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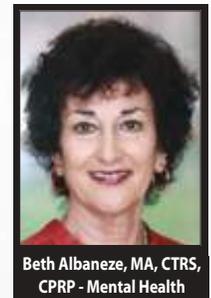
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DIRECTORY OF HEALTH PROFESSIONALS - PAGE 64

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Teeth With Gum Disease Need Proper Treatment, Not Extraction

By Harold Packman, DMD

Literally every day, people are having teeth extracted due to periodontal disease. They are told that they have deep pockets and that they are only going to get worse; that they need to extract the teeth before they lose all of the bone support.

This is untrue!

Here is a general rule: If your teeth are not too loose, they can be saved. The statement, "Once you have lost bone support it can't come back," is also untrue. We've seen bone come back numerous times. And if we get to the source of the problem, bone loss stops.

If you are told that you need to extract your teeth, you should make an appointment for a second opinion with a periodontist. **Periodontists are not all the same.** We have different philosophies, different methods of treatment. But we know how to save teeth. If you're not referred, you can go to a periodontist self-referred.

We are bombarded with commercials that say you can have all your teeth extracted, put in dental implants, and that is the

end of your problem. Unfortunately, those who lose teeth to periodontal disease also have a tendency toward periodontal disease around dental implants.

In our practice, we look at both sides of the equation, saving teeth vs. replacing teeth with

dental implants. And therefore, we, as periodontists, can help you make the best decision for your tooth or teeth, saving them or extracting them.

Wouldn't it be better to save your natural teeth, if at all possible? See a periodontist.



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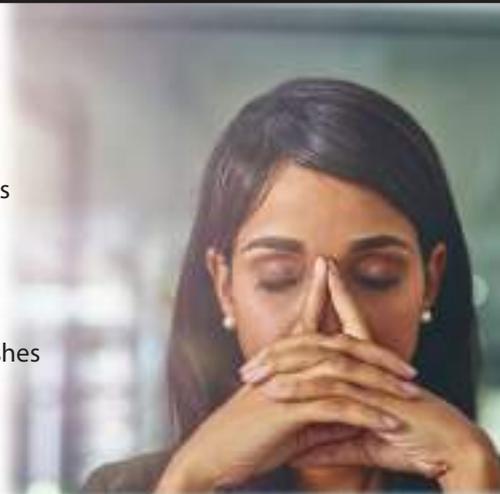
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Allergies, Sensitivities and Intolerances



By Thomas K. Lo, DC
Advanced Chiropractic Center

immune system triggers IgE antibodies to bind with a food protein (the allergen). This is believed to activate cells throughout the body to release large amounts of chemicals, such as histamine. Allergic reactions can occur throughout the body, usually within a few minutes to an hour after eating the offending food.

The majority (90%) of food allergies are triggered by eight foods: milk products, eggs, peanuts, tree nuts, wheat, fish, shellfish and soy. True food allergies almost always begin in the first or second year of life.

More people are having bad reactions to food, and most diagnostic tests are unreliable. It's estimated that 2.5% of the U.S. population has food allergies. However, it is estimated that 10-25% of the population may have food sensitivities or intolerances.

Food sensitivity may cause symptoms similar to allergies, but reactions are slower and milder. It can take hours or even days before symptoms appear. Sensitivities may contribute to chronic conditions such as fibromyalgia, chronic fatigue, arthritis, depression, sinusitis, GERD,

A food allergy occurs when the

Please see "Allergies," page 61



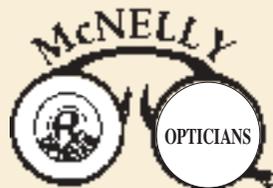
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The Leading Doctors In Artery and Vein Health In the Region

Submitted By
Maryland Vascular Specialists

Celebrating 21 years, Maryland Vascular Specialists (MVS) is known for its superlative artery and vein care, as well as its success in treating wounds. The goal is to help patients prevent strokes, aneurysms, peripheral pain, and amputations with proper diagnosis, treatment, and follow-up care. Because MVS does not charge facility fees for care, most patients enjoy lower out-of-pocket costs for treatment. When it comes to both care and cost, MVS consistently strives to deliver the best and most affordable care to every patient, every day, in every interaction.

Dr. Samer Saiedy, a vascular surgeon, founded MVS in 1999. Since then, it has grown from two providers in one location to 13 providers at 14 locations throughout Maryland and Pennsylvania. This includes four outpatient facilities that offer minimally invasive vascular procedures in a comfortable and convenient office setting.

In addition to its vascular care, MVS has a strategic partnership with MVS Woundcare & Hyperbarics to provide hyperbaric oxygen therapy, or HBOT, for non-healing wounds caused by surgery, infection, and trauma.

MVS works with some of the most skilled providers in the field. It's this system of integrated care and collaboration that helps build on the foundation of MVS—relationships with their patients.

Patients look forward to their

visits and leave feeling relieved of pain. MVS also relieves its patients' financial stress by creating a manageable fee schedule.

If you suffer from cramping, pain, or discomfort in your legs, this could be a sign of a vascular issue. Contact MVS, the region's leader in artery and vein health.



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In the next edition of Your Health Magazine...

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- Headaches?
- Migraines?
- Arthritis?
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If you are a health professional who would like to be included in this special **PAIN** issue, contact us today: **301-805-6805 • publish@yourhealthmagazine.net**



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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Chronic Knee Pain



Submitted by Madhavi Chada, MD
Synergy Spine and Pain Center

Chronic knee pain is long-term pain, swelling, or sensitivity in one or both knees. The cause of your knee pain can determine the symptoms you experience. Many conditions can cause or contribute to chronic knee pain, and many treatments exist. Each person's experience with chronic knee pain will be different.

Temporary knee pain is different from chronic knee pain. Many people experience temporary knee pain as a result of an injury or accident.

Chronic knee pain rarely goes away without treatment, and it isn't always attributable to one incident.

It's most often the result of several causes or conditions, such as osteoarthritis, tendinitis, or one of several other conditions. Additionally injuries, sprains or strains, and other factors can often make chronic knee pain worse.

People who are overweight or obese are at a greater risk for knee problems. For every pound that you are overweight, your knee must absorb an extra four pounds of pressure when you walk, run, or climb stairs.

The symptoms of chronic knee pain are different for each person, and the cause for the knee pain often affects how the pain feels. Chronic knee pain may present as a:

- constant ache
- sharp, shooting pain when in use
- dull burning discomfort
- You may also experience chronic swelling and pain when the knee is touched.

Treating Chronic Knee Pain

Each underlying cause of chronic knee pain has a specific type of

Please see "Knee Pain," page 61

New Techniques For Healthy Lips and Skin



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

For the past year, our focus has been more on our eyes and upper face than what lies beneath our masks. Now, as we look forward to returning to a "new normal", it may be time to think again about our lips and lower face.

Lip enhancement has become

notorious due to media images of celebrities with grossly enlarged "trout pouts." However, when lips are treated properly, the results are subtle, stunningly beautiful and can transform 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 little or no down time. New procedures can give you superb, natural-looking results 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 and causes pucker lines.

Please see "Healthy Lips," page 65



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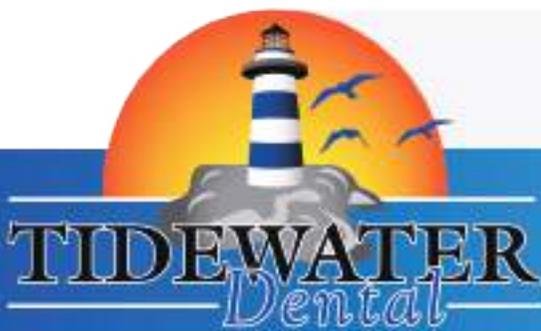
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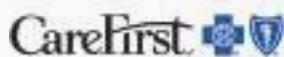
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Body Contouring: Smartlipo and Cellulaze Cellulite Reduction



By Sherry Maragh, MD, FAAD
Maragh Dermatology, Surgery & Vein Institute

Creating Fitness Goals Are a Good Thing, So Get Started and Stick To It

If you made a fitness or health goal to shape up, slim down, thin out and get your behind (literally) back in gear, you can do it. Commit to yourself to be different. Be that one exception six months from now who is still giving it their all to stay in shape.

Starving Never Equals Success

The quickest way for your fitness or health goal to fail is having unrealistic ideas and expectations about food consumption. Educate and empower yourself about making the right food choices. Consult with your doctor or a licensed dietitian.

A Balanced Diet

A balanced diet low in simple carbohydrates (like bread and sugar) is a perfect stepping stone. You've heard it before – bad things in, bad results out. Don't sabotage your efforts by eating bad foods despite hitting the gym regularly. And, portion control can't be ignored. Too much of anything can be a bad thing.

Listen to your body. When you are full, stop and push back from the table. Ignore those rules about cleaning your plate.

Set Realistic Fitness Goals

Life is busy and unpredictable. You never know what unanticipated event will throw off your fat burning and toning goals. Commit to consistency, not to exhaustion. Start exercising a minimum of three days for thirty minutes each time, but be consistent. Cardio counts. And, don't forget strength training for optimal results.

Have a Workout Partner

Need some support but your spouse or partner isn't on board for

what it takes to get the new you? Take your baby for a stroller jog or use them for better abdominal crunches or chair lunges. Don't forget about your office buddy or neighbor who may have the same new fitness goals.

Water, Water Everywhere

The body needs water to function. Without it people can experience health problems from diabetes to kidney fail-

ure. Especially when you begin a new fitness program, leave the soda and tea behind and grab some good ole' H2O.

