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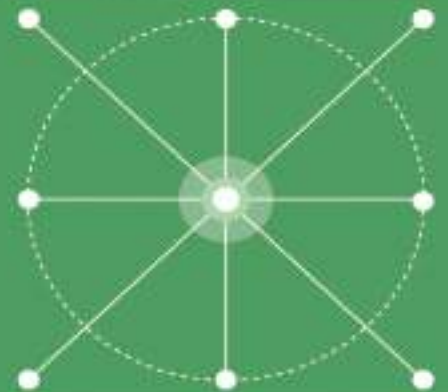
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Your Health Magazine is on a mission. There are far too many people, insured or not, who do not go to the doctor when they should, and in millions of cases, don't know who they should go to, or why.

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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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New Techniques For Healthy Lips, Jawline and Neck



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

For the past year or two, our focus has been more on our eyes and upper face than what lies beneath our masks. Now it's time to think again about our lips, jawline and neck!

Lip enhancement has become notorious due to media images of celebrities with grossly enlarged "trout pouts." However, when lips are rejuvenated properly, the results are subtle, stunningly beautiful and

can harmonize your whole face. This approach gives you lips that fit your face, rather than duck lips.

The key is to see an expert dermatologist or plastic surgeon who knows how to restore youthful lip shape and contours – and, equally importantly, rejuvenate the skin around the mouth with the newest nonsurgical options. New procedures can give you superb, natural-looking results, soften lip wrinkles, and make you look more relaxed and healthy.

As we age, our lips lose volume and become thinner. Volume loss from the skin around our lips flattens the Cupid's bow, turns the lips inwards, and causes pucker lines. These can be worsened by smoking, habitual waxing of hair from around the lips, and even by frequent gum-chewing or sipping drinks through a straw. Overactive muscles turn the corners of your mouth downward, creating

Please see "New Techniques," page 54

Post-Laminectomy Syndrome: When Back Surgery Fails



By Madhavi Chada, MD
Synergy Spine and Pain Center

Post-laminectomy syndrome refers to chronic and unexplained pain you experience after back surgery. If you're suffering from neck or lower back pain of an unknown origin that develops following surgery, it could be post-laminectomy syndrome. This painful syndrome is also known as failed back surgery syndrome. Post

laminectomy syndrome is associated with a specific type of back surgery called a laminectomy.

There is no definitive reason as to why back pain persists after surgery for some patients.

Before treatment, you need a diagnosis. The first step is visiting a doctor. A physical examination will be completed followed by imaging tests, which are done to pinpoint the cause of your back pain and help with treatment planning.

Once your doctor has finished tests, they can help you determine if you're suffering from post laminectomy syndrome.

Treating post-laminectomy syndrome can be difficult, as the cause for your pain is often unknown. If you're suffering from this condition, discuss your symptoms in detail with your

Please see "Back Surgery," page 62

New Studies Starting This Month at our National Research Centers...

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Your Beautiful Smile Investment Is Protected by Complete Periodontal Health

By Karl A. Smith, DDS, MS

Hollywood stars know the power of a beautiful smile. Celebrities seem to have perfect teeth, but just like the rest of us, they've had a little help from their dentist.

If periodontal tooth and gum issues are not treated in advance of beautiful cosmetics, you may be wasting your time and money. Periodontics are the foundation of a healthy smile and can make the money you spend on beautiful teeth last many years longer.

Opened wide in a positive way, your smile can help make new friends, close a business deal, cheer up a broken heart and ensure that other people feel good about you. How you feel about your smile, directly relates to how much you actually use it.

Do you like your smile? If not, you may be missing out on a beautiful and healthy smile that will give you the self-confidence you deserve. And, it goes one step further, healthy teeth and gums are the foundation of a healthy body – as your oral health directly impacts your overall health.

Advanced dentistry and good periodontal (gum) care can help you achieve the ultimate show-stopping smile. Dental implants will give you back your smile with natural looking and fully functional teeth that best replace your own. Gum grafting can reduce a “gummy smile” to show more of your teeth and open up your beautiful smile.

Laser treatments that utilize less invasive procedures can control and eliminate periodontal disease to help save your natural teeth and gums. An experienced periodontist can provide you with countless options for improving your smile and keeping your gums and teeth healthy for life.

Are You Missing Teeth?

The effect of a missing tooth is not only devastating to your smile, but it's detrimental to your long-term oral and medical health. It's not just about unsightly gaps; people missing teeth lose supportive gum tissue and the bone that surrounds other teeth, and eventually the supporting bone in the jaw begins to dissolve. Studies show that people with all of their teeth can live on average 10 years longer than people with missing teeth.

Having gaps where teeth are missing affects the way the jaw closes as the remaining teeth begin to tilt and drift into the gaps. Food can become trapped in these spaces, increasing the risk of decay and gum disease. The tilting and drifting can also cause problems for the opposing teeth as your bite becomes off-balanced and you may begin to experience jaw and joint problems.

Without the support of your teeth and facial bones, your face will begin

to look prematurely aged. Lost teeth affect what you eat and how you swallow and process food and how you speak and function on a daily basis.

The good news is that an experienced periodontist has the advanced training beyond their regular dental degree to prevent, diagnose and treat periodontal (gum) disease with the most advanced laser therapy to help keep your smile healthy and beautiful. A periodontist can also offer personalized solutions to replace your

missing teeth, repair your damaged gums, and prevent or rebuild bone that may have been lost.

Your teeth provide much more function than just the ability to chew. They are necessary for the health of the gum and jaw tissues as they provide a strong foundation for a truly beautiful smile. Take control of your preventative dental health. Make an appointment for a complete periodontal evaluation with an experienced periodontist today. You will be glad you did.

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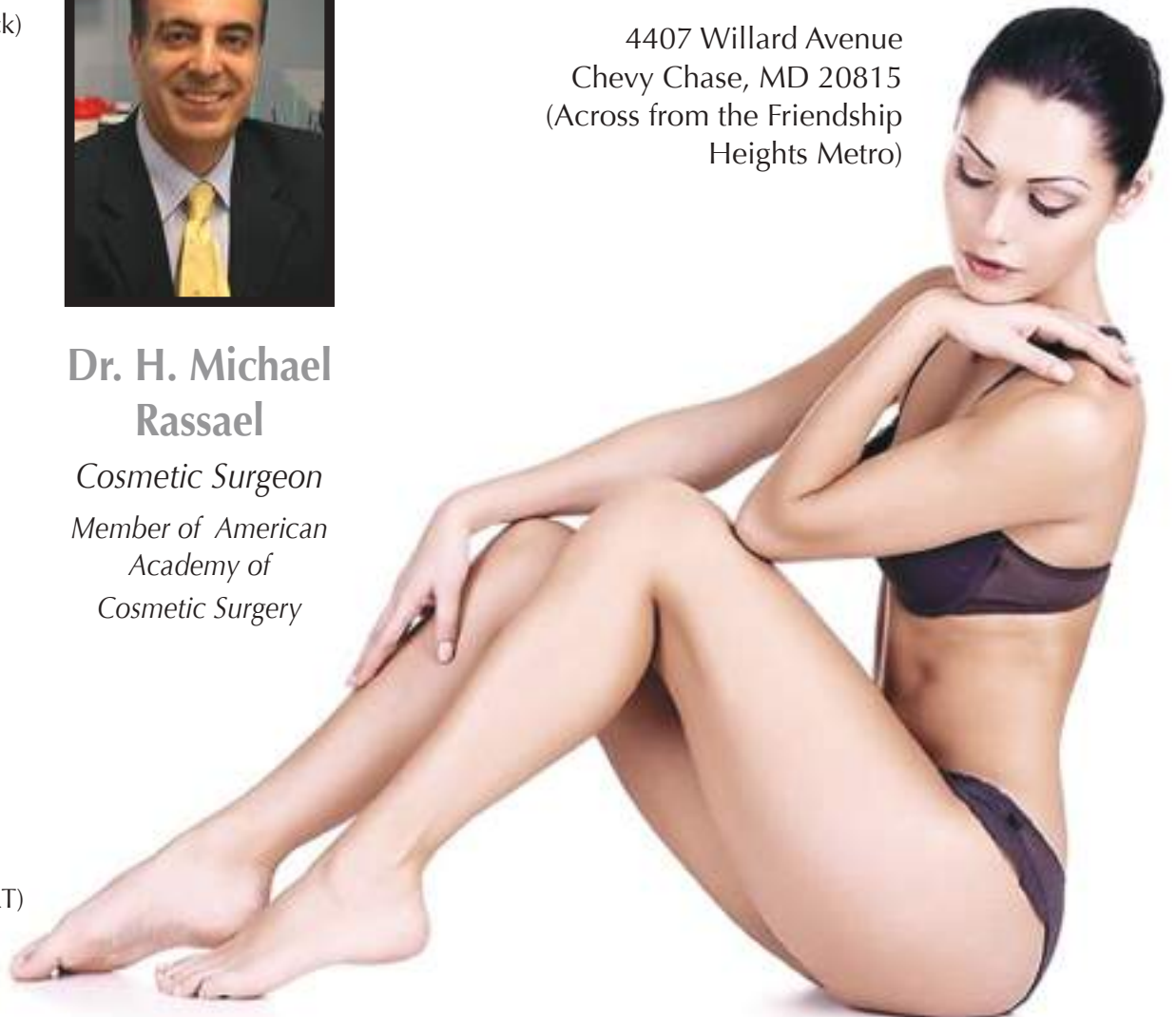


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By Gregory Taylor, MS, Owner
Taylored 4 Life Wellness, Inc.

Promoting a healthy lifestyle is a crucial aspect of leading a fulfilling and productive life. Whether you are an individual, an organization, or a community, promoting healthy habits can lead to numerous benefits such as better mental health, physical well-being, and increased longevity. Here, we will discuss several practical ways to promote a healthy lifestyle.

1. Eating a Balanced Diet: A healthy diet is the foundation of a healthy lifestyle. Eating a balanced diet, which includes a variety of fruits and vegetables, whole grains, lean proteins, and healthy fats, can provide the body with the essential nutrients it needs to function optimally. It is important to limit the consumption of processed foods, sugar, and unhealthy fats, as these can lead to chronic health conditions such as obesity, heart disease, and type 2 diabetes.

