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February 2021
Maryland Edition

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Cardio Health, Diabetes & Exercise



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6 Tips For a Healthy Work-From-Home Setup



By Jeff Kucine, DO
Back To Balance
Osteopathic Wellness

stay. But most of us are still working from the cobbled-together setups we started with. And many of us are suffering from neck pain, back pain or headaches because we didn't consider how an improper setup can negatively impact posture and musculoskeletal health.

It's time to make remote work posture-friendly and more productive. That starts with ensuring your work-from-home arrangement is streamlined and functional. To give you the power to last through all those hours of Zoom calls, your workspace needs to be ergonomic, too.

If you're not sure exactly what that means in terms of your actual desk setup, don't worry. Here are six tips to ensure your workspace is ergonomically correct.

1. Ground your feet. A neutral body position starts with a solid foundation.

Please see "6 Tips," page 62

When the pandemic hit, and many of us were asked to work remotely, you may have thrown together your work-from-home "office" on the fly. We thought teleworking was a temporary solution.

Fast-forward seven months, and remote work appears to be here to

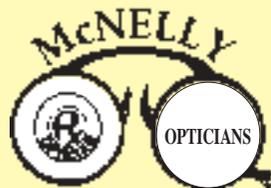
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Sleep Apnea: How Dentists Can Help

With COVID-19 it has become more important than ever to be tested and treated for Sleep Apnea. It could save your life.



By Ekaterina Tomenko, DDS, LLC
Advanced Sleep Treatment

Obstructive sleep apnea (OSA) is a chronic condition in which your muscles relax during sleep and your soft tissue collapses and blocks your airway. As a result, repeated pauses in breathing occur, ranging from just a few seconds to more than a minute. A person with OSA may have these episodes hundreds of times over the course of one night, which subsequently reduces the oxygen levels in the body. These pauses in breathing send signals to your brain that disturb your sleep and often cause you to wake up. In the U.S. alone, about 25 million adults have OSA.

It is common for people who have sleep apnea to not be aware of it. Despite clear signs and symptoms people can go undiagnosed with OSA for an average of seven years. When OSA goes undiagnosed or is left untreated, people can begin to experience a range of worsening symptoms and health conditions.

Severe, untreated sleep apnea can even increase your risk of death without existing comorbidities.

Sign and symptoms of OSA often include snoring, gasping, and/or choking sounds during sleep. OSA can affect both men and women, but is more common in men.

While many people will visit an ENT specialist for treatment, dentists are the first line of defense against sleep apnea. People are likely to visit their dentist at a regular six-month dental appointment before a physical exam with their physician. Dentists work closely with physicians to treat snoring and OSA.

Oral Appliances and Their Advantages

Many patients prefer using a sleep apnea appliance to a CPAP machine. In comparison with a CPAP

machine, oral appliances are quiet, comfortable, portable and easy to use and maintain. If you have been diagnosed with mild to moderate sleep apnea, an oral appliance is usually the best choice for you. In some severe cases of sleep apnea, if compliance with a CPAP machine is low, an oral appliance can be a great option.

Your dentist can recommend the type of appliance that is best for you. A custom-fit oral sleep appliance can drastically improve your sleep, which

will restore your day time alertness. Patients often report that this can be a life changing treatment. In addition, oral appliance therapy is covered by many medical insurance plans.

Oral appliances are custom made for each individual patient using digital or physical impressions and models of your teeth. These models are sent to a specialized dental lab where the appliance will be made. Once it is ready, you will return to your dentist to adjust the appliance to maximize

its comfort and effectiveness.

Treating snoring or OSA with oral appliance therapy can help you feel like a new person. You will most likely find that your symptoms and quality of life can improve dramatically when you commit to your treatment nightly. Through better sleep, patients experience more energy and feel sharper throughout the day. Oral appliance therapy promotes a healthier heart, body, and mind. You may find that your partner begins to sleep better too.

Is Snoring a Problem? It Could Be Sleep Apnea

Sleep Apnea is a dangerous condition that can affect your health – and you may not even know that you or your partner have it.

Complications of Sleep Apnea:

- Impotence
- Memory Loss
- Lung Hypertension
- Stroke
- Headache
- Heart Attack
- Arrhythmia
- Diabetes
- Fatigue
- Drowsiness
- Hypertension
- Obesity



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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Look Naturally Younger and Better

With a Multi-Level Makeover



By Hema Sundaram, MD
Sundaram Dermatology

How do you view midlife? If you're like most modern members of this generation, you probably have every expectation that the second half of your life will be fulfilling, inspiring and productive. This year, that goal may be even stronger as we emerge from the challenges of last year with hope for the future.

Today's 30- to 70-somethings and beyond want to reflect externally the youthful vigor and vitality that

they strive for internally. In doing so, they are redefining midlife and revolutionizing health and wellness for women and men of all ages. Even patients in their 90's are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are.

This life philosophy has led to the development of new, non-surgical rejuvenation techniques that harness the skin's natural repair processes." Recent academy teaching for dermatologists and plastic surgeons has focused on state-of-the-art techniques and technology that preserve individuality and avoid the "done" look.

The latest concept is to renew your skin layer by layer. 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 uppermost layer of your skin can be treated with Elos Plus photo-facials, micropeels, VBeam Perfecta

Please see "Look Naturally," page 62

7 Reasons To Consider BHRT



By Jennifer Robin Musiol, C-RNP
Epigenetics and Advanced Hormones

"I was tired, depressed and gaining weight." said Jim, aged 45 "and supplementing my hormones changed all that!" Adding a little estrogen, testosterone, thyroid or progesterone can definitely improve your life. Natural hormones can:

- Improve your energy and make muscles firmer

- Ramp up your sex drive
- Stop hot flashes and night sweats
- Decrease sadness and anxiety
- Help you think more clearly
- Help you sleep much better, and
- Help you live longer

Find a practitioner with knowledge and experience. Be careful that the hormones you take are natural and not synthetic, chemically altered versions, which do not work as well and are fraught with side effects and complications.

All Ages

If you are in your 30s and 40s, your hormone levels have already declined; for some men and women this could be by 30-40%. A stressful event like an accident, surgery or an emotional blow like a death or divorce, can accelerate hormonal decline.

Women and men in your 50s-60s,

Please see "7 Reasons," page 61

Face the Future

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By Sherry L.H. Maragh, MD
Maragh Dermatology,
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Feeling Beautiful Is Not Only Skin Deep

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.

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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.

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Three Ways To Beat Cold Weather Knee Pain

Submitted By Pain
Arthritis Relief Center /
I Hate Knee Pain

As the temperature drops, many folks find themselves suffering from worse and worse knee pain.

The good news is you don't have to suffer this year. You're about to discover three ways to beat cold weather knee pain, and stay as comfortable as possible this winter.

Pain Free Knees - Tip #1

First, make sure to dress in layers. This will help keep your muscles, joints and ligaments from becoming stiff and inflexible in the cold.

It also has the added benefit of protecting your skin from exposure to cold and windburn.

Pain Free Knees - Tip #2

Next, be sure to properly hydrate in the cold weather.

Dehydration can creep up on you when the temperature drops. That's because it may not seem like you're losing fluid because you're not sweating, like in the warmer months.

Your body is working hard to keep you warm, burning fuel and water to do it, which needs replaced.

"Experts agree that even five extra pounds can make a huge difference in knee pain – so just keep moving. Start small and build up to a little more movement each time. Every little bit helps to combat your knee pain."

Not only that, but the dry air actually steals a hefty amount of water from your body through your skin and breath.

A simple way to ensure if you're dehydrated is to check the color of your urine. If it's clear, you're good. The darker yellow it is, the more you need to get fluids in your system.

Pain Free Knees - Tip #3

The third way to beat the cold weather aches and pains is to keep moving, even when the weather turns.

It's easier to walk and exercise outside when it's warm, but many people find it challenging to stay motivated in the colder months.

Instead of a walk around the neighborhood, try supplementing with a treadmill or exercise bike.

A simple stretch session at home, or an activity like Yoga, or Tai Chi will help you stay as pain free as possible.

And here's a bonus tip to keep in mind and help keep you motivated: chances are good if you stop moving during the cold months, you'll put on a few unwanted pounds.

Experts agree that even five extra pounds can make a huge difference in knee pain – so just keep moving.

Start small and build up to a little more movement each time. Every little



bit helps to combat your knee pain. So there you have it: three ways to beat cold weather knee pain. Use them to stay pain free this winter.

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

A Reason To Smile Again

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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 remark-

able 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 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

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MAT Program

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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. 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 or call 1-800-552-7724 (Voice/TTY) or 443-453-5970 (VP).

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Now's the time to dial in on your family's communication needs! The Maryland Accessible Telecommunications (MAT) program allows family members to apply for assistive telephone equipment—so no one misses out on important conversations. Calling solutions—like amplified phones, Captioned Telephones, and tablets—help grandparents actively participate in phone calls, parents successfully telecommute, and children engage in distance learning.

*The MAT program benefits Maryland residents ages three and older who are Deaf, hard of hearing, DeafBlind, or are living with limited speech, mobility, or cognitive abilities.

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mat.program1@maryland.gov | mdrelay.org



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“I’m So Tired!”

Getting Your Energy Back



By Alan Weiss, MD
Annapolis Integrative Medicine

Physicians are accustomed to seeing patients for life threatening illnesses and acute emergencies. But what is far more common is hearing patients say, “I am sooo tired, I can barely make it through my day...I need to get my life back...and losing some weight would be really great also!”

Often (but not always) these are men and women in their 40s, 50s or 60s. Often they are people who have gained weight, have chronic sleep issues, and often have diffuse body pain or gastrointestinal complaints.

The first question to ask is when did this begin, and was the onset sudden or gradual? Were you under a lot of stress at the time prior to the onset? What changed in your life? Sometimes the issue is not clear.

Sleep is the next issue to deal with. Regardless of the underlying problem if people are not sleeping, or are dealing with sleep apnea or that of their partners, they will not get well until they are sleeping deeply and soundly.

Then an extended set of lab tests is done to look at hormone status such as thyroid, adrenal, testosterone in both men and women, and menopausal status in women.

Iron, B12 and vitamin D are tested and corrected if not normal.

Evidence of inflammation or infection is then dealt with, including chronic viral and tick borne diseases.

Many patients in this group are dealing with chronic gastrointestinal diseases. The most common issues are gastroesophageal reflux disease (GERD), small intestinal bacterial

Please see “Tired,” page 61

Treatment Options For “Acid Reflux”



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

What Is “Acid Reflux”?

Gastroesophageal reflux disease (GERD), commonly referred to as “acid reflux”, represents the abnormal backflow of stomach acid and other contents into the esophagus and often into the mouth. The cause of GERD is the failure of a valve mechanism (sphincter) at the lower end of the esophagus that should prevent the

backflow. The backflow of stomach acid results in heartburn and a bitter taste in the mouth. The backflow of food into the mouth is commonly described as regurgitation.

