

GREAT Information From Local Doctors To Help You Live Healthier!



YOUR HEALTH

Maryland Edition
February 2023

SLEEP DISORDERS

MEDICAL
WEIGHT LOSS

FOOD ALLERGIES

CHILDREN'S DENTAL
HEALTH MONTH

NUTRITIONAL
IV THERAPY

ALZHEIMER'S
TREATMENT

PERIODONTAL
THERAPY

SENIOR LIVING

BAD BREATH

IN OUR NEXT EDITION

 **Integrative &
Complementary
Healthcare**

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Diabetes, Stroke & Cardio Health



Plus **Exercise & Fitness**

Featured Professionals – pages 34-42



Akshay Garg, MD
Pain & Spine Interventionalist



Jeffrey Brown, DDS
TMJ & Sleep Apnea



Dr. Melo Forchu
Wellness Solutions



Karl A. Smith, DDS, MS
Periodontist



Alicia Kovach, DC
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Aric Adlam, DC
Chiropractor

Mental Health *Awareness*

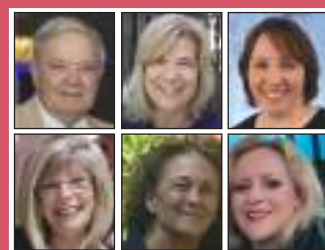
Featured Professionals – pages 37-38



Monica Banks Greene, PhD
Life Coach



Beth Albaneze, CTRS, CPRP
Certified Therapeutic
Recreation Therapist



Fred Delp, Executive Director • Donna Safko, Program Coordinator
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Ready To Get Healthy?

We Can Help!

Your HEALTH Magazine publishes and distributes health information people need. We produce special sections to focus on particular health topics each month, and profiles of local health professionals. It Makes a Difference!

Here's what you can look forward to:

- March** **COMPLEMENTARY and INTEGRATIVE HEALTHCARE** – Chiropractic, Hypnotherapy, Holistic Healthcare, Nutritional Therapy, Acupuncture, Yoga, Physical Therapy, and much more! **Will include Profiles from your Local Integrative Health Professionals.**
- April** **BEAUTY, SKIN CARE, & GORGEOUS SMILES** – Dermatology, Aesthetics, Body Contouring, Plastic and Cosmetic Surgery, the Latest Lasers, Anti-Aging, Weight Loss, Cosmetic Dentistry, Eye Wear, and more! **Will include Profiles and Information from your Local Beauty and Dental Health Professionals.**
- May** **VISION and EYE CARE** – Professionals to help you and your family with your eye care including New Technology, LASIK, Eye Glasses, Contacts, Other Vision Appliances, Surgery, Children, Adults and Seniors! **Will include Profiles from your Local Vision & Eye Care Health Professionals.**
- June** **PAIN MANAGEMENT and REHABILITATION** – Professionals to help you and your family with chronic pain. Chronic pain is debilitating with significant consequences for the sufferer, their loved ones and their employers. Educating people about pain and where they can get help. **Will include Profiles from your Local Pain Management Health Professionals.**
- July** **MEET YOUR LOCAL HEALTH PROFESSIONALS** – Biographical profiles of a wide variety of local health professionals (Primary Care, Specialists, Integrative, Fitness, and more), highlighting their credentials, expertise, education, practice philosophy, areas of interest, and more!

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If you are a Health Professional interested in including your practice information in the magazine and online, contact us today:

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SERVING MARYLAND & VIRGINIA Since 1990

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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Genicular Ablation For Knee Pain



By Madhavi Chada, MD
Synergy Spine and Pain Center

Genicular ablation is an innovative option for treating knee pain without surgery. Usually it is preceded by a diagnostic block with local anesthetic agent. If adequate pain relief is confirmed, patients may proceed for radiofrequency ablation (RFA) or neurotomy.

The Genicular RFA procedure is

performed with specialized RF needles which will be placed on the target, the genicular nerve branches of the knee. After confirming the placement of needles with fluoroscopic guidance, RFA will be performed where the tips of the needles will be heated to 80°C (176°F) for 90 seconds. This will disrupt the nerves which transmit pain from the joint. This procedure is performed under mild sedation with local anesthesia.

The pain relief from this procedure may last anywhere from 6-12 months.

Risks and Side Effects

There are few risks associated with genicular RFA, but they tend to be rare. The potential risks include, immediate or delayed allergic reaction to anesthetics /contrast, infection, bleeding, temporary increase in pain and transient facial flushing.

Look and Feel Your Best *New Lasers and the Latest No-Downtime Procedures*



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

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

Recent scientific studies have shown that first impressions matter, not only personally but also professionally. Of course, our skin is the first thing that everyone sees. Our skin is the largest organ in our body and the mirror of everything inside. It's natural – and a good personal and

professional strategy - to want our skin to reflect externally the youthful vigor and vitality we strive for internally. This life philosophy is redefining midlife, and revolutionizing skin health and cosmetic dermatology. We are especially inspired by our patients in their 90's who are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are!

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

In recent Academy teachings for dermatologists and plastic surgeons, we have focused on the science and research behind state-of-the-art tech-

Please see "Feel Your Best," page 44



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Don't Let Sleep Apnea Ruin Your Life, Your Relationships, and Your Health

By Rashmi K. Parmar, DMD,
D-ABDSM, Sleep Better Maryland

Sleep apnea is a very serious condition, yet more than 80% of people who have it are undiagnosed. This means out of the 24 million plus people that have it, approximately 19.2 million don't even know they have it.

This is tragic in many cases as they develop life-threatening health issues. They don't even know that

their health problems are tied directly to their lack of sleep due to sleep apnea.

Your body needs sleep in order to reboot and repair itself. Lack of sleep causes oxygen levels to decrease and carbon dioxide levels to increase. Your brain signals your body to wake up and start breathing again.

These micro-awakenings have a severe impact on your quality of sleep and overall health.

Who Is At Risk For Developing Sleep Apnea?

There is no one that is immune to sleep apnea. However, there are some who are at risk more than others. Here is a list of factors and a brief explanation:

- **Excess weight.** Most but not all people with obstructive sleep apnea are overweight. Fat deposits around the upper airway may obstruct breathing. Medical conditions that



Rashmi K. Parmar,
DMD, D-ABDSM

are associated with obesity, such as hypothyroidism and polycystic ovary syndrome, also can cause obstructive sleep apnea.

However, not everyone with obstructive sleep apnea is overweight and vice versa. Thin people can develop the disorder, too.

- **Narrowed airway.** You may inherit naturally narrow airways. Or your tonsils or adenoids may enlarge, which can block your airway.
- **High blood pressure (hypertension).** Obstructive sleep apnea is relatively common in people with hypertension.
- **Chronic nasal congestion.** Obstructive sleep apnea occurs twice as often in those with consistent nasal congestion at night, regardless of the cause. This may be due to narrowed airways.
- **Smoking.** People who smoke are more likely to have obstructive sleep apnea.
- **Diabetes.** Obstructive sleep apnea may be more common in people with diabetes.
- **Sex.** In general, men are twice as likely as premenopausal women to have obstructive sleep apnea. The frequency of obstructive sleep apnea increases in women after menopause.
- **A family history of sleep apnea.** If you have family members with obstructive sleep apnea, you may be at increased risk.
- **Asthma.** Research has found an association between asthma and the risk of obstructive sleep apnea.

How Do You Know If You Might Have Sleep Apnea?

There are several signals you might have sleep apnea, but two of them are prominent. One is daytime sleepiness. You don't sleep at night so you are tired and fatigued all day. The other is snoring. It is a sign that your airway is obstructed.

The way to know for sure is to have a sleep study. This will tell you whether or not you have it and how severe it is. Call a sleep apnea specialist today and be on your way to a better nights rest and better health.

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MAT Program

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By Maryland Relay/
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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 vision 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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*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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How to Beat Heart Disease: With a Periodontist, You Can Win

By Karl A. Smith, DDS, MS

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

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

The Connection Between Your Mouth and Heart:

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

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

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

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

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

Diagnosis and Treatment

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

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

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

alent in the upper and lower jaw.

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

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

A Healthy Mouth Equals a Healthy Body



Dr. Karl A. Smith
Periodontist
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Medical Weight Loss, and More



By Melissa Ramsey, FNP
Get Your Body Back Wellness Center

Medical weight loss consists of customized meal plans, dietary supplements, exercise programs, and medication prescriptions to increase your chance of achieving a desirable body weight. Accountability visits and meal plan templates are also part of the program. Medical weight loss programs are tailored to your unique needs, lifestyle, food preferences, medical history, and more.

To determine which weight loss program is best for you, you will be weighed and your body mass index (BMI) will be determined. Your blood pressure and other vital signs will also be checked. A physical exam is completed along with a review of your lifestyle, medical history, possible symptoms, medication regimen, and meal and exercise preferences. You may need a blood test to evaluate your hormone levels, cholesterol, blood sugar, and other indicators of possible disease risk factors.

From there a custom nutrition and weight loss plan will be customized just for you, taking into account your food preferences to ensure your program is something you can stick with long-term.

Hormone therapy or appetite-suppressing medication, if needed, may also be prescribed to make your weight loss journey as simple and effective as possible. You also have the option of vitamin B12 injections, QWO® injections to reduce cellulite, methionine inositol choline (MIC) injections to break down fat, IV nutrition therapy, PiYo™ exercise classes, and more.

This program can help you manage diabetes, high blood pressure, or other diseases when necessary.

