



YOUR HEALTH

Maryland Edition | June 2023

READ ABOUT

PEDIATRIC DENTISTRY

INFLAMMATION

DERMATOLOGY

ALZHEIMER'S TREATMENT

MENTAL ILLNESS

SENIOR LIVING

RADON REGULATIONS

HIV/PrEP

HAIR LOSS IN WOMEN

HEALTH TECHNOLOGY Pages 2 & 41



Weight-Bearing Open MRI & Digital Motion X-rays
Washington Open MRI



Mini Implants
Thunderbird Dental



AviClear
Barry J. Cohen, MD



Science Meets Compassion
Yemi Adesanya-Famuyiwa, MD

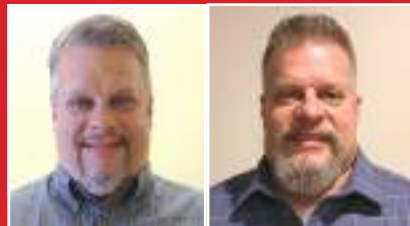
Special Focus...

PAGES 32-37

PAIN

Management & Rehabilitation

Featured Professionals



Winters Chiropractic



Sarah A. Merritt, MD
Pain Management



Kovach Chiropractic & Wellness Center



Levi Pearson, III, MD
Pain Management



Dr. Melo Forchu
Wellness Solutions



Jeffrey L. Brown, DDS
TMJ & Sleep Apnea



Toni Greene, Owner
Yoga & Wellness

In Our Next Edition, Meet Your

LOCAL HEALTH PROFESSIONALS

Biographical Profiles of Local Doctors & Practitioners

Health Directory Page 64

LOCAL DOCTORS & ARTICLES at YOURHEALTHMAGAZINE.NET

50 CENTS



New Technology



Hurt in an *Auto Accident*?



Don't Let Undiagnosed *Whiplash* Steal Your Quality of Life!

- Our DMX technology captures images of your spine in motion, where your symptoms are likely to appear.
- Traditional X-rays are designed to take pictures of patients standing still, missing whiplash and neck ligament injuries.
- Motion causes your symptoms, so it makes perfect sense that scanning during motion is more likely to reveal the problem.
- With DMX, you can get a more complete and accurate diagnosis, leading to better treatment outcomes.



- Our weight-bearing open MRI can scan your spine in its normal, weight-bearing posture.
- Patients can be positioned upright, allowing for a full range of motion to be captured.
- The scanner is fully functional inside the magnetic field, enabling unique patient positions.
- You can watch TV during your scan, and a loved one can accompany you for reassurance.
- Conventional "lie-down" MRI scanners can miss your whiplash diagnosis!



DMX – available exclusively at our Greenbelt location!

WASHINGTON
OPENMRI
WASHINGTONOPENMRI.COM

Greenbelt • Oxon Hill
Chevy Chase • Clinton
Rockville • Owings Mills

Don't suffer in silence – take control of your health and book an appointment today!

Call us today **1-866-674-2727**
or **301-220-3003**

Revolutionizing Whiplash Diagnosis

The Power of Weight-Bearing Open MRI and Digital Motion X-Rays

Submitted by
Washington Open MRI

Whiplash is a common injury that occurs in over 90% of all auto accidents. It happens when the head is suddenly jerked back and forth, which can cause damage to the soft tissues in the neck. Unfortunately, most people (90%+!) who suffer from whiplash don't even realize it. And for those who do, the diagnosis is often missed or misdiagnosed. This unfortunately leads to long-term, permanent damage and disability with no compensation.

However, there is hope! Thanks to modern medical technology, we now have access to tools like weight-bearing open MRI's and digital motion x-rays (DMX) that can help detect and diagnose whiplash with greater accuracy.

Weight-bearing open MRI's are a game-changer because they allow patients to be scanned while standing upright. This means that doctors can get a more accurate picture of what's going on with the spine, particularly in cases where whiplash has caused damage to the ligaments or other soft tissues. And because the patient is in a natural weight-bearing position, the scan can capture the full range of motion and flexion, which is crucial for accurate diagnosis.

But that's not all. Weight-bearing open MRI's are also more comfortable for patients. They're less claustrophobic than traditional MRI machines, and patients can watch TV or even have a loved one in the room with them during the scan.

Digital motion x-rays, or DMX, are another tool that can

help diagnose whiplash. Unlike traditional xrays and MRIs, which are designed to capture images of a patient who is standing still, DMX captures images of the spine in motion. This is important because, as we mentioned earlier, the symptoms of whiplash often present themselves when the patient moves their neck. With DMX, doctors can see the full extent of the damage and now develop a more accurate treatment plan.

The benefits of these technologies cannot be overstated. Not only do they provide a more accurate diagnosis, but they also help doctors develop better treatment plans. This means that patients who suffer from whiplash are more likely to receive the care they need to recover fully and avoid permanent damage.

But here's the problem: many

people are unaware of these technologies, or they don't know where to go to receive them. That's why it's so important to spread the word. If you or someone you know has been in an auto accident and is experiencing neck pain or other symptoms of whiplash, it's essential to seek out a healthcare provider who offers weight-bearing open MRI's and DMX.

Remember, whiplash is a serious injury that can cause long-term, permanent damage. But with the help of modern medical technology, we can improve diagnosis and treatment outcomes.

So let's spread the word and encourage everyone to learn more about weight-bearing open MRI's and DMX. Together, we can make a difference and help more people avoid the permanent impairment caused by whiplash.

Rehabilitation Services for **EVERY WALK OF LIFE**

After a serious illness or injury, you may need help to regain function and independence. GW Hospital has you covered with a range of rehabilitation programs and advanced technology to help you reach your goals.

ACUTE REHABILITATION UNIT

Our 16-bed inpatient rehabilitation services are designed for patients who require round-the-clock care. Patients come to us to recover from illness, like stroke, or injuries from traumatic accidents.

OUTPATIENT REHABILITATION CENTER

Turn to us for individualized rehabilitation programs featuring physical, occupational and speech therapy. We occupy 25,000 square feet, staffed with more than 50 rehab professionals with advanced degrees, certifications and specialized skills.

The Outpatient Rehabilitation Center is located just blocks from GW Hospital, at 2131 K Street.

SUPPORT FROM ADVANCED TECHNOLOGY

Therapists practice various techniques including manual therapy and therapeutic exercises. We also use advanced technology including an anti-gravity treadmill and robotic overhead system to get you back on your feet.

AWARD-WINNING CARE

GW Hospital is ranked in the region's top 5 physical rehabilitation centers for 2022 by Newsweek. The region includes D.C., Delaware, Maryland, Mississippi and West Virginia.



Rehabilitation Services

THE GEORGE WASHINGTON UNIVERSITY HOSPITAL

Visit our website gwhospital.com/rehabilitation ►

Find us in the heart of D.C., steps away from buses, Metro stops and parking garages.



Physicians are independent practitioners who are not employees or agents of The George Washington University Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 2031301150-1432382 5/23



Relieve. Restore. Renew.

• Rapid Scheduling Available • Most Insurances Accepted • Many Convenient Locations



Call **855-527-PAIN**
or Scan QR Code
to make an
appointment today!

REQUEST A CONSULTATION

At Clearway, we believe you should not have to live in pain. We take your symptoms seriously and work with you to develop a treatment plan that works for your body and your life. Are you suffering from a condition that interferes with your quality of life? Get in touch to make an appointment. We will diagnose the cause of your pain and help you get relief.

CLEARWAYPAIN.COM | 855-527-PAIN (7246)

GET THE PROFESSIONAL CARE AND IMMEDIATE ATTENTION YOU DESERVE

Department of
Veterans Affairs
Contracted provider,
Baltimore and DC

*Free Evaluation and
Maryland State Licensed
to Treat People At Home*



Pete Goller, BS, CP

- More Than 30 Years Experience
- President/Owner of Metro Prosthetics, Inc.
- ABC Certified Prosthetist



Kyle Wilhelm, BS, CO

- ABC Certified Orthotist
- More Than 25 Years Experience



Jed Newhardt, BS, CPO

- ABC Certified Prosthetist/ Orthotist
- More Than 10 Years Experience

Now Offering Orthotics/ Diabetic Shoes!

- Family owned and operated
- Custom fabrication on site
- Immediate attention one-on-one patient contact
- We accept Medicare
- Contracted provider for Aetna, BlueCross BlueShield, Carefirst and Kaiser
- Other insurances also accepted

METRO
PROSTHETICS INC.



Find Us
on Facebook

***Helping People Regain
Their Independence...Since 1977***

7438 Annapolis Road, Landover Hills, MD 20784

4320 Fitch Avenue, Nottingham, MD 21236

info@metroprosthetics.com

ABC Accredited Facility

301-459-0999 • 410-870-0365

www.MetroProsthetics.com

In This Edition...

The articles below are provided by local health professionals for the benefit of the public. Please contact them for advice and services.

- 2 | **Revolutionizing Whiplash Diagnosis** | Submitted By Washington Open MRI, Inc.
- 7 | **PRP Injections Treat a Variety Of Pain** | By Madhavi Chada, MD
- 7 | **Beauty Inside and Out: Five Keys To Finding the Right Doctor** | By Hema Sundaram, MA, MD, FAAD
- 8 | **Protecting Your Child's Smile** | By Elizabeth Shin, DDS
- 9 | **Shining the Light On Pain...and Remedies Of Hope** | By Linda Penkala, Author, Wellness Catalyst, LMT
- 10 | **Get the Body Shape You Want** | Submitted By Luminex Healthcare Services
- 11 | **New Solutions for Dentures and Dental Implants** | By Karl A. Smith, DDS, MS
- 12 | **Fibromyalgia: How Do You Treat It?** | By Alan Weiss, MD
- 12 | **Chiropractic Treatment and Pain** | By Alicia Kovach, DC
- 13 | **Unlocking the Secret To Managing Hair Loss In Women** | By Jaimi Jackson, Owner
- 14 | **Improving Mental Health Through Behavior Change and Weight Loss** | By A+ Counseling Center
- 15 | **Study Of Potential Alzheimer's Treatment** | Submitted by Re:Cognition Health
- 16 | **The Management Of TMD Pain** | By Jeffrey L. Brown, DDS
- 17 | **Non-Surgical Treatments For Pain** | By Levi Pearson, MD, DABA, DABPM
- 18 | **Painful Sex: A Real Mid-Life Crisis** | Submitted by New Day Vitality Hormone Center
- 19 | **MAT Program: Assistive Telecommunications Equipment** | By Maryland Relay/Telecommunications
- 21 | **Transform Your Health** | By Gregory Taylor, MS, Owner
- 22 | **Bariatric Surgery and Sleep Apnea** | By Etwar McBean, MD, FACS
- 23 | **Forefoot Surgery** | By Howard Horowitz, DPM
- 26 | **All-On-Four Dental Implants** | By Sivakumar Sreenivasan, DMD, MDS
- 27 | **Traditional Chinese Medicine For Epilepsy** | By Quansheng Lu, CMD, PhD, LAC
- 27 | **Radon Regulations: Living In a High Radon State** | By Vinny Gigliotti, Certified Indoor Environmentalist
- 29 | **Benefits Of the Latest Natural Health and Wellness Services** | By Elon Roshell Day Spa & Health, LLC
- 30 | **#National HIV Testing Day** | By Kurtis R. Sykes, MDH
- 32-40 | Featured Pain Management & Rehab + Senior Living Professionals**
- 42 | **Three Ways Non-Profit Hospices Help Military Veterans** | By Bill Miller, Chaplain
- 44 | **Lifestyle Changes To Lower Cholesterol** | By Thomas K. Lo, DC
- 46 | **Egg Freezing - Fertility and Women** | By Yemi Adesanya-Famuyiwa, MD
- 48 | **Cerec Dental Technology** | By E. Taylor Meiser, DDS
- 48 | **How New Tech In the Dental Office Benefits You** | By Judy Yu, DMD, MBA
- 50 | **The Impact Of Mental Illness** | By Joyce Abramson, RNMS
- 50 | **Let's Get Physical: Making Physical Activity a Part Of Your Family Life** | By Janet V. Johnson, MD
- 52 | **Can You Benefit From Braces?** | By Jacqueline Brown Bryant, DDS, MS, PC
- 52 | **How to Protect Your Aging Parents From Elder Abuse** | By Patrice D. Perkins-Pratt
- 54 | **Are You In Pain? You're Not Alone** | Submitted By Kensington Pharmacy
- 56 | **Fire Cupping For Natural Pain Relief** | By Ming Xu, LAc, DAOM
- 56 | **Hammertoes: Pain Of the Small Toes** | By Ademuyiwa Adetunji, DPM
- 58 | **4 Things To Know About the TeethXpress Dental Implant Procedure** | By Larry Bryant, DDS
- 60 | **Why Do I Have To Probate an Estate?** | By Steven M. Katz, Attorney
- 66 | **What Is Cupping Therapy?** | By Brittney de Vicq, MAC, LAC

Articles and information about health professionals is available at
www.YourHealthMagazine.net



In the next edition of Your Health Magazine...

Meet Your Local Health Professionals

Biographical profiles to help people learn more about their local health professionals.

Your Health Magazine is here to Help People Find the Healthcare They Need! Information from local doctors lowers the barriers to getting better healthcare and living healthier...

It Makes a Difference!

Full Editions Now Available Online
www.YourHealthMagazine.net



VASCULAR SURGERY

Jeffery Dormu, DO

Degrees, Training and Certifications: Dr. Dormu is a Triple Fellowship trained in General, Vascular and Endovascular Surgery. He is Board Certified in both Vascular and General Surgery. He received his medical degree from the New York College of Podiatric Medicine and served his internship at St. John's Hospital in Rockaway, NY and residency at St. Barnabas Regional Trauma Center in Bronx, NY.

Practice Information: Dr. Dormu is the Managing Provider of the Monthly Intensive Vascular Clinics also known as MIVC. At MIVC, we are committed to addressing the vascular devastation that is rampant in our community. Dr. Dormu has performed over 2,000 Vascular Endovascular Surgeries in the past year including Carotid Endarterectomy, Abdominal Aortic Aneurysm Repair, Pelvic Angiogram, Bypass of blocked arteries, varicose vein removal and more.

Practice Location: Mettely Intensive Vascular Centers
8730 Cherry Lane, Suite 10, Laurel, MD 20707
1662 Georgia Avenue, Silver Spring, MD 20910
1486 Rockville Pike, Suite 205, Bethesda, MD 20814
Phone: 301-497-1500 • Toll Free: 855-803-MIVC (6462)
www.kidneyintensivevascularcenters.com



Maryland, Virginia, Washington D.C.

If you are a health professional who would like to be included in this special issue, contact us today:
301-805-6805 • info@yourhealthmagazine.net



SERVING MARYLAND & VIRGINIA Since 1990

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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

MARYLAND & WASHINGTON, DC OFFICE
One Town Center
4201 Northview Drive, Suite 102
Bowie, MD 20716
Office (301) 805-6805 • Fax (301) 805-6808
info@yourhealthmagazine.net

VIRGINIA OFFICE
Office (703) 288-3130
production@yourhealthmagazine.net

© Your Health Magazine, 2022. The magazine and all of its contents are protected by copyright. For permission to reproduce any materials in this magazine, contact publish@yourhealthmagazine.net.

EDITOR-IN-CHIEF
Gregory Scott Hunter

MANAGING EDITOR
Heather L. Mahoney

SALES & MARKETING CONSULTANT
Mili Parra

PRODUCTION & DESIGN ADMIN ASSISTANT
Alison Doner - MD

PRP Injections Treat a Variety Of Pain



By Madhavi Chada, MD
Synergy Spine and Pain Center

Platelet-rich plasma (PRP) is a concentrate of plasma that has a higher amount of growth factors. It is used to help regenerate soft tissue and healing. Platelet-rich plasma can treat sports injuries, including torn ligaments and tendons, skeletal fractures, strained muscles, sprained knees and chronic tendon injuries.

Blood is drawn from the patient and centrifuged to separate the platelet rich plasma. A local anesthetic may also be included with the platelet-rich plasma to be injected into the affected area or the joint.

The entire process usually takes about one hour. Pain at the injection site may increase after the procedure, but it declines in a few days. The patient may not feel the full benefits of the treatment until after a few weeks.

Risks and Side Effects

There are general risks of skin puncture associated with contamination and infection. However, since a PRP injection is made with the patient's own blood, the risk of these complications is very low.

The most common side effect of the procedure is tenderness at the site of the injection. Hence, the patient should minimize activity for at least one day following the procedure.

Beauty Inside and Out Five Keys To Finding the Right Doctor



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

This year, as we look forward to summer activities, more and more men and women are choosing non-surgical methods to look energetic and youthful, and also to keep their professional edge.

Today's non-invasive technology can rejuvenate you dramatically, yet subtly. You can look completely natural, without scarring and be able to return to normal activities, while others will be unaware that you've

had anything done unless you choose to tell them.

Here are five keys to help you choose the right doctor for your summer events and beyond:

Credentials

The American Board of Medical Specialties certifies doctors in specialties based on their training, and recognizes only Dermatologists, Plastic Surgeons, Facial Plastic Surgeons, and Oculoplastic Surgeons as the Core Four aesthetic specialists with appropriate qualifications and expertise to be performing cosmetic procedures.

Always ask if your doctor is board certified, as well as what specialty they are certified in, so that you can be sure of who you are trusting your face or body to.

Select an Expert

When practically everyone who

Please see "Beauty," page 44

Don't Let PAIN Control Your Life



Pain Conditions We Treat:

- Herniated Disc
- Facet Syndrome
- Spinal Stenosis
- Osteoarthritis
- Bursitis
- Knee Pain
- Hip Pain
- Myofascial Pain
- Fibromyalgia
- Complex Regional Pain Syndrome (CRPS)
- Occipital Neuralgia
- Vertebral Compression Fractures

Visit us online for a full list and descriptions of the treatments we offer.

SynergySpineMD.com



Synergy Spine and Pain Center

INTERVENTIONAL PAIN MANAGEMENT SPECIALISTS



Madhavi Chada, MD - Triple Board Certified Physician

ABIM certified in Internal Medicine; ABA certified in Anesthesiology and Pain Medicine

Glenn Dale: 240-929-6652 | Ft. Washington: 240-260-3828

12150 Annapolis Road, Suite #209, Glenn Dale, MD 20769
10709 Indian Head Highway, MD-210, Suite D, Fort Washington, MD 20744



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

- Dermatitis (Eczema)
- Prurigo Nodularis
- Nonsurgical Jawline Contouring
- Nonsurgical Brow Lifting

- Nonsurgical Facial Rejuvenation
- Treatment of Skin Pigmentation and Fine Lines
- Treatment of Acne, Rosacea, & Pores



At the offices of

DR. HEMA SUNDARAM, MA, MD, FAAD

Board Certified Dermatologist and Dermatologic Surgeon
International Teacher and Researcher in Advanced Dermatology and Plastic Surgery Technologies

If you are in good health and interested to volunteer for any of these studies, call 301-984-3376/703-641-9666 or email us at dermdc@gmail.com with subject line "STUDIES".

** Summer Makeover Packages **

Call 301-984-3376 or 703-641-9666

Interest-Free Financing Available

Follow us on Instagram: @twicebornbeauty & @drhemasundaram

Protecting Your Child's Smile

The Truth About Pacifiers and Thumbsucking

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

Pacifiers and thumbsucking are a common concern for parents, and for good reason. While pacifiers and thumbsucking can provide comfort to babies, there are potential consequences to prolonged use.

The good news is that pacifiers and thumbsucking are generally harmless for a child's teeth, as long as the habits don't continue for too long. Most children will naturally stop sucking on their own by the age of three, but if the habit persists, it can cause problems with their dental development.

The main issue with pacifiers and thumbsucking is that they can cause misalignment of the teeth and jaw. Constant sucking can push the front teeth forward, causing an overbite, or push the lower teeth back, causing an underbite. This can affect the way a child bites, chews, and speaks, and may require orthodontic treatment later on.

Another concern is the effect that sucking can have on the shape of the mouth and palate. Prolonged sucking can cause the roof of the mouth to narrow and become high and arched. This can cause speech problems and make it difficult for permanent teeth to come in properly.

So, what should parents do if their child is a thumbsucker or pacifier user? The first step is to monitor the habit and try to limit it as much as possible. If your child is using a pacifier, try to wean them off of it by the age of one. If they are a thumbsucker, offer other forms of comfort and try to redirect their attention when they start sucking.

