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Meet Your Local Health Professionals

Special Section Including Biographical Information, Training, Degrees and Practice Philosophy of Health Professionals Near You.

PLUS: COVID-19 Vaccine Updates
Articles and Advice From Doctors Near You To Help You Live Healthier!

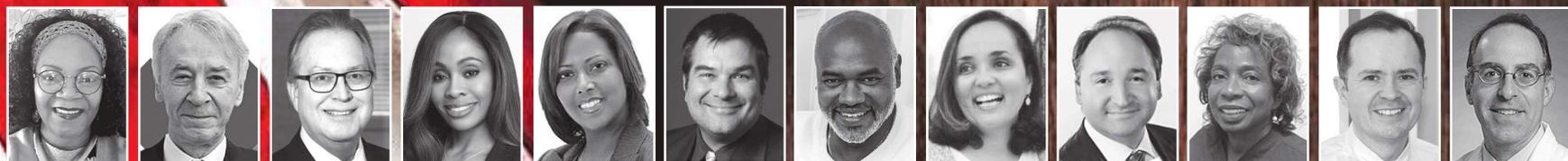
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Food As Medicine

By Ogechi Anyaoku, MD, MSPH
Internal Medicine,
Adventist Medical Group Primary
Care – Fort Washington, MD

Food provides fuel for our body and serves as a means of connection when we gather for a meal. But did you know that food can act as a form of medicine and help save your life?

The quality of the food you're putting into your body has the potential to influence disease prevention, not to mention influence quality of life, health and longevity. Nutritious foods

can reverse disease and maintain good health, while the opposite is true for processed foods, which can promote disease development and progression.

Following these suggestions may help you see your food as a form of medicine and make better decisions.

Eat a Balanced Diet

Try to eat a diet that is best suited for your health concerns, lifestyle and food preferences. Improve your overall health and well-being by choosing to eat fresh, organic foods. "Eat the rainbow" daily and opt for a fruit or vegetable from each color of the rainbow, or at

least throughout the week. There are numerous beneficial compounds in them, including fiber, which helps to balance out blood sugar and improve digestion.

Equally important is limiting or eliminating processed foods, which can interfere with the function of macronutrients (proteins, fats and carbohydrates), micronutrients (vitamins and minerals) and phytonutrients (substances from plants) in our body. This can lead to poor overall health and possibly developing chronic diseases such as heart disease.

Incorporating these easy steps into your diet will lead to a healthier you:

- Eat healthy fats such as avocado, fatty fish, nuts and seeds
- Consume most of your carbohydrates from vegetable sources
- Eat enough protein to help build and repair your body
- Stay hydrated by drinking plenty of water everyday
- Set small goals for choosing healthier foods

Eat For Your Microbiome

Your microbiome is the collection of microorganisms such as bacteria, yeast, fungi and viruses that live in your intestines. These microorganisms produce important substances such as amino acids and chemicals that help our body function.

It's important to feed these microorganisms diverse foods that will help them function properly. Fruits, vegetables, beans and legumes are the best sources of nutrients for your microbiome since they contain a high amount of fiber.

To maintain a healthy microbiome, make sure you are including the following into your diet:

- Stay hydrated throughout the day with water
- Incorporate prebiotic and probiotic foods such as yogurt, artichokes, garlic and onions
- Consume high-fiber vegetables such as carrots, broccoli, spinach and brussels sprouts
- Limit or avoid processed food

Preserve Nutrients When Cooking

Eating nutritious foods has immense health benefits. Unfortunately, as soon as fruits and vegetables are picked, they begin losing nutrients. The most nutritious form of fruits and vegetables is when they are in their raw form.

While cooking can diminish nutrient content, it can also improve some qualities, by making fibrous foods and animal proteins easier to digest, making foods easier to chew and destroying things that may be harmful.

Preserve nutrients while cooking using the following tips:

- Keep skins on when possible
- Choose steaming over boiling
- Use a minimal amount of liquid
- Avoid continuous reheating of food
- If reheating, use glass containers

Sometimes improving your diet can seem like a daunting task. Aim for small actionable goals to make long-lasting improvements to your health. If you can make one small change a week, you will be on your way to better health in no time.

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Meet our Providers



Ogechi Anyaoku, MD, MSPH
Internal Medicine

Dr. Anyaoku's philosophy of care focuses on individualized medicine that treats the whole person, body, mind and spirit. It's important for her to develop a partnership/relationship with her patients that is rooted in mutual respect to obtain the best health outcomes.



Nicole Haskins, CRNP, RN
Family Nurse Practitioner

As a nurse and nurse practitioner, Nicole has over 20 years of combined experience. Nicole believes patient and family education is a vital tool in disease prevention and control as well as empowering them to actively participate in their own healthcare.

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Do You Have Gum Disease? Read This To Find Out If You Are At Risk

By Harold Packman, DMD

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

Risk Factors For Gum Disease Include the Following:

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

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

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

If plaque is not removed from

teeth, gingivitis can progress to periodontitis, which can irreversibly damage bone that hold your teeth in place.

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

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

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



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Preventing Childhood Obesity



By Janet V. Johnson, MD
Loving Care Pediatrics

ries that are used up with exercise. This is the key to childhood obesity prevention.

Eating healthy foods should be fun. Make sure you give your child several healthy choices and let them help with dinner from meal planning, grocery shopping to cooking the meal.

Family dinners should be a priority. Our life schedules can be very busy and hectic, however take time to have a meal where the family sits down together daily. Studies have shown that children in families that sit together for dinner several nights a week are more apt to adopt healthy eating behaviors, habits and perform better in school.

Follow the 5-2-1-0 rule. Strive to eat five serving of fruit and vegetables daily. Spend less than two hours daily with electronic devices. Spend one hour per day doing something active. Zero limit sweet drinks or have none. Drink more water and low-fat milk.

Please see "Childhood Obesity," page 61

About one in every five children in the United States has obesity, with certain groups being more affected than others. It is never too early (or too late) to start teaching about eating right and living well. Whether your child is overweight or not here are some key ways to help prevent childhood obesity and teach your children healthy habits that will last a lifetime

Consume less, burn more. Managing the number of calories that go in and increasing the number of calo-



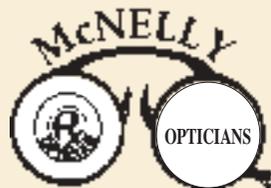
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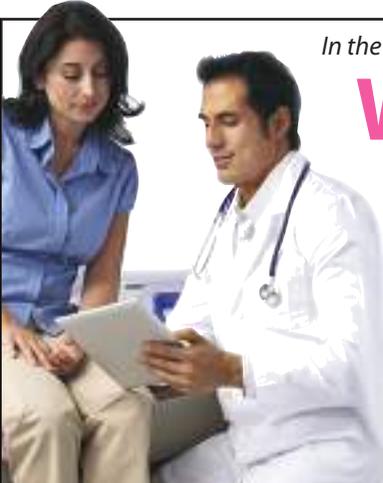
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Women's Health

Articles and Information from Doctors & Other Practitioners Who Treat WOMEN!

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Beauty Inside and Out Finding the Right Doctor



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

This year, as we look forward to returning to our “new normal”, 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 four keys to help you choose the right doctor for your summer holiday and fall makeover.

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

Please see “Beauty,” page 63

Spinal Compression Fracture Treatment Options



Submitted by Madhavi Chada, MD
Synergy Spine and Pain Center

A compression fracture is a collapse of a vertebra. It may be due to trauma or due to a weakening of the vertebra (compare with burst fracture). This weakening is seen in patients with osteoporosis or osteogenesis imperfecta, lytic lesions from metastatic or primary tumors, or infection.

Symptoms

Along with back pain, spinal compression fractures can also cause:

- Pain that gets worse when you stand or walk but with some relief when you lie down
- Trouble bending or twisting your body
- Loss of height
- A curved, stooped shape to your spine

Treatments

Treatments include conservative measures such as bracing, NSAIDs and muscle relaxers for 4-6 weeks. Sometimes interventional procedures such as kyphoplasty or vertebroplasty can be considered for early relief.

Kyphoplasty

Kyphoplasty, similar to vertebroplasty, is designed to stop the pain caused by a spinal fracture, to stabilize the bone, and to restore some or all of the lost vertebral body height caused by a compression fracture(s).

During kyphoplasty a small incision is made in the back through which the doctor places a narrow tube. Using fluoroscopy to guide the

Please see “Compression,” page 61

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Duane J. Taylor, M.D.

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Dr. Taylor is an expert who is trained to perform cosmetic and reconstructive surgery and procedures on the face, head and neck. He has had six years of surgical training specializing in the face, head and neck, a fellowship in Facial Plastic and Reconstructive Surgery and 30 years of experience. Establishing a relationship, defining expectations ahead of time with his patients along with Dr. Taylor's skill and experience are all-important factors that ensure successful results and satisfied patients.

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Terence Bertele, MD

Dr. Bertele is the Medical Director of Chesapeake & Washington Heart Care. He Graduated from New York University and trained in medicine at George Washington University Hospital and Georgetown University Hospital. Dr. Bertele has been a board certified cardiologist since 1985.



Samuel B. Itscoitz, MD

Dr. Itscoitz is a board certified Cardiologist, with a special interest in hypertension and cholesterol disorders. He studied medicine at George Washington University, and completed a Cardiology Fellowship at Harvard University after training in Internal Medicine at Brigham and Women Hospital.



Awail U. Sadiq, MD

Awail U. Sadiq, MD is board certified in Cardiology and interventional cardiology. Originally from Brooklyn, NY, Dr. Sadiq completed his training in Cardiology and Interventional Cardiology at University of Nebraska, Omaha. He completed his training in Internal Medicine at Drexel University in Philadelphia.



Herman Gist, MD

Dr. Gist is an experienced Interventional Cardiologist. He completed his fellowship in Cardiology at Emory University, and Interventional Cardiology fellowship at the University of Maryland Medical Center. He is dedicated to improving clinical outcomes in patients with coronary artery disease, peripheral vascular disease, valvular heart disease, and hypertension.



Roquell E. Wyche, MD

Dr. Wyche is a native Washingtonian. She received her M.D. from George Washington University, and trained in Internal Medicine at the Washington Hospital Center. Dr. Wyche completed a Cardiology Fellowship at Howard University Hospital and advanced training in cardiovascular imaging at the Washington Hospital Center.

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When Diet and Exercise Are Not Enough

By Sheilah A. Lynch, MD

Abdominoplasty, or “tummy tuck,” is a commonly performed surgical procedure that addresses excess skin, muscle weakness and fatty “dipose” tissue in the mid and lower abdominal wall. Many of life’s changes including weight loss or multiple pregnancies may leave you feeling frustrated with excess hanging skin or a low abdominal pouch that is many times resistant to diet and exercise.



Increased abdominal girth from weight gain or pregnancy also weakens the abdominal musculature and allows laxity to persist even after the weight has been lost. Because the muscle and tissues may have been stretched beyond their ability to recover naturally, attempts at muscle tightening with sit-ups may be futile.



About the Procedure

An abdominoplasty is performed under gen-

eral anesthesia so the muscle is relaxed and can be tightened by special suturing techniques. Excess skin and fat are removed and the resulting scar is hidden in the low abdomen and around a more youthful appearing belly button.

The procedure takes approximately three hours and is usually performed as an outpatient hospital procedure, meaning you go home the same day. The recovery is approximately two weeks, but many patients return to work as quickly as five days.



Preparing For Surgery

The office consultation takes about 45 minutes starting with an evaluation of your health. Particular attention will be paid to the degree of skin and muscle laxity and the amount of abdominal fatty tissue present to design a surgery that is right for you.



Some patients may require abdominal liposuction alone while others will need a mini or full tummy tuck.

Those who plan to become pregnant should not have a tummy tuck until after pregnancy. At a scheduled pre-operative visit, two weeks prior to surgery, you will receive prescriptions and instructions on what medications to avoid, pre- and post-operative instructions and be measured for a garment to be worn after surgery.



To find out if a tummy tuck is right for you contact a board certified plastic surgeon.



Sheilah A. Lynch, MD

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Do I Need a Periodontist?

By Karl A. Smith, DDS, MS

A periodontist is a dentist who specializes in the prevention, diagnosis, and treatment of periodontal (gum) disease, and in the placement of dental implants. They are experts in the treatment of oral inflammation as they complete three additional years of education beyond dental school in order to treat periodontal problems. They are familiar with the latest techniques for diagnosing and treating periodontal disease, and are also trained in performing cosmetic periodontal procedures and managing complex health conditions.

What is periodontal disease, and am I at risk of developing it? The term “periodontal” simply means “around the tooth.” Periodontal disease affects the gums and bones supporting the teeth. Periodontal disease is generally attributed to “out-of-control” mouth bacteria. Factors, such as smoking or tobacco use, poor nutrition, stress or pregnancy, may also put you at risk of developing gum disease. One in two people have some form of periodontal concern that should be addressed.

Is periodontal disease contagious? Although it is not an airborne disease, research has indicated that the bacteria that cause gum disease can be passed through saliva. Therefore, families and couples who may be in close contact with a person with gum disease are also at risk. We recommend being screened for periodontal disease regularly if you are potentially at risk, particularly if you have a family history of periodontal disease or tooth loss.

My gums bleed when I brush. Is this normal? Healthy gums should not bleed when you brush your teeth. This is one of the early signs of gum disease. Other signs of gum disease include red, swollen or tender gums; sores in your mouth; gums that have pulled away from the teeth; persistent bad breath; pus between the teeth and gums (leaving bad breath); loose or separating teeth; a change in the way the teeth fit together or new spaces; and a change in the fit of partial dentures. If you have any of these symptoms, you should schedule an appointment with an experienced periodontist for a complete periodontal screening.

What is a typical periodontal treatment? Periodontists treat very minor periodontal issues to more problematic periodontal concerns, such as those with severe gum disease or a complex medical history that includes diabetes or cardiac issues. They offer a wide range of treatments, such as deep

cleaning, correcting thick or overgrown gums, and growing new bone around your teeth. In addition, periodontists are specially trained in the placement and repair of dental implants.

What happens at my first visit? During your first visit, the periodontist will review your complete medical and dental history. It is extremely important that you share all of the medications that you are taking, or if you’re being treated for any condition that can affect your periodontal

care, such as heart disease, diabetes, pregnancy, or lupus. Your periodontist will examine your gums, and check to see if there is any gum or bone loss, assesses how your teeth fit together when biting, and will check to see if any of your teeth are loose. He or she will also use a host of diagnostic tools to evaluate the stability and foundation of your gums and teeth. X-rays are generally taken to observe the health of the bone below the gum line. This is usually a simple and painless

process that can give the periodontist a great amount of data to ensure overall dental health and wellness.

Do I need a periodontist? The likely answer is that if you are age 35+, have a family history of tooth and gum issues, have any systemic illness, and/or are considering braces or spending a great deal of money on cosmetic dentistry, it is a good idea to complete a thorough periodontal evaluation right away. Early detection can save you much time and dollars in your dental future.

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Getting a “Leg-Up” On Spider Veins and Varicose Veins

By Marlon Maragh, MD
Maragh Dermatology, Surgery & Vein Institute

If you’ve been trying to hide those red, blue, or purple spider veins on your thighs, calves, ankles, or even your face – you’re not alone.

Spider veins, telangiectasias, spider angiomas, and benign vascular lesions are all actually dilated blood vessels. They are most common on the legs, but also may appear on the forehead, cheeks, eyelids, and upper chest.

Blood vessel dilation is due to weakening of the elastic fibers in the walls of the blood vessel. While the exact mechanisms leading to blood vessel dilation are not completely understood, visible veins are associated with excessive sun exposure, normal aging, pregnancy, steroid use, liver disease, genetics, radiation therapy, and trauma.

Visible veins are often considered to be a cosmetic issue but may also become a serious medical condition known as varicose veins.

While women are most commonly affected, men comprise about 20% of the patient population with varicose veins. Symptoms may include a heaviness in the extremity, aching legs, throbbing of the actual enlarged vessel, and most commonly, a visual change of the vessel – it may become large, rope-like and blue in appearance.

Many new treatments are available for treating both facial and leg spider veins. Minimally invasive treatments include sclerotherapy and laser treatments. Sclerotherapy uses a solution injected into the veins. Lasers use light energy. Both of these treatments cause the veins to shrink so they will look smaller or even disappear. Leg veins often respond best to sclerotherapy. Facial veins often respond best to laser. Sometimes a combination works best.