Appetite Suppressants

Appetite suppressants, such as semaglutide, phentermine, and Contrave®, aid in weight loss in a variety of ways. They may help you feel full after eating fewer calories, reduce your appetite, or even aid in fat burning. Such suppressants make it easier to effectively reach your goal weight and maintain it long-term. They make the

perfect addition to a medically supervised weight loss plan.

Appetite suppressants are safe and highly effective. They offer outstanding weight loss outcomes.

Appetite suppressants are meant for use in combination with a nutritious meal plan and regular exercise program. Additional effective weight loss strategies include getting plenty of sleep (at least seven hours each night), drinking more water, keeping your body moving, and eating nutritious foods.

Skin Tightening

Non-surgical skin tightening uses cutting-edge, advanced technology and techniques to smooth your skin, tighten it, and diminish imperfections. Skin tightening treatments available include:

High-intensity focused ultrasound (HIFU): Use painless energy to tighten your skin without surgery, needles, or downtime. Stimulates collagen production, resulting in firmer, tighter skin.

Radiofrequency microneedling: Uses a handheld device containing tiny needles and noninvasive radiofrequency energy to boost new cell growth naturally. Microneedling makes tiny tears in your skin, and radiofrequency energy gently heats treated skin to enhance collagen and elastin production naturally.

Complexion blending – Complexion blending uses advanced laser energy to brighten skin discoloration, making your skin appear even-toned and healthier. The treatment also reduces large pores, acne scarring, and other imperfections.

PDO threads – PDO threads are made of biocompatible sutures that lift, tighten, and smooth your skin without surgery or downtime.

Body Wraps

If you've been looking for a new way to get a firm, shapely body without surgery, needles or lasers, you owe it to yourself to indulge in Bioslimming body wrap treatments.

In clinical trials, the Bioslimming body contouring treatment has been shown to decrease the appearance of fat deposits and cellulite by 67% in less than four weeks.

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- Firm and tone your skin.
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- Shed excess bloating and fat.



TMD and Sleep the Connection



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It may be hard to believe, but when you have a TMJ disorder (otherwise called TMD), this can correlate to sleep-disordered breathing (SDB). The way this works is that when the jaw joint discs are displaced – just like a kneecap can slip out of place – you get pain. Pain and inflammation are quite common with a displaced jaw disc. When you are hurting, you just cannot sleep all that well. Also, the quality of sleep is compromised because it is now harder to get the good, deep, non-REM sleep that helps our body to heal.

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

It is unfortunate that TMD is so poorly understood because so many people really do need help in this area. It is actually fairly easy to get a handle on this disorder, however. One of the first signs of TMD is that you have clicking and/or popping in the jaw joints. This is often a clear sign that the articular discs (jaw joint discs) are displaced and causing an inflammatory reaction.

Another very clear sign of TMD is that you cannot open your jaw widely. The “normal” range of motion is generally considered to be around 50 mm. This means measuring from the tip of the upper front teeth to the tip of the lower front teeth when opening wide, you should get around 50 mm. Some practitioners say that 35mm is around normal, but in general most

agree that 50mm is a healthier way to be. This measurement can readily be done when you see your dentist or hygienist but most of the time it is not done.

So, now let's get back to the link to sleep problems. If and when the articular discs in the jaw joints are displaced, they are going to rub around in the jaw sockets and will quite literally pinch or rub against nerves and blood vessels in the joint. Diagnosis: It just plain hurts. In the human body

when a bone rubs against bone or other vessels, it just hurts, simple as that. This in turn begins an inflammatory reaction in which the body releases the mediators of inflammation called “cytokines”. Now these cytokines are floating around inside your body causing a chronic irritation. It's kind of like being chronically sick all the time.

When the body is running in inflammation mode, it hurts, and this leads to sleep difficulties. What happens in so many people are the jaw

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

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- Jaw Pain, Clicking or Popping
- Head, Neck and Shoulder Pain
- Migraines
- Craniofacial Pain
- Sleep Apnea
- Orthodontics



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

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

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



Jeffrey L. Brown, DDS

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



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Lose Weight and More With Nutritional IV Therapy

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

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

If things like losing weight or

recovering from exercise seem much harder for you than other people, then this information is for you. Because, regardless of what you've been told about life just getting harder once you're over 30, or over 40, or once you have had kids... life really doesn't have to be that way for you.

If only your body was getting all of the key nutrients it desperately needed, then life could be so much better, right?

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

vitamins and minerals designed to help you and your body be your best.

IV Therapy For Weight Loss

Even though so many of us are overweight, nutrient deficiencies are extremely common in the United States. We eat plenty – we eat at restaurants, we eat processed foods like boxed mac and cheese and frozen pizza, and we eat more fast food than we could ever need in one lifetime. But unfortunately all of those calories are lacking in what our body really needs – critical nutrients like magnesium, calcium, various B vitamins, vitamin C, and B-12.

And we always just feel way too tired, right? Eating is not nourishing for the body when it doesn't provide proper nutrition, and this leaves you simply exhausted. It's hard to lose weight when you're always tired.

One of the best ways to help kick start your weight loss journey is with a customized weight loss IV serum. IV therapies for weight loss can boost your metabolism and help suppress your appetite. They can even be formulated to contain fat-attracting amino acids to help your body shed fat. That's something many of us could really benefit from, right?

IV Therapy To Recover From Exercise

To minimize pain and recovery after intense exercise many athletes are now enhancing their game with an IV serum that increases their sports performance, fights dehydration, and aids in the recovery process. When it comes to recovery, the faster an athlete can hydrate, the better. IV therapy bypasses the GI tract allowing rehydration to happen at a much faster rate than by drinking water or Gatorade alone. The drip goes directly into the bloodstream, and this gives you the edge you need to come out on top every time.

IV Therapy For Immune Boost

Okay, we get it, everybody is sick of hearing about COVID this, and Delta strain that, right? But the fact is the threat is still there – vaccinated or not. Give your body, and your immune system, the advantage it really needs right now. Various customized IV drips are available to help boost your immune system and overall health. They include a blend of IV fluids, vitamins, and antioxidants to cleanse your body and supercharge your immune system to fight off illness, which would be a good thing for just about all of us at this particular moment in time.

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Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

Alzheimer's disease starts with mild memory loss. What if there was a pill to prevent the disease from getting worse?

Studies of an investigational drug are underway to see if it may be effective in slowing the progression of Alzheimer's disease in people who carry two copies of a certain gene (APOE/4) that increases the risk of developing it and other dementias.

While one in four people carries one copy of the gene, only 2 to 3% of the population carries two, and hence are at greatest risk.

Results in a small, ongoing phase II trial of the drug in early Alzheimer's patients with two copies of the gene showed "significant improvement" on memory tests after six months, according to Alzheon, a Massachusetts-based company developing it and a number of potential drugs for Alzheimer's.

Phase three clinical trials of the drug, named ALZ-801, are getting underway. These constitute the final step before the FDA reviews the drug for possible approval. The company's nationwide study is called ApolloE4.

Volunteers Being Sought

In our area, people can participate in the study via Re:Cognition Health – a clinic in Fairfax, Virginia.

Anyone age 50-80 with a diagnosis of mild cognitive impairment (memory loss) is eligible to volunteer. Free genetic testing and testing for Alzheimer's will be done, and participants will be reimbursed for their time.

Participating is also an opportunity to help future Alzheimer's patients, pointed out Monica Bland, operations manager at Re:Cognition Health. "They would be contributing to science and helping people in the future," Bland said.

The 18-month, randomized, doubleblind study requires nine in-person visits to Re:Cognition Health. Participants will also undergo three MRIs or CT scans (their choice).

Half of participants will receive the study drug, and the other half will receive a placebo. Each will take one pill in the morning and one in the evening.

The drug has already been proven safe in phase 1 trials. It has been well tolerated in studies so far when taken twice a day with food. Alzheon is hopeful the treatment will eventually save millions from suffering from Alzheimer's disease.

Currently there are no approved drugs that stop or prevent the clinical decline typical of Alzheimer's disease.

Volunteers Being Sought

In our area, people can participate in the study via Re:Cognition Health – a clinic in Fairfax, Virginia. Travel expenses are paid, for all visits.

"Our end goal is to help patients [by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland

said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 703-520-1000.



Our brains are the key to who we are. At Re:Cognition Health we are committed to changing the future for those with memory loss and Alzheimer's Disease.



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We specialize in the diagnosis, treatment, and care of people with Alzheimer's disease, dementia, cognitive impairment or mental health concerns. Our international clinics are global-leaders in providing volunteers with access to new treatments for Alzheimer's disease, free of charge. We are delighted to be members of the Global Alzheimer Platform Foundation and are committed to providing excellent patient-centric care.

**Trials also available for healthy volunteers to stop them from getting memory loss in the first place.*

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Fairfax Clinic

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hello@re-cognitionhealth.com

Re:Cognition Health Fairfax opened its doors in May 2018 is led by Neurologist, Dr. Scott Turner. Currently, the clinic is specializing in phase 2 and 3 pharmaceutical trials focused on finding a disease-modifying medication to treat those suffering from Mild Cognitive Impairment and Alzheimer's Disease.

The research team working under Dr. Turner is made up of a variety of professionals committed to the highest quality care and patient satisfaction.

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



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

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

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

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

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

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

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

Please see "All-On-4," page 62

All-On-4: Same Day Smiles



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Chinese Medicine For Chronic Low Back Pain



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

What Is Lower Back Pain?

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

common causes are muscle strain and degenerative disc disease.

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

Can Acupuncture Control Lower Back Pain?