If the habit persists beyond the age of three, it's a good idea to consult with a pediatric dentist. They can evaluate your child's dental development and recommend any necessary treatment, such as a mouth appliance or orthodontic intervention.

It's also important to practice good oral hygiene habits to prevent

any potential dental problems. Make sure your child brushes their teeth twice a day and flosses regularly, and schedule regular check-ups with their dentist to monitor their dental health.

Pacifiers and thumbsucking can be a source of comfort for babies, but they can also cause dental problems if they continue for too long. As a parent, it's important to monitor these habits and take steps to limit them if necessary. And don't forget to prioritize good oral hygiene to keep your child's teeth healthy and strong!

Tips To Help Parents Stop the Pacifier and Thumbsucking

For Pacifiers:

- Join with your pediatric dentist and tell your child about giving the pacifier to the Pacifier fairy. You can tell them that there are a lot of babies in need of pacifiers and the pacifier fairy is willing to give a great toy if they place the pacifier under the pillow.
- Try cutting the tip of the pacifier to decrease suction – this may help your child's sensory feelings from it.
- You can try creative projects, such as planting the pacifier in the backyard. Next day, it will sprout a toy or a nice treat!
- Emphasize the point that pacifiers are for babies, just like bottles and diapers. Big kids don't need them.
- Remember, it is not how often the pacifier stays in the mouth, it is for how long it stays in the mouth. If your child needs it to go to sleep, as soon as she/he is sleeping, remove it from the mouth.
- Choose your battles – if you have a child that is not feeling well or you have a new baby at home, don't force the issue. You can say to them, whenever you are ready to be a big kid, we will ask the pacifier fairy to come in.

For Thumbsucking:

- Thumbsucking is more difficult to stop. Most of the time tinctures or pastes that don't taste good don't work well if they are really into it. As the child gets older and goes to daycare or school, peer pressure can help them stop the habit.
- Work with your child to make them want to stop and then we can introduce tinctures, gloves or appliances to help them with the habit.
- Engage the help of your pediatric dentist: they can be a source of support and encouragement to you and your child.



Helping Children Achieve Better Health!

We provide expert pediatric dentistry to help your child improve and maintain oral health and hygiene, repair and address problematic teeth, and treat teeth, tongue and gum issues that require immediate attention. Partner with our Pediatric Dentist in Bethesda and Chevy Chase to help your child achieve lifelong oral health.



4825 Bethesda Avenue, Suite #220
Bethesda, MD 20814

301-941-7374

smile@bccpediatricdentistry.com

BCCPediatricDentistry.com

Shining the Light On Pain ...and Remedies Of Hope



By Linda Penkala, Author, LMT
Wellness Catalyst

These hands have touched thousands of clients in pain these last 35 years as a massage therapist. Walking out in a different state than they came in, is inspiring as I try to be on the cutting edge of holistic modalities for those dealing with the whole gamut of pain. Types of pain:

Acute – cuts, burns, surgery,

dental surgery, birthing a child

Chronic – can affect quality of life, and persist for over 6 months, as a result of cancer, fibromyalgia, or diabetes

Neuropathic – from nerve damage, with sharp pain, stabbing, or burning. Some causes can be radiation, stroke, chemotherapy, cancer or diabetes

Noiceptive – trauma to bodily tissue, hitting an elbow, stubbing toe, usually to skin, joints, bones or tendons

During my medical intake review of a new client, I ask their pain levels, plus emotional, and work stress from 1-10 with 10 the highest. The higher the number, the worse their life balance may be, that equally affects the health of muscles, joints, the mind, plus possible struggling relationships.

Please see "Shining," page 63

Optimum Health for Life

Your Wellness Partner For Life

Columbia, MD | 301-802-7745 | Lpenkala96@gmail.com

Feel your best self within the safe space of relaxation, allowing stress to melt away! Breath in calming essential oils to reset and realign your body, mind, soul connection.

Linda Penkala, Author, LMT, Holistic Healthcare Presenter, and Wellness Catalyst shares her passion and heart for holistic lifestyle choices through:

- Presentations
- Massage Therapy
- Aromatherapy
- Wellness Articles
- Breathwork for Healing
- Her book, *The Pause to Relax Ladies for Robust Heart Health*



CORPORATE OR COMMUNITY PRESENTATIONS:

- Wise Self Care for Life
- Nine Pillars to Prevent Heart Disease
- Wise Heart Health for Women
- Navigating New Waters of Wellness
- Tapping with Essential Oils for Health

LIVE ZOOM PRESENTATIONS

- Mindful Meditation Massage (at night, pre-sleep)
- Mindful Massage and Stretching (at desk)
- Aromatherapy 101
- Essential Oils and Your Pet
- Wise Self Care for Life
- Wise Heart Health for Women

oily.life/wealthofhealth • Visit our new website! www.lindapenkala.com



@pausetorelax



The Pause to Relax



Optimum Health for Life



Linda Penkala



Chiropractic, Physical Therapy, Rehabilitation



Dr. Gela provides personal injuries and rehabilitation services. She works with a network of medical professionals and personal injury attorneys to ensure that you receive the highest quality of care and support. Most of her new patients are referred through this network; she has the experience they rely on, and so can you!

Our Services:

- Auto Injury
- Work Injury
- CDL/DOT Physical Exam
- Digital X-Ray
- Spinal Decompression Therapy
- Dry Needling



Fairmount Heights NE DC Location:

525 Eastern Avenue, NE, Suite B2, Fairmount Heights, MD 20743

Suitland Location:

5855 Allentown Road, Unit #19, Suitland, MD 20746

301-925-2013

PainRehabCenterMD.com

Get the Body Shape You Want with Non-Invasive Laser Liposuction

Submitted By
Luminox Healthcare Services

Non-invasive laser liposuction, also known as i-Lipo, is a popular cosmetic procedure that promises to reduce body fat without any surgery or downtime. This innovative procedure uses laser technology to break down fat cells and eliminate them from the body, resulting in a slimmer, more toned appearance.

i-Lipo is a completely safe and non-invasive procedure that requires no anesthesia or incisions. During the procedure, a trained technician will apply low-level laser energy to the target area, which causes the fat cells to release their contents. This process is known as lipolysis, and it allows the body to naturally eliminate the fat through its lymphatic system.

One of the primary benefits of i-Lipo is its speed and convenience.

Each treatment session typically lasts only 20-30 minutes, and most patients require a series of 8-10 sessions to achieve their desired results. Unlike traditional liposuction, which requires significant recovery time and often leaves patients with unsightly scars, i-Lipo is virtually painless and requires no downtime. Patients can return to their normal activities immediately after each treatment session, making it an ideal

option for busy individuals who want to improve their body shape without disrupting their daily routine.

In addition to its convenience and safety, i-Lipo is also highly effective. Studies have shown that patients can experience a significant reduction in body fat following a series of i-Lipo treatments, with some patients seeing up to a 30% reduction in fat in the treated area. It's important to note, however, that i-Lipo is not a weight loss solution and is best suited for patients who are already at or near their ideal weight but have stubborn areas of fat that are resistant to diet and exercise.



LUMINOX
healthcare services

*Your One-Stop Solution To
a Delightful Selection Of
Non-Invasive Cosmetic Procedures*

From Facials To Body Contouring, Get It All Done In One Place

Luminox Healthcare Services is a dedicated cosmetic service provider in Maryland. We work passionately with the goal to become a top-of-the-line, one-stop shop for all non-invasive cosmetic procedures for our valued customers.

Luminox Healthcare Services utilize FDA approved devices to deliver safe and effective treatments for the face, skin, and body. We use patented technology for skin tightening and hair removal.

Rejuvenate your body and nourish your senses with a wonderfully immersive spa experience that brings flattering results for your skin and your body. We help you refresh with a deep cleansing facial, feel more confident with body contouring, and defy your age with skin tightening treatment. Our state-of-the-art facility and expert hands are sure to indulge you in a riveting environment where you can achieve your health and beauty goals in a completely satisfying manner.

We Solve Real Problems – Area Of Services:

Laser Treatments:

- Laser Hair Removal
- Non-Invasive Laser Liposuction

Skin Treatments:

- Facial
- Dermaplaning
- Chemical Peel
- Microdermabrasion
- Vagacial
- Extractions

Body Enhancements:

- Non-Surgical Body Contouring
- Cellulite Reduction
- Skin Tightening

College Park, MD – info@LuminoxHealth.com

240-553-7970

LuminoxHealth.com



Non-invasive laser liposuction, also known as i-Lipo, is a popular cosmetic procedure that promises to reduce body fat without any surgery or downtime.

Another advantage of i-Lipo is its versatility. This procedure can be used to treat a wide range of body areas, including the thighs, hips, abdomen, arms, and even the face. Whether you're looking to eliminate love handles, reduce a double chin, or contour your arms, i-Lipo can help you achieve your goals.

Overall, i-Lipo is a safe, effective, and convenient option for individuals who want to reduce body fat without undergoing surgery. If you're considering this procedure, it's important to choose a reputable provider who has experience with i-Lipo and can answer any questions you may have. With the right care and attention, i-Lipo can help you achieve the body shape you've always wanted and boost your confidence in the process.

New Solutions for Dentures and Dental Implants

By Karl A. Smith, DDS, MS

Dentures are a good replacement option for patients who are missing all of their teeth, but only if they fit well.

Why Are My Dentures Loose?

Impact on the bone by continuous hitting and pressure of a denture against the jaw every time you eat can make the bone underneath the denture go away. This causes the denture to become loose and slip. It may create the need for using paste or other means to hold the denture in place. Slipping dentures can make eating certain foods very difficult for patients. This happens most often with lower dentures.

How Can Dentures Fit Well For a Long Time?

Dental implants can be placed under the denture. Implants have offered the possibility of fully replacing teeth for over 30 years and are very safe and effective. When you make the denture stable by “snapping” it onto dental implants, you can provide a better level of comfort for the denture-wearer, and create new strength for eating the foods patients love.

Dentures are a good replacement option for patients who are missing all of their teeth, but only if they fit well.

Dental implants are very much like your natural teeth. They are quite easy to get used to, and they can reduce the amount of stress to the bone and jaw by helping provide an anchor for support. The implant acts as a natural root to help prevent additional bone deterioration and helps to deliver long lasting function.

Does Every Denture-Wearer Qualify?

This depends on the amount of bone loss that has already taken place. If the denture has been in place for many years and the ridge of bone under it is very thin, you may need to have a special scan done to decide if you are a candidate for the procedure. This scan will also look for any other defects that may be present to make sure you are healthy. Since implants are meant to last for a very long time, your health and wellness are important to the outcome.

How Long Does a Patient Have To Go Without Teeth?

Never. The denture is fitted to the implants, the same day the implants are placed. Typically, you are back to normal or better eating by day two or three.

Do Dental Implants Hurt?

Most patients have little to no dis-

comfort. The surgery is done in one day, typically in just a few hours. There are sedation options available for this procedure for those patients who want to relax through the procedure.

Is Treatment Expensive?

The cost of treatment varies depending on the number of implants, if a new denture needs to be made, if the patient desires sedation, or if

there needs to be more bone added to have a good result. Costs are variable and should be weighed against factors such as the education of the doctor, the results from other patient experiences, and the quality of the product you are receiving.

Discover the difference dental implants can make for you. Schedule an appointment today!

A Healthy Mouth Equals a Healthy Body



Dr. Karl A. Smith
Periodontist
A Dentist with
Super Powers

- Caring and Kind Dentist and Team
- State-of-the-Art Equipment
- Laser Periodontic Therapy
- Dental Implants to restore your beautiful smile
- Comfortable Sedation Dentistry
- Affordable Gum Treatment
- Insurance Accepted & Filed
- Ultra-Sterile Environment
- No Referral Needed

Friendly greetings, warm smiles and a Dentist that truly cares about you

Our patients mean the world to us (and they love to refer us to friends and family). My team works together to ensure your visit is enjoyable, and that your dental treatment is gentle and pain-free. We are deeply committed to helping you prevent and treat periodontal (gum) disease, and to enhance your smile to improve your overall health. New Patients appointments available daily!



NEW PATIENT SPECIAL
Includes Initial Exam, Full Mouth Digital Film, Consultation with Dr. Smith (Reg S328) **\$189**

601 Post Office Road, Suite 1B, Waldorf, MD 301-638-4867
2500 N Van Dorn Street, Suite 128, Alexandria, VA 703-894-4867

 www.DrKarlSmith.com

Conventional and Integrative care to help **YOU** achieve your Optimal Health.

At Annapolis Integrative Medicine, Dr. Alan Weiss combines the best of conventional treatments, natural approaches, and alternative strategies to effectively improve and maintain your well being.

Offered Services:

- Comprehensive Medical Evaluations including Chronic, Complex, and Mysterious Medical Conditions
- Hormone Replacement Therapy featuring BioTE Hormone Pellet Therapy for men and women
- Intravenous Therapies: Myers Cocktails, Glutathione, Vitamin C.
- Peptide Therapy.
- Votiva and Morpheus Rejuvenation therapy
- HCG Weight Loss Therapy
- Weight Loss and Detoxification Therapies



Annapolis INTEGRATIVE Medicine



Schedule Your Appointment Today!

410-266-3613

annapolisintegrativemedicine.com

Alan Weiss, MD

Board Certified,

American Board of Internal Medicine

American Board of Anti Aging Medicine

1819 Bay Ridge Ave, Suite 180 • Annapolis, MD 21403

Fibromyalgia

How Do You Treat It?



By Alan Weiss, MD
Annapolis Integrative Medicine

Fibromyalgia syndrome affects at least six million Americans, causing more disability than rheumatoid arthritis. The prevalence is rapidly increasing, likely having increased by 200-400% in the last 10 years alone. Fibromyalgia remains a condition without a fully understood cause, in which patients report chronic widespread pain and a variety of other common complaints including fatigue, sleep disorders, cognitive deficits, irritable bowel syndrome, headaches, Raynaud's syndrome, and a wide array

of other symptom patterns that do not make sense unless one is familiar with the syndrome.

There are many reasons for widespread pain and fatigue, many of which commonly result in a mistaken diagnosis of fibromyalgia. It is important to see a physician experienced in the diagnosis and treatment of fibromyalgia. Medical problems such as undiagnosed hypothyroidism, nerve problems, medicine side effects, connective tissue disorders and autoimmune diseases can be mistakenly called fibromyalgia leaving people going down an ineffective tunnel of treatment and testing.

Unfortunately, even when an accurate diagnosis of fibromyalgia is made, a patient is often told the only thing you can do is to take one of a few prescription drugs. But if these medications are not effective or produce intolerable side effects, the patients are told there is not much else to do other than rest, take it easy and take pain medication.

The good news is there are actually a lot of other things you can do to

Please see "Fibromyalgia," page 65

Chiropractic

Treatment and Pain



By Alicia Kovach, DC
Kovach Chiropractic

sion headaches along with pain in the knees, shoulders and elbows. Spinal adjustment (manipulation) is one form of therapy chiropractors use to treat restricted spinal mobility. Many use additional treatments such as ultrasound, electrical muscle stimulation and exercises. The goal is to restore spinal movement and improve function.

Some patients do not like having their body aligned by manual manipulation. In these cases, the chiropractic activator is used. It was invented because chiropractors needed a better, more efficient way of helping their patients without causing pain or stress. The most common reason to visit a chiropractor is to relieve stress and pain, not add more. With this treatment using the activator, people are less afraid of treatment; therefore, less painful and more efficient in re-aligning bones in the body. Your chiropractor will assess which would be best for the patient.

Chiropractic care can help with trauma from an accident causing spi-

Please see "Treatment," page 62



Why Suffer If You Don't Have To?

Offering a Full-Range of Chiropractic and Wellness Services:

- Spinal Decompression - Non-surgical treatment for chronic low back pain sufferers
- Aqua Massage - Provides a relaxing and therapeutic massage, while fully clothed
- Cold Laser Therapy - A non-intrusive alternative to acupuncture and surgery, can help many pain conditions
- Physical Therapy Modalities
- Technique Specialties:
 - Activator Method
 - Thompson Technique
 - Myofascial Release
 - Massage Therapy
 - Ultrasound
 - Custom Orthotics
 - Infrared Light Pad



Now Offering Massage Therapy

Ruth Eaddy, Licensed Massage Therapists

Accepts Most Insurance Policies

Now Accepting New Patients – Call now to schedule your appointment:

410-697-3566

959 Annapolis Road, Gambrills, MD 21054

www.kovachchiropractic.com

Unlocking the Secret To Managing Hair Loss In Women



By Jaimi Jackson, Owner
Jai Stylz Hair Salon and
Beyond the Strandz Wellness Clinic

Hair loss is a common problem that affects both men and women. However, it is not often discussed in women, and it can have a significant impact on their self-esteem and quality of life. In this article, we will discuss the causes of hair loss in women, its impact, and ways to manage it.

Causes Of Hair Loss In Women

There are several causes of hair loss in women, and it is essential to identify the underlying cause to determine the best course of treatment. Some common causes of hair loss in women are:

- **Hormonal Changes:** Hormonal changes, such as those that occur during pregnancy, menopause, and thyroid disorders, can cause hair loss.
- **Hereditary Factors:** Hair loss can be inherited from parents, especially if there is a history of baldness in the family.
- **Medical Conditions:** Certain medical conditions, such as alopecia areata, scalp infections, and trichotillomania, can cause hair loss.
- **Nutritional Deficiencies:** Deficiencies in iron, vitamin D, and other essential nutrients can lead to hair loss.
- **Medications:** Certain medications, such as chemotherapy drugs, can cause hair loss.

Impact Of Hair Loss In Women

Women often associate their hair with their femininity and beauty, and losing their hair can be devastating. Women with hair loss may avoid social situations and feel self-conscious about their appearance. They may also experience anxiety and depression, which can further exacerbate their hair loss.

Ways To Manage Hair Loss In Women

Fortunately, there are several ways to manage hair loss in women. Here are some options:

- **Hair Transplants:** Hair transplants involve taking hair from one part of the scalp and transplanting

it to the balding area.

- **Wigs and Hairpieces:** Wigs and hairpieces can provide a quick solution to hair loss, and they can be customized to match the natural hair color and style.
- **Lifestyle Changes:** Eating a balanced diet, getting regular exer-

cise, and managing stress can help promote hair growth.

- **Hair Care:** Using gentle hair care products, avoiding tight hairstyles, and limiting the use of hot styling tools can help prevent further hair loss.

Hair loss is not a one size fits all

problem. It is essential to identify the underlying cause of hair loss to determine the best course of treatment. With the right treatment and management, women can restore their hair and regain their confidence. If you are experiencing hair loss, speak to a hair care professional to determine the best course of action.

Jaimi

Certified Trichologist
Professional Hair Stylist &
Owner, Beyond The Strandz
Wellness Clinic and Jai'Stylz Hair Salon



BEYOND THE STRANDZ WELLNESS CLINIC

A JAI'STYLZ COMPANY

- Hair Loss Evaluation
- Scalp Treatments
- Hair Thinning



JAI'STYLZ

5000 Pennsylvania Avenue
(off Spaulding Avenue)
Suite J, Suitland, MD 20746

301-967-4044
BeyondTheStrandzWC.com



@jaistylz
@beyondthestrاندzwc

Improving Mental Health Through Behavior Change and Weight Loss

How Local Counselors Can Help.

Submitted By
A+ Counseling Center

Mental health is a vital component of overall wellbeing. It affects how we feel, think, and act, and is linked to numerous physical health outcomes, such as heart disease, diabetes, and obesity. When mental

health is compromised, it can lead to feelings of sadness, anxiety, and depression, making it difficult to perform daily activities and maintain healthy relationships. In recent years, research has shown that weight loss can be an effective way to improve mental health by changing behaviors that contribute to poor mental health.

One of the most effective ways to lose weight and improve mental health is through behavior change. This means altering habits that may be contributing to weight gain, such as unhealthy eating patterns, a lack of physical activity, and poor sleep habits. By making small changes to these behaviors, individuals can lose

weight, improve physical health, and enhance their mental wellbeing.

One of the most common ways that behavior change can improve mental health is through improved self-esteem. When individuals begin to lose weight and make healthier choices, they often feel more confident and positive about their appearance, which can improve their mood and overall sense of wellbeing. Additionally, weight loss can help individuals feel more in control of their lives, which can reduce feelings of stress and anxiety.