It may take several weeks to see the full effect of a given treatment session. Sometimes one treatment session will be enough, but most patients will need three to five treatment sessions and some patients may need more. It is not usually possible to eliminate 100% of spider veins no matter how many treatments are performed but a 70% to 90% overall improvement is very realistic.

For varicose veins, the treatment choices are becoming less invasive as well. The newest treatments are called EndoVenous Laser Ablation (EVLA) and

EndoVenous Laser Treatment (EVLT), which treat the most common underlying cause of varicose veins: incompetence of the greater saphenous veins.

Unlike surgical stripping, EVLA permanently closes off the vein while leaving it in place. The endovenous laser is the newest technology available for treatment of varicose veins.

A small single needle incision is made in the leg and a fiber is inserted

into the varicose vein. The laser is activated and the vein is safely closed as the fiber is moved through the vein gently heating it. Once the vein is closed, the blood that was circulating through this vein is simply rerouted to other healthy veins and the varicose vein vanishes.

No matter what your age, you’ll be happy to get your great legs back. And they’ll look so smooth, healthy, and youthful, you might just want to

show them off.

All of these procedures are performed in the office. Insurance does not typically cover the treatment of spider veins but may cover the treatment of varicose veins.

For more information and to see if you are a candidate for any of these procedures, it’s important to speak to a dermatologist skilled in these new technologies.

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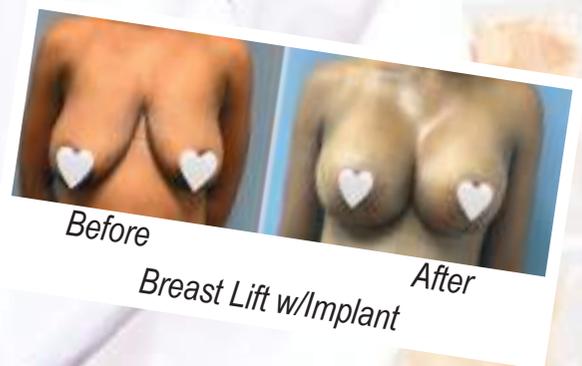
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- Best suited for Night Use
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Chiropractic Can Help With Stress



By Alicia Kovach, DC
 Kovach Chiropractic

In today's society we are all running here and there and are busy, busy, busy. We have the stress of work, family, and financial stress. Do you know how the stress is affecting your body?

Stress, whether physical or perceived, triggers a fight or flight response. This is a systemic physical reaction, affecting almost every part of the body. The hypothalamus is a part of the brain that stimulates the

sympathetic nervous system (SNS). The heart rate increases, blood volume and blood pressure increase, blood is directed away from digestion and the extremities. Vision becomes more focused, hearing more acute.

In response to the messages from the SNS, the adrenal glands secrete corticoids, including adrenaline, epinephrine and norepinephrine. All of this is very useful if we're running from a prehistoric raptor, or confronting a more modern threat. However, the long-term effects of this state can be disastrous to good health.

People who have chronic stress are more likely to experience high blood pressure, diabetes, damage to muscle tissue thru prolonged muscle tension and contraction, damage to immune response, nerve irritation and slowed healing from disease and injury.

You may be asking yourself how chiropractic can help with stress.

Please see "Stress," page 61

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By Richard E. Cook, MD
Cook & Siu PC

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

Not only does UltraSlim have a two-inch fat loss at your first treatment guarantee, but there are no medications, no side effects, no pain, no surgery and no exercise required. It is the safest weight loss procedure there is with a risk one side effect cat-

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

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

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Traditional Chinese Medicine For Epilepsy

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

Traditional Chinese medicine has been used therapeutically in China for thousands of years and is growing in prominence in Europe and the United States. More and more people search the health care from Chinese medicine and

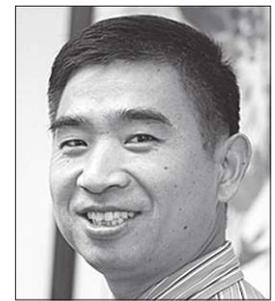
other complementary and alternative medicine (CAM). The National Center for Complementary and Alternative Medicine (NCCAM) showed that about 38% of all adults, 44% of adults from 50-59 years old, and 12% of children reported using CAM in 2007. At least 24-44% of epilepsy patients appear to already be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

Epilepsy had been described in

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

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

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

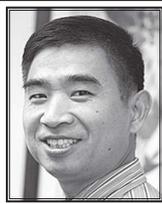


Quansheng Lu, CMD, PhD, LAc

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

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

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



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A Beautiful Smile, Your Secret Weapon



By Judy Yu, DMD, MBA
Dental FX

that you can control, and having a beautiful smile increases confidence and self-esteem. As your self-confidence builds you will feel better about yourself. When you feel better about yourself, other people will see you in a more positive light.

A beautiful smile makes you more attractive – smiling attracts people to you. Smiling more often changes your mood, and makes you look younger, hence also feel younger.

What Makes a Smile Beautiful?

While not every person is born with a perfect smile, qualities such as straightness, cleanliness or whiteness of teeth may come to mind. Thanks to developments in the field of cosmetic dentistry, people can change the smile they were born with into a smile they love.

What Procedures Could Help?

Dentists are able to perform a variety of cosmetic procedures to improve patients' smiles. These pro-

Self-confidence and success have a symbiotic relationship; they exist to progress harmony. Perception is reality – the more self confidence you have, the more likely you are to succeed.

Developing Your Self-Confidence

Although many of the factors affecting self-confidence are beyond your control, there are a number of things you can consciously do to build self-confidence.

A beautiful smile is one thing

Please see "Secret Weapon," page 61

Shockwave Therapy For Pain Relief



By William A. Cox, DC
Allegiance Chiropractic

A new, effective and exciting therapy called Extracorporeal Shockwave Therapy (ESWT) is now available, which adds to the existing toolbox of therapeutic modalities to treat bothersome complaints.

What Is ESWT?

Originally developed to dissolve kidney stones, ESWT is a soft tissue treatment that delivers high energy shockwaves deep into the injured tissue. These high-energy waves have been

shown to stimulate healing in soft tissues and to trigger the creation of new blood vessels thus increasing circulation.

ESWT works so well to promote healing and circulation that it is also utilized by urologists to treat erectile dysfunction and by estheticians to reduce cellulite.

What Is the Treatment Like?

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Please see "Pain Relief," page 61

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What If Mouthwash, Mints, and Gums Don't Work?

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

If you are one of the 65 million Americans with bad breath, you've probably tried most of the products on the market to treat your problem. Maybe, you've even spent thousands on Internet products that make big claims but only offer temporary relief. You're not alone.

Americans spend over \$10 Billion on breath products every year. According to Consumer Reports, these products last on average of two hours. And Consumer Reports now says that there has been no improvement in these products since 1992.

If you have chronic bad breath, the truth is that every product you can purchase to cover it up is doomed to fail. Why? Because they cannot

penetrate all the way into the biofilm on the tongue where the odors come from.

On the top of the tongue is a coating called a biofilm, that contains a number of different elements. These can be broken down into three types.

First is the bacteria. The bacteria that cause bad breath live without air. So under the very bottom layers



Richard A. Miller, DDS

of the biofilm, odor causing bacteria live, and many times that biofilm is a quarter inch thick. The second part of the biofilm is the food supply for the bacteria. This consists of dead skin cells, dead blood cells, mucous, proteins, and all types of debris. In short, the bacteria + their food = waste products – their “poop” which we smell as bad breath.

So, for any product to be effective long term, like mouthwash or mints, and even tongue scrapers or cleaners, they must penetrate to the lowest levels of the biofilm on the tongue. Unfortunately, there is no product that can do this. That's why you must keep chewing gum or sucking on mints. So, where to turn?

Fortunately, there is a process available that professionally removes the biofilm layer on the tongue called Tongue Rejuvenation®.

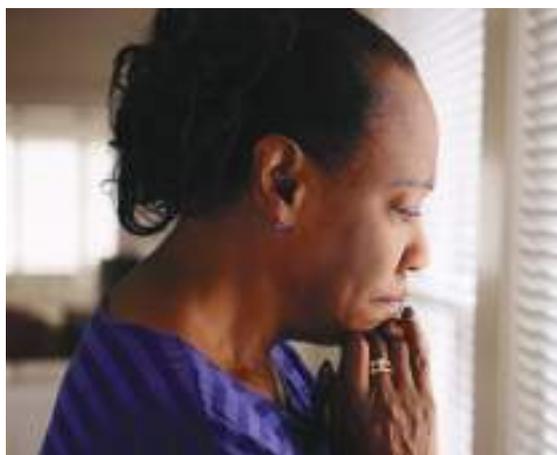
Tongue Rejuvenation, a painless treatment, was discovered in 1993 by a local dentist. Combining all the research he could find at the Georgetown University School of Medicine, some dating back to the 1800s, he pieced together a technique that eliminated biofilm down to the very base of the tongue. The result was a clean, healthy tongue with no more biofilm and no more odor. In essence,

No Biofilm = No Odor

However, instead of removing the biofilm layer, what has become popular are the professional strength mouthwashes available on the internet and sold in dental offices. However, even with their double strength, they too cannot penetrate the depths of the biofilm where the bacteria constantly spew out their waste. Tongue Rejuvenation remains the only way to eliminate biofilm – the cause of bad breath.

Research has clearly shown that 90-95% of bad breath comes from the mouth. If you have had bad breath for some time, and it is affecting your life, consider the cure – Tongue Rejuvenation.

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Minimally Invasive Foot Surgery

Permanent Cure For Bunions, Hammertoes and Calluses

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

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

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

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

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

How Minimally Invasive Surgery Differs From Traditional Foot Surgery

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

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

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

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

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

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"Burton Katzen" for
more discussions
on various foot
conditions.



Dr. Burton J. Katzen, DPM

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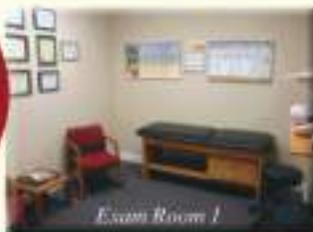
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Is Your Body Attacking Itself?



By Alan Weiss, MD
Annapolis Integrative Medicine

Sometimes autoimmune disease is not hard to detect, especially when there are clear signs and symptoms of rheumatoid arthritis. However, there are other cases where autoimmune disease is subtler and more difficult to detect. For example, when the adrenal glands are under attack, people will often go through a period of time when they just don't feel good, and unless a doctor stops to think "can this be an adrenal gland problem?" and does proper investigation, the patient may continue to suffer until the condition reaches a state of crisis.

Auto immune diseases happen when a part of the body's immune system begins to attack the body itself. Any of our body's tissues and organs are potentially susceptible to these diseases.

Our immune system is designed to protect us from external invaders such as bacteria and viruses. So in this case it is essential for life. However, when the immune system begins to turn inward and attack our body, producing inflammation and organ damage, this points to the immune system gone awry.

So what can be done? First of all symptoms may be somewhat nebulous and general, such as fatigue, a bit of joint pain, or intestinal or skin issues. Or they can be more striking and serious. It is imperative as a patient that you have blood work done looking for autoimmune disease. Lab tests that can point to the inflammatory changes of autoimmune disease include c-reactive protein and sedimentation rate. Doctors can also order a rheumatoid factor, anti-nuclear antibody tests, as well as testing for antibodies directed

Please see "Attacking," page 61

Bariatric Surgery and Sleep Apnea



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

100 pounds overweight). Patients have snoring and 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

Please see "Sleep Apnea," page 61

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

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How To Save Money When You're On Medicare

Submitted by
Montgomery County SHIP

Healthcare costs can be a pricey item in the average American's budget. And these costs continue to rise each year, taking bigger bites out of your income. If you or a family member is retired or under 65 and disabled, where can you get help?

In Maryland, Medicare-eligible residents can get help from four state and federally funded programs with their Part B premiums and their prescription drug costs.

Medicare Savings Programs

The Medicare Savings Program includes two joint federal and state programs to help pay Part A and B premiums, plus other medical costs.

Qualified Medicare Beneficiary (QMB) and Specified Low Income Medicare Beneficiary Programs, known as QMB (kwim'-bee) and SLMB (slim'-bee) pay full or partial benefits. Eligibility is different for the two programs.

- QMB: Pays monthly Part B and Part A (if applicable) premiums, deductibles, coinsurance, and co-pays.
- SLMB: Pays monthly Part B premium only.

If you have limited income and resources, and meet other requirements, you can apply using one application for either program. Once approved, you will have to recertify every year or lose these benefits.

Prescription Drug Savings

The federal Extra Help Program, or Low-Income Subsidy (LIS), helps people with limited resources and income pay for Medicare Part D Prescription Drug Plan costs, including monthly premiums, deductibles, and co-pays.

If you have Medicare, and depending on your income and assets, you may qualify for either full or partial Extra Help. Both programs help with the cost of your drugs.

Maryland Senior Prescription Drug Assistance Program

The Maryland Senior Prescription Drug Assistance Program (SPDAP) helps pay up to \$50.00 per month for Medicare Part D or Medicare Advantage prescription drug plan premiums. Eligibility requirements are:

- Show residency in Maryland for at least six months
- Receive Medicare
- Have an income at or below 300%

of the Federal Poverty Level

If you qualify for the federal Extra Help program, you are not eligible for SPDAP.

Where To Go For Information

For help with your prescription drug plan costs, these websites have information and an application:

Montgomery County SHIP: www.MedicareABCD.org

Medicare Savings Programs (QMB/SLMB): <https://mmcp.health.maryland.gov/Pages/Medicare-Savings-Programs.aspx>

Extra Help Program: <https://www.ssa.gov/benefits/medicare/pre->

[precriptionhelp/](https://www.ssa.gov/benefits/medicare/precriptionhelp/)

Maryland SPDAP: <https://marylandspdap.com/>

So Where Can You Go For More Medicare Information?

The State Health Insurance Assistance Program (SHIP) is a supporting federal program designed to provide local, in-depth, and unbiased insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

Montgomery County SHIP is your local resource for all things Medicare.

We counsel and inform Mont-

gomery County, Maryland, Medicare-eligible residents about Medicare coverage and choices, costs, beneficiary rights, and programs to help those who do not have the financial resources to pay for their coverage.

Visit our website for Medicare information at www.MedicareABCD.org or contact us directly at (301) 255-4250 or SHIP@AccessJCA.org.

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Difficulty Hearing Over The Phone?

See What's Said With Captioned Telephone

By Maryland Relay/
Telecommunications Access of MD

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

What Is Captioned Telephone?

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

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

Who Should Use Captioned Telephone?

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

What Equipment Is Required To Use Captioned Telephone?

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

How Do I Obtain a Captioned Telephone?

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

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

How Do I Get More Information?

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

the surgery appointment.

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

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



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3. Someone who has been wearing dentures for many years

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About Dr. Sreenivasan:

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

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

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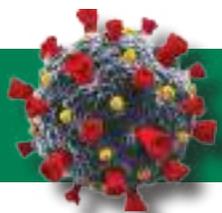
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COVID-19 Update

Reaching Herd Immunity

Over the past several months millions of Americans have been vaccinated to the point where restrictions have been lifted and the infection rate continues to decline. It has been fascinating to watch how this country has rolled out the vaccine and made it available to virtually anyone who wants it.

There is still a big "BUT" when you listen to the doctors, news and other experts. The "but" is, we still haven't reached the point of herd immunity. As of now, about 66% of adults in the US have been vaccinated. The goal of reaching 70% by July 4th isn't going to happen at the current rate.

We are also seeing a big disparity in the African American and Hispanic populations where the rate is more like 35-40%.

Herd immunity is really a mechanism to stop the spread of the virus which protects vulnerable people

because the virus can't get to them. There are several vaccinations of things like polio and measles, and each one requires a different level of vaccinations to reach herd immunity. No one really knows what that number is for this coronavirus.

To break this down a little more, it would be good for the government and science to provide more detail about immunity in general. For example, we know that many people tested positive for COVID-19 who never got sick, or exhibited only mild symptoms, probably because they were exposed to a similar virus at some point in their lives, and have immunity.