Lower back pain limits activity and is the second most frequent reason for physician visits. Previous research

Please see "Back Pain," page 62

Cardiovascular Disease: Natural Approaches To Reduce Your Risk



By Alan Weiss, MD
Annapolis Integrative Medicine

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

Risk factors include a family history of premature coronary artery disease, tobacco smoking, hypertension, diabetes, obesity, and most

famously, elevated cholesterol levels.

What is not generally known is that as many as 50% of first heart attack victims have a normal level of cholesterol. So it is clear that there are factors other than total cholesterol involved.

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

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

Please see "Cardiovascular," page 65



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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 24/48 hours. The recovery time, and post-operative pain, swelling, and risk of infection is usually diminished with MIS due to the small in-

Please see "Permanent Cure," page 62

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Janay Taylor, MSN, CRNP and
Maurice Taylor, NREMT-P

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Dr. Burton J. Katzen, DPM

Fellow, American Academy of Ambulatory Foot and Ankle Surgery
President, Temple University School of Podiatric Medicine Alumni Board
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Your Hearing, Diabetes and Cardio Health



By Gina Diaz, AuD
Freedom Hearing Center, LLC

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

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

Why you ask? There are two theories: 1) High blood sugars can damage nerves throughout your body, also known as diabetic neuropathy. This most often occurs in one's feet and/or legs; however, researchers think that depending on the affected nerves, this may be happening to the hearing nerve as well. 2) It's possible that the high glucose levels associated with diabetes cause damage to the

small blood vessels that support and feed the inner ear, similar to the way in which diabetes can damage the eyes and the kidneys. However, more research in this area is needed to discover why people with diabetes have a higher rate of hearing loss.

Cardiovascular disorders also increase your risk of hearing loss. Many researchers believe the inner ear is often the first part of the body to be affected by heart disease. Studies have shown that inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss, especially low-frequency hearing loss. Why is the inner ear extremely sensitive to blood flow? Your heart is responsible for pumping blood and bringing oxygen and other nutrients throughout your body. The tiny hair cells and nerves in your inner ear need proper blood flow in order to pick up the sounds that allow you to hear. Without proper blood flow to bring needed oxygen, these cells and nerves can become damaged, leading to permanent hearing loss.

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



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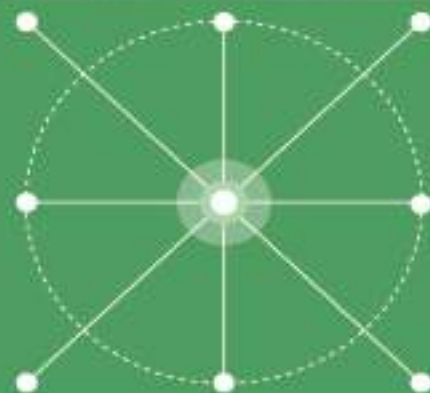
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YOUR VITILIGO. YOUR DECISION.

If you're considering treatment options, we invite you to learn more about the Tranquillo clinical trial



Vitiligo is personal. When it comes to your skin, the best decision is your own.

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When you participate in a study, you're helping to represent yourself and other people with vitiligo across the globe. Your participation could help contribute to what we know about potential treatments.

This clinical trial is enrolling people who have had **nonsegmental vitiligo** for at least three months and:



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TRANQUILLO



Invisalign



By Judy Yu, DMD, MBA
Dental FX

Invisalign clear aligners are designed to correct mild to moderate alignment issues, including:

- Overcrowded teeth
- Twisted teeth
- Overlapping teeth
- Bite issues

Additionally, these aligners are virtually invisible and do not detract from your smile. If you – like most of us – can't picture yourself in metal and wire braces, change the picture.

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people not even aware that you're undergoing orthodontics. With Invisalign, you live your best life during treatment, and after – it does not have to be one or the other.

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The first part of the process calls for a friendly chat and exam with your Invisalign dentist, who will examine your teeth, take x-rays, and talk to you about your smile. Your dentist will want to know what you hope to achieve, and this exam and chat helps determine whether Invisalign is the best option for you.

If Invisalign is the right choice, impressions are taken of your smile, and the Invisalign lab uses these models to design your Invisalign clear aligners. Every couple of weeks, you change to a new aligner until you have exhausted the supply, and your new smile is ready for the world. You will be given an accurate estimate of how long you will need Invisalign therapy.

Following therapy, you are supplied with a custom retainer to remind your teeth that "straight is their new normal."

The Benefits Of Invisalign

Aside from straight teeth and

Please see "Invisalign," page 62

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Every Child Deserves a Healthy Start



By Ranti Aryani, DDS, FAAOSH
Presidential Dental

High-quality sleep is extremely important for children. Tired children can have trouble focusing, struggle in school and be more irritable. However, troubled sleeping can sometimes be caused by more than just a lumpy pillow.

Sleep disordered breathing (SDB) is a common issue among children, with an estimated nine out of ten children suffering from one or more symptoms related to SDB. These symptoms can include:

- ADD/ADHD,
- Lower IQ,
- Chronic allergies,
- Aggressive behavior,
- Mouth breathing,
- Swollen adenoids and tonsils,
- Daytime drowsiness,
- Crooked teeth,
- Restless sleep,
- Bedwetting,
- Nightmares,
- Dark circles under the eyes,
- Snoring,
- Irritability,
- Frequent headaches,
- Arrested growth, and
- Low grades in math, science, and spelling.

The HealthyStart System is an oral appliance therapy that addresses the root causes of SDB by promoting the proper growth and development of the jaw and airway to optimize airflow and promote proper nasal breathing while simultaneously straightening the child's teeth. This system has been specifically designed to address these issues and improve the overall health of children.

When SDB-induced breathing problems are addressed, many symptoms of SDB disappear. Children are able to breathe properly and can learn, grow, and reach their full potential. Many children with the above health disorders are being "treated" with powerful medications without evaluating the possible root cause of their issues. The HealthyStart System evalu-

ates the child to determine if there is a breathing and sleeping issue and if they may benefit from the treatment.

The HealthyStart System is non-surgical, non-pharmaceutical, pain-free, and non-invasive. It is soft, comfortable, and worn at night or as directed to assist parents who struggle with children affected by

SDB, a restricted airway, and crowded or crooked teeth. The system is also FDA Cleared, BPA, silicone, and latex-free, ISO certified, and a Health Canada Class II Medical-grade device.

It is important to note that when treatment begins early, the perfect smiles that the HealthyStart Appliance System creates are less likely to

relapse. It creates healthier, happier kids who can breathe. As a parent, it is important to give your child every chance to succeed, and the HealthyStart System is a safe and effective way to do so. Every child deserves a healthy start, and the HealthyStart Appliance System can help them achieve it.

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The HealthyStart™ System has been specifically designed to promote the proper growth & development of the jaw & airway to optimize airflow & promote proper nasal breathing while straightening your child's teeth. As these areas develop, many symptoms of Sleep Disordered Breathing disappear. When kids can breathe properly, they begin to learn, grow & blossom into their true potential!



Give your child the head start they need for a lifetime of good oral health.
Contact Presidential Dental Care today to learn more about the HealthyStart program and schedule an appointment for your child.



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You Don't Have to Live With Bad Breath Anymore

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

When you are close, do people rub their fingers under their nose? Cover their mouth? Cover their nose? Slightly turn their head? Offer you gum or mints? If you have seen these gestures, chances are you suffer from

bad breath. And if the mouthwashes, mints, and gums don't work well any longer, finally, there is a cure.

As you may already know, breath odor can smell like "rotten eggs," "feces," or even "moldy cabbage" and is caused by odors produced by bacteria that live in the coatings on the tongue. These bacteria form biofilms (coat-

ings) that can only be removed by specialized and unique oral instruments invented at the National Breath Center. These Biofilm Removal Instruments® remove the coating that causes bad breath – a painless process – and the odor-causing bacteria that go with it.

A biofilm is like a living organism with its own ecosystem – with live



Richard A. Miller, DDS

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bacteria, food, debris, dead skin cells, and its own waste management system – your mouth. This biofilm attaches itself into the nooks and crannies on the top of your tongue, filling up the spaces between taste buds and in many cases, covering them over. Even antibiotics cannot penetrate it so they do not eliminate bad breath. The only way is removal of the biofilm coating.

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

For the last 30 years a professional cure has been available that eliminates long standing and/or severe bad breath – a cure for the millions of people who have tried everything to no avail. *Original Tongue Rejuvenation®* at the National Breath Center has been available for 30 years and has a proven track record of curing bad breath.

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

So, if people react to you in close situations, you probably have noticeable bad breath serious enough to cause people to notice. *Original Tongue Rejuvenation®*, available exclusively at the National Breath Center for 30 years, is a painless technique that removes all the tongue biofilm and the odor. Then you can say goodbye to bad breath forever.

Diabetic Wound Care



By Howard Horowitz, DPM
Bowie Foot & Ankle

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

Diabetes is the leading cause of non-traumatic lower extremity amputations in the United States, and ap-

proximately 14-24% of patients with diabetes who develop a foot ulcer have an amputation. Research, however, has shown that the development of a foot ulcer is preventable.

Ulcers form due to a combination of factors, such as lack of feeling in the foot, poor circulation, foot deformities, irritation (such as friction or pressure), and trauma, as well as duration of diabetes. Patients who have diabetes for many years can develop neuropathy, a reduced or complete lack of feeling in the feet due to nerve damage caused by elevated blood glucose levels over time. The nerve damage often can occur without pain and one may not even be aware of the problem. Your podiatric physician can test feet for neuropathy with a simple and painless tool called a monofilament.