Local behavioral health professionals and counselors can play an essential role in supporting individuals who are seeking to improve their mental health through weight loss. These professionals can help individuals identify patterns of behavior that may be contributing to weight gain and provide guidance on how to modify these behaviors to support weight loss and improve mental health. Additionally, they can provide emotional support and help individuals develop coping strategies to manage stress, anxiety, and other emotional challenges that may arise during the weight loss process.

Behavioral health professionals and counselors can also provide practical tools to support individuals in achieving their weight loss goals. This may include providing guidance on meal planning and healthy food choices, developing an exercise plan, and providing strategies for managing stress and emotions that may trigger overeating or other unhealthy behaviors.

In summary, weight loss through behavior change can be an effective way to improve mental health. Local behavioral health professionals and counselors can play a critical role in supporting individuals on this journey by providing emotional support, practical tools, and guidance on modifying behaviors to support weight loss and enhance mental wellbeing. By working together, individuals can achieve their weight loss goals and improve their overall health and wellbeing.



Guiding You On the Road To Wellness and Recovery

Anger Management Counseling • Assessments • Case Management
Behavioral Disorder Counseling • DUI/DWI Education
Domestic Violence Counseling • Early Intervention • Primary Care
Individual and Group Counseling • Family Counseling (ATOD) Life Coaching
Same-Day or Next-Day Appointments • Telemental Health
Medication Management • Supportive Solutions

Don't Wait! Call and Schedule Your Appointment Today!

10905 Fort Washington Rd., Suite 105
Fort Washington, MD 20744

240-766-4194

LEARN MORE ONLINE AT
ACounseling.org



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 571-418-0142.



Re:Cognition Health Brain and Mind Experts

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



Accurate Diagnosis

Access to the most advanced diagnostic tools available at no cost.



Clinical Trials

Enrollment into international clinical trials for those mostly aged 45-90 focused on new generation treatments to stop cognitive decline.*



Education

Information, resources and supportive services for complete cognitive care.

We Are the Brain & Mind Experts

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.*

571-418-0142

Fairfax Clinic

8316 Arlington Boulevard
Suite #420

Fairfax, VA 22031

hello@re-cognitionhealth.com

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

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

www.recognitionhealthusa.com

The Management Of TMD Pain

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

When it comes to managing the pain of temporomandibular disorder (TMD) it can sometimes be quite confusing as to what should be done. For so many patients who suffer from this disorder, many simply take medications to manage their pain. Common

pain medications include ibuprofen or acetaminophen (Advil and Tylenol). Singularly, these drugs work fairly well in managing pain, but did you know that if you took one Tylenol with one Advil, they could have the same effect as a narcotic, and is often more effective than most narcotics in pain management. Because this effect is becoming more well known, you

can even find this combination of drug on many store shelves these days.

The better method is appliance therapy. As a patient gets comfortable to their TMD appliances, their body oftentimes will go through changes, and sometimes these changes can be quite uncomfortable and even painful. Usually the pain is quite manageable, but for the more advanced cases it can



Jeffrey L. Brown, DDS

We Are NOT Your Typical Dental Office

We Can Help With:

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

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

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

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

be difficult to handle. This is why so many patients are co-treated often with the physical therapist or and osteopath. As the patient adapts to their new appliances, the physical therapist or osteopath can work on the head and neck regions of the body to help as their body re-aligns. When wearing TMD appliances, the neck will often begin to re-align and this process can be uncomfortable, especially if the neck has been out of alignment for a very long time. All this is very normal.

Another avenue of pain management involves the use of laser therapy and oftentimes combined with massage treatment as well. The patients who experience this level of treatment often report they are very relaxed and have less pain at the end of their session with the therapist. The laser used for this therapy is a remarkably efficient device that greatly reduces pain in the head and neck region and leaves the patient with a warm feeling for quite some time.

A relative newcomer to the arena of pain management is the Neubie device. This is a DC current electrical stimulation device that gently pulses the muscles of the entire body to create a feeling of wellbeing along with increased range of motion and decreased full body pain. There are many cases of patients who were prepared for surgery such as rotator cuff surgery who ended up not needing this surgery after several Neubie sessions. The device helps to re-train the brain into realizing that a previously remembered painful experience no longer needs to be recognized as painful, which greatly helps to increase range of motion.

Other avenues of pain management include dry needling and acupuncture. The two are somewhat similar and many patients report that the effect lasts for several days after a session. Another pain treatment that is useful but underutilized is something called Chi Kung or Qi Gong. This is an ancient Chinese meditation technique that reduces pain.

There are these and many more techniques to help manage TMD pain.



Jeffrey L. Brown, DDS

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



SLEEP & TMJ
THERAPY

Schedule Your Appointment Today: 703-821-1103

2841 Hartland Road, Suite #301, Falls Church, VA 22043 • www.sleepandtmjtherapy.com

Non-Surgical Treatments For Pain



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

Pain can be caused by a wide range of conditions and can have a significant impact on an individual's quality of life. While surgery is often seen as the most effective treatment for pain, there are many non-surgical treatments that can be just as effective, if not more so. These treatments can include medication, physical therapy, psychological therapies, and alternative therapies.

Medications are often the first line of treatment for pain, and there are several different types available, including over-the-counter pain relievers, prescription painkillers, and adjuvant medications (medications that are used in addition to the primary pain medication). Over-the-counter pain relievers, such as ibuprofen and acetaminophen, can be effective for mild to moderate pain, while prescription painkillers are typically used for more severe pain. Adjuvant medications, such as antidepressants and anticonvulsants, can be used in addition to the primary pain medication to help improve the effectiveness of the therapy.

Physical therapy is another non-surgical treatment for pain that can be highly effective. Physical therapists can use a variety of techniques, such as exercise, massage, and heat or cold therapy, to help improve muscle strength and flexibility, increase range of motion, and reduce inflammation. Physical therapy can also help to improve posture and body mechanics.

Psychological therapies, such as cognitive-behavioral therapy and biofeedback, can also be an effective form of non-surgical treatment for pain. These therapies can help to reduce anxiety, depression, and stress, which can exacerbate pain. They can also help individuals to learn how to manage their pain and improve their overall quality of life.

Alternative therapies, such as acupuncture, chiropractic care, and yoga, are also commonly used for pain

management. Acupuncture can help to reduce pain and improve mobility by stimulating specific points on the body. Chiropractic care can help to align the spine and reduce pressure on the nerves, which can help to reduce pain. Yoga, on the other hand, can help to improve flexibility, strength and reduce stress, which can help to reduce pain.

Another non-surgical treatment for pain is interventional pain management. Interventional pain management is a branch of medicine that uses minimally invasive procedures to diagnose and treat pain. These proce-

dures can include nerve blocks, epidural injections, and spinal cord stimulation. These procedures can provide long-term relief from pain and improve the quality of life for patients.

It is important to note that non-surgical treatments for pain are not a one-size-fits-all approach, and what works for one person may not work for another. It is important to work with a healthcare provider to find the right combination of therapies that work for you. It is also important to set realistic goals and to be patient with the process of managing pain,

as it can take time to find the right treatment plan.

Pain can be caused by a wide range of conditions and can have a significant impact on an individual's quality of life. While surgery is often seen as the most effective treatment for pain, there are many non-surgical treatments that can be just as effective. These treatments can include medication, physical therapy, psychological therapies, alternative therapies, and interventional pain management. It is important to be patient with the process of managing your pain.

***Don't let pain
limit your health
and quality of life.***



Live Your Life Pain Free

Common Back and Neck Conditions We Treat:

- Neck Pain
- Low Back Pain
- Spinal Stenosis
- Herniated Disc
- Degenerative Disc Disease
- Arm and Leg Pain
- Neuropathy (Nerve Pain)
- Post-Laminectomy Syndrome
- Chronic Pain Syndrome
- Neuralgia
- Sports / Work Injuries
- Whiplash
- Spondylosis / Facet Joint Pain
- Sciatica / Pinched Nerves
- Sacroiliac Joint Pain
- And more

Nonsurgical and Minimally Invasive Options for Effective Pain Relief

Dr. Pearson offers surgical and non-surgical solutions for back and neck pain, as well as diabetic neuropathy, including an expert diagnosis and evaluation, individualized treatments, and rehabilitation.

Is your back pain or neck pain keeping you from doing what you want to do?

Advanced treatments for effective, long-term pain relief are available at Metropolitan Pain & Spine.

Call us at (443) 367-0011 to make an appointment with Dr. Levi Pearson in Ellicott City or Columbia, MD today or you can request an appointment online at your convenience.

9501 Old Annapolis Road
Suite #305
Ellicott City MD 21042

Monday-Friday 7am-4pm
443-367-0011
www.MetropolitanSpine.com

Painful Sex: A Real Mid-Life Crisis

Submitted by New Day Vitality
Hormone Center

It's one of life's cruel ironies: the kids are finally out of the house so you have more privacy and free time but having sex gets . . . complicated.

"Both men and women deal with hormone changes in their 40s that can cause changes in sexual arousal, desire and general physical comfort during sexual activity," says Shannon Chavez, a licensed psychologist and certified sex therapist in Los Angeles.

But for women, pain with intercourse – called dyspareunia (dis-puh-ROO-nee-uh) – is among their top three menopause problems.

According to the North American Menopause Society (NAMS), a science-driven, nonprofit organization dedicated to promoting the health and quality of life of all women during midlife and beyond, "between 17-45% of postmenopausal women say they find sex painful."

The culprit is lower levels of

estrogen. Throughout a woman's reproductive years, estrogen contributes to effective vaginal lubrication and thickens the vaginal wall while increasing blood vessels to the skin. But levels of estrogen wildly fluctuate in women's 40s and, without hormone therapy, remain low after menopause, causing vaginal atrophy – vaginal dryness and loss of elasticity. Not only can this cause pain during sex, but, over time, intercourse under these harsh conditions also can cause vaginal inflammation and even mild injury, adding to a woman's distress and discomfort.

Luckily, there are treatments available for vaginal atrophy and dyspareunia, ranging from over-the-counter water-soluble lubricants to topical and systemic hormone therapy. But lubrication alone may not solve the problem of vaginal atrophy. NAMS suggests the use of vibrators and dildos to help stimulate blood flow, as well as vaginal dilators – plastic or rubbery

Please see "Painful Sex," page 65

**ARE YOU
SUFFERING FROM:**
LOW SEX DRIVE
MUSCLE LOSS
FATIGUE
IRRITABILITY
HOT FLASHES
SLEEP DISTURBANCES

Make Every Day a **New Day**

Our bioidentical hormone replacement therapy is designed to restore your depleted hormone levels, which can help you regain your zest for life and revitalize your most valued relationships!



NewDayVitality.com

1300 Ritchie Highway, Suite B, Arnold, MD
8133 Elliott Road, Suite #203, Easton, MD

**WE TREAT
LOW T!
CALL
410.793.5212**

CHESAPEAKE MEDICAL IMAGING

THE LEADER IN PATIENT SERVICE

MRI • CT • PET/CT • 3D MAMMOGRAPHY • DEXA • ULTRASOUND • XRAY • NUCLEAR MEDICINE



Provider of the Region's Finest
RADIOLOGY SERVICES

SCHEDULING OPTIONS

Request an appointment online at www.CMIRAD.net

Or call Patient Scheduling at **855.455.8900**

FAX 855.455.8222

Same Day Appointments • Pre-Authorization Services • Online Reports and Images

12 CMI LOCATIONS

ANNAPOLIS (Defense)
ANNAPOLIS (Bestgate)
ANNAPOLIS (Weems)

BOWIE
CATONSVILLE
CHESTERTOWN

EASTON
FULTON (Maple Lawn)
GLEN BURNIE

LUTHERVILLE/TOWSON
KENT ISLAND
WHITE MARSH

EXPERIENCE... QUALITY... EXCELLENCE...

MAT Program

Assistive Telecommunications

Equipment Provided

By the State

By Maryland Relay/
Telecommunications Access of MD

Communicating by telephone is an important part of living an independent life. That's why the Maryland Accessible Telecommunications (MAT) program offers a wide variety of solutions and tools, provided by the State, to support day-to-day communications. The MAT program is administered by Telecommunications Access of Maryland, a State agency located within the Maryland Department of Disabilities.

The MAT program is available to any Maryland resident who:

- has difficulty using a standard telephone;
- is 3 years of age or older;
- is certified as being Deaf, hard of hearing, Deaf-Blind, blind, low vision or having cognitive, mobility or speech-related difficulties;
- is on a fixed income, or is a recipient of at least one state or federal financial benefit;
- equipped with home phone service and high speed/WiFi

If you meet the above criteria, you may apply for the MAT program. Applications are available online at mdrelay.com. Once your application is approved, you will be notified and given instructions to schedule a free evaluation at a MAT evaluation center near you.

During this evaluation, you will have the opportunity to practice dialing, answering and talking on several different pieces of equipment until the evaluator finds the solution that works best for you. Your evaluator will order your equipment and it will be shipped to your home within 4-6 weeks. Each device comes with personalized instructions for setup and use, and you may always contact your local MAT evaluation center for additional training and set-up.

A sampling of the solutions available through the MAT program includes:

- Amplified phones
- Captioned Telephones

- Ring signalers
- Phones with large and/or high contrast buttons
- Phones that talk when dialed
- Picture phones
- Phones that amplify speech
- Braille TTYs for people who are Deaf-Blind
- Hearing Carry-Over (HCO) phones
- Voice Carry-Over (VCO) phones
- Hands-free phones

If you do not qualify for the MAT program but would like to purchase equipment, you may also request a free evaluation at any MAT evaluation center.

To learn more, or to apply for the MAT program, please visit mdrelay.org or call 1-800-552-7724 (Voice/TTY) or 443-453-5970 (VP).



A warm caring home for Maryland's Heroes

USDVA funding to help with cost of care

Serving those who served.

Providing Affordable, Comfortable and Trusted Care for Veterans and Eligible Spouses

- ★ Medicare Certified Rehabilitation
- ★ Long-Term Nursing Care for Veterans & Eligible Spouses
- ★ Income-Based Assisted Living
- ★ Fully Subsidized Nursing Care for Veterans with a 70%+ Service Connected Disability Rating
- ★ Physician Services on Premises: Primary Care, Audiology, Dental, Dermatology, Optometry and Counseling

Skilled Care 24-Hours a Day - Social & Fitness Activities - Barber & Beauty Shop - Multiple Dining Rooms - Devoted Volunteer Program - FREE Transportation to VA Medical Center in Washington, DC

Charlotte Hall Veterans Home
Maryland Department of Veterans Affairs

Visit our beautiful home today...
Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, Maryland 20622
Serving Those Who Served

www.charhall.org 301-884-8171



The technology solution for families who value connection.

Keeping your family connected is key. The **Maryland Accessible Telecommunications (MAT)** program can ensure your family has access to telecommunications equipment—such as amplified phones, Captioned Telephones, and tablets—making communication possible and accessible for your loved ones. We invite you to apply now to see if you or your family member qualifies for free assistive equipment through the **MAT** program.

**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.*

Apply today for State-provided equipment:
800-552-7724 | 410-767-7253 (Voice/TTY)
410-801-9618 (Video Phone)
MAT.Program1@Maryland.gov | MDMAT.org

Maryland Accessible Telecommunications Equipment Distribution Program

Maryland Relay Dial 7-1-1

Maryland Department of General Services



Family medicine comes to New Carrollton.

A new era is here for primary care in Prince George's County. **UM Capital Region Health Family Medicine is now in New Carrollton.**

Conveniently located at 4000 Garden City Drive, next to the New Carrollton Metro station, our family medicine providers offer patients customized care, including:

- Annual physical exams; sports and camp physical exams
- Behavioral health management
- Chronic disease management
- Immunizations
- Family planning
- Prenatal care & labor and delivery
- Routine newborn and adolescent visits
- Same-day/next day urgent care appointments
- Telemedicine

4000 Garden City Drive, Suite 810
Located next to the New Carrollton Metro station



Call **240-677-3100** to schedule an appointment today.

UM CAPITAL
REGION HEALTH



A better state of care.



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

Transform Your Health

Simple Lifestyle Changes To Prevent Chronic Diseases and Live Longer!

Chronic diseases, such as heart disease, stroke, cancer, and diabetes, are responsible for a large proportion of deaths and health problems globally. These conditions are often long-term, persistent, and often develop as a result of unhealthy lifestyle choices and environmental factors. However, the good news is that many chronic diseases can be prevented through lifestyle changes, such as eating a healthy diet, exercising regularly, and avoiding tobacco use.

One of the most effective ways to prevent chronic diseases is to maintain a healthy diet. A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help to reduce the risk of heart disease, stroke, and other chronic conditions. Additionally, limiting the intake of processed foods, sugar, and unhealthy fats can also help to reduce the risk of chronic diseases.

Exercise is another important factor in chronic disease prevention. Regular physical activity has been shown to reduce the risk of heart disease, stroke, and several types of cancer. Exercise can also help to maintain a healthy weight, reduce stress, and improve overall mental and physical health. The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic exercise per week for adults, or 30 minutes of exercise per day, five days per week.

Avoiding tobacco use is also crucial for preventing chronic diseases. Tobacco use is a major risk factor for heart disease, stroke, and several types of cancer, and can also have negative effects on lung health, oral health, and overall quality of life. Quitting smoking or using tobacco products can greatly reduce the risk of chronic diseases and improve overall health.

In addition to these lifestyle changes, it is also important to monitor your health regularly and to seek medical care when necessary. Regular check-ups and screening tests, such as blood pressure and cholesterol tests, can help to detect chronic

diseases in their early stages and allow for prompt treatment.

Additionally, managing existing health conditions, such as high blood pressure, diabetes, and high cholesterol, through lifestyle changes and medication, can help to prevent further health problems and reduce the

risk of chronic diseases.

Environmental factors, such as air pollution and exposure to toxic substances, can also contribute to the development of chronic diseases. To reduce the risk of exposure, it is important to take steps to minimize exposure to toxic substances, such as

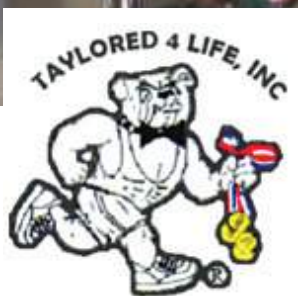
using natural cleaning products, eating organic foods, and avoiding exposure to environmental pollutants, such as secondhand smoke.

By taking a proactive approach to your health, you can help to reduce your risk of chronic diseases and enjoy a happier, healthier life.

\$75 OFF! an Initial Assessment

~or~ 1/2 hour health coaching, with a complete health-wellness assessment

**Unlock Your Full Potential
For a Healthy Lifestyle!**



- **Weight Loss**
- **Nutrition Planning**
- **Disease Prevention**
- **Stress Reduction**
- **Boost Energy**
- **Life Coaching**

Are you tired of feeling constantly worried about your health and unsure of how to maintain a healthy lifestyle? Taylored 4 Life is here to help you unlock your full potential and live your best life.

Our State of the Art Health Fitness Wellness Evaluations measure and assess your lifestyle choices, blood pressure, heart rate, body composition, aerobic fitness, strength, and flexibility.

Call us now to schedule an appointment and take the first step towards a healthier you. Don't wait any longer to take control of your health!

**Find out precisely what whole foods you should eat
and precisely which vitamins your body needs! Go to:**
yhm.news/viome

**Don't let your health take a back seat! Contact Taylored 4 Life
today to unlock your full potential for a healthy lifestyle.**

Call us at 301-979-9010 or visit our website at Taylored4LifeWellness.com

Affiliated with Priority Partners, MedStar, United Health Care, Aetna, Maryland Physicians Care, Care First

Bariatric Surgery and Sleep Apnea



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

frequent arousal due to the disturbed breathing. Some patients will even stop breathing during sleep, only to wake up suddenly gasping for air. Many individuals are tired during the daytime with a tendency to fall asleep easily. In the long term, there is a risk for cardiovascular and respiratory complications and even sudden death.

How Is Sleep Apnea Diagnosed?

Sleep apnea can be screened for during a medical evaluation with questions and a clinical exam. The diagnosis is confirmed by doing a sleep study, either at home or in a sleep lab.

Traditional Treatments

Treatments are aimed at increasing the space through which the air travels.

Traditional treatments include CPAP and BIPAP machines that allow the airway to stay open for oxygen to flow to the lungs. Oral appliances are also used with the same goal but are more appropriate for mild sleep

Please see "Sleep Apnea," page 62

Considering Weight Loss Surgery?

Take the first step to improve your overall health.