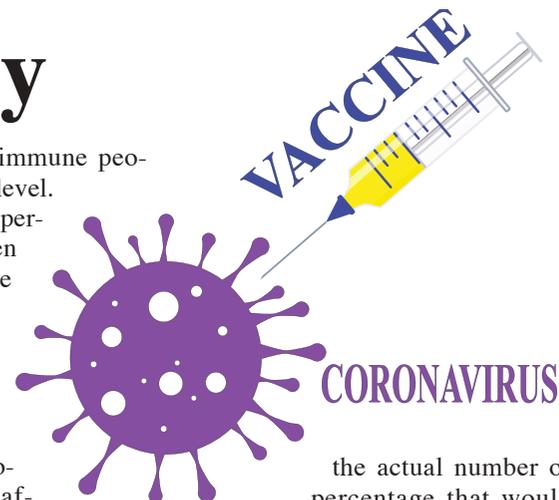
There are, of course, people who have had the virus, meaning they should be immune to that particular strain of the virus. And, there are an unknown number of people who contracted the virus but never got tested. They, too, should have immunity. These two large groups would take

the actual percent of immune people to a much higher level. Only focusing on the percentage who have been vaccinated leaves these two groups out, which would logically seem to be understating the level of immunity of the US population.

Then there are people who don't seem affected by the virus, notably something associated with type O blood, and vitamin D levels. There is still very little information available about that.

Some people are claiming they know they have been exposed to the virus, but never contracted it. They are calling this some type of "natural" immunity.

As you can see this is a very complicated picture. Trying to find



CORONAVIRUS

the actual number or percentage that would achieve herd immunity may not be possible, but things have improved exponentially in the past month or so! Hooray!

Viral outbreaks, epidemics and pandemics historically do not have an ending – they just fade away or morph into something like our annual flu season. It looks like COVID-19 will linger on for some time, maybe into next year, but we have achieved a great success, so far, in defeating it.

Is Heel Pain Affecting Your Life?



Please visit Dr. Katzen's YouTube Channel "Burton Katzen" for more discussions on various foot conditions.



Dr. Burton J. Katzen, D.P.M.

Fellow, American Academy of Ambulatory Foot and Ankle Surgery
President, Temple University School of Podiatric Medicine Alumni Board
Director, Annual Alumni Surgical Seminar TUSPM
President of the American Academy of Minimal Invasive Foot and Ankle Surgeons
Clinical Instructor, LSU
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For questions or requests for printed information on various foot topics, call the office or contact Dr. Katzen at DrburtonK@aol.com

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ACUPUNCTURE

Angel Wood, DACM, LAc

Doctor of Natural Medicine, Specializing in Natural Gut Health

Board Certified Natural Health Practitioner, Voice BioAnalysis - Let your voice tell you what your body knows.

Degrees, Training and Certificates: Doctor of Acupuncture and Chinese Medicine, Pacific College of Oriental Medicine. Graduated from the University of Maryland Medical School in Bio-genetics Engineering/Medical Research Technology. Holds a Masters Degree in Acupuncture and Oriental Medicine and a 2nd Masters Degree in Oriental Medicine and Chinese Herbs. A graduate of Tai Sophia Institute of Natural Healing, Board Certified Natural Health Practitioner.

Conditions Treated By Dr. Wood: Specialize in Natural Gut Health, building the immune system through rebalancing the intestinal tract. Pain management, fertility, female medical conditions (fibroids, painful menstrual cramps, etc.), male medical conditions, impotence, high blood pressure, diabetes, high cholesterol, vertigo, stroke, assist cancer patients, stress management, preventative medicine, weight management, nutrition, foot & heel pain, many more medical conditions. For more information see my website and the World Health Organization. Most major health insurances accepted.

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Mission Statement: There are many parts to the human body, not just physical. The human body consists of the physical part, the mental part, and the soul part. The body can not and will not heal properly if the whole person is not receiving balance. All areas of the person's body must be addressed for overall healing to take form naturally. My training, skills and expertise in Western and Eastern medicine will offer you a unique approach in Mind, Body and Soul Healing.



BARIATRIC SURGERY

Tuesday Cook, MD

Degrees, Training and Certificates: Joining the Adventist HealthCare Fort Washington Medical Center family soon, Tuesday F. A. Cook, MD, is a board certified, fellowship-trained bariatric surgeon. Performing a variety of minimally invasive foregut and weight-loss operations since 2008, Dr. Cook has also lectured on metabolic and bariatric procedures, care of the bariatric patient and diseases of the gastrointestinal tract.

Dr. Cook received her medical degree from the Howard University College of Medicine and completed a general surgery residency at Howard University Hospital. She subsequently did a fellowship in Minimally Invasive and Bariatric Surgery at the Pennsylvania State University Milton S. Hershey Medical Center and is also board certified in Obesity Medicine. Along with her focus on the treatment of obesity, she is active on many local, state, national and international committees focused on decreasing health disparities. She has been featured on nationally syndicated radio shows and social media platforms as a proponent of increased access to care and health equity, discussing the social and political determinants of health in minority communities.

Dr. Cook is passionate about the treatment of metabolic diseases by management of obesity through a multi-disciplinary, patient-centered approach and is dedicated to ensuring health equity for people of color throughout the world.



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ACUPUNCTURE & ORIENTAL MEDICINE

Young C. Yi, LAc, OMD

Yi's Acupuncture & Herbal Clinic

Degrees, Training & Certifications: Dr. Young is a licensed acupuncturist in Virginia, Maryland, and Washington D.C. He received his Doctorate of Oriental Medicine from Vladivostok State Medical University and his Masters of Traditional Oriental Medicine from Emperor's College Of Oriental Medicine. Dr. Young Yi has over 35 years of experience.

Professional Memberships & Awards: Dr. Young was a member of the Virginia state Advisory Board of Medicine from 2002-2006 and is the President of the Korean Acupuncture and Oriental Medicine Association. He was recognized as "One of the best practitioners of Oriental Medicine in the US" in *Parade Magazine* in 2001, 2002, and 2004 and was also voted *Hakwonsa Magazine's* "Best 50 Doctors" in Korea.

Clinical Interests & Services: Eye Disease - including Macular & Retinal Degeneration, Night Blindness, Diabetic Retinopathy, Glaucoma, and more. Hearing & Ear issues including Deafness, Tinnitus, Hearing Loss, Auditory Nerve Disease, Dizziness & Vertigo. Brain issues including Alzheimer's, Autism, Depression, Insomnia, Migraine Headaches, and Addictions. Other conditions treated include Allergies, Asthma, Bronchitis, Chronic Fatigue, Frozen Shoulder, Joint Pain, Back Pain, Arthritis, Sports & Car Injuries, Menopause, Infertility, PMS, and more.

Practice Philosophy: "I strive to study and understand circulation and related neurological disorders as well as eye disorders and continue to gain enlightenment of spinal neurological disorders and associated minor disorders and am determined to work hard for my suffering patients."

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BODY CONTOURING

Richard Cook, MD

Dr. Cook attended Howard University for his undergraduate education and received his Bachelor of Science in Biology with a minor in Chemistry. He graduated from the Howard University School of Medicine, and completed his Internal Medicine residency at the Union Memorial/University of Maryland program.

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AUDIOLOGY

Robin R. Robinson, AuD

Dr. Robinson founded Hearing Solutions Audiology Center to provide the excellence that patients deserve when it comes to their hearing health.

With emphasis on diagnostics and aural rehabilitation with advanced technology instruments, Dr. Robinson has been practicing for over 20 years and is board certified by the American Board of Audiology.

She received her doctoral degree in Audiology from the Arizona School of Health Sciences and her Master's and Bachelor's of Science degrees from Radford University in Virginia, graduating with Magna Cum Laude honors.

As an audiologist, Dr. Robinson has worked for large medical hospitals as well as ENT specialists, but she enjoys the personalization and patient care she is able to provide in a private practice like Hearing Solutions.



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Venetta Kalu, CNS, ND, MPHA

The Founder Venetta Kalu is a Naturopath, Clinical Nutritionist, and Author who assesses her client's health status, nutrition concerns, and wellness needs using principles of body composition, laboratory analysis, and a thorough history.

Through the modification of lifestyle behaviors, Coach Kalu sets in motion lifestyle enhancements that improve the health of her clients. Coach Kalu has been an alternative Naturopathic health practitioner since 1997. Currently, Coach Kalu also holds a Master's Degree in Clinical Nutrition and Public Health and is a Certified Classical Naturopath since 1999. After 25 years and 20,000+ clients, I have gained extensive knowledge in preventive health, holistic nutrition, and natural remedies. My passion is helping my clients find peace and balance and helping their body to heal itself through the different remedies, modalities, and protocols that I love providing and that works. Coach Kalu's ideology is to help you achieve the results you desire for your health. Coach Kalu places emphasis on detoxification and cleansing for optimal health, proper food intake for your body composition, physical, emotional, and spiritual balance.



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CHIROPRACTIC

Anthony T. Hardnett, DC, BCIM, DMBBP, DAAML P

Owner of Effective Integrative Healthcare, Effective Chiropractic Health & Wellness Center and Maryland Cryotherapy

Degrees, Training and Certificates: Bachelor's in Biological Science; Doctorate of Chiropractic; National Board Certified in Part I, II, III, IV and PT; DAAML P-Diplomate from American Academy of Medical Legal Professionals; BCIM-Board Certified in Integrated Medicine and DMBBP- Diplomate from College of Manipulative and Body Based Practices. Trained in the latest evidence-based Chiropractic and Physical Therapy Treatments. Certified in M.U.A's.

Professional Memberships/Associations: MCA, ACA, NAACCC, WAACCC, AAMCP, ICA and AAIM.

Areas of Interest: Chiropractic, Physical Therapy, Nutrition, Personal Injury Specialist, Headaches, Disc injuries, Sports Related Conditions and Pinched Nerves.

Family/Hobbies/Interests: He enjoys spending time with the family, playing sports and learning all the latest treatments to keep people pain-free and healthy.

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CONVENTIONAL/ ALTERNATIVE MEDICINE

Paul V. Beals, MD, CCN

Dr. Paul V. Beals, MD, CCN is a family physician and certified clinical nutritionist whose sole aim is to care for his patients to the best of his ability at ALL times.

Dr. Beals is a member of ILAD, the International Lyme & Associated Diseases Society and uses ILADS protocols and complementary medicine to treat Lyme Disease. Another area of his expertise is non-toxic, non-invasive therapies for cancer and cardiovascular disease.

Dr. Beals is dedicated to help patients who are in dire need of medical attention in one aspect or the other. His team approaches patients who are looking for holistic, non-toxic options and adopt a lot of medical strategies ranging from self-motivation, nutrition, and some other therapies to improve the mental, physical and emotional well being of the patient.

Dr. Beals strongly believes in educating the individual on the treatment options available and appropriate to the individual's needs and health. He draws on his experience as an alternative medicine doctor and integrated family physician to give his patients the very best medical care.

His specialties include: Chronic Lyme Disease, Heart Disease Treatment, Holistic Cancer Therapy, Hormonal Issues, Diabetes, Chronic Fatigue Syndrome, Autoimmune Diseases and Arthritis. Dr. Beals utilizes, but doesn't limit himself to, conventional medicine like drugs and surgery. Rather he offers his patients "the best of both worlds."

120 Sallitt Drive
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DrPaulVBeals.com



CHIROPRACTIC

Alicia Kovach, DC

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

Hobbies: Dr. Kovach enjoys spending time with her son Colton and her family and friends. She also enjoys staying active running and is an avid sports fan.

Inspiration: Helping people restore their health naturally on a daily basis.

Most Memorable Moment: Through the use of the chiropractic care and other wellness modalities, she has seen patients go from extreme back and/or neck pain to little or no pain and the ability to return to a productive life. Patients injured through automobile accidents or work related accidents that could hardly function daily in their jobs have been able to return to work and daily activities pain free.



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Gambrills, MD 21054
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www.KovachChiropractic.com



CHIROPRACTIC

Sara Donnelly, DC

Dr. Sara Donnelly may be the newest Croftonian, she recently moved to Crofton and joined Kovach Chiropractic and Wellness Center as their newest doctor. She grew up in Olmsted Falls, a suburb of Cleveland, Ohio. "I have a very holistic approach to health," said Dr. Donnelly. When her daughter was born, she began seeing a local Cleveland chiropractor. It was he who inspired her to take a closer look into the profession. Dr. Donnelly always had a desire to help people; in her early college years, she had been studying to become a teacher. However, with her newfound love of chiropractic, something clicked. She knew this profession would fulfill both her desire to teach, and her desire to serve.

Dr. Donnelly and her daughter moved to Davenport, Iowa. There, she attended Palmer College of Chiropractic, the same school that Dr. Kovach attended years ago. The program is five academic years, but offered at an accelerated pace. Dr. Donnelly studied year round and completed her degree in three and half calendar years. Dr. Donnelly says her family was very supportive and she found a nice community of people in Davenport that helped her along her journey.

She enjoyed the program, in particular the radiology portion. She helped as a student teacher in that department during her time on campus. She also worked for a year as an intern at the Palmer Clinic in Davenport; there, she had the opportunity to work with clinicians who are among the best in the profession. Upon graduation, Dr. Donnelly considered staying in Iowa to be near the people they had grown close to over the course of her education. However, a friend of hers encouraged Dr. Donnelly to consider where she and her daughter would be most happy. She had always wanted to live on the East Coast; she had loved Maryland and the bay since visiting the area as a kid.

Dr. Donnelly was connected with Dr. Kovach through a women's chiropractic group on facebook. She loved her approach to health and her chiropractic philosophy. "I came out here to visit and I just knew this is what I wanted," said Dr. Donnelly. During her visit with Dr. Kovach, who also lives in Crofton, she was drawn to the relative quiet of Crofton and liked that the neighbors were kind and welcoming.

Dr. Donnelly started at Kovach Chiropractic and Wellness Center in mid-march at their new office at 959 Annapolis Road (MD Route 175) in Gambrills. She's taking on new patients of all ages. Dr. Donnelly says she sees chiropractic as a service where she learns about her patient's pain, listens to their health story and helps them be well. "Listening is the most important thing in getting to know a new patient," said Dr. Donnelly. To book an initial consultation with Dr. Donnelly, call Kovach Chiropractic at (410) 697-3566.



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CPR TRAINING

Tara White

Whether it's teaching students, advising clients, or counseling patients, Tara White has always found herself pursuing her dreams and passions, adapting to her environment, stepping in to fill a need whenever it arises. Her current journey began in 2015 when her uncle choked on a hotdog in front of her, and subsequently passed away.

This was the catalyst for her crusade to ensure that people in the community are CPR-trained and equipped with the necessary skills to respond to real-life emergencies. TFC (Teaching For Charles) Lifesavers was born in an effort to increase the very low percentage of people in this country who are certified in first aid, CPR, and AED usage. TFC Lifesavers now has over 40 instructors in 18 states and has trained thousands of students in various health, safety and life-saving skills.

Education: Post Masters Certification in Child and Family Counseling – Wilmington University – 2012, Master of Education in Elementary and Secondary School Counseling – Wilmington University – 2011, Master of Primary Education K-4 – Wilmington University – 2004 and Bachelor of Arts – Criminal Justice University of Delaware – 2001

Certifications: American Safety and Health Institute Active Violence Instructor Trainer, American Safety and Health Institute FA/CPRAED Instructor Trainer, American Safety and Health Institute Basic Life Support Instructor, American Red Cross FA/CPRAED Instructor Trainer, American Red Cross Basic Life Support Instructor Trainer, American Red Cross CPR for the Professional Rescuer Instructor, American Red Cross Babysitting Training Instructor Trainer, American Heart Association Basic Life Support Instructor Faculty, Nationally Registered Emergency Medical Technician (EMT).



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DENTISTRY

Abiodun Adesanya, DDS, PC

Degrees, Training and Certification: Dr. Abiodun Adesanya graduated in 1983 from the University of Ibadan, College of Dentistry, Nigeria. He completed two years of postgraduate training in Nigeria, two years of residency training in Hospital Dentistry at Meharry Hubbard Hospital in Nashville, TN and General Dentistry at Carolinas Medical Center in Charlotte, NC.

Professional Memberships and Associations: Dr. Adesanya has been named one of the Washington's Area Top Dentists in 2005, 2007, 2008 and every year thereafter. He received Prince George's County's 2012 Best Dentist award from the *Bowie Patch*. He attends several dental seminars yearly, enjoys reading dental journals, and has kept abreast of the latest dental techniques and technology to better serve his patients. He is a member of the Academy of General Dentistry, Maryland Dental Association, and Bowie/Crofton Dental Study Club.

Practice Philosophy: Dr. Adesanya's passion is to enhance the total oral health, function and smiles of his patients.

Hobbies: When spending time out of the office Dr. Adesanya enjoys keeping in touch with family and friends.