It's Okay To Push the Easy Button

Smartlipo™ laser body sculpting and Cellulaze™ cellulite reduction laser are two laser treatments aimed at body contouring. Yes, it is true that you can have that stubborn pocket of fat

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Slimmer arms without the scars		
		Jason Altman, MD
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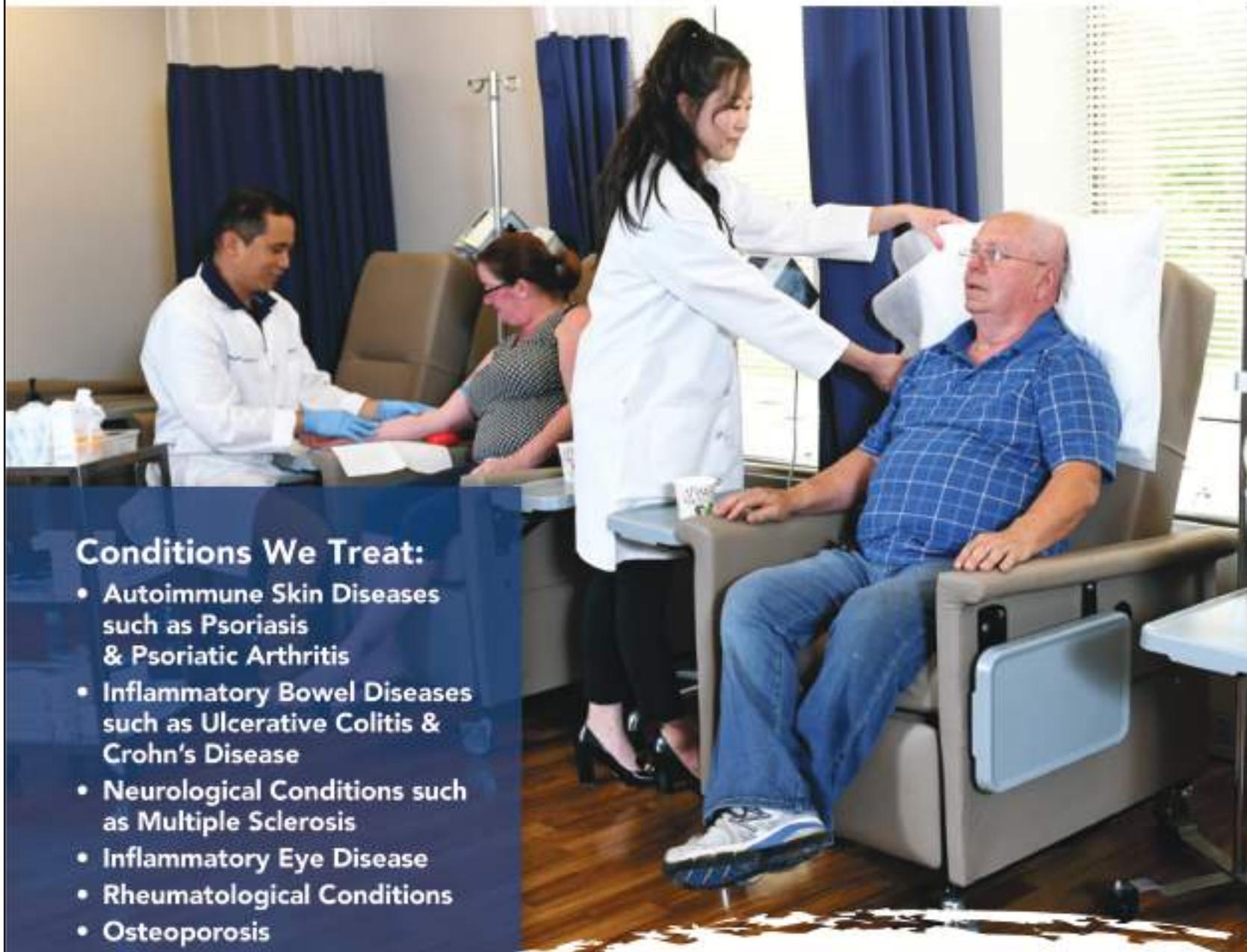
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High-Quality Foot and Ankle Care

Submitted By
MVS Podiatry Associates

MVS Podiatry Associates has been providing high-quality medical and surgical treatment for disorders, conditions, and injuries affecting the foot and ankle in the Baltimore area since 1965.

The large group practice has 24 providers and 15 offices, with a reach extending as far north as Havre De Grace and as far south as Gambrills. MVS Podiatry Associates has plans for continued growth in the coming months.

While many patients are seen for common foot issues, including ingrown toenails, diabetic foot evaluation, and heel pain (plantar fasciitis), surgical care is available for conditions such as bunions, hammertoes, fractures, and deformities of the foot and ankle.



Podiatry Associates also specializes in the detection and treatment of vascular disease, specifically peripheral artery disease (PAD). PAD occurs when plaque builds up in the arteries and hardens over time, preventing blood flow throughout the body. This condition can lead to heart attack, stroke, foot amputation, lower extremity wounds, and other complications. Vascular screenings and wound care treatment are available at all Podiatry Associates locations.

Having served Baltimore and the surrounding areas for over 55 years, Podiatry Associates has earned a reputation as the region's premier foot care specialist. The philosophy of the practice is to maintain its status as a leader in knowledge and technology, while providing compassionate,

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Podiatry Associates accepts all major insurance providers. Appointments are available Monday through Friday, with select locations offering Saturday hours.



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Dental Care For Mature Citizens

By Karl A. Smith, DDS, MS

If you're a baby boomer, born between 1946 and 1964, there are so many reasons to focus on and improve your oral health. Periodontal (gum) disease risks rise with age and can lead to a host of physical problems. There is no better day than today to get a checkup by a dentist specially trained in knowing the links between your mouth and body health.

Higher Risk Of Periodontal Disease

Boomers grew up in a time of prosperity, education, and opportunity. This generation has a greater need for oral treatment than any other. The Centers for Disease Control reports that 70 % of Americans 65 and older have chronic gum disease. Surveys suggest that growing up in a time of plenty may have led to a taste for a diet rich in carbohydrates and sugar. This has caused enamel erosion and gingivitis.

Research also shows that boomers can do better to protect their oral health. One survey shows only 40 % of older people use mouthwash, 34 % brush their teeth only once a day, and 47 % say they often skip flossing.

When age-related conditions like arthritis or joint pain make proper brushing and flossing more difficult, it exacerbates the problem further.

Periodontal Disease and Alzheimer's

Another reason to take care of your mouth as you age is the growing connection between gum disease and Alzheimer's disease. More than six million Americans over 65 have been diagnosed with this form of dementia, a number projected to more than double by 2050.

A 2019 National Institutes of Health study published in the Journal of Alzheimer's Disease shows the bacteria that cause gingivitis, the earliest form of periodontal disease, are also connected to several forms of dementia. One species of bacteria is believed to migrate from gum infections through the bloodstream and into the brain. There, they release enzymes that can destroy nerve cells, leading to memory loss and Alzheimer's.

The relationship between dementia and gum disease goes the other way, too: People with memory loss may neglect their oral health and a mild problem may turn into something much more severe.

Protecting Oral Health As You Age

Research is underway to develop a drug that can block bad bacterial enzymes and slow the progression of dementia. Until then, it is imperative to take extra care of your teeth and gums as you age.

- Brush twice a day, floss once or twice a day, and visit your periodontist for a checkup.
- Cut out sugary foods and beverages. Use the artificial sweetener

xylitol, which is shown to starve harmful bacteria and reduce plaque buildup.

- Dry mouth lowers oral pH, increasing the risk of tooth decay and gum disease. Talk to us about special alcohol-free oral rinses, lozenges, and other preventive measures.
- Swish with water after eating and consuming sweet and acidic drinks.
- Resolve to adopt a healthier diet and lifestyle for overall good

health. Studies show this alone may lower your risk for Alzheimer's disease by up to 60%.

Aging does not mean gum disease and related health problems are inevitable. Baby boomers are known for being proactive about health care when they have the right information. Call us today for a no-charge phone consultation to answer any questions you may have. We are happy to do our part and help you improve your oral health in your golden years.

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Dr. Karl A. Smith
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Endodontic Retreatment



By Guido E. Costa, DMD, MS
Endodontic Associates

With proper care, most teeth that have had root canal (endodontic) treatment can last as long as other natural teeth. In some cases, however, a tooth that has received endodontic treatment fails to heal.

Occasionally, the tooth becomes painful or diseased months or even years after successful treatment. If your tooth has not healed or has developed new problems, you have a second chance. Another procedure, endodontic retreatment, may be able to save your tooth.

Who Performs Endodontic Retreatment?

All dentists receive basic training in root canal treatment in dental school. However, because endodontic retreatment can be more challenging than providing first-time treatment, many dentists refer patients needing endodontic retreatment to endodontists.

Endodontists are dentists with at least two additional years of advanced specialty education in diagnosis and root canal treatment. Because they limit their practices to endodontics, they treat these types of problems every day. Endodontists are experts in performing non-surgical and surgical retreatment. They use their special training and experience in treating difficult cases, such as teeth with narrow or blocked canals or unusual anatomy. Endodontists may use advanced technology, such as operating microscopes, ultrasonics and digital imaging to perform these

special services.

Why Do I Need Another Endodontic Procedure?

As occasionally happens with any dental or medical procedure, a tooth may not heal as expected after initial treatment for a variety of reasons:

- Narrow or curved canals were not treated during the initial procedure.

- Complicated canal anatomy went undetected in the first procedure.
- The placement of the crown or other restoration was delayed following the endodontic treatment.
- The restoration did not prevent salivary contamination to the inside of the tooth

In other cases, a new problem can jeopardize a tooth that was suc-

cessfully treated. For example:

- New decay can expose the root canal filling material to bacteria, causing a new infection in the tooth.
- A loose, cracked or broken crown or filling can expose the tooth to new infection.
- A tooth sustains a fracture.



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Our Endodontic Practice

An endodontist is a dentist who specializes in root canal treatment. Root canal, or endodontic treatment, is a procedure performed to remove damaged tissue from inside the root canals of a tooth. As a specialist, endodontists limit their practice to endodontic procedures.

Endodontists have advanced surgical and non-surgical skills that make them uniquely qualified to treat routine as well as complex cases. The care that an endodontist provides is supported by intensive education on how to perform the very best endodontics.

After completing dental school, endodontists attend a two or three-year advanced dental school program that focuses only on endodontic science and procedures. Endodontists also attend continuing education courses after they are in practice, so they are knowledgeable about state-of-the-art research, clinical procedures, and technology.

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Zuwu Zhou, D.D.S., M.S.



By Richard E. Cook, MD
Cook & Siu PC

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size of fat by killing fat cells and also carry the added potential for side effects such as pain and infection.

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egory – this means the procedure is as safe as a tongue depressor.

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sultation by a board certified physician during which time you will learn about the technology, how it's used and how it works. Treatment usually begins on your first visit. The first treatment will last under an hour, so measurements can be taken. Following sessions will be 45 minutes, allowing 32-minutes of light time and dressing/undressing time.

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UltraSlim is the only non-invasive procedure approved by the FDA for immediate fat loss, with instant results in 32 minutes. This is guaranteed, or your money back. Patients usually lose on average 3.5 inches and 1.6 liters of fat during a 32-minute treatment. Compare this to the most popular competition, SculpSure or Coolsculpting, which take about three months to lose a stick of butter

UltraSlim® further indications for use include the "Entire" body for non-invasive/non-surgical, side effect free reductions in the Fat Layer and Body Contouring such as:

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Follow-up Visits After Bariatric Surgery



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

tomy reduce the size of the stomach and change the way nutrients are digested and absorbed.

Just as important as the surgery are the regularly scheduled follow-up visits in the post-operative period. Follow-up visits are often scheduled every 3-6 months during the first year after bariatric surgery. During the second year, visits are typically every six months. During the third year and after, follow-up visits are expected at least annually. Below are some reasons for scheduled visits.

