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Colon/Rectal Surgery



Rami Makhoul, MD  
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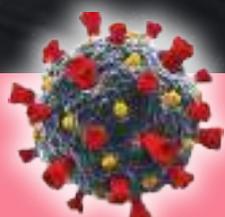


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By Dr. Netsere Tesfayohannes,  
MD, ABA, ABAP  
Georgetown Pain Management

# Minimally Invasive Interventional Techniques For Management Of Back and Neck Pain



This procedure utilizes image guidance by X-Ray and must be performed by a specialist with extensive experience in the profession as results are usually user dependent. Failed blocks because of improper needle placement may result in avoidable pain and suffering as well as unnecessary surgery.

The conditions most commonly associated with these symptoms include disc herniation and spinal stenosis in the neck. The majority of the patients who undergo this procedure obtain significant pain relief, increasing their function as well as decreasing the use of pain medications.

**Cervical Facet MBN Radiofrequency Ablations:** This treatment modality is minimally invasive and very effective in dealing with patients with neck and shoulder pain as well as some headaches (occipital).

In patients with chronic cervical spine pain, prevalence of cervical facet syndrome was about 55%. While history and physical exam are useful adjuncts, diagnostic facet blocks are necessary to make the definitive diagnosis prior to recommending the Cervical Facet MBN Radiofrequency Ablations.

## Low Back Pain

Low back pain is a "waste basket diagnosis" with multiple pain generators at play.

Pain strictly localized in the low back without sciatica is usually caused by wear and tear of the disc (discogenic syndrome) or arthritis and inflammation of the lumbar facet joint. This is of course true in the absence of prior spine surgery. Patients with prior spine surgery can exhibit various symptoms that are difficult to predict (failed back syndrome).

Low back pain with sciatica can be caused by slipped disc, spinal canal narrowing, or piriformis syndrome. Careful history and physical exams are extremely crucial in making the correct diagnosis as X-Ray and MRI findings may not be adequate in explaining the patient's pain and suffering.

While the majority of patients respond to conservative therapy with rest and physical therapy, millions of people throughout the country continue to suffer from back pain.

Fortunately, there are a number of state-of-the-art minimally invasive interventions that are useful in preventing pain and suffering as well as unnecessary

dependence to narcotic pain killers and invasive spine surgeries. These include:

- **Lumbar Transforaminal Blocks:** These interventions are highly selective and utilize image guidance to achieve maximum accuracy.
- **Lumbar Facet Block/Radiofrequency Ablation:** Diagnostic nerve block followed by radiofrequency ablation to alleviate low back pain is effective in treating patients with Facet joint painful inflammation.
- **Percutaneous Discectomy:** In cases where epidural injections are not helpful, percutaneous disc decompression can be performed.
- **Spinal Cord Stimulator Therapy:** Interventional neuromodulation is considered an advanced non-destructive and reversible therapy that utilizes electrical stimulation systems. It has a very diverse application but the most common include failed back surgery syndrome, complex regional pain syndrome.

In summary, minimally invasive interventional pain management techniques can offer variety of options for patients suffering from a chronic and acute pain.

In general there are two kinds of pain patients often complain about: nociceptive (dull achy pain) and neuropathic pain. Nociceptive pain results from activation of peripheral nerve receptors while neuropathic pain results from dysfunction of the nervous system that can result from injury.

## Disc Herniation (Slipped Disk)

The notion that disc herniation leads to low back pain and sciatica was popularized in 1934, but some patients with large disc herniations have no sciatica while others have sciatica in the absence of disc herniations. Experimental compression of nerve roots by mechanical pressure results in motor deficits but no pain.

Chemical irritation of the nerve roots by herniated discs as a result of leakage of inflammatory chemicals from the damaged discs result in nerve inflammation and burning pain. Sciatica pain therefore can be caused by mechanical compression as well as chemical irritation due to inflammatory substances released from the damaged discs.

This explains why cortisone injections work for the majority of back and neck pain shooting to the extremities. Although oral steroids are prescribed as the first line of treatment for this condition, research indicates that it is not significantly more efficacious than having no treatment.

## Pain In the Neck

Pain in the neck can be with or without sharp shooting pain radiating to upper extremities. In addition, pain in the neck can be associated with headache.

Various interventional blocks can offer the promise of pain relief.

**Transforaminal Blocks:** Selective nerve blocks that target the damaged nerve is used most commonly in patients who suffer neck and back pain radiating to the extremities.

The conditions most commonly associated with these symptoms include disc herniation and spinal stenosis in the neck and lower back. The majority of the patients who undergo this procedure obtain significant pain relief, increasing their function as well as decreasing the use of pain medications.

**Cervical Transforaminal Blocks:** Selective nerve blocks that target the damaged nerve; used most commonly in patients who suffer neck and back pain radiating to the extremities.



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Netsere Tesfayohannes, MD, ABA, ABAP  
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# Do You Have Gum Disease? Read This To Find Out If You Are At Risk

By Harold Packman, DMD

Gum disease, not old age, is the primary reason for tooth loss. Gingivitis, the early stage of gum disease, is an inflammation of the gums caused by the buildup of plaque.

## Risk Factors For Gum Disease Include the Following:

- Smoking and tobacco use increase the chances for gum disease and decrease the chances for successful treatment.
- Hormone changes in females often make the gums more sensitive and increase the likelihood of gingivitis.
- Diabetes increases risk for many infections, including gingivitis.
- Certain diseases, such as cancer or AIDS, as well as their treatments, can negatively affect the gums.
- Genetics may make some people more prone to gum disease.
- Medications can reduce the flow of saliva, leaving the mouth vulnerable to gum infections and can cause the gum tissue to grow abnormally, making it difficult to keep the gums and teeth clean.

If your gums are swollen, if they bleed when you brush or floss, or if you have persistent bad breath, you definitely have gingivitis.

If caught early, the damage can usually be reversed by proper professional cleanings, preventing loss of bone or tissue that holds the teeth in place.

If plaque is not removed from teeth, gingivitis can progress to periodontitis, which can irreversibly damage bone that hold your teeth in place.

If the gum line has receded, your teeth may look longer and you may notice changes in your bite. As the pockets deepen, periodontitis can advance to the stage where bone and tissue can no

longer anchor teeth in place, and they may fall out.

Brushing, flossing, antibacterial mouthwash and visiting a dentist for cleanings and check-ups can help keep plaque and gum disease under control.

**If your gums do not stay healthy in spite of doing all this, then you should consult a periodontal specialist.**



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

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

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

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

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

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

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# Botox Myths and Facts



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

Botox has now overtaken Viagra to become the most publicly recognized medical treatment.

Did you know that, in addition to its much-advertised wrinkle-smoothing effects, Botox is approved to treat many non-cosmetic conditions? These include cerebral palsy and neck spasms (cervical dystonia) as well as lazy eye, overactive bladder, and excessive sweating (hyperhidrosis).

The primary action of Botox is to relax overactive muscles. Its safety and effectiveness have been documented over the past 40-plus years.

When Botox is used for wrinkle-smoothing, it rebalances facial muscles that have become overactive with age. There are now three other treatments

that work in the same way – Dysport, Xeomin and Jeuveau (Newtox). The American Board of Medical Specialties recognizes board certified dermatologists, plastic surgeons, facial plastic surgeons and oculoplastic surgeons as the core four aesthetic specialists who are qualified through their training and knowledge to be performing all cosmetic procedures including Botox, Dysport, Xeomin and Jeuveau.

Many more men and women than we may realize are having Botox treatment these days. In 2020, between 4-5 million injections were carried out worldwide, and this number rises every year. When performed properly, Botox should look completely natural and never give you a “frozen face.” Good Botox is undetectable; it’s usually only when someone has a bad or unnatural result that we actually realize they’ve had it!

The key to natural-looking results is to consult an expert. The most expert doctors are national and international teachers at dermatology and plastic surgery academies and researchers for the clinical trials that bring new treatments to our country. Here are some important points that are useful for anyone considering Botox:

### 1. Understand the Science

As we age, some of our facial mus-

*Please see “Botox,” page 66*

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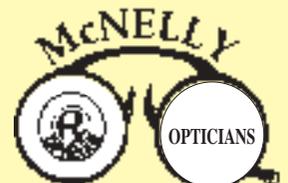


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# How CBD Works In Your Body: The Endocannabinoid System (ECS)

By Andrea Grant, Owner  
Bethesda Health and Wellness

You've heard of your respiratory system (breathing), your cardiovascular system (your heart and blood vessels), and of course your digestive system. But there are other systems within your body that you probably didn't learn about in high school biology. One of these lesser-known, more-recently-discovered systems is

the endocannabinoid system. Not sure what that is, or how it works? Read on!

## What Is the ECS?

The endocannabinoid system (ECS) is an innate cell-signaling system in your body that is designed to help keep internal processes regulated. In other words, it's one of the ways that your body stays balanced.

It is made up of endocannabinoids, receptors, and enzymes, and it is present in just about every part

of your body, from your brain to your organs and muscles.

## How Was the ECS Discovered?

The endocannabinoid system was first discovered by scientists in the late 1980s and early 90s, when scientists found cannabinoid receptors in humans and also discovered the human body's naturally-produced endocannabinoids. They discovered that this system is great at regulating homeostasis in the human body. They also noticed that

compounds in the cannabis plant could have an impact on this system.

## What Does This System Help To Regulate?

While there's still more research being done on the endocannabinoid system, scientists and researchers have found several areas where the endocannabinoid system helps to regulate processes and functions. These include:

- Memory, learning, and brain function
- Fertility and reproduction
- Appetite and digestion
- Metabolism
- Mood and stress management
- Sleep
- Organ functioning
- Skin and nerve function

As you can see, the endocannabinoid system has the potential to profoundly impact your life as it helps to regulate and balance all these areas of your mind and body.

## How CBD Works In Your Body: The Endocannabinoid System

CBD works by binding to the endocannabinoid receptors in your body. That allows it to have a wide range of effects on your body. For example, let's say you have a very poor appetite due to a recent illness or medical treatment. You aren't getting the nutrients and energy you need because you just don't feel like eating. Your body is out of balance because the process that normally tells you you're hungry isn't working at its best. In cases like these, CBD can bind with the receptors that help to stimulate your appetite. This is just one of many examples!

## Does the Endocannabinoid System Still Work If I Don't Use CBD Or Cannabis?

You don't really need to take CBD for your endocannabinoid system to work. Like we mentioned earlier, there are endocannabinoids already being produced by your body. That being said, CBD can greatly help with the function of your endocannabinoid system, especially if your body isn't functioning perfectly. Sometimes, our bodies need a little bit of outside help in order to function optimally!

## How Can I Use CBD To Help Regulate My Body's Processes?

There are many ways to use CBD, including tinctures, topical creams, oils, and capsules. Any method of using CBD will work – you just have to pick what's best for you!

## Which Products Are Consumers Using To Support Their ECS?

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# Is It Time for Your Colorectal Cancer Screening?

Colorectal cancer is the third most common cancer in men and women. The good news is that screenings can detect it early and even save your life.

Men and women at average risk should begin colorectal screening at age 45. If you are at high risk, your doctor may recommend you begin screenings earlier.

Colorectal cancer screenings at GW Cancer Center include colonoscopy, radiologic testing and sigmoidoscopy. Medicare Part B covers colorectal cancer screenings for those over age 50. We are taking special precautions to help keep you safe when you visit us in person. Virtual appointments are also available.



## How to Get Screened

Talk with your primary care provider (PCP) to get an order for your screening.

If you need to find a PCP, call **888-4GW-DOCS (888-449-3627)**.

Call **888-4GW-DOCS** to schedule your screening today.



## Cancer Center

Source: American Cancer Society®

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# Laser Dentistry Can Provide Amazing Benefits



By Karl A. Smith, DDS, MS

Lasers have long been the standard of care in medicine for many surgical and cosmetic procedures. Lasers are used for LASIK vision correction, wrinkle and hair removal, vein therapy, and even some organ removals.

The Waterlase dental laser was approved for use in dental procedures in 1998 and is constantly updating its technology to be able to perform almost every dental procedure possible.

*Lasers are used for LASIK vision correction, wrinkle and hair removal, vein therapy, and even some organ removals.*

One of several procedures now available, with the use of the Waterlase dental laser, is more effective and more comfortable periodontal therapy to help eliminate bacterial infections in the gums and bone. The laser acts to kill the bacteria while preserving the natural bone and gum tissue contours whenever possible.

This results in the best outcome for the patient because the teeth remain covered with pink, healthy gum tissue instead of being “long and ugly.” Patients who have these infections can quickly recover with few or no sutures (stitches) and very little discomfort.

This is a dramatic improvement over older periodontal treatment techniques where a lot of good gum and bone was removed to “reduce pockets.” There is also a ton of research and data to support the long-term results of laser-assisted periodontal treatment versus traditional therapy.

Waterlase uses laser energy and a gentle spray of water to perform laser-assisted pocket reduction therapy as well as a wide range of other dental procedures – without the heat,

vibration and pressure associated with the dental drill. With many procedures, it’s possible to use less anesthetic, and often no anesthetic at all.

Another great part of using the Waterlase laser is that your dentist can often get you in and out of the office faster, since it’s less likely that you’ll need an injection. Research shows that the vast majority of patients don’t.

Using the Waterlase for procedures reduces bleeding, post-opera-

tive pain, swelling and the need for pain medication in many cases.

Dentists using a Waterlase are able to remove tooth enamel decay (the hardest substance in the body), bone and gum tissue precisely while leaving surrounding areas unaffected. This conserves and allows you to keep more of the healthy tooth structure while eliminating the bad stuff.

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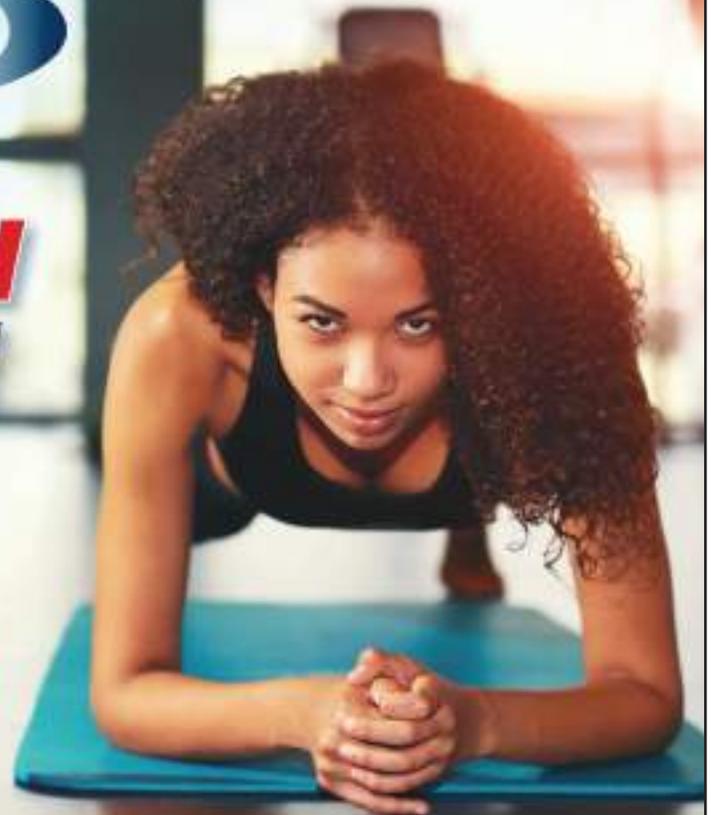
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# What Everyone Needs To Know About Melanoma

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

According to the American Academy of Dermatology, malignant melanoma (MM) is the third most common type of skin cancer, but accounts for 90% of all deaths related to skin cancer. It arises from the melanocytic (pigment producing) cells of the epidermis. Melanomas of all sizes have the ability to metastasize and become fatal.