Services: Bonding, Cosmetic Contouring, Crowns and Bridges, Specialty Denture, Cosmetic Fillings, Implants, Veneers, Whitening, Sealants, Root Canal Therapy, Extractions, Scaling and Root Planing, Dentures, Cosmetic Dentistry



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DENTISTRY

Judy Yu, DMD

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

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

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



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DERMATOLOGY

Robert S. Berger, MD

Dr. Robert S. Berger specializes in dermatology. At Charles County Dermatology Associates, Dr. Berger treats patients of all ages in White Plains, Maryland, and the surrounding areas.

Dr. Berger obtained his undergraduate degree at Boston College, Chestnut Hill, Massachusetts. He went on to graduate from New York Medical College, Valhalla, New York. Dr. Berger finished a medical internship at the Washington Hospital Center, Washington, DC. He served as a United States Air Force Flight Surgeon for four years. After which, Dr. Berger finished a dermatology residency at Wilford Hall USAF Medical Center, San Antonio. While a resident, Dr. Berger received national awards for research papers. After leaving United States Air Force, Dr. Berger started his practice in Waldorf. Shortly after starting his practice he was recalled to serve in Desert Storm. Dr. Berger was the only active duty USAF dermatologist located along the Eastern seaboard during Operation Desert Storm.

After Operation Desert Storm, Dr. Berger became a faculty member at Johns Hopkins Department of Dermatology, Baltimore, where he is currently an assistant professor. He has been honored twice as Outstanding Teaching Attending Physician by residents at Johns Hopkins (JHU). Board certified by the American Board of Dermatology, Dr. Berger has developed nationwide protocols for the treatment of acne utilizing a vacuum assisted intense pulsed light device. His pioneering efforts in the treatment of acne with light therapy have earned him the most experience in the world with this treatment modality. In addition to expertly treating acne, psoriasis, eczema, and all other skin disorders, Dr. Berger skillfully diagnoses and treats skin cancers. To date, he has diagnosed and/or treated more than 35,000 skin cancers. Dr. Berger also treats patients with light therapies for color spots, spider veins, hair removal, wrinkles, acne, tattoo removal, skin tightening, and skin resurfacing.



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DENTISTRY

Thomas L. Lutz, DDS

Degrees and Training: Dr. Lutz received his DDS degree from the University of Michigan. After graduation Dr. Lutz completed a two year General Dental Residency at Wyckoff Heights Medical Center in Brooklyn, NY. During residency Dr. Lutz received training in implant dentistry, pediatric dentistry and dental trauma.

Professional Memberships and Associations: American Dental Association, Fellow of the Academy of General Dentistry, American Academy of Implant Dentistry, Maryland State Dental Association.

Practice Philosophy: As healthcare evolves and patient care becomes more impersonal, Dr. Lutz has maintained a personal touch. He understands that every patient is unique and presents with their own health concerns. Dr. Lutz respects the individual goals of his patients and works with them to achieve the best results.

My Best Health Advice: I always see patients that have waited too long to address a dental concern. Often dental issues can be caught earlier and treated before a dental emergency arises.



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OdentonFamilyDentistry.com



DERMATOLOGY

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

Degrees, Training & Certifications: Dr. Maragh is Board Certified in general, surgical, cosmetic and laser Dermatology by the American Board of Dermatology. She received her training at The Mayo Clinic Department of Dermatology and Dermatologic Surgery in Rochester, Minnesota. She completed additional surgical fellowship training in Mohs micrographic skin cancer surgery with advanced facial reconstruction and minimally invasive cosmetic surgery procedures. Dr. Maragh is a cum laude graduate of Hampton University in Hampton, VA. She completed her medical studies with Alpha Omega Alpha Honors at the University of Maryland School of Medicine.

Professional Memberships: Dr. Maragh is a fellow of the American Academy of Dermatology, the American Society of Dermatologic Surgery and the American Academy of Cosmetic Surgery. Dr. Maragh is a member of the American College of Mohs Surgery, reserved only for fellowship trained Mohs skin cancer surgeons.

Services & Special Interests: Skin Cancer Screening, Mohs Skin Cancer Surgery, Mole Removals, Acne and Rash Evaluations, Laser Age/Sun Spot Removal, Skin Resurfacing, Laser Hair Removal, IPL Photofacial, Laser for Vascular Lesions, Nonsurgical Facelift, BOTOX®, Restylane®, Microdermabrasion, Facials, Chemical Peels, SmartLipo™ Laser Liposculpture, Cosmetic Eyelid Surgery, Ultherapy, Emsculpt NEO, RF microneedling and PRP. Learn more at: www.MaraghDermatology.com

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DENTISTRY

Deana Moody, DDS

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

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

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

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

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GENERAL DENTISTRY

Craig A. Smith, DDS

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)

Professional Memberships/Associations: National Dental Association

Areas of Interest: Root canal therapy, implants

Hobbies: Motorcycling, boating and spending time with family and friends.

Additional: The vast majority of the general public do not understand that some diseases first manifest in the mouth. That's why patient information is so crucial. Stressing the importance of healthy teeth and gums through regular recall visits is a good start.

Practice Philosophy: Your smile is very important. It is my mission to give my patients the smile they desire through education, dedication and a gentle touch.

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GENERAL SURGERY

Sharnell Smith, MD

Degrees, Training and Certificates: Sharnell S. Smith, MD, is a board certified general surgeon at Adventist HealthCare Fort Washington Medical Center with over nine years of experience. She received her medical degree from Howard University College of Medicine and completed her residency at Howard University Hospital where she was Chief Resident. Prior to joining Adventist HealthCare, Dr. Smith worked as an acute care trauma surgeon at Winchester Medical Center in Winchester, Virginia.

Dr. Smith's philosophy of care is to treat all patients as individuals with their own story and journey. She ensures that she listens to her patients' needs and then asks questions. Dr. Smith believes that it's critically important to thoroughly explain diagnoses and any procedures. She believes that when patients feel that they are being heard and informed they are more trusting of their physician.



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HEART CARE

Terence Bertele, MD

Dr. Bertele is the Medical Director of Chesapeake & Washington Heart Care.

He graduated from New York University and trained in medicine at George Washington University Hospital and Georgetown University Hospital. Dr. Bertele has been a board certified cardiologist since 1985. He has special interests in pacemaker and AICD management and atrial fibrillation strategies. He has a residence in Solomons Island, MD and Washington, DC.

Dr. Bertele is a member of the American College of Cardiology (ACC) and is board certified in Internal Medicine and Cardiovascular Disease.



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GENERAL SURGERY

Felipe Rodriguez, MD

Degrees, Training and Certificates: Felipe Rodriguez, MD, is a general, breast and gastrointestinal surgeon at Adventist HealthCare Fort Washington Medical Center with decades of experience providing quality, compassionate care. He attended The Autonomous University of Santo Domingo and completed his residency at Washington Hospital Center.

Through his years of experience, Dr. Rodriguez has participated in international training and educational programs. Treating a wide range of medical conditions, he is committed to providing the community with expert surgical care.



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HOSPICE/ PALLIATIVE MEDICINE

Eric Bush, MD, RPh, MBA Chief Medical Officer and Physician

Degrees, Training and Certificates: Board certified in Hospice and Palliative Medicine by the American Board of Internal Medicine, Internal Medicine and Addiction Medicine. SUNY at Buffalo School of Medicine, MD Degree. SUNY at Buffalo School of Management, MBA Health Systems Administration. SUNY at Buffalo School of Pharmacy, BS Pharmacy.

Professional Memberships and Associations: Member of the National Hospice and Palliative Care Organization.

Family, Hobbies and Interests: Faith and family are important to Dr. Bush. He lives in Howard County with his wife, Dr. Marianna Cunanan-Bush, MD, a hospitalist at University of Maryland Baltimore Washington Medical Center, and their three children.

Practice Philosophy: The principle that guides me is true patient-centered care. The final decision is with the patient. It is up to me to make sure that the patient has all the information they need communicated in a way that they can understand and feel comfortable in making that decision.

It is great to be in a position where I can use all three of my degrees. I love interacting with patients. I can help them with my medical background in oncology, hospice and palliative care and pharmaceuticals. I also can help them and their families by helping to run an organization that is ethical, sustainable and integral to the community.



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HEALTH/WELLNESS

Linda Penkala

Linda's massage therapy clients have shared that her hands, heart and knowledge of essential oils has been an invaluable part of their wellness journey. Her hands were honed on the back of a horse as a jockey in Maryland, as the leading female rider, and one of the top 10 in the country. Her racetrack career took her from New York to Florida then Saratoga and New England, and is grateful to be alive following such a risky occupation. Her next profession as an LMT and member of ABMP professional organization, has lasted 34 years. Her laser passion is to empower, educate and encourage healthier choices for life. She accomplishes this through massage therapy, aromatherapy, guided meditations, corporate online presentations, writing published health articles along with community teachings. Linda is a member of The Central Maryland Chamber, The Business Women's Network, and Young Living Essential Oils and can be found on www.lindapenkala.com.

Her recently published book, *The Pause to Relax Ladies for Robust Heart Health*, weaves both horses and clients through your journey of paying attention to wiser lifestyle choices. Having had a medical moment with her heart allowed her to peek into the lens of her life in regard to stress and life lessons she learned. As she dug deeper in research, she found heart disease is the #1 life stealer of women, and felt called to share this timely nugget of information with all. When reading the fact that women surpassed men of dying due to CVD in the 1980's, her drive deepened to get the word out. This small inspiring book is in E book format, on Amazon, in bookstores and includes her Wise Heart Health for Women program she created along with 9 Pillars of Heart Disease Prevention she has taught for years.

With the meteoric rise in stress levels and the need for holistic solutions due to the pandemic, it becomes clear to see the value and need for this guidebook, as chronic stress impacts heart health. Linda's greatest joy, along with loving her 6 Grandkids, is helping others connect the dots to naturally embrace health and wellness to thrive, not merely survive through 2021 and beyond.



HYPNOSIS/YOGA

Toni Greene

Degrees: Graduate Gemologist, Yoga Teaching Certification, Hypnosis

Services Offered: A yoga mix - all kinds of yoga; custom jewelry and clothing; Holistic Counseling; Tai Chi; Laughing Yoga; Hypnosis; Yoga Teacher Certifications Available

Special Interests: Yoga, Reiki, Ayurveda, Numerology, Hypnosis

Family: Married with two children.

I love being around people, I am also a creative and spiritual person. I try to bring both creativity and spirituality to everything I do. People say I am energetic and I attribute my high energy level to over 20 years of yoga practice. I own and operate both a clothing store and yoga studio. Through these businesses, I am able to combine and share my creativity and spirituality with others. What brings me the most joy is seeing the smiling face of a satisfied customer in my clothing store or the relaxed body of a yoga student in my studio.

Practice Philosophy: I always say, "Make the time to practice yoga. Out of a 40 hour work week, take one hour for yourself. To revitalize your mind, soul, spirit and body. A total and complete work-out."

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INTEGRATIVE MEDICINE

Karen Clarke-Bennett, DO

Degrees, Training, and Certificates: Trained at Johns Hopkins University, Georgetown University, University of Medicine and Dentistry of New Jersey, and George Washington University. Doctor of Medicine, Master's Degree in Public Health, Special Training in Osteopathic Medicine

Professional Memberships/Associations: American Academy of Family Physicians, International Association for Physicians in Aesthetic Medicine, American Society of Bariatric Physicians, Center for Medical Weight Loss, United Patients Group

Areas of Interest: Aesthetics, Obesity Management, Wellness, Integrative Medicine, Medical Cannabis

Practice Philosophy: We treat the WHOLE patient. The physician and the patient work as a team to achieve a healthful goal.

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INTERNAL MEDICINE

Darryl A. Hill, MD

**Board Certified in Internal Medicine
by the American Board of Internal Medicine**

Education:

- College: Rutgers University, New Brunswick, NJ. BA Biology 1991
- Med School: University of Medicine & Dentistry (UMDNJ) 1995
- Internship: University of Maryland Hospital 1996
- Residency: University of Maryland Hospital 1997-1998

Honors:

- Board Certified Internal Medicine by the American Board of Internal Medicine

Practice Philosophy:

- To provide excellent medical care
- To prevent medical disease with effective lifestyle and behavioral interventions
- Development of long term doctor patient relationship
- To listen to all and to communicate effectively

Interests: Traveling, Sports, Spending time with family, Enjoying the outdoors

Organizations:

- Member, State Medical Society
- Fellow, American College of Physicians

Family: Married with 2 children

Areas of Interest: Preventive Health, High Blood Pressure Management, Diabetes, Detox Wellness, Erectile Dysfunction Management



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INTEGRATIVE MEDICINE

Alan Weiss, MD

Degrees: Bachelor of Arts University of Virginia, Doctor of Medicine: McGill University.

Post-Graduate Training: University of Hawaii Internship in Medicine, St. Elizabeth's Hospital (Boston) Residency in Internal Medicine, Board Certified Internal Medicine, Fellow American Academy of Anti-Aging Medicine

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

Areas of Interest:

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



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Ladan Eshkevari, PhD, CRNA, LAc, FAAN

Dr. Eshkevari has been a professor at Georgetown University for over 20 years. She earned her BS in nursing with Honors from the University of MD, her MS in Nurse Anesthesia from Columbia University, NY and earned her doctorate in Physiology and Biophysics from Georgetown University. She is an expert in the area of anesthesia, pain management, and alternative medicine, and holds a diplomate degree in Traditional Chinese Medicine and Acupuncture.

Dr. Eshkevari has expertise in central and peripheral mechanisms of pain and stress responses; and her specific area of research involves identifying physiologic markers for chronic stress, and stress induced depression and anxiety that are modulated by acupuncture.

Dr. Eshkevari has been published in numerous journals, including *Experimental Biology and Medicine*, and *Endocrinology*. Her research has stimulated international interest in her work, which has been highlighted in numerous popular magazines such as *National Geographic*, *Time Magazine* and on NPR Boston. She was recently inducted as a Fellow in the American Academy of Nursing, the highest honor bestowed on nurses both nationally, and internationally.



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INTEGRATIVE MEDICINE

Tracy Freeman, MD

Education/Experience: Dr. Freeman graduated from Howard University College of Medicine in 1998 and has been in practice for 20 years. She completed a residency at University of Florida Shands Hospital.

Skills: Dr. Freeman is a holistic Internist in the DMV area and is a valuable asset to alternative approaches to many health issues from chronic fatigue, endocrine issues, gastrointestinal issues, Lyme disease, autism spectrum, as well as post operative care protocols for cosmetic plastic surgery.

Goal: Dr. Freeman's goal is to provide integrative medical care that looks for the root cause of illness and taps into your body's natural healing abilities. She listens to her patients and works with them to formulate an effective and feasible plan. Food, herbs and supplements coupled with medicine when needed are the tools used.

5530 Wisconsin Avenue
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www.tracyfreemanmd.com



MENTAL HEALTH

Bertha L. White, MSW, LCSW-C

Bertha L. White is the President and CEO of Agent Of Change, LLC, Mental Health Services and Resources. She is a Licensed Certified Social Worker - Clinical, (LCSW-C) in the state of Maryland. Bertha earned her Bachelor of Psychology at the University of Maryland-European Division while traveling abroad with her military family. She earned her Master of Social Work at the University of Maryland-Baltimore.

With over 20 years' experience, Ms. White founded Agent of Change in 2009, to promote her vision of a premier Mental/Behavioral Health Agency in the Southern Maryland Region. We exist to provide qualified support and interventions that positively impact personal growth and wellness. We recognize the journey to making necessary changes to overcome life's obstacles can be difficult, but be encouraged.

Ms. White specializes in: Child, Adolescent, and Adult Psychiatric Diagnostic Evaluations, diagnosing, and treatment of a wide spectrum of Mental Illnesses and Behavioral Health conditions. She is a Certified Clinical Trauma Professional and Certified Dialectical Behavioral Therapist. Often, the focus of clinical attention is past and current circumstances that don't meet diagnostic criteria. Yet, these circumstances still impact life with feelings of brokenness. At Agent of Change, we strive to support life that's more mentally, emotionally, physically, and spiritually balanced. We promote community organizing, advocacy, social awareness efforts and program development, and are in partnership with community resources and programs.

Ms. White remains "faithful, humbled, and dedicated to her efforts to be an agent of change."



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MEDICAL ONCOLOGY

Paul Bannen, MD

Dr. Paul Bannen specializes in medical oncology and is board certified. He received his medical degree from University of Missouri-Columbia School of Medicine and completed his internal medicine residency at University of Texas Health Science Center. He then went on to complete his fellowship at Georgetown University.