Learn more by attending one of our **FREE** educational information seminars OR schedule your first appointment today!

240.206.8506

www.tbhinstitute.com



The
Bariatric & Hernia
INSTITUTE, PC

Greenbelt and Silver Spring, Maryland

What Is Sleep Apnea?

Sleep apnea is a sleep disorder characterized by airway obstruction and disturbed airflow. The airway obstruction is usually caused by excessive tissue around the airway and leads to oxygen starvation during the sleep. It is frequently seen in obese individuals and is highest in individuals who are morbidly obese (greater than 100 pounds overweight). Patients have snoring and



Anne Arundel Dermatology's
Meridiem DermSpa

Rooted in general dermatology, Meridiem DermSpa takes a 360-degree, scientific approach to aesthetic treatments and always encourages patients to look and feel their best. Meridiem DermSpa offers both CoolSculpting® and EMSculpt NEO®, two FDA-approved, non-surgical body contouring treatments. CoolSculpting® targets unwanted fat by using cooling technology, while EMSculpt NEO® targets unwanted fat and builds muscle by using radio frequency HIFEM+ energy. Let the cosmetic dermatology professionals at Meridiem DermSpa guide you on your body sculpting journey and schedule a consultation!

Meridiem DermSpa Millersville:

231 Najoles Road, Suite #300
Millersville, MD 21108

443-837-7770

Meridiem DermSpa Westminster:

410 Meadow Creek Drive, Suite #205
Westminster, MD 21158

443-487-6781

meridiemdermspa.com



Forefoot Surgery



By Howard Horowitz, DPM
Bowie Foot & Ankle

Many foot problems do not respond to conservative management. Your podiatric physician can determine when surgical intervention may be helpful. Often, when pain or deformity persists, surgery may be appropriate to alleviate discomfort or to restore the function of your foot.

Bunions

A bunion, which is a common deformity of the foot, is an enlargement of the bone and tissue around the joint of the big toe.

When symptomatic, the area may become red, swollen and inflamed, making shoe gear and walking uncomfortable and difficult. If conservative care fails to reduce these symptoms, surgical intervention may be warranted.

Hammertoes

A hammertoe deformity is a contracture of the toe(s), frequently caused by an imbalance in the tendon or joints of the toes.

Due to the buckling effect of the toe(s), hammertoes may become painful secondary to footwear irritation and pressure. Your podiatric physician may suggest correction of this deformity through a surgical procedure to realign the toe(s).

Neuroma

An irritation of a nerve may produce a neuroma, which is a benign enlargement of a nerve segment, commonly found between the third and fourth toes. Several factors may contribute to the formation of a neuroma.

Your podiatric physician will likely x-ray the affected area to determine the size and severity of the neuroma and suggest a treatment plan. If conservative treatment does not relieve the symptoms, your podiatric physician will then decide on the basis of your symptoms, and whether surgical treatment is appropriate.

Bunionette (Tailor's Bunion)

A protuberance of bone at the outside of the foot behind the fifth (small) toe, the bunionette (or small bunion), is caused by a variety of conditions including heredity, faulty biomechanics (the way one walks) or trauma, to name a few. Pain is often associated with this deformity, making shoes very uncomfortable.

If severe and conservative treatments fail to improve the symptoms of this condition, surgical repair may be suggested. Your podiatric physician will develop a surgical plan specific to the condition present.

Please see "Forefoot," page 62

Services Offered:

Primary Care for Children and Adults
Gynecology
Weight Management
DOT Physicals
Substance Abuse (Suboxone and Vivitrol)



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



Call and Schedule an Appointment:

410-292-0483

2300 Garrison Boulevard, Suite #200, Baltimore, MD 21216



Howard Horowitz, DPM
Medicine & Surgery of the Foot

Gentle Care for You and Your Feet

- Bunions
- Hammer Toes
- Ingrown Nails
- Heel Pain
- Diabetic Foot Care
- Fractures/Sprains
- Plantar Warts
- Orthotics
- Computerized gait & balance analysis
- Sports Medicine
- Joint Pain/Instability
- On-site X-Rays & soft tissue imaging

Serving Area for over 20 Years
Board Certified
Evening Appointments
Most Insurance Accepted

Location: 14999 Health Center Drive, Suite #112 • Bowie, MD • 301-464-5900

Appointments/Info at www.bowiefootandankle.com

Charles L. Feitel Company Direct: (301) 365-6940

6701 Democracy Blvd., Suite 300
Bethesda, MD 20817

Fax: (301) 365-6941

Email: cfeitel@medicalanddentalspace.com



CHARLES L. FEITEL

"The Medical Expert"

*In The Washington Metropolitan Area
Commercial Real Estate Market"*

Let Charles Feitel help you with your next space requirement.
His professionalism and medical expertise are unsurpassed.
Call now!!



ST. MARY'S
Nursing & Rehabilitation
Center

Services Include:

- Regular Physician Visits
- Nursing Services
- Private Rooms Available
- Semi-Private Rooms
- Dementia/Alzheimer's Care
- Resident Choice Dining
- On-site Access Lab & Radiology
- Activities Program
- Registered Dietitian
- Podiatry Services
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- IV Therapy
- Wound Care
- Respite Care
- Religious Programs
- Wifi Services



To schedule a tour or speak to admissions,
please call 301-475-8000 ext. 125

21585 Peabody Street • Leonardtown, MD 20650 • 301-475-8000 • www.smncl.org



In Collaboration with the
Black Physicians Healthcare Network
(BPHN)

PRESENT
FREE CONFIDENTIAL
MEMORY SCREENINGS

“Over 6 million Americans have memory loss that disrupts daily life”.

Over the years, our bodies and brains change.

Difficulty completing familiar tasks is not typical.

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

What is a memory screening?

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/www.bphnetwork.org



MEMORY MATTERS





RESTORING FITNESS WITH REMARKABLE RECOVERIES

Specialized Services

Our treatment programs are designed to help you feel better and get back to a pain free life as quickly as possible! We have over 15 years of helping people gain pain relief. We provide one-on-one, individualized treatments for our patients as well as tips to empower you to maintain a healthy and pain free life for yourself.

**We offer appointments within 24 hours,
weekend appointments,
and flexible scheduling!**

Our Specialized Services Include:

- (TMJ) Jaw Pain Relief
- Neck and Back Pain Relief
- Orthopaedic and Sports Injury Treatment
- Pre/Post-Surgical Rehab Solutions
- Pre and Post Natal Care



10300-B Baltimore National Pike, Ellicott City, MD 21042
4920-A Waterloo Road, Ellicott City, MD 21043

410-988-5171

www.Revive-PT.com

Dentures & Denture Repairs



ThunderBird Dental Office affectionately known as the ThunderBird, has been providing dentures and denture repairs for over 40 years.

Our dental lab is on our premises which allows us to deliver same day repairs and relines. We also perform extractions for immediate dentures.

Our service is prompt and personalized and our price is right, so come on in!



DENTURES & REPAIRS

301.843.6171

thunderbirddentaloffice.com

6 Post Office Road
Suite #104, Waldorf, MD 20602
Monday-Thursday: 8:00 am-2:30 pm



Providing the Finest
Eyewear &
Personalized Service
Since 1929



Superior Quality • Outstanding Selection
EMERGENCY REPAIRS
Lab on Premises*

ZEISS
PENTAX
SHAMIR
INDO
VARILUX
HOYA



CONVENIENT LOCATIONS:

703 Giddings Avenue • West Annapolis*

410-263-2571

2002 Medical Parkway, Suite 615 • Annapolis

410-573-2822

Visit us at www.mcnelloptical.com for online specials

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

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

When patients bring a 3D scan with them to or
have one taken in the office.

Appointment needs to be scheduled
before June 15, 2023

CALL TODAY TO GET YOUR OLD SMILE BACK!

301.294.8700



DENTAL IMPLANT CENTER OF ROCKVILLE
Dr. Sivakumar Sreenivasan & Associates
OMFS MD, P.A.

Dental Implant Center of Rockville
77 South Washington Street, Suite #205
Rockville, MD 20850 • www.DrSreeni.com

Traditional Chinese Medicine For Epilepsy



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

Traditional Chinese Medicine (TCM) is a comprehensive and ancient medical system that has been practiced for thousands of years in China. It is a natural, holistic approach to treating illnesses and maintaining health. TCM emphasizes the harmony of the body, mind, and spirit, and views disease as an imbalance in the body's energy, or

Qi. Epilepsy is a neurological disorder characterized by recurrent seizures, and TCM has been used for centuries to treat this condition.

TCM practitioners believe that epilepsy is caused by a disturbance in the flow of *Qi*, which can be due to various factors, such as emotional stress, poor diet, or external factors such as trauma. The goal of TCM treatment for epilepsy is to restore the balance of *Qi* and promote the body's natural healing abilities. TCM therapies for epilepsy can be used alone or in combination with conventional Western medicine.

Acupuncture is a popular TCM therapy for epilepsy. It involves the insertion of thin needles into specific points on the body to stimulate the flow of *Qi* and restore balance. Acupuncture has been shown to be

Please see "Epilepsy," page 62

Radon Regulations Living In a High Radon State



By Vinny Gigliotti, CEO
Certified Indoor Environmentalist
Environmental Solutions, Inc.

Radon, which is found in soil, water, and rocks, is a radioactive gas that can seep into your home through tiny cracks and gaps in your foundation.

According to the Environmental Protection Agency (EPA), radon is the second leading cause of lung cancer in the United States, after smoking. It is estimated that radon causes about 21,000 lung cancer deaths each year

in the United States. Your risk of developing lung cancer from radon exposure is up to 10 times higher if you are a smoker.

Many other factors can affect the risk of radon related illness, such as:

- Age
- Concentration of radon exposure
- Duration of radon exposure

Radon testing is the best way to find out if your home has high levels of radon. The EPA recommends testing your home for radon at least once every two years, or if you have done any major renovations or changes to your home's structure.

In Maryland, it is especially important to test for radon as the state has been identified as having some of the highest radon levels in the country.

Due to this, Montgomery County, which is known to be a high radon area, is expanding on their current

Please see "Radon," page 63



Wholelife Acupuncture & Fitness Center

Quansheng Lu, CMD, PhD, LAc

www.wholelifeherb.com • luquansheng@gmail.com

301-340-1066 • fax: 301-340-1090

Guest professor, Henan University of Traditional Chinese Medicine (TCM)
Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM
PhD in integrated medicine, China Academy of Chinese Medical Sciences
Fellowship, Georgetown University & Children's National Medical Center
3 patents, 8 books of TCM, 30 papers, 30+ years of experience in TCM

Low back pain • eczema • arthritis • allergies • cough • insomnia • paralysis
obesity • nephritis • hepatitis • infertility • PMS • side effects of cancer treatment

416 Hungerford Drive, #300
Rockville, MD 20850

5022 Dorsey Hall Drive, #101
Ellicott City, MD 21042

Your Care. Your Way.

Since 1977, AT HOME CARE, INC. has helped thousands of persons enjoy the pleasure and peace of staying at home.



Our Services are designed to make life safer and more enjoyable:

- Personal care and hygiene
- Meal Preparation
- Shopping
- Light Housekeeping
- Laundry
- Activity and Appointment Assistance
- Companionship
- Medication Reminders
- Exercise assistance

Call today to discuss your personal situation. 301-421-0200
Visit us online at AtHomeCareInc.com

ESI Environmental Solutions, Inc. Indoor Air Quality Inspections



Job Specific Protocols Consulting Project Management

Testing for:

Mold, Asbestos, Allergens,
Lead, Radon, VOC's,
Bacteria, Formaldehyde,
& more.

Serving Residential &
Commerical Properties
in MD, DC, and VA

info@esi4u.com
(410) 867-6262
www.esi4u.com



Healthy Teeth & Gums for the Whole Family!

Dr. Craig A. Smith • Family Dentistry

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.



Whitening Special
ONLY \$339

A \$500 Value.
Limited time offer.

New Patient Special
ONLY \$139

• Examination • X-Rays
• Cleaning* • Consultation
A \$265 Value. Limited time offer.
*Unless gum disease is present.

301-446-1784

7201 Hanover Parkway, Suite A, Greenbelt, MD



OASIS WOMEN'S CENTER

ADVANCED GYN SURGICAL CARE

AT OASIS WOMEN'S CENTER, OUR MISSION IS TO IMPROVE LIVES THROUGH EDUCATION, PERSONALIZED MEDICINE AND ADVANCED SURGICAL OPTIONS



Our Services Include:

- Minimally Invasive Surgery
- General GYN
- Cancer Risk Assessment
- Contraception
- Menopausal Medicine
- Adolescent Care

Offering same day or next day appointments. Request a consultation with Dr. Baxi.



Schedule an Appointment Today | 240-616-3934 | owcmd.com

7500 Greenway Center Drive, Suite 1120, Greenbelt, MD 20770

VIRTUAL MEDICINE

TREATMENT PROTOCOL OVER THE PHONE

STOMACH/DIGESTION PROBLEMS?

Are You Suffering With:

- Bloating? Colitis?
- Constipation? Crohns?
- Diarrhea? Gas?
- Heart Burn? IBS?
- Weight Issues?

If you answered yes to any of the questions, call Dr. Angel today for help



GOT GUT ISSUES?

SAY GOODBYE TO IMPOTENCE, AND SAY HELLO TO LASTING ERECTIONS!

We approach Erectile Dysfunction from an all-natural perspective.

We incorporate acupuncture with other state of the art energy support systems to help restore vitality in your life.

Schedule with us today to get the natural support you need!



Dr. Angel Wood

Dr. Angel Wood is a Chinese Medicine Doctor who specializes in Integrative Natural Medicine that deals with gastroenterological disorders. She has created a line of products that helps to re-balance the intestinal flora, while assisting in supporting the immune system.



I offer colon hydrotherapy in my private medical practice.

Board Certified Natural Health Practitioner

Licensed Acupuncturist, Certified Colon-hydro Therapist (Colonic), Ionic foot bath, Spiritual Wellness

Better digestive health can help with many conditions, including:

Allergies/Asthma • Headaches • Acne and Rashes
Immune Health • Weight Loss Constipation/Diarrhea
Re-Balance Your Eating • Aching Joints
Food Allergies/Sensitivities

Holistic Doctor Supervised Intestinal Support that helps heal the root of your gut discomfort.

ABSORPTION, ENDOCRINE, GUT FLORA SUPPORT FORMULAS



Eastern Medicine • Greenbelt, MD • 240-755-5925

Magnificent Body Personal Trainer • 240-423-4389

Natural Pain Relief • www.angelofcolonics.com

Accepts Most Insurances as well as HSA (FSA)

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.

Rejuvenate Your Mind and Body with Our Natural Health and Wellness Spa Services



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

Come experience our natural health and wellness spa services, including:

- Oxygen Therapy
- Red Light Therapy
- Salt Cave
- Infrared Sauna
- Ionic Bath
- Halo Therapy

Our treatments are designed to help you reduce stress, improve sleep quality, increase energy levels, and promote overall wellness.

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.

Visit us today to discover the benefits of natural health and wellness services for yourself. Book an appointment now and enjoy a relaxing and rejuvenating experience at our spa.

Elambert Richardson – Owner

Oye Parker – License Cosmetologist offering Eyelash Extensions
Natural Henna Brow Tinting • Body Waxing • Facials • Makeup

Pfeiffer N. Schenk, RMP – Massage Therapist

Elon Roshell Day Spa & Health, LLC

230 West Dares Beach Road, Suite #103, Prince Frederick, MD 20678

443-968 2206 text **443-624-4252**

ERMassageTherapy.com

#National HIV Testing Day

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

National HIV Testing Day is an annual event observed on June 27th that aims to promote HIV testing and raise awareness about the importance of knowing your HIV status. Since its start in 1995, this event serves as a reminder that HIV remains a significant public health issue that affects millions of people worldwide. Early diagnosis

and treatment can improve health outcomes, and people living with HIV can live long and healthy lives.

Despite the progress made in the fight against HIV/AIDS, stigma and discrimination continue to be major challenges. Misconceptions about HIV being a death sentence persist, which can discourage people from getting tested or seeking treatment. However, with the right care and treatment, people living with HIV can lead full and productive lives.

Why Is National HIV Testing Day Important?

Early diagnosis is crucial in managing HIV. HIV testing is the only way to know for sure if you have the virus. Starting antiretroviral therapy (ART) as soon as possible can help people living with HIV stay healthy, prevent disease progression, and reduce the risk of transmitting HIV to others. With early treatment, people living with HIV can enjoy a normal life expectancy.



Kurtis R. Sykes, MDH

National HIV Testing Day is a reminder that HIV testing is essential for everyone, regardless of their sexual orientation, gender identity, or HIV status. It's important to get tested regularly and know your status to protect your health and the health of your partners. HIV testing is confidential, and there are many places where you can get tested, including clinics, hospitals, and community health centers.

What Can I Do To Prevent HIV?

For those who are not living with HIV, there are prevention options available. Pre-exposure prophylaxis (PrEP) is a daily pill that can reduce the risk of getting HIV by up to 99%. It is recommended for people who are at high risk of getting HIV, including those who are in a relationship with an HIV-positive partner, those who have sex without condoms, and those who inject drugs. It's important to remember that PrEP is not a substitute for safe sex practices, such as using condoms, getting tested regularly for sexually transmitted infections (STIs), and limiting your number of sexual partners. However, when used correctly, PrEP can be an effective tool to help prevent HIV transmission.

How Can I Be a Part Of National HIV Testing Day?

All in all, HIV is a manageable condition, and early diagnosis and treatment are critical to staying healthy. National HIV Testing Day is an opportunity to promote HIV testing and encourage everyone to know their status. You can make an impact by getting yourself tested and educating and encouraging those around you to do the same. Let's work together to eliminate stigma and discrimination and create a world where everyone can live healthy and fulfilling lives, regardless of their HIV status.

Call The Charles County Department of Health at 301-609-6875 for more information on our Upcoming National HIV Testing Day event. Visit us online at CharlesCountyHealth.org or follow us on Instagram for more information on this event and others.

SWALLOW THIS
REDUCE YOUR RISK OF HIV BY 90%

A PILL A DAY KEEPS HIV AWAY

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

PrEP is a daily pill for people who do not have HIV to help them stay that way.

charlescountyhealth.org

[@CharlesCountyHealth](https://www.facebook.com/CharlesCountyHealth) [@CCDH_Maryland](https://twitter.com/CCDH_Maryland) • 301-609-6900

Baltimore-Washington DC Region!
Assisted Living 15 BEDS
Residential Senior Living Center
ALL Current
Licenses Convey

Turn Key Established
Assisted Living Business in Catonsville, MD.
SEALED BID SALE
 Opportunity includes
Real Estate along with
Furniture, Fixtures, and Equipment

SEALED BID SALE

- **15 BEDS w/ Bathroom Facilities and Kitchen + Laundry**
- **ALL Furniture, Fixtures, & Equipment**
- **Parking on site**
- **Elegant Victorian Manor**
- **Spacious Corner Lot** in Residential Neighborhood



- **ALL Licenses** for **Turnkey** operation
- **Stable Occupancy**
- **Staff and Vendor Contracts in place**
- **Great Reputation** with Patients, families, and licensing authorities
- **Owner will train**



Rare Offering of Elegant Conversion Opportunity
EB-5 Potential!!



Now Accepting Bids!

Catonsville, MD

- In **Baltimore County**
- **Close Proximity** to University of Maryland Baltimore County (UMBC) and Johns Hopkins University/Hospital (JHU)
- **15 Minutes** to **BWI Airport**
- **Less than one hour** to **Washington, DC** and **Tysons Corner, VA**

In-House medical services:

- Medication monitoring
- Rehabilitation
- Home Health
- 24 Hour on-call nurse
- Respite Care

Facilities:

- On-site Kitchen and Laundry
- Common Areas
- Large Yard with trees
- Housekeeping
- Transportation: Medical and Recreational

Now offered For Sale!
Sealed Bids are currently being accepted for consideration. The seller will entertain all viable offers from qualified bidders.

For more information:

jconnelly@summitcre.com

or **TEXT: 202-491-5300** (cell)

TOURS BY APPOINTMENT ONLY!

Summit Commercial Real Estate

Neither Summit CRE, their affiliates, employees, nor representatives makes any representation or warranty as to the accuracy or reliability of this information. We encourage any user of this information to independently confirm its accuracy and completeness.