2. Regular Physical Activity: Regular physical activity is another important aspect of a healthy lifestyle. Physical activity can help to improve heart health, build muscle and bone mass, increase energy levels, and boost mental health. Aim to incorporate at least 30 minutes of moderate physical activity into your daily routine, such as going for a brisk walk, doing yoga, or playing sports.

3. Getting Enough Sleep: Sleep is an essential aspect of overall health and well-being. Getting enough quality sleep each night can help to improve mental clarity, boost mood, and enhance physical performance. Aim to get 7-9 hours of sleep per night and create a bedtime routine that helps you wind down and get the best sleep possible.

4. Managing Stress: Stress is a normal part of life, but chronic stress can have negative effects on both physical and mental health. To manage stress, it is important to engage in activities that help to reduce stress, such as meditation, deep breathing, exercise, or hobbies. It is also important to pri-

Promoting Healthy Lifestyles

oritize self-care and make time for activities that bring joy and happiness into your life.

5. Building Social Connections: Social connections play an important role in overall health and well-being. Having strong relationships with friends and family can provide support, reduce stress, and boost overall happiness. It is important to make time for social activities and to engage in meaningful conversa-

tions with loved ones.

6. Avoiding Harmful Habits: Harmful habits such as smoking, excessive alcohol consumption, and drug use can have serious negative effects on health. It is important to avoid these habits or to seek help if you are struggling with addiction.

In conclusion, promoting a healthy lifestyle is an important aspect of leading a fulfilling and productive life. By incorporating healthy

habits into your daily routine, such as eating a balanced diet, engaging in physical activity, getting enough sleep, managing stress, building social connections, and avoiding harmful habits, you can improve your overall health and well-being. Whether you are an individual, an organization, or a community, promoting healthy habits can lead to numerous benefits and contribute to a happier and healthier world.



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How To Integrate TMJ Disorder Into Total Healthcare

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It would be really great if your PCP (primary care physician) would recognize that in the process of doing the yearly exam for a patient, they should consider looking at the TMJ

(temporomandibular joint). It really would only take a few seconds to see how big the person can open their mouth and to palpate the jaw joints for any popping or clicking. If the patient does not open very big, and the jaw joints sound like Jiffy Pop popcorn on the stovetop, then there is likely a TMJ problem that should be dealt with.

Another part of TMJ screening is to just ask the patient if they are having any headaches, neck or back pain, and perhaps sleep issues. All these problems potentially come from slipped discs in the jaw joints. A simple MRI would help diagnose what is going on. The problem is that a good MRI may not be that easy to come by. Unfortunately, a proper MRI of the jaw joints



Jeffrey L. Brown, DDS

has been somewhat elusive for some reason. Too many times the dentist or MD gets a report back saying the discs all look fine and there is no displacement, yet this does not correlate well with their symptoms of pain. Perhaps the MRI center just does not do these types of studies all that often, so they are not familiar with positioning the patient in the machine or how to read the results.

Another part of TMJ screening is to just ask the patient if they are having any headaches, neck or back pain, and perhaps sleep issues.

As you can well imagine, getting the right imaging is not all that easy. This is probably why most MDs do not order this imaging when a patient reports head and neck pain. Did you know that if the jaw joint discs are out of place, then this can cause severe pain in the head/neck region? It most certainly can. This may be the reason why it will mostly be the dentist who can identify the TMJ problem, but from there finding the right specialist to diagnose the problem can get a little tricky. Even if the regular dentist orders an MRI due to the suspicion of a TMJ problem, if that MRI is not done just right, the diagnosis can be easily missed.

What we really need is more awareness of the problems that the TM joint can cause and make more MDs and dentists aware of the need for proper diagnostic tools. You can't just order an MRI and hope they find the problem. The doctor- whether dentist or MD- really needs to know a little about what TMJ disorder is all about, but then have a go-to person who can really dive into the details and figure out the problem.

This "awareness" is slowly happening in the professions, albeit a bit too slowly. The physicians are becoming more aware of the TMJ specialist, and the dentist are figuring out that is really not as easy as they thought and the specialist is the way to go.

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

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

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



Jeffrey L. Brown, DDS

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



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Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

Volunteers Being Sought

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

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

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

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

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

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

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

Volunteers Being Sought

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

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

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



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



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

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

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Fairfax Clinic

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Fairfax, VA 22031

hello@re-cognitionhealth.com

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

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

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By Judy Yu, DMD, MBA
Dental FX

Zoom teeth whitening is a popular in-office teeth whitening treatment that has been proven to be highly effective in lightening the color of teeth. It is a quick and safe treatment that can give you noticeable results in just one session. In this article, we will discuss what Zoom whitening is, how it works, and what you can expect from the procedure.

What Is Zoom Whitening?

Zoom whitening is an in-office teeth whitening treatment that uses a special light and a hydrogen peroxide-based gel to whiten your teeth. The procedure is performed by a dental professional and typically takes around 45 minutes to an hour. The Zoom whitening system is designed to remove stains and discoloration from your teeth caused by factors such as coffee, tea, wine, tobacco use, and aging.

How Does Zoom Whitening Work?

The Zoom whitening procedure is relatively straightforward. The first step is to clean your teeth to remove any debris or plaque that may be present. After that, a special gel is applied to your teeth. This gel contains hydrogen peroxide, which is the active ingredient that breaks down the stains and discoloration on your teeth. Once the gel is applied, a special light is used

Please see "Brighter Smile," page 62



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

Pain Management Techniques and Therapies

forms of pain management, there are also newer, cutting-edge therapies that are being developed and studied. One example is spinal cord stimulation, which uses electrical impulses to block pain signals from reaching the brain. Another example is the use of regenerative medicine therapies such as stem cell therapy, which may be able to repair or replace damaged tissue and help to reduce pain.

It is important to note that pain

management is not a one-size-fits-all approach, and what works for one person may not work for another. It is important to work with a healthcare provider to find the right combination of therapies that work for you. It is also important to set realistic goals and to be patient with the process of managing pain, as it can take time to find the right plan.

Pain management is a complex and multifaceted field that involves a wide range of different treatment op-

tions. Medication, physical therapy, psychological therapies, and alternative therapies can all be effective for pain management, but it is important to work with a healthcare provider to find the right combination of therapies that work for you. Patient education is also an important aspect of pain management, as it can help individuals to make informed decisions about their care and to work with their healthcare provider to develop a treatment plan that is tailored to their individual needs.

Pain management is a complex and multidisciplinary field that aims to alleviate the suffering caused by pain and improve the quality of life of individuals who experience it. Pain can be caused by a wide range of conditions, including injury, surgery, cancer, and chronic health conditions such as arthritis and back problems.

There are several different approaches to pain management, including medication, physical therapy, psychological therapies, and alternative therapies. Medications are often the first line of treatment for pain, and there are several different types available, including over-the-counter pain relievers, prescription painkillers, and adjuvant medications (medications that are used in addition to the primary pain medication).

Physical therapy can also be an effective form of pain management, as it can help to improve muscle strength and flexibility, increase range of motion, and reduce inflammation. Common physical therapy techniques include exercise, massage, and heat or cold therapy.

Psychological therapies can also be an important aspect of pain management, as they can help to reduce anxiety, depression, and stress, which can exacerbate pain. These therapies may include cognitive-behavioral therapy, biofeedback, and mindfulness-based interventions.

Alternative therapies, such as acupuncture, chiropractic care, and yoga, are also commonly used for pain management. These therapies are based on different principles and may not be as well-studied as traditional forms of pain management, but they can be effective for some individuals.

Another important aspect of pain management is patient education. It is important for individuals who experience pain to understand the nature of their condition and the different treatment options available to them. This can help them to make informed decisions about their care and to work with their healthcare provider to develop a treatment plan that is tailored to their individual needs.

In addition to these traditional

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A Reason To Smile Again

All-on-Four Dental Implants

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

Can just four implants replace all
of the teeth on the top or the bottom
of your mouth? Thanks to advances in

dental implant technology, that answer
is a resounding yes.

Believe it or not, tooth loss is extremely common among adults, especially as we age. In fact, more than 35 million people in America are missing all of their upper and/or lower teeth. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called "all-on-four" dental implant restoration.

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

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

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



Sivakumar Sreenivasan, DMD, MDS

precisely placed implants on the top of your mouth, and four on the bottom, to restore your full smile. That's the beauty of the all-on-four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

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

Please see "All-On-4," page 63

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Lose Weight and More With Nutritional IV Therapy

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

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

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

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

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

IV Therapy For Weight Loss

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

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

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

really benefit from, right?

IV Therapy To Recover From Exercise

To minimize pain and recovery after intense exercise many athletes are now enhancing their game with an IV serum that increases their sports performance, fights dehydration, and aids in the recovery process. When it comes to recovery, the faster an athlete can hydrate, the better. IV therapy by-

passes the GI tract allowing rehydration to happen at a much faster rate than by drinking water or Gatorade alone. The drip goes directly into the bloodstream, and this gives you the edge you need to come out on top every time.

IV Therapy For Immune Boost

Okay, we get it, everybody is sick of hearing about COVID this, and Delta strain that, right? But the fact is the threat is still there – vaccinated or

not. Give your body, and your immune system, the advantage it really needs right now. Various customized IV drips are available to help boost your immune system and overall health. They include a blend of IV fluids, vitamins, and antioxidants to cleanse your body and supercharge your immune system to fight off illness, which would be a good thing for just about all of us at this particular moment in time.



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Hormone Therapy Combats Wrinkles

Submitted by New Day Vitality
Hormone Center

As if hot flashes and mood swings weren't enough, the Journal of Gynecological Endocrinology states, "there is a strong correlation between skin collagen loss and estrogen deficiency due to menopause."

Collagen is the protein that provides structural support for the skin and is responsible for skin elasticity. In the first five years after menopause, women's skin loses about 30% of its collagen. The skin becomes more fragile and susceptible to trauma.

Around age 50, the pH level of women's skin also changes, resulting in skin that's more sensitive, leading to rashes and easily irritated skin. Wound healing also is impaired in older women. But most concerning, after menopause, women's risk of skin cancer rises.

The good news: skin is estrogen responsive. Several studies support the antiaging properties of estrogen

replacement therapies in postmenopausal women, says Gynecological Endocrinology, the official journal of the International Society of Gynecological Endocrinology.

"Systemic and topical estrogens appear to have positive effects on hormonal aging, increasing skin collagen content, thickness, elasticity, and hydration," says the American Journal of Clinical Dermatology (AJCD), in Estrogen and Skin, an overview of relevant studies.