Medical Education: University of Missouri-Columbia School of Medicine

Internal Medicine Residency: University of Texas Health Science Center

Certification: Internal Medicine and Medical Oncology

Fellowship Training: Georgetown University

Practice Locations: Regional Cancer Care Associates

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MEDICAL ONCOLOGY

Frederick Barr, MD

Dr. Frederick Barr specializes in medical oncology and is board certified. He received his medical degree from Northwestern University Feinberg School of Medicine and completed his internal medicine residency at Northwestern Memorial Hospital.

Medical Education: Northwestern University Feinberg School of Medicine

Residency: Northwestern Memorial Hospital

Board Certifications: Internal Medicine, Medical Oncology

Practice Location: Regional Cancer Care Associates

Chevy Chase • 301-657-4588
5454 Wisconsin Avenue, Suite #1300
Chevy Chase, MD 20815



MEDICAL ONCOLOGY



Chitra Rajagopal, MD

Dr. Chitra Rajagopal specializes in medical oncology and is board certified. She received her medical degree from Madras Medical College and completed her internal medicine residency and fellowship at Georgetown University.

Medical Education: Madras Medical College

Internal Medicine Residency: Georgetown University

Certification: Internal Medicine and Medical Oncology

Fellowship Training: Georgetown University

Practice Locations: Regional Cancer Care Associates

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MEDICAL ONCOLOGY

Frederick P. Smith, MD

Frederick P. Smith, MD, is a board-certified medical oncologist who completed his oncology training at Georgetown University's Lombardi Cancer Center. A native of Burma, Dr. Smith attended Niagara University in New York and later attended St. Louis University Medical School, where he graduated cum laude. Following medical school, he completed residency and oncology fellowship at Georgetown University. He remained a full-time member of Georgetown's academic faculty for five years and actively participated in clinical trials, teaching and patient care.

Dr. Smith is well-published, having contributed to over 70 oncology publications throughout his career. He has been in private practice in the D.C. metropolitan area for many years and has been an integral advocate in the community to promote access to clinical research. In practice, he continues to pursue cutting-edge cancer care focused on the comfort and satisfaction of each patient and his or her family.

Medical Education: St. Louis University (cum laude)

Residency: Georgetown University

Fellowship: Georgetown University

Board Certifications: Medical Oncology

Practice Location: Regional Cancer Care Associates

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5454 Wisconsin Avenue, Suite #1300 • Chevy Chase, MD 20815



MEDICAL ONCOLOGY

Dongmei Wang, MD

Dr. Dongmei Wang is a board-certified medical oncology specialist. She received her medical degree from Capital University of Medical Sciences and completed her internal medicine residency at St. Vincent's Medical Center in Bridgeport, CT. From there, Dr. Wang completed her fellowship training in medical oncology and hematology at the National Cancer Institute in Bethesda, MD.

Medical Education: Capital University of Medical Sciences, Beijing, China

Residency Internship: Training Center of Gen Practice, Beijing, China

Internal Medicine Residency: St. Vincent's Medical Center, Bridgeport, CT; College of Physicians and Surgeons, Columbia University, New York, NY

Fellowship: Medical Oncology and Hematology, National Cancer Institute and National Heart, Lung & Blood Institute, Bethesda, MD

Board Certified: Internal Medicine and Medical Oncology

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MENTAL HEALTH

Monica Greene, PhD

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

Specialty: Individual, couples and family psychotherapy

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

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

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NURSE PRACTITIONER

Josyane Kengni, CRNP, PMH

Josyane Kengni, CRNP, PMH is a board-certified nurse practitioner in Psychiatry and Behavioral Health. She has a bachelor's degree and a master's degree in nursing with years of nursing experience in a variety of settings. Josyane is licensed to provide psychotherapy and psychopharmacology in Maryland and West Virginia. She is experienced in working with children, adolescents, adults, and the geriatric population to diagnose and treat mental health problems. She works with patients dealing with depression, anxiety disorders, substance abuse, PTSD, schizophrenia, and many others.

Josyane draws on her experience as a medical nurse to rule out any possible medical conditions that could be affecting a patient's mental health before treating a psychiatric condition.

"My responsibility as a mental health nurse practitioner is to provide evidence-based psychopharmacology and psychotherapy to individuals. I believe if the patient's mental functioning is restored or compensated for, then their social functioning is positively impacted and thus their economic capabilities are improved."

Josyane is committed to having a positive impact on the community.

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MOBILE DENTISTRY

Namita K. Thapar-Dua, DDS

Dr. Namita K. Thapar-Dua (formerly known as Dr. Chaudhary) is a different kind of dentist. She takes time to listen to the patients (even with Alzheimer's) and provide them with the best care she can. Rather than rushing through dental visits, Dr. Thapar-Dua listens, talks, and serves her patients by investing in long-term relationships.

A Magna Cum Laude graduate of the University of Maryland's prestigious Baltimore College of Dental Surgery, Dr. Thapar-Dua completed a general practice residency with the Veteran's Affairs Medical Center in Washington, DC. She is continually dedicated to advanced, postdoctoral study. Advanced training allows her to provide patients with a health-centered and aesthetically pleasing approach to family dental care.

Formerly, Dr. Thapar-Dua co-owned The Mobile Dentist, which serviced more than 50 senior living communities throughout Maryland and the DC area. Having spent a large portion of her career focusing on the special needs of senior patients, Dr. Thapar-Dua's experience in geriatric dental care is profound. To go beyond mobile dentistry, Dr. Thapar-Dua introduced SENIOR Smile, a service that takes the dental office into senior centers and residences to provide comfortable, personalized dental care.

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UROGYNECOLOGY/ GYN SURGERY

Shobha Sikka, MD

Dr. Shobha Sikka has been honored to be selected as one of the TOP WASHINGTONIAN DOCTORS continuously since 2015. She is Board Certified by the American College of Obstetrics and Gynecology and has Sub-specialty Board Certification in Female Pelvic Medicine and Reconstructive Surgery (Urogynecology). She also completed a 2 year Sub-specialty Fellowship in Minimally Invasive Gynecological Surgery at St. Elizabeth Hospital in Utica, NY in 2010.

Being Board Certified in Urogynecology, she has the expertise to treat women with a diversity of bladder and pelvic health issues including urinary incontinence and pelvic organ prolapse. Her approach is to use a combination of conservative and surgical treatments which can be offered to women in these situations. Her training enables her to use advanced minimally invasive surgical techniques to treat complex gynecological conditions like fibroids, endometriosis, pelvic pain, uterine anomalies and several urogynecological conditions. She specializes in robotic, laparoscopic, hysteroscopic and vaginal surgeries. Her practice also offers MonaLisa Touch vaginal laser to help women with symptoms of vaginal dryness.

She pursued a 4 year residency training in Obstetrics and Gynecology at Rochester General Hospital, Rochester, NY from 2002-2006. During her residency, she received a commendation for teaching. She completed her medical school at Institute of Medical Sciences, Banaras Hindu University, Varanasi, India. She completed a 3 year residency training in Obstetrics and Gynecology at the Institute of Medical Sciences, BHU, India prior to coming to the United States. She is a member of AUGS (American Urogynecologic Society).

She has also been nominated as the gynecologist to serve the women in the Indian Embassy. She is fluent in English and Hindi and lives with her husband and two children. She loves to paint and spend time with her family.

Doctor Sikka has been the Top Washingtonian Doctor every year since 2015-2020.
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NURSE PRACTITIONER

T. Victoria Proctor, DNP

Dr. Proctor has been a Holistic Health and Wellness professional for almost 30 years. A native New Yorker, she received her education in Maryland. She attended Frostburg State College receiving her BS degree in Psychology and went on to complete a nursing degree at The Johns Hopkins University School of Nursing. In her quest to understand how to help others achieve healthy lifestyles, she completed a Master of Science degree in Exercise Physiology from the University of Maryland at College Park, received her license as a Massage Therapist, a certification as a Holistic Health Coach from the Institute of Nutrition in New York City, and her Doctor of Nursing Practice with a specialization in Family practice from the University of Maryland School of Nursing.

She is board certified by the American Academy of Nurse Practitioners. Dr. Proctor was nominated three times for Baltimore's Best Nurse - Excellence in Nursing Award and received the honor twice in 2017 and 2019. Dr. Proctor has excellent clinical and communication skills and a clear understanding of the sincere need for preventative care in health promotion and disease prevention. She has a strong professional interest and background in cardiovascular disease/physiology, metabolism, and type II diabetes. She believes in the Mind-Body approach to health, wellness, and education.

If the mind has an appreciation for what the body can do, lifetime health can be achieved. She firmly believes that the only way we will have an impact on the health crisis facing this country is to commit ourselves to teaching and guiding individuals (especially the most at risk) on how to make small life-style changes for long-term health gain. Her motto is, "small steps...great gains!"

Dr. Proctor enjoys gardening, caring for her house plants, and tending to her indoor worm bin! She loves all sports especially cycling, running, and weight training. She is a three-time nominated "most outstanding runner," a seven-time All-American track star, NCAA Division III National Champion and a record setter who has been inducted into Frostburg State's Athletic Hall of Fame. And a proud member of Alpha Kappa Alpha, Sorority, Inc.

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OB/GYN

Rupen Baxi, MD

Dr. Baxi is a board certified and fellowship trained GYN surgeon with advanced technical and surgical skills. He completed an internship in General Surgery at the Jewish Hospital of Cincinnati followed by a residency in Obstetrics & Gynecology at Oakland University William Beaumont School of Medicine and Health System. While in residency, he was awarded the Special Resident in Minimally Invasive Surgery Award, sponsored by the American Association of Gynecologic Laparoscopists (AAGL). He then went on to receive his fellowship training in minimally invasive GYN surgery at Mohawk Valley Health System, a highly coveted (AAGL) fellowship program. In addition to proficiency in minimally invasive GYN surgical techniques, Dr. Baxi has been published multiple times in several scientific journals including the *Journal of Minimally Invasive Gynecology*. He has presented scientific findings of multiple research studies at major national gynecological conferences and meetings. As an invited speaker, Dr. Baxi has also given several talks on such topics as Bloodless medicine and surgical techniques, Complex hysterectomy techniques and Pelvic Organ Prolapse. Additionally, he is the recipient of the prestigious Arnold P. Gold Foundation "Teaching and Humanism in Medicine" Award, a nod to his humble bedside manner and passion for teaching. Dr. Baxi has also served as a member of the surgical case review committee while at the Mohawk Valley Health System, ensuring consistent GYN surgical care across the hospital. Furthermore, he also serves as a reviewer for the American Journal of Obstetrics and Gynecology.

Through all his training and experience, combined with his comforting personality, he has successfully created a premier GYN surgical practice with the mission of providing exceptional surgical care. His practice is recognized as a Center of Excellence in Minimally Invasive GYN Surgery. His philosophy is centered around the simple fact that people go to a doctor because they are in need of medical or surgical care, and during that encounter with their doctor, they should feel like they were genuinely cared for. It starts by treating patients professionally and respectfully, the way we would want to be treated by our own doctors. His approach is to form a patient-doctor team by educating patients and discussing options, and together arrive at a treatment goal that can have tangible results.

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ONCOLOGY/HEMATOLOGY

Ralph V. Boccia, MD, FACP

Ralph V. Boccia, MD is Board certified in medical oncology, hematology and internal medicine. Dr. Boccia earned his medical degree from Autonomous University of Guadalajara School of Medicine. He then completed his residency in internal medicine at Kern Medical Center, followed by a fellowship in hematology, oncology and bone marrow transplant at the combined UCLA-Veterans Administration Program and the National Cancer Institute at the National Institutes of Health.

Dr. Boccia is a member of the American College of Physicians, the American Society of Clinical Oncology, the American Society of Hematology and the American Society of Blood and Marrow Transplantation. He is a clinical associate professor of medicine at MedStar Georgetown University Hospital and the medical director of the International Oncology Network (ION) Clinical Research Program as well as the chairman of the ION Medical Advisory Board.

He has been listed as a Top Doctor by *Washingtonian Magazine* and *Consumer's Checkbook Magazine* since 1992. And was recognized as a Super Doctor by the *Washington Post Magazine* and a Regional Top Doctor for Washington, D.C., Baltimore and Washington-Baltimore by Castle Connolly. Dr. Boccia is fluent in Spanish.



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ONCOLOGY/HEMATOLOGY

Bruce D. Cheson, MD, FACP, FAAAS, FASCO

Dr. Cheson is Board certified in hematology and internal medicine. He earned his medical degree from Tufts University School of Medicine. He completed his residency in internal medicine at the University of Virginia Hospital and his clinical and research fellowship at New England Medical Center Hospital.

From 2002-2020 Dr. Cheson was Head of Hematology at Medstar Georgetown University Hospital, Lombardi Comprehensive Cancer Center. Additionally, he has more than 40 years' experience in academics focusing primarily on lymphoid malignancies and is a Scientific Advisor to the Lymphoma Research Foundation.

Dr. Cheson serves on numerous scientific boards for both non-profit and biotech sectors, as well as advisor to clinical trials monitoring for molecular and genetic companies. He is also experienced in protocol and drug development processes with over a decade of working with the National Cancer Institute and he has authored over 400 articles.



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ONCOLOGY/HEMATOLOGY

Victor M. Priego, MD

Victor M. Priego, MD is Board certified in medical oncology and hematology. Dr. Priego earned his medical degree at the Autonomous University of Guadalajara School of Medicine. He then completed his residency in internal medicine at Providence Hospital in Washington, D.C., followed by a fellowship in hematology and oncology at Howard University Hospital, Georgetown University Medical Center and the Lombardi Cancer Research Center at Georgetown University.

Dr. Priego is a member of the American College of Physicians, the American Society of Clinical Oncology and the American Society of Hematology. He is a clinical assistant professor of medicine at Georgetown University and principal investigator with the Eastern Cooperative Oncology Group at Suburban Hospital.

He has been rated among the region's top oncologists and hematologists by *Washington Magazine* since 2005. Passionate about helping bring medical care to Central America, Dr. Priego served as President of the Pan American Medical Society of the Washington Metropolitan Area, this organization helps with volunteer missions and serving medical needs for underprivileged women and their families. Dr. Priego is fluent in Spanish and Italian.



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OPHTHALMOLOGY

Renee Bovelle, MD

*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 physicians to improve the quality of your overall health and life. *Your best vision is our focus.*



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ONCOLOGY/HEMATOLOGY

Mark G. Goldstein, MD, FACP

Mark G. Goldstein, MD, FACP is Board certified in medical oncology, hematology and internal medicine. Dr. Goldstein earned his medical degree from St. George's University. He then completed his residency in internal medicine at the University of Connecticut with two Commendations for Excellence in Patient Care, followed by a fellowship in hematology and oncology at the University of Connecticut where he was the Chief Fellow. His fellowship training included an externship in bone marrow transplant at Yale New Haven Hospital.

Dr. Goldstein is a member of the American Society of Hematology and the American Society of Clinical Oncology. He is a Fellow of the American College of Physicians. He was the program chair of the Frederick Memorial Hospital cancer survivorship program, which he initiated and developed over the last 10 years.



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OPTOMETRY

Chika Lillian Ojukwu, OD, FABCO

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

Certifications and Associations: National Contact Lens Examiners Certificate, Certified in the Treatment and Management of Ocular Diseases, Maryland Optometric Association, American Optometric Association, American Optometric Society, Contact Lens Society of America

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

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

My Best Health Advice: Maintaining healthy eyesight is vital to a high quality of life.

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Degrees/Training: Ohio Northern University, B.S. in Business Administration, 1983; Northwestern University, Certification in Orthotics, 1999.

Professional Associations: American Board for Certification in Orthotics

Family: Married and the father of five children.

Practice Philosophy: Take the extra time to listen to the patient and then provide the ideal orthotic device to improve their quality of life.

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PAIN MANAGEMENT

Sina Davari, MD

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

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

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



80 Sherry Lane
Suite #101
Prince Frederick, MD 20678
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www.NewbridgeSpine.com



PAIN MANAGEMENT

Jay Gonchigar, MD

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

Professional Memberships/Associations: Founder, Newbridge Spine & Pain Center, Member, American Society of Pain Management. Diplomate, American Society of Anesthesiology. Member, American Society of Regional Anesthesia. Affiliate, American Pain Society. Member, North American Spine Society, Chairman, Board of Anesthesia

Areas of Interest: Diagnostic and Therapeutic Spinal Interventions, Neuromodulation Therapies and Medication Management

Practice Philosophy: Provide the most comprehensive, effective and compassionate care to chronic pain patients while ensuring a patient-focused, efficient and friendly practice environment.



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PAIN MANAGEMENT

Sarah Merritt, MD

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.



