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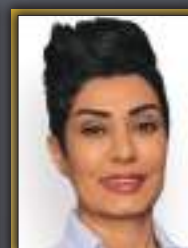
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# Restoring Health and Vitality As the Years Go By



By Alan Weiss, MD  
Annapolis Integrative Medicine

As we emerge from the pandemic (and maybe it was already the case), many people are realizing that they have neglected their health. Over the past few years you may have gained unwanted pounds, stopped exercising, have had disrupted sleep, ate badly and drank more than you used to. The stress of this time period and life in

general has impacted many people.

You might find your sleep is disrupted, and it is possible that weight gain has brought about sleep apnea, which is a dangerous condition that causes fatigue, weight gain, and increases the risk of heart disease, stroke and hypertension. It is nearly impossible to feel well and to function optimally when sleep is disrupted. Addressing this with a physician can be extremely helpful rather than just tolerating it.

Gastrointestinal problems are also common, including irregular bowel movements and bloating. Two common GI conditions are bacterial and yeast overgrowth, which when recognized can be easily treated. Dietary intolerances are also common and can be addressed with a physician who is able to address them.

Stress can exacerbate or accelerate

*Please see "Vitality," page 62*



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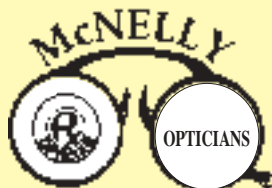


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**SERVING MARYLAND & VIRGINIA Since 1990**

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

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

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

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

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

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

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

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# Genicular Ablation For Knee Pain



By Madhavi Chada, MD  
Synergy Spine and Pain Center

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

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

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

## Risks and Side Effects

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

# What's the Right Age To Have Cosmetic Surgery?



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

This question is often asked by patients as well as on social media. In fact, there is no "right age" to have cosmetic surgery because we all age at different rates and have different ideas of what constitutes aging gracefully. But there is a right time – when we're ready to fix something that bothers us. There is also a right reason – when there is a need to balance how we look with how we feel.

Our faces send messages that impact us profoundly, both personally and professionally.

For example, permanent frown

lines can make us look angry when we're not, under-eye bags convey tiredness, and a downturned mouth looks sad. It's the same for our bodies. Spider veins and sunspots make our faces look old and weather-beaten. These "error messages" are easily corrected by a dermatologist or plastic surgeon expert using today's non-surgical technology.

Recent surveys show that more men and women are choosing no-downtime fixes to look good on Zoom as well as in person, to keep their professional edge, and to achieve balance so that how they look truly reflects how they feel. They are also looking forward to a return to the "new normal", with in-person interactions both personally and professionally.

The most advanced dermatologists and plastic surgeons are doing cutting-edge research, publishing in renowned medical journals, and teaching globally how to combine state-of-the-art non-surgical techniques for the best results with no scarring and little or no recovery.

Please see "Right Age," page 42

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# Laser Frenectomies in Children

## What You Need to Know

By Elizabeth Shin, DDS  
Bethesda Chevy Chase  
Pediatric Dentistry

Tongue-tie, also known as ankyloglossia, is a common condition that affects many children. It occurs when the lingual frenulum, the band of tissue that connects the tongue to the bottom of the mouth, is too short

or tight, which restricts the mobility of the tongue. In some cases, a frenectomy may be recommended to release the tongue-tie and improve oral function. Laser frenectomy is a popular and minimally invasive technique used to correct tongue-ties in children.

### What Is a Laser Frenectomy?

Laser frenectomy is a surgical

procedure that uses a specialized laser to remove the frenulum. The laser is precise and can be used to remove the tissue without causing excessive bleeding or damage to surrounding tissue. The procedure is usually done in a dentist or pediatrician's office, and it only takes a few minutes to complete.

### What Are the Signs



Elizabeth Shin, DDS

### Of a Tongue-Tie?

Children with tongue-ties may experience difficulty nursing or feeding, speech problems, or oral hygiene issues. They may have trouble sticking out their tongue or moving it from side to side, and in some cases, the tongue-tie may be visible as a small band of tissue under the tongue. For older children, speech therapy may be needed in addition to a frenectomy to address any residual issues.

*Tongue-tie, also known as ankyloglossia, is a common condition that affects many children.*

### What Are the Benefits Of a Frenectomy?

A frenectomy can provide many benefits for children with tongue-ties. After the procedure, children may be able to nurse more effectively, which can help them get the nutrients they need to grow and develop. They may also be able to speak more clearly and have an easier time with oral hygiene, as a restricted tongue can make it difficult to clean the teeth and gums. Additionally, for older children, a frenectomy can help with speech and overall oral function.

### Is a Laser Frenectomy Painful?

Most children do not experience any pain during or after the procedure.

The laser provides better and faster healing with less postoperative pain.



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# Combating Senior Isolation and Depression: Local Counselors Help

Submitted By  
A+ Counseling Center

Isolation can be a major problem for the elderly, especially in our current times where social distancing has become a necessary practice to combat the spread of COVID-19. It is well-known that seniors are more likely to experience feelings of loneliness, isolation, and depression than any other

age group. Unfortunately, the physical distancing measures that have been put in place to keep seniors safe from the virus are only exacerbating the issue.

Social isolation has been linked to numerous negative physical and mental health outcomes, including depression, anxiety, and cognitive decline. This is especially true for the elderly, who are more likely to experience isolation due to factors such as decreased mobility, living alone, and a

lack of social support. In fact, research suggests that social isolation and loneliness may be as harmful to a senior's health as smoking 15 cigarettes a day.

One way to combat the negative effects of social isolation on the elderly is to seek the help of a local counselor. Counselors can help seniors work through the feelings of loneliness, isolation, and depression that often accompany social distancing measures. In-person counseling

can be effective for those seniors who are comfortable leaving their homes, but for those who are not, telehealth counseling can be a good alternative.

Telehealth counseling is a form of counseling that is conducted over the phone or through video conferencing. It is a safe and effective way to receive mental health services without leaving the home. Telehealth counseling allows seniors to receive the support and guidance they need to manage their mental health from the safety and comfort of their own homes.

The benefits of counseling for seniors are numerous. First and foremost, counseling provides a safe and non-judgmental space for seniors to express their feelings and concerns. It can be difficult for seniors to talk to family members or friends about their struggles with social isolation, loneliness, and depression. A counselor can provide a listening ear and offer advice and guidance without judgment.

Counseling can also help seniors develop coping skills to manage their feelings of isolation and depression. A counselor can work with seniors to develop a self-care plan that includes activities and hobbies that promote mental and emotional well-being. This may include things like meditation, exercise, and creative pursuits like painting or writing.

In addition, counseling can help seniors build a support system. A counselor can work with seniors to identify local resources and organizations that offer social support, such as senior centers or community groups. They can also help seniors connect with friends and family members who may be able to provide additional support.

In conclusion, social isolation can be a major problem for the elderly, especially during times of physical distancing. Isolation can lead to depression, anxiety, and other negative physical and mental health outcomes. Seeking the help of a local counselor, either in-person or via telehealth, can be an effective way to manage the negative effects of social isolation on the elderly. Counselors can provide a safe and non-judgmental space for seniors to express their feelings and concerns, help them develop coping skills, and build a support system. If you or a loved one is struggling with social isolation or depression, consider seeking the help of a local counselor today.



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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 6 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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# PrEP 4 Pride! A Pill a Day Keeps HIV Away

By Kurtis R. Sykes, MDH  
Charles County  
Department of Health

HIV stands for human immunodeficiency virus. It weakens a person's immune system by destroying important cells that fight disease and infection. No effective cure exists for HIV. But with proper medical care, HIV can be controlled. Some groups of people in the United States are more likely to get HIV than others because of many factors, including their sex partners, their risk behav-

iors, and where they live.

Pre-Exposure Prophylaxis, or PrEP, is a new HIV prevention strategy in which HIV-negative people use HIV antiretrovirals (ARVs), drugs usually used to treat HIV infection, to reduce their risk of becoming infected with HIV.

Here's what you need to know about PrEP.

PrEP is a daily pill for people who do not have HIV to help them stay HIV negative. Studies show that taking PrEP as prescribed reduces the risk of getting HIV through sex by 90% or more.

PrEP has been available by prescription in the U.S. since 2012 under the brand name Truvada, and was first approved in 2004 to treat HIV in combination with other medications. Descovy, another ARV used to treat HIV was also approved in October 2019 as another option for PrEP. While it contains the same medications as Truvada, Descovy's formulation allows it to be more effective by delivering more medication into the cells in a smaller dosage, resulting in a smaller sized pill. Thus far Descovy has only been studied and approved in men. This includes anyone assigned

as male at birth, and does not include anyone assigned as female at birth.

On December 20, 2021 the FDA approved the first injectable medication for PrEP known as Apretude (cabotegravir extended-release injectable suspension). Given as an injection every eight weeks it is the first and only PrEP option not in pill form. It is currently available to new and current PrEP users but there are requirements to begin this regimen, which your provider can discuss with you to see if Apretude is an option for you. Apretude is not available at the Charles County Department of Health.

## Why Should I Take PrEP?

While we won't tell you what to do, there are endless reasons why one should take PrEP. For instance some examples are: if you're not using condoms with EACH and EVERY sex act (oral sex included), have had more than one partner in the past 12 months, do not get tested every time you change sexual partners, have ever had an STD (especially within the past 12 months), have an HIV+ partner, use injection drugs, engage in any type of high risk sexual activity or lifestyle **regardless of sexuality**, or you (or your partners) live and/or engage in sexual activity in an urban area, you should consider starting PrEP.

## How Do I Take PrEP?

As stated previously PrEP is currently in pill form which you take once daily with or without food (an eight week long-acting injectable form is available at some providers, not at Charles County Department of Health). You will return to your provider every three months for follow up testing which includes HIV, STI (STD), etc. and receive a three-month prescription upon leaving your appointment.

## How Do I Pay For PrEP?

Good question. Whether you have insurance or not, you can get PrEP. As of 2021 a Federal mandate was enacted that requires most insurers to cover PrEP medications and associated lab work and visits free of charge (co-pays are possibly still required). There are other programs that cover the complete cost of the drugs themselves for uninsured persons and/or any co-pay that someone who is insured may encounter in order to make it free for them as well. If all of this sounds confusing, don't worry we are here to assist you with all of this to make sure your decision to start PrEP is as easy and worry free as possible.

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# Improving Mental Health

## *The Importance of Seeking Out Local Services and Psychiatric Evaluations*

Submitted By  
Luminos Healthcare Services

Mental health is an essential aspect of overall well-being. When an individual experiences mental health problems, it can impact every aspect of their life. From their relationships and work to their physical health and daily activities, mental health problems can cause significant distress and interfere with an individual's quality of life.