Treatment

There are several treatment options for GERD. First-line treatments are aimed at reducing and managing the symptoms through lifestyle changes and medications. If first-line treatments are unsuccessful then operative treatment is required to enhance the valve mechanism at the lower end of the esophagus.

Lifestyle Adjustments

General measures include eating several small meals and avoiding large meals. Meals should also be avoided just prior to going to sleep. Some foods predispose to heartburn should be avoided. These include chocolate, spicy foods, and acidic foods such as

Please see “Acid Reflux,” page 61

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How To Beat Heart Disease

With a Periodontist, You Can Win

By Karl A. Smith, DDS, MS

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

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

The Connection Between Your Mouth and Heart:

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

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

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

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

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

Diagnosis and Treatment

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

experts in the treatment of oral inflammation, plaque and bacteria as they receive extensive training in these areas during their three additional years of education beyond dental school. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease, and are also trained in performing cosmetic periodontal procedures, and dental implants.

Initially, the periodontist will conduct thorough examinations to assess the exact condition of the teeth, gums

and jawbone. X-rays can be helpful in determining whether bone loss is 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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Attention Diabetics: Your Gums Are At Risk



Submitted by Abiodun Adesanya, DDS, PC

Periodontal (gum) disease may result from gingivitis, and inflammation of the gums usually caused by the presence of bacteria in plaque. Plaque is the sticky film that accumulates on teeth both above and below the gum line.

Without regular dental check-ups, periodontal disease may result if gingivitis is left untreated. It also can cause inflammation and destruction of tissues surrounding and supporting teeth, gums, bone and fibers that hold the gums to the teeth.

How Are Periodontal Disease and Diabetes Related?

It is estimated that 16 million Americans have diabetes, but one in three does not know it. Studies have shown that diabetics are more susceptible to the development of oral infections and periodontal disease than those who do not have diabetes.

Oral infections also tend to be more severe in diabetic patients than non-diabetic patients. Diabetics who do not have good control over their blood sugar levels tend to have more oral health problems.

What Types Of Problems Could I Experience?

Diabetics may experience diminished salivary flow and burning mouth or tongue. Dry mouth (xerostomia) also may develop, causing an increased incidence of decay.

Gum recession has been found to occur more frequently and more extensively in moderate and poorly controlled diabetic patients because plaque responds differently, creating more harmful proteins in the gums.

How Can I Stay Healthy?

Make sure to take extra good care of your mouth and have dental infections treated immediately. Dia-

betics who receive good dental care and have good insulin control typically have a better chance at avoiding gum disease.

Diet and exercise may be the most important changes that diabetics can make to improve their quality of life and their oral health.

To keep teeth and gums strong, diabetic patients should be aware of

their blood sugar levels in addition to having their triglycerides and cholesterol levels checked on a regular basis. These may have a direct correlation on your chances of obtaining periodontal disease.

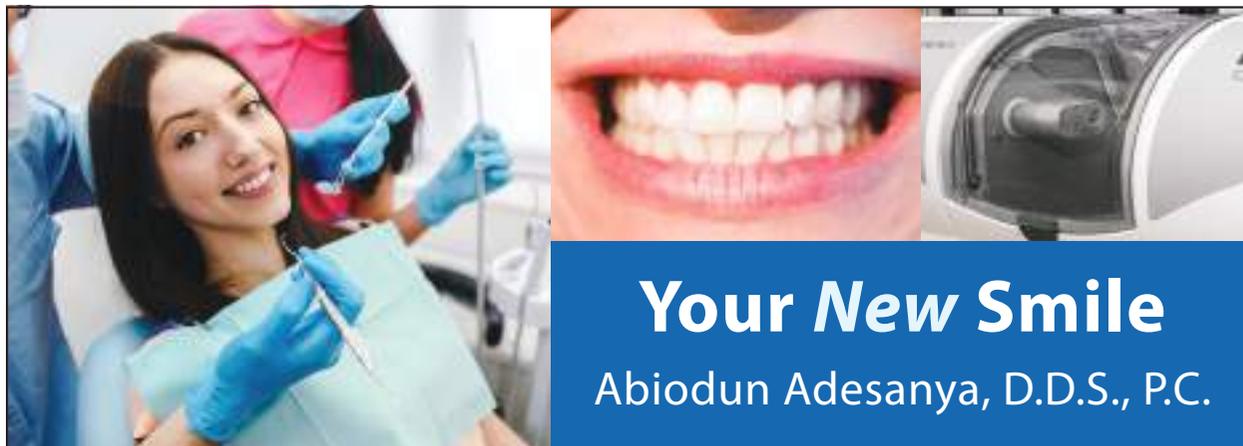
What Is the Best Time To Receive Dental Care?

If your blood sugar is not under control, talk with both your dentist

and physician about receiving elective dental care. Also, make morning appointments because blood glucose levels tend to be under better control at this time of day.

See your dentist on a regular basis, keep him or her informed of your health status, and keep your mouth in good health.

Source The Academy of General Dentistry



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Peripheral Artery Disease

Submitted by
Capital Cardiology Consultants

Peripheral artery disease (PAD), occurs when your extremities (often your legs) don't receive enough blood flow. This causes symptoms such as leg pain when walking (intermittent claudication). PAD is a common circulatory problem in which narrowed arteries reduce blood flow to your limbs. PAD is also likely a

sign of a more widespread accumulation of fatty deposits in your arteries (atherosclerosis). This condition may be reducing blood flow to your heart and brain, as well as your legs.

Symptoms

- Pain and cramping of your hip, thigh or calf muscles after activity, such as walking or climbing stairs (intermittent claudication)
- Leg numbness or weakness
- Cold feeling in your lower leg or

- foot, may be worse on one side
 - Non-healing sores on your toes, feet or legs
 - Change in the color of your legs
 - Hair loss or decreased hair growth on your feet and legs
 - Slower growth of your toenails
 - Shiny skin on your legs
 - Erectile dysfunction in men
- If PAD is severe, pain can occur at rest or when you're lying down.

This is also called ischemic rest pain. It may be severe enough to disrupt sleep. Hanging your legs over the edge of your bed or walking around your room may temporarily relieve the pain.

Prevention and Treatment Of PAD

Treatment for PAD focuses on reducing symptoms and preventing further progression of the disease. In most cases, lifestyle changes, exercise and claudication medications are enough to slow the progression or even reverse the symptoms of PAD.

Physical Activity. The most effective treatment for PAD is regular physical activity. Your doctor may recommend a program of supervised exercise training for you.

Diet. Many PAD patients have elevated cholesterol levels. A diet low in saturated fat, trans fat and cholesterol can help lower blood cholesterol levels, but cholesterol-lowering medication may be necessary to maintain the proper cholesterol levels.

Smoking Cessation. Tobacco smoke greatly increases your risk for PAD and your risk for heart attack and stroke. Stop smoking. It will help to slow the progression of PAD and other heart-related diseases.

Medication. You may be prescribed high blood pressure medications and/or cholesterol-lowering medications.

Procedures. Minimally invasive procedures consist of angioplasty or stent placement, as is done in the heart for coronary artery disease (CAD, or clot-removal treatment). They are non-surgical and are performed by making a small incision through which a catheter is inserted to reach the blocked artery. A tiny balloon is inflated inside the artery to open the clog. A stent — a tiny wire mesh cylinder — may also be implanted at this time to help hold the artery open. Sometimes a medicine can be given through the catheter or a special device can be inserted through it to remove a clot that's blocking the artery.

If there's a long portion of artery in your leg that's completely blocked and you're having severe symptoms, surgery may be necessary. A vein from another part of the body can be used to "bypass" and reroute blood around the closed artery.

Your healthcare professional will discuss your options and help choose the best procedure for your situation.

Capital Cardiology Consultants Where Your Cardiovascular Health Is Our #1 Priority.



Peripheral Arterial Disease (P.A.D.) is a common circulation problem in which the arteries that carry blood to the legs or arms become narrowed or clogged.

When left untreated, it can lead to serious consequences; loss of a limb or an increased risk of heart attack or stroke.

Some patients may experience leg pain while walking or exercising which disappears at rest. Others experience numbness, tingling and coldness in their lower legs and feet or may have a sore that will not heal. *Whether you have symptoms or not, it is important to consult with your physician even if you have no other risk factors.*

According to the National Institutes of Health, P.A.D. affects 8-12 million Americans each year. Don't let yourself or your loved one fall into this category. Your health is of the utmost importance.

Women's Heart Health. Heart disease causes at least 4 times more annual deaths than breast cancer. Heart disease death has decreased for men, but not women. The Symptoms of heart disease in women includes:

- Fatigue
- Chest discomfort, especially with stress or exercise
- Shortness of breath
- Rapid or irregular heart beat
- Swelling in feet or ankles

Call our office or visit our website to find out if you are at risk and how you can take action to prevent heart disease.

Who is at risk for P.A.D.?

Patients at risk for P.A.D. could have one or a number of the following medical conditions

- People over the age of 50
- High cholesterol
- High blood pressure
- Current or former smokers
- Diabetes
- Are of African American ethnicity
- A family history of peripheral arterial disease, heart disease or stroke
- Obesity



How We Can Help.

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Hormones Help Protect Your Heart

By Meg Kabis
New Day Vitality

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.

Estrogen

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

Progesterone

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

Testosterone

- Increases blood flow
- Positively impacts cholesterol
- Decreases inflammation
- Affects muscle mass

However, 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, "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," according to an article in a 2015 *Current Cardiology Reviews*. In addition, a 2013 *Journal of Sexual Medicine* (JSM) reports, "testosterone deficiency have been associated with metabolic syndrome and type 2 dia-

Please see "Hormones," page 51

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By Sheilah A. Lynch, MD

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Abdominoplasty, or “Tummy Tuck,” is a commonly performed



About the Procedure

An abdominoplasty is performed under general anesthesia so the muscle is relaxed and can be tightened by special suturing techniques. Excess skin and fat are removed and the resulting scar is hidden in the low abdomen and around a more youthful appearing belly button.

The procedure takes 2-3 hours and is usually performed as an outpatient procedure, meaning you go home the same day. The recovery is approximately two weeks, but many patients return to work as quickly as five days.

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BBL or Brazilian butt lift is an additional surgical procedure to consider along with Lipo360°. This procedure transfers the fat removed by liposuction to the buttocks to enhance the shape and give a firmer, more lifted appearance. This procedure is completely natural using your own fat for the enhancement.