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PAIN MANAGEMENT

Aaron McPeck, MD

Dr. McPeck is a native of NJ. He received his undergraduate education at Rutgers University. After completion of college, he received a master's degree and began his career as an Anesthesiologist Assistant. After working briefly in this role Dr. McPeck returned to medical school and received his medical degree from Rowan University in NJ.

He completed his residency in Anesthesiology at Thomas Jefferson University in Philadelphia. He then completed fellowship training in Chronic Pain Management at Thomas Jefferson. Dr. McPeck is trained in a wide array of interventional pain management procedures to help alleviate patient's pain and improve their quality of life. He also specializes in medical management of chronic pain with a focus on non-opioid pain management.

In his spare time Dr. McPeck enjoys the outdoors. He is an avid hiker, golfer, and is looking forward to enjoying the watersports and activities of the Chesapeake Bay and southern Maryland.



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PEDIATRICS

Janet V. Johnson, MD

Dr. Janet V. Johnson was born in Brooklyn, New York. She received her undergraduate degree in Biology at Hunter College in Manhattan, New York. She pursued a career in research medicine as a research assistant at Downstate Medical School in the Department of Gastroenterology. Obtaining her masters degree in Physiology at Long Island University in Brooklyn, New York. Dr. Johnson received her medical degree from State University of New York at Buffalo School of Medicine in 1991. She completed her internship and residency at Howard University / DC General Hospital in 1994.

After becoming board certified by the American Board of Pediatrics, Dr. Johnson worked as an Emergency Room Pediatric Physician at DC General Hospital and for a local pediatrician before she began her practice: Loving Care Pediatrics in Hyattsville, Maryland in 1998. She is continuing to pursue CME credits to maintain board certification. Concurrently, she serves as a Clinical Instructor to nursing students at Howard University Family Nurse Practitioner (FNP) Program; John Hopkins Family Nurse Practitioner (FNP) Program; Marymount Family Nurse Practitioner (FNP) Program; and University of Maryland Baltimore Family Nurse Practitioner (FNP) Program. She also serves as a Clinical Instructor for medical assistant students at Stratford University; Fortis College, Brightwood College and Career Technical Institute. She is a Fellow of the American Academy of Pediatrics (FAAP). Dr. Johnson is also a member of the Prince George's Community Advisory Group (CAG), Washington Adventist Health Ministry Network and the Medical Advisory Committee for Amerigroup Insurance. Dr. Johnson has given lectures on Teen Suicide and Teen awareness on HIV/AIDS to youth groups in Washington, DC and continues to publish articles in *Washington Woman's Journal* and *Your Health Magazine* in Prince George's County. She served as Medical Director of the Mid-Maryland Mission of Mercy and Health Equity Festival, which provides free dental care. She annually gives talks "Suicide Is Not an Option" and "Teen HIV/AIDS Awareness" to a group for youth summer program in Washington, DC. She integrates Christian prayer into her practice when appropriate and regularly incorporates social justice topics into her magazine articles.

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

Practice Locations:

601 Post Office Road, Suite 1-B, Waldorf, MD 20602 • 301-638-4867
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PODIATRY

Burton Katzen, DPM

Degrees, Training and Certifications:

President: The National Academy Of Minimally Invasive Foot and Ankle Surgery

Immediate Past President: Temple University School Of Podiatric Medicine Alumni Board

Director, Lecturer and Clinical Instructor: L.S.U. Medical School Surgical Foot and Ankle Seminar

Board Certified: Minimally Invasive Foot and Ankle Surgery and The Academy Of Multiple Podiatric Specialties

Professor: Academy Of Minimally Invasive Foot and Ankle Surgery

Family: Wife, Wendy; Daughter Arlyn; Son Adam; Granddaughters Blake, Brynn, Charly, Bryce, and Emery.

Additional: Dr. Katzen's other "true love" is coaching – especially baseball. He has coached for over 18 years and served as head coach of the Post #105 American Legion baseball team for seven years, with the majority of his players going off to participate in collegiate athletics. These specialties include Hyprocure Flatfoot Correction, Minimally Invasive Foot and Ankle Surgery, Heel Pain, Laser Nail Surgery.

Practice Locations:

Marlow Heights Diagnostic Center
 4302 St. Barnabas Road • Temple Hills
 301-423-9494

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Also, please visit Dr. Katzen's YouTube Channel "Burton Katzen" for more discussions on various foot conditions.



OTOLARYNGOLOGY (ENT)

Duane J. Taylor, MD

Medical Director of Le Visage ENT & Facial Plastic Surgery, LLC

Degrees, Training and Certificates: Board Certified; Otolaryngology Residency: Los Angeles County KDMC, U.C.L.A. Affiliated Hospital. Fellowship: American Academy of Facial Plastic and Reconstructive Surgery, Washington, D.C., Surgery Internship: U. of Texas Affiliated Hospital, Christus St. Joseph Hospital, Houston, Texas. Medical School: BS/MD program at Northeastern Ohio Universities College of Medicine.

Past and Present Professional Memberships: Immediate Past President of the American Academy of Otolaryngology Head and Neck Surgery, American Rhinology Society, Montgomery County Medical Society, American Academy of Facial Plastic and Reconstructive Surgery, American Academy of Cosmetic Surgery, Washington Academy of Sciences, American Medical Association and National Medical Association.

Languages Spoken: French, Spanish

Honors: Past President Montgomery County Medical Society, Alpha Omega Alpha Medical Honor Society, *Washingtonian Magazine* Top Doctor, 2010, American Academy of Otolaryngology - Head and Neck Surgery, Presidential Citation Recipient, Honor Award and Distinguished Service Award recipient.

Special Interests: Minimally Invasive Procedures for sinus disorder, balloon sinus dilation, minimally invasive facial cosmetic procedures.



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Schooling: Davis and Elkins College; BS in Health Education and Exercise Science 1990; Northwestern University Medical School Prosthetic Program 1990

Professional Memberships/Associations: American Board for Certification in Prosthetics, Member AOPA, ABC Accredited Facility

Special Interests: Spending time with my family; shooting pool on APA league

Practice Philosophy: Old fashioned one-on-one service. Do whatever it takes to make the patient happy.

Additional: Transportation problems? Don't worry—home visits, nursing home and hospital visits at no cost.

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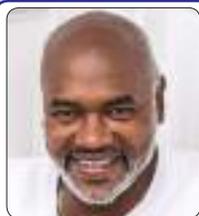
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PLASTIC SURGERY

Paul S. Thesiger, MD

Dr. Paul Thesiger was born in the beautiful island of Jamaica and continues to be one of the top plastic surgeons in the DC metropolitan area. He graduated with distinction and was then accepted at the Johns Hopkins University, and was then accepted to Columbia University's College of Physicians and Surgeons in 1989 and earned his doctorate in medicine. Having always expressed a desire to blend aesthetics with science, he sought a residency in surgery with a focus on further specializing in plastic surgery where his goal could be realized. After an internship at Columbia Presbyterian in New York, Dr. Thesiger relocated to DC to study General Surgery at Howard University.

After five rigorous years of general surgery training, he went on to the University of Miami where he completed a residency in plastic surgery in 2002. There, he was chosen to be the third Jerome Webster. Selected to be a Fellow in Pediatric Plastic Surgery by Interplast Inc., a philanthropic organization based in Mountain View, California, Dr. Thesiger traveled to nine countries spanning from South America to the Far East, performing cleft lip & palate as well as hand surgery for poor children. He identifies this as the finest year of his academic life. After working as an associate in private practice outside of Cleveland, Ohio, Dr. Thesiger opened Thesiger Plastic Surgery in Washington, DC in January 2006. He has been the recipient of numerous awards to include the "Best of Chevy Chase" award for 2020 and 2021, and recognized as a Top 10 Plastic Surgeon by the National Academy of Plastic Surgeons.

Practice Location: Thesiger Plastic Surgery
 5530 Wisconsin Avenue, Suite #1135, Chevy Chase, MD 20815
 301-951-8122 • www.ThesigerPlasticSurgery.com

Dr. Thesiger's interests are myriad and include foreign languages, particularly Spanish, French and Portuguese which he is conversant in. He enjoys art, music of all types and sports, particularly tennis and soccer. He is married with three children. He prides himself on being open minded, caring and generous and seeks only the best for each and every patient.



PSYCHIATRY

Dida K. Ganjoo, MD

Dr. Dida Ganjoo, MD has been working as a psychiatrist in the D.C. area for many years. She specializes in chronic mental illness, depression, and anxiety. Dr. Ganjoo currently owns her own practice, which has expanded to three convenient locations: Bowie, Forestville, and Silver Spring. In her free time Dr. Ganjoo enjoys reading, cooking, and spending time with her dog, Boomer.

Education and Training:

- Medical School - Jiwaji University
- Punjab Medical Hospital
- Howard University Hospital (Psychiatry)
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RADIATION ONCOLOGY

Boris Naydich, MD

Degrees, Training, and Certificates: Board Certified Radiation Oncology, Residency at National Institutes of Health (NIH).

Professional Memberships and Associations: American Society of Therapeutic Radiation Oncology (ASTRO); American Society of Clinical Oncology (ASCO); American Brachytherapy Society (ABS)

Treatment Modalities: SRS, SBRT, 3D, IMRT, IGRT, HDR Brachytherapy, including breast and gynecological implants, and prostate seeds implants.

Practice Philosophy: Providing individualized, expert radiation therapy for our community.

Special Interests:

Prostate, Breast, Lung, Head and Neck, Skin, Gastrointestinal, and Gynecological Cancers.



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RADIATION ONCOLOGY

Beant Gill, MD

Degrees, Training, and Certificates: Board Certified radiation oncology; Completed undergrad and medical school at George Washington University; Internship in Internal Medicine at Georgetown University Hospital/MedStar Washington Hospital Center; Radiation Oncology Residency at the University of Pittsburgh Medical Center (UPMC)

Practice Philosophy: Dr. Gill strongly believes in supporting the community where he practices by providing exceptional medical care while still focusing on holistic well-being and individualized management.

Treatment Modalities: SRS, SBRT, 3D, IMRT, IGRT, HDR Brachytherapy, including breast and gynecological implants, and prostate seeds implants.

Special Interests: Prostate, Breast, Lymphoma, Gynecologic Malignancies, Lung, Head and Neck, and Gastrointestinal



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Charlotte Hall, MD

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RADIATION ONCOLOGY

Kathleen Settle-LaDonna, MD

Degrees, Training, and Certificates: University of Maryland, Radiation Oncology (Chief Resident 2007-2008). Board Certified Radiation Oncologist

Practice Philosophy: Providing individualized, expert radiation therapy for our communities.

Treatment Modalities: SRS, SBRT, 3D, IMRT, IGRT, HDR Brachytherapy, including breast and gynecological implants, and prostate seeds implants.

Special Interests:

Prostate, Breast, Lung, Head and Neck, Skin, Gastrointestinal, and Gynecological Cancers.



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RADIATION ONCOLOGY

Denise R. Gooch, MD

Degrees, Training and Certificates: B.S. Zoology – George Washington University, School of Arts and Sciences; M.D. – Georgetown University School of Medicine, earned honors in radiology, neurology, and family medicine; Completed two years of Internal Medicine training at Western Reserve Care System; Residency and Fellowship – Arthur James Cancer Institute, Ohio State University Hospital; Chief Resident in Radiation Oncology during her senior year of residency training.

Professional Memberships: Board Certified in Radiation Oncology by the American Board of Radiology and is Board Eligible in Internal Medicine, American Board of Internal Medicine.

Additional: Extensive experience in radiation oncology, including CyberKnife Stereotactic Radiosurgery training and was a Co-Investigator on the CyberKnife Research Protocol at Sinai Hospital; recognized as one of the "Champions of Care" at Sinai Hospital in 2009. Has participated in multiple Tumor Board and Cancer Committees as well as chairing Cancer Conferences in Chesapeake General Hospital in Chesapeake, VA. Has published original articles in the *Columbus Post*, as well as the *St. Louis American* newspapers and in *A Magazine*, a St. Louis-based informative magazine.

Special Interests: Women's health issues, including breast and GYN oncology, as well as CNS, lung and stereotactic radiosurgery; enjoys interacting with the public, and has participated in many community outreach programs, including speaking at screening health fairs and church-based health programs and seminars.



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RADIATION ONCOLOGY

Aileen Kim, MD

College – College of William and Mary

Medical School – Duke University School of Medicine

Residency – University of Washington Medical Center

Practice Philosophy: Her mission as a radiation oncologist is to improve survivorship and quality of life for patients with cancer.

Treatment Modalities: SRS, SBRT, 3D, IMRT, IGRT, HDR Brachytherapy, including breast and gynecological implants, and prostate seeds implants.

Special Interests: Modulated radiation therapy (IMRT), Volumetric modulated arc therapy (VMAT), Stereotactic Body Radiation Therapy (SBRT), and LDR/HDR Brachytherapy



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RADIATION ONCOLOGY

Vladimir Ioffe, MD

Degrees, Training and Certificates: B.S. Biochemistry and Molecular Biology – University of Maryland; M.D. – University of Maryland School of Medicine; Completed his training in Radiation Oncology at the Eastern Virginia Medical School in Norfolk, VA.

Special Expertise: Prostate High Dose Rate (HDR) Brachytherapy, Stereotactic radiosurgery for brain metastases, head and neck cancer, breast cancer, thyroid cancer, non-Hodgkin's lymphoma, and thoracic malignancies.

Additional: Passionate about improving the treatment of cancer patients thus strongly supports clinical research; the first author of five investigational papers and co-authored an additional three works; presented research work at major scientific meetings across the nation; instrumental in the creation and implementation of the intensity modulated radiation therapy program for head and neck malignancies.

Personal: Born in St. Petersburg, Russia. His family immigrated to the U.S. in 1980 when he was 6 years old. He grew up in Baltimore County and is an American citizen. He is married to Kecia Ioffe and they have four children.

As a physician with GenesisCare, Dr. Ioffe is dedicated to the creation of a comprehensive cancer center of excellence offering the most advanced technology as well as meticulous, individualized care for each patient.



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BSc: Kent State University—Magna Cum Laude

MD: Emory University School of Medicine

Residency: Georgetown University Medical Center

Fellowship: National Institutes of Health

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Lifestyle Factors Affecting Fertility What Is Good For the Brain Is Good For the Gametes



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Part 2

Last month's article discussed the importance of exercise and proper sleep in lowering inflammation in the body, which will in turn enhance fertility.

In addition to exercise and sleep, nutrition is another big issue for a lot of patients. We hand out a fertility diet brochure to patients and since reading Dr. Sanjay Gupta's latest book, *Keep Sharp*, I found out it closely mirrors his diet recommendation for a healthy

brain.

In his book he recommends a guide using the S.H.A.R.P. acronym.

S: Slash the Sugar. Sugar increase inflammation. People with high blood sugar have a higher faster rate of cognitive decline. As a matter of fact, Dr. Gupta terms Alzheimer's as type 3 diabetes. Avoid high fructose corn syrup. A list of foods to consume regularly include: Fresh vegetables, whole berries, fish and seafood (avoid high mercury), Healthy fats-extra virgin olive oil, avocados, whole eggs, Nuts and seeds. Beans and legumes are a good source of proteins, fiber and healthy carbohydrates.

H: Hydrate regularly. Thirst can sometimes be perceived as hunger leading to overeating. If you feel any thirst, you have waited too long.

A: Add more Omega-3 fatty acids from dietary sources, seafood (salmon, mackerel, and sardines), nuts, oils (Olive, Canola, flaxseed, soybean oil), and seeds (flaxseed, chia

Please see "Fertility," page 62

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- Myofascial Pain
- Herniated Disc
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- Radiculopathy
- Knee (Genicular) Pain
- Post Herpetic Pain
- Pelvic Pain
- Abdominal Pain
- Cervicogenic Headaches
- Osteoarthritis
- Spinal Cord Injuries
- Cancer Pain
- Failed Back Surgery
- Neuropathic Pain



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A Comforting Presence At the End Of Life



By Eric Bush, MD, RPh, MBA,
Chief Medical Officer
Hospice of the Chesapeake

There comes a time in everyone's life when they face death. If not their own, then that of someone they know. Though the process can vary from person to person, there are many common indicators that are signals to medical experts that a patient is dying.

One to three months before death, the knowledge that "yes, I am dying"

becomes real. This can lead them to withdraw from the world, including from their loved ones. As they begin to enter a journey of introspection, they may begin to evaluate one's self and the life they have lived. They begin to spend more time sleeping and stop communicating with their friends and family.