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Winters Chiropractic & Physical Therapy®

With offices in Charlotte Hall, and La Plata, we are conveniently located to help with all of your chiropractic needs. Since serving the community since 2003, we offer many services such as chiropractic adjustments, physical therapy, exercise therapy, children's therapy, DOT/CDL Physicals, and more. Winters Chiropractic and Physical Therapy® is a full service care office. We focus on our patients comfort while providing the latest techniques to relieve persistent pain.



Dr. Paul J. Winters

BS, DC w/PT Privileges, CME

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

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

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

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

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



Dr. Patrick C. Winters

DC w/PT Privileges

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

Professional Memberships/Associations: Maryland Chiropractic Association

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

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

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

Appointments Available within 48 Hours.

Charlotte Hall Location

29770 Three Notch Road, Suite #205, Charlotte Hall, MD 20622
(Next to Cord's Cabinetry)
Phone: 301.884.3423 • Fax: 301.884.0371

La Plata Location

101 Centennial Street, Suite A, La Plata, MD 20646
Phone: 301.934.9762 • Fax: 301.884.0371

www.DocWinters.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Sarah A. Merritt, MD

Pain Management Specialist

4000 Mitchellville Road
Suite B322
Bowie, MD 20716

301-860-0305



Meet Sarah A. Merritt

My Degrees & Training: Majored in Biology Birmingham-Southern College and graduating Phi Beta Kappa. During medical school at the University of Alabama in Birmingham, Dr. Merritt was selected for the prestigious Howard Hughes Medical Institute-National Institutes of Health Research Scholars program, and worked for a year during medical school as a researcher at the NIH in Bethesda, Maryland. Dr. Merritt performed her residency at the University of North Carolina in Chapel Hill, and pursued extra fellowship training in pain management at the Johns Hopkins Medical Institute. Her training included the full spectrum of pain management techniques, including interventional pain management and pain medication management.

Professional Memberships: Board Certified in Anesthesiology and Pain Management through the ABMS, the gold standard in physician certification. She has practiced in a variety of settings since training, including Johns Hopkins. She has also volunteered her time to travel to India, providing anesthesia for cleft lip and palate surgeries.



**Lifestream
Health Center**

LifeStreamHealth.com

Levi Pearson, III MD, MBA, DABA, DABPM



9501 Old Annapolis Road
Suite #305, Ellicott City, MD

443-367-0011

Fax: 443-367-0021



Meet Levi Pearson, III

METROPOLITAN PAIN AND SPINE

METROPOLITAN SPINE AMBULATORY SURGERY CENTER

Dr. Levi Pearson is the Owner and Medical Director of Metropolitan Pain and Spine Interventional Pain practice in Ellicott City, MD. Dr. Pearson has 30 years of experience as a Board Certified Anesthesiologist specializing in Interventional Pain Management. Dr. Pearson is Board Certified by the American Board of Anesthesiology and the American Board of Pain Medicine. Dr. Pearson specializes in interventional pain management involving the spine related to pain involving the neck and upper extremities as well as the low back and lower extremities using innovative skills and technology coupled with empathy and compassion. Dr. Pearson is a Top Doc in Interventional Pain Medicine and Anesthesiology by Find a Top Doc and the International Association of Anesthesiologists. Dr. Pearson is a member of the leading physicians of the world, Sigma Alpha Pi National Society of Leadership and Success, The American Academy of Pain Medicine, and several pain care organizations. Dr. Pearson is a graduate and past instructor at the Georgetown University School of Medicine in Washington, DC, where he completed his medical school training, internship, residency, and pain management fellowship training at the Georgetown University Hospital and Medical Center in Washington, DC.

Dr. Pearson maintains hospital privileges at MedStar Montgomery General Hospital and at The University of Maryland Capital Region Medical Center. Dr. Pearson is the Owner and Medical Director of the Medicare Certified and C-Arm Fluoroscopy equipped Metropolitan Spine Ambulatory Surgery Center.

Dr. Pearson is a Cum Laude graduate of the Rochester Institute of Technology (RIT) Saunders School of Business Executive Masters of Business Administration (MBA) program. Dr. Pearson has a special interest in interventional pain treatment injection procedures designed to attack pain generators including the use of advanced neuromodulation procedures such as spinal cord stimulation for treatment of complex pain like post spinal surgery syndrome and diabetic nerve pain.

Non-Surgical Treatments for Pain

- X-ray guided injection therapy
- Spinal cord stimulation
- Nerve blocks
- Lumbar (low back), thoracic (upper back), and cervical (neck) epidural injections
- Pain-relieving medication and muscle relaxers

When non-surgical treatments do not provide sufficient relief, then surgical treatments may be considered for a more sustainable solution. In Ellicott City and Columbia, Maryland, Dr. Levi Pearson is known for a minimally invasive surgical disc decompression procedure using the Disc-FX® System.

www.MetropolitanSpine.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Alicia Kovach, DC

Offering a Full-Range of Chiropractic and Wellness Services:

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

959 Annapolis Road
Gambrills, MD 21054

410-697-3566



Meet Dr. Alicia Kovach

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

Associations: Maryland Chiropractic Association, International Chiropractic Pediatric Association

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

Pregnancy and Chiropractic

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

Infants and Chiropractic

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

Scoliosis in Children

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

Sports and Children

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

Nutrition and Children

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

Children and Chiropractic Care

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



www.KovachChiropractic.com

Aric Adlam, DC

Offering a Full-Range of Chiropractic and Wellness Services:

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

959 Annapolis Road
Gambrills, MD 21054

410-697-3566



Meet Dr. Aric Adlam

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

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

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

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



www.KovachChiropractic.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Megan Cloud, DC

Offering a Full-Range of Chiropractic and Wellness Services:

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

959 Annapolis Road
Gambrills, MD 21054

410-697-3566



Meet Dr. Megan Cloud

Dr. Megan Cloud brings extensive experience to her role as a chiropractor at Kovach Chiropractic and Wellness Center. She caters and empowers people to take responsibility for their health. Since everybody is different, she utilizes multiple chiropractic techniques that fit her patient's body's needs.

Dr. Cloud received her Bachelors Degree from Salisbury University and completed her doctoral degree in Chiropractic at New York Chiropractic College. She constantly keeps herself up-to-date on the most progressive techniques available. Dr. Cloud is certified in a multitude of treatment varieties including dry needling, Webster technique for pregnant patients, as well as treating babies.

Dr. Cloud believes that patients should be active participants in their health care. She holds herself to the highest standard of care and is dedicated to creating a positive patient experience for every individual.

Dr. Cloud is very active, enjoys exercising, and was a competitive equestrian. In her spare time, she enjoys reading and taking her dog, Ella, on long walks.



www.KovachChiropractic.com

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 Gnatological Orthopedic, Academy of Integrative Pain Management American Dental Association, a Fellow of the American Academy of Craniofacial Pain, and Legacy Provider for the ALF Interface Academy.

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

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



Melo Rejuvenation

800-710-0917

301-366-8848

MeloRejuvenation.com



OFFERING THE FOLLOWING, ALL UNDER ONE ROOF:

Best Laboratory

Reference Lab
Walk-Ins Welcome
COVID Testing

Best X-Rays

Get results within
10 minutes!

Best Pharmacy

Refills
Transfer your prescriptions

Best Medical Center

Weight Loss & Rejuvenation
Stem Cells
All treatments, including
complete physical
Immunizations
Travel Vaccinations

***We accept cash
or most insurances***

BEST PHARMACY
6495 NEW HAMPSHIRE AVE.
#B130, HYATTSVILLE, MD 20783

NEW LOCATION:
6869 NEW HAMPSHIRE AVE.
TAKOMA PARK, MD 20912

Laboratory
Best Medical Center
X-Ray • Pharmacy • Weight Loss
& Rejuvenation • Stem Cells

We are here to assist you to "Treat the cause... not the symptom." Melo Rejuvenation Laboratories, is a group of dedicated scientists, researchers, doctors and chemists who are committed to serving the wellbeing of humankind. That means going the extra mile in taking the complexity out of self education and spending the time with any individual who genuinely wishes to learn living a balanced life, what we call Omnistas.

For nearly two decades, our company has done this by researching and producing products that get powerful results in your balanced and healthy lifestyle. We maintain the highest safeguards to ensure that all of our customers receive the highest quality, yet affordable, nutritional support products for the results they desire. Through our web sites, numerous distribution outlets, and distribution partners, we specialize in and proudly offer the finest anti-aging products to not only Internet consumers, but also traditional health food stores as well as specialty item stores. We provide our customers the choice of using advanced Internet ordering, or conveniently calling our state-of-the-art calling center.

At present, we have strategic partner alliances in place with doctors and researchers in many areas of nutrition science with a special focus on hormones, nutrition and balanced health. We are continually researching the very latest science and medical data to continually offer only excellence in natural anti-aging and weight loss supplements to ensure the highest level of customer loyalty and satisfaction.



We can help you remain young, physically and mentally sound with a strong body and mind!

- Weight Loss Products & Solutions – 100% Safe, Doctor Recommended
 - Hormone Evaluation – Cortisol, Testosterone, and More
- HGH – Hormone Growth Hormone – Anti-Aging, Sports Performance
- Complete Reference Lab – CBC, Vitamin D Level Testing, and More
 - Medical Center, Pharmacy, and X-Ray on-site
 - Adrenal Gland Evaluation • Autoimmune Disorders

***Visit or Call us Today
to find out how we can help you!***



Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Toni Greene, Owner

Toni's Happy Hour Yoga



6504 Old Branch Avenue
Temple Hills, MD 20748
301-449-8664

HAPPY HOUR YOGA ON "ZOOM"

Your Space, Your Energy, Your Sacredness
Yoga on a more relaxed, deeper level at home.

Meet Toni Nandini Greene

Mission: To help people to be comfortable in their own skin, to love themselves, like themselves and be themselves and most of all accept and forgive themselves. "I'm here for you".

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

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

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

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

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

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

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

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

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

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

Renee Bovelle, MD Ophthalmology



*Your Best Vision
Is Our Focus*

301-805-4664

12200 Annapolis Road
Suite #116
Glenn Dale, MD 20769

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.

yhm.news/Happy-Hour-Yoga

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



David E. Harmon, Jr., DDS, MSD

Orthodontics

10264 Lake Arbor Way
Mitchellville, MD

301-333-3900

www.harmonortho.com



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



Maryland
State Society of
Orthodontists



Janice Trent, AuD

Hear the Sweet (((Sounds))) of Life

10111 Martin Luther King Jr.
Highway, Suite #102
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

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

E. Taylor Meiser, Jr., DDS

**Light
Up Your
Smile**

37 Old Solomons Island Road
Annapolis, MD

410-224-4411



Meet E. Taylor Meiser, Jr.

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

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

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



www.LighthouseFamilyDentistry.com

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.

Zoom! Whitening Special
Now Only \$399 (Regular Price \$699)

Expires 06/30/23

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Karl A. Smith, DDS, MS

**Comfortable
Sedation, Laser
Periodontics
& Implant Dentistry**

601 Post Office Road
Suite #1-B, Waldorf, MD

301-638-4867

2500 North Van Dorn Street
Suite #128, Alexandria, VA

703-894-4867



Meet Periodontist, Karl A. Smith, DDS, MS

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

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

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

WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

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

"Please call my office to ask about our
New Patient Special – \$179.00"

Mention: **DRSmithMD0623**

Degrees, Training and Certificates:

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

www.DrKarlSmith.com

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 Lyme disease.

Degrees, Certifications and Professional Memberships:

Board Certified in Family Practice

Certified Clinical Nutritionist (CCN)

MD, Temple Medical School, Philadelphia PA

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

Member of ILADS, International Lyme Associated Disease Society

Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

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

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

35 years in practice

We Go The Extra Mile By Giving You The Best Of Both Worlds: Conventional and Alternative Medicine

Holistic Medicine Nutrition

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

Holistic Therapy Diabetes and Heart Disease

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

Chronic Lyme Disease Treatment

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

LabCorp On Site

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

Family Practice Medicine

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

Integrative Cancer Support

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

www.DrPaulVBeals.com

Technology



MINI IMPLANTS

Mini dental implants are about half the size in diameter of a regular dental implant. This offers many benefits, and they can also be used in situations where regular implants cannot. If an implant needs to be placed in a narrow space, mini implants are the preferred method because of their smaller size.

A main use for mini implants is to install a full upper or lower denture. A series of mini implants (4-6) are placed along the gum line and they serve as the base of the denture. Rather than placing a single implant for a single tooth, an entire lower or upper set of teeth are directly attached to the gum line.

The small size of mini implants often means that no incision needs to be made to place the implant. They can usually be inserted right through the gum into the bone. This eliminates the need for a recovery period, and the restoration can usually be placed a short time after.

Mini implants are also less expensive than regular implants. Only your dentist knows if mini implants are right for you, so call for your consultation today.

Available At:
301.843.6171

ThunderbirdDentalOffice.com

6 Post Office Road, Suite #104, Waldorf, MD 20602 • Monday-Thursday: 8:00 am-2:30 pm



Brent C. White, Jr., DDS
ThunderBird Dental Office



AviClear[®]

THE FUTURE OF CLEAR SKIN

A future without worrying about your acne. It could be three, quick 60-minute treatment sessions away. AviClear is the first and original FDA-cleared energy device for the treatment of mild, moderate and severe acne.



Barry J. Cohen

M.D., M.B.A., F.A.C.S., P.C.
BOARD CERTIFIED
PLASTIC AND
RECONSTRUCTIVE
SURGEON

3203 Tower Oaks Boulevard
Rockville, MD 20852

301-656-6398

FB: bjcmdpc

Instagram: bcohenmd

Farnaz@washingtonplastics.com



Yemi
Adesanya-
Famuyiwa,
MD

MFC
MONTGOMERY FERTILITY CENTER

Science Meets Compassion

3202 Tower Oaks Boulevard
Suite #370
Rockville, MD 20852

301-946-6962



IVF Treatment



Oocyte Vitrification



Oncofertility



PGS & PGD Screening



ICSI Treatment



Hysteroscopic Surgery



Sperm Freezing



Laser Assisted Hatching

www.MontgomeryFertilityCenter.com

Total Knee & Hip Replacement, and Traumatic Surgeries of the Shoulder, Hand and Foot

Bringing new innovative technology and sophistication for improved outcome



Dr. Uchenna R. Nwaneri and the team of orthopedic surgeons at the Spine & Joint Center use proven and sophisticated technology in knee and hip replacement, as well as traumatic surgeries of the shoulder, hand, and foot. Utilizing minimally invasive knee and hip replacement surgery, with superior precision during the entire process, allowing perfect alignment and balance of the joint, giving you better outcomes in range of motion and function.

The results are:

- Perfect Alignment and Balance of the Joint
- Superior Precision
- Less Trauma Surrounding Tissue
- Less Blood Loss versus Conventional Method
- Smaller Incision

- Quicker Recovery
- Shorter Rehab Duration
- Improved Outcome

For more information or expedited appointment scheduling call **301-446-1634**

7300-B Hanover Drive • Suite 103 • Greenbelt, MD 20770

THE SPINE & JOINT CENTER

Three Ways Non-Profit Hospices Help Military Veterans



By Bill Miller, Chaplain
Hospice of the Chesapeake

When a person chooses to become a hospice patient, the first thing the care team does is get to know the patient and their family. We want to know as much as possible about each person as our care plan will vary depending on their life experiences. Culture, faith, family, work background and more all come into play.

One question we ask is whether our new patient served in the military. Each year, one out of four people who die in our nation are military veterans. That is a large segment of our population sharing a powerfully distinctive life experience. It is why the National Hospice and Palliative Care Organization and the Department of Veterans Affairs created the We Honor Veterans program. Hospices that partner in the program have committed to understanding and providing for the unique needs of veterans. Here are three ways we honor their service.

1. Perform an honor salute – The honor salute is a way for us to say thank you and welcome home. It's something many veterans haven't experienced in a long time, if at all. This is especially true for Vietnam vets, many of whom weren't treated well when they came home. At these living room or bedside ceremonies, the family will often learn things about the servicemember's time in the military – like medals they earned. It's an honor to be able to witness the pride of an elderly veteran who finds their strength to raise their hand to return a salute.

2. Support them with life review – Toward the end, patients often talk about things they've done. It can be shocking to the family. Patients with post-traumatic stress disorder may have experienced a lot of anxiety, depression, addiction, outbursts and more. These things can cause additional trauma at the end of life. If it is something they want to share with the family, we can help them. After all, their families are partners in their journey, too.

3. Listen – Unlike many civilians, veterans already understand the role a chaplain plays. In the military, especially on the battlefield, chaplains are there for everybody. Like hospice chaplains, they do not have a religious agenda and most often provide a listening ear. So, when I introduce myself as a chaplain to a veteran, it opens gateways. They know I'm here to listen. As a patient prepares for death, perhaps the most important thing hospice professionals – and family and friends – can do is listen.

there.
when the options aren't so easy.

410-987-2003 | HospiceChesapeake.org
443-837-3376 | ChesapeakeSupportiveCare.org

Advanced illness care decisions
are overwhelming,
but you have a choice.

We are your hometown advanced illness care
team that has served our community and your
families and friends for over 40 years.

We are there when you need us.

THIS YEAR LIVE WELL

Experience rejuvenating head-to-toe wellness and embrace the vitality of LIFE® at Brooke Grove Retirement Village.

SIMPLY DIFFERENT

- Exceptional independent living in an energetic and supportive community
- State-of-the-art rehabilitation that inspires and restores
- Assisted living that nurtures freedom of movement, choice and self-discovery
- Innovative and safe memory support
- Exceptional skilled nursing care
- Meaningful LIFE® enrichment programming
- Dedicated and compassionate staff committed to helping you get the most out of LIFE®
- Walking paths and outdoor gathering spaces in a healing environment

... BECAUSE WHAT SURROUNDS YOU **REALLY MATTERS.**



18100 Slade School Road
Sandy Spring, MD 20860

301-637-8928
www.bgf.org



INDEPENDENT LIVING ASSISTED LIVING REHABILITATION
LONG-TERM CARE MEMORY SUPPORT

Have you been tested for hypothyroidism?
Are your results in the "normal" range
but you're still feeling off?
WE CAN HELP!

**DO YOU SUFFER FROM
THESE SYMPTOMS?**

- Severe fatigue
- Low sex drive
- Difficulty losing weight
- Depression, mood swings
- Joint and muscle pain
- Headaches
- Dry skin, brittle nails
- Itchy scalp, hair loss
- Irregular periods, hot flashes
- PMS symptoms
- Sleep problems
- Difficulty tolerating cold
- Constipation
- Allergies
- Brain fog
- Puffiness in face & extremities

CALL FOR A FREE CONSULTATION & SEMINAR



**7310 GROVE ROAD, SUITE 107
FREDERICK, MD 21704
240-651-1650 • doctorlo.com**



Lifestyle Changes To Lower Cholesterol



By Thomas K. Lo, DC
Advanced Chiropractic Center

If your blood cholesterol levels are not within the healthy range for your age and sex, your doctor may recommend heart-healthy lifestyle changes to help you lower or control your high blood cholesterol.

Often, changing behaviors will go a long way toward bringing your numbers into line. Some changes are eating healthy, being physically ac-

tive, aiming for a healthy weight and quitting smoking

Eating a heart-healthy diet is the first step in lowering cholesterol. That would include reducing saturated fat and trans fat. The American Heart Association recommends limiting saturated fat to 5-6% of daily calories and minimizing the amount of trans fat you eat. Decreasing your consumption of saturated fats can reduce your LDL cholesterol and eliminating trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," often used in margarines and store-bought cookies, crackers and cakes. Trans fats raise overall cholesterol levels. The Food and Drug Administration has banned the use of partially hydrogenated vegetable oils as of Jan. 1, 2021.

Eat foods rich in omega-3 fatty acids. Omega-3 fatty acids do not affect

Please see "Cholesterol," page 63

BEAUTY

FROM PAGE 7

performs cosmetic procedures states that they're an expert, how can we find out who really is? Expert dermatologists and plastic surgeons are very involved in the field and have extensive experience and qualifications. Ask if your doctor is invited to teach as a Professor by universities, and at dermatology and plastic surgery academy conferences. You can also ask whether they serve as Principal Investigator for FDA clinical trials and other research that brings the newest cosmetic surgery technologies to our country. You can put their name and PUBMED into a Google Search to find out whether they are publishing scientific papers in high-level dermatology and plastic surgery journals. Expert clinics are typically well-equipped with the latest equipment and offer the most advanced techniques.

