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Summer Allergy Season • Children's Health

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## Womens' Health & Women In Healthcare

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# New Technology



**Hurt in an *Auto Accident*?**



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- Our DMX technology captures images of your spine in motion, where your symptoms are likely to appear.
- Traditional X-rays are designed to take pictures of patients standing still, missing whiplash and neck ligament injuries.
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- Our weight-bearing open MRI can scan your spine in its normal, weight-bearing posture.
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## Revolutionizing Whiplash Diagnosis

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

Submitted by  
Washington Open MRI

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

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

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

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

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

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

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

But here's the problem: many

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

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

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

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# The Impact Of Nutrition On Children's Oral Health

By Elizabeth Shin, DDS  
Bethesda Chevy Chase  
Pediatric Dentistry

Proper nutrition plays a vital role in maintaining good overall health, and it also significantly impacts oral health, especially in children. As parents, caregivers, and dental professionals, it is crucial to understand how nutrition af-

fects oral health and how we can promote healthy dietary habits in children.

## The Role Of Nutrition In Oral Health

### Development of Teeth and Gums

– A balanced diet during childhood provides the necessary nutrients for the development of strong and healthy teeth and gums. Essential minerals such as calcium, phosphorus, and vitamins like

A, C, and D are vital for the formation and mineralization of teeth, ensuring they grow strong and resistant to decay. Insufficient intake of these nutrients can lead to delayed tooth eruption, enamel defects, and weakened gum tissues.

### Dental Caries (Tooth Decay) –

Frequent consumption of sugary snacks, beverages, and processed foods increases the risk of dental caries in children.

Bacteria in the mouth feed on sugars and produce acids that erode tooth enamel, leading to cavities. Encouraging a diet low in sugary foods and drinks, and promoting healthier alternatives such as fruits, vegetables, and dairy products, can help prevent tooth decay.

### Malnutrition and Oral Health

– Malnutrition and poor dietary habits can lead to various oral health problems. Deficiencies in essential nutrients can weaken the immune system, making children more susceptible to gum disease and oral infections. Moreover, malnutrition can impair the growth and development of the jaw and facial structures, affecting the alignment of teeth and leading to bite problems.

### Acidic Foods and Beverages

– Consumption of acidic foods and beverages, including citrus fruits, carbonated drinks, and sports drinks, can erode tooth enamel over time. Acidic erosion weakens the teeth, making them more susceptible to decay and sensitivity. Encouraging moderation and rinsing the mouth with water after consuming acidic foods can help minimize the impact on oral health.

### Promoting Healthy Dietary Habits

**Balanced Meals** – Encourage children to consume a balanced diet consisting of whole grains, lean proteins, fruits, vegetables, and dairy products. This provides the necessary nutrients for oral health and overall growth and development.

**Limit Sugary Foods and Drinks** – Educate children and parents about the importance of limiting sugary snacks, sodas, and fruit juices. Encourage healthier alternatives like water, milk, and fresh fruits.

**Regular Dental Check-ups** – Regular visits to a pediatric dentist are essential for monitoring oral health and addressing any concerns. Dentists can provide dietary counseling specific to a child's needs and help establish proper oral hygiene practices.

**Oral Hygiene Education** – Teach children the importance of proper oral hygiene practices, such as brushing twice a day with fluoride toothpaste and flossing daily. Emphasize the role of nutrition in maintaining healthy teeth and gums.

By promoting healthy dietary habits, providing education, and regular dental care, we can set children on the path to a lifetime of optimal oral health. Together, let's ensure that our children grow up with healthy smiles and a solid foundation for overall well-being.



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



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# A New Dawn For Diabetic Neuropathy

## Find Relief and Reclaim Your Life With Georgetown Pain Management

By Netsere Tesfayohannes,  
MD, ABA, ABAP  
Georgetown Pain Management

Are you tired of living with the constant pain of diabetic neuropathy? Do you long for a breakthrough that can help you manage your symptoms without relying on medications and their unwanted side-effects? We have exciting news for you! Georgetown Pain Management, with offices in Greenbelt, MD, and Washington, DC, is offering a revolutionary and minimally invasive treatment called spinal cord stimulation that brings newfound hope to patients like you. This innovative option can provide relief from the agony of diabetic neuropathy, allowing you to regain control over your life. Read on to learn how this groundbreaking treatment could be the key to your pain-free future!

### Say Goodbye to Medications and Their Side-Effects

For years, traditional treatments for diabetic neuropathy have relied heavily on medications. While these drugs may temporarily mask the pain, they often come with many side-effects, including drowsiness, dizziness, and even memory loss. It's time to break free from the shackles of medication and embrace a more effective and sustainable approach.

### Welcome Minimally Invasive Spinal Cord Stimulation

Georgetown Pain Management is proud to offer minimally invasive spinal cord stimulation, a breakthrough treatment for diabetic neuropathy. This cutting-edge therapy involves the use of a small device, similar to a pacemaker, that is implanted near your spine. Through minimally invasive techniques, the device emits gentle electrical pulses, which interrupt the pain signals traveling from your nerves to your brain, effectively reducing or even eliminating the pain associated with diabetic neuropathy.

### Experience Relief Temporarily, Commitment-Free

One of the most exciting aspects of minimally invasive spinal cord stimulation is that it can be tried temporarily before making a long-term commitment. Our skilled and compassionate team at Georgetown Pain Management will work closely with you to customize a trial period, during which the device is used on a temporary basis. This allows you to experience the benefits firsthand,

giving you the confidence to make an informed decision about whether minimally invasive spinal cord stimulation is right for you.

### Reclaim Your Life, One Step At a Time

Imagine waking up in the morning without that constant burning pain. Imagine being able to walk, exercise, and enjoy life's simple pleasures without being hindered by neuropathy. With minimally invasive spinal cord stimulation from Georgetown Pain Management, these dreams can become your reality. By minimizing or eliminating your pain, this treatment enables you to take back control of your life, empowering you to engage in activities you once thought were impossible.

### Why Choose Georgetown Pain Management?

Georgetown Pain Management is a trusted name in comprehensive pain management. With our commitment to patient care and our expertise in minimally invasive spinal cord stimulation, we have helped many individuals find relief from diabetic neuropathy.

Our team of highly skilled specialists will evaluate your condition thoroughly and design a personalized treatment plan tailored to your specific needs. With our state-of-the-art technology and compassionate approach, we are dedicated to helping you find relief and enhance your quality of life.