The same article also says that women receiving hormone replacement therapy have higher levels of sebum – an oily, waxy substance that coats, moisturizes, and protects your skin.

Estrogen therapies may also improve wound healing and reduce the incidence of wound complications. In fact, "topical estrogen has been found to accelerate and improve wound healing in elderly men and women," says the AJCD.

Please see "Wrinkles," page 65

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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 comfortably in the office, involves local anesthesia, after which the offending portion of the nailplate is removed – right

Please see "Ingrown Nail," page 62

Aging Gracefully What You Can Do About It



By Alan Weiss, MD
Annapolis Integrative Medicine

Time marches on and there is not anything we can do about that. But there is a difference between chronological age (how many years you've been on the earth) and biological age. Another way of thinking of biological age is how old (or young) you look and feel for your age. And while nothing beats having good genes, there are definitely steps you can take to avoid or slow down the ravages of time.

First and foremost is getting good restorative sleep. Over time we develop habits and patterns of sleep that may not promote health. Poor

sleep quality negatively impacts our brain health, immune system and cardiovascular health and is a major risk factor for developing dementia. The onset of menopause and its male equivalent "andropause" are notorious for causing sleep disruption. Overuse of caffeine, cutting back time allotted for sleep, using medications and alcohol to get to sleep, and not diagnosing or even ignoring medical sleep disorders such as sleep apnea are all issues to consider and to discuss with a physician,

Next is diet. As we get older we become less able to manage sugar and easily digested simple carbohydrates as found in breads and pastas, as well as other grains and some fruits. We tend to become somewhat insulin resistant, which creates a vicious circle of obesity causing more insulin resistance and inflammation, etc.

Many people who are overweight, inflamed or just don't feel well find that they really are just eating too many calories or simply the wrong kind. Educating yourself on the right

Please see "Gracefully," page 62



Howard Horowitz, DPM
Medicine & Surgery of the Foot

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The Mighty Egg



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

These initial cells develop into the primary egg cell that are rapidly multiplied to 6-7 million egg cells by the time the embryo is five months old. The fascinating part about the human egg is that the vast majority of eggs die before a child is born.

Have you ever wondered why the egg has to be so large?

It is the grandmother of all cells. It is like an acorn that yields the mighty oak tree! It acquires its gigantic size during its stage of quiescence after a child is born and before puberty.

During this stage it builds up and acquires all the necessary ingredients as well as a store house of mitochondria aka the nuclear power house that provides the burst of energy necessary for cell division.

The genetic content of the human egg is responsible for directing the path of development after the egg has been fertilized by the human sperm. This fertilized egg has to undergo a process of rapid cell division within the space of only a few days. The energy required for this process is enormous. This

The human egg (aka oocyte) is the largest cell in the human body. It has the largest cytoplasmic content yet only half the DNA of a regular (somatic) cell. It is about 100 microns or 0.1mm, roughly the diameter of a hair strand. For comparison the human red blood cell is 6-8 microns. Compared to the human sperm, the egg is 10 times larger. Have you ever wondered why the egg has to be so large?

The human egg is derived from approximately 1,000 precursor cells found in the hind gut of the human embryo.

Please see "Mighty Egg," page 65

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Unlocking the Power of Semaglutide

The Revolutionary Medical Weight Loss Solution

Submitted By
Luminox Healthcare Services

Medical weight loss has become a growing concern for many individuals struggling with obesity. Semaglutide, a medication initially developed to treat type 2 diabetes, has recently shown promising results in aiding weight loss efforts. In this article, we will explore the mechanism of action of semaglutide and its effectiveness in promoting weight loss.

Semaglutide is a glucagon-like peptide-1 (GLP-1) receptor agonist, which means it mimics the function of the naturally occurring hormone GLP-1 in the body. GLP-1 is released by the intestines in response to food intake, and it helps regulate glucose metabolism by increasing insulin secretion and decreasing glucagon secretion. In addition, GLP-1 slows down the emptying of the stomach, making people feel fuller for longer periods of time.

Semaglutide works by binding to GLP-1 receptors in the brain, liver, pancreas, and other tissues, mimicking the effects of GLP-1. By doing so, it helps regulate appetite, reduce food intake, and increase feelings of fullness. Additionally, semaglutide has been shown to have other beneficial effects, such as improving insulin sensitivity and reducing inflammation.

In recent clinical trials, semaglutide has shown impressive results in promoting weight loss. One study, published in the *New England Journal of Medicine*, found that participants who received semaglutide injections once a week lost an average of 15% of their body weight over a 68-week period. This is in contrast to the control group, which only lost an average of 2.4% of their body weight. Another study, published in *The Lancet*, found that semaglutide was more effective in promoting weight loss than liraglutide, another GLP-1 receptor agonist.

Semaglutide is typically administered as a once-weekly injection, and it is recommended for use in combination with a reduced-calorie diet and increased physical activity. It is important to note that semaglutide is not a magic bullet for weight loss and is not suitable for everyone. Individuals with a history of pancreatitis, thyroid cancer, or a family history of medullary thyroid cancer should not

take semaglutide. It is also not recommended for use during pregnancy or breastfeeding.

Like any medication, semaglutide has potential side effects. The most common side effects include nausea, vomiting, diarrhea, and constipation. However, these side effects are usually mild and tend to subside after a few weeks of treatment. It is also important to note that semaglutide can affect blood sugar levels,

and individuals with diabetes should monitor their blood sugar closely while taking this medication.

To sum up, semaglutide is a promising medication for individuals struggling with obesity. Its mechanism of action, which mimics the function of GLP-1, helps regulate appetite, reduce food intake, and increase feelings of fullness. Clinical trials have shown that semaglutide is more effective in promoting weight

loss than other GLP-1 receptor agonists and can lead to significant weight loss when used in combination with a reduced-calorie diet and increased physical activity. However, it is not a magic bullet for weight loss and is not suitable for everyone. As with any medication, individuals should discuss the potential benefits and risks of semaglutide with their healthcare provider before starting treatment.



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Keeping Maryland Residents Connected

By Maryland Relay/
Telecommunications Access of MD

Imagine how different your life would be if you were unable to use a telephone to keep in touch with family or friends, make appointments, or conduct business. This is a challenge faced by millions of people who are deaf, hard of hearing, late-deafened, DeafBlind or have difficulty speaking.

According to the Hearing Loss Association of America, 20% of adults in the United States live with some degree of difficulty hearing. For those over the age of 65, one out of every three people can benefit from Maryland Relay services.

Maryland Relay is a free public service that makes it possible for people who have difficulty hearing or speaking to place and receive telephone calls. Accessible anywhere in the state by dialing 7-1-1, Maryland Relay provides a wide array of services to meet the diverse needs of its users, including:

- Traditional Relay (TTY) for those who are deaf, hard of hearing, late-

deafened or have difficulty speaking. Also known as a text telephone, a TTY has a keyboard, which allows the user to type his/her side of the conversation, and a text screen to read the other person's responses.

- Hearing Carry-Over (HCO), Speech-to-Speech (STS), and Visually Assisted STS for those who can hear clearly, but have difficulty speaking or being understood over the telephone. With HCO, the user types his/her side of the conversation on a TTY or HCO phone. With STS, the user speaks with his/her own voice, and a Maryland Relay Operator revoices everything he/she says, as needed, to the other person. With Visually Assisted STS, Maryland Relay Operators are able to use both speech and visual cues to facilitate conversations for users via a live video connection.
- Voice Carry-Over (VCO) for Relay users who have difficulty hearing but prefer to use their own voice in phone conversations. VCO callers use a VCO phone or TTY to speak to the other person while a Maryland Relay Operator types the other person's response.
- Captioned Telephone, which allows users who are hard-of-hearing to read captions of phone conversations while they listen to what the other person says.
- Remote Conference Captioning (RCC), which provides captions of what all participants are saying during conference calls.
- Braille TTY for Relay users who are DeafBlind. A Braille TTY includes a keyboard, which allows the user to type his/her side of the conversation, and a Braille display for reading the other person's responses.

In addition to the services available through Maryland Relay, people in Maryland who have difficulty using a telephone may also qualify for assistive telecommunications equipment, provided by the State through the Maryland Accessible Telecommunications (MAT) program. Qualified MAT program applicants must meet specific financial requirements and will participate in a free evaluation to ensure they receive the best equipment for their individual needs.

If you, or a loved one, have difficulty hearing or speaking over the phone, there are services and equipment available to keep you connected. To learn more about Maryland Relay and the MAT program, please visit mdrelay.org.

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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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Chiropractic Care For Your Child



By Alicia Kovach, DC
Kovach Chiropractic

Today, we find that parents are bringing their children to chiropractors for day-to-day health concerns. We're all familiar with allergies, bed-wetting, asthma, colic, ear infections, stomach-aches, sore throats, colds and, the other one-hundred and one ailments that children experience as they develop.

The purpose of chiropractic is to remove any interference that may be occurring to the natural healing pow-

er running through the body. It is important to understand that the doctor of chiropractic does not treat specific diseases or conditions. The knowledge and expertise of a chiropractor is used to check the child's spine for misalignments that impair the nervous system function, therefore, affecting the overall body function.

Oftentimes chiropractors are asked if the chiropractic adjustment hurts the child. The answer is no. Chiropractors specializing in pediatric care use very specific and gentle techniques to care for children. On the very young, the adjustment is as light as a finger touch and often not noticed by the patient.

Parents of children who have received regular chiropractic care report seeing improved behavior and attitude, improved sleeping habits, and an overall improved immune system. Chiropractic care for children offers your family a solid foundation for wellness. Throughout

Please see "Chiropractic," 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 disorders 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.

Please see "Obesity," page 63



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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 per-

manent 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

Please see "Permanent Cure," page 63

Minimally Invasive Foot Surgery

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Dr. Burton J. Katzen, DPM

Fellow, American Academy of Ambulatory Foot and Ankle Surgery
President, Temple University School of Podiatric Medicine Alumni Board
Director, Annual Alumni Surgical Seminar TUSPM
Vice President and Board Member American Academy of Ambulatory Foot and Ankle Surgeons
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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



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4 Things To Know About the TeethXpress Dental Implant Procedure

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Receiving a new smile through full-mouth implants is 100% possible. This is achievable in just one day. Through the process of pre-treatment planning, a TeethXpress team of highly skilled clinicians can make this possible.