Look For Choices

True cosmetic surgery specialists offer many different treatment options, so that your action plan can be customized to address your own unique pattern of aging. Depending on your needs, your cosmetic surgeon should be able to offer you a wide range of

possible plans and solutions, and the reasons for your recommended action plan.

Look For the Latest Technology and Techniques

New technologies should be used by a cosmetic surgeon who understands skin of all ages, different genders and ethnicities and cultures, to safely and effectively rejuvenate women and men at any age and from all backgrounds.

What About Social Media?

Social media can be useful to find a dermatologist or plastic surgeon whose work you like. However, it's not a substitute for proper qualifications and training. Look carefully at what content is being posted – is it just before and after results, or is there also good educational information and indications that your doctor is a scientist, teacher and leader in the field?

If you follow these five key steps, you can select the right doctor to balance how you look with how you feel and project youth, energy, and vitality at any age – not only for the summer, but for a whole lifetime.



Face the Future

Arcadia: Moderate-to-Severe Eczema Study

If you are 18 years of age or older and have been living with **moderate-to-severe eczema** and itching for at least 2 years, you may be eligible to participate in a clinical study for a potential treatment.

Call our office at 703-641-9666,
email dermdc@gmail.com
or visit www.arcadiastudy.com



STUDIO 5

HAIR GALLERY

Non-Surgical Solutions for Thinning Hair and Hair Loss of Women, Men and Children.

RECOVER
with Confidence

301.884.3553 • Studio5Salon.com

**Studio 5 Hair Gallery Specializing in Restoring & Enhancing
Your Hair's Natural Beauty**

Located in scenic Southern Maryland, Studio 5 Hair Gallery is well known in the medical community for customized solutions for hair loss. We provide the finest synthetic and human hair wigs, hair extensions, and top-of-the-head hairpieces. For over 12 years, Studio 5 Hair Gallery has served its clients with compassion and excellence.

CALL 301.884.3553 FOR YOUR APPOINTMENT TODAY!

Please mention this Flier when setting up your appointment.

Private Rooms Are Available For Your Convenience

Services Provided for Medical & Genetic Hair Loss

Wigs/Full Lace Wigs • Integration Systems
Custom Cranial Prosthesis • Lace Front Units
Men's & Women's Hair Systems • Extensions



GWEN BEVERLY
Owner, Medical Hair Loss Specialist

Whether your hair loss is temporary, due to medical treatment or long-term due to alopecia, hormonal or trichotillomania, we have a wide variety of solutions

Studio 5 Hair Gallery hair replacement specialists are empathetic to your needs at this difficult time and will do everything possible to make you feel comfortable.



30051 POINT LOOKOUT ROAD, MECHANICSVILLE, MD 20659



Preserve Your Eggs with a Fertility Specialist in Maryland



 **FERTILITY TREATMENT**

 **EGG FREEZING**

 **EGG DONATION TREATMENT**



CALL US 301-946-6962

visit www.montgomeryfertilitycenter.com

Egg Freezing – Fertility and Women



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Egg freezing can be an option for women who have religious or ethical reasons for not creating supernumerary embryos (more embryos than are needed). It allows for the option of fertilizing only the eggs sufficient to make only the precise number of embryos that will be implanted.

Egg freezing is also an option for cancer patients seeking to preserve

their fertility potential prior to cancer treatment.

It can also be seen as an option for patients who have social or personal reasons for freezing their eggs. Many athletes may choose this option since their peak athletic performance may also coincide with the peak quality of their eggs.

Egg freezing is one of the most common services offered at fertility facilities, and the recovery rate for frozen eggs is about 90% or more in a highly skilled lab.




For women under the age of 35, it is recommended to freeze 10-20 mature eggs to have up to a 90% chance of a live birth using their eggs in the future.

For women older than 35 years, 20-30 mature eggs should be frozen to have close to 70% chance of a future live birth. Since older patients may have fewer eggs, they may need

Please see "Egg Freezing," page 63



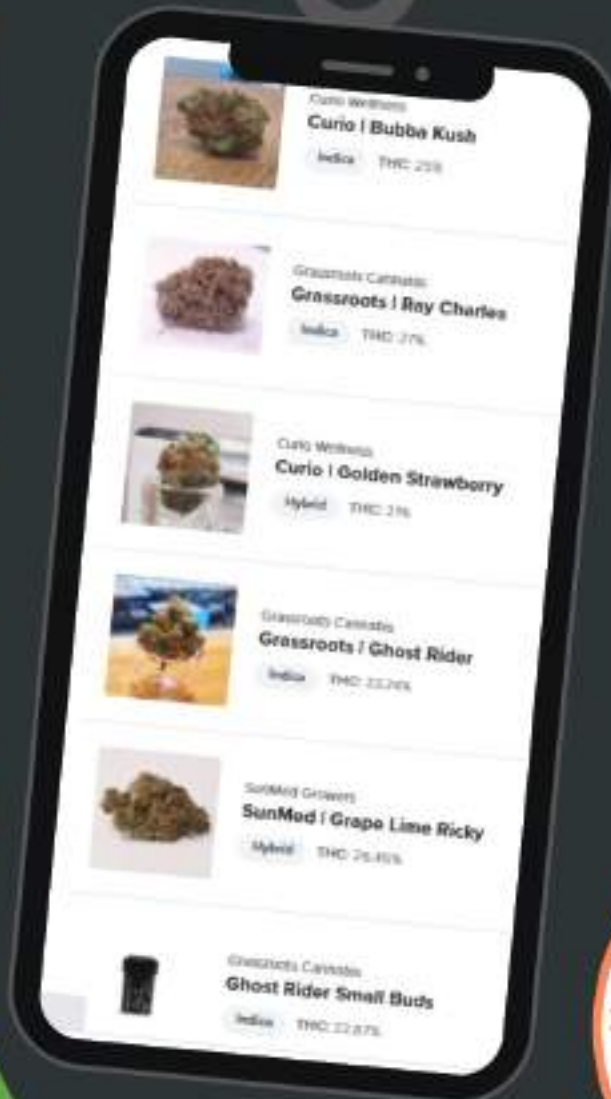
Anne Arundel County wants you to Protect Yourself and Your Medicare

-  Protect your Medicare and Social Security numbers; never give them to a stranger.
 -  Be cautious of calls from "Medicare" or "Social Security" as these are often scams.
 -  Review your Medicare statements regularly for suspicious charges.
 -  Call your local Senior Medicare Patrol (SMP) if you have concerns about your Medicare.
- All calls are confidential. 410-222-4257**

This project was supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$31,869 with 100% funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Introducing: Delivery



**Convenient, Discreet, &
Delivered right to your
front door**

**Must be a certified Maryland
Medical Cannabis Patient**

**Delivery Address
must be same address
on MMCC Registration**

scan to order delivery:



we accept:



**Available Mon, Tues, Fri & Sat
order delivery online:**

www.chesaapeakeapothecary.com/menu



Dr. E. Taylor Meiser, Jr., DDS, PA
 Retired Navy Dentist - 30 years experience
 We accept all PPO's • Hablamos Español
410-224-4411
 37 Old Solomons Island Road, Annapolis
www.lighthousefamilydentistry.com

Call For New Patient Specials



Interested in a purposeful opportunity to help others?
 Come join our team of enthusiastic volunteers at
Luminis Health Anne Arundel Medical Center located in Annapolis.
 Our Auxiliary volunteers assist patients and staff in a variety of settings including clinical & support services, customer service/patient information, staffing our Gift Shop or as part of our handcrafters. Variety of flexible shifts available to suit your schedule and area of interest.
 For more information please call our Volunteer Placement Office,
443-481-5055

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



Dental Care for Patients of All Ages
 We Look Forward to Meeting You

DENTAL FX

Dentistry by Dr. Judy Yu

Schedule an Exam Today!
410-360-0440 | dentalfxmd.com
 8667 Fort Smallwood Rd., Pasadena, MD 21122

Cerec Dental Technology



Submitted by E. Taylor Meiser, DDS
 Lighthouse Family Dentistry

A smile is one of our greatest personal assets; it is a reflection of happiness and good health, yet many people avoid smiling because they are concerned about the condition of their teeth. Proper dental care is critical to preserving and, when necessary, restoring your unique smile. And now, thanks to recent innovations in dentistry, proper dental care does not have to take away from your regularly scheduled life.

The dental profession is evolving, and so should your experience. New technology helps diagnose problems

earlier, allowing dentists to treat problems sooner and with less invasive techniques. The latest in comfortable and convenient dentistry is now available with CEREC® tooth restoration system. Using the CEREC equipment, your dentist can now complete a color-matched ceramic tooth restoration – filling, crown or veneer – in a single visit. This technology uses bio-compatible, tooth-colored material, so your dentition won't be discolored by silver-colored fillings.

What Is CEREC?

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

How Does The Instrument Work?

CEREC uses CAD/CAM (Computer Aided Design/Computer Aided Manufacturing) technology, incorporating a camera, computer and milling machine in one instrument. The dentist uses a special camera to take an ac-

Please see "Cerec," page 63

How New Tech In the Dental Office Benefits You



By Judy Yu, DMD, MBA
 Dental FX

This state-of-the-art diagnostic tool is used for a number of purposes, including finding cavities, to enhance Invisalign procedures, and to replace traditional dental impressions.

Finding Cavities Between Teeth

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

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

Enhancing the Invisalign Procedure

Please see "New Tech," page 62

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

Winters® Chiropractic & Physical Therapy

Back pain is the second most common reason people visit physicians in the US, with neck pain close behind. The spine and adjacent tissues are pivotal in nearly all major bodily movements.

Chiropractic services are used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches.



DOT/CDL Physicals

\$120



Our Doctors are Nationally FMSCA Certified.

Done by appointments only.
Call today to schedule!

Drug and Alcohol Testing also Available.

Since opening in 2003, Winters Chiropractic & Physical Therapy has remained dedicated to providing expert chiropractic, physical therapy, and DOT/CDL services. Our doctors provide tailored treatments that ensure you make the most gains at a comfortable, steady pace. The ultimate goal of any chiropractic or physical therapy program is to restore your physical health to its previous form. With our small practice, we have the advantage of maintaining personal relationships without compromising our ability to provide advance care.

Choose from one of our two convenient locations.

Charlotte Hall

29770 Three Notch Road

Ph: 301-884-3423

Monday-Thursday 10AM-7PM

Friday 9:30AM-5PM

La Plata

101 Centennial Street, Suite A

Ph: 301-934-9762

Monday-Thursday 10AM-7PM

Friday 9:30AM-5PM

www.docwinters.com

Charles County Freedom Landing

400 Potomac Street

A psychiatric rehabilitation program offering a day component, residential, vocational and in-home support services.

Let us show you how to move from the solitude of symptoms to the freedom of achievement.

NOW OFFERING: Wellness and Recovery Community Center - This is a program that provides support from peers for both mental health and substance use disorders for people actively working on their recovery.

PO Box 939, La Plata, MD • 301-932-2737 • 301-870-3969 • Fax 301-932-2803

MEDICAL/PROFESSIONAL BILLING AND CODING SERVICES

We understand how important it is for you to save money without investing in expensive hardware, software, networks, and other technological equipment. We will provide you with the personal attention you deserve, and partner with you to ensure your business achieves maximum profitability and efficiency.

Full Service Consulting - At ONJO Medical Solutions, we understand the daily challenges of managing a successful business.

Solutions - ONJO Medical Solutions provides some of the most innovative and powerful solutions in the market today: online, and in real-time.

Success - Our goal is to maximize your earning potential by reducing your expenses and increasing the net yield of your practice, allowing you to spend more time with patients and less time with paperwork.

Open doors to a variety of career opportunities in the healthcare industry:

MEDICAL CODING AND BILLING CERTIFICATIONS

Medical billing and coding certifications qualify students as healthcare business professionals and open doors to a variety of career opportunities in the healthcare industry.



2110 Dexter Avenue, Suite #201
Silver Spring, MD 20902

301-768-6642

ONJOMedicalSolutions.org
info@onjomedicalsolutions.org

The Impact Of Mental Illness



By Joyce Abramson, RNMS
Charles County Freedom Landing

recovery.

Impairment refers to the impact physically and psychologically. There is increasing evidence that there is a neurobiological aspect to severe mental illness. Whether the source is genetic, viral, or a combination of factors, it results in physical and psychological symptoms such as hallucinations, delusions, paranoia. Symptoms may be influenced by the other areas and the psychological structure of the person.

People experiencing impairment and its symptoms often explain it as a loss or disruption of self. There is a disconnectedness to who you are. How to rebuild the sense of self is fundamental. Recovery requires building a functional sense of self that supports needs, wants, aspirations, and confronts the effects of stigma. Other interventions include coping strategies

Please see "Mental Illness," page 63

The impact on people diagnosed with a serious mental illness is devastating. The devastation often is shared by family and friends. Anthony (1993) discusses four major areas of impact on the person - impairment, dysfunction, disability, and disadvantage. All are important when understanding mental illness and what is helpful to

Let's Get Physical Making Physical Activity a Part Of Your Family Life



By Janet V. Johnson, MD
Loving Care Pediatrics

- lower blood pressure and blood cholesterol levels
- have a better outlook on life

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

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

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

Please see "Get Physical," page 65

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active.

Benefits Of Regular Exercise

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

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes

Doesn't Your Child Deserve the *Best*?

Loving Care Pediatrics

Janet V. Johnson, MD

Board Certified in Pediatrics and Adolescent Medicine by the American Academy of Pediatrics
Fellow of the American Academy of Pediatrics

3311 Toledo Terrace Suite C-201, Hyattsville, Maryland 20782

Mon-Fri, 9:00 am-5:00 pm | Office: (301) 403-8808 or Alt: (301) 403-1341

Our Vision is

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



Call today to make an appointment! 301-403-8808



NEW YOU FOR THE SUMMER

**Fresh, Local, Certified,
Organic Produce**
**Best Natural Market
For 22 Years**

Area's Largest Gluten-Free Selection

Natural Foods • 100% Organic Produce
Diet & Nutrition • Vitamins & Supplements



**Elderberry
Supplements**



**IMMUNE
BOOSTING!**

CBD Products



\$5⁹⁹/lb. raw walnut halves

reg. \$6.99/lb. • limit 5 lbs

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 06/30/23

10% off equal exchange
bulk coffee

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 06/30/23

\$7⁹⁹/lb. mixed nuts

reg. \$9.95/lb. • limit 5 lbs

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 06/30/23

20% off shampoo, body lotion,
& other beauty products

excludes sale items

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 06/30/23

10% off produce

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 06/30/23

20% off vitamins, herbal remedies &
homeopathic supplements

excludes sale items

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 06/30/23

871 Annapolis Road, Gambrills (Route 175) • 410-987-1533

Store Hours: Mon.-Fri. 8-8 • Sat. 9-7 • Sun. 10-7

www.davidsnaturalmarket.com

Longing For A Beautiful Smile?

Call for a Complimentary Consultation



Orthodontics for Adults & Children

We Specialize in: Damon Braces, Damon Clear, Invisalign, Invisalign Teen, Clear Aligner Therapy, STb (Lingual Braces), Insignia, Early treatment & growth modifications, and Minor Tooth movement for periodontal patients.



301-587-8750
8737 Colesville Road, Suite #301 • Silver Spring, MD 20910
www.smileconstructors.com • info@smileconstructors.com

**YOUR
BRIGHTER
OUTLOOK**



Our mission is to empower, to achieve, to strive for a better YOU!

My coaching is tri-fold: **Meditation, Direction and Motivation.** Services Offered:

- \$125.00 Initial Fee
- Subsequent Meetings (\$55.00 per hour, \$25.00 per half hour intervals)
- PLUS! Women's Group Sessions

*We embrace yoga meditation for clear thinking before each class/session.

CALL TODAY TO LEARN MORE: 301-442-6190


Patrice Perkins, President and Founder of Your Brighter Outlook • inthesixties58@gmail.com

PHYSICAL THERAPY

10 years working and serving the community




**EZ Rehab
SOLUTIONS**




***FCE**
***Work Hardening**
***Personal Injuries**
***Auto Accidents**
***Workers comp**
***Industrial Rehab**

Physical Therapy for:

- Work Injuries
- Auto Injury
- Orthotics
- Sports Injury
- Geriatric PT
- FCE/Work Hardening



**Private Payors
&
All Major Health insurances Accepted**

301-446-1724 - Greenbelt, MD

Can You Benefit From Braces?



By Jacqueline Brown Bryant
DDS, MS, PC

If you believe the saying that “Your eyes are the windows to your soul,” then you should understand that your smile is the key to self esteem and confidence. Your mouth or smile sends messages to everyone you meet, good or bad. According to the American Association of Orthodontists (AAO), people often base first impressions about individuals solely on the condition of their teeth.

“This phenomenon was docu-

mented more than 30 years ago in a study published in 1981,” says Dr. Don Joondeph past AAO president, “When the focus groups looked at the altered photos, unflattering terms such as ‘unattractive’ and ‘aggressive’ were used. However, when groups saw photos of the same individuals with a healthy, beautiful smile, they were more likely to view the individuals as ‘intelligent,’ ‘attractive’ and ‘a friend I’d like to have.’” Today’s image-obsessed world makes these results more accurate. “More than ever, young people and adults want to be perceived as healthy, attractive and appealing to their peers and others.” Dr. Joondeph believes that the first thing that people notice about young and adult patients is obvious: “The confidence and sense of self-esteem that comes with their healthy, beautiful smiles.”

An orthodontic check-up no later than age seven can identify potential problems in growing children and

Please see “Braces,” page 63

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.

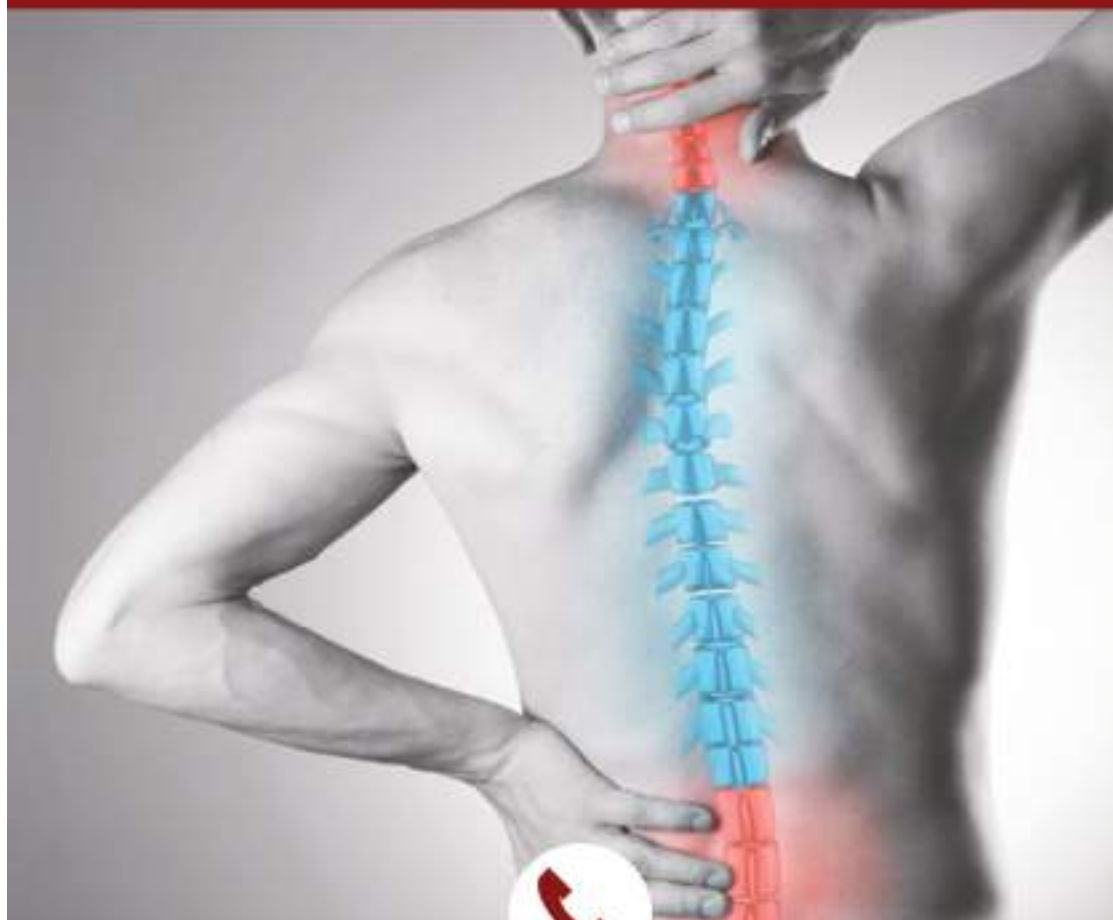
If you are in a position where you need to care for your aging parents, it is crucial to be aware of the potential dangers. For instance, you should be careful about who you hire to care for your parents, as some caregivers may take advantage of them financially or otherwise. To avoid such situations, 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 “Aging Parents,” page 66

Treat Pain with Non-Surgical Procedures



In Pain?