### Take the First Step Towards Pain-Free Living

Don't let diabetic neuropathy dictate your life any longer.

Take charge of your health and embark on a journey towards a pain-free future with Georgetown Pain Management. Make an appointment at our Greenbelt, MD, or Washington, DC offices today to be evaluated for new treatment options, including the groundbreaking minimally invasive spinal cord stimulation. We are



**Netsere Tesfayohannes, MD, D.ABA, D.ABAP**  
Medical Director

Assistant Professor of Clinical Anesthesiology,  
Georgetown University School of Medicine



**Alexander Kiefer, MD, D.ABA**  
Associate Medical Director

Assistant Professor of Clinical Anesthesiology,  
Georgetown University School of Medicine

here to support you every step of the way, providing the care and expertise you deserve. Treatment is covered by most insurance companies. Call 202-935-6980 for a free insurance verification. Schedule an evaluation today!

The time for a life without the burden of painful diabetic neuropathy is now. Break free from your limitations.



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In the next edition of Your Health Magazine...

## Women's Health

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If you are a health professional who would like to be included in this special **WOMEN'S** issue, contact us today:  
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**SERVING MARYLAND & VIRGINIA Since 1990**

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

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

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

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

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

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

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

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

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# Feel Your Best At Any Age



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

If you ever look in the mirror and realize that what you see doesn't reflect the real you, you may wish to check out some new strategies that can balance how we look with how we feel and empower us to feel our best at any age.

The secrets are three innovative technologies – radiofrequency, ultrasound and laser resurfacing. And the key is to select the right technology for the right purpose.

You may be familiar with older or original radiofrequency treatments

such as Thermage and Exilis Elite. Now, there are next-generation lasers such as Exilis Ultra, Ultherapy or Sofwave, CORE (CO2RE) Laser and GentleMax. They feature an innovative combination of laser energies to tighten your skin, smooth wrinkles, fade sunspots, scars and spider veins, and remove unwanted hair. Some can even remove unwanted fat to re-contour your chin and body, and treat cellulite. The results are stunning, scar-free, typically take only minutes, and require little or no down time.

The science behind this breakthrough technology is fascinating. The Exilis Ultra is the first laser to combine radiofrequency and ultrasound energies, to give better and faster results. The Exilis Ultra has a unique, dual-treatment capability to tighten skin and stimulate formation of new collagen and elastic tissue – and also removes unwanted fat. Exilis Ultra achieves dramatic re-contouring of your face, jawline, arms, abdomen, legs including knees, buttocks, and any other areas where restoring your

*Please see "Feel Your Best," page 44*

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# Chiropractic Care For Whiplash Pain and Spinal Health



By Gelareh Naenifard, DC  
Pain & Rehab Center, LLC

promote long-term spinal health.

Chiropractic care utilizes a variety of techniques to alleviate whiplash symptoms, including spinal manipulation and stretching exercises. By addressing the underlying spinal misalignments that may be contributing to the pain and discomfort, we can also help patients achieve lasting relief from their whiplash symptoms.

In addition to treating the immediate symptoms of whiplash, chiropractic care can also provide long-term benefits for spinal health. By promoting proper spinal alignment and mobility, chiropractors can help improve posture, reduce pressure on nerves and discs, and enhance overall spinal function.

Despite some skepticism about the effectiveness of chiropractic care, numerous studies have shown that it

Whiplash is a common injury that occurs during car accidents and can cause severe pain and discomfort in the neck, upper back, headache, ringing in the ear, dizziness and sometimes blurry vision. While there are many different treatments available for whiplash, chiropractic care is an effective and safe option that has been proven to relieve symptoms and

*Please see "Whiplash," page 62*



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# Jaw, Neck Pain and Headaches

## *Role of Physical Therapy*



By Renuka Jain, DPT  
Revive Physical Therapy

### What is TMD?

(Temporo-mandibular Joint Disorder) TMD is a category of disorders involving the joint and muscles of the jaw, face, and neck pain. TMD contributes to limitations in everyday activities including chewing, talking, and yawning.

### Symptoms

- Pain in face or jaw, often aggravated

- with chewing
- Tenderness in the muscles and joint of the jaw
- Joint sounds (popping, clicking)
- Jaw locking or stiffness
- Headaches
- Bruxism (grinding teeth)
- Abnormal swallowing
- Dizziness
- Ringing in the ears
- Virtual disturbances
- Insomnia
- Tingling in hands/fingers
- Deviation of jaw

**Causes:** trauma, arthritis, whip-lash injury, postural abnormality, ligamentous laxity, bruxism, unaligned teeth, congenital deformities, psychological distress

### Physical Therapy Treatment:

Physical therapy is an important aspect

*Please see "Neck Pain," page 66*

# A Reason To Smile Again

## *All-On-Four Dental Implants*



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

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

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

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

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

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

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

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

## *All-On-4: Same Day Smiles*



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# Vajacial: Enhancing Vulvar Well-Being For a Beautiful You

Submitted By  
Luminox Healthcare Services

Taking care of our intimate areas is an essential part of overall self-care and well-being. One emerging trend in intimate care is the vajacial, also known as a vaginal facial or avajacial. This specialized procedure focuses on improving the health and appearance of the vulva, specifically targeting the bikini line and outer ar-

chas. By exfoliating dead skin cells, reducing ingrown hairs, and enhancing skin texture, tone, and hydration, the vajacial aims to help individuals feel more beautiful inside and out.

## The Benefits Of a Vajacial Exfoliation and Smoothing

During a vajacial, dead skin cells that accumulate around the bikini line are gently exfoliated, revealing fresh and smoother skin. This pro-

cess can help prevent ingrown hairs, which can be uncomfortable and unsightly, by allowing hair follicles to grow freely without obstruction.

## Reducing Ingrown Hairs

Ingrown hairs occur when hair follicles become trapped beneath the skin, leading to inflammation and potential infection. By addressing ingrown hairs through gentle exfoliation and appropriate post-care techniques, a vajacial can help minimize

their occurrence and promote healthier, irritation-free skin.

## Improving Skin Texture and Tone

The vajacial can contribute to an overall improvement in the texture and tone of the skin around the bikini line. Through specialized treatments and targeted products, the procedure helps to rejuvenate the skin, making it appear more radiant, smooth, and youthful.