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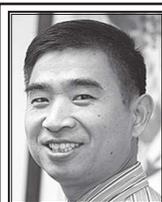
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Exercise and Diabetes

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 important 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 produc-

Please see "Exercise," page 61

Orthodontics and Mouth Protection



By Jacqueline Brown Bryant
DDS, MS, PC

For orthodontic patients, facial, jaw or mouth protection is crucial. Mouth guards are one of the most important aspects of team/personal sport gear; happen to be the least expensive aspects of protective gear and one of the best long-term investments in having a healthy smile. Athletic programs require such gear to help minimize tooth trauma and jaw injuries. This includes cheerleading, gymnastics, soccer, karate, boxing, football, basketball, and anytime there can be physical contact.

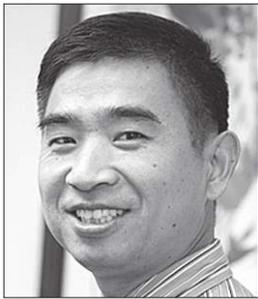
The American Association of Orthodontists recommends mouth guards

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

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

Acupuncture For Side Effects Of Cancer



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

Acupuncture began more than 3,000 years ago and is an important part of traditional Chinese medicine (TCM). It involves the placement of very slender needles into the skin along predetermined points for therapeutic effect.

In Chinese medicine, it's believed

that acupuncture works by unblocking the flow of energy along channels, or "meridians." The theory behind acupuncture is that when the body's energy channels are blocked, discomfort results.

Benefits of Acupuncture

According to the Centers for Disease Control and Prevention, each year more than eight million Americans use acupuncture to treat different ailments. Studies have demonstrated its effectiveness in the treatment of a host of non-cancer-related health issues, such as back pain, chronic headaches, osteoarthritis, high blood pressure, infertility, and hot flashes. Acupuncture is also safe, tolerable and effective for a range of side-effects resulting from conventional cancer treatments.

Relief Of Cancer Pain

Forty percent of individuals with

Please see "Cancer," page 61

Taking Hair Loss To Heart

By John Kiely, MD

Several studies have hinted that baldness is more than an embarrassment; it can be a visible warning of increased risk for heart disease. The largest study conducted thus far confirmed that notion.

The investigation, headed by JoAnne E. Manson of Harvard Medical School's Brigham and Women's Hospital, looked at participants in the Physicians' Health Study, a long-term project that examined the risks for heart disease in 22,000 male physicians. Eleven years into the project, the doctors, who were then between the ages of 51 and 95, indicated which of five pictures most closely approximated their hair pattern when they were 45. They correlated the hair patterns with heart problems that had arisen in 19,112 subjects who had no cardiovascular problems at the start of the study. The researchers looked at the connection between hair loss and coronary events, namely non-fatal heart attacks, angina or treatment for heart disease (bypass surgery or angioplasty).

The results showed that regard-

less of age, men with frontal baldness alone were only slightly more likely (9%) to face heart problems than were men who retained all their hair. But those with mild thinning at the crown had a 23% higher risk of heart disease, and those with moderate or severe balding at the crown had more than a 30% higher risk.

Worst off were severely bald men with high cholesterol levels or high blood pressure. Those with elevated cholesterol were almost three times more likely to have heart disease than were men with high cholesterol and hair on their crown. Bald subjects with raised blood pressure faced almost twice the risk encountered by their counterparts with lusher hair.

Researchers can only speculate about why bald men would be more susceptible to heart disease. Genetic inheritance could be at fault, or high levels of male hormones (androgens) or increased sensitivity to them could be the common denominator. Androgens play a part in male-pattern baldness and appear to contribute to atherosclerosis and increased blood clotting, both of which promote heart disease.

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Ensure You Are Quarantined In a Healthy Home



By Vinny Gigliotti, CEO
Environmental Solutions, Inc.

More than ever, our homes have become places of refuge and safety. Assurance that our homes are safe indoor environments and are not causing adverse health effects is crucial during this uncertain time. Environmental testing can provide insight to the composition of the indoor air

quality in your home, uncovering potential exposure to microbial and biological hazards. Mold and other biological contaminants can lurk behind wallpaper and under flooring and are not always able to be detected visually, which is why environmental inspections and testing are important.

Why Should You Get Environmental Testing?

If you have experienced flooding or a water leak, mold growth is highly possible. Testing can determine if there is mold in the breathable air, what type of mold it is and how detrimental it is, and what can be done to eliminate it.

If you are moving into a new home and are concerned about what the previous tenants may have left behind, such as bacteria or allergens, indoor air quality environmental testing is recom-

Please see "Quarantined" page 65

Missing Multiple Teeth? Full Arch Treatment Options



By Judy Yu, DMD, MBA
Dental FX

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 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.

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

Please see "Multiple Teeth," page 61



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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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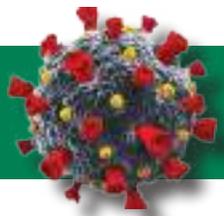
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COVID-19 Update

Vaccines Are Taking Too Long To Distribute

The slow roll-out of the coronavirus vaccines is somewhat of a mystery to most people. With nearly 30 million doses available, as of this writing, only about 6 million have been administered.

Over a month ago the US FDA followed the UK with an emergency approval for distribution of the Pfizer COVID-19 vaccine, but to date, less than 25% of the vaccine available to the US has been distributed and administered to patients.

As a country, we have to understand that manufacturing literally billions of doses of anything is going to take time. Even though we have millions of doses available, there are not enough to get the job done. But, it does seem like the ones we have should be distributed and administered to protect as many people as possible. So why isn't that happening?

It is a disorganized effort that results in doses sitting in freezers rather than going into people's arms. I want my vaccine, but I'm not a front-line worker, I'm not old enough, I don't have the right position, and a host of other reasons why I can't get the vaccine.

The decisions of leaders in government over who should and shouldn't be first in line lead to confusion that causes the doses we do have to sit unused. The debate goes on and on, mostly because there isn't enough available for everyone, and we need to make sure we have the 2nd dose available to those who have gotten the 1st dose.

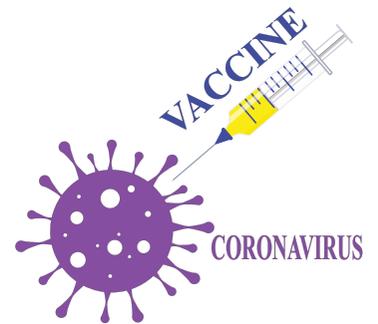
Having said that, you hear political leaders every day arguing over what to do. It appears at this time that this crazy political environment may be more responsible for the delay than anything else. The amount of energy

and confusion around the presidential election has its cost and the cost is delays in getting the doses out.

The need to keep the vaccine at subzero temperatures creates a unique logistical challenge. It will take leaders in healthcare and government to figure out how to get this moving.

On the current timeline, it will take months to get enough doses to go around, probably late summer or fall, if we're lucky. It could take much longer. But, what is shocking to me is that we as a country have the power to produce whatever we want through the Defense Production Act. The president can essentially require any company to stop what they're doing and produce the vaccine. But, no one seems to be addressing this.

This raises a serious question, "Why?" Doing research online doesn't



seem to provide any reason why this is not being done. Neither Trump nor Biden has mentioned it. If that is not the most confusing thing seen during this whole thing, what is? We needed a vaccine, now we have one, but we can't get it manufactured or distributed. Hopefully this will change!

As it stands now, this is just the beginning of the vaccination effort and surely, just as we have learned more about treatment of COVID patients, we will get better and better at producing and administering the vaccine to Americans and other countries, so we can put COVID-19 in our rear view mirror.



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The Healing Power Of Pausing



By Linda Penkala, Author, LMT

If we were to delve into our movie memory bank of a favorite military film, the basic training lineup offers unique parallels for today. Seeing the long line of newbies and the drill Sergeant screaming at them “Attennnn...tion!” They immediately stand feet together, don’t move, chest out, looking straight, and freeze. Eventually, the command of “at ease” is given, and they move into a more relaxed stance, open legs, can move their heads, but still no talking.

Many may be feeling that we have

been in that “attention” state since March of 2020, taking new orders to “shelter in place,” wear a face mask, plus new applications of daily living since COVID. All the ranges of emotions we have experienced from fear, to panic, to depression, to anger, naming just a few. Along with the big emotions of grief and loss, trying to process how suddenly, we must “stop” working, traveling and seeing our beloved families. The lack of hugs, gathering around a table for a meal and not being with our faith families on the weekends was beyond difficult.

It is precisely at this junction in time with work/life/family stress at an all-time high, to pause – to begin embracing this stance of “at ease” on a regular basis. We can’t afford not to begin having intentional lifestyle moments of calm, keeping heart disease from evolving. Stress raises your risk of serious heart problems. Stress increases the plaque rate and it can accumulate in the arteries. It

Please see “Healing Power,” page 65

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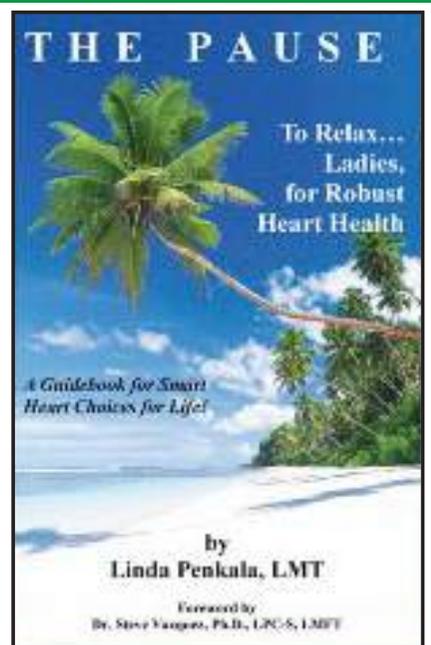
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Why Your Team Should Include a Supportive Care Team



By Eric Bush, MD, RPh, MBA,
Chief Medical Officer for
Chesapeake Supportive Care and
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In 2017, both the National Comprehensive Cancer Network and the American Society of Clinical Oncology recommended that any patient newly diagnosed with late-stage cancer should be referred to palliative care, or supportive care, at time of diagnosis. It is an important statement as it encourages hope based on science: Cancer patients who are also supportive care patients are more likely to experience a better quality of life and to live a longer life.

There have been many recent studies that demonstrate the benefits of including supportive care as part of a cancer treatment plan. The results include patients demonstrating fewer signs of depression, reducing stress factors for both the patient and their family, improved length of survival and even lessening the risk of admission to an acute care facility. I have been fortunate to partner with many oncologists as a supportive care physician over the last 15 years. Some of those patients who I first met as stage four cancer patients have been with me for seven, eight, even nine years.

Being a supportive care patient means you have someone to ally with you as you work with oncologists, radiologists, chemotherapists, and others to decide on the risk vs. benefits of treatments and interventions. There are a lot of moving parts in cancer care. There are a lot of symptoms, from nausea and pain to anxiety and depression. A supportive care team may include a physician or nurse practitioner, a registered nurse

and a social worker who are focused on patient-centered care. Supportive care providers spend on average 70 minutes with each patient – that amount of time is essential to assess the patient's needs. Before and after that visit, they are working with the patient's healthcare teams, coordinating care and medications.