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

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

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

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

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

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

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

Just be careful and follow the advice of your dentist.

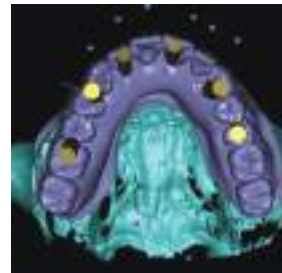
3. The difference between whole-mouth and All-On-4®

The All-On-4 dental implant pro-

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

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

The good news is that even when a surgeon determines that five or six implants (instead of four)



A 3-Dimensional Cone Beam CT scan along with an intraoral digital scan of the patient's dental arches, is used to virtually plan a precision surgical guide for implant placement.

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

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

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



“Implants are less expensive over the course of a lifetime!”

Kristie

Contact Dr. Bryant Today To Find Out If the TeethXpress Procedure Is Right For You!

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Chinese Acupuncture For Infertility



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

Chinese acupuncture is a traditional Chinese medicine (TCM) practice that has been used for over 2,500 years. It involves inserting fine needles into the body's specific points to stimulate energy flow and promote healing. Acupuncture has been known to help relieve pain, reduce stress, and improve overall health. In recent years, acupuncture has also gained popularity as a complementary treat-

ment for infertility.

Infertility affects millions of people worldwide, and in China, it is estimated that 10-15% of couples experience fertility problems. Chinese acupuncture for infertility is a holistic approach that aims to balance the body's energy and restore reproductive health. It is based on the principles of TCM, which views infertility as a disruption in the body's energy flow.

Acupuncture for infertility involves inserting fine needles into specific points on the body, which are believed to regulate the flow of energy and blood to the reproductive organs. The needles may be left in place for up to 30 minutes, during which time the patient may feel a tingling or warming sensation.

Research suggests that acupuncture can help improve fertility by regulating hormone levels, increasing

Please see "Infertility," page 62



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Probating an Estate

Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

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

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

What Is Involved In

Probating an Estate?

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

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

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

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

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

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

Do I Need an Attorney?

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

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

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

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

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Over-the-Counter Hearing Aids (OTC)

Submitted by
Montgomery County SHIP

Over-the-counter (OTC) hearing aids are a new category of hearing aids that consumers can buy directly, without visiting a hearing health professional. These devices are intended to help adults with perceived mild to moderate hearing loss. Like prescription hearing aids, OTC hearing aids make sounds louder so that some adults with difficulty hearing are better able to listen, communicate, and participate fully in daily activities. In addition, OTC hearing aids are regulated as medical devices by the FDA.

OTC hearing aids are an alternative to prescription hearing aids.

You can buy OTC hearing aids directly in stores and online, where prescription hearing aids are not available.

OTC hearing aids are for adults with perceived mild to moderate hearing loss. If you have more severe hearing loss, OTC hearing aids might not be able to amplify sounds at high enough levels to help you.

OTC hearing aids are for adults 18+ who believe they have mild to moderate hearing loss, even if they have not had a hearing exam. For example:

- Speech or other sounds seem muffled.
- You have trouble hearing when you're in a group, in a noisy area, on the phone, or when you can't see who is talking.
- You have to ask others to speak more slowly or clearly, to talk louder, or to repeat what they said.
- You turn up the volume higher than other people prefer when watching TV or listening to the radio or music.

If you have trouble hearing conversations in quiet settings or have trouble hearing loud sounds, such as cars or trucks, noisy appliances, or loud music consult a hearing health professional. A hearing health professional can help you determine if a prescription hearing aid or other device can help you hear better.

Some ear problems need medical treatment. If you have any of the following, please see a licensed physician promptly:

- Fluid, pus, or blood coming out of your ear within the previous six months.
- Pain or discomfort in your ear.
- A history of excessive ear wax or

suspicion that something is in your ear canal.

- Episodes of vertigo with hearing loss.
- Sudden hearing loss or quickly worsening hearing loss.
- Hearing loss that has gotten more and then less severe within the last six months.
- Hearing loss or tinnitus (ringing) in only one ear, or a noticeable difference in how well you can hear in each ear.

Hearing loss significantly affects the quality of life. Untreated hearing loss can lead to isolation, and it has been associated with serious conditions such as depression, anxiety, low self-esteem, dementia, reduced mobility, and falls. Yet only one in four adults who could benefit from hearing aids has ever used them. Making hearing health care more accessible and affordable is a public health priority.

Leading experts in science, technology, and hearing health care have been working with researchers, health

professionals, and consumers to find safe and effective ways to improve access to hearing health care for adults. They suggested changing some regulations that studies showed were barriers to adults getting the hearing help they need. They also recommended that the FDA create guidelines and quality standards for OTC hearing aids.

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Diana Diggins, owner/Stylist

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Meet Diana Diggins:

With over 25 years of experience in the beauty industry, she has done it all! Diana specializes in hair color and has worked as a hair color educator and platform artist as well as a "behind the chair stylist".

She believes every hairstyle that walks out of the door should be of celebrity caliber.

As the owner of Halo Hair Care Studio, Diana and her team provide a modern and fun environment with a focus on guest service and lifting up our community through beauty, acts of kindness and charitable contribution.

The Halo team agree that while the finished product is important, equally so are the relationships that are built in the process.

The salon carries a broad range of hair care products - the "latest and greatest" as well as healthy and environmentally responsible beauty options to be able to offer guests the best results in the salon and at home.

Halo Hair Care Studio is a local, woman-owned business that is dedicated to "Exceeding Expectations and Serving Others".

Halo was established in 2014 by hairstylist, Diana Diggins.

She has worked locally in Southern Maryland since 2004.

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Meet Periodontist, Karl A. Smith, DDS, MS

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

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

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

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

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Graduate of Howard University College of Dentistry in Washington, D.C.

Completed General Practice Residency At Saint Elizabeths Hospital in Washington, D.C.

Served as a Civilian Dentist at Ft. Meade Army Base, Ft. Meade, Maryland

Served as Clinical Director at Oak Hill Juvenile Detention Center, Laurel, Maryland

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Silver Spring, MD

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info@age1dentist.com



Meet Claudia Williams Conerly:

Dr. Conerly is a Midwest native and grew up in Lansing, Michigan. Dr. Conerly attended Hampton University in Hampton, Virginia. After earning a Bachelor of Arts degree, she returned to Michigan and attended the University of Michigan, School of Dentistry. Upon graduation, she enrolled in an Advanced Education in General Dentistry program at Columbia University, College of Dental Medicine. For several years, Dr. Conerly practiced as a general dentist in medically underserved areas of New York, Michigan and Virginia. After becoming aware of the barriers to oral health care children encounter, Dr. Conerly returned to academia and completed specialty training in pediatric dentistry at Howard University. As a pediatric dentist, Dr. Conerly is now fully committed to helping children and their families obtain necessary dental care. Dr. Conerly currently lives in Silver Spring with her husband and two daughters.

Dr. Conerly is a Board Certified Pediatric Dentist and a member of the American Academy of Pediatric Dentistry, Maryland Academy of Pediatric Dentistry, American Dental Association, Maryland State Dental Association, and associate member of the American Academy of Pediatrics.

As both a mother of young children and a pediatric dentist, Dr. Conerly treats children with loving care and kindness. She understands parental concerns and tries to make each visit informative and comfortable.



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Meet Dr. Sreenivasan:

Dr. Sreeni came to the United States as an Oral and Maxillofacial Surgeon in the year 1990 and put himself through dental school again at Boston University and Oral and Maxillofacial Surgery residency at University of Medicine and Dentistry of New Jersey.

As an Oral and Maxillofacial Surgeon, Dr. Sreeni manages a wide variety of problems relating to the Mouth, Teeth and Facial Regions. He practices a full scope of Oral and Maxillofacial Surgery with expertise ranging from Corrective Jaw Surgery to Wisdom Teeth Removal. His passion is in implant surgery and he is well known for same day placement of implants following teeth removal be it for single teeth or a complete "makeover" (Smile in a day). He can also diagnose and treat Facial Pain, Facial Injuries and TMJ disorders and perform Bone Grafting and Sinus lift procedures.

Dr. Sreeni completed a residency in Anesthesiology at Mount Sinai Hospital, New York in 1994 and has worked as an Attending providing anesthesia services for children and adults in the ambulatory out-patient center of the hospital.

Dr. Sreeni is an Advanced Cardiac Life Support instructor with the Adventist group. He is also certified in Pediatric advanced life support and is very capable of handling emergencies that could possibly arise in the office. Dr. Sreeni's staff are trained in assisting with IV Sedation/General Anesthesia within our state of the art office setting. Patients are continuously monitored during and after surgery. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.

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Professional Memberships: Diplomate, American Board of Oral and Maxillofacial Surgery; Chief, Division of Oral and Maxillofacial Surgery at the new state-of-the-art hospital University of Maryland Capital Region Medical Center in Largo; Fellow, American Association of Oral and Maxillofacial Surgeons; American Dental Association; National Dental Association; Maryland Dental Association; Maryland State Dental Association; Southern Maryland Dental Society; Robert T. Freeman Dental Society. Certified by the American Board of Oral and Maxillofacial Surgery and the National Board of Dental Anesthesiology.

Additional: Presently a Clinical Assistant Professor at the University of Maryland School of Dentistry in the Department of Oral and Maxillofacial Surgery.

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Meet Yemi Adesanya-Famuyiwa:

Degrees, Training and Certificates: M.D. – Emory University School of Medicine, 1989. Residency in OB/GYN – Georgetown University, 1989-1993. Fellowship in Reproductive Endocrinology and Infertility – The National Institute of Health, 1993-1995. Graduated, Magna Cum Laude with a degree in Biological Sciences – Kent State. Board Certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology.

She is the founder of Montgomery Fertility Center, as well as the Associate Clinical Professor of Obstetrics and Gynecology at George Washington University School of Medicine and an attending physician at Holy Cross Hospital in the department of Obstetrics and Gynecology.

Practice Philosophy: Dr. Famuyiwa is at the forefront of providing state-of-the-art care based on emergent and ongoing new technologies and research. This is based on a philosophy to provide exceptional care in the most compassionate manner in order to achieve the best possible outcomes for her patients. Her work has been recognized by numerous awards.