Fortunately, seeking out local mental health services can help individuals receive the care and support they need to improve their mental health and overall well-being. One of the most critical aspects of mental health services is psychiatric evaluations. These evaluations enable mental health professionals to diagnose mental health disorders and develop an individualized treatment plan that meets the unique needs of each patient.

Psychiatric evaluations involve an in-depth assessment of an individual's mental health history, symptoms, and overall health. Mental health professionals use this information to make an accurate diagnosis and determine the best course of treatment. This may include medication, therapy, or a combination of both. Routine follow-up visits are also essential to monitor symptoms and medication effectiveness. This ensures that the treatment plan remains effective and is meeting the patient's needs.

Anxiety and depression are among the most common mental health problems that individuals face. These conditions can have a significant impact on an individual's daily life, making it difficult to complete even the most straightforward tasks. Seeking out local mental health services that specialize in anxiety and depression can help individuals receive the support and care they need to manage their symptoms effectively.

Bipolar disorder is another common mental health condition that can impact an individual's daily life. Individuals with bipolar disorder experience periods of intense highs and lows, which can make it challenging to manage their emotions and daily activities. Local mental health services that specialize in bipolar disorder can provide patients with the tools and support they need to manage their symptoms and live a fulfilling life.

Eating disorders are another common mental health problem that individuals face. These conditions can impact an individual's physical health

as well as their mental health, making it essential to seek out local mental health services that specialize in eating disorders. These services can provide patients with the support and care they need to manage their symptoms and improve their overall well-being.

There are various mental health services available that cater to different mental health conditions. These

include addictions, adult psychiatry, child and adolescent psychiatry, anxiety disorders, attention deficit disorders (ADD/ADHD), bipolar disorder, borderline personality syndrome, depression, eating disorders, oppositional-defiant disorder, obsessive-compulsive disorder (OCD), and more.

Evidence-based strategies are designed to provide patients with proper

rehabilitative care. Services can be customized to ensure that patients feel comfortable and motivated to become the best version of themselves. The goal is to help patients live a more fulfilling life, and services cater to patients of all ages.

Every individual has the chance to start anew and become the best version of themselves, happy and healthy in all aspects.



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### ***Mental Health Services:***

- Anxiety
- Depression
- Bipolar
- Agoraphobia
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder (OCD)
- Body Dysmorphic Disorder
- Hoarding Panic Disorder
- Phobias Posttraumatic Stress Disorder (PTSD)
- Social Anxiety
- Attention Deficit Hyperactivity Disorder
- Anger
- Couples/Marital Issues
- Eating Disorders
- Binge Eating
- Adolescents and Child Problems
- Grief
- Insomnia
- Personality Disorders
- Substance Abuse/Addiction
- Trichotillomania
- Test Anxiety
- Medical Cannabis

# Chronic Pain and Depression – You Are Not Alone!

Submitted by  
Washington Open MRI, Inc.

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

It's no secret that chronic pain is more than just physically debilitating.

It can and *will* negatively affect your work, family relationships and by its definition may be an expectation of a life of continual misery as reported by our many patients.

### What Can Be Done?

There are no easy answers, but there *can* be help with recent advancements of imaging techniques now available.

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

Symptoms can be dizziness, forgetfulness, unsteady gait, numbness,

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

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

A recent study by Dr. Michael Freeman published in July 2020 states, "There are approximately 869,000 traffic crash-related cervical spine injuries seen in hospitals in the US annually. The annual counts of whiplash and spinal disk injuries in the US likely exceed 1.2 million and 33,000, respectively. National insurance claim data, which include cases of cervical disk injury diagnosed both in and outside of the emergency room indicate this data likely undercounts cervical disk injuries by 92%, and correspondingly undercounts

Please see "Chronic Pain," page 62

# A Reason To Smile Again *All-On-Four Dental Implants*



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

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

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

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

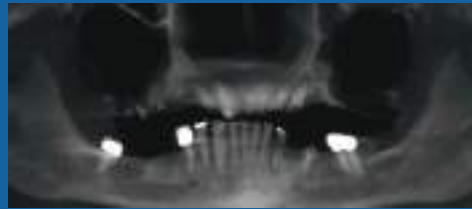
Here's where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four

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

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

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

## All-On-4: Same Day Smiles



### Missing Teeth or Tired of Wearing Dentures?

Thanks to advances in dental implant technology, just **four implants** can replace all of the teeth on the top or the bottom of your mouth.

### Courtesy 3D Planning For Implants

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# Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

## Volunteers Being Sought

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

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

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

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

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

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

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

## Volunteers Being Sought

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

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

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



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

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

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

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

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# Weight Loss With Semaglutide

Submitted by New Day Vitality  
Hormone Center

Semaglutide injections are part of a prescription-based, medically supervised weight loss program which also incorporates healthy eating and exercise.

Originally prescribed for patients with type 2 diabetes, semaglutide is used to help with weight loss in those who are overweight or obese and also suffer from high blood pressure, high cholesterol or type 2 diabetes.

Semaglutide (known under the brand names Ozempic and Wegovy) targets areas of the brain that regulate appetite and food intake. It also helps the pancreas release the right amount of insulin when blood sugar levels are high, smoothing out the extreme highs and lows that negatively impact hunger and metabolism.

Sixty to 70% of midlife women

experience weight gain as they approach menopause. Unfortunately, throughout perimenopause, the rate of fat gain doubles and lean mass declines. In addition, fat distribution shifts and body composition changes, leading to an increased risk of cardio-metabolic disorders, including high blood pressure and obesity.

According to a large double-blind, placebo-controlled study of semaglutide effectiveness published in New England Journal of Medicine, adults who received semaglutide injections lost an average of 12.4% of their initial body weight compared to individuals who received placebo. Losing 5% to 10% of body weight has been associated with a reduced risk of cardiovascular disease in adult patients with obesity or those who are overweight.

If your weight loss efforts need a boost, consider weekly semaglutide injection therapy.

# 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 asso-

ciated 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 prescription drugs. Problems are compounded by use of multiple healthcare providers and pharmacies. A regular review by the dentist of the aging patients'

Please see "Dental Health," page 62

- Children's Dentistry
- Cosmetic Dentistry
- Crowns and Bridges
- Dental Implants
- Dentures
- Extractions
- General Dentistry
- Invisalign
- Periodontal Treatment
- Tooth-Colored Fillings



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

# High Frequency Spinal Cord Stimulation

of the electrical impulses. This allows the patient to have control over their pain management and to adjust the therapy as needed.

HF-SCS is considered a safe and effective therapy for chronic pain management. However, like any surgical procedure, there are potential risks and side effects. These may include infection, bleeding, nerve damage, and allergic reactions to the device. In addition, there may be some discomfort

during the implantation procedure.

It is important to note that HF-SCS is not a cure for chronic pain, but rather a way to manage it. It is also not a suitable therapy for all patients, and it is important to work with a healthcare provider to determine if it is appropriate for you.

In conclusion, High Frequency Spinal Cord Stimulation (HF-SCS) is a cutting-edge therapy for the management of chronic pain. It works

by blocking the pain signals as they travel up the spinal cord to the brain, thus reducing the sensation of pain. The procedure for implantation of an HF-SCS device is typically done in an outpatient setting and the patient is given a remote control to adjust the therapy as needed. It is considered a safe and effective therapy for chronic pain management but it is important to work with a healthcare provider to determine if it is appropriate for you.

High Frequency Spinal Cord Stimulation (HF-SCS) is a cutting-edge therapy for the management of chronic pain. It involves the use of electrical impulses to block pain signals from reaching the brain. The therapy is performed using a device that is surgically implanted under the skin and connected to electrodes that are placed near the spinal cord. The device sends out high-frequency electrical impulses that disrupt the pain signals as they travel to the brain.

*High Frequency  
Spinal Cord  
Stimulation  
(HF-SCS) is a  
cutting-edge therapy  
for the management  
of chronic pain*

HF-SCS has been shown to be effective in the management of chronic pain conditions such as failed back surgery syndrome, chronic back and leg pain, and chronic pain due to complex regional pain syndrome. It works by blocking the pain signals as they travel up the spinal cord to the brain, thus reducing the sensation of pain.

The procedure for implantation of an HF-SCS device is typically done in an outpatient setting. A small incision is made in the skin and the device is placed under the skin, near the spinal cord. The electrodes are then connected to the device and placed in the correct location to target the pain. The patient is awake during the procedure, which allows the healthcare provider to test the device and make sure that it is working correctly and that the patient is comfortable.

Once the device is implanted, the patient will be given a remote control that allows them to turn the device on and off, as well as adjust the intensity

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# Pregnant and Suffering?



By Alicia Kovach, DC  
Kovach Chiropractic

Do you know anyone who is pregnant and suffering from lower back or sciatic nerve pain? Have they seen their chiropractor?

During pregnancy, there are several physiological and endocrinological changes that occur in preparation for the developing baby. The following changes could result in a misaligned spine or joints:

- Protruding abdomen and increased back curve

- Pelvic changes
- Postural adaptations

Making sure a pregnant woman has pelvic balance and alignment is another reason to obtain chiropractic care during pregnancy. When the pelvis is misaligned it may reduce the amount of room available for the developing baby.

This restriction is called intrauterine constraint. A misaligned pelvis may also make it difficult for the baby to get into the best possible position for delivery. This can affect the mother's ability to have a natural, non-invasive birth. Breech and posterior positions can interfere with the natural ease of labor and lead to interventions such as c-sections. If the baby is in a breech position there is also a technique that chiropractors use called Webster technique.

Potential benefits of chiropractic care during pregnancy include:

- Maintaining a healthier pregnancy
- Reducing the time of labor and delivery

*Please see "Pregnant," page 63*

# VIRTUAL MEDICINE

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## STOMACH/DIGESTION PROBLEMS?

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- Constipation? Crohns?
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- Weight Issues?

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

# Nutrition and Food As Medicine

can contribute to chronic health conditions and increase inflammation.

In addition to eating a healthy diet, it is important to pay attention to portion sizes and to practice mindful eating. This involves taking the time to enjoy each meal, eating slowly, and paying attention to hunger and fullness cues. Mindful eating can help to prevent overeating and improve overall digestion and nutrient absorption.

Food as medicine also involves paying attention to individual nutrient needs. For example, individuals who are vegetarian or vegan may need to take vitamin B12 supplements, while those with anemia may need to incorporate iron-rich foods into their diets. It is important to work with a healthcare professional to determine your individual nutrient needs and to make informed decisions about supplementation, if necessary.