The incidence of the disease is increasing worldwide. More than 135,000 cases are diagnosed each year, and nearly 10,000 people die from melanoma in the United States annually.

Caucasian men 50 years or older are at greater risk, however more young people are also getting the disease, including teenagers. It is now the most common cancer among people 25-29 years old.

Patient populations with higher incidences of melanoma include:

- Fair-skinned individuals (Fitzpatrick skin types I-II)
- High number of melanocytic nevi
- Large congenital melanocytic nevi
- History of abnormal moles
- Family history in a first degree relative – mother, father, siblings

There are multiple subtypes of melanoma including:

- Superficial spreading melanoma
- Nodular melanoma
- Lentigo maligna melanoma (arising from a sun freckle)
- Acral melanoma (on hands and feet)

Less than 5% constitute the remaining subtypes of amelanotic (colorless), desmoplastic and polypoid melanoma.

Important indicators of a patient's overall outcome with melanoma depend on several factors, some of which are whether there are lymph nodes in the area that can be felt, the patient is male, and if the melanoma is located on the head, neck and torso.

Ninety percent of cases are diagnosed as primary skin tumors with no evidence that the disease has spread to other places in the body. When it

spreads to other areas of the body a patient's chance of survival are decreased.

The most common early signs of MM include:

- A growing mole on the skin.
- An unusual looking mole or a mole that does not look like any other mole on your skin (the ugly duckling).
- Non-uniform mole (has an odd shape, uneven or uncertain border, different colors).

In the early stages, melanoma may not cause any symptoms but may cause itching, bleeding, and pain. It may even look like a bruise that won't heal.

A biopsy of the skin is necessary for a diagnosis. This biopsy will provide information regarding how deep the melanoma is, which determines what treatment is necessary. Depending on how deep it is, a biopsy of the lymph nodes near the area of concern

may be necessary. Other diagnostic testing, including bloodwork, X-rays and a specialized form of CT scan, may be necessary to better determine if it has spread to other areas of the body.

Surgical removal is typically the gold standard first line treatment. Other treatments including injectable medications and, less frequently, radiation may be used if it has spread to other organs of the body.

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# Safe and Effective HRT Can Re-invigorate Your Life

Submitted by New Day Vitality  
 Hormone Center

### From Blah To Aha!

"I didn't think I needed hormone treatment," says 62-year-old Saroya. She remembers limping into a local bioidentical hormone replacement center five years ago. "After my first insert, I felt a vibrancy and aliveness in my body that I hadn't felt for years," Saroya says. "And I can walk fast without pain now."

Do you see declining hormone levels as a natural part of aging? The sex hormones – estrogen, testosterone, and progesterone – not only affect your sex life, but also your energy levels, your capacity for maintaining muscle and keeping weight off, and your ability to think clearly. Why should you have to live with a declining body and mind? The answer is

simple: You don't.

With careful restoration of the three sex hormones through bioidentical hormone replacement therapy (BHRT), adults can rediscover the vitality they need to enjoy life. The most recent research on hormone replacement supports not only its safety, but also the fact that women and men replenishing their hormones live longer and suffer less incidence of cancer, Alzheimer's, osteoporosis and cardiovascular disease.

Bioidentical hormones can be administered via subcutaneous pellets, creams and injections. Unlike synthetic hormones, these bioidenticals duplicate the molecular structure of the hormones made by the human body. Bioidenticals come in a wide range of dosage levels, as to allow therapy to be better tailored to your

*Please see "HRT," page 65*

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By Judy Yu, DMD, MBA  
 Dental FX

Invisalign procedures, and to replace traditional dental impressions.

### Finding Cavities Between Teeth

Cavities between teeth are often invisible to the naked eye, and dentists typically rely on bitewing X-rays to find them.

The iTero features an infrared camera that allows your dentist to identify cavities between teeth without an X-ray. So if your dentist has the iTero they can use traditional X-rays less frequently. As a result, patients can have a more comfortable experience, and exposure to radiation from X-ray technology is minimized.

### Enhancing the Invisalign Procedure

The iTero can be used to simulate Invisalign treatment, allowing a patient to see what his or her smile would look like after treatment is completed.

### Replacing Traditional Dental Impressions

Reducing how often traditional

*Please see "New Tech," page 62*

The iTero Element 5D is a wand-shaped digital scanner that features an intraoral camera. The wand can be moved around the inside of a patient's mouth to essentially create five-dimensional impressions of your teeth. This makes your dentist's job easier when treating you, but, what exactly does this mean for you?

This state-of-the-art diagnostic tool is used for a number of purposes, including finding cavities, to enhance

# Mouth Elements That Trigger Whole Body Health Or Disease

By Kalpna Ranadive, DMD, MDS, NMD, IBDM, Vedic Dental

Mouth is the largest portal that can be voluntarily opened and viewed directly making it a fantastic diagnostic indicator of visible and invisible disease. A good diagnostician, like a detective, uses clues missed by many to get to the good or bad within the not so obvious.

Certain trigger points in the mouth can alert an impending chaos locally or even scattered throughout the whole body. Many people forget that the mouth is not just teeth. There are many components like tongue, cheek, saliva, airway space, muscles, ligaments etc. that constantly interact with other parts of the body.

In our daily pursuit of balance and living a disease-free life, it is important to understand three facts about the mouth.

**Fact #1** – Perfect smile does not equal healthy balanced teeth.

**Fact #2** – Radiographically perfect disease-free teeth, bone or gums do not equal a healthy balanced mouth or body.

**Fact #3** – Imbalanced mouth can trigger years of unnecessary suffering without you ever realizing it.

Timely intervention to catch and remove these disease triggering factors using ancient wisdom blended with modern technology can avoid years of pain and suffering.

## Accurate Diagnosis Helps Swift Intervention

Since mouth triggers create widespread vibrational damage, pain can be felt from head to toe. An unsuspecting patient may then get treated for headaches, TMJ, neck/back/hip pain, acidity, brain fog, sleep apnea, etc., from various medical professionals when in fact the source and solution was in the mouth.

Before any treatment is initiated, the root cause of the problem is best found using accurate integrated diagnostic tools. Here are a mix of eastern and modern mouth trigger diagnostic tools.

## Ayurvedic Diagnostic Tools

Ayurveda is one of the oldest integrative East Indian health systems that compliments beautifully with every modern medicine today. It helps a skilled clinician not only see the unseen but also encourages everyone to learn the basic early diagnostic signs for self-healing.

1. **Saliva Quotient** – Can alert about elemental imbalances at cellular levels.

2. **Tongue Diagnosis** – Ayurvedic tongue diagnosis is a time-tested skill that can alert you not just of oral but also impending body and mind problems.

3. **Space Encroachment** – can alert about teeth cracks, TMJ muscle synchronicity, etc.

4. **Elemental Evaluation** – can alert about blocks within various micro channels that can speed or reverse disease progression.

## Modern Diagnostic Tools

1. **Thermal Scans** – Radiation free and Safe. Packed with information about disease patterns, current and future breakdowns with teeth, muscles, etc.

2. **Bite Analysis** – Digital safe scans that can determine teeth alignment with similar precision seen in car wheel alignment technology.

3. **Airway Analysis** – Helps detect obstructions in the oro-nasal-sinus area causing sleep apnea, eye, sinus, throat, immunity issues, etc.

4. **Vibrational Joint Analysis** – Helps detect damaging vibrations radiating to TMJ and associated skeletal-muscular area.

Mouth can be a window to not just the body but also mind, spirit, speech, body balance and more. Timely intervention is priceless for an unsuspecting patient who may be about to suffer due to excruciating pain in a location far away from the mouth.

Visit [vedicdental.com/mouth](http://vedicdental.com/mouth) for more information.



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From early diagnostic indicators to long-term prevention, Ayurveda has wonderful easy to use protocols that can be easily incorporated into daily dental and health practices. Knowing what to use when, in what proportion and when to intervene with modern sciences is the key necessary requirement before blending Ayurveda into dentistry.



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**FIRST**

Before you fix your dental problems find out if there are other contributing factors that need to be corrected.

**SECOND**

Know that cavities, gum diseases or bad breath can be caused due to problems inside the body.

**THIRD**

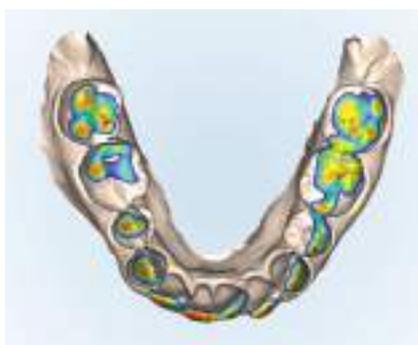
Fixing only dental problems without resolving internal issues will make the dental problems reoccur AGAIN!

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# Integrative Health Is the Answer

By Rudjar Good, RDH, DC  
Highland Chiropractic and Patapsco  
Integrative Medicine and Rehab

Integrative health aims for well-coordinated care among different providers and institutions by bringing conventional and complementary approaches together to care for the whole person. According to the Academy of Integrative Health & Medicine, “the field of integrative health and medicine reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals, and professions to achieve optimal health and healing.”

Integrative health is not the same as alternative medicine, in which non-mainstream health practices are used in place of conventional health care. Rather, integrative health services are used in addition to your current health care. Integrative health services include chiropractic, physical therapy, acupuncture, massage and medical services combined into one comprehensive medical system to help you meet all of your health needs – physical, emotional, and social.

## Integrative Health Approaches

There are many types of integrative healthcare services, and they are not one-size-fits-all. The key is to learn what your personal health needs are

and to find the service or services that are best for you and address your individual symptoms. Examples include:

- Acupuncture
- Guided imagery
- Herbal therapy
- Massage therapy
- Nutritional counseling
- Physical therapy
- Chiropractic

## Chiropractic and Physical Therapy

Chiropractors view the body’s musculoskeletal and nervous system as an interconnected partnership with the ability to heal itself; their hands-on treatment method relies on identifying and treating spinal and muscular misalignments that may be causing pressure

within the central nervous system that are leading to acute or chronic pain. The chiropractic adjustment realigns the vertebrae, releasing tension in the body. Unlike many treatments done by physical therapists, chiropractic adjustments have been known to provide instant pain relief, making it a great option for people who are in desperate need of acute relief. People who benefit the most from chiropractic care are patients who are experiencing joint or muscle pain in the back, neck, hips and knees.

Physical therapists, on the other hand, use a more diverse set of approaches to diagnose physical abnormalities in patients and help them restore strength, improve balance and gain greater mobility and range of motion. Whether through corrective exercise, modalities, soft mobilization or many other tools and treatments, they care for all musculoskeletal conditions that hinder the body’s movement and/or cause pain.

## Why Integrating Them Works

**Unique, Customized Treatments**  
– Both physical therapy and chiropractic follow thorough assessment protocol so that they may fully understand treatment needs and appropriate success metrics. Because each patient is different, this means these professionals will make individualized treatment plans that are tailored to the patient’s unique capabilities and the clinician’s unique competencies. When these two therapies work together, they can create complementary protocol to maximize treatment benefits of every visit.

**Better Results, No Matter the Goal** – Whether the treatment is meant to prevent injury, rehabilitate an injury or just optimize movement or performance, the combination of physical therapy and chiropractic will help reach the goal more holistically. Utilizing chiropractor’s savvy in adjustment with physical therapist’s expertise in strengthening, lengthening and helping the body move better, patients will reap the benefits of allowing each professional to play off of each other’s strengths and fill in each other’s gaps.

**Unified In Providing Safer Pain Relief** – Both practices are conservative methods of treating musculoskeletal pain and/or dysfunction. Instead of using invasive tactics like surgery or pushing pills like physicians, physical therapists and chiropractors both understand the benefits of treating the underlying cause of the problem before escalating to drastic or potentially addictive measures. Patients will feel confident utilizing both physical therapy and chiropractic to make better-informed decisions and potentially reduce treatment risk.

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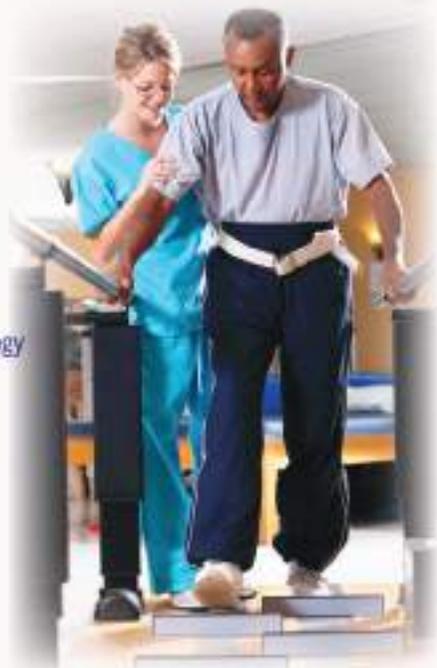
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# Difficulty Hearing Over The Phone?

## See What's Said With Captioned Telephone

By Maryland Relay/  
Telecommunications Access of MD

For people who have difficulty hearing, the simple act of using a telephone is often a challenging and frustrating experience. Whether it's conducting business, speaking to doctors, making appointments or just keeping in touch with family and friends, an inability to communicate via telephone affects almost every aspect of a person's day-to-day life. That's why Maryland Relay offers Captioned Telephone, an innovative service that allows users to listen while reading what's said over the phone.

### What Is Captioned Telephone?

Captioned Telephone is a free service designed exclusively for individuals who have difficulty hearing on

the phone. Utilizing the latest in voice recognition technology, a Captioned Telephone Operator delivers real-time captions of what is being said, allowing the user to listen to and read their telephone conversations simultaneously for better understanding.

### Who Should Use Captioned Telephone?

Captioned Telephone is ideal for seniors and other late-deafened adults, people who are Deaf and can speak clearly, Voice-Carry-Over (VCO) and amplified phone users and people with hearing aids or cochlear implants.

### What Equipment Is Required To Use Captioned Telephone?

The only equipment required to use Captioned Telephone service is the Captioned Telephone itself, an analog or DSL phone line and a standard electrical outlet. Certain models of Captioned Telephones also utilize high-speed internet access.