Awards: Top Doctor in Washington-Baltimore in 2012. Castle Connolly Top Doctor every year since 2012 to 2022. Castle Connolly Exceptional Women In Medicine award every year since 2017 to 2022. Named one of *Bethesda* Magazine Top Doctors in 2019.



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She received her medical degree from Howard University College of Medicine and afterward completed a general surgery residency at Howard University Hospital in Washington, D.C. She subsequently completed a fellowship in Minimally Invasive and Bariatric Surgery at the Pennsylvania State University Milton S. Hershey Medical Center. She is Board Certified in General Surgery and has served as a Clinical Instructor both in Pennsylvania and Maryland, teaching surgical residents, fellows and medical students from the United States and abroad. Annually, she has welcomed both high school and college students to shadow her in the office and hospital. During the COVID-19 pandemic, in lieu of shadowing, she began to give virtual presentations to middle and high school students across the country, mostly from underrepresented backgrounds encouraging entrance into the medical profession.

Dr. Cook has served as a physician panelist in Town Hall discussions with the White House COVID-19 Health Equity Task Force and been featured on nationally syndicated radio shows and social media platforms as a proponent of increased access to care and health equity, discussing the social and political determinants of health in minority communities. She has worked with CareFirst of Maryland in connecting vulnerable populations to the COVID-19 vaccine. She continues to do numerous presentations and community work both in Maryland and around the US regarding vaccine hesitancy and advancing equitable healthcare.

Dr. Cook was born in Brooklyn, New York and raised in Trinidad and Tobago. She currently sits on multiple local, state, national and international committees focused on decreasing health disparities as it relates to people of African descent and LatinX communities. She has written legislation along these lines, presented to the State Medical Society House of Delegates and the American Medical Association. She is also on the MedChi Inclusion, Diversity, Equity and Advocacy Task Force for the State of Maryland. Dr. Cook has worked to modify harmful policies and given testimony in Annapolis, Maryland and on Capitol Hill in Washington, DC before the House and Senate. She is proud of her volunteerism and service, performing general surgery operations on medical missions to other countries as well, including Haiti after its devastating earthquake.

Her ultimate goal is equity for people of color, both in national and international settings.



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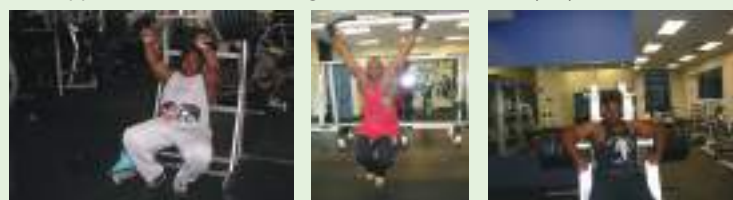
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Meet Janice Trent:

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

Education:

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

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

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

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



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MD, Temple Medical School, Philadelphia PA

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

Member of ILADS, International Lyme Associated Disease Society

Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

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

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Judy Yu, DMD, MBA

Zoom Whitening

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Meet Judy Yu:

Dr. Judy Yu is an artist with a passion for perfecting smiles and boosting confidence. She is a true advocate of education. Dr. Yu strives to educate herself and her team in our ever-changing field.

She attended the Temple University School of Dentistry in Philadelphia, PA, where she received her DMD and was honored in the Temple University Gallery of Success. Her undergraduate degree, a B.A. in Chemistry, was attained at Goucher College in Towson, MD, where she was a Dean's Scholar. She completed her Executive M.B.A. at Loyola University in Timonium, MD. Dr. Yu is currently a member of the American Dental Association (ADA), Maryland State Dental Association (MSDA), the Academy of General Dentists (AGD), the Maryland Academy of General Dentists. She served as the Public Information Officer on the board of the Maryland Academy of General Dentists (MAGD). Additionally, she is certified in Forensic Dentistry through the Armed Forces Institute of Pathology at Walter Reed Medical Center and has served on the Maryland State Committee for Oral Cancer Awareness. Dr. Yu served on The Anne Arundel County Oral Task Force aiming to increase access to care for the adult population.

She is committed to the overall health of her patients and works with her team to educate clients about the importance of oral care and how the pathology in the oral cavity is directly linked to one's general health, including periodontal disease and its relationship with heart disease.

A humanitarian at heart, Dr. Yu truly enjoys giving back to the community. She currently chairs the Northern Anne Arundel County Chamber of Commerce Health/Wellness Committee. Dr. Yu also chaired the McDonogh Parent Association's Parent Education Committee. She was involved with the Healthy Anne Arundel Coalition to "Make Health Happen." You will often find Dr. Yu volunteering for Missions of Mercy, donating dental services to the public or volunteering at her church by cooking for Heaven's Kitchen.

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

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

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

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

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

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

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

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Ebere Azumah, MD, MPH, FACOG is a Board Certified Obstetrician and Gynecologist trained DONA Doula whose interest is in high-risk Obstetrics, Perinatal Anxiety, and Mood Disorders, and providing holistic care to female patients to provide hope during their pregnancy to ensure care is individualized.

Dr. Azumah received her Bachelor of Science with a dual degree in General Biology and African American studies from the University of Michigan, Ann Arbor. She attended Wayne State School of Medicine in Detroit, Michigan for her Medical degree. She completed her Ob/Gyn training at Long Island Jewish Hospital in New York City, New York. She also completed her Master's in Public Health from Harvard T. H. Chan School of Public Health.

She is a Life and Executive Coach, an Organizational Consultant, Professional Speaker, Author, and Blogger. She has authored books: *Jonathan and the Hole in his Shoes*, and *The Warrior Women Project*. She is currently working on three other books that will be released soon.

Dr. Azumah has many interests but one mission is to empower and motivate people, especially the youths, to thrive and flourish as they journey through life.

Dr. Azumah is the Co-founder and President of Love Your Menses, Inc. a non-profit organization that provides menstrual equity to girls, menstruating youths, and women. Love your Menses, Inc. also empowers young girls and their parents to love their menses and their bodies during this important transitional period in their lives.

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Meet Dr. Harmon

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

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

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

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



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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Renee Bovelle, MD Ophthalmology



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Meet Dr. Bovelle

Board Certified, Ophthalmology
by the American Board of Ophthalmology

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

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

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

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

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

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

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

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

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

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

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

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

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

yhm.news/Happy-Hour-Yoga

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Tamara M. Strouth, DDS



New Patients Welcome

21875 Three Notch Road
Lexington Park, MD

301-863-7077

Meet Tamara M. Strouth:

Dr. Strouth grew up in St. Mary's County and after attending dental school at The University of North Carolina at Chapel Hill moved back home to the community she loves. She has been practicing at Lexington Park Dentistry for over 22 years. Dr. Strouth has a thirst for knowledge and personal growth to provide the best experience for her patients. She studies and consults with world-renowned healthcare professionals to provide the best care for our community.

In recent years, Dr. Strouth has found her passion in Infant Tongue Tie Releases, Airway Dentistry and Myofunctional Therapy. She is an ambassador for The Breathe Institute, a graduate of The Tongue Tie Academy and has completed the MyoMentor program for Myofunctional Therapy and the Airway Health Solutions residency.

Dr. Strouth strives to be an overall health advocate for her patients and works collaboratively with a network of professionals in various fields to make sure that their patients have the best care here in Southern Maryland. She specializes in Sleep Disordered Breathing in children and adults and provide solutions to airway health that focus on the root of the problem, not just a temporary fix or band-aid. Dr. Strouth's solutions and comprehensive care provide life-long health for her patients.

Lexington Park Dentistry is happy to provide complimentary consultations and welcomes referrals from other healthcare professionals and dentists.

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Vivek M. Amin, DMD



New Patients Welcome

21875 Three Notch Road
Lexington Park, MD

301-863-7077

Meet Vivek M. Amin:

Dr. Amin moved to Southern Maryland after graduating from Temple University School of Dentistry. He has been practicing at Lexington Park Dentistry for over 30 years. Dr. Amin takes pride in providing the most innovative dental technology and procedures by the extensive continuing education he invests in for himself and his team to provide the best possible care to his patients.

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Dr. Amin is a member of the ADA, AGD, MSDA, Patuxent Dental Society and the Bob Barkley Study Club. He enjoys taking time to give back to the community for all of the support he has received over the years. He has participated with Donated Dental Services (DDS) and Mission of Mercy, as well as a board member for the Strouth Scholarship Fund.

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Food Allergies and Pregnancy



By Thomas K. Lo, DC
Advanced Chiropractic Center

**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.

Also delaying the introduction

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.



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Over-the-Counter Medicines and Drug Interactions

Submitted by
Kensington Pharmacy

Every day, millions of Americans use over-the-counter medicines for relief from headache or arthritis pain, coughs and colds, flu, and upset stomach. These over-the-counter medicines are effective, widely available, convenient, and cost-effective.

It is important to treat all of your medicines seriously and read all of the instructions carefully. This can help you avoid problems that may occur with all medications, including over-the-counter medicines.

Drug-drug interactions happen when a drug interacts, or interferes, with another drug. This changes the way one or both of the drugs act in the body, or causes unexpected side effects. The drugs involved can be prescription medications or over-the-counter medicines. They can even be things like vi-

tamins and herbal products.

Sometimes when two drugs interact, the overall effect of one or both of the drugs may be greater than desired. For example, both aspirin and blood thinners like warfarin (Coumadin®) help to prevent blood clots from forming. Using these medications together may cause excessive bleeding.

Other times, the overall effect of one or both of the drugs may be less than desired. For example, certain antacids can prevent many medicines from being absorbed into the bloodstream. If this happens, the medicine may not work as well or it may not work at all.

Drug-food interactions happen when a prescription medication or over-the-counter medicine interacts, or interferes, with something you eat or drink.