Vascular disease can complicate a foot ulcer, reducing the body's ability to heal and increasing the risk for an infec-

Please see "Wound Care," page 62

Chiropractic and Diabetes *The Surprising Connection*



By Alicia Kovach, DC
Kovach Chiropractic

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

How can chiropractic help? Chiropractic care can make a very 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 production, or both. When this occurs blood sugar and digestion become unbalanced which results in either diabetes or hypoglycemia.

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



Howard Horowitz, DPM
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Chronic Pain and Depression – You Are Not Alone!

Submitted by
Washington Open MRI

Advanced Imaging Techniques Can Now Help Identify the Source Of Your Chronic Pain

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Many referring physicians are only familiar with the "usual" imaging scans that they request for their patients on a daily basis.

Symptoms can be dizziness, for-

getfulness, unsteady gait, numbness, pain in the neck, back and extremities which are either chronic, of varying intensity or occur without warning.

The most insidious of these are undiagnosed injuries to the neck – most especially as the result of whiplash or concussion – that undiagnosed can result in additional future injury and a lifetime pain.

A recent study by Dr. Michael Freeman published in July 2020 states, "There are approximately 869,000 traffic crash-related cervical spine injuries seen in hospitals in the US annually. The annual counts of whiplash and spinal disk injuries in the US likely exceed 1.2 million and 33,000, respectively. National insurance claim data, which include cases of cervical disk injury diagnosed both in and outside of the emergency room indicate this data likely undercounts

Please see "Chronic Pain," page 62



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Sex Hormones Protect Your Heart?!

Submitted by New Day Vitality
Hormone Center

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

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

However, "...new clinical data show that cardiovascular mortality risk

is reduced among HRT users," according to Sex Steroids' Effects on Brain, Heart and Vessels. And "estrogen treatment resulted in a significantly lower rate of atherosclerosis progression among early post-menopausal women," according to a 2016 article in the *New England Journal of Medicine*.

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

Here's how sex hormones influence cardiovascular health:

Estrogen:

- Improves arteries' flexibility and

Please see "Hormones," page 65

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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.

How We Can Help.

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The Different Causes Of Neck Pain

By Levi Pearson
MD, DABA, DABPM
Metropolitan Pain and Spine

Neck pain is a common issue that affects many people at some point in their lives. The neck, also known as the cervical spine, is made up of bones, muscles, nerves, and other soft tissues that work together to support the head and allow for movement. When any of these components become damaged or irritated, it can lead to pain and discomfort in the neck.

There are many different causes

of neck pain, including poor posture, injury, disease, and even stress. Poor posture, such as slouching or holding the head in a forward position for long periods of time, can put extra strain on the muscles and ligaments in the neck, leading to pain and stiffness. Injuries, such as a whiplash from a car accident or a fall, can also cause neck pain. Certain diseases, such as osteoarthritis, rheumatoid arthritis, or a herniated disc, can also lead to neck pain. Stress can also cause neck pain, as tension in the muscles can build up and cause pain and discomfort.

Symptoms of neck pain can vary depending on the cause, but common symptoms include stiffness, soreness, and a dull ache. The pain may be felt in the neck, shoulders, or even in the arms or hands. Some people may also experience headaches, difficulty moving the neck, or even a tingling sensation in the arms.

Treatment for neck pain depends on the underlying cause of the pain. For minor cases of neck pain caused by poor posture or stress, simple home remedies such as rest, ice or heat therapy, and over-the-counter



Levi Pearson, MD, DABA, DABPM

pain medications can help alleviate symptoms. Gentle stretching and exercise can also help to improve posture and relieve muscle tension.

In more severe cases, a healthcare professional may recommend physical therapy to help strengthen the muscles and improve range of motion. Chiropractic care or massage therapy may also be beneficial. For chronic cases of neck pain, medications such as nonsteroidal anti-inflammatory drugs (NSAIDs) may be prescribed to reduce inflammation and relieve pain. In some cases, interventional pain procedures such as epidural steroid injections, medial branch facet injections, and spinal cord stimulation, as well as possible surgery may be necessary to correct underlying issues, such as a herniated disc.

Prevention of neck pain is key, and maintaining good posture, regular exercise, and stress management can help. Proper posture while sitting or standing is also essential, as is maintaining healthy body weight and avoiding smoking.

It is important to consult with a healthcare professional if neck pain persists or becomes severe. They will be able to properly diagnose the cause of the pain and recommend the most appropriate course of treatment.

In summary, neck pain is a common issue that can be caused by a variety of factors, including poor posture, injury, disease, and stress. Symptoms of neck pain can vary and include stiffness, soreness, and a dull ache. Treatment options depend on the underlying cause of the pain and can range from home remedies to physical therapy, medication, interventional pain procedures and treatments, and even surgery.

While neck pain is common, it does not have to be chronic. Taking proactive measures to prevent neck pain can help you avoid it in the first place, and getting proper treatment if it does occur can help you manage it and get back to your normal activities.

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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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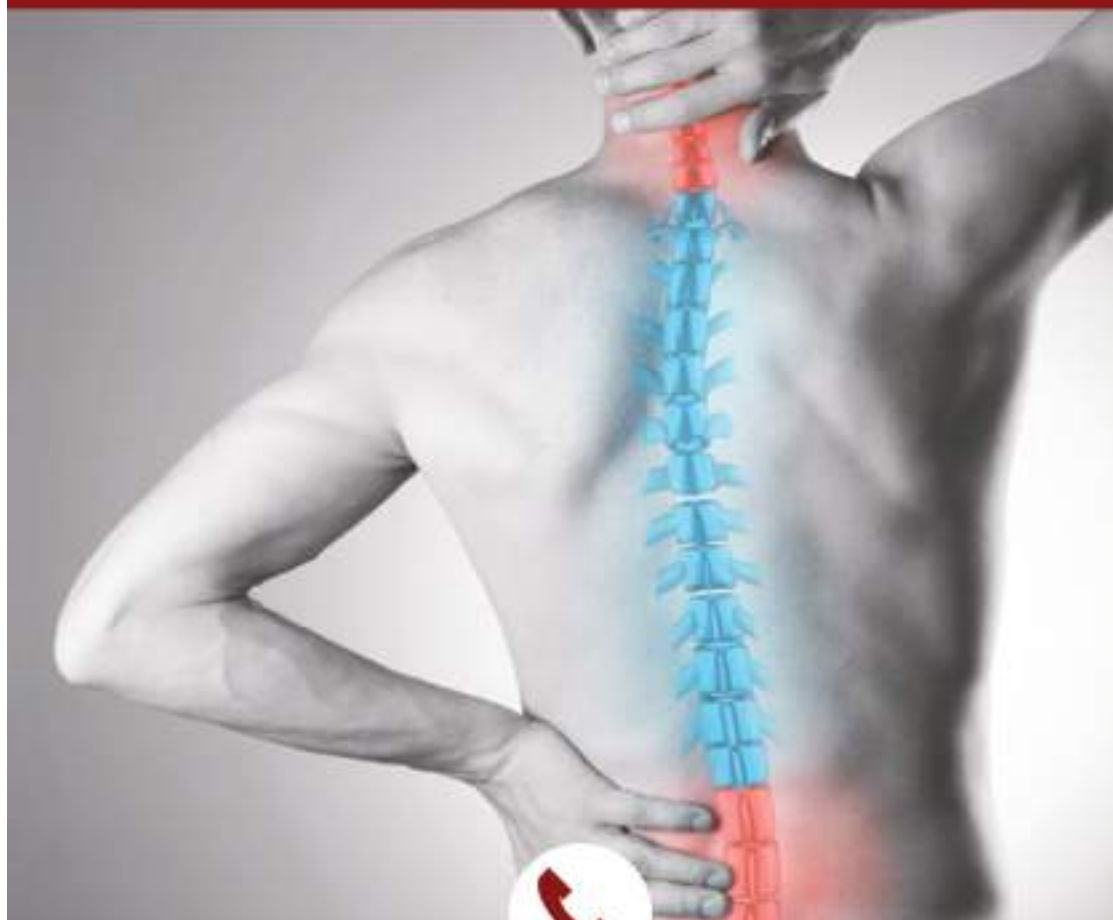
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- ☐ Pelvic Pain
- ☐ Abdominal Pain
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Meet Dr. Garg - Leading Pain & Spine Interventionalist:

Akshay Garg, MD is a double Board Certified, Fellowship trained, interventional pain management physician and the founder of Capital Interventional Pain & Spine Center in North Bethesda, MD. He is a compassionate, patient-focused physician who offers the most advanced pain-relieving procedures to address a wide range of painful and debilitating conditions, including spine-related back and neck pain, joint pain and arthritis, neuropathy, and sports-related injuries. His expertise includes non-surgical orthopedic care using non-opioid pain-relieving treatments performed under precise image guidance. Originally from the metropolitan D.C. area, Dr. Garg completed his undergraduate and medical school training as a part of the highly selective seven-year dual degree B.A./M.D. program at The George Washington University School of Medicine. He completed his residency in Physical Medicine & Rehabilitation at the Mount Sinai Hospital, one of the country's most prestigious physiatry residency programs. He served as Chief Resident during his final year. Dr. Garg subsequently completed a highly competitive ACGME-accredited Interventional Pain Medicine fellowship at the Weill Cornell Tri-Institutional Pain Medicine Program. Prior to founding the Capital Interventional Pain & Spine Center, Dr. Garg served as an Assistant Professor at the George Washington University where he focused on providing patient care, resident, fellow, medical student education, and clinical research. Dr. Garg is committed to providing advanced, minimally invasive care to restore patient function. He is humbled to serve his community and looks forward to helping you get back to doing the things you love today!