Do you suffer from any of the following?

- ☐ Spinal Stenosis
- ☐ Degenerative Disc
- ☐ Myofascial Pain
- ☐ 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



Waldorf

(301) 638-4400

Prince Frederick

(410) 414-9229

Frederick

(301) 668-9988

Leesburg

(703) 443-8000



Newbridge
Spine & Pain Center



Chirag Sanghvi, M.D.

Jay Gonchigar, M.D.

Sina Davari, M.D.

**"I feel amazing
because of
this place!"**

~ Angie C.

WWW.NEWBRIDGESPINE.COM

Crunchies

Natural Pet Foods

The best all natural
foods, treats, vitamins and more

Natural
Flea and
Tick
Solutions
Available

Offering over 25 lines of the best natural pet foods:

Raw Frozen and Freeze Dried lines including Steve's Real Food, K9 Kraving, Bravo, Primal, Answers, Natures Variety, Stella & Chewy's, Honest Kitchen & Sojos.

Dry and cans foods including sensitive stomach diets, limited ingredient foods, grain free foods, and even mixes to help you home cook a food for your happy, healthy furry best friend!



Home
Delivery Now
Available

Gift Certificates Available

410-721-5432

2421 Crofton Lane, Suite 11, Crofton, MD
MON-FRI: 10 am-7 pm, SAT: 10 am-5 pm, SUN: CLOSED
www.crunchies.com • petfoods@aol.com



Are You In Pain? You Are Not Alone

Submitted by
Kensington Pharmacy

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

No Gain From Pain

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

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

- Pain causes harmful changes to your body.
- Untreated pain can lead to anger, irritability, depression, and poor sleep. It can make the quality of your life worse.
- Persistent pain affects your relationships with family and friends, and your ability to do your job.

The longer you wait to address

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

Finding the Right Healthcare Team For You

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

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

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

Please see "In Pain?," page 65



KENSINGTON PHARMACY

From Our Family To Yours

Owned by a local family of pharmacists

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

Kensington Pharmacy Offers

- Prescription Refills via On-line or Phone 24 hours a day
- Flu Shots, Shingles and Pneumavac Vaccines
- Prescription Plans including Medicare Part-D and Part-B, CVS-Caremark
- Transfer Of Your Prescriptions
- Compounding Specialists
- Wide Vitamin Selection
- Blisterpacking For Assisted Living Facilities
- BOIRON Homeopathic Remedies
- Greeting Cards, Select Books and Gifts
- Wide Home Health Care Selection Wheelchairs, Canes, Walkers, Medical Legsupport, Arthritis and Sport Aids, Bath Aids
- Toys and Books for Children
- And More

At Kensington Pharmacy, in addition to having your prescriptions filled with speed and accuracy, you will experience one of the best services and notice the difference.

With 14 employees, Kensington Pharmacy gives a special attention to each customer that they deserve. Stop by and experience the difference.

301-933-6165

3737 University Blvd W., Kensington, Maryland 20895
http://kensingtonrx.com/
email: mypharmacist@kensingtonrx.com

OPEN HOURS:

Mon-Fri 8a-6p

Sat 9a-4p, Sun Closed

Free
Prescription
Delivery



TUESDAY COOK, MD, BARIATRIC SURGEON

IS WEIGHT LOSS SURGERY RIGHT FOR YOU?

To schedule a consultation or meet with a primary care doctor, call 240-724-6018

 Adventist HealthCare
Fort Washington Medical Center

AdventistFWMC.com

Monterey Institute of Natural Medicine
8885 Centre Park Dr, Suite 2F Columbia MD 21045 www.mionm.org

To make an appointment: call or email
(301)-835-4551 info@mionm.org
Business Hours: 9AM-5PM Monday-Friday

We Provide:

- Traditional Acupuncture Treatment
- Traditional Chinese Herbal Medicine
- Medical Cupping
- Medical Tuina Acupressure Therapy

Our Specialties:

- Lower back pain
- Neck pain
- Chronic pain management
- Women's health
- Sports injury
- Indigestion

Insurance Coverage:
We accept cash, credit card, check and most insurance plans
We are in-network with: • BCBS • United Healthcare • Cigna • VACNN • Aetna

FOOT PROBLEMS?
Ade Adetunji, DPM

- Whirlpool Available
- Diabetic Foot Care
- Foot Exfoliation
- Orthotics
- Bunions, Hammertoes
- Ingrown Nails
- Warts
- Heel Spurs
- X-Rays
- PAD Test

Now offering **Dr. Remedy Enriched Nail Polish**, a healthier alternative to traditional nail polishes. Strengthen and protect your nails against fungus, discoloration, cracking and brittleness – problems that can be caused by the chemicals found in commercial nail polish. Great for fungus nails; brittle, discolored nails; if you have an allergy to chemicals in commercial nail polish, or if you're pregnant. Also great for children!

Most Insurance Plans Accepted • Visa, Mastercard and Most Cards Accepted
Out Patient Surgery, Ambulatory Surgical Center and Hospital Surgery
Evening Appointments Available • www.AdeAdetunji.com

Largo • 301-386-5453
1450 Mercantile Lane, Suite 151 • Largo, MD 20774
www.largofoot.com • feetforlife@largofoot.com

Fire Cupping For Natural Pain Relief



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

Fire cupping, a Traditional Chinese Medicine practice, has gained popularity due to its potential to alleviate pain and promote overall well-being. This non-invasive therapy involves placing glass or ceramic cups on the skin to create a vacuum and stimulate blood flow, release muscle tension, and balance *Qi* (energy) within the body. Here are reasons why fire cupping is worth considering for pain relief.

Non-invasive: Fire cupping is an attractive option for those seeking pain relief without medications or invasive procedures. The cups help reduce inflammation, alleviate muscle tension, and promote healing, making it beneficial for chronic pain conditions such as lower back pain, neck pain, or joint pain.

Boosts circulation: The suction effect encourages increased blood flow, aiding in the healing process, delivering nutrients, removing waste products, and toxins. Improved circulation can also help reduce muscle soreness and stiffness, leading to enhanced mobility and flexibility.

Balances Qi: Fire cupping restores the proper flow of energy and alleviates pain associated with imbalances. By stimulating specific acupoints or meridians, it helps to balance the flow of *Qi*, promoting overall health and well-being.

Promotes relaxation: The gentle suction and warmth of the cups can

Please see "Fire Cupping," page 65

Hammertoes Pain Of the Small Toes



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

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

Symptoms

- Pain upon pressure at the top of the bent toe from footwear.

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

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

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

What Can You Do For Relief?

- Apply a commercial, non-medicated hammertoe pad around the

Please see "Hammertoes," page 65

DReM's Legacy Holistic Wellness Center
(located inside of Hol-Body Yoga Studio)

Family Wellness Services

- Natural and Herbal Remedy Consults
- Family Planning
- Childbirth Education
- Natural Healing Education

Women's Health/Womb Wellness

- Birth/Postpartum Doula Services
- Fertility Support
- Womb Meditation
- Womb Massage
- Vagi/Yeni Steams

Spiritual and Mental Wellness

- Etheric Touch Sessions
- Reiki Sessions
- House Blessings
- Divinations

Coming Soon:

- Doula Training through Ubuntu Wellness Academy

Shirleta Henson McKann
410-265-9393
319 Crain Highway, S, Glen Burnie, MD 21061
Walk-In Hours Every Tuesday 4pm-7pm
Facebook: DReM's Legacy Holistic Wellness Center
Instagram: @drems.legacy.holistic.wellness

A rechargeable
hearing device for
**morning news
to late night tv**



Dr. Robinson



Dr. Kostkowski



Dr. Lilly



Dr. Muzii



410-672-1233

2654 Brandermill Boulevard
Gambrills

410-672-1244

479 Jumpers Hole Road, Suite #203A
Severna Park

410-956-2555

9 Lee Airpark Drive, Suite #500B
Edgewater

www.hearsolutions.com

Call to schedule your Personal Listening Demonstration with our Doctors Of Audiology



With Oticon Opn S, you can enjoy speech
understanding on par with normal hearing.**





The Latest Dental Implant Technology

TeethXpress®

Your best option for replacing teeth.

Secure, natural looking teeth
in as little as **ONE DAY!**



4 Things To Know About the TeethXpress Dental Implant Procedure

Dr. Larry Bryant is your local Certified TeethXpress provider!

1. You leave the office with a new set of teeth — on the same day

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

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

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

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

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

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

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

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

Just be careful and follow the advice of your dentist.

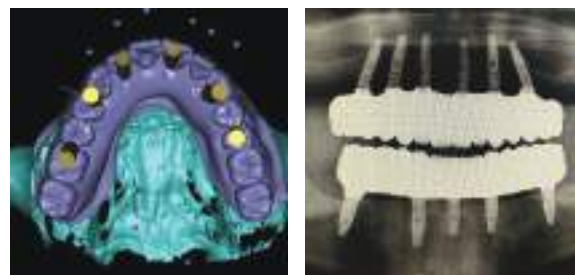
3. The difference between whole-mouth and All-On-4®

The All-On-4 dental implant pro-

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

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

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



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

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

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

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



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

Kristie

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

BRYANT OMS ASSOCIATES

301-249-0553 | JawFacialSurgeons.com

12200 Annapolis Road, Suite #236, Glenn Dale, MD



One Month Rent free SPECIAL!

*Mention this ad and live rent free for
your first month!*



The Gardens of
ANNAPOLIS
Premier Independent Senior Living

TOUR AND APPLY TODAY!

WEB TheGardensofAnnapolis.com **PHONE** (410) 973-6252

931 Edgewood Road | Annapolis, MD 21403



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.

LAW OFFICE OF STEVEN M. KATZ, P.A.

Suite 208 | 401 East Jefferson Street | Rockville, Maryland 20850

Telephone: (301) 738-8441

Fax: (301) 294-9484 | www.stevenmkatz.com

ESTATES AND TRUSTS

Will & Trust Preparation | Estate & Trust Planning

Estate & Trust Administration | Asset Transfers | Probating Estates

BUSINESS

Formation - Corporations (Non-Profit and For-Profit)

Partnerships, LLC's | Planning & Structuring

Business Succession Planning & Asset Protection Strategies

Mergers & Acquisitions | Contracts & Business Agreements

Leases | Employee Fraud & Theft

TAX

Representation Before IRS | Offers-in-Compromise

Unfiled Returns | Payroll Tax Penalties

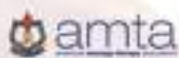


Potomac Massage Training Institute

Balancing the Art and Science of Massage Therapy since 1976

Learn to be a Professional Massage Therapist Now enrolling 9-month and 18-month programs

- Our **Professional Massage Training Program** is one of the most comprehensive and respected training programs in the US
- PMTI graduates have a **93% average pass rate** on the National Massage & Bodywork Licensing Exam (MBLEx) (vs. US avg 70%, MD avg 62% – source: F5MTB 2010-18)
- **Lowest Cost Tuition Massage School in Maryland**
- We offer Continuing Education and Community Workshops to fulfill licensing requirements and help your practice grow!
- **Easy Metro access in Silver Spring, Maryland**



The PMTI Massage Clinics

...the best deal around for your self-care!
Join our email list for special offers and discounts

book your next massage
\$45 student clinic / \$65 graduate clinic
appointments online: www.PMTI.org
appointments by phone: (202) 686-7046

PMTI continues to maintain protocols and procedures for the health and safety of our clients and practitioners.

Visit www.PMTI.org for more details.

Community Workshops & Continuing Education

UPCOMING CLASSES

BioDynamic Craniosacral Therapy Overview: **Jun 12**

Intro to Sports Massage: **Aug 26**

Usui Reiki: **Sept 9-10**

Advanced Integrative Reflexology–
Muscle Reflexology with Meridians: **Sept 16-17**

FREE FRIDAYS

Intros, presentations and lectures - Free to all

new events announced regularly
check www.PMTI.org for updates

Events, dates, and times subject to change.

PMTI

8701 Georgia Ave., Suite 700
Silver Spring, MD 20910
(202) 686-7046
www.PMTI.org

NEW TECH

FROM PAGE 59

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

Replacing Traditional Dental Impressions

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

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

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

a period of time.

With the digital scanner, the dentist can obtain a digital impression without using the traditional method, and the scanner may even provide better results since it is more accurate than traditional impressions. There can be more distortions with traditional impressions.

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

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

FOREFOOT

FROM PAGE 23

Bone Spurs

A bone spur is an overgrowth of bone, as a result of pressure, trauma or reactive stress of a ligament or tendon. This growth can cause pain and even restrict motion of a joint, depending on its location and size. Surgical treat-

ment and procedure is based on the size, location and symptoms of the bone spur. Your podiatric physician will determine the surgical method best suited for your condition.

Article provided by the American Podiatric Medical Association.

ALL-ON-FOUR

FROM PAGE 26

four 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.

SLEEP APNEA

FROM PAGE 22

apnea. Surgical treatments have been used to remove tissue from the airway aiming to increase the airway patency and allow better oxygen flow.

Role Of Bariatric Surgery For Treatment Of Sleep Apnea

For morbidly obese individuals, weight loss has been shown to provide an effective long-term treatment for sleep apnea. Weight loss leads to a reduction of excess tissue around the airway leading to an increase in patency and better oxygen delivery to the body. Studies have shown that both medical and surgical weight loss have produced significant results in the improvement and elimination of

sleep apnea.

Surgical weight loss procedures such as gastric bypass and sleeve gastrectomy have been shown to produce effective and sustainable weight loss which results in elimination of sleep apnea for many patients undergoing bariatric surgery (weight loss surgery). Many patients are then able to breathe better at night, have improved energy during the daytime, and are able to stop using their CPAP devices.

The results from bariatric surgery are based on using the procedure as a tool and a commitment to lifestyle changes that promote weight loss and healthy living.

EPILEPSY

FROM PAGE 27

effective in reducing the frequency and severity of seizures in some people with epilepsy. In one study, participants who received acupuncture had a 50% reduction in seizures compared to those who did not receive acupuncture.

Herbal remedies are also commonly used in TCM to treat epilepsy. Some herbs, such as *Gastrodia elata*, *Uncaria rhynchophylla*, and *Poria cocos*, have been shown to have anticonvulsant properties and can help to reduce seizures. These herbs can be taken as a tea or in pill form, and should only be used under the guidance of a licensed TCM practitioner.

Dietary therapy is another important aspect of TCM treatment for epilepsy. According to TCM theory, certain foods can exacerbate or alleviate seizures. For example, foods that are warm and dry, such as spicy foods and alcohol, can increase the risk of seizures, while foods that are cool and moist, such as vegetables and fruits, can help to reduce seizures. TCM practitioners may recommend spe-

cific dietary changes for people with epilepsy to help reduce the frequency and severity of seizures.

Mind-body practices such as meditation, qigong, and tai chi can also be beneficial for people with epilepsy. These practices help to reduce stress and promote relaxation, which can help to reduce the frequency and severity of seizures.

Traditional Chinese Medicine offers a holistic approach to treating epilepsy that addresses the root cause of the condition and promotes overall health and well-being. TCM therapies, such as acupuncture, herbal remedies, dietary therapy, and mind-body practices, can be used alone or in combination with conventional Western medicine to manage epilepsy symptoms and improve quality of life. If you are considering using TCM for epilepsy, it is important to work with a licensed TCM practitioner who can provide personalized recommendations based on your individual needs and health history.

TREATMENT

FROM PAGE 12

cial misalignments in the body, which can irritate nerves, bones, ligaments and discs. Any accident, no matter how minor, can create nerve-damaging misalignments.

Pregnant women often turn to chiropractic care to help alleviate pains associated with pregnancy. The additional weight and stress on the body during pregnancy can cause pain in almost any part of the body.

Babies and children grow quickly with their muscles, ligaments and bones developing rapidly. A jump, tumble or fall can jar the body and

affect the spine and possibly the nervous system. Simple factors like a heavy backpack or an ill-fitting car seat can have negative effects.

The golden years have numerous physical problems associated with aging. With the attention given to prescription drugs and/or surgery, little attention is paid to actually fixing these problems. Chiropractors understand the effects of aging and have been helping older folks deal with their aches and pains.

We focus on your pain, so you can focus on more important things.

RADON

FROM PAGE 27

radon regulations to help ensure the safety of their residents. The County Council for Montgomery County, Maryland, Montgomery County Code; Chapter 29, Landlord-Tenant Relations; Section 29-30 is being amended and Section 29-35E is being added and will be effective as of July 1st, 2023.

Per Section 33C, a landlord of a single-family home or multifamily dwelling building must conduct a radon test before leasing a unit to a

prospective tenant. Test results must be within three years before the date of the lease.

Companies such as Environmental Solutions, Inc. is able to provide the required radon sampling as needed to help ensure you remain compliant with county regulations, and to help keep you and your family safe from unhealthy levels of radon. Don't wait, take action and get your home tested for radon today.

CHOLESTEROL

FROM PAGE 44

LDL cholesterol and have other heart-healthy benefits, including reducing blood pressure. Foods with omega-3 fatty acids include salmon, mackerel, herring, walnuts and flaxseeds.

Increase soluble fiber. Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Soluble fiber is found in such foods as oatmeal, kidney beans, fruits and vegetables. A diet high in fiber can help lower cholesterol levels by as much as 10%.

A heart-healthy diet also emphasizes curbing sugary foods and beverages. To be smarter about what you eat, you may need to pay more attention to food labels.

Exercise can also improve cholesterol. It can help raise HDL cholesterol, the "good" cholesterol. With your doctor's okay, work up to at least 30 minutes of exercise five times a

week or vigorous aerobic activity for 20 minutes three times a week. Adding physical activity, even in short intervals several times a day can help you begin to lose weight, which can also lower cholesterol. Consider taking a brisk daily walk during your lunch hour, riding your bike to work or playing a favorite sport. Try incorporating more activity into your daily routine by using the stairs instead of taking the elevator or parking farther from your office.

Quitting smoking improves your HDL cholesterol level. The benefits occur quickly: Within 20 minutes of quitting, your blood pressure and heart rate recover from the cigarette-induced spike. Within three months of quitting, your blood circulation and lung function begin to improve. Within a year of quitting, your risk of heart disease is half that of a smoker.

EGG FREEZING

FROM PAGE 46

more than one cycle.

To get started an initial work up including testing of your reproductive hormones, usually on the second to fourth day of the menstrual cycle is needed.

Various protocols can be used to

stimulate the ovaries in order to collect the eggs. The stimulation of the ovaries can take 10 days followed by collection, also called retrieval of the eggs.

Egg collection is done under mild sedation provided by board certified anesthesiologists.

CEREC

FROM PAGE 48

curate picture of the damaged tooth.

This optical impression is transferred and displayed on a color computer screen, where the dentist uses CAD technology to design the restoration. Then CAM takes over and automatically creates the restoration while the patient waits. Finally, the dentist bonds the new restoration to the surface of the old tooth. The whole process takes about one hour.

What Does This Innovation Mean For a Patient?

A tooth-colored restoration means

no more silver fillings discoloring smiles. The filling is natural-looking, compatible with tissue in the mouth, anti-abrasive and plaque-resistant.

Dentists no longer need to create temporaries or take impressions and send them to a lab. Because of this, the traditional second visit has been eliminated.

CEREC has two decades of clinical research and documentation to support the technology. The restorations have been proven precise, safe and effective.

MENTAL ILLNESS

FROM PAGE 50

and satisfying social relationships.

Dysfunction addresses the inability to carry out the activities of life considered normal to us as human beings. Tasks such as walking, thinking, or making a meal may be difficult. The cause may be the symptoms previously mentioned, medication side effects or lack of confidence resulting from the disruption of self or stigma. Skills training, support, and rehabilitation improve the levels of dysfunction. As any of these areas of impact improve, the other areas appear to improve as well.

