replace root and teeth, preserve bone and soft tissue, improve functionality to 90% compared to natural teeth, and you can also clean them as you would natural teeth — inside the mouth.

# SURGERY

FROM PAGE 27

modification and medical therapies. Medical therapies include various oral medications, insulin injectable 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.

# WOUND CARE

FROM PAGE 25

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 podiatric physician diagnoses an infection, a treatment program of antibiotics, wound care, and possibly hospitalization will be necessary.

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.
- 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 or any chronic condition is an ongoing process. Work with your healthcare team to learn what might work 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 (usually once in a lifetime) to help prevent pneumonia.

# ALZHEIMER'S

tes and cardiovascular disease can be revealed in the eyes. Conditions such as glaucoma, optic neuritis or vision loss are often associated with systemic health problems. It is this interconnection between your eyes and your health that acupuncture and oriental

medicine can tap into and utilize to treat eye and vision problems.

Common eye problems treated with acupuncture include glaucoma, cataracts, chronic dry eyes, macular degeneration, optic neuritis, and optic atrophy.

# CESAREAN

Another serious sequela may be the implantation of an embryo within the niche resulting in the development of a cesarean scar ectopic pregnancy. This can be a life-threatening complication if not diagnosed on time and adequately treated.

The development of a niche by itself also reduces future fecundity and there are three major mechanisms for this to happen. The first is that the defect presents a detrimental environment for sperm penetration and implantation. The niche accumulates intrauterine fluid, which has been shown to impair implantation. There is altered immune biology and increased inflammation when the niche is present. The niche itself also distorts the contractility of the uterus.

Several studies have shown that the uterus has a contractile pattern. The fibrosis and interruption of the myometrial layer at the site of the

niche can prevent normal contractile patterns. There is accumulation of mucus and blood in the niche which can impair sperm penetration. The second mechanism of decreased fecundity includes a physical barrier for embryo transfer and implantation. A large niche in combination with a strongly retroflexed uterus impairs accessibility for subsequent embryo transfer in a future IVF cycle. This is due to the distorted anatomy at the niche site. The third mechanism of reduced fecundity could be related to gynecologic symptoms which interfere with sexual intercourse and may interfere with opportunities to conceive.

The treatment for cesarean section niches is usually surgical. Patients whose main symptom includes spotting or bleeding abnormally can be readily treated by hysteroscopy. Repairing the niche itself by laparoscopy can improve future fertility.

# FEEL YOUR BEST

of 2022”: <https://www.realself.com/news/cosmetic-treatment-launches-2022>.

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 reflects an 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.

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

Photofacials 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 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.

voluma, Juvederm, restylane, Juvederm and RHA resilient fillers are pure, synthetic 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 targeted filler placement can also stimulate your skin to produce new collagen and elastin, for longer lasting 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.

The lowest layer of your skin can be treated with Ultherapy, exilis Ultra or Sublime lasers, the newest no-downtime, no-surgery face lifting and tightening treatments. Ultherapy tightens 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 LipoLite laser treatments 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.

Precise doses of Botox, Dysport, or Xeomin or Jeuveau (Newtox) can be injected in the right places to gently and safely relax overactive muscles, smooth frown lines, worry lines, crow’s feet, lines around the mouth and neck wrinkles, while preserving your natural facial expressions and avoiding a telltale frozen look.

rather than focusing on individual procedures, this multi-level makeover integrates state-of-the-art techniques to achieve natural-looking results with no surgery, scarring or recovery time.

This highly sophisticated approach doesn’t change you into the cliched “new you.” Better yet, it empowers you to re-discover the real you, balancing how you feel inside with how you look outside. Scientific studies show that a youthful and aesthetically harmonious appearance maximizes the first impression we make on others, and our personal and professional success at any age.



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Epigenetics and Advanced Hormones, Jennifer Robin Musiol, C-RNP. 410-921-2208. [Epigenetic.consult@outlook.com](mailto:Epigenetic.consult@outlook.com).

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House Calls, LLC. 301-346-6732. [callingonbeth@gmail.com](mailto:callingonbeth@gmail.com). [www.CallingOnBeth.net](http://www.CallingOnBeth.net).

Your Brighter Outlook, Patrice Perkins. 301-442-6190. [En2Oblivion@gmail.com](mailto:En2Oblivion@gmail.com).

Interdynamics, Inc. - Evaluations, Therapy & Training. 301-306-4590. [www.interdynamics.com](http://www.interdynamics.com)

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

## NUTRITION

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## ORAL SURGERY

The Maryland Oral Surgery Group, Dr. Sharon Russell. 301-967-0183. [www.THEMOSG.com](http://www.THEMOSG.com).