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Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



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Meet Jeffrey L. Brown:

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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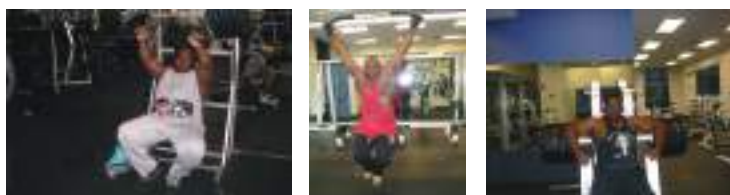
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Dr. Karl Smith specializes in periodontics and implantology. As a periodontist, Dr. Smith specializes in treatment of gum disease, the maintenance of periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that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

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

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

WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

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

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Degrees, Training and Certificates:

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

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Meet Dr. Alicia Kovach:

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

Associations: Maryland Chiropractic Association, International Chiropractic Pediatric Association

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

Pregnancy and Chiropractic

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

Infants and Chiropractic

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

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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.

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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.

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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. Aric Adlam:

Dr. Aric Adlam was born and raised in the suburbs of Detroit Michigan where he started receiving chiropractic care at the age of 2 years old. After a traumatic football injury threatened his future athletic career at the age of 16, Dr. Adlam turned down a risky spinal surgery for an all chiropractic approach. After missing only a half of a football season instead of the predicted 2 years; Dr. Adlam was back on the field. More importantly, Dr. Adlam had decided during that time that he had found his calling in life and decided to pursue a career as a Chiropractor.

Dr. Adlam received an undergraduate Bachelor of Science degree with an emphasis in Biological Sciences before entering chiropractic school. He then continued his education at Life University College of Chiropractic in Marietta, GA where he received his Doctorate of Chiropractic degree, fulfilling his dream of becoming a Chiropractor.

Dr. Adlam is highly trained in the diagnosis and treatment of soft tissue injuries often encountered in the spine, extremities and the rest of the body. He has extensive experience with the current state of the art spine rehabilitation technology and diagnostic equipment used in the treatment of spine related injuries. He has had success in treating many patients who have dealt with chronic neck and low back pain for years as well as headaches sufferers that found no relief in the traditional medical model. He has extensive expertise in the treatment of whiplash injuries that often result from automobile accidents. Dr. Adlam is also well trained in the diagnosis and treatment of bulging discs in the low back and neck utilizing the latest treatment methods available.

Dr. Adlam comes from a history of highly competitive sports and takes pride in getting the high performance athlete to the weekend warrior back in the game safely and effectively. He looks forward to bringing the patients of Kovach Chiropractic and Wellness Center the best chiropractic care possible.



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Monica Banks Greene, PhD

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Meet Monica Banks Greene:

Dr. Greene is a Life Coach specializing in individual, couples and family psychotherapy, and maintains a private practice in Largo, MD.

With over 10 years experience as a clinician, she is currently serving as a private practitioner working with a broad spectrum of clients. She has been featured on the Oprah Winfrey Network (OWN) working with couples with infidelity issues on the show called Unfaithful.

In addition, Dr. Greene has presented at National conferences and to general audiences on topics ranging from Stress Management, Domestic Violence, Managing Difficult Adolescents, Keeping Relationships Strong in Today's Times, Are We Ready for Marriage, Pre-Marital Counseling, Is Our Marriage in Trouble, Marital Counseling and Making our Same Sex Relationship Strong.

Dr. Greene is a practical, interactive, solution-focused therapist. Her treatment approach is to provide support and practical feedback to help clients resolve current problems and long-standing patterns. She incorporates a blend of conventional and alternatives approaches, drawing upon a variety of styles and techniques to incorporate what will be most helpful for each client. With sensitivity and compassion, she works with each client to help them build on their strengths to identify and achieve life goals.

Professional Counseling Experience & Additional Training:

- Crisis Intervention for Adults, Adolescents, Children and Senior Citizens
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- Anger Management
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- Client population includes ages 5 to elder adults who are from a variety of cultural backgrounds.
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This book is meant to provide guidance and ideas on how to help and what to expect when you are dealing with a loved one's acute or chronic challenge or life transition, whether it's as relatively common as retirement, a teen moodiness or as major as unemployment, medical urgency, divorce, or a clinical diagnosis of mental illness.

The goal of this book is to make people aware of the many health services available and to suggest ways to access them. Trying to make all the parts work together can understandably provoke a lot of anxiety.

This book will help take the mystery out of some common mental health care situations and offer readers new ways to look at their challenging circumstances.

This book will also help guide families and caregivers through a process that the author has experienced personally and navigated professionally for decades.



*Beth receiving
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nami
National Alliance on Mental Illness

Anne Arundel
County

NAMI Anne Arundel County is a 501(c)3 organization dedicated to improving the quality of lives of individuals affected by mental health conditions and providing support for their family, friends, and caretakers.

NAMI is the nation's largest grassroots organization, dedicated to improving the lives of individuals and families affected by mental health conditions. They provide support, resources, advocacy, and education for raising awareness, fighting stigma, and inspiring hope.



Fred Delp
Executive Director



Donna Safko
Program Coordinator



Eve DeVaro-Fowler
BOD President



Donna Delp
Admin/Membership



Roz Dove
Helpline



Heather Martinko
Connection Facilitator

NAMI Anne Arundel County offers the following FREE evidence-based programs. Each program is peer-lead, meaning that all facilitators have lived experience dealing with the mental health system.

NAMI Family Support Groups: For those living with or caring about persons with a mental health condition. It provides a caring atmosphere to share experiences and assist others with strength and skills.

NAMI Connection Support Group: A support group run by persons with a mental health condition for others affected by a mental health condition. It allows all participants to learn and share experiences in recovery.

NAMI Family-To-Family Class: An 8-week course for families and caregivers of an adult with a mental health condition. It discusses the clinical treatment of mental illnesses and teaches the skills needed to cope more effectively.

NAMI Basics: A 6-week course for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.

NAMI Peer-To-Peer Class: An 8-week course for individuals with a mental health condition. It teaches understanding of the illness, relapse prevention, and empowerment.

Other programs include In Our Own Voice, Friends and Family, Ending the Silence and quarterly educational programs open to the public.

To view dates, times and locations of all upcoming programs, visit:

www.namiae.org/calendar

Please consider joining our organization as a member, a volunteer or member of our board.

Our spring fundraiser, NAMIwalks will take place on Saturday, May 20, 2023. Visit our website to sign up or become a sponsor.

For more info:

NAMI Anne Arundel County Helpline: **443-569-3498** (Not a crisis line)

website: www.namiae.org • info@namiae.org

If you live in a county other than Anne Arundel, contact your local NAMI affiliate to learn more about the programs they provide.

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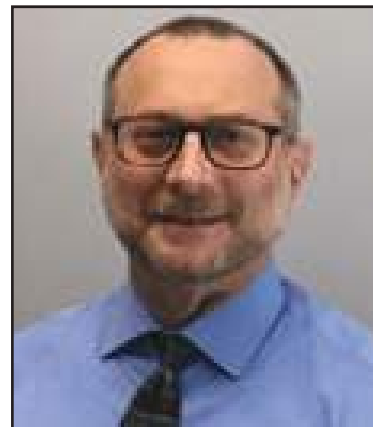
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Meet Howard Horowitz:

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

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

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

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

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

Family: Wife: Karin and Children: Aliza and Talia



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Paul V. Beals, MD, CCN

Integrative Family Physician



120 Sallitt Drive, Suite F
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Meet Paul V. Beals:

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

Degrees, Certifications and Professional Memberships:

Board Certified in Family Practice

Certified Clinical Nutritionist (CCN)

MD, Temple Medical School, Philadelphia PA

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

Member of ILADS, International Lyme Associated Disease Society

Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

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

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Integrative Cancer Support

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

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

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

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Robin R. Robinson, AuD

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410-672-1233

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

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

301-327-5371



Meet Robin R. Robinson:

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



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Craig A. Smith, DDS

*General
Dentistry/
Family Dentist*



7201 Hanover Parkway
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301-446-1784

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

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

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

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

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

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

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37 Old Solomons Island Road
Annapolis, MD

410-224-4411



Meet E. Taylor Meiser, Jr.:

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

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

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



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Janice Trent, AuD

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301-429-2920



Meet Janice Trent:

Dr. Trent has a passion for helping people. She has practiced Audiology since 1984, in a number of clinical settings. Her diverse career has included 16 years of teaching and clinical supervision at Howard University, Washington, DC and Temple University, Philadelphia, PA. Dr. Trent has also worked as a clinical audiologist in hospital settings and private ENT practices.

Education:

Clinical Doctoral Degree – Audiology-University of Florida, Gainesville, FL

Master of Education – Audiology- Northeastern University, Boston, MA

Bachelor of Science – Communication Sciences and Disorders – Hampton University, Hampton, VA

Dr. Trent holds her Maryland State Licensure in Audiology. She is a Certified Clinical Audiologist (CCC-A) through the American Speech-Language-Hearing Association (ASHA). Presently, she serves on the Board of Directors for ASHA as Vice President for Audiology Practice. She is also a Fellow of the American Academy of Audiology.



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Marriage Helping or Hurting Your Heart Health?