Drug-disease interactions happen when a prescription medication or

Please see "Medications," page 63



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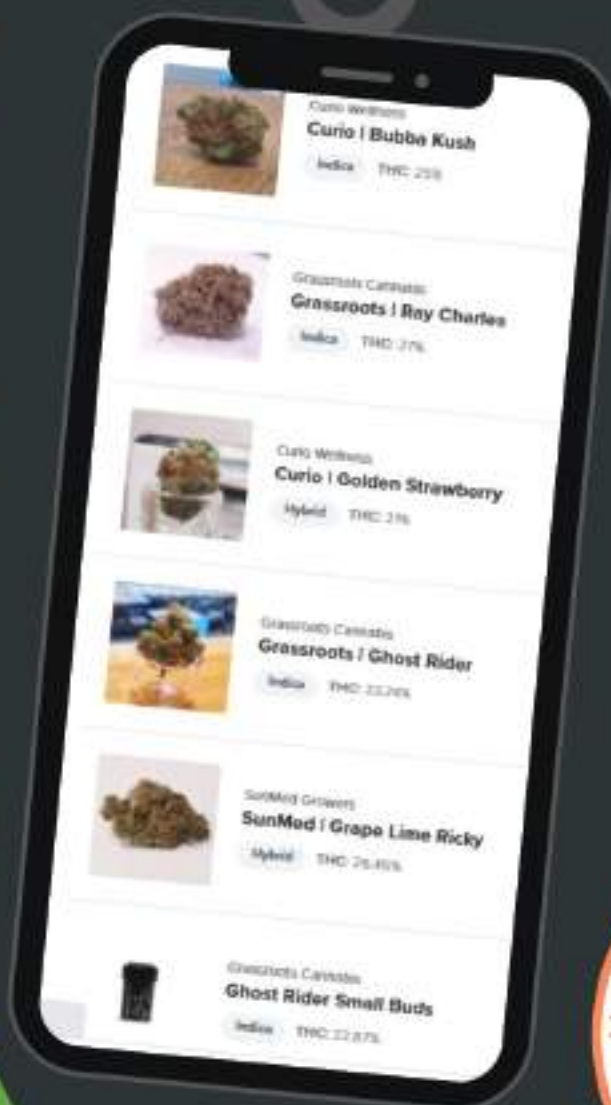
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By Ming Xu, LAc, DAOM
Monterey Institute of
Natural Medicine

Menopause is a natural process marking the end of reproductive years

How Acupuncture Can Help Menopause

in women, typically between ages 45 and 55. It's characterized by permanent cessation of menstrual periods and various symptoms that women may experience. Here are 15 common signs and symptoms of menopause:

- Irregular periods, • Hot flashes,
- Night sweats, • Mood changes, • Vaginal dryness, • Loss of libido, •

Fatigue, • Weight gain, • Joint pain, • Headaches, • Hair thinning, • Difficulty sleeping, • Brain fog, • Urinary incontinence, • Dry skin

Here are 15 explanations for why acupuncture may be effective in treating menopause symptoms:

Regulation of hormone levels: Acupuncture may help regulate hormone levels, including estrogen and progesterone, which can help relieve symptoms such as hot flashes, night sweats, and vaginal dryness.

Stimulation of endorphins: Acupuncture may stimulate the release of endorphins, which are natural pain-relieving and mood-boosting chemicals produced by the body.

Activation of the immune system: Acupuncture may help activate the immune system, which can help reduce inflammation and boost overall health.

Improved circulation: Acupuncture may help improve circulation to various parts of the body, including the ovaries, uterus, and brain, which can help relieve symptoms such as hot

flashes, mood changes, and headaches.

Reduction of stress levels: Acupuncture may help reduce stress levels, which can help relieve symptoms such as anxiety, insomnia, and mood changes.

Regulation of the hypothalamic-pituitary-adrenal (HPA) axis: Acupuncture may help regulate the HPA axis, which plays a role in regulating the body's stress response and hormonal balance.

Modulation of neurotransmitters: Acupuncture may help regulate neurotransmitters such as serotonin and dopamine, which are involved in regulating mood, sleep, and pain perception.

Activation of the parasympathetic nervous system: Acupuncture may help activate the parasympathetic nervous system, which is responsible for the body's "rest and digest" response. This can help reduce stress levels and promote relaxation.

Reduction of inflammation: Acupuncture may help reduce inflammation

Please see "Menopause," page 63

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Children's Health and Spring Time



By Janet V. Johnson, MD
Loving Care Pediatrics

For most children spring means more outdoor activities. For their parents, this means being extra vigilant to keep your child safe and healthy. Learning about spring allergies and using insect repellents safely can help you keep your child healthy and safe during the season.

Allergies

Allergies can cause your child to have a lot of sneezing, along with a clear runny or stuffy nose, itchy and watery

eyes and a cough, especially when they have spent a lot of time outside playing.

Allergic rhinitis or hay fever may be due to outdoor allergens, such as tree pollens, grasses and weeds and is a common problem in infants and children. Allergic rhinitis symptoms usually occur during certain times of the year for children. Other children may have perennial allergies, with problems occurring year round from exposure to indoor allergens, such as dust mites, pets, second hand smoke and molds.

Having uncontrolled allergies can put your child at risk for getting a secondary sinus infection, ear infections, make asthma symptoms worse and for having poor concentration at school.

The best treatment for allergic rhinitis is to avoid what your child is allergic to by following prevention and environmental controls. Some medications that are used to control the symptoms of allergic rhinitis include decongestants, antihistamines and ste-

Please see "Spring Time," page 65

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Please see "Braces," page 65

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Poor Circulation In Feet



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

ment of the limbs, functioning of various organs, etc. Poor blood circulation is mostly found to occur in the extremities, especially the feet. Last month's article discussed causes and symptoms of poor circulation and peripheral arterial disease (PAD). This month we will focus on treatment and prevention.

Your podiatric physician can do a simple test to determine if you have Poor blood circulation/PAD. The test is called an ABI, or ankle-brachial index. It compares the blood pressure in your ankles with the blood pressure in your arm. If your ABI is abnormal, your podiatric physician may order other tests to determine the extent of your PAD.

PAD can be treated with lifestyle changes, medicines, and surgical procedures if necessary. Medical treatment options include:

- programs to stop smoking
- blood pressure control
- lowering cholesterol
- managing high blood sugar (diabetes)
- medications to prevent clotting

Please see "Circulation," page 65

Part Two: Treatment and Prevention

Poor blood circulation in the legs and the feet can cause various health problems. The buildup of plaque causes the arteries to harden and narrow. This condition, which is called atherosclerosis, results in a reduction of blood flow to the legs and feet and is commonly referred to as poor circulation.

Proper blood flow throughout the body is an indispensable requisition for a healthy life. The right amount of blood flow is needed for various bodily functions like move-

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Living With Heart Failure

How Supportive Care Helps



By Genevieve Lightfoot-Taylor
MSN, CFNP, ACHPN
for Chesapeake Supportive Care and
Hospice of the Chesapeake

gans. It is a serious, terminal disease, with an average life expectancy of five years. But we can extend those years and improve quality of life by managing the condition through medicine and lifestyle changes. Supportive care professionals can be that management team.

When diagnosed with CHF, we recommend you have supportive care, also known as palliative care, involved in your care. Supportive care professionals work with your specialists to help manage symptoms that come with heart failure. Symptoms like pain, shortness of breath, fluid retention, fatigue, anxiety, depression and more.

Supportive care also helps you and your family with difficult decisions throughout your journey with CHF. Together, you can prepare an advance directive that informs your medical team and family how you would like to live out your life. Having a detailed plan in place can ensure that if you don't want dialysis should your kidneys fail, that decision is honored. Or, if you're okay with dialysis, that decision is honored, too. The same goes with many important medical decisions – from invasive procedures to whether you want to be resuscitated or provided life support.

Supportive care is not hospice care which means you can still seek curative treatment. You can continue with all the medications and treatments you want, while simultaneously considering what you want when the time comes for the end-of-life care that hospice provides. It makes sense to have a plan in place with your family and caregivers.

If you are one of the six million Americans ages 20 and older living with CHF, supportive care can provide a much needed addition to your care plan. Our care focuses on the patient's wishes. The minute you're diagnosed with CHF is the right time to ask your cardiologist for a referral to supportive care. You will still be working with your cardiologist, and so will we. We are part of the team of experts working together to give you the best care possible while you are living with illness.

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CBD or THC?

How To Choose the Best Product For Pain Relief



By Sharron Sample, CEO
Dispensary Works

products for pain due to inflammation. In fact, patients popularly use CBD for arthritis to lessen their pain.

THC For Pain

THC is popular for patients with central and neuropathic pain and is ideal for patients with cancer, fibromyalgia, AIDS, and more who are looking for some relief.

Additionally, because THC offers a “high” to the patient, it can be a relaxing tool to help patients take their minds off of their pain and discomfort.

So, Which Is Best For Pain: CBD or THC?

The only way to determine which product is best for you is to seek the services of a physician who has experience working with patients who experience chronic pain.

Your doctor will be able to offer insights as to the best product for you to complement your medical treatment plan.

Experts in the science and production of cannabis as medicine are available at local dispensaries to help you select the best cannabis for your particular needs.

Both CBD and THC are known for their ability to help patients who are experiencing chronic pain find some relief. But, how do you know which product is best for you?

First, you want to speak with a doctor about your medical options to address your issue as neither CBD nor THC is a treatment for pain. However, your doctor may recommend marijuana as a tool to bring some relief to your daily life where applicable.

CBD For Pain

Many patients prefer to use CBD

NEW TECHNIQUES

FROM PAGE 7

the appearance of frowning even when happy.

Scars around the mouth due to acne or other skin problems become more noticeable as the skin ages and loses elasticity. We may also notice increased growth of coarse hairs on the upper lip and chin due to hormonal shifts. Adult acne can also worsen, especially after wearing a mask, causing deep, tender cysts around the mouth and chin.

What Can Be Done To Address These Concerns?

A new technique of lip rejuvenation, based on expert knowledge of facial anatomy, is to gently inject innovative, softer fillers like Volbella, Belotero or Restylane Silk, in combination with firmer fillers like Voluma, Restylane or Juvederm to support the chin and lower face. These fillers are all pure biosynthetic forms of the hyaluronic acid that's naturally present in the skin and gets lost with age. It's critical to use expert techniques, to restore lip volume and shape, precisely turn out the lip borders, and re-define

the Cupid's bow. This prevents lipstick bleeding and gives beautiful results.

With the right techniques, there is usually little or no swelling, regular activities can be resumed immediately, and the results looks completely natural. Injection of fillers with French cannulas instead of sharp needles is an advanced technique that can eliminate or minimize bruising.

Tiny amounts of muscle rebalancers (neuromodulators) like Botox, Dysport, Jeuveau or Xeomin can be injected virtually painlessly just beneath the skin to relax overactive muscles that pucker the skin around the mouth and turn the corners down. This highly skilled technique should only be performed by a very experienced dermatologist or plastic surgeon. It can dramatically improve appearance and help prevent lines and wrinkles from deepening.