Uniquely, supportive care team members focus their visits with patients on determining the patient's goals of care and helping patients align their treatment choices to their goals of care as well as working with the patient to help communicate that to their other providers.

If you have been recently diagnosed with cancer, make sure supportive care is part of your treatment plan. And yes, it is covered by insurance, just like your oncologist, radiologist, cardiologist or any other medical specialty.



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Terence Bertele, MD

Dr. Bertele is the Medical Director of Chesapeake & Washington Heart Care. He Graduated from New York University and trained in medicine at George Washington University Hospital and Georgetown University Hospital. Dr. Bertele has been a board certified cardiologist since 1985.



Samuel B. Itscoitz, MD

Dr. Itscoitz is a board certified Cardiologist, with a special interest in hypertension and cholesterol disorders. He studied medicine at George Washington University, and completed a Cardiology Fellowship at Harvard University after training in Internal Medicine at Brigham and Women Hospital.



Awail U. Sadiq, MD

Awail U. Sadiq, MD is board certified in Cardiology and interventional cardiology. Originally from Brooklyn, NY, Dr. Sadiq completed his training in Cardiology and Interventional Cardiology at University of Nebraska, Omaha. He completed his training in Internal Medicine at Drexel University in Philadelphia.



Herman Gist, MD

Dr. Gist is an experienced Interventional Cardiologist. He completed his fellowship in Cardiology at Emory University, and Interventional Cardiology fellowship at the University of Maryland Medical Center. He is dedicated to improving clinical outcomes in patients with coronary artery disease, peripheral vascular disease, valvular heart disease, and hypertension.



Roquell E. Wyche, MD

Dr. Wyche is a native Washingtonian. She received her M.D. from George Washington University, and trained in Internal Medicine at the Washington Hospital Center. Dr. Wyche completed a Cardiology Fellowship at Howard University Hospital and advanced training in cardiovascular imaging at the Washington Hospital Center.

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

Dr. Eshkevari has expertise in central and peripheral mechanisms of pain and stress responses; and her specific area

of research involves identifying physiologic markers for chronic stress, and stress induced depression and anxiety that are modulated by acupuncture.

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

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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 team. He is consistently rated by his peers as a Top Dentist in *Virginia Living*, *Washingtonian Magazine*, and *Northern Virginia Magazine*.

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Degrees, Training and Certificates:

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

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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

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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.



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Meet Dr. Brittany M. Harris:

Dr. Brittany M. Harris is a Chiropractor, certified by the National Board of Chiropractic Examiners and licensed by the states of Maryland, Virginia, and Washington, D.C. In 2010, she received her Bachelor of Science degree with honors from Spelman College in Atlanta, Georgia.

She continued her education at Life University in Marietta, Georgia, the largest chiropractic program in the country. During her education, she learned a variety of contemporary Chiropractic techniques including Activator, Applied Kinesiology, Thompson Terminal Point and Sacro-Occipital techniques. In addition, she invested over 100 hours learning advanced physiotherapeutic protocols for spinal and extremity conditions. In addition to her formal education, she has completed extensive post graduate training in perinatal and pediatric care.

She is certified in the Webster Technique, a technique designed to reduce the effects of sacral and pelvic dysfunction during pregnancy. In 2012, she earned an Advanced Proficiency rating in the Activator Methods technique, a low force, instrumental technique.

Dr. Harris takes a "whole person" approach to patient care, and enjoys educating her patients about how to achieve their personal health goals. Her method involves a comprehensive analysis of physical factors, nutrition and lifestyle considerations that influence health and function. She prides herself on her ability to connect with patients and looks forward to serving the community, providing people with an opportunity to discover true "health care."

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Dr. Smith's Philosophy:

Always listen to the patient and in turn respond in an educational manner so that the patient will understand.

Degrees, Training, and Certificates:

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

Professional Memberships:

National Dental Association

Areas of Interest:

All phases of dentistry - cosmetic, implant, crowns and bridges, root canals, veneers, preventive care, Invisalign and whitening.

Hobbies:

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

Additional:

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

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MEET DR. GAZNAVI

Dr. Gaznavi is committed to quality, individualized dental care and patient comfort. She understands that some patients are apprehensive about dental treatment and will offer options to help alleviate these concerns, and help the patients achieve their dental goals. Dr. Gaznavi is committed to dental excellence and continuing dental education and advanced studies in cosmetic dentistry.

Our dental practice aims to build a healthy community and improve our society by improving the health of everyone we meet and treat here at Rock Creek Dental Center. We believe in educating patients during the treatment process goes a long way in improving their dental and overall health. Our expertise in treatments such as natural looking porcelain crowns and veneers, composite tooth colored fillings, dental implants, and many other cosmetic dentistry procedures ensures sound dental health and a beautiful smile for our patients. Our team is extremely supportive and gentle when it comes to our patients and their dental treatment and dental health. Our dental procedures are smooth and painless as we have developed techniques that help patients relax and be comfortable while having their treatments completed in a supportive environment.

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Mental Wellness and Your Gut

By Quay Lee Holland, MS, CPT,
INHC, CEO/Founder
QUR Body Lifestyle, LLC

Did you know your body digests and assimilate your emotions just like food? Think of a time when you had butterflies in your stomach before a big event or when you had a “gut feeling” about a situation. The truth of the matter is the brain in your head (first brain) is connected to your second brain – the gut (microbiome) by a neurotransmitter highway called the vagus nerve. The vagus nerve is the longest nerve of the autonomic nervous system in the human body. It also connects the heart, immune system, all major organs and is divided into two branches, the sympathetic and parasympathetic nervous system. The parasympathetic branch is where the rest, digest, healing, and calming

process takes place. Ideally, we should be in this mental state 90% of the time but the stressors we encounter daily dictate otherwise.

During this past year, roughly 80 million Americans experienced a mental health challenge. According to a survey by *Gallup, American Assessment of Their Mental Health, 2001-2020*, showed a range of 81-89% Americans described their own mental health or emotional wellbeing as excellent/good. In 2020, it decreased to 76%. So many factors contribute to the decline such as COVID-19, loss of jobs, loss of loved ones, health disparities, racial tensions, etc. The *Wall Street Journal*, December 21, 2020, published; scientists are finding that the bacteria in your gut may be the trigger to feelings of stress, anxiety, and severe depression. In fact, 90% of your body’s mood-boosting hormone serotonin is found in your second brain.

Integrating healthy, lifestyle strategies to nourish your mind and body is needed to flourish. Having a healthy, balanced microbiome is essential due to seventy percent (70%) of your immune system is in your gut. Therefore, understanding fac-

tors such as sleep, stress, exercise, environment, etc. that contributes to your mental wellness is necessary. A successful approach is having an individualized program designed for your own body constitution. Mental wellness is an active process of mov-

ing from unhealthy, to well, to fit. Mental wellness is just as important as physical wellness, and it is all interconnected.

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The New Normal



By Beth Albanese, CTRS, CPRP
House Calls LLC

We can all agree that 2020 wasn’t our best year. Now that we are officially in 2021, we might be able to gain a little perspective on our situation. It also gives us the chance to calibrate to our new normal.

The old normal typically means having a purpose to get out of bed and then following through the daily life events on the calendar. To find fulfillment in those daily activities, it is important to know what yardstick you use to measure your self-worth. Many people derive self-esteem and even their very identity from their

jobs. They view recreation as a reward for their work, rather than as its own valuable activity.

The new normal does not allow for that kind of thinking, because for most people, work looks different than it did before coronavirus. When your office is in your living room and your breakroom is the kitchen, does it still count? How do you reward yourself? And what if you have lost your job – how will you measure your self-worth then?

Recreation isn’t something we have to earn – it is a key element of having a healthy self-perception. A healthy leisure identity leads to a healthy sense of worth, which leads to better, more rewarding choices throughout the day. Healthy recreation contributes to our insight, intuition, responses, listening, and overall wellbeing.

As we turn the calendar over to 2021, everyone is faced with a new work identity, and it is often a compromised version of the old self-image, like a copy of a copy. Changes

Please see “New Normal,” page 62

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Prevent Heart Disease



By Ronda Sharman, DC
Life Care Chiropractic & Wellness Center

Heart disease is the leading cause of death in the United States, but thankfully it can be prevented. There are the obvious ways to prevent heart disease: don't smoke, eat an anti-inflammatory low grain diet, with plenty of fruits and vegetables and exercise. Is there more you can do?

Start by looking at the word disease. Break that word down and it is dis-ease. In other words, not ease. So at least a part of heart disease is re-

lated to not being in a state of ease. Stress plays a huge role in heart disease, often causing an increase blood pressure, irregular heart rhythms and increased levels of adrenaline and cortisol. So start with managing your stress as the first step to prevent heart disease.

Stress Reducers

Meditation: Meditation takes practice. Try downloading a guided meditation app. Start with a short, five-minute guided meditation and go from there. Daily practice can lower blood pressure, improve mood and reduce damaging stress hormones in the body.

Biofeedback: Biofeedback is the process of gaining greater awareness of physiological functions by using instruments that provide information on the activity of those same systems, with a goal of being able to manipulate them at will. One device, called the EmWave, helps to raise your awareness of when you are in a stressful state. The technology then helps you to shift back into a more relaxed and content state. Similar technologies are available, such as a phone app that couples with an ear sensor.

Yoga: Yoga is a great way to relieve stress through centeredness, focus and calming breath work.

Slowing down: The reality is that the world is on fast forward these days. Plan some time to relax for a bit every single day, no matter how busy you are.

Be true to your heart: People are simply less stressed and more resilient when they are living their life congruent with their own values. When our actions are in alignment with our authentic selves – our purpose and values – life just seems less stressful even when there are challenges.

Nutritional Considerations

Reduce sugar, and stay hydrated. Also, a single glass of red wine each day will give you a good dose of resveratrol, which lowers cholesterol, reduces risk of blood clots and prevents damage to blood vessels. One glass is enough to gain benefits – but keep it to one glass most days.