By Linda Penkala, Author, LMT
Wellness Coach

Whether Post Heart Attack or In a Stressful Marriage

Songs of love and marriage are plentiful, from *The Power of Love* by Huey Lewis to *I Will Always Love You* by Whitney Houston.

While research is bountiful on the healthy attributes of love and marriage, there exists the flip side to that CD! Here are some positive or stressful

scenarios that marriage and the union of two lives play out over the years:

Positive Benefits of Marriage on Heart Health:

- Quality matters within this bond, as happy marriages offer lower blood pressure than singles. Whereas those in strained marriages fared worse than single folks.
- Being in a committed, cohabitating relationship has been attributed to better health and heart disease prognosis.
- Holding hands and hugging can lower levels of cortisol, the stress hormone according to recent studies.
- Marital trust and security, responding to a spouse's needs is heart healthy if both are giving and receiving equally.

Effects of Marital Stress:

- Researchers at the Yale School of

Please see "Heart Health," page 65

FEEL YOUR BEST

FROM PAGE 7

niques and technology. The key concept is to rejuvenate your skin layer by layer by harnessing your body's own capacity to renew itself. This approach reflects an advanced understanding of the aging process and, if started in time, can save you from ever having to go under the surgical knife.

The American Board of Medical Specialties recognizes four types of specialists as being appropriately qualified and trained to perform cosmetic procedures – board certified dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons.

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

Photofacials can be alternated with DermaSweep MD, a more effective, crystal-free alternative to microdermabrasion, which painlessly polishes your skin with silk and other brushes and then infuses it with customized therapies to fade discolorations, tighten pores and make your skin radiant and youthful.

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

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

Please see "Feel Your Best," page 48



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Morphine Myths

Don't Let Them Get In the Way Of a Better Death



By Elisabeth G. Smith, MS, BSN, RN, CHPN, Director of Education, Hospice of the Chesapeake

We all have preconceived notions about morphine based on misinformation or fictionalized events portrayed by Hollywood. Many people harbor these myths about morphine when they or a loved one become a hospice patient. It's an important medication in hospice care. We know it brings comfort to people who are in pain or are having trouble breathing. To provide the best care for our patients, we need morphine. We work every day to dispel these myths.

Myth: Morphine Can Stop People From Breathing.

Fact: Among terminal lung disease patients, 95% report breathlessness as a symptom. It can feel like you're drowning, gasping for air. Morphine opens the blood vessels allowing more blood circulation within the respiratory system. This makes it easier for the lungs to get the bad gases out and the good gases in. The patient becomes calm, their breathing slows down.

A runner is a great example of how this works in healthy people. When they are running a race, they are breathing hard and fast. The body requires more oxygen to fuel this burst of energy. When they finish the race, their body is fully oxygenated. Their breathing naturally slows down.

With morphine dilating vessels and increasing oxygenation, it's like breathing while sleeping. Breathing slows down to match their body's demand, not stopping it.

Myth: Morphine Can Speed Up Death.

Fact: If a patient dies shortly after receiving morphine, it may look like

the morphine caused the death simply because of the timing.

Many patients are unable to rest because of symptoms. Often suffering is holding back death. Remove the suffering and death can happen in its own timing. Morphine is fast acting, so this can happen in minutes. It didn't make the death occur; it removed the barrier.

We want our loved ones to be comfortable and die as peacefully as possible. Controlling the symptoms is key.

There are other myths about morphine that we will examine in a future article. The World Health Organization has endorsed it as the gold standard of opioids. It's considered the first-line treatment for moderate-to-severe pain and shortness of breath. We can't let its wrongly earned reputation stop us from using it to help our loved ones find comfort and peace at the end of life.

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Dr. Larry Bryant is your local Certified TeethXpress provider!

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How does it work? Your Certified TeethXpress Provider will work with a skilled dental laboratory technician to create a new set of teeth, custom-made to fit your smile.

The TeethXpress procedure can offer you a new set of teeth for either your upper or lower jaw or both if necessary. Compare this process to a pair of loose-fitting dentures and it's no wonder this solution becomes such a clear choice for so many people.

Your new set of beautiful teeth will arrive at the dentist's office already prepared to be professionally inserted into your mouth.

The only thing required before the new teeth are put in your mouth is the placement of dental implants. Once this is achieved, a full set of beautiful teeth can then be connected, all on four, five or six dental implants.

In a matter of a few short hours, the TeethXpress patient can leave the dentist office with a gorgeous new smile they can be proud of.

2. A short healing period is necessary for full-mouth implants

There is a huge advantage to walking into a morning appointment and leaving by noon with a new set of teeth that look and feel natural. If you wear dentures or are missing several teeth due to gum disease or tooth decay, you can not ask for a better solution than this one.

Just be careful and follow the advice of your dentist.

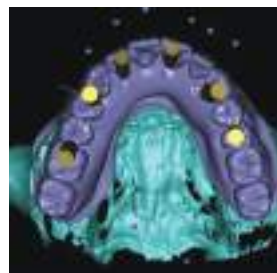
3. The difference between whole-mouth and All-On-4®

The All-On-4 dental implant pro-

cedure, by name, suggests four dental implants are placed in the jaw. Once the implants are placed, a complete set of upper or lower teeth can be immediately anchored down; All-On-4 dental implants.

Conversely, no specific number of dental implants are suggested with the TeethXpress dental implant procedure. This is because TeethXpress providers acknowledge that each patient is different and often require different clinical needs to achieve a successful outcome. While one patient may only require four dental implants, another patient may require six.

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is required for the best result, it does not necessarily mean the cost of your implant procedure will increase.

4. Dental implants are well worth the investment in your health

The full-mouth dental implant procedure is a meaningful investment in your health – and dental implants can be very affordable. If you consider your mouth to be the “gateway to your overall health” – and you should – you too will find dental implants to be well worth the investment.



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Why Should I Use Traditional Chinese Medicine?



By Ming Xu, LAc, DAOM
Monterey Institute of Natural Medicine

A simple answer to that question is because I need and want to improve my health and maintain that indefinitely. But, as with anything else,

the total answer is more complicated.

Traditional Chinese Medicine (TCM) has been healing bodies and minds for 2,500 years. It is the oldest and longest-standing health care system in human history. TCM is based on 5,000-year-old studies which came to be known as “The Law of the Universe.” Perhaps you know this better as *Yin-Yang* theory.

Use of TCM’s holistic approach to personalized health care has rapidly grown since the onset of the 2019 pandemic – and for good reason! TCM, with its *yin-yang* balance, treats the whole person through focusing on mind and body. It treats acute and

Please see “Chinese Medicine,” page 63

FEEL YOUR BEST

FROM PAGE 44

A recent addition is platelet-rich plasma (PRP) with microneedling – the so-called “vampire face lift” – that harnesses the regenerative power of your body’s own healing processes to restore smooth, radiant skin. Studies show that PRP is also effective for hair restoration.

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

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

Kybella injections or LipoLite laser treatments can remove unwanted fat with no down time and no anes-

thesia to chisel your jawline. You can also melt fat away painlessly from your hips, abdomen, waistline, buttocks, arms and other areas.

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Important Reasons to Detox

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

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

There are so many things that are introduced into our daily lives that destroy these bodies that we live in. Now, in our current situation, a well-designed detox

program that aims to boost and restore your immune system, as well as cleanse your lymphatic system and give your cells a good total body cleansing is helpful in many respects to optimize health.

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

#1: Environmental Pollutants

Foreign substances that are inhaled and/or ingested daily into the respiratory system can irritate the

lungs. Environmental exposure can be found in these areas:

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

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

#2: Stress On the Body

Another reason to perform total body detoxification is because of chronic stress on the body. Chronic stress is a major problem that comes from constant pressure and different life factors that it takes to live. Everyday stressors with no ease can take a toll on the body in the form of illness, annoying aches and pains, and varying degrees of sicknesses. Unnecessary stressors and pressure can cause even the healthiest



Venetta Kalu, LDN, CNS, ND

person to experience a system break.

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



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Can You Get Fired For Medical Marijuana?



By Sharron Sample, CEO
Dispensary Works

Can you get fired for having a medical marijuana card in Maryland? Good Question. While public opinion and cannabis laws continue to change, it's hard for employees to understand their rights and how these laws impact the workplace. Let's look at the laws of medical cannabis in Maryland and how they impact the workplace.

Employee Rights

Maryland Medical Cannabis Law allows residents to acquire a medical marijuana recommendation from certified physicians for qualifying medical conditions. Once you have this recommendation, you apply for a state issued Maryland Medical Marijuana Card. This is used to purchase medical cannabis from dispensaries.

While these laws protect you from legal fines or criminal prosecutions from using cannabis, it is still unclear how they impact an employer's ability to refuse to hire or terminate.

Legalization Is Not Job Protection

Unfortunately, under federal law cannabis is considered illegal. Since federal laws override state laws, an employer is not required to accommodate cannabis usage under Maryland laws.

In fact, when it comes to court

Please see "Fired," page 63

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Self-Care Guide

For People With Diabetes

Submitted by
Kensington Pharmacy

Monitoring

Monitoring your blood sugar can help you manage your diabetes. By knowing your numbers, you'll have helpful information to support the decisions you make regarding food and activity. It's also important to monitor other aspects of your health to help reduce the risk of diabetes complications.

Make the most of monitoring by using these tips:

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

Taking Medications

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

Problem Solving

Learning to solve problems is

Please see "Self-Care," page 63

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

Healthy Eating Tips

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

- Focus on the right foods in the right amounts.
- Aim for variety and balance.
- Make healthy choices when shopping and eating away from home.
- Treat, don't over-treat, low blood sugar.
- Be consistent with meals and snacks.