Accountability

It is important to establish lifestyle practices in terms of daily nutrition, exercise routine and adjust-

Please see "Follow Up," page 61

Bariatric surgery (weight loss surgery) provides a tool for individuals struggling with weight management. Common procedures such as the gastric bypass and sleeve gastrec-

Chiropractic Care For Your Child



By Alicia Kovach, DC
Kovach Chiropractic

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 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.

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 power 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

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Submitted By MVS Wound Care & Hyperbarics

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plifies our commitment to providing only the highest level of quality care and the same high level of quality in our business practices. Combined with our accessibility and our team of experienced and respected health care professionals, patients are ensured superior wound care and HBOT services at the most reasonable cost. So, when you are suffering from a wound that won't heal, turn to the experts at MVS Wound Care & Hyperbarics.



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Minimally Invasive Foot Surgery

Permanent Cure For Bunions, Hammertoes and Calluses

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

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

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

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

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

How Minimally Invasive Surgery Differs From Traditional Foot Surgery

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

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

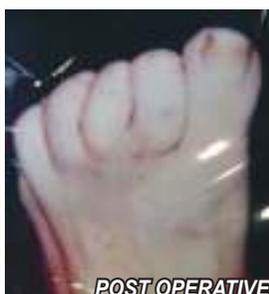
Unlike other surgeries, major factors associated with MIS are different. There is no hospitalization or deep general anesthesia required. The surgery is performed in a certified Ambulatory Surgical Center under local anesthesia with IV sedation administered by an anesthesiologist or a certified nurse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

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

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

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Aging and Your Dental Health



By Judy Yu, DMD, MBA
Dental FX

The demographic of older adults is growing. The typical aging patient's health can be complicated by comorbid conditions (high blood pressure, diabetes, etc.). Additionally, older adults may regularly use prescription medications that could make them more vulnerable to medication errors, drug interactions and adverse drug reactions.

Physical, sensory and cognitive impairments associated with aging may make home oral health care and

patient education/communications challenging. Dental conditions associated with aging include dry mouth (xerostomia, root and coronal caries, and periodontitis).

Furthermore, 19% of seniors no longer have any natural teeth, and a Massachusetts survey revealed that 34% of seniors are in some dental discomfort. More than half (53%) of seniors have moderate to severe periodontal disease.

Tooth Loss

Seniors who have lost all or most of their teeth often end up avoiding basic elements of a healthy diet, (fresh fruits and vegetables). Relying on soft foods results in a decline in nutrition and health. Often these seniors have pain and difficulty speaking, and embarrassment and loss of self-esteem, which contributes to loneliness and social isolation.

Medical Considerations

Of people aged 65 and older, 39% reported using five or more prescrip-

Please see "Dental Health," page 61

- Children's Dentistry
- Cosmetic Dentistry
- Crowns and Bridges
- Dental Implants
- Dentures
- Extractions
- General Dentistry
- Invisalign
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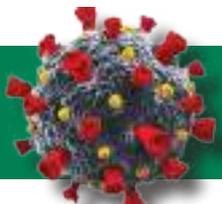
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COVID-19 Update

Vaccine Update, Plus Vitamin D

As Spring arrives, and April showers, we are all looking forward to warm weather and beautiful flowers. Spending more time out of doors in the open is no doubt helpful for health and preventative for the transmission of the coronavirus.

Vitamin D is extremely important for the proper functioning of the human immune system. There is a lot of evidence that vitamin D is extremely important for your immune response to the coronavirus as well as many other inflammatory illnesses. Dr. Fauci stated early on that he takes something like 10 times the recommended daily allowance of vitamin D.

Why this isn't more broadly prioritized is confusing at best. Sunlight helps the body synthesize vitamin D, and with more sunlight, you should be better protected from the virus and mostly better able to fight it if you are infected.

If you eat a balanced diet, you

should be receiving enough vitamin D to be sufficient, but it would not hurt you to increase your intake by supplementing with a multivitamin. In addition, because vitamin D is fat soluble, this could explain, at least partially, why obesity seems to be one of the main underlying conditions causing severe illness and death. Because it is fat soluble, vitamin D gets "stuck" in your fat cells. This requires you to increase your D intake.

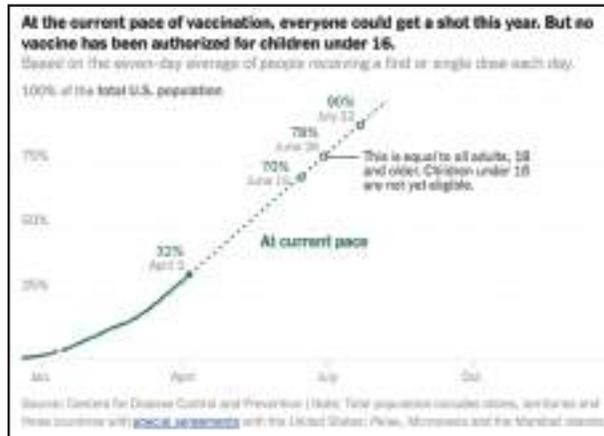
Considering the latest trends, even though we are seeing an increase in cases and infections, we are not seeing increases in serious illness and deaths continue to decline. That is good news, and could be the result of better medications, and more vitamin D.

Scientific study of variants indicates that the current vaccines will protect you from the variants as well. As of April 3rd, the CDC re-

ports that by June 29th, at the current pace, every adult in America will be vaccinated, if they want it.

There are still a lot of people who are vaccine adverse and state all kinds of "stuff" about vaccines, from it containing a government tracking system or even a foreign operating system to control you. Many people have said they think the whole pandemic was fake or made up in a way for either our government or foreign governments to control us.

I am a scientist first, with two degrees in science, have studied the virus and the vaccines carefully, and can assure everyone – you should get



the vaccine!

It is amazing that on April 3rd, four million doses of the vaccine were administered. That is impressive!

With vaccinations increasing, people getting more sunlight, increasing their outdoor activities, better medications, and vitamin D supplements, we are beating this disease. Hooray!

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President of the American Academy of Minimal Invasive Foot and Ankle Surgeons
 Clinical Instructor, LSU
 Assistant Professor and Clinical Instructor, AAFAS
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Please visit Dr. Katzen's YouTube Channel "Burton Katzen" for more discussions on various foot conditions.



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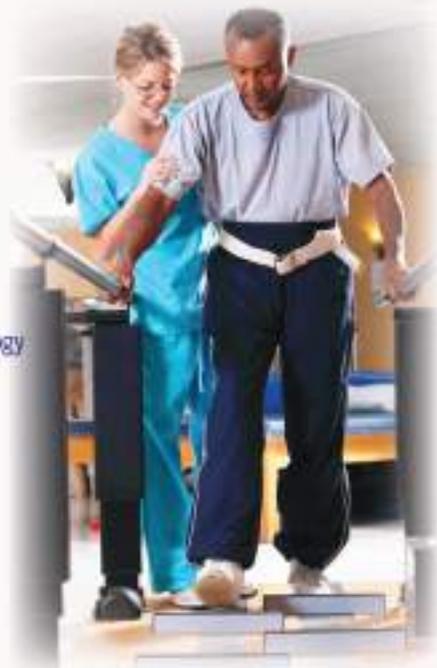
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Speech Disability and Using the Telephone

By Maryland Relay/
Telecommunications Access of MD

If you have difficulty speaking due to cerebral palsy, Parkinson's disease, stroke, traumatic brain injury or other condition, you do not have to struggle to communicate over the telephone. Technologies and services are available to make sure people who have difficulty speaking can use the telephone to conduct business, make appointments, and keep in touch with friends and loved ones every day.

Maryland Relay is a free public service that enables people throughout Maryland who are Deaf, hard of hearing, late-deafened, DeafBlind or have difficulty speaking to stay connected by phone. Easily accessed by dialing 7-1-1, Maryland Relay offers a variety of services that are available 24 hours

a day, 365 days a year, to meet each person's needs.

Speech-to-Speech (STS) Relay service is designed specifically for people who can hear but have mild to moderate difficulty speaking over the telephone. During an STS call, the user is connected with a Maryland Relay STS Operator who is specially trained to be able to listen carefully to the STS user. The Operator may re-voice everything the STS user says, or only re-voice when needed, depending on the user's preference. The STS user then hears the other person's response spoken directly to him or her.

STS users can set up personal call preferences through a Customer Profile where they may provide a standard greeting that may be used when placing and receiving calls. By setting up a Customer Profile, STS users can also save a list of up to 50 speed dial numbers, a chosen long-distance provider, and more.

Many individuals who have difficulty speaking are best understood when they can be seen. That is why Maryland Relay also offers Visually Assisted STS, which gives the user the opportunity to also use gestures and other visual cues during STS calls. Visually Assisted STS establishes a live video connection between the user and the Operator by using a webcam and a computer with Skype software. The Operator uses visual cues such as mouth movements, facial expressions, and other gestures to better understand the user's side of the conversation and his or her intended meaning.

Maryland Relay provides people who have difficulty speaking with the opportunity to be better understood over the telephone. For more information about STS service from Maryland Relay, please visit mdrelay.org or call 800-552-7724 (Voice/TTY) or 443-453-5970 (VP).

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Kiss Bad Breath Goodbye

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

Has anyone ever stepped back when you approach? Turned to one side? Rubbed under their nose? Offered you gum or mints? If so, these people are probably telling you that you have noticeable bad breath.

Bad breath can be a devastating condition for those who have it – affecting personal lives, business, and relationships. Researchers estimate that 60-90 million Americans have mild to severe halitosis. Typically, these odors are described as rotten eggs, garbage, dirty socks, and even the odor of feces.

Bad breath, or halitosis, is caused

by an overgrowth of destructive anaerobic bacteria. This type of bacteria lives without air and, in halitosis, produce air-borne sulfur compounds – the odors people close to us smell if we have bad breath. The bacteria that cause bad breath live inside and under the tongue coating. Everyone with serious bad breath has some tongue coating. While many people have it, the tongue coating isn't normal.

Halitosis mostly involves two areas of the mouth – the tongue and the gum tissues. On the tongue, the odor-causing bacteria hide among the taste buds. Covered by months or even years of debris, dead bacteria, dead blood cells, and fermented foods, the live bacteria within the coating thrive

in what is called a biofilm, short for biological film. In this wet, air-free environment, they produce the sulfur odors of bad breath.

One of the most important characteristics of this coating is that it literally grabs onto mouth tissue, especially around the taste buds. Mouthwashes, tongue cleaners and toothbrushes can only penetrate the top layers of the biofilm on the tongue. That's why for people with severe bad breath nothing seems to work.

In addition, researchers are now proving that these same bacteria cause gum inflammation and are a scientifically proven factor in heart disease, diabetes, stroke, bacterial pneumonia, and other life-threatening diseases.