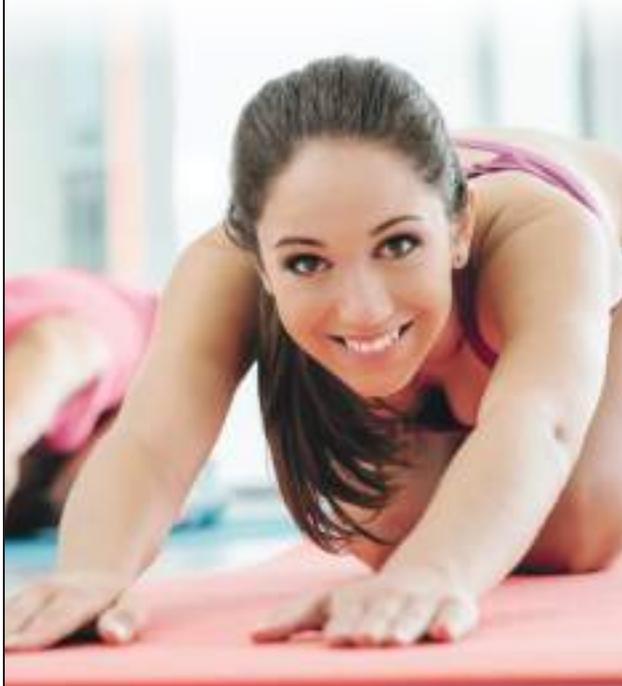
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Please see "Heart Disease," page 62

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Clearing the Air

NASA Technology Eliminates 99.9% of COVID From Air and Surfaces Within Three Minutes

By Dyanne Street
HealthyAirAndSurfaces.com

As seen on ABC News, CNBC, and in the *Washington Post*, this new NASA technology protects the lives of those you care about with air you can trust. ActivePure Technology is scientifically proven to eliminate over 99.9% of airborne SARS-CoV-2 (which causes the COVID-19 disease) within three minutes.

ActivePure's Air & Surface Pro al-



lows employees, patients, customers, teachers, students, and seniors to be protected and to feel safe again.

Testing of the ActivePure Technology was conducted by one of the world's top biosafety testing facilities, the University of Texas Medical Branch (UTMB), which primarily tests for the U.S. military and the Centers for Disease Control (CDC).

"These results demonstrate the effectiveness of the technology in a laboratory setting," said Dr. William S. Lawrence, PhD, director of the Aerobiology Services Division at UTMB's Galveston National Laboratory.

ActivePure Technologies foresees widespread use of the technology to reduce the amount of SARS-CoV-2 virus present in the air and on hard surfaces in commercial, residential, and medical settings.

ActivePure Technology was used by the Pentagon after 9/11 to clean the toxicity and protect all personnel. Its latest generation of technology was

Please see "Clearing the Air," page 63

Treating Infertility



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Part One

Many couples who want to have a child have not been able to do so. About 15% of couples in the United States are infertile.

Before you are treated for infertility, you and your partner must be evaluated by a doctor. This may help pinpoint the cause or causes of infertility. The type of treatment you receive depends on the outcome of your evaluation.

Causes of Infertility

For healthy, young couples, the odds are about 20% that a woman will conceive (become pregnant) during any one menstrual cycle. This figure starts to decline in a woman's late 20s and early 30s and decreases even more after age 35. A man's fertility also declines with age, but not as early.

Infertility may be caused by a problem with the woman, the man, the couple or their lifestyle. Infertility may be caused by more than one factor.

Sometimes a cause of infertility cannot be found. Whether the problem is with one or both members of the couple, there are a number of treatment options.

If the problem is linked to lifestyle, there are things you can do to help. For instance, your doctor may suggest you change when and how often you have sex.

You may need to lose or gain weight or stop smoking. You may need to avoid being exposed to certain chemicals or substances.

Medical treatment may be needed

Please see "Infertility," page 62

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Steps To Prevent Diabetes



By Janet V. Johnson, MD
Loving Care Pediatrics

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

Please see "Prevent Diabetes," page 63

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.

Body Wraps: What and Why?



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

of concern. Some practitioners claim that the solution in use during the process cleanses and detoxifies pushing out trapped toxins, which flush out through drinking a lot of water after the wrap. The result is inch loss where the solution is applied. The amount of inch loss depends on the amount and density of the fat storage in the body part treated. Typically, the softer the fat, the faster it disappears and the quicker you see results.

Why Get a Body Wrap?

Your skin is your largest organ absorbing toxins all day from cleaning solutions, environmental pollution, personal care products, and pollutants from technological advancements that we need and enjoy daily. In addition, there are other daily exposures contributing to the toxic burden such as dry cleaning, dyes on clothing, and ink on papers to name a few. Detoxification is also one of the main reasons many people get body wraps.

What Are the Benefits Of the Body Wrap?

- People who want to lose inches to improve their appearance.

Please see "Body Wraps," page 63

Body wraps are generally used to reduce the appearance of cellulite, and to improve the health and appearance of your skin by moisturizing and hydrating your body. Toxins are stored in the body and can impact people regardless of weight, size, or gender. Some believe that body wraps cleanse the body of these stored and trapped toxins, which can collect in the body due to such factors as aging, improper diet, lack of exercise, smoking, dehydration, and stress.

The body wrap solution can be a liquid or cream, lotion, mud or clay with an herbal, vitamin, or mineral base that is rubbed on the body part(s)



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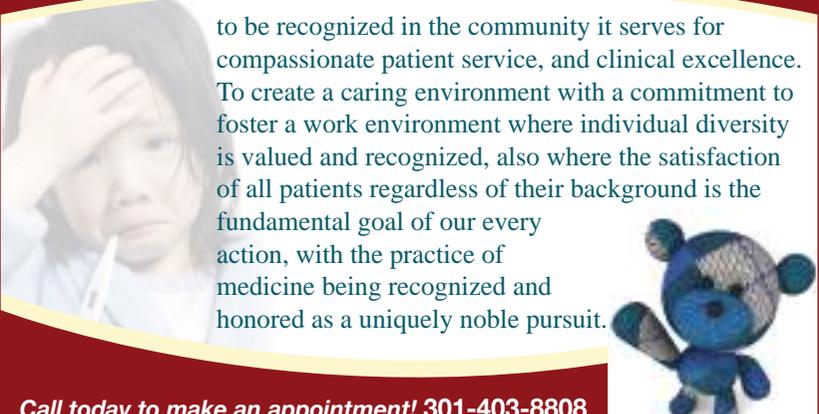
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Beauty, Skin Care, and Beautiful Smiles

Submitted By
La Plata Physical Therapy

With the end of winter approaching us, it's time to start preparing for warmer weather and showing a little more skin. It's important to make sure your skin is as healthy as it can be leading into the season and that goes beyond just making sure to apply sunscreen and other lotions to improve skin care. You can also help improve the health and appearance of your skin by what you eat in your daily diet. Luckily for all of us, there are many common foods that are already loaded with vitamins and nutrients that can help our skin look its best.

When choosing foods this time of the year you want to focus on those high in Omega-3 fatty acids, zinc, carotenoids, sulforaphane, and vitamins A, C, and E. Omega-3 fatty acids help keep skin moisturized, reduce inflam-

mation, and help combat side effects and redness of skin conditions like psoriasis.

Omega-3 can be found in high quantities in walnuts, avocados, and fatty fish like salmon, mackerel, and herring. These kinds of fish are also dense with vitamin E, which is an important antioxidant, and zinc which helps regulate new skin cell growth, promotes wound healing, as well as combats bacteria. Carotenoids keep skin healthy by acting as a natural sunblock from UV rays, which can cause sunburn, cell death, and exacerbate dry wrinkled skin. Carotenoids, specifically beta-carotene, can be found in tomatoes, red and yellow bell peppers, sweet potatoes, oranges, carrots, and spinach to name a few.

Many foods containing carotenoids also have vitamin C which is helpful in not only fighting colds this

Please see "Beauty," page 63



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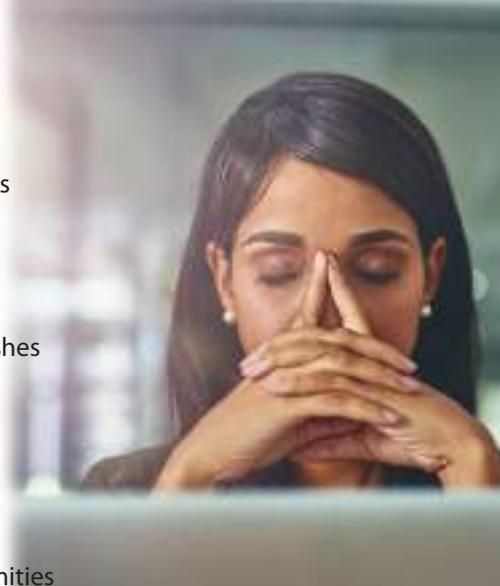
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The Dangers Of Gluten



By Thomas K. Lo, DC
Advanced Chiropractic Center

Taking a stroll through the local grocery store, you may notice many products that now boast that they are gluten-free. Not even 15 years ago, labels like this did not exist and it was rare to find someone with a diet that

restricted gluten. Why is it so bad and what is gluten anyway?

Gluten is a type of protein found in many grains, including wheat, barley, oats, and rye. Therefore, it is in almost every food we eat, from bread to pasta, to the cereals that make up much of the typical American diet. It is responsible for the "light and airy" texture we love in our breads. Unfortunately, for the many who suffer from celiac disease, as well as others who don't even have the disease, gluten is also responsible for a slew of poor health conditions and a higher risk of death.

Sadly, many people live with a gluten allergy or intolerance and don't even know it. They may go from doctor to doctor searching for why they feel so ill all the time. Some just don't know that it's

Please see "Gluten," page 63

Essential Oils and Acupuncture



By Brittney de Vicq, MAC, LAC
Brittney de Vicq Acupuncture

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 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.

Foot Care For Diabetes



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

Part One

Diabetes can cause nerve damage. When the nerves in your feet do not work right, it is easy to stumble and injure your feet. You might also burn them or step on a thumbtack and not even know it. Nerve damage can also interfere with sweating, making your feet dry and scaly.

Diabetes can cause poor blood flow. As a result, wounds heal slowly. Sometimes, wounds don't heal at all. Poor blood flow may make your feet cold, blue, or puffy. Your first step toward foot fitness is wearing shoes and socks that fit well and protect your feet.

- Don't buy shoes at self-service stores. Have shoes fit by a trained fitter.
- Buy and wear only comfortable, supportive shoes with a low heel and plenty of wiggle room for your toes.
- Choose leather dress shoes; for casual wear, walking shoes are a good choice.
- Break in new shoes slowly.
- Check inside your shoes before putting them on for stones or other

- objects.
- Wear clean padded socks to protect your feet.
- Be sure your socks are smooth fitting and in the correct position on your feet.
- If your socks have seams, they

should not rub your feet or toes. Socks are the best remedy for chilly feet. Don't use a heating pad or hot water bottle to warm your feet because you might burn them.

See next month's article for additional diabetic foot care tips.

Weight Loss

Tap Into Your Mind Body Connection



By Boynes Sindass, MD
Firefly Wellness Center

How many times have we said, "I will start my new diet on Monday?" "I will be ready, eat perfect, no sugar, no treats. Or I will do the latest fast and lose 15 pounds in one month. I will only have smoothies, eat lots of greens to make the weight go away faster."

How has that been working for you? The commercials on TV and social media continually tell you their plan is best and only costs little money. The science is out – there are some programs that work better than others, but which one is best for you? Follow-

ing an influencer on social media may not be the best option because each person must find what work works for them. If you are vegan or whole food plant based, will certain diets work for you when they do not have dairy free, organic options?