In conclusion, food as medicine is a powerful concept that recognizes the role of a healthy diet in promoting physical and mental well-being, preventing and treating disease, and maintaining overall health. By incorporating a diverse and balanced diet, practicing mindful eating, and paying attention to individual nutrient needs, you can reap the numerous benefits of food as medicine and lead a healthier, happier life.

Food as medicine is a concept that recognizes the power of a healthy diet in promoting physical and mental well-being, preventing and treating disease, and maintaining overall health. The idea is that food should be viewed as a primary form of medicine, providing the essential nutrients and compounds the body needs to function optimally.

One of the most significant benefits of food as medicine is its ability to prevent chronic diseases. Many chronic diseases, such as heart disease, type 2 diabetes, and obesity, are linked to poor dietary habits and can be prevented or managed through a healthy diet. For example, diets high in fruits, vegetables, whole grains, lean proteins, and healthy fats can reduce the risk of heart disease, while diets high in fiber can help to manage type 2 diabetes and prevent obesity.

Food as medicine can also play an important role in treating existing medical conditions. For example, certain foods and supplements can help to manage symptoms of depression and anxiety, reduce inflammation, and improve gut health. Additionally, diets high in anti-inflammatory foods, such as berries, leafy greens, and fatty fish, can help to manage conditions such as arthritis and inflammatory bowel disease.

Incorporating food as medicine into your daily routine requires a shift in mindset. It is important to view food as a form of nourishment and medicine, rather than simply as a source of fuel or pleasure. This involves prioritizing the consumption of nutrient-dense, whole foods and limiting the intake of processed foods, sugar, and unhealthy fats.

To maximize the benefits of food as medicine, it is important to eat a diverse and balanced diet. This means incorporating a variety of fruits and vegetables, whole grains, lean proteins, and healthy fats into your diet. It is also important to limit the consumption of processed foods, sugar, and unhealthy fats, as these



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# Hiatal Hernia

## A Common Cause For Heartburn



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

weakness in the diaphragm and by factors that cause high pressure in the abdomen, eg., repeated straining, chronic coughing, obesity and pregnancy.

### What Are the Symptom Of a Hiatal Hernia?

Many hiatal hernias have no symptoms. However, the most common symptom is heartburn. Other symptoms include acid taste in the mouth, regurgitation of food, choking sensation in the throat, coughing especially at night, or vague upper abdominal pain.

### How Is a Hiatal Hernia Diagnosed?

Many hiatal hernias are found incidentally during investigation for another problem, eg., doing a CT scan for abdominal pain and finding a hiatal hernia. For the individual that has symptoms, a hiatal hernia may be diagnosed by an upper GI study or an endoscopy performed by a gastroenterologist.

*Please see "Hiatal Hernia," page 62*

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### What Is a Hiatal Hernia?

A hiatal hernia is a type of hernia that occurs when the stomach migrates from the abdominal cavity into the chest cavity through the diaphragm. Other organs may also migrate into the chest but most commonly it is the stomach that is involved. The stomach migrates through a natural opening in the diaphragm. The occurrence of a hiatal hernia may be precipitated by a



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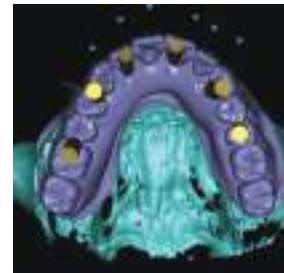
### **3. The difference between whole-mouth and All-On-4®**

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

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

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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](http://mdrelay.org) or call 800-552-7724 (Voice/TTY) or 443-453-5970 (VP).

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



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# Discover the Benefits Of the Latest Natural Health and Wellness Services

Submitted By Elon Roshell  
Day Spa & Health, LLC

Natural health and wellness services have gained tremendous popularity in recent times. People are more inclined towards natural remedies rather than going for synthetic treatments. There are various natural health and wellness services available in the market, including oxygen therapy, infrared sauna, red light therapy, ionic bath, salt cave, and halo therapy, which can provide numerous health benefits.

**Oxygen Therapy** involves breathing in pure oxygen through a mask or nasal tube. This therapy can increase the level of oxygen in the blood, which in turn helps in reducing inflammation and improving cognitive function. It also helps in reducing stress levels, improving sleep quality, and boosting energy levels. Oxygen therapy is an effective treatment for asthma, chronic obstructive pulmonary disease (COPD), and other respiratory problems.

**Infrared Sauna** is a type of sauna that uses infrared heaters to emit radiant heat, which is absorbed by the skin. It helps in detoxification by increasing blood circulation and stimulating the sweat glands. It also helps in reducing inflammation, easing joint pain, and promoting relaxation. Infrared sauna is also known to be beneficial for people suffering from skin problems like eczema and psoriasis.

**Red Light Therapy** is a non-invasive treatment that uses red and near-infrared light to promote tissue repair, reduce inflammation, and improve skin health. It is an effective treatment for skin problems like acne, wrinkles, and scars. It also helps in reducing pain, inflammation, and stiffness in the joints. Red light therapy is an excellent option for athletes as it helps in reducing muscle fatigue and soreness.

**Ionic Bath** is a type of foot bath that uses an ionic foot detox machine to create positively and negatively charged ions in the water. These ions help in removing toxins and impurities from the body through the feet. Ionic bath helps in reducing stress, improving sleep quality, and boosting energy levels. It is also an effective treatment for people suffering from joint pain and arthritis.

**Salt Cave** is a room that is designed to mimic the environment of a natural salt mine. It is filled with Himalayan salt, which helps in reducing inflammation, improving respiratory function, and promoting relaxation. Salt cave is an effective treatment for people suffering from allergies, asthma, and other respiratory problems.

**Halo Therapy** involves sitting in a room that is filled with dry salt aerosol. The salt particles are inhaled into the lungs, which helps in reducing inflammation and promoting respiratory function. It also helps in improving skin health and reducing stress levels. Halo therapy is an effective treatment for people suffering from respiratory

problems like asthma and bronchitis.

Natural health and wellness services like oxygen therapy, infrared sauna, red light therapy, ionic bath, salt cave, and halo therapy can provide numerous health benefits. They are non-invasive, natural, and safe treatments that can help in improving overall health and wellbeing.

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### Looking for a natural way to boost your health and wellbeing?

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Our Oxygen Therapy treatment can help you with respiratory problems, while our Infrared Sauna will help you relax and detoxify your body. Our Red Light Therapy is perfect for reducing inflammation and promoting skin health. Our Ionic Bath is a great way to remove toxins from your body through your feet. Our Salt Cave mimics the environment of a natural salt mine, helping to improve respiratory function and reduce inflammation. Our Halo Therapy involves inhaling dry salt aerosol, which can improve respiratory function and reduce stress levels.

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# What Is a Bunion?



By Howard Horowitz, DPM  
Bowie Foot & Ankle

A bunion is an enlargement of the joint at the base of the big toe the metatarsophalangeal (MTP) joint that forms when the bone or tissue at the big toe joint moves out of place. This forces the toe to bend toward the others, causing an often painful lump of bone on the foot.

## Symptoms

- Development of a firm bump on the outside edge of the foot, at the base of the big toe.
- Redness, swelling or pain at or near the MTP joint.
- Corns or other irritations caused

by the overlap of the first and second toes.

- Restricted or painful motion of the big toe.

Podiatric medical attention should be sought at the first indication of pain or discomfort because, left untreated, bunions tend to get larger and more painful, making non-surgical treatment less of an option.

The primary goal of most early treatment options is to relieve pressure on the bunion and halt the progression of the joint deformity. A podiatric physician may recommend these treatments.

## Padding & Taping

Padding the bunion minimizes pain and allows the patient to continue a normal, active life. Taping helps keep the foot in a normal position, thus reducing stress and pain.

## Medication

Anti-inflammatory drugs and cortisone injections are often prescribed to ease the acute pain and inflammations caused by joint deformities.

*Please see "Bunion," page 63*



**Howard Horowitz, DPM**

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# Acupuncture For Rhinitis and Asthma

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

Acupuncture is an ancient Chinese practice that has gained popularity in recent years as a complementary treatment for a wide range of conditions, including rhinitis and asthma. These respiratory conditions can cause

significant discomfort and impact an individual's quality of life. Acupuncture can be an effective therapy for both of these conditions, helping to alleviate symptoms and improve overall respiratory function.

Rhinitis is a condition that affects the nasal passages and can cause symptoms such as a runny nose, congestion, sneezing, and itching. It can

be caused by a variety of factors, including allergies, viral infections, and environmental irritants. Acupuncture can help to alleviate the symptoms of rhinitis by targeting specific acupuncture points that help to reduce inflammation and improve nasal congestion. Acupuncture has been shown to be particularly effective for allergic rhinitis, which is caused by an allergic reaction to a specific substance.

Studies have shown that acupuncture can significantly reduce the severity and frequency of symptoms, such as sneezing and itching, in people with rhinitis. It can also help to improve the overall quality of life for people with this condition, reducing stress and anxiety levels.

Asthma is a chronic respiratory condition that can cause shortness of breath, wheezing, and chest tightness. It can be triggered by a variety of factors, including allergies, exercise, and stress. Acupuncture can be an effective complementary therapy for asthma, particularly when used in conjunction with standard medical treatments. By targeting specific acupuncture points, acupuncturists can help to reduce inflammation in the airways, improve lung function, and reduce the frequency and severity of asthma attacks.

Studies have shown that acupuncture can help to reduce the need for medication in people with asthma. It can also help to improve overall respi-




Quansheng Lu, CMD, PhD, LAc

ratory function and reduce stress and anxiety levels, which can be a trigger for asthma attacks.

While acupuncture is generally considered safe, it is important to consult with a qualified acupuncturist before beginning treatment. Acupuncture involves the use of fine needles, which are inserted into specific acupuncture points on the body. While most people experience little to no discomfort during the procedure, some people may experience mild discomfort or bruising at the site of the needle insertion. It is also important to ensure that you receive acupuncture from a qualified practitioner who follows proper hygiene and safety protocols.

Acupuncture can be an effective complementary therapy for rhinitis and asthma. By targeting specific acupuncture points, acupuncturists can help to reduce inflammation and improve respiratory function. While acupuncture is generally safe, it is important to consult with a qualified practitioner before beginning treatment. With the right approach, acupuncture can be a valuable tool in managing the symptoms of these respiratory conditions and improving overall quality of life.