Disability implies a broader concept than dysfunction and limits the ability to perform larger life roles such as working, having a family, and maintaining an apartment. Successful rehabilitation in other areas will also ef-

fect the disability in a positive manner.

Disadvantage refers to the lack of opportunity to make a life for one's self. The cause is often stigma, discrimination, and poverty. Normally, disadvantage comes from outside the person, from a society's biases and perceptions. It further erodes the fragile sense of self that has been effected by impairment, dysfunction, and disability. Advocacy and education that can influence feelings and beliefs help to reduce disadvantage.

Understanding how a serious mental illness, such as schizophrenia or bipolar disorder, impinges on a person's being and ability to function gives direction to the roadmap of recovery. Each person's roadmap will have its own twists, turns and detours as the journey continues toward wellness.

SHINING

FROM PAGE 9

The grip that chronic pain has on a client can't be understated, as my goal is to help lessen it with massage therapy techniques, essential oils, heat/ice, energy work, phototherapy patches, prayer, and stretching.

Timeless Holistic Modalities

Acupuncture – known for pain relief, this helps restore qi or energy flow to injured tissue and help clear out dampness from the trauma to facilitate healing. <https://www.health.harvard.edu/healthbeat/relieving-pain-with-acupuncture>

Phototherapy Pain Patches – light therapy that uses the body's heat to emit wavelengths of light, through this non-transdermal patch on skin placed on acupuncture meridians, to open the flow of energy and be a catalyst for pain relief. Simple, safe, non-drug application. www.lifewave.com/lpenkala/

Massage Therapy – ancient civilizations around the globe found natural healing via massage for healing, pain relief and deep relaxation. Today, massage is prescribed by

physicians and chiropractors for improving circulation, flexibility, and lessening pain. <https://www.abmp.com/updates/legislative-updates/abmp-comments-re-draft-report-pain-management-best-practices>.

Chiropractic – manipulation of the body's spinal alignment to relieve pain and improve function to facilitate healing. From the American College of Physicians Low Back Pain Guideline, the positive research offers this as one alternative to pain medications along with heat, massage and acupuncture!

<https://www.health.harvard.edu/pain/chiropractic-care-for-pain-relief>

Grounding Mat/Sheets – if walking/contacting the earth (grass, sand) is not possible, www.earthing.com has a plethora of mats, sheets to sleep on, sandals, their book *Earthing*, all to become grounded, to the earth's electrons. Simply plug it into the single grounding plug of your outlet, and begin feeling pain relief from less inflammation.

BRACE

FROM PAGE 52

ensure that any future treatment is timed appropriately. For adults, an orthodontic consult may reveal that cosmetic dentistry, periodontal therapy, endodontic therapy, oral surgery or prosthodontic treatments are necessary. A team approach is necessary to assure that comprehensive treatment plans are recommended. There are really no conditions that can not be

"treated" due to the complex nature and amount of treatment needed. In some cases, straightening malaligned teeth can treat certain conditions you may not realize are related to your teeth, such as headaches, jaw pain and digestive problems. Make an appointment with an orthodontic specialist to see how you can benefit from treatment.



HEALTH DIRECTORY

ACUPUNCTURE

Eastern Medical Holistic Healing Center – Angel Wood – 240-755-5925 – www.Acupuncture4Wellness.Webs.com.

West Annapolis Acupuncture – Brittney de Vicq, LAc, MAc – 410-375-9716 – BrittneyAcupuncture.com – Annapolis, MD.

CHINESE MEDICINE & ACUPUNCTURE

Quansheng Lu, CMD, PhD, LAc – www.WholelifeHerb.com – 301-340-1066.

CHIROPRACTIC

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

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

DENTISTRY

Cosmetic Dental FX – Judy Yu, DMD, MBA – 410-360-0440 – www.DentalFXMD.com – Pasadena, MD.

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

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

DERMATOLOGY

Hema A. Sundaram, MD – Dermatology, Cosmetic & Laser Surgery – 11119 Rockville Pike, Suite #205, Rockville – 301-984-3376 – Also in Fairfax, VA.

EYE CARE

McNelly Optical, Inc. – 410-263-2692 – www.McNellyOptical.com – Annapolis, MD.

FERTILITY

Montgomery Women's Fertility Center – 301-946-6962 – MontgomeryFertilityCenter.com – Rockville, MD.

HEALTH AND WELLNESS

Taylor 4 Life Wellness, Inc. – Gregory Taylor, MS – 301-979-9010 – Taylor4LifeWellness.com – Largo, MD.

HOME CARE

At Home Care, Inc. – 301-421-0200 – AtHomeCareInc.com – Since 1977.

HORMONES

New Day Vitality Hormone Center – 410-793-5212 – Arnold, MD and Easton, MD – NewDayVitality.com.

HYPNOSIS

Toni's Happy Hour Yoga and Holistic Wellness Center – 301-449-8664.

INTEGRATIVE MEDICINE

Alan Weiss, MD, Annapolis Integrative Medicine – 410-266-3613 – 1616 Forest Drive, Suite #3, Annapolis, MD 21403.

Taylor Integrative Health – Janay Taylor – 410-292-0483.

MEDICAL SPA

Luminox Healthcare Services – 240-553-7970 – LuminoxHealth.com.

Millennium MediSpa – 301-652-9005 – www.AnythingCosmetic.com.

MEDICAL SPACE

Charles L. Feitel Company – 301-571-9333 – www.MedicalandDentalSpace.com.

MENTAL HEALTH SERVICES

Charles Co. Freedom Landing, Inc. – 301-932-2737 or 301-870-3969.

House Calls, LLC – 301-346-6732 – CallingOnBeth@gmail.com – www.CallingOnBeth.net.

Luminox Healthcare Services – 240-553-7970 – LuminoxHealth.com.

MRI

Washington Open MRI, Inc. – 6 Locations: 15005 Shady Grove Road, Suite #110, Rockville, MD 20850; 7399 Hanover Parkway, Greenbelt, MD 20770; 6196 Oxon Hill Road, Suite #110, Oxon Hill, MD 20745; 5530 Wisconsin Avenue, Suite #529, Chevy Chase, MD 20815; 9135 Piscataway Road, Suite #106, Clinton, MD 20735; 25 Crossroads Drive, Suite #180, Owings Mills, MD 21117 – www.WashingtonOpenMRI.com – 301-908-8279.

NEUROLOGY

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

NUTRITION

Nutritional Healing Center – Thomas K. Lo, DC, MA – 240-651-1650 – 7310 Grove Road, Suite #107, Frederick, MD 21704 – DoctorLo.com

ORTHODONTICS

Jacqueline Brown Bryant DDS, MS, PC – Damon, Clear Braces & Invisalign for Adults And Children – Silver Spring, MD 20910 – www.SmileConstructors.com – 301-587-8750.

PAIN MANAGEMENT

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

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

Newbridge Spine and Pain Center – 301-638-4400 – www.NewbridgeSpine.com.

Pain & Rehab Center, LLC – Dr. Gelareh Naenifard, DC – 5855 Allentown Road, Suite #19, Suitland, MD 20746 – www.PainRehabCenterMD.com – 301-925-2013.

PODIATRY

Bowie Foot Care – Howard Horowitz, DPM – 301-464-5900.

Largo Foot and Ankle Health Center – Ade Adetunji, DPM – 301 386 5453.

PRIMARY CARE

Loving Care – Janet Johnson, MD – Hyattsville, MD – 301-403-8808.

PROSTHETICS

Metro Prosthetics – 301-459-0999 – www.MetroProsthetics.com

SENIOR CARE

Chevy Chase Home Care. Help at a time you need it most. Any Ages. Any situations. Any shifts. MD, DC, VA – www.CHCHHomeCare.com – 202-374-1240.

St. Mary's Nursing & Rehabilitation Center – 301-475-8000 – Leonardtown, MD – www.StMarysNursingCenter.com.

VETERANS

Charlotte Hall Veterans Home – 301-884-8171 – Waldorf, MD.

WEIGHT LOSS

The Bariatric and Hernia Institute – Dr. Etwar McBean – 240-206-8506 – www.TBHIInstitute.com.

YOGA

Toni's Happy Hour Yoga and Holistic Wellness Center – Toni Greene, Owner – 301-449-8664.

Live Healthier

We make nutrition products with protein, fiber and vitamins to complement a balanced diet and support a healthy, active life. Herbalife is unique because of the one-on-one coaching and support that Herbalife Independent Distributors provide to their customers. Herbalife customers receive much more than a product, they get steady support and a plan to meet or exceed their personal nutrition, weight-management and fitness goals.

Our Products Help With

Healthy Weight • Balanced Nutrition
Energy & Fitness • Specialized Nutrition
Skin & Hair Care

lookfit.goherbalife.com

Call 240-412-7318

Ask for Michele!



Subscribe Today!

Your Health Magazine is available at local grocery stores, pharmacies, and convenience stores, including:

Giant • Safeway • Harris Teeter • CVS • 7-11 • & more



Now you can get the latest issues delivered directly to your home!

- Health articles and advice
- Doctors near YOU!
- Maryland & Virginia editions
- **Only \$24 for a year's subscription (12 issues)!**

CHECK EDITION (\$24 each edition):

☐ MARYLAND ☐ VIRGINIA

NAME: _____

STREET: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

SUBSCRIBING IS EASY:

1) Call **301-805-6805** with your name, contact info, and credit card payment for \$24, or

2) Simply mail this form along with your check for \$24:

Your Health Magazine
4201 Northview Dr. Suite 102
Bowie, MD • 20716

CHOOSE SKIN HEALTH: DR. HEMA SUNDARAM

Offering Free Skin Cancer Screenings in ROCKVILLE and FAIRFAX

In collaboration with the **CHOOSE SKIN HEALTH** program of the American Society for Dermatologic Surgery, local dermatologic surgeon and international educator, Dr. Hema Sundaram, has joined the fight against skin

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

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

FIRE CUPPING

FROM PAGE 56

create a soothing sensation, relieving stress and tension held within the body. This relaxation response can aid in reducing pain by promoting the release of endorphins, the body's natural pain-relieving hormones.

Versatility and adaptability: Fire cupping can address a wide range of health concerns, making it a versatile and adaptable therapy for pain relief. It can be integrated into a comprehensive treatment plan, working synergistically with other healing modalities such as acupuncture, massage, or physical therapy.

Minimal side effects: Fire cup-

ping is generally safe and well-tolerated, with minimal side effects such as mild discomfort, redness, or bruising that subside within a few days.

In conclusion, fire cupping is a unique and effective therapy for pain relief. Its non-invasive nature, potential to improve circulation, ability to balance *Qi*, and relaxation benefits make it a worthwhile consideration for those seeking an alternative approach to pain management. As with any new treatment, it is essential to consult a qualified healthcare professional before undergoing fire cupping to ensure it is appropriate for specific needs and health concerns.

FIBROMYALGIA

FROM PAGE 12

significantly improve the well-being of people with fibromyalgia.

First, getting a good full night of restorative sleep is absolutely critical. Many people with fibromyalgia will say it has been years since they have had a decent night's sleep. Using a combination of lifestyle changes, relaxation techniques, herbal formulas and prescription medications can get people sleeping which is often the first step in getting well.

Correcting the common nutritional and hormonal deficiencies of this condition is critical. And it is important to see a physician who recognizes that the "normal" laboratory reference ranges for nutrients and hormones may not be optimal, especially for people who are struggling with their health. Optimizing thyroid, testosterone and estrogen status may go a long way to restoring health and vitality.

Gastrointestinal problems are often present and must be addressed, both to enhance nutrient absorption and to reduce inflammation and discomfort.

Bacterial and yeast overgrowth is common as are food allergies, including the under-recognized phenomenon of celiac disease and gluten intolerance. There are relatively simple ways to treat these issues that make a big difference for people.

And finally pain must be controlled. For many patients pain becomes a sort of vicious cycle, with pain causing muscle spasm, sleep disruption and inflammation, which only causes more pain. There are both natural and prescription methods for effectively addressing chronic pain.

To sum it up, fibromyalgia is common, but once addressed can be treated effectively so people can return to having a life they love.

GET PHYSICAL

FROM PAGE 50

It's easy to fit each type of activity into your child's schedule.

Stick With It

There are many things you can do to get and keep your child active physically, that can help shape their behavior and attitude toward physical activity. Start by choosing physical activities you and your child enjoy and that match your child's abilities, it will help ensure that you both stick with them. Encourage them to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports. If you're not sure where to start, here are some examples.

- Physical activity should be a part of the family's daily routine.
- Set a positive example by leading an active lifestyle yourself.

- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything that your child enjoys, structured or non-structured sports.
- After dinner, encourage your child to find fun activities with friends and family.
- Always provide protective equipment and ensure that the physical activity is developmentally and age-appropriate.

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

IN PAIN

FROM PAGE 54

not getting adequate relief.

When you interview healthcare providers, ask these questions:

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

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

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

worked for you.

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

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

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

- **NSAIDs** – used to treat mild to moderate pain and inflammation. Aspirin and ibuprofen are both NSAIDs.
- **Acetaminophen** – also used to treat mild to moderate pain.
- **Opioids** – prescribed to people who have moderate to severe pain.

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

HAMMERTOES

FROM PAGE 56

bony prominence of the hammer-toe. This will decrease pressure on the area.

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

- See your podiatric physician if pain persists.

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

The treatment options vary with the type and severity of each hammertoe, although identifying the deformity early in its development is important to avoid surgery. Podiatric medical attention should be sought at the first indication of pain and discomfort because, if left untreated, hammertoes tend to become rigid, making a nonsurgical treatment less of an option.

PAINFUL SEX

FROM PAGE 18

round-tipped cylinders, graduated in size – that are used to stretch and relax the vaginal muscles. (Go to <https://www.menopause.org/for-women/sexual-health-menopause-online/effective-treatments-for-sexual-problems/sexual-devices>, for more information.)

It may take some extra work, a bit

of adjustment, and a sense of humor certainly helps, but sex beyond your 40s can be fun and satisfying. Be sure to talk to your GYN about pain that persists and don't be shy about talking to a sex therapist. Countless studies have shown the health benefits of a happy sex life, so take advantage of that empty nest. Say YES to sex!



NOTHING FROM A JAR CAN MAKE YOUR SKIN ACT LIKE THIS

NEW POTENZA RF MICRONEEDLING TREATS THE ADVANCED SIGNS OF AGING

- Stimulates new collagen production to not only give you tighter, firmer-looking skin, but younger acting skin
- Targets blemishes for a smoother, more radiant complexion
- Provides faster healing time than traditional microneedling

Potenza
RF MICRONEEDLING
TWIN TIP TECHNOLOGY

BEFORE AFTER

BEFORE AFTER

Charles County Dermatology Associates | Maren Shaw, MD
4225 Altamont Place, Suite 3 | White Plains, MD 20695
301-374-9511 | www.charlescountyderm.com

What Is Cupping Therapy?



By Brittney de Vicq, MAC, LAc
West Annapolis Acupuncture

cups stay in one location for the duration of the treatment.

The second type of cupping is “sliding” or “running cupping”; this is when the cups are moved over certain affected areas. Running cupping can feel more intense but has the ability to move out more stagnation, resolve pain, and affect change in a shorter period of time.



Cupping is a treatment method that uses glass, plastic or silicone cups to create suction to pull the skin and muscles.

The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, alleviate stagnation, reduce pain and sedate the nervous system. Cupping is used to relieve back and neck pain, shoulder pain, stiff muscles, fatigue, and a variety of other musculoskeletal injuries.

There are two different types of cupping methods commonly used. The first type is “retained” or “stationary cupping”; this is when the

Depending on the cupping style being used and the conditions being treated, cups will stay on a patient anywhere from 5-15 minutes.

In order to receive the best possible cupping treatment make sure that your acupuncturist has received certification from a nationally recognized organization in cupping therapy such as the International Cupping Therapy Association.

AGING PARENTS

FROM PAGE 52

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.

Join Our Email List!

GO TO:

yourhealthmagazine.net/signup

The latest articles, videos and advice from your Maryland, Washington, DC & Virginia Doctors.



West Annapolis ACUPUNCTURE

Committed to Healing to Achieve Lasting Well-Being

BRITTNEY DE VICQ, MAC, LAc
WWW.WESTANNAPOLISACUPUNCTURE.COM

410-375-9716

TREAT HEALTH CONCERNS WITH ACUPUNCTURE

- CHRONIC FATIGUE
- BACK PAIN
- ASTHMA
- DEPRESSION
- JOINT PAIN
- STRESS

NOW ACCEPTING AETNA, AND BLUE CROSS/CARE FIRST.

PRACTICING IN MARYLAND SINCE 2004.

703 GIDDINGS AVENUE
SUITE U3, ANNAPOLIS, MD 21401





ASK THE EXPERT ABOUT

- | | |
|----------------------|-----------------------------|
| Acne Treatments | Muscle Sculpting |
| Body Contouring | Non-Invasive Scar Treatment |
| Botox | Non-surgical Lipo Sculpting |
| Cellulite | Permanent Makeup |
| Cosmelan Peel | Pigmentation Treatments |
| Chemical Peel | Powder Brows |
| Fillers | Skin Rejuvenating |
| Hair Loss Treatment | Skin Resurfacing/Lifting |
| Hydrafacial MD | Stretch Marks Treatment |
| Laser Hair Removal | Vaginal Rejuvenation |
| Laser Tattoo Removal | |

PREPARE YOUR SKIN AND BODY FOR
SUMMER



MABIR RIVEROS

CEO & ESTHETIC
SCIENCE EXPERT

| NON-SURGICAL LIPO



| LASER HAIR REMOVAL



WE ACCEPT
CareCredit

571 502 0202 | MYHEALTHYDERMIS.COM @HEALTHYDERMIS

2944 HUNTER MILL RD #201
OAKTON, VA 22124

7230 HERITAGE VILLAGE PLAZA
#201 GAINESVILLE, VA 20155

\$300 TO OUR NEW PATIENTS
AS A GIFT TOWARDS NON-SURGICAL
FACELIFT

Our Care for You Is More Than Skin Deep...

"I will never trust my face to anyone else. You are a true artist!" - NK, patient for 12 years

"Nobody else does fillers like you do" - HJ, patient for 17 years

**National
Research
Center**

**NOW OFFERING PRP
PLATELET RICH
PLASMA for
HAIR RESTORATION**

Discover VBeam
Perfecta, GentleMax Pro,
CO2RE and CO2RE Intima
- our Newest Lasers for
Pain-Free Hair Removal, Facial
and Leg Veins, Scars, Stretch
Marks, Sunspots &
Pigmentation and Birthmarks,
Facial Aging and
Total Body
Rejuvenation

Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

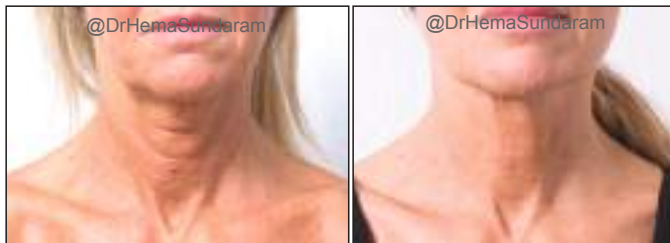
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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



Before & After 1st 2 sessions of PRP Hair Restoration

Expert French Cannulas for Safe and Bruise-Free Filler Injections



Before & After Nonsurgical Neck Restoration



Before & After Facial Contouring

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

Choose Skin and Hair Health

Join us for our Summer Specials

Call Now to Reserve Your Appointment

Additional special offers on all our services including:

Exilis Ultra, Botox, Dysport, Jeuveau, Xeomin, Juvederm, Restylane, Radiesse, Belotero, Sculptra, Platelet-Rich Plasma, Hair Restoration, Fat Grafting, Fraxel, Ulthera, eMatrix Sublative, Laser Lipo, all other Lasers, DermaSweep MD, Chemical Peels, Skin Care Products

Se Habla Español • Now Open Saturdays

Rockville/Bethesda

Fairfax

Call: 301-984-DERM or 703-641-9666
(3376)

www.doctorhema.com

Follow us on Instagram: @twicebornbeauty and @drhemasundaram



HEMA A. SUNDARAM, MA, MD, FAAD
BOARD CERTIFIED DERMATOLOGIST
TIFFANY DINH, PA-C, CERTIFIED PHYSICIAN ASSISTANT
Dermatology, Cosmetic & Laser Surgery for Women and Men

Interest-Free Financing Available • FREE PARKING

SEE PAGE 7 FOR MORE INFORMATION