Being Active

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



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Are Food Allergies Affecting You?



By Thomas K. Lo, DC
Advanced Chiropractic Center

a few minutes to an hour after eating the offending food. You may first feel itching in your mouth as you start to eat the food.

Other symptoms include stuffy, itchy nose, swelling of the lips, face, tongue, throat, or other parts of your body, vomiting, diarrhea, sneezing, itchy, watery eyes, stomach cramps, red, itchy skin or a rash.

True food allergies usually begin in the first or second year of life. Childhood allergies may be converted into other "allergic" conditions like eczema or respiratory illnesses. About 40% of adults and up to 8% of children have a food allergy.

What Foods Commonly Trigger Allergic Reactions?

The foods that most often cause allergic reactions in adults are the same for women and men. They include shellfish, peanuts, tree nuts, fish, milk, eggs, wheat, and soybeans.

For some people, an allergic reaction to a food is uncomfortable

Food allergies happen when your body's defense system, called the immune system, triggers immunoglobulin E (IgE) antibodies to bind with a food protein (the allergen). This activates cells throughout the body to release large amounts of chemicals such as histamine. Allergic reactions can occur throughout the body such as the respiratory system, digestive tract, skin, eyes, ears, throat, or cardiovascular system.

Reactions usually occur within

Please see "Food Allergies," page 65

Bariatric Surgery Helps Resolve Diabetes



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

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

How Is Diabetes Diagnosed?

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

Traditional Treatments

Treatment for diabetes has centered around a carbohydrate restricted diet, regular exercise, behavior

What Is Diabetes?

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

Please see "Bariatric Surgery," page 62

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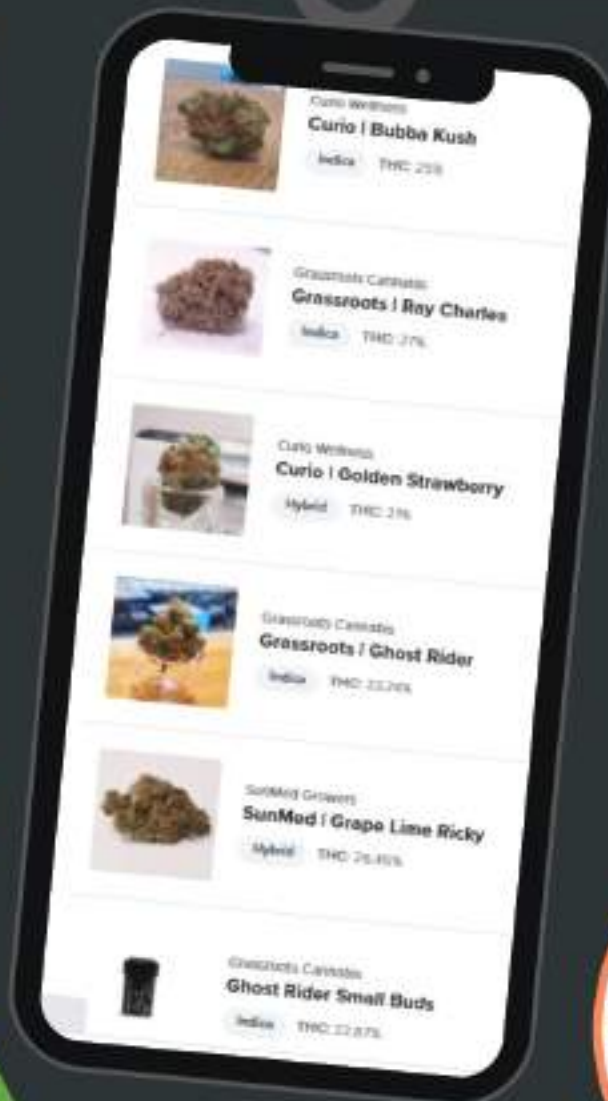
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Orthodontics and Mouth Protection



By Jacqueline Brown Bryant
 DDS, MS, PC

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

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

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

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

Please see "Orthodontic," page 63

Foot Health: Steps For People With Diabetes



By Ademuyiwa Adetunji, DPM
 Largo Foot & Ankle Health

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

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

Hispanics with diabetes are particularly in danger, because more than 90% of those with the disease or

at risk for it have never seen a podiatrist as part of their health care.

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

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

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

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

Please see "Foot Health," page 63

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Manic Depression



By Joyce Abramson, RNMS
Charles County Freedom Landing

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

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

People with bipolar illness are often very intelligent and creative, but without treatment become hampered by emotional instability. Throughout history, records show many great innovators and artists have suffered

from severe mood swings. Issac Newton, Ernest Hemingway and Winston Churchill experienced such fluctuations.

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

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

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

Please see "Depression," page 65

The Silent Dental Disease



Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

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

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

ic obstructive pulmonary disease.

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

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

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

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

Please see "Silent," page 63

Steps To Preventing Diabetes



By Janet V. Johnson, MD
Loving Care Pediatrics

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

Type 2 diabetes is largely preventable. About nine cases in 10 could be avoided by taking several simple steps: keeping weight under control, exercising more, eating a healthy diet, and not smoking.

Weight Control

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

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

Active Lifestyle

Inactivity promotes type 2 diabetes.

Please see "Prevent Diabetes," page 65

It's Not Over Til It's Over *Fertility Revisited*



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

It is a well established fact that fertility is intimately related to the age of a woman. After the age of 35, fertility starts to drop off significantly. In the absence of a specific diagnosis, patients trying to conceive at that age for more than six months of duration are said to have unexplained infertility.

What is little known is that in the absence of any treatment, and while waiting to establish treatment, the natural rate of conception leading to ongoing pregnancy or life birth is ap-

proximately 15% at six months for a 35-year-old woman with two years of prior unexplained infertility. This rate is 24% after 12 months. For 42-year-old women this rate decreases to 8% after six months and 13% after 12 months.

Once a cause of fertility has been established however, this rate can be expected to be much lower. Therefore, women waiting to start their fertility treatment, or between treatment cycles and with a diagnosis of unexplained infertility, may still attempt natural conception. For patients who are older who have a much diminished ovarian reserve, they may choose to explore options such as egg donation, adoption, or child-free living.

Why Try Alone?

Furthermore, an online study involving over 8,000 women found that the use of a menstrual cycle monitoring app in combination with fertility indicators can improve the chances of pregnancy.

Please see "Fertility," page 63

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MD: Emory University School of Medicine
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Egg Donors Needed

ALL-ON-4

FROM PAGE 16

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 you're comfortable, so either local or general anesthesia will be administered.

Second, the dentist or surgeon will prepare your mouth for the im-

plants, 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.

BACK PAIN

FROM PAGE 17

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

back pain.

How Many/Often Acupuncture Sessions Do I Need?

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

Is Acupuncture Safe?

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

CHRONIC PAIN

FROM PAGE 26

cervical disk injuries by 92%, and correspondingly undercounts such injuries by 99% or more.

There is *no reason* to continually suffer chronic pain without proper diagnosis!

Are you one of these over 1.2 million patients every year?

If so, please ask your physician about a weight-bearing positional MRI or a digital motion X-ray scan that may either document or rule out these common injuries in

motion-related accidents.

It's your life, and you deserve to enjoy it to the fullest without the continual pain and suffering that restricts your physical and emotional health.

Ask about these advances in medical imaging today. You have nothing to lose and the possibility of the pain-free life you have been hoping for.

Do a simple Google search for "Weight-Bearing MRI Near me" today, and begin the journey to a pain-free life that we all seek.

WOUND CARE

FROM PAGE 25

tion. Elevations in blood glucose can reduce the body's ability to fight off a potential infection and also retard healing.

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

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

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

foot ulcer:

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

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

INVISALIGN

FROM PAGE 21

renewed confidence, Invisalign contributes to better oral health. Brushing and flossing are more productive. A straight bite helps eliminate wear on your teeth that can lead to cavities.

During therapy, you can remove

your aligners when brushing and flossing, or eating and drinking. This approach contributes to better oral care throughout treatment. With traditional metal braces, you have to work hard to clean around brackets and wires.

BARIATRIC SURGERY

FROM PAGE 56

modification and medical therapies. Medical therapies include various oral medications, insulin injectable formulations, and newer non-insulin injectable drugs. These treatments are life-long in an effort to maintain normal blood glucose levels.

Role of Bariatric Surgery for Treatment of Diabetes

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

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

PERMANENT CURE

FROM PAGE 18

cision, 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. 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.

CHINESE MEDICINE

FROM PAGE 48

chronic diseases by addressing the underlying causes, leading to the restoration and sustainment of body-mind wellness (*Yin-Yang* harmony). Test yourself on how many of its forms you already know: herbal medicine, acupuncture, tuina massage, cupping, medical qigong, taiji and nutrition.

Acupuncture is a technique that stimulates specific points on the body with needles to raise the flow of *Qi*, thereby rebalancing *Yin-Yang*. It provides drug-free, noninvasive, and natural healing procedures. If you haven't already received acupuncture, you will be pleasantly surprised at how well (and often quickly) it works. It has been approved clinically and can treat not only those who have pain conditions, but those who want to maintain wellbeing in general. If you have tried medications or surgery

that did not work well, acupuncture may be the right health choice. Most insurance plans cover it, and you don't need a referral. Of course, talk to your healthcare provider before beginning any new treatment.

So, what conditions does TCM, and in particular acupuncture, treat?