### How Do I Obtain a Captioned Telephone?

The State of Maryland provides Captioned Telephones to qualified individuals through the Maryland Accessible Telecommunications (MAT) program. To qualify, applicants must be a Maryland resident receiving one or more state or federal benefits or show that they have a limited income. Applicants must also have a hearing, speech, vision, mobility or cognitive difficulty that makes it challenging to use a telephone. To request an application, please contact Maryland Relay at 1-800-552-7724 (Voice/TTY) or visit [mdrelay.org](http://mdrelay.org).

Captioned Telephones may also be purchased in Maryland for \$75. To order, please call 800-233-9130 (Voice/TTY) or visit <http://www.weitbrecht.com/captel-maryland.html>.

### How Do I Get More Information?

For more information about Captioned Telephone please visit [mdrelay.org](http://mdrelay.org) or call Maryland Relay Customer Service at 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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**Maryland Accessible Telecommunications**  
Equipment Distribution Program

# Snow Shoveling Safety



By Alicia Kovach, DC  
Kovach Chiropractic

As winter is upon us and we have already experienced our first snow it is very important to discuss shoveling safety. By following a few simple tips you are far less likely to

be injured from the excessive stress that is placed on the spine.

The technique that should be used to ensure you do not injure your back is to make sure that when you lift the shovel that you tighten your abdominal muscles and do not hold your breath. Make sure that you bend using your knees and not your back. Wearing shoes/boots with slip resistant soles will help you avoid slips and falls.

### Tips for Shoveling Safety

Shovel only fresh snow. If the snow is wet and packed down it can be very heavy so lift a little at a time and try to push the snow.

Choose a shovel that is right for

*Please see "Snow Safety," page 62*

# Effects Of Obesity On Health



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

Obesity is a disease of excess fat deposition throughout the body. It is caused by a complex interaction of genetics, individual metabolism, lifestyle, behavior and environmental factors.

Most individuals that suffer from obesity have a long history of gradual weight gain over many years that has been difficult to manage. The excess weight affects most organ systems of the body over time. Most people know about the common effects such as diabetes and high blood pressure but there are many other effects.

Cardiovascular disease can manifest as high blood pressure, heart failure, coronary artery disease with chest pains and a risk of early heart attacks, and leg swelling from disor-

ders of the veins.

Respiratory disease is perhaps one of the most overlooked problems associated with obesity. Many individuals who are struggling with their weight also struggle with shortness of breath when active. They get winded if they walk long distances, run, or even climb a flight of stairs. Others have problems such as sleep apnea that is often undiagnosed.

There are many metabolic effects such as a predisposition to diabetes mellitus that can be very difficult to control and at times requiring a combination of insulin and tablets. Other metabolic problems include high cholesterol and gout.

The gastrointestinal system can be affected with problems such as heartburn (reflux, GERD), gallbladder disease, and fatty liver disease.

The bones and joints are affected in the vast number of people with obesity. Many people have arthritis with complaints of pain in the knees or hips. Some folks will get severe back pain that limits their daily activities. Others are disabled by the severity of the arthritis.

Conditions in other body systems include menstrual irregularities, infertility, polycystic ovarian disease,

*Please see "Obesity," page 62*



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# Minimally Invasive Foot Surgery

## Permanent Cure For Bunions, Hammertoes and Calluses

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

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

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

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

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

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

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

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

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

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

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

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For questions or requests for printed information on various foot topics, call the office or contact Dr. Katzen at [DrburtonK@aol.com](mailto:DrburtonK@aol.com)

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# The Ingrown Nail



By Howard Horowitz, DPM  
Bowie Foot & Ankle

The ingrown nail involves the production of an abnormal corner nailplate. This growth presses upon the soft tissues and causes pain, inflammation and finally infection.

The first toe is the one most commonly affected, though the smaller toes may also be involved. Congenital factors such as an unusually wide nailplate or excessive curvature of the nail often play a role in the development of such problems. Other predisposing factors include tight, poorly-fitting shoes or trauma to the

nailplate, often from sports involving a lot of stopping and starting. Poking at the nails or using improper cutting procedures are habits that also pose risks.

If you look at one of your nailplates; you can see that the nail comes out of a fold of skin (cuticle) and that it actually has a deep root from which it grows (the matrix). Specialized cells at the base of the matrix produce the hard protein substance of the nail. This is very similar to hair in its composition. If injured or irritated these cells produce a deformed nailplate. This can eventually result in a recurring ingrown nail.

Usually, when an ingrown nail is diagnosed, the offending portion of the nailplate (generally one of the corners) is removed. The nail will regrow in one of two ways after a period of 3-4 months. Normal growth will, of course, require no further treatment. If it becomes ingrown again, permanent correction is in order.

This procedure, done comfort-

*Please see "Ingrown Nail," page 62*

# What Is Integrative Medicine?



By Alan Weiss, MD  
Annapolis Integrative Medicine

For some, alternative or complementary medicine may seem to be in opposition or intellectually inferior to "traditional or western" medicine. One way to think of these approaches that may be more helpful is as integrative and functional medicine.

Integrative (functional) medicine providers do their best to find ways to help people deal with their health issues as effectively as possible in a way that works for the patient. This especially applies when the issues are longstanding, intertwined, and have not responded to previous efforts by

the medical field.

The NIH and other institutions are beginning to apply the standards of science to alternative and complementary therapies, though it is often not simple to do so. However in taking an approach to medicine that attempts to deal with root causes and the interrelationship between symptoms rather than trying to find a diagnostic box to fit the patient inside of can often provide an avenue for effective treatment.

If you pay attention to the science news you will see that accepted medical practices, as basic as treating ear infections and breast cancer surgery, are constantly being questioned and revised as new studies come to light.

And one must also take into consideration the fact that good studies are tremendously expensive to conduct, and often will only get done when pharmaceutical companies see a profit to be made. The incentive to do good studies on subjects and treatments where there is not a profit to be made is often not very compelling to those with the resources to do these studies.

*Please see "Integrative," page 62*



**Howard Horowitz, DPM**  
Medicine & Surgery of the Foot

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# Simplify Your Life and Health

## Try a Medical One Stop Shop!

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

Everything seems to be getting more convenient these days, from one-click shopping on Amazon, to being able to watch the latest movies from your couch with the push of a button. Everything sure is convenient...except for when it comes to going to the doctor. And going to the specialist. And going back to your primary care doctor for a follow up. And on and on and on.

If every other business is trying to make things more convenient for consumers, isn't it time for healthcare to catch up?

Good news, local medical one-stop shops can make quality care accessible and convenient for everybody.

Whether you're looking for a new physician for chronic condition management, or looking to lose a few (or more) pounds for the new year, there are many benefits to having all of your medical care under one roof.

For starters, it's convenient for you. You don't have to worry about driving all over town to see different specialists or make multiple appointments. One-stop shops often have all the care you need right under one roof.

Another reason that a one-stop-shop style of healthcare office is so attractive to patients is having a provider that is familiar with your entire health history. When you visit a one-stop shop healthcare center, you're gaining a partner in your health. This also makes it easier for your wellness team to customize wellness and treatment plans for you.

**One-Stop Medical Care For Pain:** Debilitating pain can make every day living hard to endure. Access to chiropractic treatment, physical therapy, massage therapy, acupuncture, natural pain management, and medical

pain relief for musculoskeletal conditions, injury rehabilitation and chronic pain all under one roof certainly can make one's life easier. The most advanced chiropractic and physical therapy treatments from a team of medical providers at a one-stop shop practice seeks to address your symptoms and develop custom treatment plans that ensure long-term solutions for pain relief and various ailments.

Eliminating the need to run across town to various appointments is not only convenient, it's the difference between patients in pain complying with recommended medical treatments, or not.

**Management of Chronic Conditions:** Chronic conditions are challenging and can be difficult to manage. When left untreated or properly managed, it can lead to costly and painful complications. Another attractive benefit is when offices combine conventional medical approaches with other integrative healing modalities under one roof they can better help patients be proactive in their health, especially when it comes to managing their chronic conditions, such as diabetes.

**Preventive Care:** Unfortunately, doctors see it all the time; many patients "feel" fine and only see doctors when they're visibly ill. However, preventive care is crucial, and it is so important to us. When you go to a one-stop style healthcare office, your health team will work with you through education and personalized wellness plans to ensure you stay healthy year-round.

**Wellness:** A variety of wellness initiatives are available that you may not even know are options to helping you live healthier and feel better on a daily basis, ranging from IV supplemental therapy to bio-identical hormone pellets, to medical weight loss, to massage services. One-stop medical shops have all the treatments available so you look and feel your best every day.

# What Is Cryotherapy?

## And How Can It Benefit You?

By Anthony T. Hardnett, DC  
Maryland Cryotherapy  
Chiropractor/Owner

Cryotherapy is the use of cold temperatures to promote the body's natural healing and wellness. Its use dates back to ancient civilizations and has long been proven to be an effective method for improving recovery and health. Top athletes across the country have been using cryotherapy for years to recover from injuries quicker, improve performance, decrease inflammation, and feel younger. Now it's available for everyone.

A full range of cryotherapy treatments are available from local cryotherapy and cryofacials to whole body cryotherapy, which leaves your entire body feeling refreshed and rejuvenated. We've compiled some of the benefits of this effective and fast treatment below.

### Accelerate Recovery and Enhance Performance

One of the primary and long-held benefits of cryotherapy is the ability to accelerate recovery following strenuous activity and boost physical performance.

During the cold therapy treatment, circulation increases throughout your body, delivering more oxygen and helping remove toxins that have built up in your muscles. Muscles recover up to 50% faster, pain is reduced, and performance gains are multiplied.

### Boost Metabolism

Cryotherapy's weight loss benefits are twofold, acting both during the treatment and in the days and weeks following treatment. During the cryotherapy session, your body can burn hundreds of calories in a matter of minutes, boosting your metabolism to increase your body temperature.

Following the session, your boosted metabolism will keep working for you, helping you burn calories faster and lose weight more effectively.

### Feel Rejuvenated

During the cryotherapy treatment, endorphins and adrenaline are released to help your body cope with the extreme cold temperatures. Those endorphins can increase energy levels and help combat anxiety and depression. In a one-session treatment, you'll likely leave feeling euphoric and have a renewed sense of energy.

### Natural Healing

Cryotherapy can be used to combat conditions that involve chronic pain, such as arthritis and autoimmune disorders. The cryotherapy treatment helps increase circulation and combat the symptoms of these conditions, leading to pain relief and improved overall wellness.

Just three minutes of temperatures as low as -250 degrees Fahrenheit reduces inflammation and pain, releases endorphins, and increases collagen production. Extreme cold activates the body's natural healing mechanisms, helping to reduce reliance on NSAIDs or medications.

### Stimulate Collagen

Cryotherapy works to tighten your skin and rejuvenate your appearance for a more youthful, radiant glow. Cryotherapy stimulates collagen production, resulting in anti-aging skin rejuvenation such as skin tightening, a decrease in wrinkles, reduction of cellulite, and improvement of blemishes and scars. Cryotherapy speeds up healing and can be used to treat skin conditions such as psoriasis and dermatitis.

With all these benefits and more, it's easy to see why athletes and non-athletes alike are turning to cryotherapy for improved wellness and health.



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# Do You Have Bad Breath?

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

Do people brush their fingers under their nose or cover their mouth when you are near? Offer you gum or mints? Step back when you get close? Talk behind your back? Quietly turn their head? Or, any other social signs that indicate you are not welcome in "their space?" If so, you probably have bad breath, or halitosis.

If this happens to you, forget the gums, mints, toothpastes, and mouthwash. These are all cover-ups, not cures. No matter what they taste like, they only cover-up one bad odor with a stronger, more pleasant one. Even the cure-in-a-bottle internet products are only cover-ups, not the all-day cures they advertise.

Since 1993 a complete cure has been available that creates immediate fresh breath that is sustainable for life.

It has changed the lives of thousands of the 72 million Americans who are affected by halitosis.

Bad breath is due to the bacteria that inhabit the mouth, particularly those on the tongue. These bacteria form biofilms (coatings) that can only be removed by hands-on mechanical means. By professionally eliminating those bacterial biofilms in a process called Tongue Rejuvenation® one can be halitosis-free forever.



Richard A. Miller, DDS

## EMBARRASSED BY YOUR BREATH?



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Here are the signs and symptoms that can tell you if you have a breath problem:

- Coating on tongue – whitish, yellowish, or brown
- Bad taste
- Morning breath
- People react to you in close situations like those above
- Mouthwashes don't last
- Dry mouth, thick saliva
- Post-nasal drip, allergies

If you want to check yourself for bad breath, here is the best self-test available. Take a piece of gauze, two inches by two inches, available at every pharmacy. Stick your tongue out as far as possible. From the furthest back area that you can reach, wipe forward 3-4 times to get off as much coating as you can. This coating is the biofilm that causes bad breath. If it is not clear but has a color that's a sign you may have bad breath.

A tongue that is clean, without bad breath bacteria shows a clear gauze with no odor. Be aware, however, that you may not be able to smell your own odor due to a phenomenon called adaptation. That is why the color of the gauze itself is an indicator of bad breath. And, your friends and loved ones won't tell you either. They don't want to hurt your feelings.

The permanent elimination of halitosis can be achieved with Tongue Rejuvenation®. This technique, discovered by a local dentist in 1993, has helped thousands of people in the last 30 years. Tongue Rejuvenation® painlessly removes the biofilm that has sometimes accumulated for decades. When the biofilm is gone, the odor is also. And with some simple techniques at home, you can be bad breath free for the rest of your life.

So, if you have bad breath, there truly is a way to say goodbye to bad breath forever. Why wait any longer?

# Why COVID Lockdowns Don't Work

## *Hopkins Study Shows Us The Results Of Government Interventions*

We as a country and as a species have been through so much since COVID-19 was first discovered and the mandates and lockdowns began dating back to March 2020. The Johns Hopkins University recently studied all the reports around the world of the effect of government interventions to address the spread of and deaths from the coronavirus. This included shutdowns, shelter in place, masks and any other intervention that was a response to the spread of COVID-19.

They concluded that lockdowns and other government mandates did not have a 'noticeable' effect on deaths from COVID-19.

Going back to the beginning, many scientists advised that lockdowns would not work. Even Fauci suggested that in the beginning stating that it was simply too late to take that kind of action, as the virus had been circulating in this country for months.

In order for lockdowns to be effective, it is necessary to know where

it is, where it started, who has it, and isolate those people or communities. But, by the first lockdowns here, scientists report that the coronavirus had been circulating for several months in the US, and there was no way to trace it. When the President shut off travel to China the virus had already been here for months. It was estimated that six million people per month had traveled between here and China for three months, and at that time those people were circulating throughout the US.

Further, travel restrictions to Europe began much later, but not before millions of people had already traveled between the US and Europe, particularly Italy, which experienced the most severe outbreaks and deaths. In both cases, the virus was circulating throughout the US.