## ORTHODONTICS

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## PAIN MANAGEMENT

Georgetown Pain Management, Net-sere Tesfayohannes, MD, ABA, ABAP, 301-718-1082, 8120 Woodmont Ave, Suite 560, Bethesda, 7300 Hanover Dr., Suite 204, Greenbelt

Newbridge Spine and Pain Center, 301-638-4400. [www.newbridgespine.com](http://www.newbridgespine.com)

The Kahan Center for Pain Management, Dr. Brian S. Kahan, DO, FAAPMR, DABP- [www.thekahan-center.com](http://www.thekahan-center.com), Annapolis

## PHYSICAL THERAPY/REHABILITATION

La Plata Physical Therapy Inc., Dr. Cunningham, PT: 301-392-3700. Wellness: 301.392.5054. La Plata, MD. [www.laplatapt.com](http://www.laplatapt.com)

Active Physical Therapy. Various Locations across Maryland and Washington, DC. [Active-physical-therapy.com](http://Active-physical-therapy.com).

## PLASTIC & COSMETIC SURGERY

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## PODIATRY

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

Burton J. Katzen, DPM, Temple Hills and Clinton, 301-423-9495, 301-868-3515

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

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## SLEEP LOSS/SLEEP APNEA

Advanced Sleep Treatment, Ekaterina Tomenko

DDS, LLC. 10230 New Hampshire Ave., Suite 330, Silver Spring, MD 20903. 301-439-8333. [AdvancedSleepTreatmentCo.com](http://AdvancedSleepTreatmentCo.com).

## VETERANS

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# ORTHODONTICS

FROM PAGE 54

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 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.

# SENSITIVITY

FROM PAGE 42

## Then What Is Food Intolerance?

If your symptoms come from a food intolerance it means the immune system is not directly involved and reactions are not life threatening, though health and quality of life are usually affected.

The symptoms of food intolerance can be indigestion, bloating, fatigue, migraines, memory problems, toxic headache, constipation, and irritable bowel syndrome. Digestive symptoms usually predominate.

A common intolerance is lactose intolerance: difficulty digesting milk sugar resulting in symptoms like abdominal cramps and diarrhea. Insufficient lactase, an enzyme needed to digest lactose, is involved. Some people do not produce enough lactase. Pasteurization of milk destroys lactase and changes milk sugar into another form.

Some intolerances are due to food additives rather than a food. Common culprits are sulfites (inducing asthma in some people), MSG, aspartame, other artificial sweeteners, preservatives, yellow dye no. 5, artificial colors, and artificial flavors. Reac-

tions always arise from individual susceptibilities.

While an allergic reaction is triggered by small amounts of a particular food, a food intolerance may occur only with a large amount of frequent consumption. Symptoms can be chronic or delayed by hours or a couple of days.

Addiction to “offending” foods is common as they sometimes relieve symptoms for a while.

Far more people have food intolerances than true allergies. Most allergies involve shellfish, peanuts, tree nuts, fish, milk, eggs, wheat, or soybeans, but intolerances can involve any food.

## Do You Think You Have a True Allergy?

A study from Bastyr University has shown that a single person’s blood sent to a number of laboratories for food allergy testing had very different results depending on the lab the blood was sent to. Unfortunately, this kind of testing can be inaccurate. Nutritional Response Testing® can be used to analyze the body to determine the underlying causes of ill or non-optimum health.

# PREVENT DIABETES

FROM PAGE 50

day reduces the risk of developing type 2 diabetes by 30%. Similar diabetes-prevention benefits have been reported for brisk walking of more than five hours per week.

Television-watching is a detrimental form of inactivity: For every two hours spent watching TV instead of pursuing something more active increases the chances of developing diabetes by 20%; it also increases the risk of heart disease (15%) and early death (13%).

## Dietary Changes

Four dietary changes can have a big impact on the risk of type 2 diabetes.

- Choose whole grains and whole grain products over highly pro-

cessed carbohydrates.

- Skip the sugary drinks, and choose water instead.
- Choose good fats instead of bad fats.
- Limit red meat and avoid processed meat; choose nuts, whole grains, poultry, or fish instead.

## Smoking Cessation

Since we know, smokers are roughly 50% more likely to develop diabetes than nonsmokers, and heavy smokers have an even higher risk. Quitting would be beneficial and decrease the risk of type two diabetes.

The bottom line to preventing type 2 diabetes is to stay lean and stay active.

# DEPRESSION

FROM PAGE 54

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, sadness, 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.

# DISEASE

FROM PAGE 48

a routine prophylaxis (cleaning) because it emphasizes cleaning below the gum line 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.

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.

- 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.

# DIABETES

FROM PAGE 48

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 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.