What About the Neck and Jawline?

To get your jawline and neck in

Please see “New Techniques,” page 66



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Psychiatric Disabilities and Employment



By Joyce Abramson, RNMS
Charles County Freedom Landing

Employment, for most of us, has a practical and symbolic significance. Work is a mechanism used to provide basic needs of food, shelter, and clothing. Work often satisfies intangible needs as well. It offers structure, a way to meet people and an opportunity to

contribute to society.

Unfortunately, those labeled mentally ill have in many cases not been able to benefit from employment. Obstacles occur for this group both as individuals and in society. The unemployment rate among persons with severe psychiatric illness is estimated to be 85%.

There are employers who have a negative perception of work ability when a person experiences a mental illness. Many people fear or misunderstand symptoms of the illness.

The barriers on an individual level depend on the person's limitations and the demands of a specific work setting. While it is necessary to take caution with generalizations, certain areas of functional limitations can occur.

There may be difficulty with du-

Please see "Employment," page 65

Cosmetic Dentistry



Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

Who doesn't want to look their best? Who doesn't want a good-looking smile? Your family dentist is the key professional who can help you have a healthy bright smile you are happy with and others like to look at. Take the cosmetic dentistry self-assessment test.

1. Are my teeth as bright and white as I'd like them to be?
2. Are my teeth different colors?
3. Are my fillings and crowns showing their age? (And mine?)
4. Are my teeth uneven, crowded, overlapped, spaced, or crooked?
5. Are my gums healthy or are they bleeding or receding?
6. Are any of my teeth loose or missing allowing the remaining teeth to shift

position and changing my bite?

7. Do stains on my teeth refuse to come off with whitening toothpastes or even a hygienist cleaning and polishing?
8. Is my bridgework chipped, loose, or no longer match the other teeth?
9. Is my removable partial denture wearing out? Are the teeth chipped or worn? Does it fit as well as it used to?
10. Do I like my smile? Do others?

Your family dentist can offer many treatment options to help make your smile all it could be. Modern techniques, new and improved materials and advanced technologies can achieve superior results. All ages can be treated. Every smile can be improved.

Your unique situation and dental needs will be determined after your dentist does a comprehensive dental exam and has a face-to-face personal consultation and discussion to understand your special desires and expectations.

Cosmetic dentistry and total oral health are not totally separate nor is one always unrelated to the other. Some cosmetic procedures, i.e. whitening (bleaching) are mainly just that – for esthetics only – but other cosmetic procedures – orthodontics (braces, teeth straightening) have very significant ef-

Please see "Cosmetic," page 63



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- ☐ Auto or Work Injuries
- ☐ Radiculopathy
- ☐ Knee (Genicular) Pain
- ☐ Post Herpetic Pain
- ☐ Pelvic Pain
- ☐ Abdominal Pain
- ☐ Cervicogenic Headaches
- ☐ Osteoarthritis
- ☐ Spinal Cord Injuries
- ☐ Cancer Pain
- ☐ Failed Back Surgery
- ☐ Neuropathic Pain



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BACK SURGERY

FROM PAGE 7

pain doctor. With a full list of symptoms, they can begin to develop the most effective treatment plan to manage your pain. Treatments for post-laminectomy syndrome may include:

- Physical therapy
- Medications, such as NSAIDs or antidepressants
- Epidural steroid injections
- Spinal cord stimulation
- Radiofrequency ablation
- TENS therapy
- A mixture of these therapies

Interventional Treatments

Patients suffering from severe and chronic pain may benefit from more intensive forms of treatment.

One of the best options are epidural steroid injections. This type of therapy can provide significant pain relief. It's also minimally-invasive. Your doctor can perform it in an outpatient setting.

Spinal cord stimulation is another treatment that has been shown to

provide measurable pain relief. This treatment involves inserting a device that emits electrical impulses near your spine. This device sends out electrical impulses near painful areas. These impulses help control pain signal transmission from the spinal nerves, thereby reducing your pain.

Radiofrequency ablation is another treatment option. Studies have shown this treatment to be quite effective in more than 50% of cases.

Finally, another alternative, minimally-invasive treatment is transcutaneous electrical nerve stimulation (TENS) therapy. TENS units are small devices that are similar to spinal cord stimulation, except they go on top of the skin. Electrodes are placed on the skin's surface. These electrodes deliver a very small electrical stimulation to the affected area. Like spinal cord stimulation, this can interrupt pain signals.

If you need help with your lower back and neck pain, and think it may be caused by a previous surgery, it's time to find help.

OPEN MRI

FROM PAGE 8

your scan. This is especially important for patients who want the safety and security of a trusted family member with them during the procedure. Also a plus for older patients or those with dementia. Sedatives are usually unnecessary so you can go back home or work immediately after your scan.

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CHIROPRACTIC

FROM PAGE 25

pregnancy, birth, and childhood, the chiropractic lifestyle offers benefits for you and your children's greater health and well-being.

Children of all ages active in

sports, can also benefit from chiropractic care. It has played an important role in helping to minimize injuries and helps athletes perform at their peak level.

BRIGHTER SMILE

FROM PAGE 16

to activate the hydrogen peroxide and accelerate the whitening process. The light is applied for 15-minute intervals, and the gel is reapplied every time the light is turned on.

What Can You Expect From the Procedure?

Zoom whitening is a safe and effective procedure that can give you dramatic results in just one session. After the treatment, you can expect your teeth to be several shades whiter than before. You may experience some tooth sensitivity after the treatment, but

this is temporary and will subside within a few days. Your dental professional may recommend that you avoid certain foods and drinks for a few days after the procedure to ensure that the whitening results last as long as possible.

In conclusion, Zoom whitening is a safe and effective way to brighten your smile. If you are considering this procedure, talk to your dental professional to find out if it is right for you. With proper care and maintenance, your newly whitened smile can last for several months or even years.

INFERTILITY

FROM PAGE 28

blood flow to the uterus and ovaries, and reducing stress. Stress is known to have a negative impact on fertility, and acupuncture has been shown to help reduce stress levels in women undergoing fertility treatments.

Acupuncture can also be used in conjunction with other fertility treatments, such as in vitro fertilization (IVF). Studies have shown that acupuncture can increase the success rates of IVF by up to 65%. Acupuncture can help improve the quality of eggs, regulate hormone levels, and reduce the risk of miscarriage.

In TCM, infertility is believed to be caused by imbalances in the body's energy flow. The acupuncturist will use a combination of acupuncture, herbal medicine, and lifestyle changes to address these imbalances and promote reproductive health. The treatment will be tailored to the individual patient's needs, taking into account

factors such as age, overall health, and any underlying medical conditions.

Chinese acupuncture for infertility is a safe and non-invasive treatment that has been used for centuries. It can be an effective alternative or complementary treatment for couples struggling with infertility. However, it is important to seek treatment from a licensed and experienced acupuncturist who specializes in infertility.

Chinese acupuncture is an effective and holistic approach to treating infertility. It works by regulating energy flow, improving blood circulation, and reducing stress. Acupuncture can be used alone or in conjunction with other fertility treatments, such as IVF. If you are struggling with infertility, it may be worth considering acupuncture as a safe and natural treatment option.

GRACEFULLY

FROM PAGE 21

way to eat (versus the SAD – standard American diet) can be both enlightening and life-changing. One way to gauge your body's metabolic activities is to have your doctor check your c-reactive protein level to measure inflammation, and if blood sugar is an issue, consider having a glucose tolerance test and check insulin levels.

Evaluating and optimizing hormone status can be instrumental in maintaining youth. Areas to focus on are thyroid issues which can produce fatigue and dulling. A phenomenon called "adrenal fatigue" is becoming more recognized as a real issue and testing and treating this can make a big difference for people. Optimizing hormone levels in men and women (testosterone, estrogen and progesterone) can afford great changes in energy and vitality.

The health and functioning of our gastrointestinal tract is critical to our aging well. You simply cannot be well or age optimally if you have a digestive issue. Signs that you have a problem are chronic diarrhea, constipation, bloating, discomfort

with eating, heartburn or pain in your abdomen. While some people have very difficult issues to deal with like inflammatory bowel disease, many people are afflicted with what are called functional bowel issues such as small intestinal bacterial overgrowth and leaky gut that are easily remedied when under the right care.

Finally, working on maintaining and improving physical health is critical and if you don't do that chances are you will not age as well. The areas to focus on are cardiovascular/aerobic health, strength, balance, and flexibility. People often focus on one or two of these areas but not all. Putting in the time and effort (safely) will pay off; ignore this at your own peril! And for those of you waiting to feel like exercising, please consider that is unlikely to happen, so just do it anyway.

Being evaluated and treated by a doctor trained in functional and integrative medicine can support you in uncovering and treating issues that will then allow you to age gracefully and lead an active and fulfilling life as long as possible.

INGROWN NAIL

FROM PAGE 21

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.

MENOPAUSE

FROM PAGE 48

in the body, which can help relieve joint pain, headaches, and other symptoms.

Improved sleep quality: Acupuncture may help improve sleep quality and reduce insomnia.

Promotion of overall wellness: Acupuncture may help promote overall wellness and balance in the body, which can help improve quality of life.

Relief of joint pain: Acupuncture may help relieve joint pain, stiffness, and inflammation.

Support for emotional health:

OBESITY

FROM PAGE 25

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, stress incontinence, depression, and fibromyalgia.

PERMANENT CURE

FROM PAGE 26

with a diameter about the same size as a pen point. The bony structures are viewed during surgery by use of a Fluoroscope, so even though the incision is small, the surgeon can visualize the structures he/she is working on at all times during the surgery.

Unlike other surgeries, major factors associated with MIS are different. There is no hospitalization or deep general anesthesia required. The surgery is performed in a certified Ambulatory Surgical Center under local anesthesia with IV sedation administered by an anesthesiologist or a certified nurse anesthetist, so the patient will experience no pain before or during the surgery. Following the surgery, the patient will leave walking, be instructed to go directly home and remain off the foot other than ambulating to the bathroom for 24/48 hours. The recovery time, and post-operative pain, swelling, and risk of infection is usually diminished with MIS due to the small 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.

Acupuncture may help support emotional health and well-being, which can be particularly important during menopause when mood changes can be common.