- Pain conditions, (most common are low back and neck pain). But these also include cancer patients who need pain management during chemotherapy, etc.
- Neurological dysfunction
- Women's health
- Weight loss

TCM is effective, affordable, and accessible. Your mind and body need it, and you deserve the wellness it brings.

FIRED

FROM PAGE 52

rulings on workplace accommodations, courts uphold that cannabis is considered an intoxicant and not a protected substance. Neither the Maryland Fair Employment Practices Act or any other Maryland agency has ever overturned this reasoning.

If your employer tests you and you test positive for cannabis, its up to the employer what happens. Each company has its own drug-use policies that must be followed. However, you do have rights and you will not be terminated just for possessing a medical cannabis card.

Truthfully, many employers don't have a problem with cannabis usage so long as you do your job well and it doesn't negatively affect the productivity, quality or safety of the employee and workplace.

However, there are some industries that are stricter than others about cannabis use, and it's understandable. For example, the transportation industry or construction industry where employees are driving or operating heavy machinery, cannabis use could negatively affect employees and create a safety hazard.

FERTILITY

FROM PAGE 61

Not all apps are created equal. Five apps are noted to have higher rates of success than others. These include Clue, Fertility Friend, Glow, Kindara, and Ovia.

The probability of pregnancy was increased by as much as 20% in women who were using monitoring apps,

The chances of a successful outcome was further increased when use of the apps were combined with the

application of fertility indicators.

What are fertility indicators? Fertility indicators include basal body temperature, cervical fluid, cervix position and/or urine LH.

When a cycle monitoring app was combined with one or more fertility indicators, there was an increase in per-cycle probability of pregnancy – in other words your chances of getting pregnant in each cycle that you attempt to do so increases.

ORTHODONTICS

FROM PAGE 58

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.

SILENT

FROM PAGE 60

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

What your dentist hopes to accomplish with soft tissue management:

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

edge inter dental papilla.

- Reducing pocket depth.
- Control of gum disease.

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

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

FOOT HEALTH

FROM PAGE 58

People with diabetes need to inspect their feet daily and be vigilant for warning signs of ulcers, including irritation, redness, cracked or dry skin (especially around the heels), or drainage on their socks.

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

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

- Discuss your diabetes and the risks with your family. Diabetes can be

hereditary, so talk to your family members about monitoring blood sugar and foot health.

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

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

SELF-CARE

FROM PAGE 54

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

Try These Tips:

- Approach one problem at a time.
- Explore what might be causing the problem.
- Ask your diabetes care team to help you develop your own "what to do if" plan, such as if you have low blood sugar, if you want to eat extra food or if you are too sick to eat.
- Keep track of how well you solve problems and ask for help if you are having trouble.
- To be sure you gain the benefits from your prescribed medications, use these tips:

Take medications in the right amount, at the right time and in the right way.

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

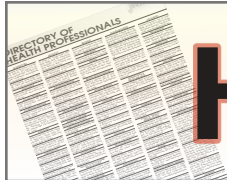
Healthy Coping:

Coping with diabetes or any chronic condition is an ongoing process. Work with your healthcare team to learn what might work for you.

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

These Are Tips To Help You Get Started:

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



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

Schedule a free skin cancer screening by calling 703-641-966 or 301-984-3376 today.

DEPRESSION

FROM PAGE 60

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

When the person is experiencing the depression phase of the illness, sadness, hopelessness and low self-esteem may be evident. There may be changes in appetite and sleeping habits.

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

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.

PREVENT DIABETES

FROM PAGE 61

tes. 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%).

Four dietary changes can have a big impact on the risk of type 2 dia-

betes.

- 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.

HEART HEALTH

FROM PAGE 44

Public Health compared more than 1,500 adults in recovery one year after a heart attack, and the effects of marital strife were more apparent in women, 40% of whom reported feeling severely stressed over it, compared to 30% of men.

- High negativity in a marriage or close friendship, revealed that talking to a partner about a problem made things seem worse, and were 34% more likely to have a heart problem than those with less negativity and positive interactions.
- A four-year study of Acute Myocardial Infarction of married patients 18-55 revealed the detrimental impact of marital stress on their heart attack recovery.

Since heart attacks remain the leading cause of death in the U.S.,

with 605,000 new heart attacks and 200,000 recurrent ones annually, and a 119% increase in out of hospital cardiac arrests during the pandemic, (A.H.A) there is room for improvement. And especially in a stressful marriage, heart attack or not.

This is close to my heart as stress did negatively impact my heart by way of A Fib years ago, and wrote about wise lifestyle choices for women in my book, *The Pause to Relax Ladies for Robust Heart Health*. From the effects of dehydration to stress, it is sad and heart breaking that our public health agencies, fail to mention major lifestyle choices to reduce risks of heart attacks, strokes and CVD. My "9 Pillars of Heart Disease Prevention" within the book is a simple guide and holistic map created for you!

FOOD ALLERGIES

FROM PAGE 56

but not serious; for others, an allergic food reaction can lead to death. A life-threatening reaction caused by an allergy is called anaphylaxis.

For these people, even the smallest amount of exposure – eating a food or even touching someone who is eating the food – can be dangerous. If you have anaphylactic reactions to certain foods, your doctor may give you a prescription for injectable epinephrine. You need to carry this medicine with you at all times so that you or someone you are with can give you an emergency injection if needed.

Symptoms of anaphylaxis include hoarseness, throat tightness, or a lump in your throat, wheezing, chest tightness, or trouble breathing, rapid heart rate, dizziness, lightheadedness, or

fainting, tingling in the hands, feet, lips, or scalp, and clammy, grayish, or bluish skin.

Food Sensitivity and Food Intolerance

If you are not suffering from a true food allergy you may be experiencing a food sensitivity, or symptoms of a food intolerance.

Do You Think You Have a True Allergy?

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

HORMONES

FROM PAGE 27

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

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

CARDIOVASCULAR

FROM PAGE 17

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

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

Important lab tests to help assess cardiovascular risk are insulin levels, both fasting and in response to glucose challenge, and apolipoprotein B.

Beyond the typical statin drugs offered, there are safe, natural and effective approaches to lowering cardiovascular risk. These include dietary modification. I favor either the Mediterranean or Paleo diet. Omega 3 fatty acids are great at reducing inflammation and correcting abnormal cholesterol profiles. Other important tools are exercise, treating chronic infections, and aspirin therapy.

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

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

For many people, lifestyle and nutritional interventions can substantially reduce cardiovascular risk even without the use of more aggressive pharmacological treatments. Though cholesterol lowering drugs can be life saving there are other safe and effective ways to reduce the risk of heart disease.

Heart Health

By Toni Greene, Owner
Happy Hour Yoga on Zoom!

How to heal the heart? Love will heal the heart. The heart is the fourth energy center of the human body. The human body has at least eight energy centers known as chakras. Chakras are said to be a map for the journey through life. The journey of life has many aspects. A chakra is a spinning vortex of activity created by the presence of consciousness within

the physical body; the chakra energy carries urges, emotions, habits, and the imprints of all that happens to us. The chakras are a gateway between the body and mind. Classically, there are seven main chakras that correspond to our seven central nerve ganglia (bundles) branching out from our spinal column. The chakras in the computer world can be thought of as a CD that can be installed into our hardware (brain), which influences the flow of life force (prana). The programs from

the CD (chakras) tell us when to do things like eat, sleep, and how to relate to others. Well sometimes, like a computer system, we get bugs, viruses that affect the program. The bugs that get into our systems can be a deficiency or an excess in the chakras.

The heart is the fourth energy center and it is also the fourth chakra. Life sometimes gives us trouble and we try to find ways to cope. There are two main ways in coping with the problems or the troubles in life, they



Toni Greene, Owner

are to increase or decrease your energy center in order to deal with the difficulty. Increasing energy would include creating a fever to combat bacteria, getting your friends together to help you fight, or staying up all night to study for an exam. Decreasing your energy is a way of trying to get away from a threat, like disassociating to make the pain go away.

Excessive or an increased amount of energy in the heart center can cause codependency, focusing too much on others, poor boundaries, jealousy, being a pleaser, or being a martyr. Decreased or a deficiency in the heart chakra can cause you to be withdrawn, critical, intolerant, lonely, have a lack of sympathy, and fear of intimacy.

Ups and downs, highs and lows, these are all aspects that need to be balanced. When you are stressed and do not release or express it, you can become excessive, it can then manifest into blockages. Blockages can lead to common ailments such as hypertension, heart disease, circulatory problems, difficulty breathing, aching in the chest or upper back, a weak immune system and frequent bronchitis or lung infections.

The heart chakras can be balanced, healed and transformed by acknowledging that a blockage does exist in this center. Love is the ultimate healer of the heart. An open heart feels compassion and empathy for both yourself and others. It is important to find balance in relationships, mind, body and self. Try working on your breathing. Breathing is a powerful way to cleanse the body and purify the mind. Breathing gives life force energy or, prana. Falling in love with life gives the heart passion and opens you up to spirit and all of its perfected manifestations. Take the steps needed to balance and heal the heart. Listening to music is good for the heart and head. Learn to sit quietly and meditate. There are different ways to meditate, find the one that is comfortable for you. Let go, stop trying to control everything, let it be, forgive. It is okay to say you are sorry. It is okay to be wrong sometimes, and it is okay not to have the last word.

Sat Nam.

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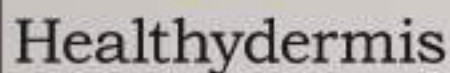
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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

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

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