## Hydration and Nourishment

Keeping the skin in the bikini area well-hydrated is crucial for maintaining its health and appearance. A vajacial often includes the application of hydrating products and treatments that replenish moisture and promote a supple and comfortable feeling.

*Taking care of  
our intimate  
areas is an  
essential part of  
overall self-care  
and well-being.*

As we embrace self-care and prioritize our well-being, it is important to include intimate care as part of our routine. The vajacial offers a specialized treatment focused on the well-being of the vulva, providing numerous benefits such as exfoliation, reduction of ingrown hairs, improved skin texture and tone, and enhanced hydration. By undergoing a vajacial, individuals can experience a boost in confidence and feel more beautiful, both inside and out.

It is essential to consult with a qualified and experienced professional who can perform the vajacial procedure safely and effectively. They can tailor the treatment to address individual needs and ensure optimal results. Remember, embracing self-care in all aspects of our lives, including intimate areas, is a powerful way to promote our overall health, happiness, and well-being.



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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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# What Is a Trichologist?

## *Understanding the Role Of Hair and Scalp Specialists*



By Jaimi Jackson,  
Certified Trichologist, Owner  
Jai Stylz Hair Spa & Salon

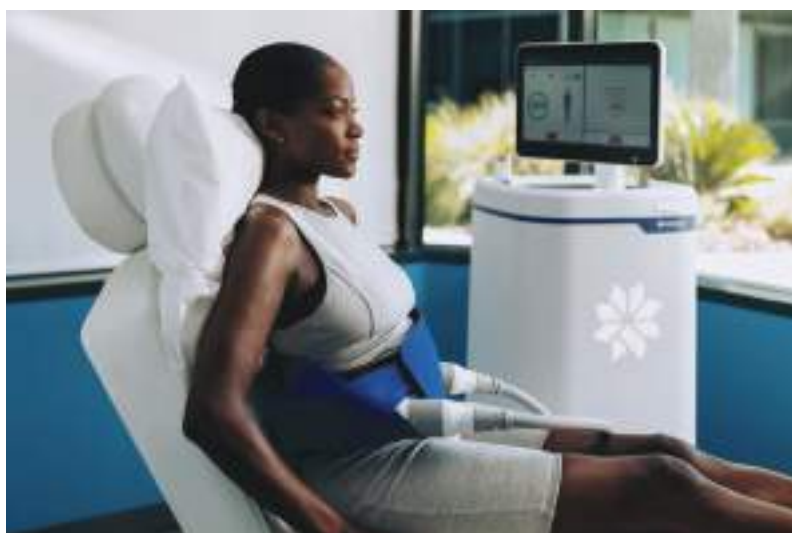
Hair and scalp issues can significantly impact our appearance, self-confidence, and overall well-being. While many people seek assistance from dermatologists for such concerns, there is another group of professionals who specialize specifically

in the study of hair and scalp health – trichologists. In this article, we will explore what a trichologist is and the vital role they play in treating hair and scalp conditions.

A trichologist is a specialist who focuses on hair and scalp disorders. They are experts in the field of trichology, which is a branch of dermatology that deals exclusively with the study of hair and scalp health. Trichologists provide treatments for conditions that affect the hair and scalp.

Factors that may contribute to hair loss include genetic predisposition, hormonal imbalances, nutritional deficiencies, lifestyle habits, stress, or environmental factors. Trichologists can develop personalized treatment plans to address the specific needs of each individual.

*Please see "Trichologist," page 62*



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# TMJ Disorder and Exercise

By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

When it comes to TMD (temporomandibular joint disorder), there are many things that a person has to consider when looking for successful treatment. With TMD, most of the time the articular discs that cover the con-

dyles (the cartilage on top of the jaw bones) are displaced and will pinch nerves and blood vessels. This leads to head and neck pain. Oftentimes too, when a person has TMD their cervical spine (neck) is compressed, so now you have more nerve compression as well. Since the C spine and TMJ work together, one can greatly affect

the other.

So now let's discuss the ramifications of exercise and how it can and will affect the outcome of TMD treatment. When a person runs, as you can well imagine, the neck takes a pounding which compresses the spinous processes. This can, and will, in turn affect the TM joints. This is why



Jeffrey L. Brown, DDS

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

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

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



Jeffrey L. Brown, DDS

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



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running during TMD treatment is really not recommended. An alternative to running is the elliptical machine. This is a no impact device that allows for a great cardiovascular workout with no compaction to the neck. You have to keep your mind on improving the health of those joints and cervical spine.

Another aspect of exercise is weightlifting of course. Most people really do not want to hear that they should not be lifting weights during their course of TMD treatment. The reason for this is that when you lift something fairly heavy, this pulls on the neck muscles – the sternocleidomastoids. These muscles connect directly into the jaw joint and will pull on a displaced disc. You can well imagine that is not a good thing. Another factor is that lifting above shoulder level causes the body to pull more on the neck than it should. This can hurt the joints as well. Once again, this type of exercise will compromise your ability to heal.

Now let's bring up a four-letter word that comes up quite often: GOLF. So here you are newly retired, living in a house at the country club, new to the game, or just looking to a retirement in place where you can play golf every day of the week. Along comes the TMJ specialist who tells you not to play until you are better. You have a choice: Get better or not. One path means that you must take a hiatus from using those amazing Ping custom-made clubs and telling your friends about the hole in one you got. The choice is to sit at home and use the elliptical machine and get better.

This problem occurs whether it's golf, tennis, or pickleball. You must make a choice and live with it for some time. This is not permanent but when you get back into it, you may find your stroke, and strength improved. As you can see, dealing with TMD takes some effort. For some folks it means sacrificing their normal activities so it's good to understand all this before treatment begins.



# Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

## Volunteers Being Sought

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

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

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

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

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

The drug has already been proven

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

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

"Our end goal is to help patients

## Volunteers Being Sought

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

[by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 571-418-0142.



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



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

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

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### Fairfax Clinic

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

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

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# Combating Anger Impulses

## *How Local Counselors Can Help*

Submitted By  
A+ Counseling Center

Anger is a powerful emotion that can have a profound impact on our lives. It can strain relationships, damage careers, and negatively affect our overall well-being. While anger is a natural human response to certain situations, it becomes problematic when it manifests as impulsive and uncontrollable anger impulses. Thankfully, local counselors are well-equipped to assist individuals in combating these anger impulses and developing healthier coping mechanisms.