Richard A. Miller, DDS

There are two ways to treat halitosis. First, mouthwashes, toothpastes, gums, mints and other products can give some short-term relief as a cover-up, with a stronger, more pleasant odor masking the bad breath odor. But as the bacteria and odors eat through it over time, the pleasant odor runs out and bad breath comes back, sometimes worse. That's why people complain that their mouthwash only lasts an hour or two. Even professional strength products have a limited effectiveness.

Bad breath can be a devastating condition for those who have it – affecting personal lives, business, and relationships.

The other way is to cure halitosis by a process called Tongue Rejuvenation®. This works by eliminating the biofilm in a painless, hands-on, dental procedure. When the biofilm is removed, so are the bacteria and odors of bad breath. This technique is 100% effective and has been proven in thousands of people when performed by a dental professional who specializes in breath treatment. And, once eliminated it can easily be kept from coming back.

So, if people are giving you the cues of bad breath, with Tongue Rejuvenation, you can truly kiss bad breath goodbye.

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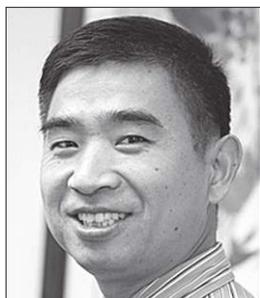
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Chinese Medicine For Dysmenorrhea



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

Dysmenorrhea means that women have periodic pains during or prior to, or after menstrual periods in the lower abdomen caused by disruption of contraction within the uterus as a result of excess bad prostaglandins. For some women, it can be severe enough to interfere with everyday activities for a few days every month. This is a common health problem for women all over the world.

Menstrual pain will take the form of cramping, lower abdominal pain, lower back pain or a pulling sensation in the inner thighs. Pain

is often accompanied by headaches, dizziness, vomiting, nausea, diarrhea or constipation.

Dysmenorrhea can be primary or secondary. Primary dysmenorrhea involves no physical abnormality and usually begins within three years after you begin menstruating. Primary dysmenorrhea factors include allergic reactions, unhealthy diet, excessive estrogen, overweight, smoking, and stress. For primary dysmenorrhea, many experts believe that prostaglandins, hormone-like substances involved in pain and inflammation, trigger the uterine muscle contractions. Secondary dysmenorrhea is caused by gynecological disease, like endometriosis, fibromas, and pelvic inflammatory disease (PID).

In Chinese medicine, pain is the symptom of a deeper problem. The theory is that the root cause of pain can be either an excess pattern or a deficiency pattern. The blockage of *Qi* and blood, or the retention of heat, dampness or wind, are believed to be excess patterns. Deficiency of *Qi* and blood,

Please see "Dysmenorrhea," page 61

Optimizing Your Supplements



By Alan Weiss, MD
Annapolis Integrative Medicine

Integrative medical doctors pride themselves on offering patients the best blend of conventional and natural or nutritional medicine, always looking for the most appropriate ways to address patient's concerns, illnesses and what they're dealing with. Prescription medications are always recommended when appropriate and when it's the best course of action.

However, many patients are hesitant to use pharmaceutical medications as their first option and are looking for other alternatives.

A question patients often ask is what supplements are recommended and what are the best options.

While ultimately recommendations are individualized per patient and what they are addressing and their history, the following is recommended as a baseline protocol for general health and well-being:

Almost all patients are either low or deficient in vitamin D, which is an important vitamin for maintaining the health of the immune system, bones, metabolism, cardiovascular health, and even psychological health. Vitamin D3 is recommended, which is the more natural form of vitamin D. Combine it with vitamin A and K, which are both fat soluble vitamins

Please see "Supplements," page 62



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Meet Dr. Sara Donnelly:

Born and raised in Cleveland, Ohio, Dr. Donnelly studied Humanities at Walsh University. She then received her Doctorate from Palmer College Chiropractic in Davenport, Iowa. While in school, she placed an emphasis on x-ray analysis, and the integration of nutrition and exercise into patient care.

Her mission is to serve her patients by helping each of them achieve optimum health and lasting wellness.

In her free time, she enjoys baking, reading, practicing yoga, and soaking up sunshine.

Pregnancy and Chiropractic

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

Infants and Chiropractic

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

Scoliosis in Children

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

Sports and Children

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

Nutrition and Children

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

Children and Chiropractic Care

Dr. Kovach and her team work collaboratively with the care team for the youngest of patients, and takes great pride in ensuring that they receive the best treatment. She is truly passionate about treating the whole family at all stages of life. If you have any questions or would like more information on the services Dr. Kovach and her team provide, please feel free to contact the office at 410-697-3566.

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Meet Beth Albanese

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

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

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Periodontist, Karl A. Smith, DDS, MS

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

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

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

What to expect on a visit with Dr. Smith:

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

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Degrees, Training and Certificates:

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



Robin R. Robinson, AuD

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Meet Dr. Robinson

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

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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Jay Gonchigar, MD



Pain Management,
Anesthesiology

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Meet Dr. Gonchigar

Degrees, Training and Certifications:

Anesthesiology residency and fellowship in Pain Management at Beth Israel Deaconess Medical Center at Harvard Medical School in Boston, MA. Diplomat and board certified in Anesthesiology and Pain Medicine through the American Board of Anesthesiology. Privileges at Civista Medical Center in La Plata, MD, and Montgomery General Hospital in Olney, MD.

Professional Memberships/Associations:

Founder, Newbridge Spine & Pain Center.
Member, American Society of Pain Management.
Diplomat, American Society of Anesthesiology.
Member, American Society of Regional Anesthesia.
Affiliate, American Pain Society.
Member, North American Spine Society.
Chairman, Board of Anesthesia

Areas of Interest:

Diagnostic and Therapeutic Spinal Interventions,
Neuromodulation Therapies and Medication
Management.

Sina Davari, MD



Pain Management,
Anesthesiology

80 Sherry Lane, Suite 101
Prince Frederick, MD 20678

410-414-9229

newbridgespine.com



Meet Dr. Davari

Sina Davari, MD joined Newbridge Spine & Pain Center after completing his fellowship in Pain Management at Case Western Reserve University and residency in Anesthesiology at University at Buffalo where he was awarded as the chief resident in 2018. Dr. Davari is a member of the American Society of Anesthesiologists, American Society of Regional Anesthesia and Pain Medicine, North American Neuromodulation Society, American Academy of Pain Medicine, and the American Society of Interventional Pain Physicians.

With both of his parents being physicians, Dr. Davari has been surrounded by the medical profession his entire life and was taught from an early age to be devoted to and passionate about his work.

Dr. Davari brings his multidisciplinary philosophy and experience in unique treatment techniques, such as Neuromodulation, Peripheral Nerve Stimulation, and Targeted Drug Delivery, making him a well-suited addition to the Newbridge team.

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General Dentistry/
Family Dentist

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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:

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Meet Dr. Chika Lillian Ojukwu:

Dr. Chika L. Ojukwu, popularly known as "Dr. Chika" has been in practice as an Optometrist for more than 15 years. After graduating from Optometry School, she practiced in Africa for about 4 years where she was involved in the treatment and management of tropical ocular diseases. She served as an Assistant with Kaiser Permanente Vision Center in Washington, DC before joining WalMart Vision Center in Waldorf, Maryland where she was an Independent Doctor of Optometry for 8 years prior to opening Chika Eye Care, one of the leading optical outfits/eye care centers in Southern Maryland.

Certifications and Associations:

Certified in the Treatment and Management of Ocular Diseases
Maryland Optometric Association, American Optometric Association
American Optometric Society.

My Inspiration:

The primary aim is provision of the best eye care to my patients.

My Best Health Advice:

Maintaining healthy eyesight is vital to a high quality of life.

Family/Hobbies/Interest:

A dedicated wife and mother of four beautiful children (two boys and a set of identical twin girls), she enjoys shopping, playing table tennis (ping-pong), church activities and spending time with her family.

Most vision insurances such as VSP, Spectera, Davis Vision, Block Vision (MD Physicians Care, Priority Patners, Tricare through Johns Hopkins, Ameri Group), EyeMed, United Health Care Medical Assistance (March Vision), Advantica, MEDICAID, MEDICARE, Superior Vision, etc. are accepted.

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Meet Dr. Alexander Nnabue:

Educated in both Africa and the United States, Dr. Nnabue holds two degrees as Doctor of Optometry. Graduating from Imo State University (1988) and then from Pennsylvania College of Optometry (1994). Dr. Nnabue's professional excellence has allowed him the opportunity to teach Optometry in the following international countries: Israel, Nigeria, and Norway. Currently, Dr. Nnabue is an adjunct faculty member at Pennsylvania College of Optometry where he teaches advanced clinical procedures to other Optometrist across the world. He is also a Senior Examiner with the National Board of Examiners in Optometry. Dr. Nnabue has a passion for providing quality eye health care to all including the underserved, has lead him to lead bi-annual "Medical Mission" trips to Africa. These "Medical Missions" are life changing not only for the people receiving care, but for the medical team that take part in these missions. Through out the course of his professional career, Dr. Nnabue has received numerous awards and citations for the excellence he brings to the optometry industry.

Professional Memberships and Associations: He is a member of the American Optometric Association and Maryland Optometric Association.

Practice Locations:

Contact Dr. Nnabue at one of our locations:
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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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Are You In Pain? You're Not Alone

Submitted by
Kensington Pharmacy

You don't need to live with constant pain. Although chronic pain rarely goes away completely, your health care team has many options to make your pain more bearable.

No Gain From Pain

When it comes to pain, some people believe that they should "grin and bear it." Others feel that their health care team isn't interested in their pain.

In truth, poorly managed pain is bad for your health and can lead to other problems.

Pain causes harmful changes to your body.

Untreated pain can lead to anger, irritability, depression, and poor sleep. It can make the quality of your life worse.

Persistent pain affects your relationships with family and friends, and your ability to do your job.

The longer you wait to address

your pain, the more difficult it becomes to treat. Your first step is to find a health care team that can help you.

Finding the Right Healthcare Team For You

Not all health care providers are well trained to assess and treat pain. Others may have personal biases against treating pain.

To find a treatment that works, you may need to interview several health care providers. Look for people who:

- Believe your reports of pain. (Don't work with anyone who tells you "it's all in your head.").
- Have experience treating pain.
- Thoroughly explain to you the risks and benefits of various treatments.
- Listen to your questions and make sure you understand their answers.
- Regularly assess your pain and monitor your progress.
- Refer you to a specialist if you are not getting adequate relief.