The effectiveness of lockdowns depends on catching the spread early, which was not the case. That's one big reason that lockdowns and other mandates didn't work.

When you shut down businesses and events, what many people do is go home and socialize with their families, friends and neighbors. I witnessed this behavior over and over. In fact, people who were forced to stay home came in contact with more people than if they had not been locked down at all.

I still think it's amusing how people following the masks mandates during the day, go out to other places and socialize with random people with no masks or distancing. The same people who wear a mask by day, ditch the mask at night.

Scientists who suggest lockdowns and mandates would, and will, have a significant effect, are all correct, but the idea of true isolation ignores what actual people are going to do. In other words, this probably works on paper, but not in reality.

The evidence is everywhere, every day, COVID or not. Humans do things that are inherently dangerous all the time. Tens of thousands of

deaths from auto accidents don't stop people from driving. We could save something like 35,000 lives per year by just locking down cars. People will not accept that. Try to force people to eat a healthy diet. Good luck! There are still 20 million smokers in the US and more that vape. Maybe there should be an exercise mandate. You have to exercise at least three hours a week.

While all of these things would save lives, they ignore, or fail to understand the natural needs of people, and the risks they are willing to accept, not only for themselves, but for their families, friends and coworkers.

I recently watched the Mayo Clinic podcast by Dr. Gregory Poland. He is right about everything except that he continually criticizes people for non-compliance – essentially people being people. Listen close and you can hear the subtext of his presentation, 'If it wasn't for those damn people, we

*Please see "Lockdowns," page 62*

# Methods Of Medical Marijuana Consumption



By Sharron Sample, CFO  
Dispensary Works

Here's what you need to know about the various methods of medical marijuana consumption.

### Smoking Medical Cannabis

Smoking medical cannabis involves placing a portion of dried cannabis flower in a pipe, water pipe, or rolling paper and lighting it with a flame in order to inhale the smoke.

Some of the key advantages of smoking medical marijuana are: It works quickly, is cost-effective, and is minimally processed. It also allows patients to easily regulate their dosing.

However, smoking has a negative effects on the lungs, it's not a good option for people with pulmonary damage, and the residual smell of smoke on the individual.

### Vaporizing Medical Cannabis

In order to vaporize cannabis, patients will need to pre-heat their

*Please see "Marijuana," page 65*

Medical marijuana is able to alleviate chronic pain, discomfort, and other symptoms associated with a number of medical conditions. In fact, medical marijuana consumption is prescribed as an alternative medication when traditional therapies have been ineffective or caused too many side effects.

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# Traditional Chinese Medicine For Epilepsy



By Quansheng Lu, CMD, PhD, LAc  
Wholelife Chinese Medicine  
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Traditional Chinese medicine has been used therapeutically in China for thousands of years and is growing in prominence in Europe and the United States. More and more people search the health care from Chinese medicine and other complementary

and alternative medicine (CAM). The National Center for Complementary and Alternative Medicine (NCCAM) showed that about 38% of all adults, 44% of adults from 50-59 years old, and 12% of children reported using CAM in 2007. At least 24-44% of epilepsy patients appear to already be using CAM in some form.

Epilepsy had been described in the book, Chinese Medicine Classic (Huang Di Nei Jing), which was written more than 2,000 years ago. Chinese herbal medicine and acupuncture are the main professional methods of Chinese medicine. Recent studies indicate that Chinese medicine therapy including herbal medicines and acupuncture for epilepsy are promising.

Please see "Epilepsy," page 62

# Foot Care For Diabetes



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

### Part One

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

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

socks that fit well and protect your feet.

- Don't buy shoes at self-service stores. Have shoes fit by a trained fitter.
- Buy and wear only comfortable, supportive shoes with a low heel and plenty of wiggle room for your toes.
- Choose leather dress shoes; for casual wear, walking shoes are a good choice.
- Break in new shoes slowly.
- Check inside your shoes before putting them on for stones or other objects.
- Wear clean padded socks to protect your feet.
- Be sure your socks are smooth fitting and in the correct position on your feet.
- If your socks have seams, they should not rub your feet or toes.
- Socks are the best remedy for chilly feet. Don't use a heating pad or hot water bottle to warm your feet because you might burn them.

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



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# Traumatic Dental Injuries



By Brenda E. Howard, DMD  
Blissful Dental

Traumatic dental injuries can occur in people of all ages and activity levels. The cause might be a car accident, a fall down the stairs, or an elbow to the face during a basketball game. As with most types of dental treatment, the primary goal when treating a traumatic dental injury is to save teeth at risk of being lost, and restore them to full function and normal appearance.

Here are some guidelines on how to prevent sports-related dental

injuries and what to do after a dental injury occurs.

## Sports-Related Dental Injuries

Dental trauma accounts for a significant portion of all sports injuries, yet so many of these injuries are preventable with a high-quality mouthguard. A good mouthguard is one of the best investments you can make in sports equipment.

The best kind of mouthguard is one that comes from your dentist's office. It's custom-made from a model of your own teeth, so it's strong, lightweight, and perfectly fitted. If you (or your child) are active in sports, ask about this indispensable piece of safety gear. And continue reading below to find out what to do in the case of specific types of dental injuries.

## Chipped Or Broken Teeth

Chipped teeth are the most common dental injury. If teeth have been chipped or fractured, or if they are loose or tender to the touch, make sure to see a dentist within 12 hours. Try

Please see "Injuries," page 63



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# Is It Time For Your Colorectal Cancer Screening?

By George Washington University Hospital Cancer Center

Colorectal cancer is the third-most-common cancer in men and women. The good news is that screenings at GW Cancer Center can detect it early and possibly save your life.

Men and women at average risk should begin colorectal screening at age 45. If you are at higher risk of developing colorectal cancer, your doctor may recommend that you begin screening before age 45.

Those at high risk have:

- A personal history of colorectal cancer or certain types of polyps
- A family history of colorectal cancer
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A confirmed or suspected hereditary

colorectal cancer syndrome

- A personal history of radiation to the abdomen or pelvic area to treat a prior cancer

## Our Screening Services

Colorectal cancer screenings at GW Cancer Center include:

- Colonoscopy
- Radiologic testing
- Sigmoidoscopy

Medicare Part B covers colorectal cancer screenings for those over age 50.

## Don't Put Off Care That Could Save Your Life

At GW Hospital, we believe that providing the best possible care means putting your safety first. You can get the colorectal cancer screenings you need, as we take extensive measures to help keep you safe when

Please see "Screening," page 63

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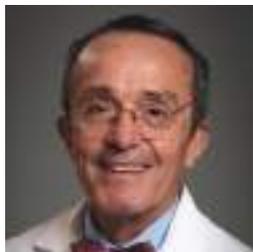
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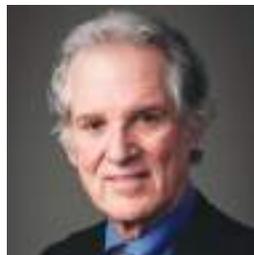
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Dr. Goldstein completed his residency in internal medicine at the University of Connecticut with two Commendations for Excellence in Patient Care, followed by a fellowship in hematology and oncology at the University of Connecticut. Dr. Cheson completed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

The physicians are committed to delivering the most advanced and innovative treatments focused on each patient. Their individualized approach to patient care includes chemotherapy, targeted therapy, immunotherapy and, when appropriate, clinical trials. Patients receive home delivery of oral cancer medications, in-house lab and pathology and on-site infusion therapy. The practice also offers integrative medicine and comprehensive support, including nutrition guidance and financial counseling. New patients are seen within 48 hours.

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# Full Mouth Makeover In a Day?

## Get a Brand New Smile, Without Dentures

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

This may sound too good to be true and may seem like just having teeth taken out and being provided with dentures, but that is not the case.

The truth is that it is now possible to have those painful, broken down teeth taken out and cosmetic dental implants placed immediately: fixed teeth onto the dental implants all in one day.

Who is a candidate for teeth in a day?

1. Someone with advanced periodontitis (gum disease), whose teeth are loose or badly broken down due to decay
2. Someone who has recently been provided with dentures
3. Someone who has been wearing dentures for many years

So, how do you start?

1. A consultation appointment
2. A special x-ray, a cone beam scan is performed which allows the

practitioner to identify the quality and quantity of bone in 3D.

3. Procedures and steps are explained to the patient along with the fees for the procedures, which includes the surgery and the fixed bridges (both temporary and permanent).
4. Next, the patient will see the restorative dentist to have impressions made and teeth fabricated prior to the surgery appointment.
5. On the day of the surgery any teeth remaining are carefully extracted, implants are placed and the previ-



Sivakumar Sreenivasan  
DMD, MDS

ously fabricated teeth are modified to sit on top of the implants and fixated to them.

Most patients prefer to be sedated for this procedure and are pleasantly surprised to awaken and realize that the surgery is over and their fixed temporary bridges are in place.

The good news is that there is minimal pain from the procedure as the teeth sit on top of the implants and therefore do not put any pressure on the gums. The method of providing teeth in a day has been in use clinically for a number of years and has withstood the test of time.

Studies have clearly shown that when implants are splinted together with teeth, they can withstand normal forces of chewing and the success is comparable to the traditional approach of burying the implants and then uncovering them 4-6 months later. Our experience makes the whole process almost painless.

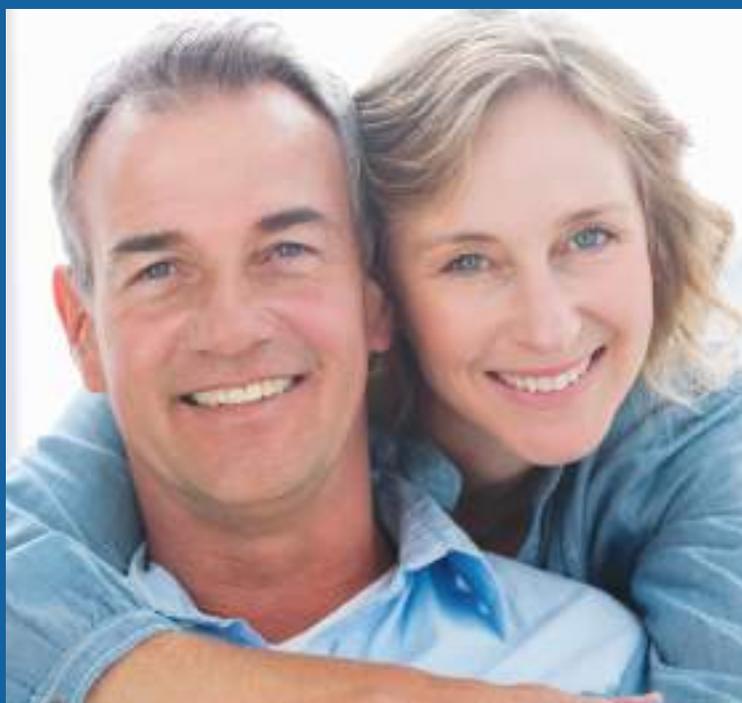


### About Dr. Sreenivasan:

Dr. Sreeni put himself through dental school at Boston University and Oral and Maxillofacial Surgery residency at University of Medicine and Dentistry of New Jersey.

Dr. Sreeni completed a residency in Anesthesiology at Mount Sinai Hospital, New York and has worked as an Attending providing anesthesia services for children and adults in the ambulatory out-patient center of the hospital.

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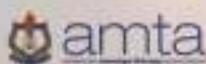
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**Areas of Interest:** Hypnosis for Everything, (Fears, Phobias, Nail biting and more), Ayurveda Yoga, Yoga for Couples, Yoga for Diabetes, Yoga Teachers Training, and Life Coaching.

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

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

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

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

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

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

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

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### KEITH P. MYERS, MD, DC

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

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



### ANDREW RILL, DC

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

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



### DORIAN WALKER, DPT, CMTPT

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

Dr. Walker has worked as a Physical Therapist for 13 years! She has been with Pain Arthritis Relief Center since March 2021. She specializes in Dry Needling and she LOVES treating knees and shoulders.

She is a HUGE New York Giants Fan.

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



### RENEE SIRULNIK, PTA, FMT

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

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

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

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



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on Page 22!

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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

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### Dr. Paul J. Winters

*BS, DC w/PT Privileges, CME*

**Degrees, Training, and Certifications:** Doctor of Chiropractic, Northwestern College of Chiropractic; Bachelor of Science, North Dakota State University; Certified Medical Examiner, FMCSA (Federal Motor Carrier Safety Administration). Doctor of Chiropractic w/Physical Therapy Privileges, FMCSA DOT/CDL Certified Medical Examiner.

**Professional Memberships/Associations:** Maryland Chiropractic Association, Maryland Board of Chiropractic & Massage Therapy Examiners.

**Techniques:** Diversified, Thompson, SOT, Active Release Technique, Passive Release Technique, Trigger Point Therapy

**Expertise:** Personal/Work/Sports Injuries, DOT/CDL Medical Certifications, Musculoskeletal Disorders, Nutrition.

**Personal Interests:** Family and Vacationing, Motorcycling (Harley Davidson), Snowmobiling, Target Shooting, Computers



### Dr. Patrick C. Winters

*DC w/PT Privileges*

**Degrees, Training, and Certifications:** Doctor of Chiropractic, Northwestern College of Chiropractic; Bachelor of Science, Human Biology Minnesota State University. AMA Guides to Evaluating Permanent Impairment, Certified Disability Examiner, Manipulation Under Anesthesia Certified.

**Professional Memberships/Associations:** Maryland Chiropractic Association

**Techniques:** Diversified, Thompson, SOT, ART/PRT, TPT, MUA

**Expertise:** Personal, Work and Sports Injuries, Spinal and Extremity Conditions, Musculoskeletal Disorders and Nutrition

**Personal Interests:** Family, Home, The Great Outdoors, Motorcycles, Snowmobiles

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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Alicia Kovach, DC

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- Cold Laser Therapy • Custom Orthotics
- Massage Therapy • Ultrasound
- Infrared Light Pad
- Physical Therapy Modalities

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Gambrills, MD 21054

**410-697-3566**



### Meet Dr. Alicia Kovach

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

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

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

#### Pregnancy and Chiropractic

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

#### Infants and Chiropractic

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

#### Scoliosis in Children

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

#### Sports and Children

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

#### Nutrition and Children

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

#### Children and Chiropractic Care

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



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

## Aric Adlam, DC

### Offering a Full-Range of Chiropractic and Wellness Services:

- Spinal Decompression • Aqua Massage
- Cold Laser Therapy • Custom Orthotics
- Massage Therapy • Ultrasound
- Infrared Light Pad
- Physical Therapy Modalities

959 Annapolis Road  
Gambrills, MD 21054

**410-697-3566**



### 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.



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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Paul V. Beals, MD, CCN

**Integrative  
Family  
Physician**



120 Sallitt Drive, Suite F  
Stevensville, MD 21666

**410-604-6344**

### Meet Paul V. Beals:

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

#### Degrees, Certifications and Professional Memberships:

Board Certified in Family Practice

Certified Clinical Nutritionist (CCN)

MD, Temple Medical School, Philadelphia PA

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

Member of ILADS, International Lyme Associated Disease Society

#### Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

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

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

35 years in practice

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#### Holistic Medicine Nutrition

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

#### Holistic Therapy Diabetes and Heart Disease

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

#### Chronic Lyme Disease Treatment

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

#### LabCorp On Site

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

#### Family Practice Medicine

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

#### Integrative Cancer Support

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

**www.DrPaulVBeals.com**

## Alan Weiss, MD and Kim Weiss, RN

### Annapolis Integrative Medicine



### Meet Alan Weiss:

Dr. Weiss received his Bachelor of Arts from University of Virginia, and his Doctor of Medicine from McGill University. His Post-Graduate Training Includes: University of Hawaii Internship in Medicine, St. Elizabeth's Hospital (Boston) Residency in Internal Medicine, Board Certified Internal Medicine, Fellow American Academy of Anti-Aging Medicine.