Anger impulses can stem from

various underlying issues, such as unresolved trauma, chronic stress, or unexpressed emotions. Local counselors possess the expertise to identify the root causes of anger and help individuals address them effectively. Through a combination of therapy techniques, they can guide clients towards managing their anger in a healthier manner.

One of the primary therapeutic approaches employed by local counselors is cognitive-behavioral therapy (CBT). CBT focuses on recognizing and changing negative thought patterns and behaviors that contribute to anger impulses. By helping clients identify the triggers and automatic thought pro-

cesses associated with anger, counselors enable them to develop more rational and constructive responses. Through CBT, individuals can gain a better understanding of their anger, challenge distorted thinking, and learn effective anger management strategies.

In addition to CBT, counselors may also utilize mindfulness-based techniques to combat anger impulses. Mindfulness involves being fully present in the moment and observing one's thoughts and emotions without judgement. By practicing mindfulness, individuals can cultivate self-awareness and develop the ability to pause and respond to anger triggers in

a calm and controlled manner. Local counselors can guide clients through mindfulness exercises and teach them how to incorporate mindfulness into their daily lives, fostering a greater sense of emotional regulation.

Furthermore, local counselors often employ various relaxation and stress reduction techniques as part of anger management therapy. These techniques can include deep breathing exercises, progressive muscle relaxation, and guided imagery. By incorporating these practices into their routine, individuals can learn to reduce stress levels and promote a more balanced emotional state, thus minimizing the likelihood of succumbing to anger impulses.

Group therapy and support groups can also play a vital role in helping individuals combat anger impulses. Local counselors may organize anger management groups where individuals with similar struggles can come together to share experiences, provide support, and learn from one another. These groups offer a safe space for individuals to express themselves, gain perspective, and acquire valuable strategies for managing anger. By engaging in group therapy, individuals can realize that they are not alone in their struggle and find comfort in knowing that others are facing similar challenges.

The guidance and support provided by local counselors extend beyond therapy sessions. They can equip individuals with practical tools and techniques to implement in their daily lives. This may include developing effective communication skills, assertiveness training, and conflict resolution strategies. By arming individuals with these skills, counselors empower them to navigate challenging situations more effectively and reduce the occurrence of anger impulses.

Anger impulses can significantly impact our lives, but local counselors can provide invaluable assistance in combating them. Through therapeutic techniques such as cognitive-behavioral therapy, mindfulness, relaxation techniques, and group therapy, counselors help individuals identify the root causes of their anger and develop healthier coping mechanisms. By working with local counselors, individuals can gain self-awareness, learn to manage their anger more effectively, and experience improved overall well-being. If you or someone you know struggles with anger impulses, reaching out to a local counselor can be the first step towards a happier, more fulfilling life.



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

# High Frequency Spinal Cord Stimulation

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

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

during the implantation procedure.

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

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

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

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

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

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

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

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

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# Discover the Options Insurance Coverage For Bariatric Surgery



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

Insurance companies understand the importance of providing coverage for bariatric surgery, a life-changing procedure aimed at weight loss. However, it's crucial to note that the coverage may vary across different plans within a particular company. For individuals considering this transformative surgery, it becomes vital to explore whether their enrolled plan offers the desired cov-

erage. Furthermore, specific criteria need to be met to ensure approval of coverage from these plans.

## Essential Requirements

Bariatric surgeries, including gastric bypass and sleeve gastrectomy, are typically reserved for individuals who are morbidly obese and experiencing health complications associated with obesity. Insurance coverage is generally provided when a person is at least 100 pounds over their ideal weight, indicated by a body mass index (BMI) of 40 or higher. Moreover, individuals with a BMI ranging between 35 and 40 can also qualify for coverage if they have obesity-related health issues like diabetes, hypertension, or sleep apnea requiring treatment.

## Support From Primary Care Physician

Having support from a primary care physician is a crucial aspect, as

Please see "Insurance," page 62

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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](http://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?

For more information about Captioned Telephone please visit [mdrelay.org](http://mdrelay.org) or call Maryland Relay Customer Service at 1-800-552-7724 (Voice/TTY), or 443-453-5970 VP.

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

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

# Weight Management

## *Simple Lifestyle Changes To Prevent Chronic Diseases and Live Longer!*

bariatric surgery may also be recommended for individuals with significant weight problems.

It is important to remember that weight management is a long-term process and that quick-fix solutions, such as fad diets or extreme calorie restriction, are not sustainable or healthy.

Losing weight too quickly can be dangerous and can lead to health problems, and weight that is lost quickly is often regained just as quickly.

In conclusion, weight management is an important aspect of overall health and well-being. Adopting a healthy diet, engaging in regular

physical activity, managing stress, and getting enough sleep are all important steps in promoting weight loss and maintaining a healthy weight. With the right habits, support, and patience, anyone can achieve and maintain a healthy weight, and enjoy the many benefits that come with it.


Weight management is a crucial aspect of overall health and wellness. Maintaining a healthy weight can help to reduce the risk of chronic diseases, such as heart disease, stroke, and diabetes, and improve overall quality of life. However, with the increasing prevalence of unhealthy diets and sedentary lifestyles, weight management can be a challenge for many people.

One of the most effective ways to manage weight is to adopt a healthy and balanced diet. Eating a diet that is rich in whole, unprocessed foods, such as fruits, vegetables, whole grains, and lean proteins, can help to promote weight loss and maintain a healthy weight. Additionally, limiting the intake of processed foods, sugar, and unhealthy fats can also help to reduce calorie intake and promote weight loss.

Exercise is also an important component of weight management. Regular physical activity can help to increase calorie expenditure and promote weight loss, as well as improve overall physical and mental health. The Centers for Disease Control and Prevention (CDC) recommends at least 150 minutes of moderate-intensity aerobic exercise per week, or 30 minutes of exercise per day, five days per week, for adults.

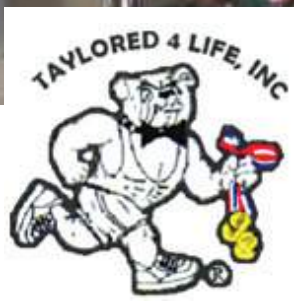

In addition to healthy lifestyle habits, it is also important to manage stress and get enough sleep. Stress can lead to overeating and weight gain, while sleep deprivation has been linked to weight gain and obesity. Practicing stress management techniques, such as meditation and yoga, and getting at least 7-8 hours of sleep per night can help to promote weight management and overall health.