This disconnect can cause loved ones to reflexively withdraw from those who are dying. Resist this urge. Continue to talk to your loved one, even if you get no response. Your voice and the voices of others are soothing and keep the person connected to family and loved ones. Most end-of-life experts agree that the auditory sense is the primary sense used before death.

There are simple ways to provide a comforting presence, to let them know they are loved and are still very much a part of your world. Place photographs of family where the person can see them. Add something new to their room every few days for variety. For example, a child's drawing or a vase of flowers. If possible, open a window so the person can hear the sounds of nature. Open their curtains to let in natural light and situate the bed so the person can see outside. Also, put a calendar and clock within their view.

Move some family activities to the person's room to avoid a feeling of isolation. Even if the person is unresponsive, knowing they are part of the family can be soothing. For example, watch a movie, play a game, or eat a meal in their room. Be sensitive to signs that the person is tired or would prefer to be alone and respond accordingly.

Take advantage of the services that are offered through their hospice's healing arts program, such as pet therapy, music therapy, aroma therapy, reiki and comfort touch. These services can also serve to benefit the family who are caring for or visiting with the patient.

It can be difficult for family and friends to accept that their loved one is transitioning to death. If the patient is under hospice care, reach out to a member of the interdisciplinary team caring for the patient – the doctor, nurse, aide, chaplain or social worker – and ask for guidance and resources to help you understand the dying process.

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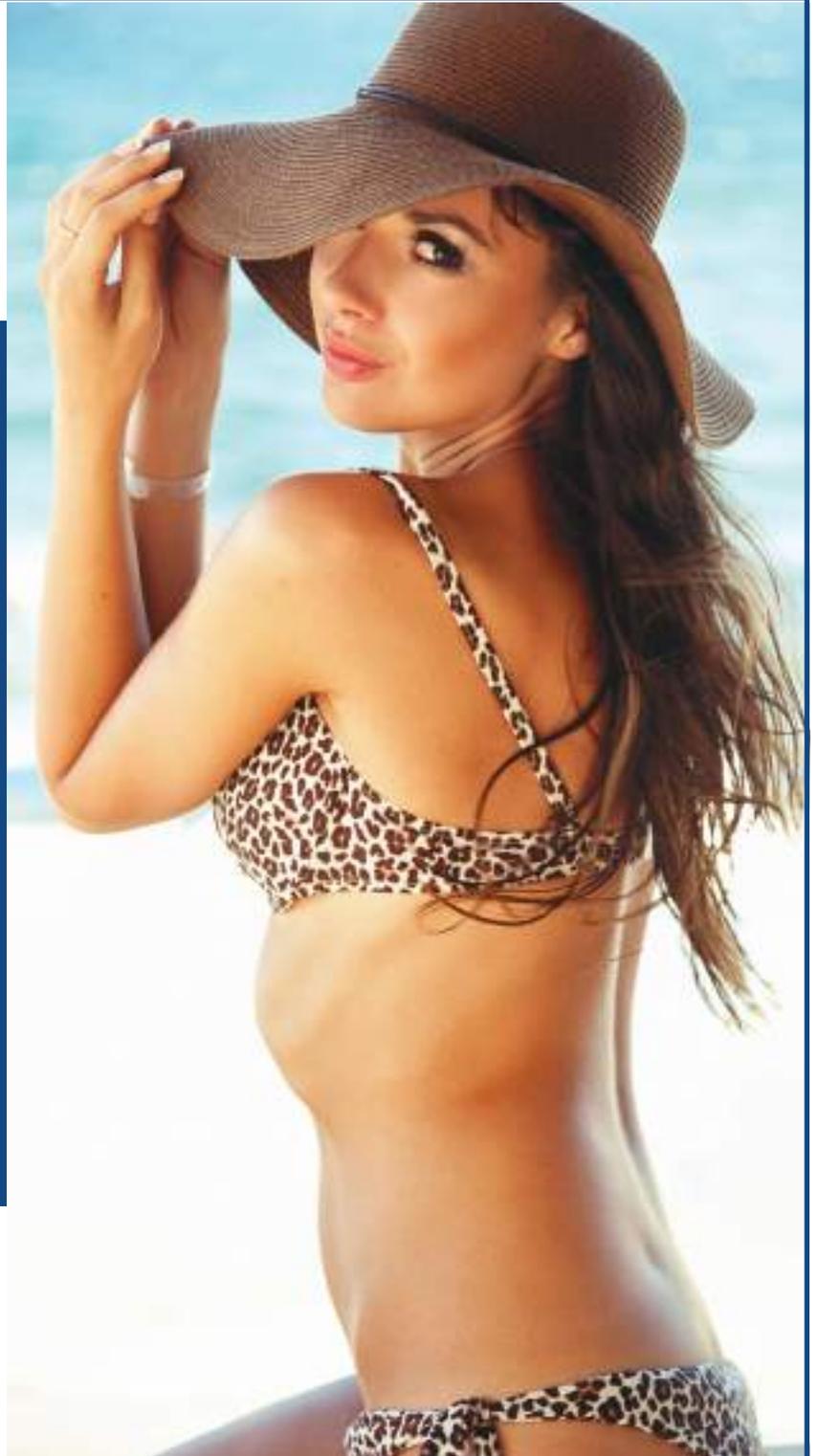
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Orthodontics: Questions and Answers



By Jacqueline Brown Bryant
DDS, MS, PC

Orthodontists, otherwise known as braces doctors, receive an additional 2-3 years of specialized education and training beyond dental school to learn the proper way to diagnose, straighten teeth and align jaws. Only those with this highly specialized education can call themselves orthodontists.

When is the right time for an orthodontic consultation? The American Association of Orthodontists recommends a consultation with an orthodontist no later than age seven. Orthodontists can spot subtle problems with jaw growth and emerging permanent teeth while some baby teeth are still present. Early treatment may prevent more serious problems from developing and may make treatment at a later age shorter and less complicated. Waiting until all the permanent teeth are present can be too late.

The orthodontist can achieve results that may not be possible once the face and jaws have finished growing and might identify a developing problem, but could recommend monitoring the child's growth and development, and when indicated, begin treatment at the appropriate time with the appropriate appliances.

Please see "Orthodontics," page 62

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Gum Disease and Soft Tissue Management



Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

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

What Is Soft Tissue Management?

Soft Tissue Management is an individualized plan to eliminate infection of the gums and root surfaces. An

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

What Is Root Planing?

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

What Does Your Dentist Hope to Accomplish With Soft Tissue Management?

- Gums that do not bleed. Healthy gums do not bleed.

Please see "Gum Disease," page 62

Caring For a Child Who Has Asthma

Submitted by
Kensington Pharmacy

What Medications Are Available To Treat My Child's Asthma?

For your child's doctor, prescribing medications for asthma is very complicated. Each case of childhood asthma has a unique combination of symptoms and responses to treatment. Each child's environment is unique. Each child's needs can vary with the season and a number of other factors. For example, how many respiratory infections does the child have? How much exercise does he or she get?

Your child's doctor may need several weeks or months to find the right medications to keep your child's asthma under control. You will need to be patient and work with the doctor during this process. You will also need to help your child understand that getting relief may take time. Your child's doctor will use two types of medicines to treat your child's asthma – (1) a controller medication and (2) a rescue, or

Please see "Asthma," page 62

Asthma is a disease of your child's lungs and the tubes that bring air to the lungs. With asthma, your child's airways are constantly irritated and often become swollen and inflamed. Excess mucus forms in the airways. When your child's airways are swollen and full of mucus, breathing becomes difficult.

Children who have asthma often have these symptoms:

- Coughing
- Wheezing – a whistling sound as they breathe out
- Shortness of breath or trouble breathing
- Chest tightness

Asthma is a serious illness. A severe asthma episode that goes untreated can cause death. Asthma is a chronic disease. Asthma doesn't ever go away, but it can be managed.

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Poor Circulation In Feet

By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

Causes and Symptoms

Poor blood circulation in legs and feet is a condition that may cause

damage to the tissues in these parts, causing utter discomfort and a wide array of other symptoms. Though the condition is usually seen in elderly, it may develop in young people too. Apart from the increasing age, there

are various factors that play a key role in causing this problem. They include genetics, lifestyle factors, medical conditions, etc.

One of the most common causes of poor circulation in feet is peripheral vascular disease, which is otherwise known as peripheral artery disease (PAD). This condition is characterized by obstruction or narrowing of the large arteries that are far from the heart and the brain. Most commonly, this occurs in the extremities, especially the feet and the legs.

The causes for peripheral vascular disease may also vary, but the most common one is atherosclerosis (narrowing of arterial walls with fatty deposits like cholesterol). Contributory factors include:

- Smoking
- High cholesterol
- High blood pressure
- Physical inactivity
- Obesity
- Diabetes



Ademuyiwa Adetunji, DPM

Even pregnant women may experience the symptoms of poor blood circulation in feet.

Symptoms Of Poor Circulation/PAD In Feet

Poor blood circulation in feet and legs may cause various symptoms that may vary with the underlying cause as well as the severity of the condition:

Fatigue, tiredness, or pain in your legs, thighs, or buttocks that always happens when you walk but goes away when you rest

Please see "Circulation," page 62



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Detoxification Is Not a Cure All



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

and those who purchase them to be aware that a person's health status must be taken into consideration when engaging in detoxification. In addition, there may be some benefits that some people can experience by engaging in a well-designed detox program.

Let us explore two truths about detoxification:

Detoxification Is Not a Cure-All

Though there are many amazing benefits that a detox program can deliver, the fact remains that detoxifying the body will not help with all incurable diseases, cancer, and some chronic ailments. To detoxify seems simple enough, such as to drink this and eliminate that. It is a little more complex than that. Although not a cure-all as stated above, a good, structured detox program can help with many issues if the detox practitioner is skilled and knowledgeable in how the body operates, mechanisms of cleansing, and paths and mechanisms of healing.

Detoxification Is More Than Just Weight Loss

Detoxification is not a diet. On a good program it is expected that water

Please see "Detoxification," page 63

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Mental Illness: Myth vs. Fact

By Joyce Abramson, RNMS
Charles County Freedom Landing

People who have been diagnosed with a mental illness often don't discuss it. They feel embarrassed or ashamed rather than treating it like other medical conditions. They may fear people will avoid them or that they may lose their jobs if someone knows of their illness. People may not seek help for that reason. The

stigma surrounding mental illness is often fact.

There is another fact that needs consideration. Stigma and myths are based on fear of the unknown, that which we do not understand or information that is not available. This can be changed when information becomes available and we can use it to understand and manage a situation.

New technologies have allowed scientists to learn that many mental

illnesses are actually caused by an imbalance of certain chemicals in the brain. These mental illnesses may more appropriately be called brain chemistry disorders, which can be treated as physical illnesses. Brain chemistry disorders include: depression, bipolar disorders, anxiety and panic disorders, schizophrenia and others.

Much like diabetes, achieving or returning the chemical balance is a major part of restoring health. Technological advances such as brain imaging, molecular biology and genetic engineering are enabling scientists to learn more and develop better treatments.

Brain chemistry disorders are not a matter of will, poor parental upbringing or character flaws. They are a matter of biology and occur throughout the world's population—rich, poor, illiterate or well educated. All of us can, together, dispel myths and stigma



Joyce Abramson, RNMS

by learning the facts and resources for help. Local libraries have directories of agencies providing a variety of mental health services.

There is a Mental Health Service Provider Directory listing mental health services for the tri-county area and a Charles County Directory of Human Services listing other services as well as mental health, available in the libraries. Information is available on the internet under mental health and mental illness. Ask, learn, and have no fear.

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Breakthroughs In Nutritional Healing



By Thomas K. Lo, DC
Advanced Chiropractic Center

nutrition skills and abilities to help those who have had or are having physical difficulties, which may well have a nutrition-related cause," Dr. Lo related. "With the advanced skills that I now have, difficulties experienced by my clients, such as hypothyroidism, weight gain and digestive disorders are regularly improving and it is very gratifying," he added.

Nutrition Response Testing was developed by Dr. Freddie Ulan, a chiropractor and Certified Clinical Nutritionist after 25,000 hours of clinical experience in his highly successful practice in upstate New York. According to Dr. Freddie Ulan, "Nutrition Response Testing is a non-invasive method of analyzing the body to determine the actual root causes of health conditions. It enables the practitioner to determine the exact patient nutritional deficiency or imbalance so it can be corrected. And that pinpointed deficiency is usually at the root cause of the problem," he stated. "Nutrition Response Testing is quick, non-invasive, inexpensive and painless," he added.

Nutrition Response Testing practitioners also provide nutritional dietary advice.

"Depending on your individual

Please see "Nutritional," page 62

Nutrition Response Testing is used by thousands of health practitioners of all types and specialties across the United States including osteopaths, M.D.'s, nutritionists, chiropractors, massage therapists and acupuncturists. Dr. Lo is one of only 258 health practitioners who have graduated from a very extensive Advanced Clinical Training program in Nutrition Response Testing conducted in Clearwater, FL. He has studied the advanced breakthroughs in all aspects of clinical nutrition ranging from the in-depth analysis of specific nutritional deficiencies to successful continued patient care.

"I found the training to be invaluable as an upgrade of my clinical

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The Importance Of Hydration

By Jack Wallace
La Plata Physical Therapy

As we approach summer, it's important to remember that there are still plenty of hot days that lie ahead and it's important when the temperatures are high to be extra conscious of staying hydrated. The importance of water goes beyond just simply that it makes up 60% of our body and that nearly every part of our body requires adequate water to work optimally. Whether it's working around the yard or just relaxing with friends outside, your body will thank you for avoiding the harmful effects of dehydration and staying full of nutrients needed for your body to feel its best.

Being dehydrated can have very harmful effects on every function of the body from the outside (skin health) to internally (organ functions). Lacking water impacts your digestive system by slowing digestion, causing constipation, and increasing blood pressure as well as the likelihood of

heartburn, ulcers, and kidney stones.

Those being active outside or inside while dehydrated aren't allowing their body to properly deal with the effects of heat strain and the cartilage in your joints will be directly affected and become less shock absorbent. As for cognitively, your brain is arguably the most at risk during dehydration since it significantly diminishes focus, memory, reasoning, and cognitive performance during even the simplest of tasks. Often times we only notice these symptoms when it's already too late, so the simplest way to avoid these from happening is to stay ahead of the game and stay hydrated at all times.

Avoiding dehydration can be simple if the correct steps are taken. Water is the best option for our bodies and works best when you have a little bit of food in your system to help retain it better. It's important to remember that drinking small amounts more frequently is more beneficial

Please see "Hydration," page 63

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Probating an Estate

Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

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

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

What Is Involved In

Probating an Estate?

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

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

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

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

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

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

Do I Need an Attorney?

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

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

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

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

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Acupuncture and Erectile Dysfunction



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

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

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

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

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

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

Each of us respond differently to the same stimulus. Ideal systems of

health care recognize our individuality, and work with its unique pattern to bring us to our highest level of health.

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

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

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Young C. Yi, LAc, DOM
VA, MD, DC
Licensed Acupuncturist

"One of the best practitioners of Oriental Medicine in the U.S." - Parade Magazine in 2001, 2002, 2004

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Tumor: Breast Cancer / Non-Malignant Breast, Rump & Tumor, Thyroid & Skin Tumor/Cancer.

Livers: Cirrhosis, Digestive Disorders

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



Testimony:

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

- DC Resident, Mrs. Zhang

For more testimonies, please visit: www.eyecure.net

Reference:

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

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

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Clean Living An Important Truth You Need To Know



By Ronda Sharman, DC
Life Care Chiropractic
& Wellness Center

sue to consider when thinking about eating and drinking healthfully and choosing products is the issue of endocrine disrupters.

The endocrine system is made up of a very important network of glands in your body that communicate with each other and with the rest of the body through hormones. These hormones regulate everything from growth, metabolism, sexual and reproductive function, and mood.

Endocrine disrupters are chemicals that interfere with the communication between the network of glands and their hormones in such a way that can cause adverse reproductive, developmental, neurological or immune effects. We are seeing more and more premature puberty, obesity, cancer and even birth defects related to endocrine disrupters.

In 2013, the World Health Organization (WHO) released a report that was touted as one of the most comprehensive reports on endocrine-disrupting chemicals to date. The report revealed a wide variety of health problems associated with exposure to these chemicals, including prostate cancer, thyroid cancer, neurological and developmental problems in children, and ADHD.

As you can see, chemicals in our everyday lives impact our endocrine system, which in turn leads to health problems. Being mindful of clean living can help you reduce your risk.