**Practice Philosophy:** Combining the best of conventional treatments, natural approaches and alternative strategies.

#### Areas of Interest:

- Expert treatment of chronic fatigue syndrome and fibromyalgia
- Nutritional strategies and weight loss, including HCG protocol
- Bio-Te Hormone Replacement
- Addressing thyroid problems and adrenal fatigue using natural and holistic therapies
- Intravenous therapies
- Combining the best of conventional and holistic therapies to address chronic and complex health care issues
- Anti-Aging protocols using Botox, Dysport and Peptide Therapy

### Meet Kim:

Kim has had a wide variety of experience as a nurse, from ICU service to Oncology nursing, and is an expert with IV therapies and is committed to her patients being comfortable, safe and well informed.

Kim has been utilizing IV therapies very safely and therapeutically with over 25 years as an IV Nurse, has been administering nutritional and integrative IV's in many different settings and practices throughout Maryland and Massachusetts. She is able to tailor these therapies to meet individual needs and requirements. Many people can benefit from these therapies and they can jumpstart your road to recovery and health.

#### Treatments Offered Include:

- IV Therapies: Vitamin C Drips, Meyers Cocktails, Glutathione, Mineral IV's,
- Alpha Lipoic Drips. B12/MIC injections
- Botox/Dysport
- Morpheus8, Votiva (vaginal rejuvenation, especially for urinary incontinence)
- Traditional Microneedling treatments
- VIPeels including NEW BODY PEELS
- Heidelberg PH Capsule Testing



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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

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White Plains, MD

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### Meet Deana Moody

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

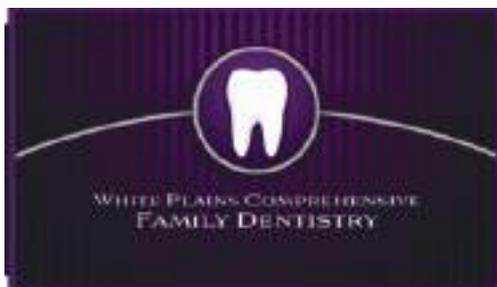
**Professional Memberships/Associations:** Academy of General Dentistry; American Dental Association

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

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

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## Renee Bovellev, MD

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## Meet Dr. Bovellev

Board Certified, Ophthalmology  
by the American Board of Ophthalmology

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

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

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

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

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Rami Makhoul, MD

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Rockville, MD 20852

10215 Fernwood Road, Suite #102  
Bethesda, MD 20817

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### Meet Dr. Rami Makhoul:

After completing his fellowship in Colon and Rectal Surgery at Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Hospital in 2014 to serve patients in the DC, Maryland and Virginia area.

Upon graduating from medical school, Dr. Makhoul first completed his internship in General Surgery at the University of Massachusetts Medical School. He then completed his residency training in General Surgery at the George Washington University Hospital in Washington, DC.

During his residency training at GW, he spent a year in clinical research where he published some of his work on colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures performed in the Colon and Rectal Surgery field. He continued with his passion for research and published peer-reviewed articles during his fellowship training. His work was presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotic, laparoscopic, and transanal endoscopic microsurgery.

As part of his commitment to surgical training and education, Dr. Makhoul serves as a Clinical Instructor of Surgery at the George Washington University. Dr. Makhoul holds the position of Cancer Liaison Physician for Holy Cross Health, where he manages and oversees clinically related cancer activities in collaboration with the Commission on Cancer and American Cancer Society.

When he is away from the office, Dr. Makhoul may be found spending time with his wife and beloved daughters. Dr. Makhoul enjoys skiing, running, scuba diving, tennis, and traveling.

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## Bradley H. Bennett, MD, FASCRS, FACS

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Germantown, MD 20874

4701 Randolph Road, Suite #203  
Rockville, MD 20852

10215 Fernwood Road, Suite #102  
Bethesda, MD 20817

Call to schedule an appointment  
with one of our doctors

**301-681-6437**



### Meet Dr. Bradley H. Bennett:

Dr. Bradley Bennett is a colon and rectal surgeon serving patients in the Washington, DC metropolitan area. Originally from Evansville, Indiana, Dr. Bennett pursued his education at Tufts University in Boston before attending medical school at Georgetown University. He chose to remain in the DC area, completing his internship and residency at George Washington University, as well as a fellowship at Suburban Hospital.

Dr. Bennett previously served in public health at the National Institutes of Health. He holds the honor of being voted one of the area's top doctors by both peers and patients. Currently, he maintains national certification from the prestigious American Board of Colon and Rectal Surgery, the American Board of Surgery and the National Board of Medical Examiners. In the past, Dr. Bennett served as Department of Surgery Chief at Holy Cross Hospital, and he currently works as an Assistant Clinical Professor of Surgery at George Washington University.

As a member of the American Medical Association and the Society of American Gastrointestinal and Endoscopic Surgeons, Dr. Bennett meets the standards and guidelines required of the nation's leading physicians and surgeons. He believes that excellent patient care is rooted in experience, ongoing education and advancements in modern medical technology. Over the years, his commitment to continued training has led to advanced training in robotic and laparoscopic colon and rectal surgery, as well as transanal endoscopic microsurgery and transanal hemorrhoidal dearterialization.

When he is away from the office, Dr. Bennett may be found spending time with his wife and beloved pet dog. Dr. Bennett enjoys golf, skiing, and catching up with his daughter.

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## Face the Future

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# Free Yourself From Heartburn Pain

Submitted by  
Kensington Pharmacy

Heartburn happens when stomach acid flows backward, up into your esophagus. This backward flow is called reflux. You don't need to suffer in silence. Ask your pharmacist about heartburn, and lifestyle changes, prescription and over-the-counter (OTC) medications that can provide relief.

To decide if you have heartburn or a more serious condition, see below.

- After meals do you sometimes feel a warmth or pain at your breastbone?
- Do you sometimes have an acid taste in the back of your throat?
- Do you ever feel that food is coming back into your mouth?
- When you lie down do you get these feelings?
- Do these feelings go away when you take antacids or OTC acid

blockers?

If you answered yes to any or all, then you have heartburn.

- Is your heartburn severe?
- Do you have heartburn two or more times each week?
- Has it lasted for several months?
- Do you regularly take medications for it—and it still comes back?

If you answered yes, you may have a more serious problem.

### Three Myths About Heartburn

**Myth #1: Heartburn is no big deal.**

**Fact:** Heartburn can severely limit what you do and how you do it.

**Myth #2: Heartburn is my fault.**

**Fact:** You didn't cause it, but you can lessen its pain and inconvenience.

**Myth #3: Heartburn is not a serious medical problem.**

**Fact:** Heartburn can progress to

*Please see "Heartburn," page 63*



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The Tunc Family: From Left: Melike, Pinar, Huseyin and Zeynep

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# Walk Away Your Knee Pain



By Keith P. Myers, MD, DC  
Pain Arthritis Relief Center

loss reduces your muscle and joint flexibility, which causes more wear and tear on your body than normal. So aim for eight glasses of water a day, increasing the amount the more you move and sweat.

Speaking of sweating and flexibility, be sure to warm up, then stretch. Get the blood flowing, and a light sweat going. Then perform a few simple stretches to increase your muscle and joint mobility.

When it's cold, like it is now, make

sure you keep your knees warm. You can use a knee wrap or a neoprene sleeve to help capture and hold body heat during your winter walks.

Next, pay attention to the “good pain.” If you're just getting started moving more, you'll likely experience a little discomfort. Don't be alarmed, this should work itself out as you keep moving. But keep tabs on any bad pain, and stop if you feel a sharp pain, or if you start limping for any reason.

Once you've finished your walk (or

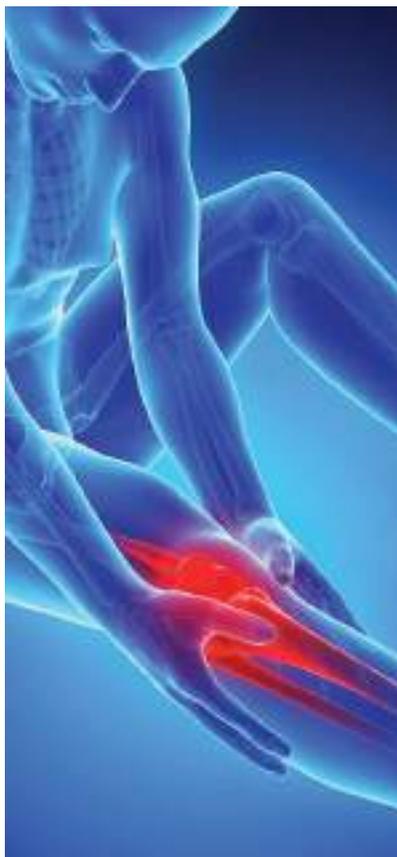
whatever movement you've settled on for the day), you need to chill out. Ice your knees for 15 minutes or so to help combat soreness and keep your knees feeling good.

Finally, pick a routine and stick to it. Start slow and work your way up to more movement as you get comfortable. Monitor any pain you feel. Then just keep at it.

Before you know it, by using these tips and staying consistent, you'll have walked away your knee pain.

If you're suffering from knee pain, the last thing you probably feel like doing is walking on those aching legs. But it's the very thing you should be doing to help eliminate your pain.

Generally speaking, the more you move your knees the better off you'll be. The old adage “motion is lotion” applies directly to your knee joints. Moving – even when you don't feel like it – lubricates your knees, and helps reduce your risk for chronic issues like osteoarthritis.



One of the easiest ways to “get in motion” is to take a walk. Doesn't have to be anything fancy, just get up and get moving.

To that end, here are a few simple ways to ease any potential discomfort when you get started.

First, drink plenty of water. Fluid

## FAST PAIN RELIEF FOR:

### HEADACHES • KNEE PAIN BACK PAIN • NECK PAIN

*Immediate Results Without Drugs or Surgery*



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

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

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



**ANDREW RILL, DC**

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

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



**DORIAN WALKER, DPT, CMTPT**

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

Dr. Walker has worked as a Physical Therapist for 13 years! She has been with Pain Arthritis Relief Center since March 2021. She specializes in Dry Needling and she LOVES treating knees and shoulders. She is a HUGE New York Giants Fan.

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



**RENEE SIRULNIK, PTA, FMT**

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

**Certifications/Training:** Functional Movement Training (FMT) Basic and Advanced, Kinesiology taping Certification, Myofascial Cupping Certification, VMT1 - Visceral Manipulation 1, Neufit Level 1 and 2 Certified Practitioner, HeartMath Certified Practitioner, Color Mapping PainLess Dry Needling, and Reiki Master.

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

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

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to be recognized in the community it serves for compassionate patient service, and clinical excellence. To create a caring environment with a commitment to foster a work environment where individual diversity is valued and recognized, also where the satisfaction of all patients regardless of their background is the fundamental goal of our every action, with the practice of medicine being recognized and honored as a uniquely noble pursuit.



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# Healthy Eating For the Family



By Janet V. Johnson, MD  
Loving Care Pediatrics

gathers. Everyone can come together and the time spent can offer an opportunity to catch up on the activities of each family member. Get the children involved in shopping for groceries and preparing meals. You can teach them about different foods and how to read food labels. In addition, they are more likely to eat what they helped prepared. Be aware of portion sizes, you can obtain this information on MyPlate.gov. Never insist that your child clean their plate, and never use food as a reward or bribe.

Make healthy snacks available. Keep plenty of fruit, vegetables, and healthy beverages (water, milk, and limited amounts of pure fruit juice) on hand so the children can avoid unhealthy snacks like soda, chips, and cookies.

Be a role model for your children. Their impulse to imitate is strong so don't ask your child to eat vegetables or fruits while you eat cookies, chips or other less healthy foods.

Please see "Healthy Eating," page 65

Natural preferences for the foods we enjoy the most are developed, so the challenge in most families is to make healthy choices appealing. Children should be eating whole foods or minimally processed food. We should consume foods that are as close to their natural form as possible.

Restaurant and takeout meals have more added salt, sugar and unhealthy fat. Strive to cook more meals at home, where the family

# Surviving the Pandemic



By Wendy Mejia, LGPC  
Open Conversations, LLC

are excessive, changing your ability to function on a daily basis, that's when you must make a change and get help.

### Signs To Look Out For:

- Changes in appetite – eating too little or too much (stress eating)
- Changes in sleeping patterns – insomnia and or excessive sleeping
- Significant mood changes – emotional highs and lows
- Excessive crying
- Social isolation
- Decrease in preferred activities
- Fatigue
- Excessive worrying
- Somatic Symptoms – Complaints of headaches, stomach pains, pain in order to avoid going to school and or work

### Things You Can Do To Minimize Symptoms:

- Engage in self-care (take longer baths, getting a massage, drawing, working on a puzzle, listening to

Please see "Surviving," page 63

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# What To Expect When Your Loved One Is Dying



By Eric Bush, MD, RPh, MBA  
Chief Medical Officer  
for Chesapeake Supportive Care and  
Hospice of the Chesapeake

is much less dramatic, at least in the case of non-traumatic deaths. You will often hear it called “actively dying.”

Actively dying is the final phase of life that typically lasts three days. There are signs that their body is disengaging from its many functions: There is a drop in blood pressure as the heart relaxes. Even the muscles in the back of their throat relax, which can cause a rattling sound as they are no longer able to clear their throat.

As they get closer to death, they can experience Cheyne Stokes breathing, which is a pattern of long pauses followed by several, rapid breaths. Also, the color changes in their fingers and toes, because as their heart relaxes, their body relaxes and there is less blood flow to the part of the body farthest from the heart. It does not cause your loved one distress. It is just another indicator that things are changing for them.

Though it seems a person who is actively dying is unaware of who is in their room, there are two things that patients can still sense. One is touch, especially that of their loved ones. We also know that hearing is one of the last senses to go -- patients can hear up until the very end. We are not sure how much they can process, but if they are going to respond at all, they respond better to their loved one's voice than they would to the care team.