For individuals who have tried to lose weight through lifestyle changes but have not been successful, it may be helpful to seek the advice of a healthcare professional. They can provide personalized recommendations and support, and may also refer you to a dietitian or nutritionist for further guidance. In some cases, prescription weight loss medication or



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# Relieving Menstrual Discomfort – A Holistic Approach

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

Dysmenorrhea, a common health concern faced by women worldwide, refers to periodic pain experienced during or prior to, or after menstrual periods. It occurs due to disrupted contractions within the uterus caused by

an excess of harmful prostaglandins. For some women, these pains can be severe enough to disrupt their daily activities for several days each month.

Symptoms of dysmenorrhea commonly include cramping, lower abdominal pain, lower back pain, or a pulling sensation in the inner thighs. Additionally, women may experience accompanying symptoms such as

headaches, dizziness, vomiting, nausea, diarrhea, or constipation.

Dysmenorrhea can be classified into two types: primary and secondary. Primary dysmenorrhea occurs without any physical abnormalities and usually emerges within three years of menstruation onset. Factors contributing to primary dysmenorrhea include allergic reactions, an unhealthy diet, excessive estrogen, being overweight, smoking, and stress. Many experts attribute the uterine muscle contractions to prostaglandins, hormone-like substances involved in pain and inflammation. On the other hand, secondary dysmenorrhea is caused by gynecological conditions like endometriosis, fibromas, and pelvic inflammatory disease (PID).

In Chinese medicine, pain is regarded as a symptom of an underlying issue. According to this approach, the root cause of pain can be attributed to either an excess pattern or a deficiency pattern. Excess patterns involve blockages of *Qi* and blood or the retention



Quansheng Lu, CMD, PhD, LAc

of heat, dampness, or wind. Deficiency patterns, on the other hand, result from insufficient *Qi* and blood or an imbalance in the kidney and liver.

Chinese medicine practitioners employ acupuncture and herbal medicine using various strategies to address dysmenorrhea, such as expelling wind, dissipating cold, eliminating dampness, moving *Qi*, invigorating blood, nourishing the blood, clearing heat, and tonifying the kidneys.

A recent review aimed to assess the effectiveness and safety of acupuncture in treating primary dysmenorrhea. The review included ten trials with data from 944 participants, with six trials focusing on acupuncture and four trials on acupressure. The findings revealed that acupuncture led to improved pain relief compared to a placebo.

Please see "Holistic Approach," page 63



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# Embracing Summer Allergy Season



By Brittney de Vicq, MAC, LAc  
West Annapolis Acupuncture

ated that 8.4% of children under 18 in the U.S. experienced hay fever.

Allergies occur when the immune system overreacts to substances that typically don't affect others. Seasonal allergic rhinitis symptoms typically manifest in spring, summer, or early fall and are usually triggered by an allergic sensitivity to pollen from trees, grasses, or weeds, as well as airborne mold spores. While allergy medications can provide relief, they often come with side effects like drowsiness, dizziness, or nausea, which can exacerbate the problem rather than solve it.

Choosing acupuncture as an alternative to medication offers a great way to avoid these negative side effects. Acupuncture treatments can effectively reduce sinus inflammation, alleviate congestion, postnasal drip, earaches, and soothe itchy, watery eyes.

In conjunction with acupuncture, Chinese herbal formulas can be utilized to relieve allergy symptoms. Unlike over-the-counter medications that aim

Please see "Allergies," page 62

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# Volunteers Are Vital Members Of the Hospice Clinical Team



By Monica Hastings, RN, BSN,  
CHPN, Clinical Manager  
Hospice of the Chesapeake

There once was a hospice patient who had a difficult past. It's reflected in how she treated her family. When she wasn't harsh towards them, she would shut down, locking them out from her world. As she grew closer to her end, she shared that she wanted to open up to her family, especially her grandchildren. She wanted them to remember her. But she didn't know where to begin.

There once was a volunteer assigned to this patient. The intention was to provide this lonely woman company and support. Soon they built a beautiful rapport. One day, the patient shared with the volunteer that she had so much she wanted to say to her family. It turned out the volunteer was a professional writer. Together, the two women wrote beautiful letters to her family. The letters answered nagging questions like, "Does she care? Does she even like me? Does she see me?" The answer was a resounding, "Yes."

With the help of that volunteer, her family got to see her in a different way. It helped them resolve a lot of the grief and anguish. They got to know her a little better and know their importance to her before she died. For me, it was one of the more profound experiences that I've had in my hospice career.

Hospice nurses, certified nursing assistants, social workers and chaplains spend more time with their patients than many other specialties. But the kind of time and commitment this professional writer gave to this patient could only have come from a volunteer.

Volunteers are a meaningful part of hospice's holistic support and care.

They help the clinical team do a better, more complete job. They can provide information about family dynamics, patient experiences and even symptom management. We've learned so much about the personality of patients through reading volunteer notes. It's often important and exciting information that didn't come up in the conversation with the nurse or social worker.

For someone who thinks becoming a hospice volunteer is "too sad," remember there are always sad times in life. But this gift of true connection with others is sacred. It fills us with joy and purpose. The people I have the privilege of working with say they're made better because of these relationships with patients and families. Our volunteers not only help the hospice team, they help bring peace and comfort to patients and families.



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

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

With careful restoration of the three sex hormones through bioidentical hormone replacement therapy (BHRT), adults can rediscover the vitality they need to enjoy life. The most recent research on hormone replacement supports not only its safety but also the fact that women and men replenishing their hormones live longer and suffer less incidence of cancer, Alzheimer's, osteoporosis and cardiovascular disease!

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

Please see "BHRT," page 66

## Discover Your Perfect Full Arch Dental Solution



By Judy Yu, DMD, MBA  
Dental FX

multiple teeth had limited options beyond uncomfortable and ill-fitting dentures. However, with the introduction of dental implants, removable dentures have become a viable choice. Although dentures may require adhesives and fall short of replicating the natural form and function of teeth, they offer affordability and easy removal for cleaning.