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Guest professor, Henan University of Traditional Chinese Medicine (TCM)  
Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM  
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# TMJ and Vision Disorders

## Is There a Connection?



By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

If you ask most doctors if there is a connection between TMD (Temporomandibular Disorder) and vision, they will say there is not. However, if you really think about it, there can most certainly be a connection. The reason is the articular discs (jaw joint discs) are out of place, and inflammatory reaction sets into the body causing problems. This inflammation can work its way throughout the entire body and will have a negative effect on many systems. Did you know that TMJ disorder correlates with many disease states and even to cancer? One of the overlapping symptoms of oral cancer is jaw pain. Going further, if you have slipped discs in the jaw joints, this might affect the eyes and your vision can be compromised with blurry vision.

Another poorly understood aspect of vision disorder can also correlate to distortion of the cranial bones. Research indicates that around 95% of us have bones in the skull that are not in alignment – i.e. they are distorted to some extent. Oftentimes, it is the sphenoid bone that goes right behind the eyes that is not level. When the sphenoid is not level as it should be, this will have the effect of making the eyes uneven which could cause distortion to your vision. If you ever notice that the frames of your glasses – the arm of the eyeglasses for example – are not level when you take your glasses off, it could be due to an uneven sphenoid bone. So now imagine you are walking down the street and your head is tilted to one side. This makes the eyes tilt as well and you can feel dizzy from this experience. Another observation might be that one eye is forward relative to the other due to a different kind of cranial distortion. This means one eye is ahead of the other. This will also cause potential eye problems due to the imbalances.

What does a person do about these issues? Well, maybe it's a simple matter of vision correction: glasses, contacts, Lasik, etc. But what about a way to correct these imbalances? This is where the ALF wire steps in. This little wire is so gentle and ever so lightly levels the bones of the cranium while opening up a bit of the 'tight'

areas in the skull. The leveling effect will help the bones become even and the eyes respond accordingly. The effect of opening takes pressure off the skull and even the eyes. This might help with vision distortions from the imbalances.

What does all this mean? It is often not as simple as seeing the op-

tometrist and getting vision correction. It might also be logical to discuss with an ALF dentist if the cranial bones have some degree of distortion and if this can be corrected as well! This may not seem to be in the normal realm of what we normally would consider, but when you think about it, it really makes sense!



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

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

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



**Jeffrey L. Brown, DDS**

- Certified Fellow of the American Academy of Craniofacial Pain
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From a routine cleaning to implant surgery, we provide all aspects of Dentistry for our patients. Our comfortable office features flat screen overhead entertainment monitors with soundproof headphones, cozy blankets, warm towels and private treatment rooms. From the first phone call to our office, you will realize you're in the best of hands with us.

## Services we provide:

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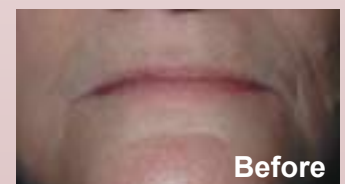
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Before



After



Before



After

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DeMarr Road, White Plains, MD

# Normalizing Cannabis For Seniors



By Sharron Sample, CEO  
Dispensary Works

In recent years, we have seen senior citizens and older adults among the fastest growing group of cannabis consumers. Potentially, they have the most to gain from easing arthritic pain, to providing better sleep. Our patients report improved cognitive function, increases in appetite where needed, pain management, regardless of source, and many other medical needs.

Having lived through many years of negative stigma associated with cannabis, seniors and older adults often feel more nervous about trying

cannabis. Walking into a dispensary for the first time can be overwhelming. The best dispensaries will be able to answer questions about various forms of consumption and guide patients toward products most appropriate for their needs. Many have printed educational literature, and there are many more resources available via the internet:

[https://www.safeaccessnow.org/patient\\_resources](https://www.safeaccessnow.org/patient_resources)

<https://www.aarp.org/health/drugs-supplements/info-2020/cannabis-use-increasing-among-seniors/>

Traditional medical organizations have been slow to endorse cannabis in large part because Federal law remains unchanged. However, many of these medical institutions have significant research programs.

As legalization is increasing, people in their 60's to those in their 90's are breaking through the barrier and enjoying first-hand the health benefits of cannabis.

In general, cannabis is well tolerated in the adult population. Research is ongoing about medical benefits as well as potential side effects.



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The changes may be signs of early dementia or Alzheimer's.

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A memory screening is a simple and safe brain health check-up that tests memory and other thinking skills.

**What are the benefits of getting a memory screening?**

The screening helps indicate if someone needs a comprehensive medical evaluation. Early detection may improve the individual's quality of life.

**To schedule a free screening call 202-539-7274**

**To learn more about Alzheimer's, dementia, cognitive decline  
visit: [www.morningstarhealthsystems.com](http://www.morningstarhealthsystems.com)/[www.bphnetwork.org](http://www.bphnetwork.org)**



**MEMORY MATTERS**





# What's Home Health Care?

Submitted by  
Montgomery County SHIP

Home health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF).

## Examples of skilled home health services include:

- Wound care for pressure sores or a surgical wound
- Patient and caregiver education
- Intravenous or nutrition therapy
- Injections
- Monitoring serious illness and unstable health status

In general, the goal of home health care is to treat an illness or injury. Home health care helps you:

- Get better
- Regain your independence
- Become as self-sufficient as possible
- Maintain your current condition or level of function
- Slow decline

If you get your Medicare benefits through a Medicare health plan, check with your plan to find out how it gives your Medicare-covered home health benefits.

If you have a Medicare Supplement Insurance (Medigap) policy or other health insurance coverage, tell your doctor or other health care provider so your bills get paid correctly.

If your doctor or referring health care provider decides you need home health care, they should give you a list of agencies that serve your area. They must tell you whether their organization has a financial interest in any agency listed.

## What should I expect from my home health care?

- Doctor's orders are needed to start care. Once your doctor refers you for home health services, the home health agency will schedule an appointment and come to your home to talk to you about your needs and ask you some questions about your health.

- The home health agency staff will also talk to your doctor about your care and keep your doctor updated about your progress.
- It's important that home health staff see you as often as the doctor ordered.

## Examples of what the home health staff should do:

- Check what you're eating and drinking.
- Check your blood pressure, tem-

perature, heart rate, and breathing.

- Check that you're taking your prescription and other drugs and any treatments correctly.
- Ask if you're having pain.
- Check your safety in the home.
- Teach you about your care so you can take care of yourself.
- Coordinate your care. This means they must communicate regularly with you, your doctor, and anyone else who gives you care.

## Related Resources

- Medicare & You: home health care

## Source:

<https://www.medicare.gov/what-medicare-covers/whats-home-health-care>

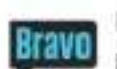
*Our article in the Maryland April edition should have included the following information:*

NIH Pub. No. 21-DC-8172

August 2022

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## Robin R. Robinson, AuD

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**410-672-1244**

2654 Brandermill Boulevard  
Gambrills, MD

**410-672-1233**

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

**410-956-2555**

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

**301-327-5371**



### Meet Robin R. Robinson:

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



**HearSolutions.com**



# Featured Health Professionals

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## Gelareh Naenifard, DC



525 Eastern Ave., NE, Suite B2  
Fairmount Heights, MD  
5855 Allentown Rd., Unit 19  
Camp Springs, MD  
**301-925-2013**



### Meet Dr. Gelareh Naenifard:

Dr. Gela Naenifard has been a practicing chiropractor now for over 10 years. Dr. Gela is a chiropractor who serves Washington DC North East, Fairmount Heights, Camp Springs and surrounding communities in MD. She takes pride in the fact that her offices have helped countless individuals with back pain, neck pain, headaches, dizziness, stiffness, etc. Dr. Gela specializes in car accidents, sport injuries, work injuries, muscular injuries and overall health.

#### An Array Of Certifications

A believer in lifelong learning, Dr. Gela currently holds many certifications including:

- Medical examiner for National Registry of Department of Transportation, DOT, FMCSA, NRCME, National Registry # 9380714400
- Certified Chiropractic Sports Practitioner®
- Dry Needling Certification
- MRI Spine Interpretation
- Full Body Active Release Technique (ART)®
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## Janice Trent, AuD

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Bowie, MD  
6196 Oxon Hill Road  
Suite #240, Oxon Hill, MD  
**301-429-2920**



### Meet Janice Trent:

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

#### Education:

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

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

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

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



**HearingHealthcareServices.com**

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301.843.6171

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- are seeking an option with a lower cost than traditional implant treatment.

### What Is The Denture Stabilization System?

The Denture Stabilization System consists of a miniature titanium alloy implant that acts like the root of your tooth and a retaining fixture that is incorporated into the base of your denture. The head of the implant is shaped like a ball, and the retaining fixture acts like a socket with a rubber O-ring. The O-ring snaps over the ball when the denture is seated and holds the denture firmly in place. When seated, the denture gently rests on the gum tissue. The implant fixtures allow for micro-mobility while withstanding natural lifting forces. Placement of the implants can usually be done during a two-hour appointment in our office.



## Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road  
Suite #301  
Falls Church, VA

703-821-1103



### Meet Jeffrey L. Brown:

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

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

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

### Degrees & Certifications

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

### Outside the Office

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

### Professional Affiliations

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

### Do you have TMD or Sleep Apnea?

**TMD Symptoms:** Noise in the jaw joints when opening and closing your mouth, difficulty chewing, limited opening, tender facial muscles, ear ringing, uncomfortable bite, jaw locking, headaches, migraines, dizziness, vision issues as well as pain in the jaw area which can radiate to the ears, head, neck, shoulders, and back.

**Sleep Apnea Symptoms:** Snoring, waking up gasping for air, feeling tired and irritable in the morning, difficulty controlling weight, concentration problems, morning headaches, episodes of not breathing, waking with a sore throat, forgetfulness and mood changes.

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...  
Call today to schedule a consultation with Dr. Brown: 703-821-1103.*

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



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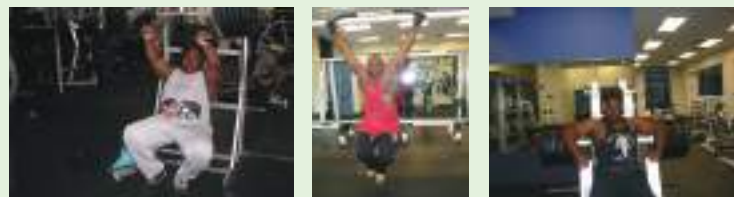
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## Andrew F. Kolker, MD

*Board Certified Ophthalmologist*

**Paul S.  
Cunningham, MD  
and  
Andrew F. Koller, MD**

9131 Piscataway Road  
Suite #650, Clinton, MD  
**301-868-8300**



### Meet Dr. Andrew F. Kolker

**Interests:** Andrew Kolker is a comprehensive ophthalmologist whose areas of interest include cataract surgery, glaucoma, diabetic retinopathy, and macular degeneration.