With that in mind, talk to your loved one as you have every day of their life. Their character, logic and personality do not change at that time of life. If anything, those things are enhanced. So, reminisce with them, tell them things you think they would want to hear, things that would be comforting or soothing. We know the patients find their loved ones' voices soothing. It is often therapeutic for the loved ones, too.

Dying is hard to think and talk about. But it is important to try to understand the process of one's final days. Just like everything else, the more education you have, the more you know what to expect.

There are a lot of myths about the act of dying. In movies, we often see these dramatic moments where someone clutches their chest, takes a boisterous last gasp of air and then suddenly, they are dead. The reality

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- Post Herpetic Pain
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- Abdominal Pain
- Cervicogenic Headaches
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- Spinal Cord Injuries
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# What Is Tooth Whitening?



Submitted by E. Taylor Meiser, DDS  
Lighthouse Family Dentistry

- in-office or take-home
- tray system or tray-less

## Professional Or Over-the-Counter

Over-the-counter (OTC) whitening products are sold everywhere – in the supermarket, on TV and in magazines and even on the internet. These products range from special toothpaste, floss, and mouth rinses to white paint-on stuff to make-your-own bleaching tray systems. The common factor for over-the-counter whitening systems is that they are cheaper than the professional treatments by your dentist and often claim to be just as effective. They are cheaper, but they are not as effective (if at all).

Professional whitening treatments are better and more effective than OTC products. Your dentist will know what type of system will work for you. The dentist has the knowledge and systems available to get the best results possible in the least amount of time. The dentist also will make sure

There are several ways to whiten teeth and several ways not to. There are many types of whitening treatments on the market to choose from. The choices are very different in their methods, materials and time it takes to see results. Whitening choices can be broken down into various types:

- professional or over-the-counter



the treatment is safe and comfortable, and will not damage your teeth, gums and overall health.

In-office treatments are the best and quickest. The dentist can use equipment and materials that can't be used at home. The dentist can monitor the results and treat accordingly until the desired outcome is achieved.

Take-home tray systems are less expensive than the one-hour in-office whitening treatment, but they require wearing fitted plastic trays filled with whitening gel for 30-60 minutes a day for 2-3 weeks. Results will vary according to the time the trays are worn daily and to the concentration of the whitening gel. Tray systems (es-

pecially the professionally provided ones) can be very effective with excellent results in a reasonable amount of time. Beware of self-fitted OTC tray systems that can leak the bleaching gel into your mouth.

One advantage of a tray system is that several months down the road you can do a touch-up treatment as the whitening fades. No whitening is permanent, but some types last longer than others (1-3 years). Usually, only a minor touch-up tray treatment is necessary to get back to prior whiteness.

Whitening choices make a brighter, whiter smile available to almost everyone. See your family dentist to determine what system is best for you.

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# Fertility and the Multicultural Patient



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Infertility and subfecundity affects 15% of the world's population. Access to fertility treatment may be affected by several factors.

In some cultures, the word infertility is taboo therefore acknowledging that one needs help may bring on psychological duress. Socio-cultural norms often prevent early access to

treatment. These factors may not necessarily co-relate with educational levels.

Individuals and couples must embrace desired social roles in order to define themselves as infertile and seek treatment. In Vietnam, children are frequently believed to be the representation of personal happiness and marital satisfaction and are often the primary way for the wife to integrate into her husband's family. In South African culture marriage is viewed as a joining of two clans rather than two individuals. By extension then children are seen as assurance of lineage. This same view may be seen in some areas of Nigeria, Ghanaian society in Chinese culture as well as in Middle Eastern cultures.

When social roles are rigid, there is stigma associated with infertility. Women may be expelled from their

Please see "Fertility," page 63



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# Orthodontic Treatment For All Ages



By Jacqueline Brown Bryant  
DDS, MS, PC

seven years of age. This evaluation can reveal developing problems such as protruding teeth, crooked teeth, overlapping or crowded teeth, spacing or gaps between the teeth, deep bites, missing or extra teeth, clicking or popping sounds when chewing and chronic headaches, neck or jaw pain. Oral habits such as tongue sucking and thrusting, mouth breathing, and thumb or finger sucking can affect the positions of the teeth and growth of the jaws. Many of these problems if left uncorrected or untreated at an early age can cause unnecessary stress to the teeth, gums and jaws and result in more severe problems and more complex treatment as we age.

Limited treatment does not involve all of the teeth but can focus on individual problems such as crossbites or habits and can be for adults, adolescents and

*Please see "Orthodontic," page 63*

Do you realize orthodontics is just not for teenagers anymore? Children, teens, and adults can benefit from Orthodontics or the new term for braces treatment, orthodontics and Dentofacial orthopedics. The American Association of orthodontics recommends an orthodontic evaluation as early as

# Acupuncture and Allergy Relief



By Brittney de Vicq, MAc, LAc  
West Annapolis Acupuncture

of the immune system to substances that generally do not affect other individuals. Symptoms of seasonal allergic rhinitis occur in spring, summer and/or early fall. They are usually caused by allergic sensitivity to pollens from trees, grasses or weeds, or to airborne mold spores. While allergy medications can alleviate your symptoms, their side effects can leave some people feeling drowsy, dizzy or nauseous, thereby compounding rather than eliminating the problem.

Acupuncture as an alternative to medication is a great way to avoid these negative side effects. Treatment can reduce inflammation in the sinus, alleviate congestion, postnasal drip, and ear aches, as well as reduce itchy, watery eyes.

Chinese herbal formulas can be used in conjunction with acupuncture treatment to relieve allergy symptoms. Where over-the-counter medications attempt to treat a variety of symptoms simultaneously,

*Please see "Allergy," page 59*

Spring time allergy season is right around the corner. According to the Center for Disease Control (CDC), allergies are the sixth leading cause of chronic illness in the U.S. with an annual cost in excess of \$18 billion. More than 50 million Americans suffer from allergies each year. In their 2014 National Health Interview Survey (NHIS) the CDC estimates that 8.4% of U.S. children under the age of 18 suffered from hay fever.

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# Food Allergies and Pregnancy



By Thomas K. Lo, DC  
Advanced Chiropractic Center

of solid foods beyond 4-6 months of age does not prevent food allergies. Some people have also thought that food allergies can be prevented if parents delayed giving their babies certain solid foods (such as fish, eggs, and milk), however, current medical research does not support this idea.

Babies can have a reaction to a mother's breast milk, but this is due to something the mother is eating. Babies who are highly sensitive usually react to the food within minutes. Babies who are less sensitive may still react to the food within 4-24 hours. Symptoms may include diarrhea, vomiting, and/or green stools with mucus and/or blood, rash, eczema, dermatitis, hives, or dry skin, fussiness during and/or after feedings, inconsolable crying for long periods, and sudden waking with discomfort, wheezing or coughing.

These symptoms do not mean your baby is allergic to your milk, but rather to something you are eating.

If your baby ever has problems breathing, call 911 or go to your nearest emergency room.

**Dear Doctor, should I stay away from certain foods during pregnancy?**

Avoiding peanuts or other highly allergenic foods during pregnancy is not necessary – unless you are allergic to these foods. According to the American Academy of Pediatrics, avoiding certain foods in pregnancy does not prevent food allergies in children, though breastfeeding may prevent or delay food allergies.

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# March Madness: Ready, Set, Go the Holistic Way

By Tiffany Daniel  
Live To Day Wellness

There are four crucial elements that must be made part of our daily healthy outlook on life in order to be successful: You, Commitment, Focus and the ability to Achieve.

If you want to lose weight (or

gain weight), stay off that treadmill, out of the gym and don't touch those weights until you've first taken a long, hard look at what you eat.

The trick to good nutrition (and therefore faster results) is to feed your body a combination of protein and carbohydrates every few hours. This ensures proper recovery from workouts and optimal energy levels

throughout your day. Balanced nutrition is the key. For best results, you should eat 5-6 (small) meals each day instead of the "three square meals" you're probably used to, or worse just one big meal a day.

Balanced meals are essential. You can do all the workouts in the world, but you will not be able to maximize your results until you fix the way you eat. That's why you need to start with nutrition first, otherwise most of the time you spend exercising is wasted.

Another key factor is water. Drink half your body weight in ounces of water. You will need to drink even more, when exercising.

The next thing is don't starve yourself. Stay out of starvation mode, also known as the catabolic state. This is a condition that is mainly caused by excessive training coupled with a lack of adequate nutrition, especially protein. In other words, the body is breaking down its own tissue. This happens when you don't eat enough protein. Your body is essen-



Tiffany Daniel

tially eating itself, which is not good. At this point, getting enough protein is extremely important.

Always start your workout with a warm-up. The goal of the warm-up is to get your body prepared to workout. It gets the heartbeat going and the blood circulating a little quicker, which should last no more than about five minutes. Don't forget to include a stretch while warming up also. This will help get the body limber for your workout.

If weight loss is your goal, then for exercise combine aerobic with strength training. Aerobic exercise is excellent for your heart and circulatory system; it also helps burn more calories.

Please see "March Madness," page 65



## WELLNESS

### Tiffany Daniel

**Degrees, Training and Certificates:** BS in Psychology, Certificate in Behavioral Health and Nutrition, Personal and Small Group Fitness Instructor, Certified Health & Wellness Coach

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

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

**Practice Philosophy:** Your Health is Your Wealth

**Hobbies:** Reading, Researching Preventive Measures for Autoimmune Diseases and other Health Conditions



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## Monica Greene, PhD



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**Certifications:** Licensed Psychologist, Certified Life Coach - Alliance Coach Training, Spiritual Life Coach - Inner Visions Institute for Spiritual Development.

**Speciality:** Individual, couples and family psychotherapy

**Professional Activities and Memberships:** Alpha Kappa Alpha Sorority Incorporated, Board of Directors for Gabriel's House/Domestic Violence Center, N.A.A.C.P., Board of Directors for Excell Eldercare Management, Inc., Board of Directors for Premiere Health Express

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

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# Oriental Medicine and ED



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

Erectile dysfunction (ED) is a common male disorder that occurs when a man cannot get an erection for sexual intercourse. Around 52% of men experience some form of ED in their lifetimes. The risk of ED increases with age, though it is still possible for young men to experience ED.

Many psychological or emotional causes may lead to a man experiencing ED, such as a hectic lifestyle and feeling stress/pressure, or changes in his diet, living environment, relationship status, etc. ED can also be caused by medical or physical issues.

Medications, such as Viagra, and other modern treatments are available to help men obtain an erection, however these medications do not work for about 30% of men who experience ED. Additionally, many men are reluctant to take medication for this issue and would rather seek out a more natural treatment option.

The good news for these men is that in recent years acupuncture has been widely used to treat ED. In fact, there have been clinical trials that confirm acupuncture can improve male erectile function, especially for patients experiencing ED caused by psychological or emotional issues.

Acupuncture provides natural, safe help for a wide range of health problems including chronic and acute pain, as well as ED. Positive results are typically felt within 1-3 sessions. Acupuncture may be an alternative to medication or surgery, and it is inexpensive and non-invasive. Pre-sterilized single-use needles are used.

Each of us respond differently to

Please see "Oriental Medicine," page 59



**Young C. Yi, "One of the best practitioners of Oriental Medicine in the U.S."**  
- Parade Magazine in 2001, 2002, 2004  
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**Tumor: Breast Cancer / Non-Malignant Breast, Rump & Tumor, Thyroid & Skin Tumor/Cancer.**

**Livers: Cirrhosis, Digestive Disorders**

**Others: Allergies, Asthma, Bronchitis, Chronic Fatigue, Frozen Shoulder, Joint Pain, Back Pain, TMJ, Arthritis, Sports Injuries, Car Injuries, Menopause, Infertility, PMS, Erectile Dysfunction**



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## Testimony:

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

- DC Resident, Mrs. Zhang

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

## Reference:

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

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

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# Mental Illness: What To Do?



By Joyce Abramson, RNMS  
Charles County Freedom Landing

Anger, horror, and fear are natural responses to physical harm or death as in the Yates' situation. Astonishment, hope, respect may be some of the emotions evoked by the movie honored in 2002. However, I suspect for many people fear and avoidance are more frequently associated with mental illness.

In the real world, for many people diagnosed with schizophrenia or other serious mental illnesses, they struggle to manage symptoms of the illness without ever harming anyone physically or achieving the national achievements of Nash in the movie.

They are learning daily to manage an illness that can exhibit many facets. People do experience voices, see visions that seem real and are not real. They have difficulty sorting out some of their perceptions and whether they are exaggerated or "normal". They are

There has always been much said in the media about mental illness, particularly schizophrenia. There was the tragedy many years ago of the Yates family and five dead children, and the tributes given to the movie Beautiful Mind at the Oscars back in 2002. How does one sort out how to respond to such divergent aspects of an illness?

Please see "Mental Illness," page 65

# Consulting Hypnosis



By Toni Greene, Owner  
Happy Hour Yoga on Zoom!

day normal problems – can help you with problems or situations by helping the way you interpret the thought and then respond to the thought. The thoughts that bring fear often affect the kidneys, and the thoughts that trigger anger often affect the liver and heart.

The organs reside in the body and mind by way of the body systems. The systems are managed, controlled, balanced, repaired, or healed according to the thoughts you are having about that system and the methods you choose to heal or repair that system.

There are many ways of healing. Healing is an awareness that you sense from your inner self (subconscious mind), that tells you that you need to explore what's happening within yourself internally and consciously. Mind, body, and spirit (the soul) all need healing. The mind tells you what you are experiencing in the given moment. The body reacts as the mind releases the thought. The thought can be positive or negative, and the thought sends the message to the body organs, and then the organs respond to the thought.

Often you will hear people say that the doctor can't seem to find their problem. Whether the doctors find or don't find the cause of your pain (mental, physical emotional, or spiritual) it is uncomfortable. You simply want relief. You want the doctors to tell you something so that the thought can trigger an emotion in certain organs to heal or not.

Consulting hypnosis can help you sort out everyday problems such as the thoughts that surround COVID-19, or your children, spouse, boss, or whomever – the consulting hypnotist

Consulting hypnosis – helping everyday normal people with every-

Please see "Hypnosis," page 65

# Taking the Mystery Out Of Sea Moss



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

In recent years sea moss has become the newest superfood and has blown up the health food industry. Although it is popular, there is still some mystery surrounding it.

## What Is Sea Moss?

Sea moss is an algae that grows in bodies of mineral-rich ocean water. It grows on rocky coastlines and forms thick clusters. Sea moss is harvested for the complex carbohydrate that forms a gelatinous substance called

carrageenan and agar, which can be found in many dairy and non-dairy food products and in non-food-based products that requires a thick pudding, jelly, or smooth consistency.

## What Makes Sea Moss the New Super Food?

Sea moss is highly nutritious. Research from the USDA touts its rich micro-nutrient potential such as vitamins A, E, F, K and calcium, iodine, iron, copper, selenium and more. It is reported that it contains at least 92 of the 102 minerals that the body needs to be healthy.