Please see "Pain," page 62



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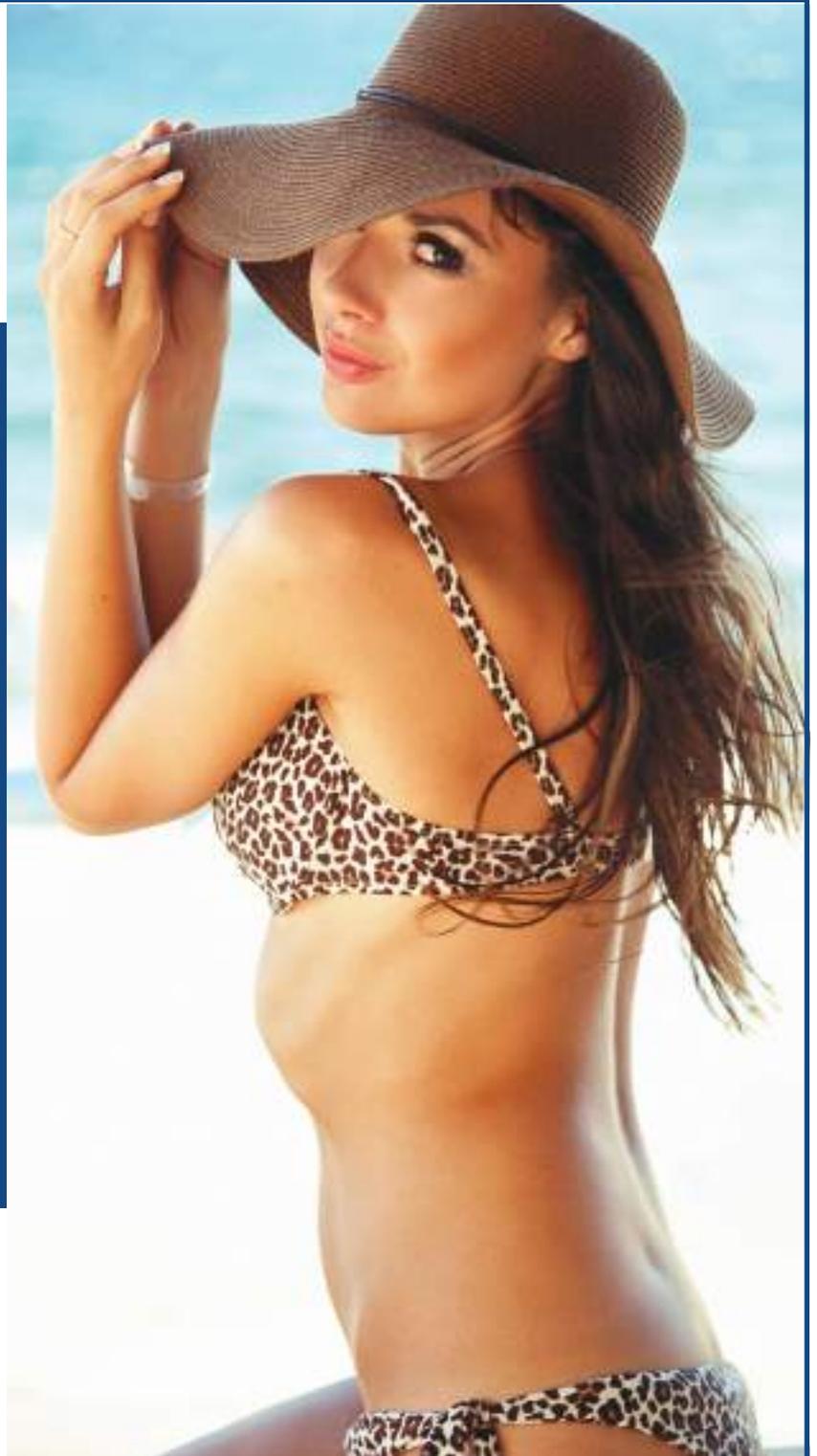
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From Blah To Aha

By Meg Kabis
New Day Vitality

their hormones live longer and suffer less incidence of cancer, Alzheimer's, osteoporosis and cardiovascular disease.

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

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

With careful restoration of the three sex hormones through bi-identical hormone replacement therapy (BHRT), adults can rediscover the vitality they need to enjoy life. The most recent research on hormone replacement supports not only its safety, but also the fact that women and men replenishing

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

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

"The testosterone replacement has made a huge difference," he adds. "My energy is up, my muscles have better definition and my stomach is flatter, too. I feel like myself again."

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

Embracing Emotional Balance While Gracefully Aging For Heart Health Protection



By Linda Penkala, Author, LMT

may range from anger, anxiety, awe, horror, joy, confusion, love, and involve not only feelings, but behaviors, sounds and smells. It's safe to say we have felt a wide range of emotions this past year, positive or negative, sensing where they may have settled in the body, whether shoulders, hips, neck, face or heart. It is this latter soulful engine of your body that needs loving attention most especially during stress filled times to keep cardiovascular issues at bay.

"Emotion can be the enemy, if you give into your emotion, you lose yourself. You must be at one with your emotions, because the body always follows the mind." –Bruce Lee

These hands that have touched and massaged muscles for over 33 years as a massage therapist can attest to that quote being 100% correct. The body, especially soft tissue along with ligaments can be a sponge, and holding area for countless emotions. They

Researchers from Johns Hopkins revealed that an abrupt emotional stressor can lead to a weaker heart muscle, appearing that it could have been a heart attack. This "broken heart syndrome" is more prevalent in women under a huge burden of stress, and is misdiagnosed as a heart attack. One example is the death of Debbie Reynolds, one day after her daughter Carrie Fisher's death. "Any imbalance in an emotional state – when one emo-

Please see "Heart Health," page 62

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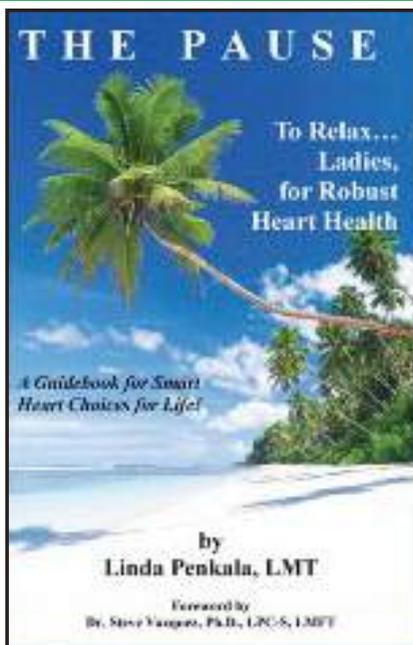
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Jane Cunningham Physical Therapist, Owner

Degrees, Training and Certifications: Originally from Northern Ireland, Jane received her training in Physical Therapy in the United Kingdom. Jane is licensed to practice physical therapy in Maryland.

Professional Memberships/Associations: American Physical Therapy Association

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Happy and Healthy Walking

Submitted By Katherine Pilkerton
La Plata Physical Therapy

Walking outside is not just physical, it is exercise for your mind. You will have to visualize and navigate the ever-changing terrain. For example, terrain could be hills, a beach, gravel, pavement, uneven ground, or a winding path, your mind has to focus and adjust differently than it would on a flat interior surface. Exercise outdoors has been proven to have a positive effect mentally more so than more than exercising indoors. The aspect of being in nature reduces stress, depression and improves mood which helps improve the body's nervous system.

Walking is good cardiovascular exercise and can be done at a low to moderate, or gradually to a brisk pace.

Cardiovascular or aerobic exercise in a period of time works your large muscle groups and pushes your heart and lungs to work harder, and delivers oxygen to the muscle cells. On a regular basis aerobic exercise will make you have a stronger cardiovascular system.

Walking outside on a regular basis can also reduce your risk of diseases such as lung cancer and heart disease. It can improve asthma if done safely and gradually in warmer conditions, as well as other lung diseases.

Exercise earlier in the day if possible, because of a higher energy level, cleaner air, lower temperature, it will also increase vitamin D, and will help improve your mood for the day.

Remember to stay hydrated and exercise safely with the proper walking shoes for terrain stability.

I Am So Tired! Coping With Pandemic Fatigue



By Susan Coale, LCSW-C, Director
of the Chesapeake Life Center
Hospice of the Chesapeake

- Travel, opportunities, finances, career moves, and more.

These losses can drive a sense of depression. Uncertainty, loss of control, threats to our values, all contribute to anxiety and depression. This is pandemic fatigue, and it is real.

Recent surveys support the reality of pandemic fatigue. The National Health Interview Survey of Americans ages 18 and older reported that from January to June 2019, 8.2% expressed having symptoms of anxiety disorder. At the end of January 2021, a similar survey by the National Center for Health Statistics saw that number more than quadruple, with 36% reporting symptoms of anxiety disorder.

An antidote to climbing out of pandemic fatigue is building and maintaining relationships. But how do we do that when it would seem restrictions are keeping us apart? After more than a year of this we know that we can find ways to be together, but perhaps the more important connection is for individuals to reconnect with themselves.

Here are some ways to achieve

For more than a year, people across the globe have been dealing with rapid, unexpected changes that have resulted in many losses. Besides the devastating loss of millions of lives due to COVID-19, other losses include:

- Important events, such as weddings, family holidays and funerals.
- Access to coping mechanisms, including gyms and social centers.
- Connections to family and friends, especially physical touch.
- A sense of community.

Please see "Tired," page 62

Understanding Body Wraps



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

Body wraps serve unique purposes, and it is important to understand the difference between detox, hydrating, and slimming wraps so you get the experience you want. Some body wraps may start with some type of exfoliation, which helps the wrap solution penetrate the skin as deeply as possible.

Here are a few different types of body wrap products you will find in spas that offer that service:

The Niacin Body Wrap – This uses a niacin-based cream that has a little heat to it. The cream is applied, and the body is wrapped tight with plastic to contour the body.

Clay, Seaweed, and Mineral Body Wraps – Detox wraps use a variety of products such as algae, seaweed, mud, clay, or gel to help rid the body of toxins. When the product is applied to the body, it is called a body mask. After the product is applied, you are wrapped in plastic and covered with a blanket for about 20 minutes. These products work by stimulating your circulation, drawing out impurities, and giving your body minerals it might be missing. Afterward, the body mask is washed off and the esthetician will apply lotion.

Hydrating Body Wraps – Hydrating body wraps use creams and gels to soften, soothe, and hydrate the skin. Usually, the spa will use a super-luxurious body cream. Generally, with a hydrating wrap, the therapist massages the body cream into the areas you want to work on, and the cream is not washed off. Hydrating wraps are great for cold winter months when your skin is dry and flaky. Aloe vera wraps can help

your skin recover from too much time in the sun.

Slimming Wraps – Slimming wraps are a labor-intensive specialty that is not found everywhere. For a slimming wrap, each limb is tightly wrapped in Ace bandages that have been soaked in a high-concentration mineral solution to detoxify and re-mineralize the body. You look a little bit like a mummy once you are wrapped. You exercise or spend some time in an infra-red sauna.

Aloe and Herbal Body Wraps – Herbal wraps usually have an aloe vera base and is either a liquid or loose gel solution that is mostly wet and is applied by cloths soaked in the solution, which is wrapped around the areas of concern or applied directly to the skin and then plastic wrap is loosely wrapped to hold the heat and moisture close to the skin.