Find your way to losing weight by strengthening your mindset using the tool of mindfulness to help you. While you are exercising your body, learn how to exercise your mind – this may give you the fortitude to say no to that cake when you are not hungry. Behavior modification is a major portion of the weight management cycle that is often not addressed.

If you need help on how and which lifestyle plan may be best for you a doctor's office can help you guide you in the right direction. Look for a program that does not prescribe diet pills; look for one that helps you find natural, safe methods to be your best. A mindful eating program should include educational instruction, weekly coaching, supplement recommendations, and B-12 shots to help boost energy.

HORMONES

FROM PAGE 24

betes." Both of these illnesses greatly increase the risk of heart disease.

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Manic Depression



By Joyce Abramson, RNMS
Charles County Freedom Landing

Winston Churchill experienced such fluctuations.

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

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

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

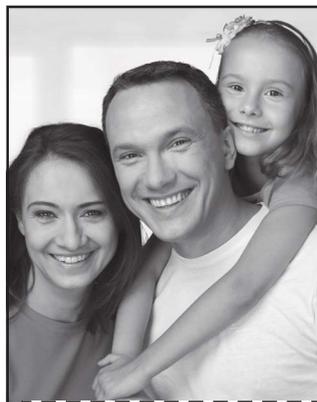
Thinking patterns can be affected and the individual may show signs of paranoia or have hallucinations (see or

Please see "Depression," page 63

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




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What Is Root Planing?

Root planing is the treatment of the diseased root surfaces below the gum line.

A routine prophylaxis (cleaning) emphasizes cleaning teeth above the gum line in a generally healthy mouth. Root planing focuses on eliminating tartar and plaque below the gum and detoxify the root surfaces where the disease occurs.

What does your dentist hope to accomplish with soft tissue management?

- Gums that do not bleed. Healthy gums do not bleed
- Fresher breath and taste
- Gums that are not red, swollen, or tender
- Knowing how to effectively maintain good oral hygiene
- Reduced pocket depths

Please see "Gum Disease," page 63

Soft tissue management is a non-surgical approach to control periodontal disease. There is no cure for periodontal disease; it can only be managed or controlled.

What Is Soft Tissue Management?

Soft tissue management is an individualized plan to eliminate infection of the gums and root surfaces. An appropriate plan will be chosen by your dentist, hygienist and you.

The hygienist will perform the treatments to help eliminate infection,



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Probating an Estate

Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

Maryland has a law requiring you to file the existing Last Will and Testament with the proper Court, whether or not the deceased person has assets. This is not optional. If the deceased has any assets titled solely in their name alone, whether or not a Will exists, you must probate those assets by filing certain paperwork with the proper Court. Only the

Personal Representative appointed by the Court (usually the person named in the Will) has the power to transfer assets of a deceased person. If a Power of Attorney exists, it is void as of the date of death and can no longer be used. If the deceased had a car, a bank account, or any other asset titled solely in their name, the Personal Representative is the only person who can change the title, collect funds, withdraw funds or take other actions on behalf of the deceased. Most institutions (such as banks and brokers) and government agencies (such as the IRS and Social Security) will only talk to the Personal Representative. Before the named Personal Representative can act on behalf of the deceased or the estate, the Court, during the probate process, must approve the named person by issuing Letters of Administration. It is the Letters of Administration that gives the Personal Representative power to act on behalf of the estate.

What Is Involved In

Probating an Estate?

In Maryland, if the deceased dies owning assets solely in their name valued at less than \$50,000 (\$100,000 if the spouse is the sole beneficiary of the estate), the process is rather simple and is called a "Small Estate". The Personal Representative named in the Will files the Will and a few forms with the Register of Wills. The Court will then issue Letters of Administration and no further Court action is required. The assets can then be managed and distributed by the Personal Representative without further Court filings. The vast majority of Maryland residents have assets in excess of \$100,000.

If the Maryland deceased's estate has more than \$50,000/\$100,000 in assets, the Will and several probate forms must be filed with the Register of Wills located in the Circuit Court of the County in which the deceased resided. Notice must be placed in a newspaper giving creditors and potential unknown heirs the right to file a claim, and

the Personal Representative must obtain a bond in the amount determined by the Register of Wills. A bond is an insurance policy insuring against theft of estate assets by the Personal Representative.

Within twenty days after appointment the Personal Representative must file a list of "Interested Persons" (those persons named in the Will as a beneficiary, plus the heirs that would benefit if no Will exists). Within ninety days, the Personal Representative must file an "Inventory" which is a list of all assets the deceased owned solely in their name at death. Real estate and tangible personal property must be appraised.

Meanwhile, the Personal Representative must do a number of things, including but not limited to, paying all bills, collecting all income (such as dividends, interest and rents) managing all assets, preparing all tax returns, and filing (after six months but, before nine months), an Account with the court which states the items listed in the inventory, lists all changes to those assets such as sales, and reports all receipts and expenses. After this Account is audited by the Court and approved, the estate assets are distributed and the estate is closed. Sometimes additional time is needed, perhaps to sell real property, in which case additional Accounts are filed every six months.

Maryland has a third type of probate called a Modified Administration. This requires more paperwork than a Small Estate, but less than a regular probate - as described above. You must meet certain requirements to file a Modified Administration, so obtaining an attorney to assist you is recommended.

Do I Need an Attorney?

If the estate is a small estate (under \$50,000/\$100,000), you may want to handle the matter yourself or with the assistance of the Register of Wills in the local Circuit Court. If you are not completely comfortable or clear as to your duties and responsibilities, or need help with the probate forms, you can contact an attorney to assist you.

If the estate is a regular estate (over \$50,000/\$100,000), obtain the services of an attorney to assist you.

While there is no legal requirement that an attorney represent the Personal Representative, obtaining the assistance of an attorney that has experience with probating estates can help speed up the process and can help prevent potential problems and errors, some of which can have substantial repercussions.

Most people do not have experience with managing an estate and do not realize the work and time that it can entail. An attorney with experience in probating estates will be familiar with the requirements and potential problems that are involved with estates.

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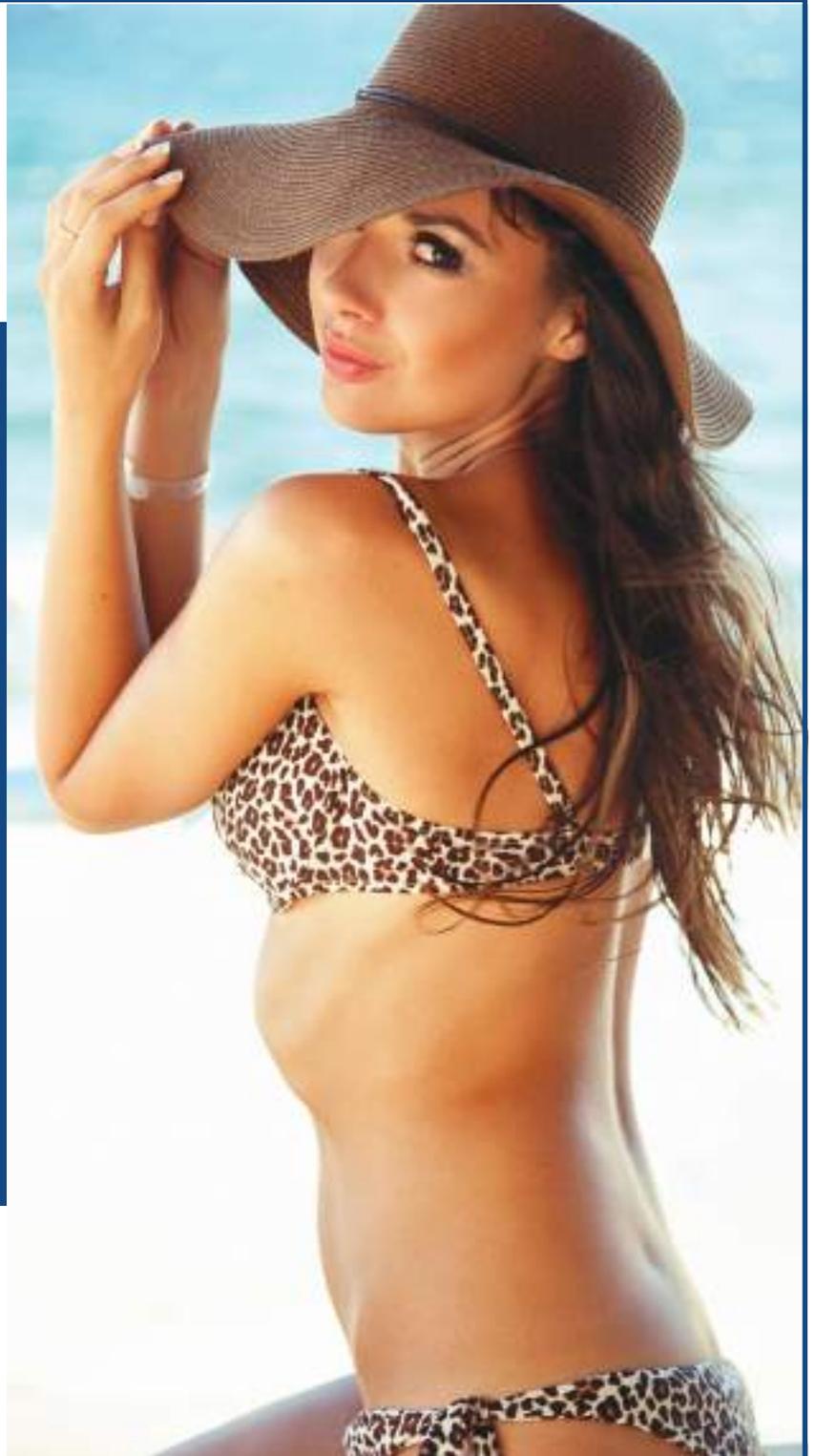
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7 REASONS

FROM PAGE 7

your hormone levels could be 60-80% of what they were in your young adult years. For many, this is the main reason you have no desire for sex or can't get off the couch. Also, hormones have a big effect on our mood. Are your thoughts and moods all scrambled and you wonder if you are going crazy? Supplementing your hormones to your young adult levels may help.

If you are over 60, supplementing your natural hormones can give you a new, exciting chapter in your life. Just having sex again will make you healthier and happier.

How Do Natural Hormones Work?

It is not an exaggeration to say that hormones are crucial to every single function of the body. More than

100 different types of hormones pour into your bloodstream at the rate of thousands of billions of units per day.

Hormones regulate your heartbeat and breathing. They make men, men and women, women. Hormones put you to sleep at night and wake you up in the morning. They build bone, maintain muscle-tone and lubricate joints. They fight stress, prevent fatigue, calm anxiety, relieve depression and much more.