**Degrees/Training/Certifications:** He received his undergraduate degree from The University of Pennsylvania, where he graduated summa cum laude with a B.A. in English. He completed his post-baccalaureate pre-medical training at Johns Hopkins University and received his Medical Degree from The Sackler School of Medicine in Tel Aviv, Israel. He completed his internship at Maryland General Hospital and his Residency at The George Washington University.

**Professional Memberships:** He is a Board Certified Ophthalmologist and a member of the American Academy of Ophthalmology.

**Additional Languages:** Dr. Kolker speaks Spanish and is comfortable conducting patient examinations in Spanish.

**Hobbies:** Dr. Kolker plays the drums and guitar and also enjoys creative writing. He lives in Alexandria, Virginia with his beautiful wife and son.



**PaulSCunninghamLLC.com**

## Renee Bovelle, MD Ophthalmology



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12200 Annapolis Road  
Suite #116  
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[envisioneyeandlaser.com](http://envisioneyeandlaser.com)



## 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

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



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## Deborah Y. Wilson-Umanzor, MD

6510 Kenilworth Avenue  
Suite #1300, Riverdale, MD  
**301-699-1882**

Georgetown University  
Hospital, Pasquerilla Bldg.  
Lower Level  
3800 Reservoir Road, NW  
Washington, DC  
**202-339-0001**



### Meet Deborah Y. Wilson-Umanzor

Deborah Y. Wilson-Umanzor, M.D., is a Board Certified, Glaucoma Fellowship-Trained Ophthalmologist who treats your vision as if it's the most precious thing in the world. Using the most advanced diagnostic equipment, she will comprehensively analyze your vision problems. Her training and over 25 years of experience with state-of-the-art treatment techniques mean you get the most efficient, accurate and comfortable care. Dr. Wilson-Umanzor's philosophy is simple; she will do everything necessary to ensure you receive the most advanced and innovative eyecare possible. Whether you are being treated for glaucoma, the removal of cataracts or getting a complete eye exam, Dr. Wilson-Umanzor will provide you with unique solutions that are far from ordinary yet are close to home in Riverdale or Washington, DC.

#### EDUCATION

**Duke University School of Medicine** –  
Medical School, Graduated with Honors

**Northwestern University** –  
Internal Medicine Residency

**Montefiore Medical Center/Albert Einstein College of Medicine** –  
Ophthalmology Residency

**Georgetown University** –  
Fellowship in Glaucoma and Anterior Segment Laser

#### BOARD CERTIFICATION(S)

American Board of Ophthalmology  
American Board of Internal Medicine

#### PROFESSIONAL MEMBERSHIPS

Dr. Wilson-Umanzor is a member of the following professional organizations:

- American Academy of Ophthalmology
- American Society of Cataract & Refractive Surgery
- American Glaucoma Society
- Washington, DC Metropolitan Ophthalmological Society
- Director of Glaucoma Service at MedStar Georgetown University Hospital



**www.EyeOneSurgical.com**

## Pam Lauer



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### OPTICIAN

As manager of McNelly Optical in the Sajak Pavilion, my goal is to set our store apart from other optical outlets through the quality of the customer experience and our attention to detail. Our boutique caters to clients that desire quality eyewear that doesn't look like everyone else's. My staff and I will consult one-on-one in frame selection offering advice both in fashion and suitability to the patient's prescription. We will make recommendations for the best results. As independent opticians, we depend upon our expertise to attract referrals from local eye specialists who often send us their most challenging cases.

I hold a degree in business administration. I completed an opticians apprenticeship and became certified by the American Board of Opticianry in 1978. I have worked throughout many different areas of the optical industry in both retail and wholesale. I spent 25 years with prominent French frame manufacturer Logo Paris. I also represented the luxury eyewear lines for Cartier and Tag Heuer in the Eastern United States. I returned to my retail roots in 2012 and joined the management team at McNelly Optical Co in 2017.

I am a native Annapolitan with a passion for the sea shore. I am married with 2 adult sons and enjoy traveling.

**www.McNellyOptical.com**

# Featured Health Professionals

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## Paul V. Beals, MD, CCN

### *Integrative Family Physician*

120 Sallitt Drive, Suite F  
Stevensville, MD 21666

**410-604-6344**



#### Meet Paul V. Beals:

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

#### Degrees, Certifications and Professional Memberships:

Board Certified in Family Practice

Certified Clinical Nutritionist (CCN)

MD, Temple Medical School, Philadelphia PA

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

Member of ILADS, International Lyme Associated Disease Society

#### Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

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

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

35 years in practice

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#### Holistic Therapy Diabetes and Heart Disease

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

#### Chronic Lyme Disease Treatment

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

#### LabCorp On Site

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

#### Family Practice Medicine

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

#### Integrative Cancer Support

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

**www.DrPaulVBeals.com**

## Rishi R. Sood, MD



6915 Laurel Bowie Road  
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## Craig A. Smith, DDS

*General  
Dentistry/  
Family Dentist*

7201 Hanover Parkway  
Suite A  
Greenbelt, MD

**301-446-1784**



### Meet Craig A. Smith:

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

Quality service, advanced technology and a passionate commitment to education means patients receive the best that dentistry has to offer.

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

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

**Professional Memberships:** National Dental Association

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

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

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

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## Meet Dr. Harmon

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

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

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

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



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#### Porcelain Bridges

Dental bridges have traditionally been a top choice for replacing missing teeth. With the widespread use of dental implants, more options are now available to bridge gaps in your smile. Esthetic, customized porcelains, engineered into a bridge can be designed to eliminate spaces of every size.

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Dr. Nekia Staley-Neither is a native Washingtonian. She grew up with a love for caring for others with special interest in medicine. She matriculated at Spelman College in Atlanta, Georgia as a pre-med Biology major. After choosing to pursue a career in dentistry she attended and graduated from Howard University College of Dentistry with a degree in Doctor of Dental Surgery.

Dr. Staley-Neither is a member of the American Dental Association and National Dental Association. You can also find Dr. Staley-Neither participating, sponsoring, and serving in various health fairs, dental fairs and other community service projects in the Washington Metropolitan Area. She is a caring and committed professional who is dedicated to her patient's dental health. She is active in both the Maryland State Dental Society and the American Dental Society.



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### Meet Dr. Aric Adlam:

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

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

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

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



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# High Cholesterol and Your Health



By Thomas K. Lo, DC  
Advanced Chiropractic Center

Blood cholesterol is a waxy, fat-like substance made by your liver. It is essential for good health. Your body needs cholesterol to perform important jobs, such as making hormones and digesting fatty foods. Unfortunately, cholesterol (plaque) can build up in arteries and as it builds up in the arteries, they begin to narrow, which lessens or blocks the flow of blood.

## Does Fat Have an Effect On Cholesterol?

Your body makes all the blood

cholesterol it needs, but there is also dietary cholesterol found in animal foods, including meat, seafood, poultry, eggs, and dairy products. For a food item to have dietary cholesterol, it would need to come from an animal or contain a product from an animal. However, vegetables also contain fat, such as polyunsaturated fat and mono-unsaturated fat, both of which can affect your cholesterol levels. Though these two fats are considered healthier than saturated fat, you still need to pay attention to your consumption.

## Defining HDL, LDL and Triglycerides

HDL cholesterol can be thought of as the "good" cholesterol. So, in the case of HDL cholesterol, higher levels are actually better. Experts believe that HDL acts as a scavenger, carrying LDL (bad) cholesterol away from the arteries and back to the liver, where the LDL is broken down and passed from the body. However, HDL cholesterol does not completely eliminate LDL

*Please see "Cholesterol," page 63*

# RIGHT AGE

FROM PAGE 7

This minimally-invasive approach is increasingly popular and, when properly performed, can give long-lasting results. More importantly, it gives natural results so that your face looks refreshed and restored rather than tweaked.

Ultherapy is a revolutionary new ultrasound technology to non-surgically lift your face and tighten your cheeks, jawline, neck and chest (decolletage). It can also lift and tighten buttocks, knees, arms and other body zones in preparation for summer. eMatrix and eTwo are innovative radiofrequency lasers that stimulate your skin through a unique process called subablative rejuvenation, producing new collagen and elastin to remove wrinkles and scars and tighten your skin.

The Exilis Ultra is another new laser technology that dramatically lifts and tightens the skin on your face and body by creating new collagen and elastin. This naturally lifts your face, including your eyebrows, and contours your body. The secret of Exilis Ultra is focused radiofrequency energy combined with ultrasound. This can simultaneously tighten your skin and remove unwanted fat from

the chin, abdomen, arms, legs and other areas. In just a few quick and painless sessions, Exilis Ultra takes inches off your waistline, abdomen, buttocks and other areas, and can also improve cellulite.

The breakthrough Syneron Triniti laser system can rejuvenate all three layers of your skin in one session. The Triniti removes spider veins, sunspots, discolorations and wrinkles, improves prominent pores and tightens your skin. The CO2RE laser dramatically improves wrinkles, pigmentation, enlarged pores, scars and stretch marks for all skin tones from light to dark, and with minimal recovery time. The VBeam Perfecta laser treats birthmarks, rosacea, acne scars, leg veins, blood vessels on the face and body, sunspots, and even warts.

With summer approaching, the focus is also on hair removal. The newest and fastest hair laser is the GentleMax. It is painless and gives rapid results for all areas of the body and face. Hair laser not only liberates you from razors, creams and other temporary hair removal, but can also free you of ingrown hairs and acne.

*Please see "Right Age," page 66*



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



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# Prevent and Treat Osteoporosis

Submitted by  
Kensington Pharmacy

## What Is Osteoporosis?

Bone loss is a natural part of aging in all people. But some people develop a disease called osteoporosis, and for them, bone loss is severe. Bones become fragile and break easily. Fractures can happen almost anywhere in the body, including the spine, hip, leg, pelvis, and wrist.

More women than men develop osteoporosis, but bone health should be a priority for both men and women.

## Are You At Risk For Osteoporosis?

Examine your heritage:

- Are you Caucasian or Asian? These two ethnic groups are more likely to develop osteoporosis than are other ethnic groups.
- Are you thin and petite? Because small people, women in particular, have less bone mass to begin with, they are at greater risk for the dis-

ease.

- Do you have older relatives who have curvature of the spine (sometimes called "dowager's hump"), loss of height, fractures, or chronic back pain? If so, you may have inherited a tendency toward osteoporosis.