Unfortunately, endocrine disrupters are found all over the place. They're in plastic water bottles, hormones in our milk and eggs, cosmetics, industrial chemicals used in fire retardants and even some of the plastics used in toys.

In 2009, the Environmental Working Group did a study that found over 200 such chemicals in the blood from the umbilical cord of newborn babies. That means that even babies are being exposed to these chemicals during gestation from their mothers being exposed.

When you begin to research this topic, it can become a bit overwhelming because these endocrine disrupters are everywhere.

Here are a few simple things that you can start doing immediately to move towards clean living:

- Don't drink bottled water from plastic bottles.
- Eat organic.
- Don't eat farm-raised fish.
- Don't use nonstick pans.
- Look for fragrance-free products.

Are you concerned about clean living? To many people, clean living is about staying mindful – mindful of what you put in and on your body.

When choosing what to eat and drink as well as what products to use, you may consider the number of calories, how processed things are and whether there is a lot of sugar or other refined carbohydrates.

However, one very important is-



Face the Future

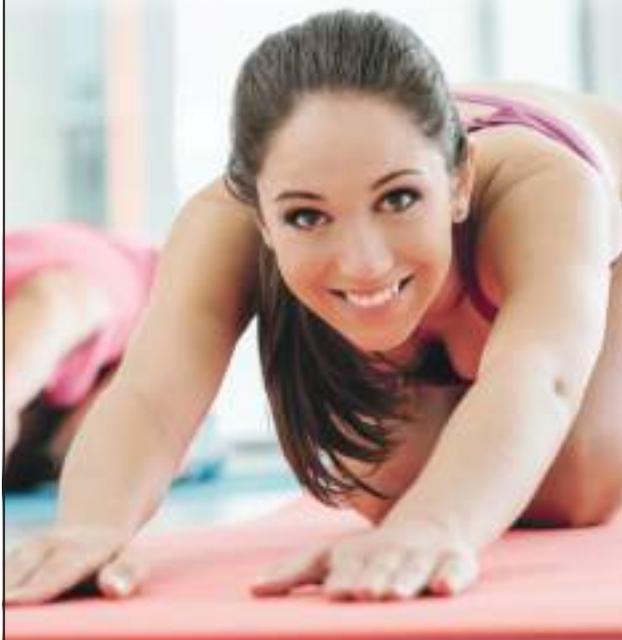
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CHILDHOOD OBESITY

FROM PAGE 4

Look for ways to help the schools become healthier regarding access to unhealthy food options, vending machines and fried foods.

Empower your child to make their own healthy decisions and be part of childhood obesity prevention efforts.

Be a role model by trying to eat right and get exercise. Eat healthy snacks to stress that you are serious about childhood obesity prevention.

Healthy Eating Tips For Families On the Go

Pack school lunches with whole grains, fruits, lean, all-natural meats and healthy snacks, such as nuts and dried fruits.

Get rid of the sugar-filled neon-

colored “breakfast” cereals. There are dozens of great-tasting, all-natural, organic cereals. Also, try a breakfast smoothie.

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

If you take the time to make a healthy, homemade meal, they are safe to be placed in a vacuum-sealed container and put in the freezer, they can often keep for several weeks.

A high-fiber intake also supplies greater amounts of vitamins A, B6, B12, C, niacin, thiamin, riboflavin and folate, as well as the minerals magnesium, iron, zinc, calcium and phosphorus.

hour for each vertebra involved. Patients will be observed closely in the recovery room immediately following the kyphoplasty procedure for about 1-3 hours. Patients should not drive until they are given approval by their doctor.

Risks and Side Effects

The potential risks of side effects are very low and include infection, bleeding, allergic reaction, and prolonged increases in pain. Your physician will use x-ray guidance and sterile techniques to reduce these risks, as well as to reduce the risk of nerve damage and spinal headache.

COMPRESSION

FROM PAGE 7

tube to the correct position, a path is created through the back into the fracture area through the pedicle of the involved vertebrae.

Using fluoroscopy images, the doctor inserts a special balloon through the tube and into the vertebrae and then gently inflates this balloon. As the balloon inflates it elevates the compression of the vertebra and creates a cavity inside the vertebrae, which is filled with a cement-like material called polymethylmethacrylate (PMMA). This material hardens quickly, stabilizing the bone.

The procedure takes about one

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 procedures as a tool and a commitment to lifestyle changes that promote weight loss and healthy living.

SLEEP APNEA

FROM PAGE 26

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 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

PAIN RELIEF

FROM PAGE 21

Simply put, the ESWT brings attention to the chronically injured area by making the body “think” it has a new injury. Because of this, the patient is instructed to rest the body part for a day and to allow the body’s healing process to work.

What Conditions Are Treated With ESWT?

- Plantar fasciitis
- Frozen shoulder
- Rotator cuff injury
- Tennis elbow
- Golfers elbow

- Achilles tendinitis
- Biceps tendinitis
- Patellar tendinitis
- Shin splints
- IT band syndrome
- Piriformis syndrome
- Muscle strain and tension

The above list shows only a few examples of painful soft tissue conditions that respond well to ESWT.

ESWT is a modern, effective and research-based therapy that can help you or your loved ones overcome bothersome pain.

SECRET WEAPON

FROM PAGE 20

cedures range from subtle changes to major repairs, fixing flaws such as discolored, chipped, misshapen or missing teeth.

Cosmetic procedures include bleaching, bonding, veneers, reshaping and contouring. Bleaching is a common and popular procedure that is used to whiten teeth and can be performed by a dentist in the office or under supervision at home. Dentists can also use a

variety of methods to correct misshapen or crooked teeth. Veneers are thin shells of porcelain or plastic that are cemented over the front of teeth, and bonding is the use of tooth-colored material to fill in gaps or change the color of teeth. Tooth reshaping or contouring are used to alter the length, shape or position of teeth and are ideal for patients with normally healthy teeth seeking subtle changes in their smile.

STRESS

FROM PAGE 18

Adjustments of a chiropractor release muscle tension, and that helps the body return to a more balanced, relaxed state. Adjustments also reduce spinal nerve irritation, and improve blood circulation.

These changes may be enough, in many cases, to convince the brain to turn off the fight or flight response, beginning the process of healing. A healthy and balanced spine is one key to effectively managing stress. A doctor of chiropractic may also recommend relaxation techniques, and

discuss posture and environmental changes to help recovery from chronic stress.

A chiropractor cannot make a job less stressful, or create a quieter, calmer world. What chiropractic treatment can do is help you develop healthy responses to stress, reducing potential physical damage.

If you know someone who has stress make sure you ask them if they have visited their chiropractor recently.

ATTACKING

FROM PAGE 26

at the thyroid and adrenal glands.

There is a proven connection between intolerance of gluten (a protein found in wheat, rye and barley as well as other grains), which is most commonly known as celiac disease in its most severe cases, and various autoimmune diseases, especially autoimmune hypothyroidism. Addressing this and removing gluten from the diet can help to lessen or even resolve the autoimmune attack generated by gluten.

A lesser known factor, but extremely important to keep in mind, is the connection between the gut and auto-immune disease. The GI tract

holds about 75% of the body’s immune system. It is very common for people with autoimmune disease to have chronic intestinal issues, and a condition commonly known as “leaky gut” can have a role in auto-immune disorders. Working with a physician knowledgeable in working with chronic intestinal disorders can help reduce or resolve autoimmune disease.

While autoimmune disease is a difficult and confusing situation there are approaches that holistic or integrative physicians can offer that can make a positive impact and may help reduce or eliminate the need for using strong prescription drugs.

seeds, pumpkin seeds, and sunflower seeds). Reduce omega-6 fats found in processed foods and baked foods. Omega-6 is found in corn and vegetable oils and the ideal balance should be a 1:1 ratio of Omega-6 to Omega-3 in your diet. The average American diet has a disproportionate amount of 12:1 to 25:1 omega-6 to Omega-3.

R: Reduce Portions. I always recommend to my patient to use a smaller plate and not a platter.

P: Plan Ahead. It is better to plan

ahead. If that is not possible, make a habit of having a fruit bowl around. When hunger pangs hit, grabbing a pear or orange is healthier than grabbing a candy bar.

Dr. Gupta's book is a very pleasant and enjoyable book to read. In addition, it is a book that will help you enhance your fertility potential as well as help you increase your brain health.

Again, what is good for the brain is good for your gametes (eggs and sperm).

WEIGHT CONTROL

we brag about how much we ate. Allergies, indigestion, IBS, constipation, bloating, and/or diarrhea usually result after a good night out with your friends at an all-you-can-eat restaurant.

We over-eat out of boredom and ignorance (not knowing). We find that going out with friends means eating and drinking.

It's okay to go out and eat. It's even okay to go to all-you-can-eat places. It is not all right to overindulge too often; that is when and where we gain weight.

We can eat anything we like as long as it is in moderation. Going back for seconds and thirds is when we lose control and gain weight. Eat small portions, even dessert, just keep everything in moderation.

There are so many fresh fruits and vegetables in our area this summer, so visit our local farmers markets and stock up, eat well, and remember to keep it in moderation. Food is delicious, and it is good for the body and mind.

Sat Nam/Namaste.

ASTHMA

quick-relief, medication. Your child will take a controller medication each day to prevent or reduce airway inflammation. For asthma episodes or symptoms, your child will use a rescue medication. Rescue medications relax the muscles that tighten around the airways during an asthma episode, and they make breathing easier.

What Else Can I Do?

Medications represent only a part of your child's asthma treatment. Three ways you can help your child manage his or her asthma are to:

Learn as much as you can about childhood asthma and asthma medications. Your doctor or health care provider and your pharmacist can suggest sources of information.

Know what triggers your child's asthma. Does your child have an asthma episode after running outside on a cold day? Does playing with Grandma's cat start your child wheezing? Write down anything associated with an episode and play detective until you have tracked down all the triggers – then try to avoid them.

Monitor your child's symptoms every day. Keep an asthma diary to record all the details you can about each asthma episode. The diary will

be an invaluable resource for your child's doctor and will help the doctor manage your child's asthma.

In addition, if your child is over four years old, your doctor or health care provider might suggest using a peak flow meter to measure your child's ability to breathe each day.

What Are the Treatment Goals?

Even after your child has a routine to manage his or her asthma, it is still important to keep track of how he or she is doing. Here's what well-managed asthma looks like:

- Asthma symptoms are under control.
- Physical activities are normal for your child's age.
- Your child can sleep through the night.
- Your child doesn't miss school because of asthma.
- Your child feels good about him- or herself and does not think of him- or herself as a sick person. After all, your child is so much more than the asthma. Encourage your child to be confident about confronting challenges and facing life. Talk to your doctor if you notice a change in any of these aspects of your child's life.

ORTHODONTICS

There are many options available today that were not available before. These are not the old style of braces or those of your parents and yesteryear – no need for headgears or elastics.

Extractions and expanders are not used often. Damon® self-ligating braces shorten treatment times, are more comfortable and smaller and decrease monthly visits. Patient-specific brackets, computer-assisted, precision bracket placement and custom wires can eliminate time-consuming adjustments.

Temporary Anchorage Devices (TADS) or mini implant screws are used to achieve results without the need for jaw surgery. Clear aligners are not braces at all, but a series of removable aligners that “push” the

teeth to better positions.

Lingual braces go behind the teeth, and clear, or invisible, braces are great options for those adults who don't like the look of braces. Minor gum laser procedures can “reshape” your smile line, remove excess gum tissue and uncover slow emerging teeth to help achieve a beautiful smile much sooner thus shortening treatment times. Imagine high school without braces.

Today's braces can give anyone, from age six and older, a healthy, beautiful, stable smile. As orthodontists, with our expertise, we help adults, teens and children attain properly straightened teeth, aligned jaws and maintain good dental and overall health. You are never too young or old for straight teeth.

GUM DISEASE

- Fresher breath and taste
- Gums that are not red, swollen, or tender
- Knowing how to effectively maintain good oral hygiene
- Reduced pocket depths
- Control of periodontal disease

What Does Your Dentist Need From You, the Patient, To Make This Treatment a Success?

- Completion of the periodontal

- therapy prescribed by your dentist
- Thoroughly cleaning all tooth surfaces two times a day
- Maintenance of regular re-care visits

For patients with adult periodontitis, supportive three-month re-care is not an option – but a requirement for successful therapy. Your re-care interval will be determined by your hygienist and dentist to best manage your oral health.

CIRCULATION

Foot or toe pain at rest that often disturbs your sleep.

Skin wounds or ulcers on your feet or toes that are slow to heal (or that do not heal for 8-12 weeks)

However, many individuals with poor circulation do not experience typical leg symptoms such as cramping, pain, or fatigue known as claudication.

Apart from pain and cramps, some of the affected people may develop swelling of the feet. They may also experience frequent cold feet,

which are considered a symbol of low blood circulation (in feet). Cold feet are more commonly experienced at night before sleep, after having certain foods or during periods of immobility.

Some may experience severe and sudden leg pain due to formation of a blood clot, which may stop or slow down the blood flow all of a sudden. This is caused by deep vein thrombosis, a condition wherein, a blood clot forms in the deep veins of the legs.

NUTRITIONAL

situation,” Dr. Lo indicates, “we might also require that a patient make some specific changes in their diet, eating habits and their routines in order to bring about the best possible results. Many people have eaten themselves into their current state of ill-health, to one degree or another.

The deficiencies or imbalances lead to a breakdown in resistance or immunity and a loss of the ability

to cope with environmental stresses (chemical, bacterial or otherwise). The good news is that it is possible to reverse the process and patients are very appreciative of the fact that we have a very effective system of monitoring their progress at each visit. Through our analysis we determine the exact nutrients needed to supplement the patient's diet in order to bring about improved health,” he concluded.

HYDRATION

FROM PAGE 54

than drinking a lot at once.

Don't like the taste of water? That's okay – try adding a bit of lemon, lime, cucumber, or orange to help give you a little more enjoyment out of drinking water. There are many different options for infusing water with different fruits and vegetables that not only help hydrate you but also give you valuable nutrients, do a little experimenting and find out what your taste buds like best.

Coconut water is also very beneficial in staying hydrated because it is loaded with antioxidants, electrolytes, fiber, vitamin C, magnesium, potassium, and calcium. Be cautious of buying sweetened coconut water

because it can contain a lot of sugars and are less beneficial than pure coconut water. There are tons of options for staying hydrated and your body (and maybe your taste buds too) will thank you for it.

We all want to enjoy our beautiful summertime, whether that's floating in a pool or hiking in the great outdoors we all need to remember that our bodies are reliant on our intake of fluids. If you start feeling like you may be getting dehydrated than you most likely are so don't be afraid to take a break and have a few sips. Have a great end to your summer and don't forget to drink up!

DETOXIFICATION

FROM PAGE 50

and waste will be excreted causing a person to become 3-10 pounds lighter. Nevertheless, after a detox the weight will come back on if the same habits are kept that made a person toxic and unhealthy. The major purpose of detoxification is to eliminate from your body the toxic chemicals that create disease. Just know that true weight loss involves a dietary and lifestyle change.

For example, a person is overweight but continues to eat the fast food and keep a sedentary lifestyle after a detox. To that person, a detoxification program may give some benefits and slight weight loss, but it will not be permanent if the original habits are not altered.

All in all, detoxification is more than just fad and fashion. There is a need for it. It is not a cure-all and change must be the end goal of the program to make it worthwhile. If a person already has a good healthy lifestyle, then jump right in with detoxifying as part of selfcare. If not, then take detoxing slow and start by going to a practitioner who has a long successful history with detoxification such as I have to offer my clients.

A true detoxification program that encourages good eating habits and teaches good lifestyle principles is a must to go along with any detoxification program. A detoxification diet, system, or program that only includes pills is a waste of time.

BEAUTY

FROM PAGE 7

are certified in.

Select an Expert

Expert dermatologists and plastic surgeons are very involved in the field and have extensive experience and training. They often serve as university professors, physician teachers and trainers for new and existing techniques and technologies. You might also notice them serving as FDA study investigators, and as advisors for new cosmetic surgery technologies, teaching at dermatology and plastic surgery academies, and serving on scientific boards for medical conferences and programs that educate and train plastic surgeons and dermatologists. Their offices are typically well-equipped with the latest equipment. They frequently contribute original research and publications to high-level dermatology and plastic surgery journals.

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.

If you follow these four keys, you can balance how you look with how you feel and enjoy the summer holidays and fall by projecting youth, energy, and vitality at any age.

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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
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- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
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- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
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