Improved digestive health: Acupuncture may help improve digestive health and reduce digestive symptoms.

Reduced dependence on medications: Acupuncture may help reduce the need for medications to manage menopause symptoms, which can be particularly beneficial for women who prefer to use natural or alternative therapies.

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.

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

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

COSMETIC

FROM PAGE 56

fects on the overall health of your teeth, gums, and occlusion (bite) for a lifetime.

Most dental insurances do not cover cosmetic procedures. Dental insurance usually covers only things that are decayed, infected, or broken. Read your insurance coverage carefully and be prepared to pay out of pocket for uncovered cosmetic procedures. It is

definitely worth it to get a healthy, bright and appealing smile you are not ashamed of. Go the extra mile and see your family dentist for more than a cleaning and cavity check. Ask what modern cosmetic dentistry can do for you. Who doesn't want to look their best? A good looking smile can be yours with the help of your family dentist and other dental professionals.

ALL-ON-FOUR

FROM PAGE 18

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

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

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

Second, the dentist or surgeon will prepare your mouth for the implants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

Next, they will begin the implantation process. This means they will insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of

your mouth and two towards the back of your mouth so the "anchors" can evenly bare the force of the denture.

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

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

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

MEDICATIONS

FROM PAGE 46

over-the-counter medicine interacts, or interferes, with a disease or condition that you have. For example, decongestants, which are found in many cold remedies, may cause your blood pressure to go up. This may be dangerous for people with high blood pressure.

Your risk of having a drug interaction depends in large part on how many medicines you are taking. Fortunately most of these interactions can be prevented. By taking a few simple steps, you can protect your health and avoid serious problems.

Read the labels of all over-the-counter medicines. Look for the section called "Drug Interaction Precaution." If you don't see it, don't assume that no interactions will occur. Read all the information carefully to be sure.

Tell all of the doctors and pharmacists you visit about all of the prescription medications and over-the-counter medicines you use. Use a Personal Medication Record to write down information about the medicines that you use. Be sure to include those you take every day as well as

those you use only once in a while. If you use vitamins or herbal products, be sure to write them down, too.

Before taking any new medication, talk to your doctor or pharmacist. Ask whether it is safe to take the new medicine with other prescription medications, over-the-counter medicines, vitamins, or herbal products that you are taking. Ask if there are any foods, drinks, or medications you should avoid while taking the new medicine. Never use prescription medicines that belong to another person, even if that person seems to have the same health problem you have.

Ask your doctor or pharmacist for advice on over-the-counter medicines. Your doctor or pharmacist will help you choose the medicine that best meets all of your health needs. If you can, buy your over-the-counter medicines at the same pharmacy where you have your prescriptions filled. That way, the pharmacist can check your records to see if the over-the-counter medicines you buy could interact with the prescription medications you take.



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

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

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

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

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

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WRINKLES

FROM PAGE 20

Currently, hormone replacement therapy is used primarily for treating hot flashes, vaginal dryness, sleep disturbances and osteoporosis. But a positive effect on aging skin is a serious bonus! And, according to Gynecological Endocrinology, there is potential for targeted estrogen replacement as a therapeutic option

for long-term skin management in postmenopausal women.

The bottom line: you can feel better, live better and even look better with the help of bioidentical hormone replacement therapy. For more information about the many benefits of hormone replacement, talk to a bioidentical hormone specialist today.

SPRING TIME

FROM PAGE 48

roids. Prescription allergy medications include the newer, non-sedating antihistamines and topical steroids.

To be effective, your child should be using these medications every day. They will not work as well if just used on an as needed basis.

If your child does not improve with these interventions, then their doctor will consider having your child see an allergy specialist for skin testing to figure out what your child is allergic to and to possibly start immunotherapy injections (allergy shots).

Safe Usage Of Insect Repellents

Many safe and effective insect repellents are available that you can use to protect your child, including those that use DEET, citronella, or soybean oil. Remember to only

use products that are approved for children, follow the manufacturer's instructions and wash off the insect repellents when you return indoors.

Insect repellents with DEET are probably the best and most commonly used. DEET is absorbed through your child's skin, and it is generally safe as long as the product has less than 10% DEET. So you may consider limiting how much you put on younger children, wash it off as soon as possible, and apply it more to clothing than skin.

DEET insect repellents are effective for several hours, they do wash off with water and sweat, and you should reapply them to be most effective but always follow the product's instructions to be safe.

DISABILITIES

FROM PAGE 56

ration of concentration, screening out environmental stimuli, managing time pressures and deadlines, initiating interpersonal contacts, and responding to negative feedback.

Although there are some barriers, many people successfully pursue employment. Some obstacles can be eliminated or reduced with simple workplace accommodations. Minor work modifications in work patterns or interpersonal communication can make a tremendous difference in utilization of job skills.

Often these modifications are very simple and may be free. Included are some examples to illustrate this point. Arranging for work requests to be in writing if verbal instructions are difficult; providing positive feedback along with comments for needed improvements and permitting flexibility in scheduling once or twice a month to permit attendance at doctor's or

therapy appointments are examples of workplace accommodations for persons with a psychiatric diagnosis. Another service is available through many programs. Following an assessment of a person's skills and interests, supported employment services provide a job coach.

When the person has the skills to work, and an appropriate job is available, the person applies for the position. If hired, the job coach can help with the transition into the workforce.

As the person becomes more comfortable with the job, the job coach reduces involvement. This is still an option that may enhance the opportunity for the employee to sustain successful employment.

Other people will need no special workplace modifications or supported employment. They will perform well with support from family and friends who say job well done.

MIGHTY EGG

FROM PAGE 22

process is fueled by the store house of energy accumulated in the egg.

As a matter of fact, the entire orchestra of events that occurs before the

human zygote's own DNA can take over the process of division, is regulated by the RNA contained in the human egg.
Originally published on Medium.com

BRACES

FROM PAGE 50

initial diagnostic records, the solutions will be more general than specific. If treatment is deemed necessary, the next step is diagnostic records. These consist of 2-3 different types of current X-rays such as a full mouth series of periapicals, a panoramic X-ray, and a cephalometric X-ray, intra-oral/extra-oral photos, oral examination, impressions and bite registration of your teeth and jaw alignment.

Once the diagnostic records are completed, the orthodontist will ana-

lyze and evaluate them to develop a detailed, customized treatment plan with any additional options you may have available and explain the advantages, disadvantages and limitations of each plan.

You and your orthodontist will discuss a personalized plan of action that can improve your smile, looks, self-esteem and function. Your dentist will be kept informed of your treatment so that all of your dental professionals are working towards the same goals.

CIRCULATION

FROM PAGE 50

- healthy diet and
- exercise programs

A variety of surgical treatment options are available depending on the location and severity of the artery blockage. Your podiatric physician can refer you to the appropriate specialist for these procedures. Poor circulation in feet is something that seems very minor, but should not be ignored if the problem persists. If the symptoms are severe and/or persistent, you must consult your doctor immediately. Take care to stay warm and

avoid being immobile for longer periods of time. Proper and timely treatment can address this problem and prevent further complications.

When to Visit a Podiatrist

Do not ignore leg pain. It is important to discuss any leg or thigh pain that you are having with your podiatric physician since it could be a warning sign of a serious disease such as PAD.

Early detection of PAD can offer an opportunity to treat risk factors that can slow the progression of the disease and decrease the chance of heart attack and stroke.



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NEW TECHNIQUES

FROM PAGE 54

shape, one important laser for summer is Ultherapy, which non-surgically lifts and re-contours the jawline and neck, cheeks, and brows in just one session with no down time. Ultherapy can also lift buttocks, knees, arms, chest skin and other sagging areas. The Exilis Ultra is a revolutionary laser that combines ultrasound with radiofrequency to remove fat and tighten skin at the same time in areas such as the jawline, arms, abdomen, waistline, buttocks, thighs and other areas. Exilis Ultra is painless and has no recovery time. It can be combined with laser resurfacing to improve wrinkles, discolorations and scars and tighten the skin, all with little or no down time. Exilis Ultra can also improve cellulite and stretch marks. Fraxel, CO2RE or eMatrix subablative fractional laser resurfacing, Vitalize and Rejuvenize chemical peels and the ViPeel remove sun spots and stimulate your skin to produce new collagen, fading wrinkles and scars and leaving your skin smoother, tighter and more radiant.

The newest treatment for acne, scarring and fine lines is to combine sessions of DermalSweep-MD, a medical-strength, aluminum-free skin exfoliation and hydration, with acne laser therapy. DermalSweep polishes your skin with different levels of medical exfoliation and infuses it with natural fruit acids, while laser therapy kills the bacteria that cause acne, giving you a longer-term solution.

The Gentle YAG (GentleMax Pro) hair laser is the most advanced and powerful method for rapid and painless removal of unwanted hair. It is safe and for skin of all types, from the very fairest to the very darkest. At the same time, it can also tighten skin and give a beautiful skin glow.

How To Get The Best and Most Natural Looking Results

For best results, trust your face and body to a board-certified dermatologist or plastic surgeon who is an expert in the latest techniques and understands how to combine and customize them to make you look and feel your best for summer.

Dermatologists, plastic, oculo-plastic and facial plastic surgeons are the only specialists recognized by the American Board of Medical Specialties as having achieved the appropriate level of training and qualifications to be performing cosmetic procedures.

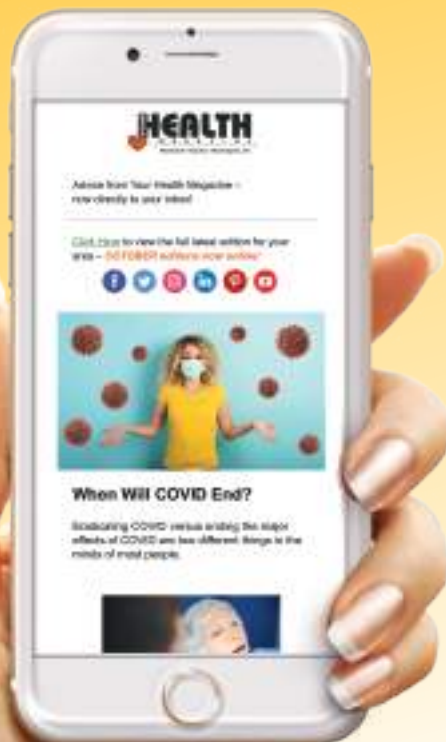
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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

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

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