Examine your personal health history:

- Have you passed menopause? In women, estrogen aids in the production of bone mass. At menopause, the amount of estrogen their bodies produce declines sharply.
- Have your menstrual periods stopped? Women who have had a hysterectomy, women who are high-performance athletes, and women who diet excessively or who have an eating disorder may stop having periods. These women have had a hormonal change that can cause bone loss.
- Are you taking medicines that increase the risk of osteoporosis?

Please see "Osteoporosis," page 63



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# Schizophrenia Serious, But Treatable



By Joyce Abramson, RNMS  
Charles County Freedom Landing

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 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

Please see "Schizophrenia," page 63

## "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

Please see "Orthodontics," page 63



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# Embracing Emotional Balance While Gracefully Aging For Heart Health Protection



By Linda Penkala, Author, LMT  
Wellness Catalyst

“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 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.

Researchers from Johns Hopkins revealed that an abrupt emotional stressor can lead to a weaker heart muscle, appearing that it could have

Please see “Balance,” page 66



## Anne Arundel County wants you to Protect Yourself and Your Medicare

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- Review your Medicare statements regularly for suspicious charges.
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# 3 Surprising Roles Of a Hospice Social Worker



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By Yetunde "Kemi" Magadji  
BSW, MSW, LCSW-C, LICSW  
Clinical Social Worker  
Hospice of the Chesapeake

Most patients and families are not experts in the end-of-life experience. A hospice social worker typically has walked with many families and can use that experience to help them navigate the process. Here are three things hospice social workers do that might surprise you.

## 1. Check for safety in the home:

Are there loose rugs that someone could trip on? Is the path clear for a patient's walker? Is there someone smoking around a patient who uses oxygen? Our eyes are going all over the place, making sure there are no safety hazards for the patient and their caregiver. But we also look for pictures and mementos that help to tell a patient's story. Our goal is to establish trust, so we look for an ice breaker that can help us share some common ground. "Oh, is that a picture of you on your wedding day? Can you tell me about it?"

## 2. Assist with funeral arrangements:

There is so much to do when planning a funeral or memorial service. Social workers are experts at checking off the boxes. We provide resources for families to choose a funeral home or crematorium and work with the Veterans Administration for a military burial. We make sure that when the time comes, their loved one's body is lovingly and respectfully cared for.

**3. Guard the patient's wishes:** This is the number one priority of a social worker. Even though the families may want them to live forever, what the hospice team must keep at the forefront is the patient's wants and needs. We believe the patient has the right to say how they want to live their final days, where they want to die. If they want to go out listening to Van Halen, we'll make it happen. Social workers do their best to celebrate the patient's life. We have arranged early graduations of their children and bedside weddings. One last crab feast. A final trip to Ocean City. If it can be done, we can work with the family to make it happen.

Social workers are an important link in the connection with the full hospice care team. We try to pair up with the nurse, chaplain, nursing assistant or nurse practitioner on visits. Not only does it help us learn about the patient from other team members, but it underlines for the patients and their families that we are on *their* team.



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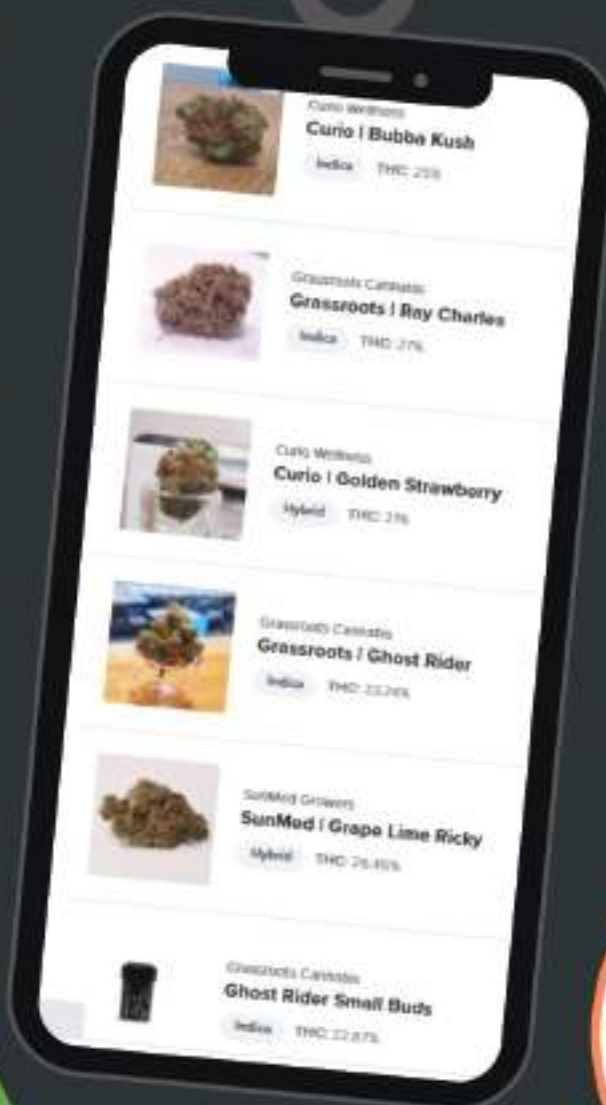
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By Toni Greene, Owner  
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As seniors, we know what is important. We know that we must maintain our health, wealth, and well-being. We are aware of the foods we eat, the thoughts we think, and the places we go. We have learned what is best for us. We know now what works for our body and our mind. We have lived with our bodies for 60+ years and we have a good idea as to how to care for and protect the body. We know the importance of exercising,

*Please see "Seniors," page 66*

# Healthy Snacks For Your Children



By Janet V. Johnson, MD  
Loving Care Pediatrics

for candy or heading to the drive-thru try these suggestions.

Snacks serve several purposes for the active child. These include:

**Energy:** providing calories as a form of energy for working muscles during active sports.

**Hydration:** supplying fluids for hydration and to keep the body cool.

**Recovery:** promoting recovery after hard exercise.

**Nutrients:** providing for proper growth and development.

Snacks should be easily digested to promote blood flow to the muscles and not to the gut in order to digest a heavy snack during exercise. When choosing a snack, pick nutritious options from the following five fuel groups:

**Vegetables:** slice cucumbers, avocado slices, cherry tomatoes

**Fruit:** apples, peaches, pears, bananas

**Breads and Cereals:** air-popped popcorn, whole wheat bread, whole grain chips

**Dairy:** cheese, low-sugar yogurt

*Please see "Healthy Snacks," page 63*



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# Diabetic Foot Care For the Summer



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

As a person with diabetes, you are more vulnerable to foot problems, because diabetes can damage your nerves and reduce blood flow to your feet.

The American Diabetes Association (ADA) estimates that one in five people with diabetes who seek hospital care do so for foot problems. By taking proper care of your feet, most serious health problems associated with diabetes can be prevented.

According to the ADA, nearly 12% of the Hispanic population has

diabetes and even more importantly, are at a 66% increased risk of developing the disease when compared to other ethnicities. In addition, a new American Podiatric Medical Association survey found that 90% of U.S. Hispanics with diabetes or at risk for diabetes have not visited a podiatrist.

Diabetes complications in the feet can be very dangerous. In fact, diabetes is the leading cause of non-traumatic lower-limb amputation. These complications and amputations can be prevented. With proper foot care from today's podiatrist, you can manage the effects of the disease on your feet.

Podiatrists are the most qualified doctors to care for your feet, based on their education, training, and experience. If you or a loved one has diabetes, visit a podiatrist regularly and knock your socks off to keep your feet healthy.

Whether you've recently been diagnosed or have been fighting the disease for years, the advice below will help you to monitor your feet

Please see "Foot Care," page 65

# Cesarean Section Defects and Subsequent Fertility



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

delivered vaginally.

There can be sequelae from cesarean delivery on subsequent ability to conceive. These sequelae are magnified in the presence of a cesarean section scar also called a niche or a cesarean-induced isthmocoele.

A niche as defined by their European niche task force as an indentation of the uterine myometrium of at least 2 mm at the site of the cesarean scar assessed by transvaginal ultrasound. The diagnostic criterion of the niche includes a hypoechoic space failed with postmenstrual blood most typically in a triangular shape reflecting a discontinuation of the myometrium at the site of the previous cesarean section. A large niche is defined as an incision of a depth of at least 50-80% of the anterior myometrium, or the remaining myometrial thickness less than 2.2 mm when evaluated by transvaginal ultrasound or less than 2.5 mm when evaluated by sonohysterography.

Please see "Cesarean," page 65

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*Please see "Nutrition," page ??*



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# Gum Disease and Soft Tissue Management



Submitted by E. Taylor Meiser, DDS  
 Lighthouse Family Dentistry

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

## What Is Soft Tissue Management?

Soft Tissue Management is an individualized plan to eliminate infection of the gums and root surfaces. An appropriate plan will be chosen by

your dentist, hygienist and you. The hygienist will perform the treatments to help eliminate infection, make recommendations to help you more effectively clean your teeth daily, and guide you through the efforts to achieve and maintain oral health.

## What Is Root Planing?

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

## What Does Your Dentist Hope to Accomplish with Soft Tissue Management?

- Gums that do not bleed. Healthy gums do not bleed.
- Fresher breath and taste

Please see "Gum Disease," page 66

# Essential Oils and Acupuncture



By Brittney de Vicq, MAC, LAC  
 West Annapolis Acupuncture

Essential oils are an ancient and recently popular modality used in holistic healing. The tradition of using essential oils in healing can be found around the world in many ancient cultures. Recently there has been a surge in the interest of using essential oils for physical health and emotional well being.

Acupuncture and essential oils make a wonderful combination. The use of oils on acupuncture points and meridians can create a profound

healing experience. Each oil has an energetic quality and when they are paired with the appropriate acupuncture point they can create a powerful healing response.

The essential oils can be used to relax, stimulate, warm or cool. For example, lavender, a well known essential oil, can be used for a variety of ailments. Lavender has a pleasant pungent odor and when used on the appropriate acupuncture points it can calm headaches, relieve muscle spasms and alleviate anxiety. The quality of the Lavender essential oil is relaxing and cooling. It moves the physiological symptom through the acupuncture point and meridian as opposed to suppressing it.

The essential oil can be applied on an acupuncture point during an acupuncture treatment. A small drop of oil is applied topically on one or more points as part of the acupuncture treatment. Essential oil blends can also be custom made for a client

Please see "Essential Oils," page 66



# How to Protect Your Aging Parents From Elder Abuse



By Patrice D. Perkins-Pratt  
Your Brighter Outlook  
Life Coach / President

Caring for aging parents is a significant responsibility that many individuals will face in their lifetime. It can be an emotionally and physically demanding task that requires a lot of time and patience. Unfortunately, the reality is that there are people out there who prey on seniors when they are in need of care. As a result, it is important

to take steps to protect your loved ones and ensure that they receive the care they deserve.