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Schizophrenia



By Joyce Abramson, RNMS
Charles County Freedom Landing

difficulty concentrating or sleeping. Often there is a tendency to withdraw from activity. It may be hard to make or keep friends. Not caring about appearance, dropping out of school or poor work performance may be signs of schizophrenia.

As the illness progresses, symptoms of psychosis appear. These can vary. A person may begin to act or speak strangely. Hallucinations may develop. A person sees, feels, smells, and hears things that are not really there. There may be physical symptoms, unusual movements or the person may sit or stand in strange positions. Some people become almost motionless, while others may move constantly.

Without proper diagnosis and treatment, symptoms tend to come and go. Getting appropriate treatment can break this cycle. Proper treatment usually can control symptoms just as insulin controls diabetes. Most people can lead productive, satisfying lives.

Like many illnesses, primary treatment is medication and learning to manage the illness. The major medi-

Schizophrenia is a serious, but treatable illness which affects the brain. One person in 100 has this illness. It is a disease that makes it difficult for an individual to tell the difference between real and unreal experiences, to think logically or to have a normal emotional response. Sleeping and remembering may be difficult.

Symptoms usually appear slowly over months, though they may occur suddenly. At times symptoms may be confused with those of other conditions. A person may feel tense, have

Please see "Schizophrenia," page 65

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“Self-Ligating” Braces

State-of-the-Art Orthodontics

By Jacqueline Brown Bryant
DDS, MS, PC

Do you wonder why all the media’s attention is focused on self-ligating brackets? Self-ligating (SL) braces have been around for over 20 years and are based on a “low-friction” approach to securing the archwires to the brackets on the teeth allowing orthodontic movement and corrections to occur.

Conventional braces use colored elastics or metal ties to secure, or “ligate” the brackets to the archwire thus creating friction or resistance requiring heavier forces to accomplish tooth movement. With the improved efficiency of self-ligating brackets and high tech wires combined with modernized treatment mechanics, there is little to no friction or resistance when utilizing a closing clip or door mechanism to “ligate” the bracket to the wire consequently requiring lighter forces to move teeth.

Traditional or conventional braces treatment usually requires removal of healthy teeth, use of palatal expanders, and headgears to make space. This approach is often uncomfortable, takes longer, and can leave narrower arches and a smile with a flattened profile.

Faces treated with self-ligation braces are fuller, with a wider natural smile and are achieved with lighter, “biologically-sensible forces” which are more in the lighter, physiologic force ranges of “natural tooth” movement or drift. Teeth tend to drift out of position over a period of time without our sensing or feeling the movement until it is causing dental problems.

Self-ligating braces are considered state-of-the-art treatment.

For example, from my experience, treatment with Damon self-ligating brackets can be 4-6 months or 20% shorter in time, require fewer appointments,

Please see “Self-Ligating,” page 61



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Addiction and Yoga



By Toni Greene, Owner
Happy Hour Yoga on Zoom!

Addiction is a compulsive psychological need for a habit-forming substance. What is your addiction? Coffee, tea, cigarettes, cola, sex, drugs, alcohol, sweets, food, gambling they can all become an addiction.

Habits can become addictions. Habits are a recurrent, often unconscious pattern of behavior that is acquired through frequent repetition. The habit of frequently drinking sodas or other drinks containing caffeine can become addicting, because you can become addicted to the caffeine.

Caffeine is said to be an addictive drug in legal form. People drink coffee

as a picker upper. Coffee elevates your mood, brings about alertness, sensitivity of touch, smell, sight and hearing. But coffee can also cause nervousness, irritability, insomnia, tremors and depression. Coffee stimulates the central nervous system, constricts the cerebral blood vessels, increases blood flow in the body, stimulates the heart and increases basal metabolic rate. Coffee limits glucose metabolism, relaxes and smoothes muscles and increase the flow of urine. Coffee can shorten sleep time and cause an early dream state. Coffee and cigarettes elevate blood pressure and may be considered as dangerous as amphetamines (street drugs).

Coffee can cause an irregular heart beat, increased blood pressure, high blood sugar levels, urine acid, tremors and convulsions. Coffee causes headaches, ringing in the ears and coffee has cancer-causing effects. Dependence causes psychological need for drinking coffee in the morning or anytime. Coffee may have an effect on unborn children.

To control your addictions and undesirable habits try yoga and meditation. Yoga teaches Pratyahar, control of the senses and thoughts.

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

the surgery appointment.

5. On the day of the surgery any teeth remaining are carefully extracted, implants are placed and the previously fabricated teeth are modified to sit on top of the implants and fixated to them.

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

The good news is that there is minimal pain from the procedure as

the teeth sit on top of the implants and therefore do not put any pressure on the gums. The method of providing teeth in a day has been in use clinically for a number of years and has withstood the test of time.

Studies have clearly shown that when implants are splinted together with teeth, they can withstand normal forces of chewing and the success is comparable to the traditional approach of burying



the implants and then uncovering them 4-6 months later. Our experience makes the whole process almost painless.

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

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

Who is a candidate for teeth in a day?

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

So, how do you start?

1. A consultation appointment
2. A special x-ray, a cone beam scan is performed which allows the practitioner to identify the quality and quantity of bone in 3D.
3. Procedures and steps are explained to the patient along with the fees for the procedures, which includes the surgery and the fixed bridges (both temporary and permanent).
4. Next, the patient will see the restorative dentist to have impressions made and teeth fabricated prior to

About Dr. Sreenivasan:

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

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

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Tissue Repair and Pain Relief



By Ronda Sharman, DC
Life Care Chiropractic & Wellness Center

damaged tissue and by breaking up scar tissue and adhesions. Some of the most common things we use this treatment for is plantar fasciitis, heel spurs and neuropathy.

Pressure wave therapy can successfully address acute and chronic pain such as: knee, heel, foot, ankle, hamstring, back, neck, shoulder, elbow, wrist and hand. It is used to address sports injuries as well as many chronic pain conditions.

How Pressure Wave Therapy Works

High-energy sound waves are introduced into the painful areas of the body. Pressure wave technology accelerates the healing process in the body by stimulating the metabolism and enhancing blood circulation to regenerate damaged tissue. Strong energy pulses, applied for short periods of time, create micro-cavitation bubbles that expand and burst. The force created by these bubbles penetrates tissue and stimulates the cells in the body that are responsible for bone and connective tissue healing.

The number of sessions needed depends on the condition that is being treated. However, most conditions require 3-5 treatments on average. Significant relief is often experienced after the first treatment. Each treatment session takes between 10-15 minutes.

What Results To Expect

This non-surgical, non-invasive therapy for pain greatly reduces pain and restores mobility, thus quickly improving patients' quality of life. Beneficial effects are often experienced after only one or two treatments including:

- 91% success rate (as per clinical studies)
- No anesthesia required
- No risk of infection
- No scarring
- No downtime
- Over 80% patient satisfaction

It's cost-effective and provides faster, easier healing than many alternative therapies.

Most people are good candidates for this treatment. However, patients who are pregnant, have a pacemaker or current cancer are not suitable. After an assessment your provider will let you know if this treatment can help you.

Please see "Pressure Wave," page 65

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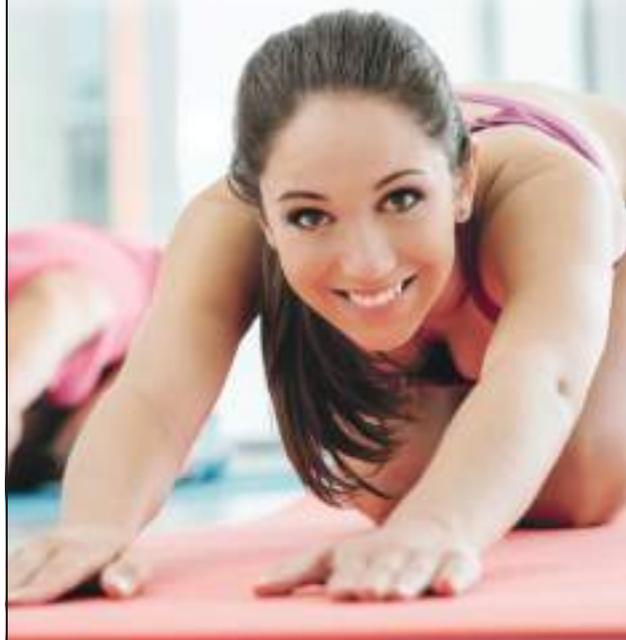
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Probating an Estate

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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Let's Get Physical

Making Physical Activity a Part Of Your Family Life



By Janet V. Johnson, MD
Loving Care Pediatrics

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. May is National Physical Fitness and Sports Month, so it's a great time to spread the word about the benefits of getting active.

Benefits Of Regular Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- lower blood pressure and blood cholesterol levels
- have a better outlook on life

While enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They are also better able to handle physical and emotional challenges, such as: from running to catch a bus to studying for a test.

There Are a Lot Of Ways To Get the Physical Activity You Need

Please see "Get Physical," page 65

Laparoscopy



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

to diagnose certain problems, a doctor needs to look directly into the abdomen and at the reproductive organs. This can be done with laparoscopy.

The word laparoscopy comes from the Greek words that mean "look into the abdomen." A laparoscope is a small telescope that is inserted into the abdomen through a small incision (cut). It brings light into the abdomen so the doctor can see inside.

There are several reasons why laparoscopy may be recommended. Laparoscopy may be used if you have problems with infertility or if you want to be sterilized. It is also used to check for ectopic pregnancy, causes of pelvic pain and masses.

Diagnosis and Surgery

Laparoscopy is often used to diagnose causes of abdominal pain. If the doctor finds that he or she can treat the condition during the procedure, diagnostic laparoscopy can turn into operative laparoscopy. This procedure is used to treat many health problems.

Endometriosis. Tissue like endometrium (the lining of the uterus) sometimes grows in places outside of the uterus. One way to be certain that endometriosis is present is by laparoscopy.

Adhesions. Sometimes tissues in the abdomen stick together and form scar tissue called adhesions. Adhesions can cause pain. They can be separated during laparoscopy.

Fibroids. Fibroids are growths that form on the inside, outside or within the wall of the uterus. Laparoscopy can diagnose some fibroids.

Ovarian cysts. Ovaries sometimes develop cysts (fluid-filled sacs). These cysts may be harmless, causing only mild pain.

Hysterectomy. The laparoscope can be used to assist in a vaginal hysterectomy (removal of the uterus through the vagina). The laparoscope is used to help the doctor see inside the abdomen during part of the surgery.

Please see "Laparoscopy," page 62

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Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

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lems sooner and with less invasive techniques. The latest in comfortable and convenient dentistry is now available with CEREC® tooth restoration system. Using the CEREC equipment, your dentist can now complete a color-matched ceramic tooth restora-

tion – filling, crown or veneer – in a single visit. This technology uses bio-compatible, tooth-colored material, so your dentition won't be discolored by silver-colored fillings.