### Four Implant Overdenture: Secure and Functional

Stabilized overdentures resemble traditional removable dentures, but with a significant improvement in stability. By utilizing four locators on the underside of your denture plate, they securely attach to implant abutments. These snap-on dentures eliminate rocking, shifting, or rubbing, as the implants keep the appliance firmly in place. Overdentures enhance stability and functionality to approximately 60% compared to natural teeth. They are relatively affordable and easy to clean. However, some individuals

Your dental arch, whether on the top or bottom, plays a crucial role in your oral health. When the majority of your teeth are missing or reach a point where replacement is recommended, a full arch replacement becomes necessary. Fortunately, there are more options available now than ever before for comprehensive full arch treatment.

### Removable Dentures: Embrace Comfort and Affordability

In the past, individuals missing

Please see "Full Arch," page 63



# Caring For Children's Feet



By Howard Horowitz, DPM  
Bowie Foot & Ankle

You worry about your children's teeth, eyes, and other parts of the body. But what do you do about your child's feet – those still-developing feet which have to carry the entire weight of the body through a lifetime?

Many adult foot ailments have their origins in childhood and are present at birth. Periodic professional attention and regular foot care can minimize these problems in later life.

Neglecting foot health invites problems in other parts of the body, such as the legs and back. There can also be undesirable personality effects.

A child with troublesome feet walks awkwardly and usually has poor posture.

As a result, the child may become shy and introverted, avoid athletics and social functions. Consulting with a podiatrist, pediatrician and other

medical specialists can help resolve these related problems.

## Your Baby's Feet

The human foot – one of the most complicated parts of the body – has 26 bones, and is laced with ligaments, muscles, blood vessels and nerves. Because the feet of young children are soft and pliable, abnormal pressure can easily cause deformities.

A child's feet grow rapidly during the first year, reaching almost half their adult foot size. This is why foot specialists consider the first year to be the most important in the development of the feet.

Here are some suggestions to help you assure that this development proceeds normally:

- Look carefully at your baby's feet. If you notice something that does not look normal to you, seek professional care immediately.
- Cover baby's feet loosely. Tight covers restrict movement and can retard normal development.
- Provide opportunities to exercise the feet.
- Change the baby's position several times a day.

## Starting to Walk

When the child first begins to walk, shoes are not necessary indoors. Of course, when walking outside or on rough surfaces, babies' feet should be protected in lightweight, flexible

*Please see "Children's Feet," page 65*

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# Inflammation

## The Cause of Many Health Problems



By Alan Weiss, MD  
Annapolis Integrative Medicine

Inflammation is a normal physical response to various harmful stimuli, such as infections, irritants and trauma. When appropriately regulated and short lived, inflammation is crucial to maintaining our survival.

However chronic uncontrolled inflammation can result in destruction of tissues and lead to chronic disease. Tests that may reveal chronic inflammation include the sedimentation rate

and C-reactive protein. Examples of diseases which may result from or cause chronic inflammation include coronary artery disease, certain cancers, diabetes, rheumatoid arthritis, acne, asthma and celiac disease. Other conditions which contribute to inflammation include diabetes, osteoporosis, periodontitis, obesity and chronic fatty liver disease. Most of the chronic diseases we currently deal with in our society have at least an element of inflammation.

The conventional medical model dictates determining the disease at hand and then prescribing the matching medicine. This can help turn down the volume on the inflammatory response, for example using steroids, but does not deal with the roots of the disease.

So what are the underlying causes of inflammation?

Chronic infections causing in-

*Please see "Inflammation," page 66*

# Chiropractic and Exercise For Optimal Health



By Alicia Kovach, DC  
Kovach Chiropractic

If you've ever wondered about the connection between chiropractic care and exercise, you're not alone. Exercise plays a crucial role in enhancing physical, mental, and emotional well-being. When combined with chiropractic care, exercise becomes an integral part of managing low back pain and promoting overall

health.

When it comes to low back pain management, cardiovascular and strengthening exercises are key. However, it's essential for individuals with a history of heart problems to consult both their chiropractor and primary care physician to ensure they can safely engage in cardiovascular fitness-promoting activities.

Before embarking on any exercise program, patients should receive specific instructions from their primary care physician and chiropractor regarding the appropriate exercises for their condition. This personalized approach ensures a safe and effective exercise routine.

By focusing on strengthening exercises that target the core musculature, individuals can fortify their back muscles and reduce the frequency of back pain episodes. Fortu-

*Please see "Exercise," page 62*

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# Probating an Estate

## Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

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

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

### What Is Involved In

### Probating an Estate?

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

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

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

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

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

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

### Do I Need an Attorney?

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

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

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

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

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## ACUPUNCTURE

**Angel Wood, DACM, LAC**

*Doctor Of Natural Medicine, Specializing In Eastern Medicine 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 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.

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## AUDIOLOGY

**Robin R. Robinson, AuD**

*Hearing Solutions Audiology Center*

Dr. Robinson founded Hearing Solutions Audiology Center to provide the excellence that patients deserve when it comes to their hearing health. With emphasis on diagnostics and aural rehabilitation with advanced technology instruments, Dr. Robinson has been practicing for over 20 years and is Board Certified by the American Board of Audiology.

She received her doctoral degree in Audiology from the Arizona School of Health Sciences and her Master's and Bachelor's of Science degrees from Radford University in Virginia, graduating with Magna Cum Laude honors. As an audiologist, Dr. Robinson has worked for large medical hospitals, as well as, ENT specialists, but she enjoys the personalization and patient care she is able to provide in a private practice like Hearing Solutions.

As a native Virginian, Dr. Robinson still enjoys outdoor activities such as boating and kayaking on the weekends. When Dr. Robinson and her husband aren't attending their children's sporting events, they can usually be found enjoying the waterways of Maryland.



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## ALZHEIMER'S TREATMENT

**Scott Turner, MD, PhD**

*Re:Cognition Health Fairfax Clinic*

Scott Turner is the Principal Investigator at Re:Cognition Health Fairfax Clinic. He is also the Professor of Neurology and Director of the Georgetown University Memory Disorders Program. He previously served as Chief of the Neurology Service at the VA Ann Arbor Healthcare System. He was also an Associate Professor and Associate Chairman at the University of Michigan Healthcare System's Neurology Department. He received his Ph.D. in Pharmacology and M.D. from Emory University. He completed his internship, residency, and fellowship at the University of Pennsylvania and then joined the faculties of the University of Michigan, and the VA Ann Arbor Healthcare System. He is Board Certified in Psychiatry and Neurology.