If you are in a position where you need to care for your aging parents, it is crucial to be aware of the potential dangers. For instance, you should be careful about who you hire to care for your parents, as some caregivers may take advantage of them financially or otherwise. To avoid such situations, make sure to thoroughly research and vet any caregivers you consider hiring.

Additionally, it is essential to have proper documentation and proof of any agreements made with caregivers. Keep copies of contracts, receipts, and any other relevant documents, and make sure to check in with your loved ones frequently to ensure that everything is going smoothly.

If you do encounter problems, there are resources available to help

Please see "Parents," page 62

## Finding Calm with Acupuncture Reducing Anxiety in Seniors



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

Acupuncture is an ancient Chinese healing practice that has been used for thousands of years to treat various health conditions, including anxiety. For seniors, acupuncture can be particularly beneficial in managing anxiety due to its gentle, non-invasive nature and its potential to address a range of physical and mental health issues. Here are some ways acupuncture

can help seniors with anxiety:

**Balancing the body's energy:** Anxiety can result from an imbalance or blockage of *Qi*. By inserting thin needles into specific acupuncture points, practitioners aim to restore balance and harmony to the body's energy flow, which can help alleviate anxiety symptoms.

**Promoting relaxation:** Acupuncture treatment can induce a deep state of relaxation. The needles stimulate the release of endorphins, the body's natural painkillers, which can contribute to feelings of well-being and calm.

**Regulating the nervous system:** Acupuncture is thought to have an effect on the autonomic nervous system, which is responsible for the "fight or flight" response often triggered by anxiety. Acupuncture can reduce the physical symptoms of anxiety, such as rapid heartbeat, shallow breathing, and muscle tension.

Please see "Reducing Anxiety," page 65

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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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# VITALITY

FROM PAGE 4

ate hormonal deficiencies in men and women particularly when menopause or its male equivalent “andropause” is happening. Bio-identical hormone replacement is an approach where the natural hormonal status and balance of a man or woman is optimized to allow for health and well being in the safest possible way using the lowest effective dose.

While some women do very well in menopause with just a few symptoms, many others have a very difficult time with it and some are nearly incapacitated. The majority of symptoms are due to estrogen deficiency. Treating these symptoms with safe and effective doses of estrogen, progesterone, and in some cases testosterone, can make a big difference in how a woman navigates menopause. Positive results include improvement in sleep, decrease in hot flashes and night sweats, heightened libido and sexual pleasure, and a greater sense of well-being.

Low testosterone levels are fairly common as men enter into their 50s

and beyond. This is not just about sexual performance. Men who have low testosterone levels are at a higher risk of dying from many causes than are men with normal levels of testosterone. Symptoms and signs of low testosterone are fatigue, loss of muscle mass, low libido, elevated cholesterol. Low testosterone contributes to the development of diabetes and metabolic syndrome. By replacing testosterone to optimal levels a man can experience heightened vitality and well-being, often in a very surprising way.

Another common hormonal issue is hypothyroidism, which is often underdiagnosed and can leave people feeling unwell and sluggish. Like the other issues discussed in this article, not addressing hypothyroidism can make other health issues persist, including sleep problems, fatigue, and ability to function well in life.

I encourage you, if any of the above resonates with you, to engage with a physician knowledgeable in addressing these important issues of health.

# CHRONIC PAIN

FROM PAGE 14

such injuries by 99% or more.

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

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

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

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

# DENTAL HEALTH

FROM PAGE 16

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 se-

niors 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

# ALL-ON-FOUR

FROM PAGE 14

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

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

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

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

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

Second, the dentist or surgeon

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

Next, they will begin the implantation process. This means they will insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of your mouth and two towards the back of your mouth so the “anchors” can evenly bare the force of the denture.

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

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

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

# PARENTS

FROM PAGE 57

you. For instance, you can contact your local Department of Social Security and ask to be connected with the Adult Services department. They can provide you with resources and support to help ensure that your loved ones receive the care they need.

Caring for aging parents is not an easy task, but it can be made easier

by being informed and proactive. By taking the time to do your research, stay organized, and seek out help when needed, you can help ensure that your loved ones receive the care and support they deserve. Remember, being a caregiver is a noble responsibility, and it is up to us to do what we can to make it as comfortable and safe as possible for our loved ones.

# HIATAL HERNIA

FROM PAGE 20

## What Is the Treatment For a Hiatal Hernia?

Treatment for a hiatal hernia is often focused on controlling the symptoms. Since the most common symptoms are related to acid reflux then treatment is often aimed at reducing episodes of acid reflux.

General measures involve eliminating any predisposing factors, avoiding spicy foods and other foods that contribute to acid reflux, avoiding alcohol and caffeine, avoiding large meals especially before going to bed, and sleeping with the head propped up on multiple pillows.

Medications used to control acid production in the stomach can manage the symptoms for many patients.

Many of these medications are available over the counter while some require prescription.

Surgery is generally reserved for patients that have persistent symptoms unresponsive to general measures or medications. Surgery is aimed at taking the stomach out of the chest cavity and returning the stomach to its natural position in the abdominal cavity. The opening in the diaphragm that allowed the hernia to occur is closed to prevent the stomach from going back into the chest cavity. The stomach is frequently wrapped around the esophagus to help manage symptoms.

Discussing symptoms with your doctor is the first step to determine if a hiatal hernia may be present.



# SCHIZOPHRENIA

FROM PAGE 46

to manage the illness. The major medications 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 function. 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.

# CHOLESTEROL

FROM PAGE 42

cholesterol. It carries only one-third to one-fourth of blood cholesterol back to the liver. Experts agree that a healthy HDL cholesterol level may protect against heart attack and stroke. Studies show that low levels of HDL cholesterol increase the risk of heart disease.

If you have a high LDL level, this means that you have too much LDL cholesterol in your blood. This extra LDL, along with other substances, forms plaque. It contributes to fatty buildups in arteries (atherosclerosis). This condition narrows the arteries and increases the risk for heart attack, stroke and peripheral artery disease and since your blood carries oxygen to your heart, this means that your heart may not be able to get enough oxygen. This can cause angina (chest pain),

or if the blood flow is completely blocked, a heart attack.

Like cholesterol, triglycerides are a type of blood fat. Triglycerides form when you eat more calories than you need. They store excess energy from your diet and they can supply energy to your muscles. When triglyceride levels are too high, they can put you at risk of a heart attack or stroke. They are the most common type of fat in the body. A high triglyceride level combined with high LDL (bad) cholesterol or low HDL (good) cholesterol is linked with fatty buildups within the artery walls, which increases the risk of heart attack and stroke.

Next month's article will discuss lifestyle changes to help lower cholesterol.

# BUNION

FROM PAGE 24

## Physical Therapy

Physical therapy is often used to provide relief of the inflammation and bunion pain. Ultrasound therapy is a popular technique for treating bunions and their associated soft tissue involvement.

## Orthotics

Shoe inserts may be useful in controlling foot function and may reduce symptoms and prevent worsening of the deformity.

When early treatments fail or the bunion progresses past the threshold for such options, podiatric surgery may become necessary to relieve

pressure and repair the toe joint.

## Surgical Options

Several surgical procedures are available. Surgery removes the bony enlargement, restores normal alignment of the joint, and relieves pain.

A simple bunionectomy, in which only the bony prominence is removed, may be used for the less severe deformity. Severe bunions may require a more involved procedure, which includes cutting the bone and realigning the joint.

*Article provided by the American Podiatric Medical Association.*

# PREGNANT

FROM PAGE 18

- Controlling symptoms of nausea
- Relieving back, neck or joint pain
- Prevent a potential cesarean delivery

If you or someone you know is having any of these symptoms have them visit their chiropractor.

# OSTEOPOROSIS

FROM PAGE 44

The most common culprits are steroid medications and high doses of thyroid hormone. Long-term use of these medicines can cause bone loss.

Examine your lifestyle:

- Smoking is linked strongly to bone loss.
- Calcium helps build and maintain healthy bone mass, and your body needs vitamin D to be able to use the calcium in your diet.
- Alcohol intake can reduce the amounts of calcium and vitamin D in your body.
- People who are confined to bed or who must wear a cast for a long time lose bone mass from lack of use. The same is true for people who do not get enough exercise in their daily lives.

## Osteoporosis Is Preventable

Whether your risk of osteoporosis is high or low, lifestyle changes to prevent the disease are good for everyone.

- Eat foods that are high in calcium. Milk and other dairy products, calcium-fortified fruit juice, dark green leafy vegetables, almonds, and salmon are all good sources of calcium.
- Eat foods that help your body absorb the calcium in your diet. Fortified

milk and fatty fish are good sources of vitamin D, which your body needs to be able to absorb calcium.

- Talk to your doctor or pharmacist about taking a calcium supplement. The NIH recommend these levels of calcium intake:
  - 1,000 milligrams per day for 25-49-year-old premenopausal women and for 50-64-year-old postmenopausal women who take estrogen.
  - 1,500 milligrams per day for 50-64 year-old postmenopausal women not taking estrogen and for all men and women over age 65.
- Make sure you get 30-60 minutes of weight-bearing exercise each week. Talk to your doctor before you begin any exercise program.
- Just 10-15 minutes of sunshine 2-3 times a week provides all the vitamin D needed.

## Medications To Prevent and Treat Osteoporosis

Getting exercise and taking calcium and vitamin D are the first steps in osteoporosis prevention. For some people, a medication also may be necessary to help prevent fractures. Your doctor will prescribe the medication.

# ORTHODONTICS

FROM PAGE 46

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, 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 smiles and faces.

# HEALTHY SNACKS

FROM PAGE 52

**Lean Proteins:** fish, cooked tofu, peanut butter

Stock up on a range of healthy foods at home. It is so much easier to make easy, healthy snacks when you keep a few key items stocked at home. Ideas should include different types of raw vegetables and fruit, yogurt dip, hummus, and cheese sticks.

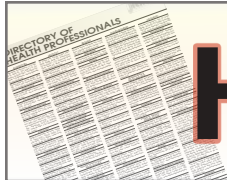
Remove any distractions. Create mindful eaters who eat when hungry and enjoy the food they eat. Try to stop, sit (no distractions like TV) and eat.

Teach your children how to use simple kitchen equipment to prepare nutritious snacks such as smoothies,

pita pizzas or sandwiches.