A comprehensive history, physical and blood panel enables us to provide natural hormone replacement specifically tailored for you.

It's time to make a new start. Give yourself the gift of more vital days and romantic nights.

ACID REFLUX

FROM PAGE 17

tomato and citrus. Avoidance of alcohol and caffeine are also recommended. Weight loss and smoking cessation are also beneficial in controlling the symptoms. Tight fitting clothes should also be avoided.

Medications

Medications that neutralize acid in the stomach or that reduce the acid production in the stomach can manage the symptoms for many patients. Many of these medications are available over the counter while some require prescription.

Endoscopic Treatment

Endoscopy has been used to treat GERD with some promising results. While sedated, a flexible instrument with a camera is passed into

the mouth and into the esophagus. Established techniques include: 1) burning the esophagus to promote muscle growth and 2) narrowing the esophagus at the level of the valve mechanism by using sutures.

Surgical Treatment

The standard surgical treatment has been to wrap the stomach around the lower esophagus to create a new valve mechanism that prevents the reflux or backflow of stomach contents. New surgical techniques involve the placement of a magnetic ring around the lower esophagus in order to achieve similar results.

Discussing symptoms with your doctor is the first step to determine which may be the best treatment option.

EXERCISE

FROM PAGE 28

tion, 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 chiroprac-

tic adjustments your chiropractor may recommend changes to your 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.

TIRED

FROM PAGE 17

overgrowth (SIBO) or IBS (which is largely due to SIBO). To deal with this look at any possible food sensitivities (beginning with an elimination diet or food allergy testing), then have a breath test to detect SIBO, and make sure there is no evidence for pancreatic disease, (which can cause chronic diarrhea, gall bladder problems), or a chronic infection of the intestinal tract, (which can cause all kinds of problems).

Chronic stress is the next concern to deal with. When the fight/flight nervous system is chronically activated, people don't sleep, the GI system is "confused," they are more likely to have chronic pain, headaches,

palpitations, and all kinds of other issues. Trying to reduce stress, or more importantly to better cope with stress given that stress is a fact of life is key to getting well. Acupuncture, massage, and cognitive behavioral therapy are recommended to address this.

Finally, there are tiny organelles in every cell called mitochondria, which are the energy factories of our bodies. These can malfunction due to toxins, heavy metals, and nutritional deficiencies. Addressing this can make an enormous difference.

Lastly don't give up, there is an answer – you just have to find it.

CANCER

FROM PAGE 29

early or intermediate stage cancer and 90% with advanced cancer have moderate to severe pain, and acupuncture has a role in management of cancer pain. A recent study, published in *Journal of Clinical Oncology*, found that individuals receiving acupuncture experienced significant reductions in pain and dysfunction when compared with individuals receiving standard care.

Easing Chemo-Radiation Therapy Side-Effects

The preliminary data suggests acupuncture might be effective for chemotherapy-induced nausea, vomiting, fatigue, pain, leukopenia, radiation, therapy-induced xerostomia, insomnia, and anxiety.

A recent study reported acupuncture reduces some of these common side effects and produces fewer adverse effects than antidepressant, venlafaxine.

Another trial also suggested that acupuncture reduces vasomotor symp-

toms in breast cancer patients treated with adjuvant tamoxifen.

Increasing Quality of Life

Acupuncture can increase energy and provide a sense of well being to cancer sufferers. Another study, was done to examine the quality of life of breast cancer patients medicated with estrogen antagonists, two years after having acupuncture treatment for hot flashes.

Patients treated with acupuncture complained less of hot flashes, and had a more positive outlook on life.

Safety of Acupuncture

Although acupuncture is generally considered safe, it may cause dizziness, local internal bleeding, dermatitis, nerve damage, and/or increased pain (especially when the acupuncturist is not well-trained). A well-trained professional acupuncturist is very important for a better treatment result.

MULTIPLE TEETH

FROM PAGE 31

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

Bridge 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.

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LOOK NATURALLY

FROM PAGE 7

pulse dye laser, and other advanced technologies, to fade discolorations, spider veins, acne and rosacea, minimize pores, and give your skin a beautiful glow. There is typically little or no recovery time.

Photofacials can be alternated with DermaSweep MD, a physician-strength, aluminum-free and more effective version of microdermabrasion, which painlessly polishes your skin and then infuses it with customized therapies to fade discolorations, tighten pores, improve acne, and restore skin radiance.

The middle skin layer can be stimulated to produce new collagen and elastin with lasers for fractional and skin tightening such as the new eMatrix Sublative, eTwo, CO2RE or Fraxel resurfacing laser. These are breakthrough technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Fillers like Voluma, Volbella, Restylane and Juvederm are pure synthetic forms of the hyaluronic acid

that naturally supports your skin and is lost with time. Radiesse is a natural calcium-based filler. Sculptra is another volumizing filler. The key to undetectable results with fillers is expert understanding of facial anatomy and dynamics. An expert dermatologist or plastic surgeon can also use your own natural fat with stem cells to fill lines around the mouth and gaunt cheeks to make thinning lips full again and to free you of under eye hollows. The stem cells create a dramatic improvement in skin elasticity and resilience.

Expert techniques don't just fill wrinkles...they can actually reshape your face, to restore your youthful facial contours and lift your face subtly and beautifully with no scarring and minimal down time. Recent studies show that precise and targeted placement of these fillers can also stimulate your skin to produce its own permanent collagen and elastin, for better and longer lasting results.

A new addition is platelet-rich plasma (PRP) with microneedling the so-called "Vampire Face Lift" that

harnesses the regenerative power of your body's own platelet cells to restore smooth, radiant skin. Advanced PRP techniques are also a successful treatment for hair restoration.

The lowest layer of your skin can be treated with Ultherapy micro-focused ultrasound, Exilis Ultra or Sublime lasers, the newest treatments for non-surgical skin lifting. Ultherapy stimulates collagen and elastic tissue, to lift your brows and cheeks, re-contour your chin and jaw line and tighten and lift your neck, chest, abdomen, buttocks arms and elsewhere. You will see prompt, long-lasting and completely natural-looking results that improve even further over time. These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on body areas such as your stomach, arms, knees, buttocks and legs.

Kybella injections or LipoLite laser treatment can remove unwanted fat with no down time and no anesthesia to re-contour your jaw line. You can also painlessly melt fat away

from your hips, abdomen, waistline, buttocks, arms and other areas.

Precise doses of Botox, Dysport, Xeomin or Jeuveau neuromodulators can be injected in the right places to safely relax overactive muscles, smooth frown lines, worry lines, crow's feet, lines around the mouth and neck wrinkles. Expert treatment preserves your natural facial expressions and avoids a telltale frozen look.

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

This highly sophisticated approach does not morph you into a "new you." Better yet, it balances how you feel inside with how you look outside and allows you to rediscover the real you. Projecting to convey good health and energy can maximize personal and professional success as we move forward into 2021 and beyond.

6 TIPS

FROM PAGE 4

dation. Ensure your chair height allows you to sit comfortably with your feet flat on the floor. Your knees should be facing forward and aligned over your ankles, not tipping inward or out to the sides or coming over your toes.

2. Sit up tall. Slouching compresses the spine, putting extra pressure on the discs and vertebrae. Over time, this posture contributes to back pain. Keep your spine long and tall, and be sure to sit in a way that doesn't involve putting weight on one side more than the other.

3. Align forearms, wrists, and hands. While you're working at your desk keep a long, straight line from forearms to wrists to hands. Improper posture while typing can lead to repetitive strain injuries like carpal tunnel syndrome; repeated hand and wrist movements can irritate the wrist tendons, especially when alignment is poor.

4. Relax your shoulders. Whether

you prefer a chair with armrests or not, ensure your position allows your shoulders to be relaxed while your elbows rest close to your body. If your shoulders and neck tend to ache after working at the computer, try adding a little support, and see if it helps.

5. Float your head. It may sound silly, but envisioning your head as a ball or balloon perfectly balanced atop your torso and neck can help lighten the load and encourage appropriate alignment.

6. Position your monitor. To keep your head and neck aligned and your work position comfortable, position your monitor so its top sits at, or just below, eye level. This arrangement puts the screen directly in your natural line of sight so that your head and neck aren't being strained.

With a few ergonomic edits to your workspace, you'll soon find your pain reduced and your productivity skyrocketing.

HEART DISEASE

FROM PAGE 42

statin drug. Otherwise, take 100 mg. CoQ10 is critical for the mitochondria in the heart muscle cells to make energy so they can keep working.

Omega 3's: Omega 3's turn down your inflammatory pathways. Inflammation is tied to all chronic

diseases of aging including plaquing of the arteries, high blood pressure and high cholesterol.

Magnesium: Lowers blood pressure, helps the heart to beat more regularly and improves sleep.

NEW NORMAL

FROM PAGE 41

in our work lives have meant our "old normal" source of identity isn't applicable in our new, unpredictable reality. And our recreation – from sports to in-person book clubs – has likewise been affected by the pandemic and physical distancing.

To adapt in a healthy, positive way to our new collective normal, we have to analyze why we are drawn to certain activities and identities. Understanding why you wanted to participate in a select activity in the past will help you decide whether you can or should incorporate it into our new normal. Once you determine the reason a recreational activity is important to you, it is easier to decide which elements to adapt to your new circumstances.

For example, where you previously enjoyed participating in book club discussions at other people's homes, you may find that it was the

reading you enjoyed or you might find that the socializing was the main draw for you. If it was the reading, that's an easy enough remedy: just pick up a book. If it was the socializing around books, join an online book club or consider adapting the activity to involve your family at home by reading an age-appropriate book together and discussing it as a family. Or, maybe you'll find that your interest lies more in the socializing rather than books, which could mean you'll find just as much enjoyment playing family trivia or other games instead.

If you know what activities you have done in the past that have created a sense of joy, peace, positivity and fulfillment for you, and if you can maintain the part of the activity that you need for your self-worth, then you should be able to sustain the positive returns, even if you have to shift the activity slightly.

INFERTILITY

FROM PAGE 43

to help you become pregnant. If so, you should be aware of what is involved. Some treatments require a great deal of expense and effort from both partners. You may want to check your health insurance to see if you are covered.

You also should know the expected success rates and how success is defined.

Some clinics define success based on the number of live births.

Others define success based on the number of pregnancies achieved. Discuss with your doctor the success rates of your options.

Next month's article will discuss various treatment options.

CLEARING THE AIR

FROM PAGE 43

introduced in April of 2020, which just happened to coincide with the heightened spread of the COVID-19 pandemic in the U.S.

“ActivePure Technology enables us to go on the offense against airborne coronavirus with real-time elimination of viral particles so we can reclaim spaces – the gyms, restaurants, diners, theaters, beauty salons and barber shops – that are near and dear to our hearts,” said Joe Urso, Chairman/CEO of ActivePure Technologies, LLC. “Unlike conventional passive filtration-based air purifiers, ActivePure works immediately and does not require capture or exposure time. It rapidly and continuously fills a room with virus-neutralizing particles that instantly break viruses down to the

component parts, rendering them harmless.”