Dr. Turner has directed a number of federal and foundation-funded research projects to study cognitive disorders, Alzheimer's disease and its basic mechanisms, and clinical studies of neurodegenerative dementias. He has received numerous awards, including a Paul Beeson Scholarship and a fellowship from the Howard Hughes Medical Institute. He lectures widely at scientific conferences, serves as a reviewer for numerous biomedical journals, and is widely published in his field. He is a member of the American Neurological Association, the Society for Neuroscience, and the American Academy of Neurology.

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## BARIATRIC SURGERY

**Tuesday Cook, MD**

*Adventist HealthCare Fort Washington Medical Center*

**Degrees, Training and Certificates:** 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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## APOTHECARY

**Joshua R. Gomes**

*T.O.B. Apothecary*

At T.O.B. Apothecary, Josh personally develops all products, and manages the sales of various products like moisturizing salves, CBD salves and CBD oil. He is skilled in plant extractions, including medical cannabis, industrial hemp, and other trichome-bearing plants such as rosemary, oregano mint and lavender.

Josh is a Hemp producer, registered with the Maryland Department of Agriculture/USDA. Josh and his wife converted their residential property to a USDA registered farm (#1912 in Maryland). He is currently cultivating the third hemp/cannabis crop which will be utilized as a value add to be incorporated into their line of self care hemp based products.

**Personal Experience:** In 2010 I was involved in a severe auto/pedestrian accident where I was struck by an unknown vehicle, and then run over by a '94 F-150. Enduring multiple injuries including a broken back, crushed pelvis, bi-lateral scapular fractures, broken ribs, severe internal injuries, and more. Underwent a lengthy rehabilitation and recovery process, surgeries for knee and shoulder reconstruction, spinal fusion and pelvis fusion. This is how I discovered the benefits of cannabis in relieving pain and reducing reliance on pharmaceuticals. I soon developed expertise in cannabis cultivation for symptom relief. I can assist patients in strain selection, defining expectations, understanding COAs, and making informed buying decisions.



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## BREASTFEEDING

**Susan Brennan, RN, BSN, IBCLC**

*Metropolitan Breastfeeding*

Susan is our full-time, in-office Registered Nurse and International Board Certified Lactation Consultant. She has experience in the hospital post-partum and NICU units, out-patient and home settings and providing prenatal breast feeding education.

Susan is passionate about helping mothers feel supported, overcome challenges and achieve their individual breast feeding goals.

She is the proud mother of three boys (who she breast fed) and enjoys cooking, traveling and time with her toes in the sand.



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## CERTIFIED NURSE SPECIALIST

**Maureen Mussomele, RN, CANS**  
*Renew U MediSpa & Laser Center*

Maureen is a Certified Nurse Specialist serving Southern Maryland. She is excited for the opportunity to reconnect with previous clients and help new ones at Renew U in California, MD.

She has been an RN for almost 40 years with much of her time caring for patients as a critical care nurse. She has enjoyed studying and working in the Aesthetic industry since 2009. She is an Advanced Nurse Injector, Master Injector, Advanced Laser and Safety Nurse, and holds certifications in Laser Physics. Maureen is a member of the Society of Lasers in Surgery and Medicine and the International Society of Plastic and Aesthetic Nurses (ISPAN).

She has studied under Dr. Bitter the lead Doctor of Scitons, which is the gold standard in lasers. All these treatments keep the skin looking fresh and luminous.

Maureen offers complimentary consultations at Renew U so clients can begin their personalized skin care journey.



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## CHIROPRACTOR

**Alicia Kovach, DC**

*Kovach Chiropractic and Wellness Center*

**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.

**Best Health Advice:** Pay attention to your body and don't ignore the subtle signals. Those subtle signals can lead to a quicker recovery.



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## CHILDREN'S DENTISTRY

**Krystle Dean-Duru, DDS**  
*Ashburn Children's Dentistry*

Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn Children's Dentistry, I spent many summers as my mother's mentee. Watching what seemed like magical healing art she deployed while treating her patients and knowing the need and the power of proactive preventive dental health for children, I chose a career specializing in pediatric dentistry.

It is an honor to join my mother in practice at Ashburn Children's Dentistry where I get to fulfill my commitment to helping each child and parent have a positive and transformative dental experience, with compassion and fun! Having matured as an integrative laser pediatric dental surgeon and absorbing the ethos of Ashburn Children's Dentistry, I work tirelessly to stay abreast of emerging research, and improve the quality of life for children by learning from the world's leading researchers and clinicians. Through these means, we are continually integrating critical aspects of oral structure, craniofacial development, and its impact on the pediatric airway in the service of providing optimal patient outcomes. Caring for children is so powerful and rewarding and with that, understanding the importance of utilizing gentle and minimal intervention therapies. Treating the source of their issues—instead of the symptoms—and focusing on early prevention, has been critical to my role in educating parents and assisting their blossoming child's development into a healthy and resilient adult.

I hold an undergraduate degree from Columbia University in New York, where I studied Psychology. I received a Doctorate of Dental Surgery from Virginia Commonwealth University in Richmond, VA and completed my Pediatric Residency at Interfaith Department of Dental Medicine in Brooklyn, NY, where I served in a leadership role as Chief Resident. Board Certified, I am a proud Diplomate of the American Board of Pediatric Dentistry. When not helping my young patients build happy smiles, I enjoy spending time with family and friends, growing in my faith, improving my dancing skills, learning boxing moves, traveling—and cheering on Washington sports teams!

"Dr. Krystle," as she is known by her patients, is thrilled to join her mom, Dr. Lynda, in practice. Patients and parents compliment her fun, compassionate approach. They are also impressed by her commitment to helping each child and parent have a positive dental experience. Having matured as a dental surgeon, she is constantly working to enhance her capabilities in the field.



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## CHIROPRACTOR

**Aric Adlam, DC**

*Kovach Chiropractic and Wellness Center*

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

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

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

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



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## CHILDREN'S DENTISTRY

**Lynda Dean-Duru, DDS**  
*Ashburn Children's Dentistry*

Dr. Lynda Dean-Duru over the last twenty years has built one of the most progressive pediatric dental practices in Northern Virginia. Based in Ashburn, her Ashburn Children's Dentistry practice serves thousands of families and stays on the cutting edge of Integrative holistic airway-focused preventative dentistry.