Avoid processed food and added sugars. They do not contain many nutrients and often have a lot of added sugar and salt. In addition, children may become hungry faster after eating processed foods. Eat a rainbow of colors. Arrange your children's foods to show the beauty of fresh, brightly colored foods. Talk about the farms where food comes from and the farmers who help grow it.

Providing nutritious snacks is a part of every parent's job, so choose wisely and help your child succeed on the field, in the classroom and life.



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# CESAREAN

FROM PAGE 54

Niches are observed in 50-60% of women following a cesarean section. Several factors have been shown to be associated with the development of a cesarean section niche. There are some maternal factors that can contribute to poor healing of tissue such as diabetes and smoking. A study by Hayakawa et al., demonstrated that double-layer interrupted sutures reduced the prevalence of a cesarean section myometrial defect after at 30-38 days after surgery.

Cesarean section niches can result in a spectrum of disorders starting with cesarean scar ectopic pregnancy, to increased incidence of placenta previa and uterine rupture associated with major maternal morbidity, and even mortality. Cesarean section niches collect menstrual blood, resulting in abnormal peri-menstrual bleeding or spotting. They also cause pelvic pain, painful menstruation, and dyspareunia. The accumulation of blood in this area may also negatively affect the quality of cervical mucus and semen, as well as interfere with semen transport.

Another serious sequela may be the implantation of an embryo within the niche resulting in the development of a cesarean scar ectopic pregnancy. This can be a life-threatening complication if not diagnosed on time and adequately treated. The diagnosis of a niche ectopic pregnancy is invariably challenging, as approximately 30% of patients may not present with any symptoms, and in 70% the symptoms mimic early pregnancy. Transvaginal ultrasound is the most accurate differential test, with a sensitivity of 84.6%. Additionally, saline infusion sonohysterography, MR, 3D US and hysteroscopy may also be helpful.

Several studies have reported spotting in up to 30% of women that develop a niche within 6-12 months compared to 15% of women without a niche. The amount of spotting post-menstrual is correlated to the volume of the niche and inversely correlated

to the residual myometrial thickness.

The development of a Cesarean section niche by itself also reduces future fecundity and it is felt that there are three major mechanisms for this to happen. The first is that the defect presents a detrimental environment for sperm penetration and implantation. The niche accumulates intrauterine fluid which has been shown to impair implantation. There is altered immune biology and increased inflammation when the niche is present. The niche itself also distorts the contractility of the uterus.

Several studies have shown that the uterus has a contractile pattern. The fibrosis and interruption of the myometrial layer at the site of the niche can prevent normal contractile patterns. There is accumulation of mucus and blood in the niche which can impair sperm penetration. The second mechanism of decreased fecundity includes a physical barrier for embryo transfer and implantation. A large niche in combination with a strongly retroflexed uterus impairs accessibility for subsequent embryo transfer in a future IVF cycle. This is due to the distorted anatomy at the niche site. The third mechanism of reduced fecundity could be related to gynecologic symptoms which interfere with sexual intercourse and may interfere with opportunities to conceive.

The treatment for cesarean section niches is usually surgical. Patients whose main symptom includes spotting or bleeding abnormally can be readily treated by hysteroscopy.

Repairing the niche itself by laparoscopy can improve future fertility. A prospective study looked at patients who had niches. Patients with no clinical symptoms had a mean residual myometrial layer on transvaginal ultrasonography of  $5.39 \pm 3.34$  mm, which could be used as a good reference to predict the recovery of patients after repair surgery. Zhou et al.

# FOOT CARE

FROM PAGE 54

and prevent complications.

- **Wash and dry your feet daily.** Use mild soaps, warm water, pat your skin dry. Thoroughly dry your feet. Use lotion on your feet to prevent cracking. Do not put lotion between your toes.
- **Examine your feet each day.** Check the tops and bottoms of your feet for dry, cracked skin. If you get a blister or sore from your shoes, do not pop it.
- **Take care of your toenails.** Cut toenails straight across and smooth with a nail file, avoid cutting into the cor-

ners of toes, do not cut cuticles.

- **Be careful when exercising.** Walk and exercise in comfortable shoes. Do not exercise when you have open sores on your feet. Protect your feet with shoes and socks. Never go barefoot. Always protect your feet by wearing shoes or hard-soled slippers or footwear. Do wear a sturdy pair of flip-flops when walking around a public pool, at the beach, in hotel rooms and in locker room areas. Walking barefoot can expose foot soles to plantar warts and athlete's foot.

# REDUCING ANXIETY

FROM PAGE 57

**Supporting sleep:** Anxiety can often lead to sleep disturbances, which can exacerbate anxiety symptoms. Acupuncture has been shown to improve sleep quality and help regulate sleep patterns.

**Complementing other treatments:** Acupuncture can be a valuable adjunct therapy to other treatments for anxiety, such as medication, psychotherapy, and relaxation techniques. The combination of these treatments can enhance their overall effectiveness and provide a more comprehensive.

**Reducing stress:** Acupuncture has been shown to help reduce stress levels. By targeting specific acupuncture points related to stress regulation, practitioners can help to activate the body's natural stress-relief mechanisms.

**Improving mood:** Acupuncture has been found to have a positive effect on mood. The treatment can help stimulate the release of neurotransmitters, such as serotonin and dopamine.

**Enhancing cognitive function:** Anxiety can impair cognitive function, and acupuncture has been shown to

help improve cognitive abilities, such as memory, attention, and processing speed. By improving cognitive function, seniors may find it easier to cope with anxiety and manage their symptoms more effectively.

**Alleviating physical symptoms:** Anxiety can manifest as physical symptoms, such as headaches, muscle tension, and gastrointestinal issues. Acupuncture can help address these physical symptoms by targeting specific acupuncture points related to the affected body systems, which can provide relief and improve overall well-being.

It's essential for seniors to work with a licensed acupuncturist experienced in treating anxiety and other mental health conditions. The practitioner should perform a thorough assessment of the individual's needs and develop a personalized treatment plan to maximize the potential benefits of acupuncture for anxiety. It's also crucial to maintain open communication with the acupuncturist and any other healthcare providers to ensure the best possible outcomes.

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# RIGHT AGE

FROM PAGE 42

When expertly injected, the neuromodulators Botox, Dysport, Xeomin or Jeuveau safely smooth frown and worry lines, crow's feet, and mouth and neck wrinkles, while preserving your normal facial expressions. For anyone who worries about looking unnatural with Botox, the key is to get your treatment from a real expert who understands how to reshape your face and preserve natural expressions rather than the dreaded Botox face-freeze or angry-looking eyebrows.

Under-eye bags and lines around your mouth disappear, thinning lips can be restored, your jawline and neck lifted and your whole face can be subtly yet dramatically reshaped by new techniques with natural fillers like Voluma, Volbella, Restylane, Juvederm, Belotero, Radiesse and Sculptra. Your own natural fat can be added to replenish stem cells and transform your skin contour and radiance. The key here is to avoid an unnatural "filler face". There is a world of difference between sophisticated and natural-looking filler techniques and overdone lip and cheek plumping.

A new addition is the so-called "Vampire Facelift", which combines platelet rich plasma (PRP) with micro needling to harness your body's own powers of rejuvenation. Scientific research shows that PRP is also an effective way to treat hair loss.

The philosophy of total rejuvenation and better quality of life at all ages has now extended to nonsurgical feminine (vaginal) rejuvenation with lasers and fillers. Studies show this

can have important therapeutic benefits including relief of mild to moderate stress incontinence (urine leakage when coughing, sneezing etc.), vaginal dryness, and restoring more normal appearance and function in conditions such as LS & A (lichen sclerosis et atrophicus). For feminine rejuvenation, the CO2RE Intima laser achieves rapid and long-lasting results and has been described as a more comprehensive and long-lasting treatment than non-lasers that use radiofrequency.

The American Board of Medical Specialties recognizes four specialties as having sufficient knowledge and training to perform cosmetic procedures – dermatology, plastic surgery, oculoplastic surgery and facial plastic surgery. Your specialist doctor will be most expert if she or he is engaged in scientific research, is a recognized educator on cosmetic technologies, and has publications on them, ideally in both the plastic surgery and dermatology literature. Your doctor should be able to offer you a wide variety of advanced procedures from which to choose, and create a customized plan to address your individual needs.

The past couple of years brought many challenges, but also a new appreciation of quality of life, and how important it is to make the most of every day. The author Gertrude Stein wrote that "we are always the same age inside." With the right technology in the right hands, we can reflect our inner youth and vibrancy, and empower ourselves to live life to the fullest at any age.

# SENIORS

FROM PAGE 52

meditating, eating healthy and whole foods as well as eating in moderation. We have learned to take things in stride.

Thank God, we no longer must hustle and bustle to maintain our lifestyle. We worked long and hard to acquire all that we have or don't have. However, our thinking in our younger years has gotten us where we are today. As seniors, we are so happy to be alive and well and healthy, wealthy, and wise. We are aware that our children, grandchildren, and great grandchildren are a result of our choices. Who we are, our life, and how we chose to live it.

The good thing about being a senior, and for some of us, a grandmother,

a grandfather, a great grandmother, a great grandfather, even adopted grandmother and adopted grandfather, whatever, is that it is an honor and a blessing to be of age, to be able to assist the younger generation. To show them how to grow old and live healthy, wealthy, wise, and with consciousness. And oh, awareness! Thank God that we are seniors. Thank God that we are still living. Continue to live healthy, wealthy, and wise. Live, love, laugh, dance, travel, explore, date, even marry if that's what you want. You are grown. You are good and grown. Do whatever you feel like, because you deserve it, because you are a senior. A master, a PhD in living the normal, everyday life.

# BALANCE

FROM PAGE 48

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 emotion 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](http://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

# ESSENTIAL OILS

FROM PAGE 56

so that they may use the oils at home to continue the treatment. The acupuncturist can create a custom blend of several different oils specific to the client's health issue and then the client can apply the oil twice a day for usually two weeks.

It is very important to work with

an acupuncturist who has received proper training in using essential oils in relationship with acupuncture. It is also important to use essential oils that have been made using the highest standards. The quality of the oil is paramount to receiving a good effect from the treatment.

# GUM DISEASE

FROM PAGE 56

- Gums that are not red, swollen, or tender
- Knowing how to effectively maintain good oral hygiene
- Reduced pocket depths
- Control of periodontal disease
- Thoroughly cleaning all tooth surfaces two times a day
- Maintenance of regular re-care visits

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- Completion of the periodontal therapy prescribed by your dentist

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

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

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

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

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

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

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

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