## What Are the Types Of Sea Moss That Can Be Purchased?

Over 200 types of sea moss can be found worldwide. One popular variety is *chondrus crispus*, which is popularly called Irish moss. The other popular variety is *gracilaria*, which is found in warmer tropical waters.

## How Is Sea Moss Accessed From The Sea?

Sea moss is wild harvested, which

*Please see "Sea Moss," page 65*

## ORIENTAL MEDICINE FROM PAGE 57

the same stimulus. Ideal systems of health care recognize our individuality, and work with its unique pattern to bring us to our highest level of health.

Acupuncture can be used to effectively treat and energize patients who have, in the past, shown little or no response to traditional medical treatments. It addresses the strengths and weaknesses, disease tendencies and inherent characteristics of each person.

An initial office visit includes an individualized treatment, based on a detailed history, examination, and evaluation. Your acupuncturist will work with you to determine the best way to meet your individual needs, and will take the time to answer questions.

Erectile dysfunction is an age-old problem. What better way to find relief than with the time-tested, age-old remedy of acupuncture?

## ALLERGY FROM PAGE 52

these traditional herbal remedies can target the specific symptoms exhibited by an individual allergy sufferer. Chinese herbs are very safe and easy to take. The capsules are often the size of a small vitamin and are taken two to three times a day. Chinese herbs can only be prescribed by a licensed acupuncturist with training in Chinese herbal formulas.

Often overlooked, dietary restrictions can be very helpful in reducing or eliminating seasonal allergy symptoms. Removing dairy, sugar and white flour from the diet

can decrease the amount of inflammation and congestion in the body. Many people struggle to eliminate inflammatory foods from their diet but the rewards are great if you can make these changes. In addition to relieving the allergy symptoms removing these foods can also help reduce joint pain.

Finally, make sure you drink ample amounts of water each day, exercise, eat healthy and get a good night's sleep so that your immune system is in peak condition during allergy season and beyond.

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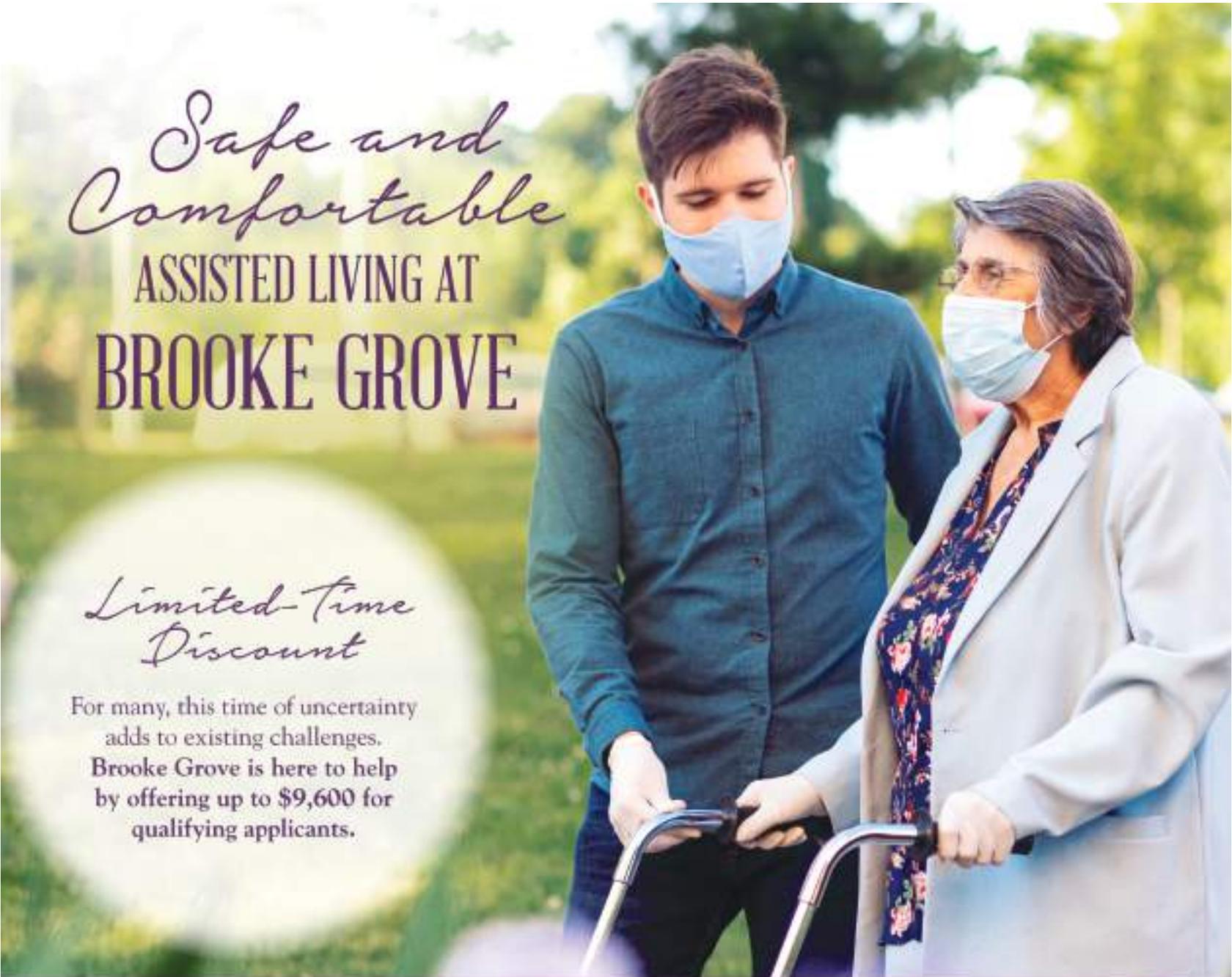
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dental impressions need to be taken is one of the most notable benefits of this new dental technology.

For traditional dental impressions, dentists place impression material into a tray, and the patient must bite down into it for about five minutes. This can be challenging for patients.

Taking traditional impressions is not only time-consuming, but they are goopy and may not taste pleasant, making patients uncomfortable when they have to hold the trays in place for a period of time.

With the digital scanner, the dentist can obtain a digital impres-

sion without using the traditional method, and the scanner may even provide better results since it is more accurate than traditional impressions. There can be more distortions with traditional impressions.

This digital tool can also be used to create bite guards for athletes or TMJ patients, as well as to track changes in a patient's teeth over time.

Another benefit is that digital impressions also provide your dentist with the ability to compare scans from different time periods. They can overlay a present-day scan with one from the past to see how things have changed over time.

# OBESITY

stress incontinence, depression, and fibromyalgia.

This partial list of health effects, along with others, combine to negatively affect quality of life. Many people with obesity require multiple medications, require frequent medical care or hospitalizations, they face higher health care costs and tend to have decreased productivity because of their health.

Effective weight management requires a committed, sustainable approach to lifestyle and behaviors that promote weight loss over time. Diets, exercise routines, medications, and surgery are all tools that can be used as a part of a long-term plan for weight management. Effective weight management will help avoid and even reverse many of the health effects of obesity.

# INGROWN NAIL

ably in the office, involves local anesthesia, after which the offending portion of the nailplate is removed – right down to the root. Next, a chemical is applied to the root to cauterize the matrix cells. This ends the production of nail along the side of the nail and prevents the development of an ingrown nail. The remainder of the nail is not affected. No stitches are needed and only a small bandage

is applied. Post-operative care requires daily wound cleansing for about two weeks, but pain is minimal and regular activity and footwear are only minimally affected. There is usually no time lost from one's daily routine. Additionally the possibility of recurrence is small, making this a comfortable and permanent correction for this common problem.

# LOCKDOWNS

could get COVID under control.' His advice is right on point, if we lived in a bubble. But, we don't.

We were late reacting to COVID which made lockdowns and other interventions fruitless. Hopkins' report uses the word 'noticeable'. Not even a noticeable impact from mandates and lockdowns. It was simply too late for that to work.

People are people and accept all kinds of risks every day. In the US people weren't and aren't going to be held down by a mandate or shutdown. Look at all the celebrities and politicians who hammer on mask mandates and then are caught on video socializing with no mask. The

result is that even mask wearing can only be shown to have a marginal impact.

These are the two biggest reasons mandates and lockdowns don't work. They may work in a different type of situation, but not in the case of the COVID-19 pandemic we have experienced.

What does work is people being responsible. When people have a good idea of what will cause them to get sick or die, most people take the action they think is the best for them. It may not be what Dr. Poland advises, but it is what they feel is best for them. Rarely do people do nothing. That will be the future of dealing with COVID and other viruses and pandemics.

# EPILEPSY

Herbal remedies have been used in traditional Chinese medicine and other traditional medical systems since ancient times for the treatment of epilepsy. For example, tian ma, the root of *Gastrodia*, is commonly used in China for epilepsy and other conditions.

There have been three cases in which patients with refractory epilepsy showed substantial improvement with the use of the traditional herbal formulation *Bu-yang-huan-wu-tang*. Some reviewers cited several compelling open-label studies of Chinese herbal remedies, including *Qingyangsen* and *Zhenxianling*, suggesting that these medications may have anticonvulsant effects, with fewer side effects than standard antiepileptic drugs.

Along with herbal remedies, acupuncture is used in traditional Chinese

medicine to treat epilepsy. Case reports have demonstrated the potential efficacy of acupuncture in patients with epilepsy, and mouse studies have shown that acupuncture may inhibit kainic acid-induced epileptic seizure and hippocampal cell death.

In one Norwegian trial, 29 patients with intractable epilepsy were randomized to receive acupuncture or sham acupuncture. Seizure frequency was reduced in both groups, but the reduction did not reach a level of statistical significance and a larger sample size may have been needed to see differences.

Generally, the combination of herbal medicine with acupuncture is needed to treat epilepsy and usually the treatment is about 3-6 months depending on the condition.

# SNOW SAFETY

you. The shovel should be chest high and have a rocker bottom. Try to use a smaller shovel to make sure that you are not lifting too much snow.

When gripping the shovel make sure that your hands are at least shoulder width apart and that your feet are shoulder width apart.

Do not shovel after eating or while smoking.

If you have a history of heart trouble make sure that you have your doctors permission before shoveling.

Warm up before you shovel and

stretch when you are done.

Pace yourself! Don't work to the point of exhaustion. If you run out of breath take a break and if you feel tightness in your chest stop immediately.

Dress warmly. The extremities such as the nose, ears, hands and feet need extra attention.

If you or anyone you know is experiencing or experiences back or neck pain this winter make sure you visit your chiropractor for an evaluation and treatment. Have a safe and healthy winter!

# INTEGRATIVE

Maybe one day every possible treatment option will have been adequately studied but what is one to do now?

First of all is communication. Physicians are trained in many subjects but often listening and communicating are lacking. A legendary physician named William Osler said, "Listen to the patient, he is telling you the diagnosis." Doing so not only comforts the patient, and creates trust, but also may go a long way to avoid unnecessary tests and treatments.

The system doctors function in often does not give them the time to listen to what their patient is actually saying. They don't have the time to listen and instead are trying to figure out which box to put a patient in so they can come up with a plan and move on to the next patient.

It is critical to know what types of treatment a patient is willing to pursue.

Often a patient knows intuitively what will or will not work for them. And if they really do not want to pursue a treatment option but do so anyway, there is a higher chance it will not work, like a reverse placebo effect (the nocebo effect).

Finally, taking from the best of all approaches is critical to good health.

Give the body what it needs in terms of nutrition, vitamins, exercise and rest. When necessary, intervene for as short of time as possible with prescriptions and surgery. Look for healing herbs that can help. Supplement with low doses of safe hormones when a deficiency causes a problem.

And make sure you find a doctor who listens carefully to your history and for the interrelationship between symptoms...often (though not always) there is one root cause that has given rise to a multitude of symptoms, each of which must be addressed.

# HEARTBURN

FROM PAGE 42

cause more serious problems including: inflammation and ulcers in your esophagus and changes in the cells of the esophagus lining.

Never ignore severe or persistent heartburn. Tests can be done to find out if your heartburn has led to any more serious health problems.

## Watch What and How You Eat

- Avoid certain foods, such as citrus fruits, tomato products, fatty or greasy foods, chocolates, peppermints, vinegar, spicy foods, garlic, raw onions, and black or red pepper.
- Stay away from certain beverages—especially on an empty stomach.
- Eat smaller meals each day.
- For 2-3 hours after eating, avoid lying down, bending over repeatedly, or doing vigorous exercise.

## Change Your Sleeping Routine

- Raise the head of your bed at least 6 inches using a mattress wedge.
- Do not eat or snack within 2-3 hours before going to bed.

## Change Your Habits

- If you smoke, stop.
- If you are overweight, lose weight.
- Avoid tight-fitting, restrictive clothes.
- One of your prescription or OTC medications may cause heartburn.

# FERTILITY

FROM PAGE 50

marital homes, labeled as barren, replaced by another woman, ostracized, debased within the family structure to become the family servant, and subjected to physical and psychological abuse.

Access to care may also be limited in patients who have reticence about the empathy or relatability of

Matching your symptoms to the proper medication is important.

- Do you get heartburn once in a while? An OTC medication, such as an antacid or H2 blocker, may work.

Antacids neutralize stomach acid. They work quickly and give temporary relief that lasts 1-2 hours. H2 blockers reduce the amount of acid your stomach makes. They give relief that lasts 6-12 hours. Some brands are Tagamet HB®, Pepcid® AC, Axid® AR, and Zantac 75®.

Heartburn occurring two or more days a week is called frequent heartburn. To treat it, you might need a medication called a proton pump inhibitor (PPI). One PPI, Prilosec OTC™, is the only OTC medication indicated for frequent heartburn. For prescription PPIs (including Prevacid®, Aciphex®, and Protonix®), you will need to contact your health care provider. Prescription PPIs block your stomach's production of nearly all acid, leaving just enough for normal digestion of food.

You may hesitate to contact your primary health care provider about heartburn. However, if lifestyle changes and OTC medications don't ease your discomfort, they can offer several other treatment options.

the care providers. Barriers to empathy may include language barriers or simply cultural differences. Most of these barriers can be overcome by being patient and listening carefully to the patient.

In order to adequately care for the multicultural patient, providers need to be sensitive to their backgrounds.

# SCREENING

FROM PAGE 31

you visit us in-person. Virtual appointments are also available.

## Advanced Technology For Treating Colorectal Cancer

GW Hospital was the first hospital in the world to perform colorectal surgery with the Medrobotics Flex® Robotic System. We also use virtual reality (VR) technology, which creates a 360-degree reconstruction of a patient's anatomy.

Antoinette Brosset knows the importance of colorectal cancer screening, as well as the benefits of our advanced colorectal surgery.

Having beaten breast cancer at GW Hospital, Antoinette learned

that she had colorectal cancer following a routine colonoscopy screening. After a surgical procedure with the Medrobotics Flex system and VR technology, she is now living life cancer-free. "My doctors at GW Cancer Center saved my life more than once," she says. "They caught it so early."