CEREC is an acronym for Chair-side Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single appointment using a high-quality ceramic material that matches the natural color of other teeth.

The dentist uses a special camera to take an accurate picture of the damaged tooth. This optical impression is transferred and displayed on a color computer screen, where the dentist designs the restoration while the patient waits. Finally, the dentist bonds the new restoration to the surface of the old tooth. The whole process takes about one hour.



E. Taylor Meiser, DDS

A tooth-colored restoration means no more silver fillings. The filling is natural-looking, compatible with tissue in the mouth, anti-abrasive and plaque-resistant.

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Hammertoes



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

toes. This abnormal balance causes increased pressures on the tendons and joints of the toe, leading to its contracture. Heredity and trauma can also lead to the formation of a hammertoe.

Arthritis is another factor, because the balance around the toe in people with arthritis is so disrupted that a hammertoe may develop. Wearing shoes that are too tight and cause the toes to squeeze can also be cause for a hammertoe to form.

What Can You Do For Relief?

- Apply a commercial, non-medicated hammertoe pad around the bony prominence of the hammertoe. This will decrease pressure on the area.
- Wear a shoe with a deep toe box.
- If the hammertoe becomes inflamed and painful, apply ice packs several times a day to reduce swelling.
- Avoid heels more than two inches tall.
- A loose-fitting pair of shoes can also help protect the foot while reducing pressure on the affected toe, making walking a little easier until a visit to your podiatrist can be arranged.
- Avoid wearing shoes that are too tight or narrow. Children should have their shoes properly fitted on a regular basis, as their feet can often outgrow their shoes rapidly.
- See your podiatric physician if pain persists.

Treatment options include changing footwear, padding the corns and

Please see "Hammertoes," page 65

A hammertoe is a contracture or bending of one or both joints of any but the big toe. This bending causes the toe to appear like an upside-down V when looked at from the side. Any toe can be involved, but the condition usually affects the second through fifth toes, known as the lesser digits. Hammertoes are more common in females than males.

Symptoms

- Pain upon pressure at the top of the bent toe from footwear.
- The formation of corns on the top of the joint.
- Redness and swelling at the joint contracture.
- Restricted or painful motion of the toe joint.
- Pain in the ball of the foot at the base of the affected toe.

A hammertoe is formed due to an abnormal balance of the muscles in the

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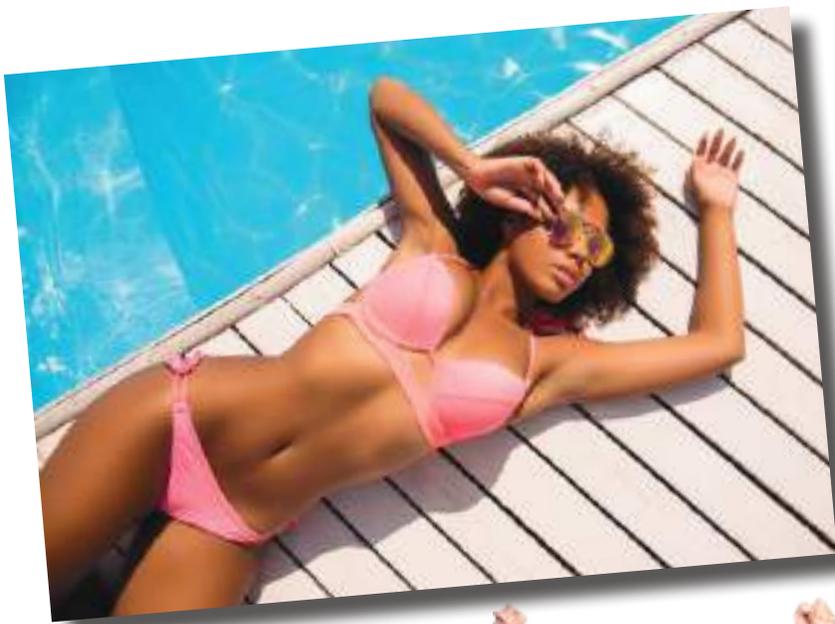
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ALLERGIES

FROM PAGE 4

migraines, irritable bowel syndrome, ADD, rashes and more.

Food intolerance means the immune system is not directly involved and reactions are not life threatening, though health and quality of life can be affected.

A common intolerance is lactose intolerance, difficulty digesting milk sugar resulting in symptoms like abdominal cramps and diarrhea. Insufficient lactase, an enzyme needed to digest lactose, is involved. Pasteurization of milk destroys lactase and changes milk sugar into another form.

Some food intolerances are due to food additives rather than a food. Common culprits are sulfites, MSG, aspartame, other artificial sweeteners, preservatives (BHT, BHA), yellow dye #5, artificial colors, and artificial flavors.

While an allergic reaction can be triggered by small amounts of a particular food, intolerance may occur only with a large amount or frequent consumption. Symptoms can be chronic or delayed by hours or a couple of days. Far more people have food intolerances than true allergies.

Medical doctors usually order a

RAST (radioallergosorbent test) or skin prick test, which is a blood test to detect IgE antibodies to a particular food. Unfortunately, about half of the time, the RAST returns a false-positive test result. Two other skin tests seem somewhat more precise, provocative neutralization and dilution titration, but they are time-consuming. LRA ELISA-ACT testing appears to be more reliable and at least has better consistency. There are no blood tests for intolerances.

With Accelerated Allergy Clearing Technique (AACT), we now have a truly revolutionary system for dealing with allergies. It is a natural, drugless, painless, non-invasive method that can be used safely for anyone, from infants to seniors, to eliminate allergies and symptoms arising from previous exposure to allergens and their allergic manifestations.

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DENTAL HEALTH

FROM PAGE 25

tion drugs. Problems are compounded by use of multiple healthcare providers and pharmacies. A regular review by the dentist of the aging patients' medical history and current medications should be done.

Xerostomia (Dry Mouth)

Dry mouth affects 30% of patients older than 65 years and up to 40% of patients older than 80 years. It can be caused by over 400 commonly used medications, can lead to mucositis, caries, cracked lips and fissured tongue. It is recommended to drink or at least sip water throughout the day, limiting alcoholic beverages and beverages high in sugar or caffeine (juices, sodas, coffee, etc.).

Dental Insurance Coverage

Believe it or not, 50% of seniors do not see a dentist; in fact one in five Medicare beneficiaries have not visited a dentist in five years. Cost is the

major reason, and approximately 70% of seniors do not have dental insurance. Traditional Medicare does not cover routine dental care; Medicare Part A covers very limited "medically necessary" benefits; and Medicare Advantage plans that have coverage provide minimal benefits.

Tips to Maintaining and Improving Your Oral Health

- Brush twice a day with soft bristle toothbrush. An electric toothbrush may be beneficial for those with limited mobility
- Floss between your teeth at least once a day
- If you wear a denture or partial, remember to clean them on a daily basis
- Drink tap water; it contains fluoride to help prevent tooth decay
- Visit a dentist regularly

SELF-LIGATING

FROM PAGE 50

are more comfortable, hygienic and esthetic because it is a smaller bracket.

Variations in bracket designs and materials (metal or clear) distinguish brackets from each other,

however, proper diagnosis, treatment planning and excellent clinical skills are still important in producing extraordinary results with beautiful smile and faces.

KNEE PAIN

FROM PAGE 7

treatment. These treatments may include:

- physical therapy
- medication
- surgery
- injections

Bursitis, a common cause of knee pain, is treated in the following ways:

Ice the knee for 15 minutes once an hour for 3-4 hours. Do not apply the ice directly to the knee; instead, cover your knee with a cotton towel. Place ice in a plastic zip-close bag, and then place the bag on the towel.

Wear cushioned, flat shoes that support your feet and don't exacerbate your pain.

Avoid sleeping on your side. Use pillows positioned on either side of your body to prevent you from rolling onto your side. When lying on your side, keep a pillow between your knees.

Stay seated when possible. If you have to stand, avoid hard surfaces and keep your weight equally divided on both legs.

Lose weight if you are overweight or obese.

FOLLOW UP

FROM PAGE 20

ments in personal environment in order to facilitate weight loss. Routine follow-up visits provide a means of accountability in those efforts.

Monitoring Weight Loss

Weight loss after bariatric surgery can be very rapid for some patients or it can be slower than expected for others. Routine visits help to ensure that weight loss is occurring in a healthy manner and also helps to identify factors that may be preventing the desired weight loss results.

Assessing Nutritional Status

A protein-based diet with vitamin supplements is very important after weight loss surgery. There is a significant risk of malnutrition due to the small size of the stomach and associated changes in digestion and nutrient absorption. Routine follow-up visits allow for assessment of malnutrition based on clinical exam and specific blood tests that are done at intervals in the post-op period.

Assessing Change In Health Conditions

Many obesity-related medical problems improve with bariatric surgery. It is important to have close

medical follow-up to adjust medications or even eliminate medications for conditions such as diabetes and hypertension. Some conditions will also require changes in equipment and treatment settings, eg., sleep apnea. Routine follow-up also allows monitoring to identify the potential for recurrence of any health problems.

Assessing Mental Challenges

There are many mental challenges after bariatric surgery including changes with the relationship with food, emotional coping mechanisms, changes in interpersonal relationships, changes in personal attention from others, and dealing with the physical body changes. Routine follow-up visits provide a forum to discuss these issues and consider potential solutions.

Surveillance For Complications

Although most patients do well after bariatric surgery, complications can and still do occur. It is important to know the symptoms of potential complications and have medical evaluation to appropriately diagnose and treat any such problems.

DYSMENORRHEA

FROM PAGE 33

or imbalance of kidney and liver are believed to be deficiency patterns.

Chinese medicine practitioners use acupuncture and herbal medicine through one or a few of the following strategies: expelling wind, dissipating cold, eliminating dampness, moving *Qi*, invigorating blood, nourishing the blood, clearing the heat, and tonifying the kidneys.

The goal at one recent review was to determine the efficacy and safety of acupuncture in the treatment of primary dysmenorrhea. Ten trials were included in the review with data re-

porting on 944 participants. Six trials reported on acupuncture and four trials reported on acupressure. There was an improvement in pain relief from acupuncture compared with a placebo.

Ginger is most commonly used in Chinese medicine in treating dysmenorrhea for a long period of time due to its stimulated function of anti-inflammation, spasmolytic, and circulation. Ginger helps to inhibit cyclo-oxygenase and lipoxigenase enzymes that cause menstrual cramps. Peach kernel is also commonly used in Chinese medicine for treating dysmenorrhea.

that aid in the utilization of vitamin D. While the normal range of vitamin D and labs is 30 ng/ml, I recommend that patients achieve a level of 60-80.