ActivePure surrounds a person with protective virus-inactivating air,” Urso added, “which is especially important in a medical setting. I think of it as a form of Personal Protective Equipment (PPE).”

The Cleveland Clinic is conducting a two-year study with ActivePure units in its operating rooms to see if the technology can reduce surgical site infections. Daniel Sessler, M.D., chair of outcomes research, said, “The Cleveland Clinic continuously adapts practices to ensure we are providing the safest care for our patients.”

“In this deadly pandemic,” Urso added, “people must have air they can trust.”

BODY WRAPS

FROM PAGE 45

- People wishing to tighten body tissue and improve definition.
- Women who need hips, thighs, and upper arms tightened and lifted.
- People who would like to remove toxins from their body.
- People who want to reduce cellulite.
- People who want to stay firm while on a weight loss program.
- Men who want to reduce their waistlines.
- People who would like to soften dry or rough skin.
- Anyone who wants to reduce stress and feel more relaxed.
- People who want to have a more youthful appearance and feel younger.

Who Gets a Body Wrap?

Individuals from all walks of life seek

out the benefits of body wraps. Wraps are enjoyed by:

- Individuals who are generally fit, but enjoy the detoxifying properties of body wraps.
- Those who want to lose inches in certain areas, tighten, and tone as they lose weight.
- Individuals who just want a place to get away and pamper themselves for an hour.
- Women trying to improve their appearance for a special occasion, like a wedding or a beach vacation.
- Individuals in the military who need to have certain measurements for PT.

Lastly, there are many reasons why people get body wraps. In any case, it is a wonderful treatment. Resolve to make this one of your regular treatments this year.

BEAUTY

FROM PAGE 47

time of year, but creating collagen in our skin that acts as a structural protein in keeping skin strong and healthy. Sulforaphane is popular in broccoli and other leafy greens and has been found in some studies to help protect against skin cancers.

If you're looking for a treat within your diet, dark chocolate (particularly 70% cocoa and above) and red wine is rich in antioxidants and resveratrol

that improve blood flow, skin texture, and reduces the effect of aging.

Thankfully for us foods that are good for our skin also taste good too. Adding these foods and focusing on increasing these vitamins and nutrients in your diet will have many positive impacts on the health and appearance of your skin. So, when the first nice day of spring comes around remember these tips and enjoy the skin you're in.

GUM DISEASE

FROM PAGE 52

- Control of periodontal disease
 - What does your dentist need from you, the patient, to make this treatment a success?
- Completion of the periodontal therapy prescribed by your dentist

- Thoroughly cleaning all tooth surfaces two times a day
- Maintenance of regular re-care visits
 - For patients with adult periodontitis, supportive three-month re-care is a requirement for successful therapy.

PREVENT DIABETES

FROM PAGE 45

betes. 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 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 processed 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 52

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.

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.

GLUTEN

FROM PAGE 50

possible to feel better and they continue to live in a state of mediocre health.

What's sadder is many doctors don't even know to test for it, or what signs may accompany it. Some of the most prevalent symptoms of gluten intolerance are digestive upsets, like gas, constipation or diarrhea. This is because gluten tends to irritate the digestive track, causing foods to not be properly digested and eliminated.

So, why do we hear about gluten intolerance so much now? Most of us never had any friends who couldn't eat gluten, but most of our children have several friends who are sensitive to it. One reason is the over-processing of grains in America, which denatures their normally, health-giving components.

When prepared properly and not stripped of certain vital nutrients, gluten works synergistically with

other parts of the grain, to make a nourishing food, rather than an irritant. Another reason for the sudden increase in gluten sensitivities is the genetically modified wheat being produced in America today.

The wheat being produced in America has been modified to have a higher gluten content in order to produce a lighter, fluffier bread product.

When the delicate balance of nutrients found in grains, as well as any plant, is disturbed, it almost always leads to a damaging end result, such as celiac disease.

This is why it is best to eat food in its most natural state, with very little processing. With proper treatment and good food preparation, living with gluten intolerance doesn't have to be intolerable. It is possible to have an enjoyable, healthy life.



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

Tomenko Family Dentistry, Ekaterina Tomenko DDS, LLC. 301-439-8333. 10230 New Hampshire Ave., # 330, Silver Spring, MD 20903. tomenkofamilydentistry.com

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Visual Eyes, Alexander Nnabue OD, 301-324-9500

Maryland Eye Care Center, 831 University Blvd East, Suite #11, Silver Spring, MD 20903. (301) 431-0431. www.mdeyecarecenter.com

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CDC Guidelines For COVID Vaccinations

When Vaccine is Limited, Who Should Get Vaccinated First?

Because the U.S. supply of COVID-19 vaccine is expected to be limited at first, CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first. CDC's recommendations are based on those from the Advisory Committee on Immunization Practices (ACIP), an independent panel of medical and public health experts.

The recommendations were made with these goals in mind:

- Decrease death and serious disease as much as possible.
- Preserve functioning of society.
- Reduce the extra burden COVID-19 is having on people already facing disparities.

While CDC makes recommendations for who should be offered CO-

VID-19 vaccine first, each state has its own plan for deciding who will be vaccinated first and how they can receive vaccines. Please contact your local health department for more information on COVID-19 vaccination in your area.

Healthcare personnel and residents of long-term care facilities should be offered the first doses of COVID-19 vaccines (1A)

CDC recommends that initial supplies of COVID-19 vaccine be allocated to healthcare personnel and long-term care facility residents. This is referred to as Phase 1A. Phases may overlap. CDC made this recommendation on December 3, 2020.

The next groups who should be offered vaccination next are groups 1B and 1C.

CDC recommends that in Phase

1B and Phase 1C, which may overlap, vaccination should be offered to people in the following groups. CDC made this recommendation on December 22, 2020.

Phase 1B

- **Frontline essential workers** such as fire fighters, police officers, corrections officers, food and agricultural workers, United States Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the educational sector (teachers, support staff, and daycare workers.)
- **People aged 75 years and older** because they are at high risk of hospitalization, illness, and death from COVID-19. People aged 75 years and older who are also residents of long-term care facilities should be offered vaccination in Phase 1A.

Phase 1C

- **People aged 65-74 years** because they are at high risk of hospitalization, illness, and death

from COVID-19. People aged 65-74 years who are also residents of long-term care facilities should be offered vaccination in Phase 1A.

- **People aged 16-64 years with underlying medical conditions** which increase the risk of serious, life-threatening complications from COVID-19.
- **Other essential workers**, such as people who work in transportation and logistics, food service, housing construction and finance, information technology, communications, energy, law, media, public safety, and public health.

As vaccine availability increases, vaccination recommendations will expand to include more groups

The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large enough quantities of vaccine are available. As vaccine supply increases but remains limited, ACIP will expand the groups recommended for vaccination.

QUARANTINED

FROM PAGE 31

mended. It will help determine if any contaminants are present in the home.

If there are any children, elderly people, or anyone with a weakened immune system in your home, indoor air quality environmental testing is very important. These people are at a higher risk of environmental harm.

If you are concerned at all regarding the quality of the air in your home, testing is recommended. Length of exposure is often the most important factor regarding the severity of health effects.

If you have had exposure to CO-

VID-19 or an individual who had tested positive resides in the home. After cleaning, surfaces can be tested to ensure the virus is no longer present.

Having environmental sampling conducted in your home can assure healthy indoor air quality, alleviate discomforting health issues, and possibly improve quality of life. This is especially important for children, the elderly, those with asthma or allergies, and those with weakened immune systems, as they are most susceptible to environmental harm.

HEALING POWER

FROM PAGE 34

makes platelets sticky and prone to forming clots that can block these arteries. Stress can also cause arteries to constrict, starving the heart of nourishing blood and triggering chest pain or a heart attack. Your heart and brain have been in survivor mode for months, and deserve to be tended to with gentle self-care.

Empowering new lifestyle choices, for yourself with love, offers balance and health. Here is what works, simple, and effective.

Pausing For Wellness:

- Meditation/Mindfulness – beginning the day pausing, focusing on your breath, being still with free apps Abide, Mindfulness Training, Smiling Mind, Reflect
- Praying – Divine time boosts mental health with apps Centering Prayer,

Reflect

- Exercise – for energy, walking daily, especially children after virtual learning
- Nature to Nurture – unplug from technology, as going outside is essential for health and happiness
- Quick Coherence – www.heartmath.org one-minute breathing tool
- Breathing Exercises – 3-5-8, inhaling, holding, exhaling
- Yin Yoga – gentle stretching calms the body/mind
- Therapeutic Massage – deep relaxation reduces cortisol levels
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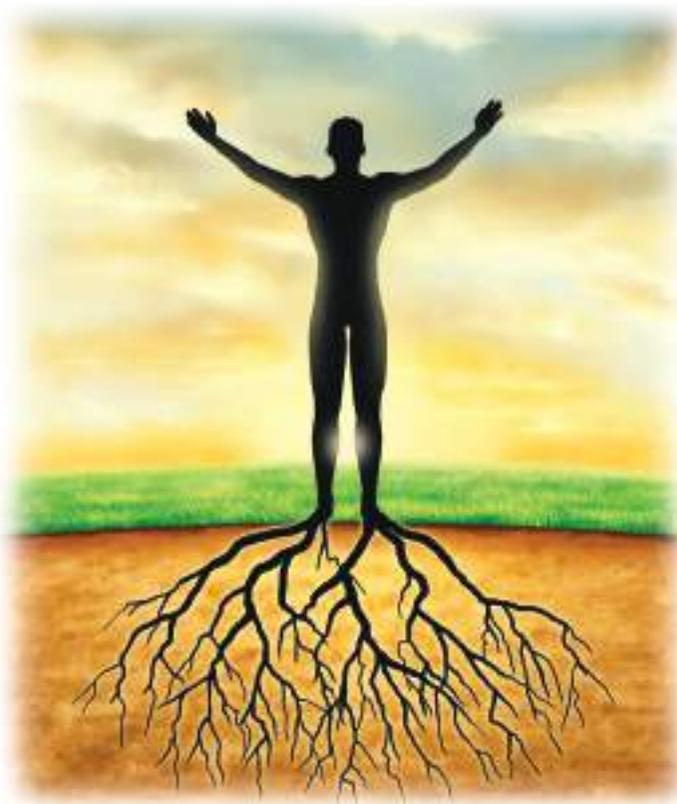
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Above all, my team and I promise to give you straight answers. We'll steer you through the hype and jargon, and help you restore the inner-outer balance that empowers us in every aspect of our lives.

Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
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- Premier medical training at Cambridge University (England), University of Chicago and NIH.
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- 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.
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