## How to Get Screened

Talk with your primary care provider (PCP) to get an order for your screening.

If you need to find a PCP, call 888-4GW-DOCS (888-449-3627).

Call 888-4GW-DOCS to schedule your screening today.

# ORTHODONTIC

FROM PAGE 52

children. An orthodontist would diagnose whether you are a candidate for limited treatment involving your upper or lower teeth. Many times a simple appliance would serve to correct these problems.

Early or phase one interceptive treatment can address problems before they become more difficult and cause irreversible damage to your teeth and jaws and self-esteem. Treatment usually involves appliances as well as braces on the permanent teeth that are present.

Comprehensive orthodontic treatment addresses the needs of individuals whom require treatment related to more difficult or multiple problems and involve both the top and bottom teeth. Today, treatment can involve patients that have periodontal disease

and also prepare for replacing missing teeth. Treatment usually lasts over a longer period of time and utilize appliances, braces and additional treatment aids. Some people require jaw surgery in order to properly function such as chewing food, talking, breathing and sleeping correctly.

The benefits of orthodontic treatment or braces today is not just about esthetics although esthetics and how we look and feel play a major role in living a healthy and happy lifestyle whether you are young or not so young. Having great self-esteem at any age can improve overall health and ultimately, your lifestyle. Having confidence about your smile and abilities can help you be all that you can be.

# INJURIES

FROM PAGE 29

to locate any pieces of the tooth that have come off, as it may be possible to reattach them to the crown with tooth-colored bonding material.

## Knocked-Out Teeth

If a permanent tooth has been knocked out of its socket (avulsed), immediate attention is required. First, recover the tooth – and if it's dirty, gently clean it off with water. Try not to touch the root portion of the tooth. Next, if possible, place the tooth back into its socket (making sure it is in the proper orientation), and apply gentle, sustained pressure to the area for five

minutes. You can use a wad of wet tissue or gauze to help grasp and hold the tooth in place. Get emergency dental treatment as soon as possible afterward, and be sure to check whether a tetanus shot or booster is needed.

If it isn't possible to replant the tooth, have the patient hold it between his teeth and cheek, or place it into a plastic bag with the patient's saliva, or into a cup of cold milk. Control bleeding from the tooth socket by applying pressure to the area (use gauze if possible), and get the patient and the tooth to an emergency treatment center as soon as possible.

# SURVIVING

FROM PAGE 44

music)

- Give yourself some grace – remind yourself that you are doing the best you can with the information you have
- Engage in positive self-talk – be mindful of what you are saying to yourself. There's a difference in saying to yourself, "You are doing the best you can." versus "You are not doing that right."
- Move, move, move – engage in physical activities (walking, dancing, hiking, working out, yoga, swimming, etc.)
- Be creative – color, write (use a gratitude journal), draw, sing
- Surround yourself with loved ones – family, friends, and positive social interactions
- Engage in mindfulness practices and meditation
- When needed, seek a professional mental health therapist

## If You Need Information On Where To Start, Here Are Some Resources:

- The Shine App – Provides mental health wellness and meditation
- The Calm App – Provides meditation techniques for sleep and relaxation
- Color Me – Free Adult Coloring Book for Adults App
- <https://www.therapistaid.com/worksheets/gratitude-journal.pdf> - Gratitude journal
- <https://positivepsychology.com/mindfulness-exercises-techniques-activities/> – Provides Mindfulness Grounding Techniques
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741), when you need someone to talk to if you or a loved one are suicidal.
- <https://www.psychologytoday.com/> where you can find your local therapist.



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Knowles Apothecary Wellness, Kensington, MD. 301-942-7979, [www.knowleswellness.com](http://www.knowleswellness.com)

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Lash Moi, 1166 Maryland Route 3 S., Suite 108, Gambrills, MD. 410-721-LASH, [www.lashmoi.com](http://www.lashmoi.com)

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University of Maryland Charles Regional Medical Center. 11340 Pembroke Square, Suite 202, Waldorf, MD 20603. 240-607-2010. [UM-CharlesRegional.org](http://UM-CharlesRegional.org)

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

Life Care Chiropractic. 301-870-4277. 1 Post Office Road, Waldorf, MD 20602. [LifeCareChiropracticAndWellness.com](http://LifeCareChiropracticAndWellness.com).

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

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

Tomenko Family Dentistry, Ekaterina Tomenko DDS, LLC. 301-439-8333. 10230 New Hampshire Ave., # 330, Silver Spring, MD 20903. [tomenkofamilydentistry.com](http://tomenkofamilydentistry.com).

## DERMATOLOGY

Hema A. Sundaram, M.D.; Dermatology, Cosmetic & Laser Surgery; 11119 Rockville Pike, Ste. 205, Rockville; 301-984-3376; Also in Fairfax

## DIABETES/ENDOCRINOLOGY

University of Maryland Community Medical Group. 12070 Old Line Center, Suite 102, Waldorf, MD 20602. 301-870-4100. [umcmg.org/charlesdiabetes](http://umcmg.org/charlesdiabetes)

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

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Nutritional Healing Center, Thomas K. Lo, DC, MA, 240-651-1650, 7310 Grove Road, Suite 107, Frederick, MD 21704. [doctorlo.com](http://doctorlo.com)

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## ORAL SURGERY

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

## ORTHODONTICS

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

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

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

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

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Advanced Sleep Treatment, Ekaterina Tomenko

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Schedule a free skin cancer screening by calling 703-641-9666 or 301-984-3376 today.

## Healthy Eating Tips For Families On The Go

**School Lunches For Your Kids.** Pack lunches with whole grains, fruits, lean, all natural meats and healthy snacks, such as nuts and dried fruits.

**Healthy Breakfasts – Quick and Easy.** Get rid of the sugar-filled neon-colored “breakfast” cereals. There are dozens of great-tasting, all-natural, organic cereals. Also, try a breakfast smoothie. MyPlate.gov

**Healthy Snacks In the Car.** Have non-perishable healthy snacks in your car for when your little one is hungry on the road. Dried fruits, nuts and healthy individually-packaged snacks are a good option.

**Freeze Your Meals.** If you take the time to make a healthy, home-made meal, they are safe to be placed

in a vacuum-sealed container and put in the freezer, they can often keep for several weeks.

**Make Time For Sit-Down Meals.** Try to have at least three (preferably four) family sit-down meals a week. It helps strengthen the family bond. There is nothing that brings people together like food! It also helps show children the importance of taking time to be with people they love.

**Fiber.** Not an essential nutrient, performs several vital functions: Natural laxative and may lower cholesterol concentration in the blood. A high-fiber intake also supplied greater amounts of vitamins A, B6, B12, C, niacin, thiamin, riboflavin and folate, as well as the minerals magnesium, iron, zinc, calcium and phosphorus.

# MENTAL ILLNESS

working to perform every day tasks while experiencing these symptoms to a greater or lesser degree. Medication, in recent years, has helped with symptoms. Talking with someone; therapist, rehabilitation staff, family or friends to “check out” what is accurate helps. Exploring ways to continue daily activities and responsibilities while addressing specific symptomatology is an important part of the recovery process.

The medical field and those diagnosed with a serious mental illness are learning much these days about what and why these illnesses occur. As the answers unfold, there will be more opportunity to overcome symptoms and prevent the diseases.

Persons when first diagnosed with a mental illness frequently experience the same emotions as many in society—fear, avoidance, denial. However, knowledge is power. Learning about the illness, what occurs and how others have dealt with schizophrenia and other affective disorders shifts control and extinguishes fear.

None of us need avoid mental illness, we need to learn what it means, how to recognize the illness, and how to seek help when necessary. Very few of us will be untouched by someone having emotional problems, perhaps a serious one. All of us need to know where to find help, and assist each other.

# SEA MOSS

means that divers manually cut and gather the algae from the rocks. After harvesting, the sea moss is either semi-dried and salted or fully dried and not salted to preserve it for transportation and to increase shelf life. Sea moss can also be farmed.

## What Are the Benefits Of Sea Moss?

Due to the mineral rich environment in which it is grown, sea moss benefits overall health with antioxidants and phytochemicals. The benefits include inflammation reduction, fat metabolism, respiratory health, digestive health, and thyroid health with its abundance of iodine.

## How To Incorporate Sea Moss Into the Daily Diet?

Raw sea moss comes very dry, dehydrated, and shrunken. A small knot

about half an ounce can be rehydrated by cleaning it to remove sea debris and soaking it in clean water with slices of lemon or lime to reduce or remove the fishy aroma and leaving it to swell to three times its size. After it swells and significantly softens, it is ready to use.

To use, it can be blended with water into a gel, which will last about one month in refrigeration. A tablespoon of the gel can be added to smoothies, tea, soups, salad dressings, cereals, and anything liquid or soft.

In addition to blending it, the raw rehydrated and swelled sea moss can be chopped and added to fresh salads. Some people heat it to make a quick gel.

However you venture to incorporate sea moss into your daily lifestyle, it will be a valuable addition to your health regimen to boost your health.

# HRT

biospecific needs.

“It seemed like I was dragging myself around all the time,” says Paul, a 56-year-old HRT patient, “and even though I hadn’t changed my work-outs, my muscles seemed to be losing mass.”

“The testosterone replacement has made a huge difference,” he adds. “My energy is up, my muscles have

better definition and my stomach is flatter, too. I feel like myself again.”

Don’t settle for feeling “old.” By restoring your hormones to optimal levels with BHRT, you can reclaim your vitality and rediscover the many pleasures life has to offer. Contact a bioidentical hormone specialist to learn more today.

# MARIJUANA

vaporizer, insert dried cannabis flower, press a button to activate, and inhale.

Vaping works well because it provides instant effects, it’s not as harsh on lungs, and doesn’t leave behind as much of a smell of smoke.

Nevertheless, this method of medical marijuana consumption can also be expensive, and the device requires pre-heating and recharging of batteries.

## Edible Medical Marijuana

Edible medical marijuana products can be incorporated into some of your favorite foods including cookies, popcorn, crackers, nut mixes, lollipops, ice cream, gummy bears, chocolate bars, and chews.

Edible forms of medical marijuana are long-lasting effects, there’s zero inhalation, and they offer precise dosing.

It can take between 30 minutes to several hours for edibles to take effect, they provide a different high than inhalation, and they must be properly stored away from children and pets that could accidentally ingest them.

## Medical Marijuana Tinctures and Sublingual Sprays

Tinctures and sublingual sprays are derived from cannabinoids that are mixed into an alcohol, glycerin solution, or coconut oil. The mixture is then sprayed underneath the tongue and absorbed through oral tissues.

This way of administering medical marijuana is often recommended because it does not affect the lungs, is easy to control dosing, especially for small amounts, and causes only a mild high.

However, this method of consumption can become expensive for individuals requiring larger doses. They also work faster than edibles, but not as quickly as inhalation.

## Other Forms Of Medical Marijuana Consumption

Medical cannabis transdermal patches, medical marijuana suppositories, medical marijuana topicals, ingesting fresh medical cannabis, medical marijuana beverages, and dabbing medical marijuana.

# MARCH MADNESS

When you add on strength training, the goal turns out not to just be for building muscle for a toned, lean look on the outside, but the inside too, as muscle burns calories fast.

And last but not least, your cool

down. Again, no more than five minutes is required.

That’s right, you’ve got it and now you are in the home stretch. Remember your goals. You’ve got this down to the “final four” You, Commitment, Focus, Achieve.

# HYPNOSIS

can help you sort things out.

Hypnosis helps you to become aware of your state of mind such as your thoughts, feelings, and emotions that can get trapped in the body, in your organs. A consulting hypnotist helps you to identify the state (fear, anger, sadness, depression, or love) and release it, without the use of drugs or surgery.

Going to see a consulting hypnotist is like going to talk with a friend, a person who has everyday problems

too, and who has the tools to teach you how to not just cope but live.

Often our creative imagination in our thoughts helps us to create make-believe situations. But what’s not imagined is the effect it has on your organs and your systems. What is imagined is you feeling whole and complete to go about living your life in the reality that you have healed. What is real and not imagined is going to see a consulting hypnotist, and that it does help.

cles become unbalanced. The wrinkles that result can send signals that we don't intend. Frown lines between the eyebrows make us look angry, lines across our forehead communicate worry, and a sagging mouth or neck can look sad. With expert technique, tiny amounts of Botox, Dysport, Xeomin or Jeuveau are precisely placed just beneath the skin to give a smoother, more harmonious appearance. This must be done with an exact understanding of your facial anatomy and structure. Patients can return immediately to regular activities with no sign of having had treatment. On average, it takes 5-7 days to see the results.

### 2. See the Whole Picture

When you receive advanced Botox from a true expert, they aren't just smoothing individual lines or wrinkles, but understand how to go beyond this to reshape your whole face and restore youthful contours. You will still look like yourself, just more like you did when you were years or even decades younger.

For instance, if your eyebrows have dropped and flattened, making your eyelids heavier, a little Botox in the right places can lift and subtly shape your brows. This adds definition and sparkle to your eyes.

Expert treatment is the key to making you look better without anyone realizing you have had anything done. Ironically, many celebrities who are criticized for being "over-Botoxed" are really victims of overzealous surgery, whereas many who are most admired for their beauty, or for aging gracefully, look this good because they are having regular treat-

ments with Botox, fillers and other non-surgical rejuvenation.

### 3. The Power Of Combination

A key strategy is combining Botox with natural fillers such as Juvederm, Restylane, Voluma and Sculptra, and state-of-the-art lasers such as Ulthera, Fraxel or Exilis Ultra. This can achieve a scar-free, more natural-looking, non-surgical rejuvenation that prevents you from ever having to go under the knife.

Advanced techniques can stimulate your skin to produce new collagen and elastin. This lifts and tightens it from within to give longer-lasting results.

### 4. Looking Good in the Long Term

Many of these treatments require maintenance. This is a good thing as your doctor can adjust your treatments to fit your face as you age. You will always look completely natural, and may even be told that you never seem to age! Maintenance treatment not only smooths out your wrinkles, it also prevents them from deepening.

When comparing pricing, make sure you know how well-qualified your doctor is, and that the Botox is not over-diluted. It is a false economy to pay less for bad Botox, or for diluted treatment that won't last as long as it should.

Select a board certified dermatologist or plastic surgeon with years of experience who can individualize your treatment to address your own unique patterns of facial aging. The most expert doctors are actively involved in cutting-edge teaching, research and public education. This is the real secret to achieving the best results and looking as good on the outside as you feel inside.

## Colorectal Cancer Awareness Month



## Suzan Ebrahimi, MD

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- UCLA (University of California – Los Angeles) – Internal Medicine Residency
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HAIR RESTORATION**

*Dr. Hema Sundaram, MA, MD, FAAD*

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

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

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

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

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

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



Before & After 1st 2 sessions of PRP Hair Restoration

Expert French Cannulas for Safe and Bruise-Free Filler Injections



Before & After Nonsurgical Neck Restoration



Before & After Facial Contouring

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

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