People should also regularly take a good probiotic. Now, that is not as simple as it sounds because there are so many probiotics on the market and it is actually a complex and evolving science. And different people require different types of probiotics as there are many different strains and not only are there bacterial probiotics but there are also yeast probiotics that can be helpful in certain cases. Probiotic use optimally really needs to be individualized.

Next is a good multivitamin and mineral complex. Though there are extensive proprietary labs that test for vitamin and mineral deficiencies a general approach is to simply put people on a complete vitamin and mineral complex which is unlikely to be harmful and often can replenish deficiencies in both.

It is surprising at how many people just feel better, especially when they add minerals to the regimen. There are many different trace minerals that in our current nutritional environment people are at risk for being deficient in.

Finally a good omega-3 supplement can be helpful with reducing inflammation, joint pains, mental

health issues, and aid in cardiovascular health. It's important that a high-quality fish oil be used and please note this is different than krill oil the latter of which is great for inflammation but doesn't provide the same benefit as omega-3s.

Of course there are many other supplements that are available on the market. Patients often come in with a suitcase full of supplements that they are taking.

It is best to optimize what people are taking and streamline it as well so that people are not ingesting literally between 50-100 pills daily.

There are many other good supplements available on the market search such as coenzyme Q10, N acetylcysteine, joint supplements, and anti-inflammatory preparations and many others but we try to tailor these to each patient's individual needs without overloading them.

Ultimately we try to take a realistic approach to keeping people well and having the supplements they take be targeted to optimizing their health.

Since the pandemic began patients have been advised to use 5,000-10,000 units of vitamin D, 1,000-2,000 mg of vitamin C, 25-50 mg of zinc, a good probiotic, and N-acetylcysteine as preventatives.

TIRED

that:

- Adjust your expectations of what you were going to do with all that "extra" time at home. Don't "should" on yourself.
- Do things that nourish your spirit and lift your mood.
- Set boundaries with your family in your home. Make space, both in time and place, for each person to have some alone time.
- Control the unexpected by adding some structure (not too much) to your day: Set morning and evening routine, schedule exercise, family

games, date nights, etc.

- Prioritize self-care: Eat well. Sleep regularly. Exercise. Get up from your workspace hourly to just move around. Connect with others but avoid "doom scrolling" on social media.
- Practice gratitude, savoring the good and minimizing the negative.

Most importantly: Get help if you need it. If you or someone you know is thinking about suicide contact the Suicide Prevention Lifeline at 1-800-273-8255. In Maryland, call 211 or text your ZIP Code to 898-211 to be connected to crisis help resources.

LAPAROSCOPY

Infertility and Sterilization

Women who have trouble getting pregnant may have laparoscopy to find problems like endometriosis or cysts.

Laparoscopy is also used for sterilization. In this operation, the doctor uses the laparoscope as a guide to block the fallopian tubes by cutting, clipping or burning them.

Ectopic Pregnancy

When a woman has pain in her lower abdomen during early pregnancy, the doctor may suspect an ectopic pregnancy. An ectopic pregnancy is one that may be located in the tube instead of the uterus. It may rupture the tube and cause abdominal bleeding that may require emergency surgery.

PAIN

When you interview healthcare providers, ask these questions:

- Do you have experience treating my condition?
- How would you describe effective pain management?
- What treatment options are available for me?
- How will you select my treatment plan?
- How much relief can I expect to receive from these treatments?
- What side effects should I look for? How can I manage them?
- What are the short-term and long-term outlooks for my condition?

Once you have found a good team, the next step is yours. Not everyone is comfortable talking about pain, but your team needs accurate information to treat you. Provide these details:

- How long you have had pain.
- Where the pain hurts the worst.
- What treatments you have tried on your own, and how they have worked for you.

- What makes the pain better or worse.
- How the pain feels. For example, is it sharp, dull, or achy?
- How the pain interferes with your activities, including work, dealing with family and friends, and ability to care for yourself.

Once your healthcare team understands your pain, a treatment plan is the next step. Your doctor may suggest medication. Some medications are available over-the-counter.

Others, you can only get with a prescription. Doctors rely on several families of drugs to treat pain.

NSAIDs used to treat mild to moderate pain and inflammation. Aspirin and ibuprofen are both NSAIDs.

Acetaminophen also used to treat mild to moderate pain.

Opioids prescribed to people who have moderate to severe pain.

In addition to medications, other treatments such as massage, physical therapy, relaxation therapy, and behavioral and psychological therapy may be helpful.

HEART HEALTH

tion dominates or overrides the others – can predispose one to heart disease," says Frank Lipman, MD. "Learning to deal with emotions is extremely important."

With a wealth of valuable information, Heart Math demonstrates on www.heartmath.com, that the heart and brain communicate with either love, joy and ease, or frustration, anxiety and stress. Having tools such as their Quick Coherent Breathing Technique uses the power of your heart, to balance thoughts and emotions. Here are others:

- Choose Gratitude – noting three grateful moments each night
- Sleep Deep – dark room, cool temp,

same time

- Prayer & Meditation – with 3-5-8 breathing, in, hold, exhale slowly
- Smile More – uplifts the spirits to be around family and friends
- Gather with Girlfriends – connecting hearts reduces cortisol and increases happy hormone of oxytocin
- Aromatherapy for Calming – lavender, cedarwood, peace & calming oils
- Slow Down, Relax – regularly with chair yoga, Yin Yoga, & play games

To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent—that is to triumph over old age. –Thomas Bailey Aldrich



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HAMMERTOES

FROM PAGE 58

calluses that form, trimming the corns and calluses, custom orthotic footwear or devices, anti-inflammatory medications and splinting the affected toe. Surgery is recommended in some severe cases.

The treatment options vary with

the type and severity of each hammer-toe, although identifying the deformity early in its development is important to avoid surgery. If left untreated, hammertoes tend to become rigid, making a nonsurgical treatment less of an option.

HEALTHY LIPS

FROM PAGE 7

These can be worsened by smoking, habitual waxing of hair from your upper lip, and even by frequent gum-chewing. Overactive muscles turn the corners of your mouth downward, creating the appearance of frowning even when we are 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 when wearing a mask, causing deep, tender cysts to develop around the mouth and chin.

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 lost with age. With expert techniques, they restore volume and shape to your lips, precisely turn out the lip borders, and shape the Cupid's bow. This prevents lipstick bleeding and gives beautiful and natural results.

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

Tiny amounts of 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 high-level technique should only be performed by a very experienced dermatologist or plastic surgeon. It can dramatically improve appearance and help prevent lines from deepening.

To get your skin in shape, one hot 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, skin on the chest and other sagging areas. The Exilis Ultra is a revolutionary laser that simultaneously removes fat and tightens skin 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 for improvement of wrinkles, discolorations and scars plus skin tightening, 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 Dermasweep-MD, a crystal-free and aluminum-free microdermabrasion, with acne laser therapy. Dermasweep polishes your skin 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 hair laser is the most advanced method for rapid and painless removal of unwanted hair. It is safe and effective for skin of all types, from the very fairest to the very darkest. At the same time, it also tightens skin and gives it a beautiful glow.

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

Dermatologists, plastic, oculoplastic 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.

PRESSURE WAVE

FROM PAGE 54

How Is the Treatment Performed?

ESWT treatment is non-invasive. Gel is applied to the treatment area; pressure waves are then released through the applicator as it is moved over the treatment area.

How Many Treatments Are Generally Needed?

The number of sessions needed depends on the condition that is being treated. Each treatment session takes between 10-15 minutes and can vary depending on the condition that is being treated.

What Type Of Results Are Expected?

Beneficial effects are often experienced after only one or two treatments and there is no downtime. Many patients report immediate pain relief after treatment. The technology has a 91% success rate as per clinical studies, patients treated report being pain free and/or have a significant reduction in pain. The non-surgical therapy for pain eliminates pain and restores mobility, thus improving patient's quality of life.

GET PHYSICAL

FROM PAGE 57

Make sure your child or adolescent is doing three types of physical activity: aerobic activity, muscle strengthening and bone strengthening. To meet the guidelines for aerobic activity, basically anything counts, as long as it's done at a moderate- or vigorous-intensity for at least 10 minutes at a time for about 60 minutes a day. Many of the physical activities fall under more than one type of activity. For example, if your child is on a basketball team and practices with their teammates daily they are not only doing vigorous-intensity aerobic activity but also bone-strengthening. It's easy to fit each type of activity into your child's schedule.

Stick With It

There are many things you can do to get and keep your child active physically, that can help shape their behavior and attitude toward physical activity. Start by choosing physical activities you and your child enjoy and that match your child's abilities, it will help ensure that you both stick with them. Encourage them to be physically active for one hour or more each day,

with activities ranging from informal, active play to organized sports. If you're not sure where to start, here are some examples.

- Physical activity should be a part of the family's daily routine.
- Set a positive example by leading an active lifestyle yourself.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything that your child enjoys, structured or non-structured sports.
- After dinner, encourage your child to find fun activities with friends and family.
- Always provide protective equipment and ensure that the physical activity is developmentally and age-appropriate.

If your child has a chronic health condition or other symptoms be sure to talk with the doctor about the types and amounts of physical activity that are right for them.

SCHIZOPHRENIA

FROM PAGE 48

ications used are called neuroleptic medicines. They work by changing the balance of the chemicals in the brain.

Although these medicines may effectively control symptoms of the illness, they often may create side effects of their own; muscle spasms, restlessness, tremors, grimacing. There are new medications under development which take advantage of improved knowledge and technology. They promise to be more effective and create less side effects.

Structured support can be helpful in assisting the person to regain a stable environment. Psychiatric rehabilitation is one option which serves this func-

tion. Staff can facilitate activities in the person's home or in a program where group support is available.

Recognizing particular stressors that impact a person's life and what symptoms may be an indicator of potential relapse help prevent recurring episodes of the illness. Reduction of stressors, medication adjustment, and added support are the treatments of choice. Often hospitalization can be avoided and the person can continue to participate in the daily activities of living.

Schizophrenia is a long term illness which can be successfully managed once understood and treated.

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Dr. Hema Sundaram, MA, MD, FAAD

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

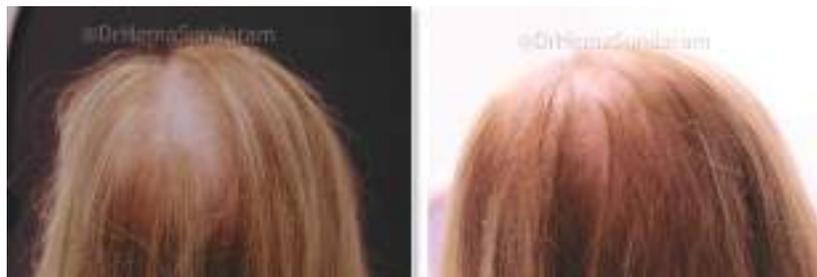
My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert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

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

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

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

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



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