# MENTAL EASE

FROM PAGE 58

health. Your tools:

**Meditation and Massage** – both lower blood pressure, anxiety and offer deep peace and relaxation

**Sunlight** – 20 minutes/day

**Belly Breathing** – in nose, filling belly, then chest, exhaling with closed lips while humming

**Yin Yoga** – with breathwork engages the vagus nerve

One other powerful tool that offers a wealth of mental peace, is tapping, or EFT (Emotional Freedom Technique). This holistic modality has been used for over 25 years. The VA teaches tapping for PTSD veterans, along with children from Sandy Hook that were traumatized, and anyone desiring to lessen pain, stress, or anxiety. Evidence based research shows a reduction in cortisol by 40%

post tapping.

The technique is tapping the Chinese acupressure points or meridians, while saying the emotion, which sends an energetic calming signal to the brain. The amygdala, part of the limbic portion of the brain, and home to fear and memories is taken out of the Fight or Flight loop to a calming state. Resources:

[www.TheTappingSolution.com](http://www.TheTappingSolution.com) – book, and app by Jessica and Nick Ortner

[www.EFTUniverse.com](http://www.EFTUniverse.com) – free 60-page manual Dawson Church offers

[www.TapWithBrad.com](http://www.TapWithBrad.com) – classes, books, U Tube channel for free tapping with Brad Yates

[www.TheScienceOfTapping.org](http://www.TheScienceOfTapping.org) – tons of research

# HORMONES

FROM PAGE 18

## Progesterone:

- Increases “good,” HDL cholesterol
- Improves dilation of blood vessels
- Lowers blood pressure
- 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.

# DETOXIFICATION

FROM PAGE 46

## #1: Environmental Pollutants

Foreign substances that are inhaled and/or ingested daily into the respiratory system can irritate the lungs. Environmental exposure can be found in these areas:

1. Exposure to chemicals that flow in and out of cars such as has exhaust, toluene, benzene, second-hand cigarette smoke, air conditioning chemicals, and if you have a new car, then there are the chemicals from the new car smell.
2. Pesticides and herbicides in food
3. In personal care products such as shampoo, cologne, perfume, soap, lotion, detergent, and fabric softener
4. Lawn care chemicals, house cleaning chemicals, and pesticides

We need to be more aware of the level of exposure we face every day of our lives.

## #2: Stress on the Body

Another reason to perform total body detoxification is because of chronic stress on the body. Chronic stress is a major problem that comes from constant pressure and different

life factors that it takes to live. Everyday stressors with no ease can take a toll on the body in the form of illness, annoying aches and pains, and varying degrees of sicknesses. Unnecessary stressors and pressure can cause even the healthiest person to experience a system break.

These are two major reasons that warrant participation in a body detoxification program. There are many programs available to choose from. However, the question also remains what exactly needs to be done in order to perform a body detoxification. If you are enthusiastic about having a better and healthy body, then one of the things that you may need would be to talk to someone who specializes in detoxification and has well-structured detox programs complete with videos and handouts and is also available for assistance and to answer questions to maximize the results you experience. A good detoxification program will encompass herbs, fresh fruit and vegetable juicing, cleansing, fasting, some supplements, and a maintenance plan.

# ILLUMINATED

FROM PAGE 59

## Race Based Traumatic Injury

- Onset or worsening of fear to get on school bus, going to class, nervous about interacting with peers and others, after two years of separation. Racing thoughts and overthinking, derealization, fear of the transition to adulthood
- Self-critical, perceives criticism from others, may seek perfection. Racing thoughts overthinking, unorganized thinking derealization, procrastination, increased absences from school, appears clingy, avoids public places and gathering
- Experience of bullying of any type, Promiscuity, aggressive behavior
- Overwhelmed by exposure and influence of social media, bullying of all

## Traumatic Stress Symptoms

- Reliving or re-experiencing traumatic event(s)
- Intrusive memories, dreams, flashbacks, trouble sleeping
- Avoiding reminders, memories thoughts, and feelings related to event
- Increased negative thoughts
- Hyperarousal, easily startled, paranoid, distress
- Drug/alcohol use

• Hyperarousal and reaction to dangerous events, and real or perceived experiences of racial discrimination, brutality, social and civil injustice. Inequity and inequality.

• Experience of threats or harm, individual or collective injuries due to exposure and re-exposure to race based stressed, injury, humiliation, and shaming events.

• Stigmas, and microaggression.

While there has not been enough research on Black youth and mental illness, and funding for programs is limited, there are therapists who are experienced, qualified, and culturally-competent. As an example, Harambee Youth of Southern Maryland is the signature youth program at Agent of Change, LLC Mental Health Services and Resources. This unique program combines mental/behavioral health group therapy with Black history, culture, and education for children and teens ages 8-18. It provides African dance, drumming, leadership skills, social awareness and community involvement.

Better outcomes, growth, development, and the progression of Black youth have been found when the two facets are combined along with parental involvement.



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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.
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