For Dr. Dean-Duru, the pathway to dentistry stemmed from her childhood experience with a dentist in her native Nigeria. As the eldest of nine children (including seven brothers), she witnessed a total transformation in the health of one of her little brothers after his aches and pains were totally resolved under the care of a well-trained dentist. She determined, as a result of that experience, to extend that kind of care to others as her life's calling.

Her decades of study and practice have led Dr. Lynda to this focus. She holds her dentistry degree from the University of Benin, her General Practice residency from Howard University Hospital, her Pediatric Dentistry Specialty Training from Children's National Medical Center, her Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry. She has undertaken numerous continuing education courses in Orthodontic training and is a fellow of the United States Dental Institute and a member of the prestigious Gnathos Orthodontic education group in Atlanta, GA. She holds a Certification in Orofacial Myology from the International Association of Orofacial Myology (IAOM). She has completed all 3 levels of the ALF Education Institute (Advanced Light Force Functionals (Quantum ALF) program, ALF Interface Academy Foundations, Genesis, Grow, Smilease (Oralase / Babyase), Airway Collaborative Mini Residency, Pediatric Airway Mini Residency and other courses.

She is a member of numerous professional and civic associations and provides tens of thousands of dollars in pro bono screenings and procedures along with other community service in Northern Virginia every year.

Dr. Dean-Duru and her family live in the Ashburn/Leesburg area. Her daughter, Krystle, followed in her footsteps as a Pediatric Dentist.



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## CHIROPRACTOR

**Megan Cloud, DC**

*Kovach Chiropractic and Wellness Center*

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

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

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

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



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## CHIROPRACTOR

### Gelareh Naenifard, DC *Pain & Rehab Center, LLC*

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

#### An Array Of Certifications:

A believer in lifelong learning, Dr. Gela currently holds many certifications including:  
Medical Examiner for National Registry of Department of Transportation, DOT, FMCSA, NRCME, National Registry # 9380714400  
Certified Chiropractic Sports Practitioner®  
Dry Needling Certification  
MRI Spine Interpretation  
Full Body Active Release Technique (ART)®  
Spinal Biomechanical  
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## COLON AND RECTAL SURGERY

### Matthew Skancke, MD *Metro Colon and Rectal Surgery, PC*

Dr. Matthew Skancke is a colon and rectal surgeon serving Maryland, Virginia and Washington, DC. Dr. Skancke grew up in Great Falls, VA earning his undergraduate degree in electrical and biomedical engineering at the University of Virginia's engineering school. After engineering school he spent three years working for a Swiss based GPS company U-blox America while going to night school to finish his pre-medical degree. He then attended medical school at the University of North Carolina at Chapel Hill where he did basic science research of mesenchymal stem cells to progress the field of regenerative medicine. Dr. Skancke continued his General Surgery training at the George Washington University Hospital and subsequently did his Colon and Rectal Surgery Fellowship at the Cleveland Clinic.

During his training, Dr. Skancke has published over 24 peer reviewed publications, authored three book chapters, and presented over 45 times at national conferences in medicine and surgery. He has participated in clinical trials of bench top and mechanical sciences and is a member of the American College of Surgeons and the American Society of Colon and Rectal Surgeons. Dr. Skancke is Board Certified in General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons Quality and Safety National committee.

Outside of work, Dr. Skancke has found a new love for French cooking and North Carolina barbecue. To offset these vices, Dr. Skancke also enjoys running and powerlifting in his free time.



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## CHIROPRACTOR

### Patrick C. Winters, DC *Winters Chiropractic and Physical Therapy*

Dr. Winters earned his Doctorate of Chiropractic in December 1996. After graduating from NWCC, he moved to Northern Virginia and practiced in a multi-disciplinary office. Today, he co-owns Winters Chiropractic & Physical Therapy. Dr. Winters holds licenses to practice in MD, VA, MN, and ND, and is licensed to practice Chiropractic & Physical Therapy. This licensure allows him to perform joint manipulation of the spine and extremities. He has achieved a variety of post-graduate certifications including:

- The prestigious American Medical Association Impairment & Disability Evaluation Certification
- The National Academy of Disability Evaluating Professionals Certification-CDE 1 Certified Disability Examiner
- The National Board of Forensic Chiropractors Certification - Impairment/Disability/Functional Capacity Evaluations
- The National Board of Chiropractic Examiners Certification - Parts I-IV and Physical Therapy
- Maryland Board of Chiropractic & Massage Therapy Examiners



29770 Three Notch Road  
Suite #205  
Charlotte Hall, MD  
**301-884-3423**  
101 Centennial Street  
Suite A, LaPlata, MD  
**301-934-9762**  
www.DocWinters.com



## COLON AND RECTAL SURGERY

### Rami Makhoul, MD, FASCRS, FACS *Metro Colon and Rectal Surgery, PC*

After completing his fellowship in Colon and Rectal Surgery at the prestigious Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Hospital in 2014 to serve patients in the DC Metropolitan area. In January 2018, he joined Metro Colon and Rectal Surgery, PC. Upon graduating from medical school, Dr. Makhoul first completed his internship in General Surgery at the University of Massachusetts Medical School. He then completed his residency training in General Surgery at the George Washington University Hospital in Washington, DC.

During his Residency training at GW, Dr. Makhoul spent a year in clinical research where he published much of his work in colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures. He continued with his passion for research and published peer-reviewed articles during his Fellowship training. Several of his works were presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American and Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotics, laparoscopy, transanal total mesorectal excision and transanal endoscopic microsurgery.

As part of his commitment to surgical training and education, Dr. Makhoul serves as a Clinical Instructor of Surgery at the George Washington University. Dr. Makhoul holds the position of Cancer Liaison Physician for Holy Cross Health, where he manages and oversees clinically related cancer activities in collaboration with the Commission on Cancer and American Cancer Society.

When he is away from the office, Dr. Makhoul may be found spending time with his family. He also enjoys skiing, running, scuba diving, tennis, and traveling.



19529 Doctors Drive  
Germantown, MD

4701 Randolph Road  
Suite #203, Rockville, MD

10215 Fernwood Road  
Suite #102, Bethesda, MD

**301-681-6437**  
ColonRectalDocs.com



## CHIROPRACTOR

### Paul J. Winters, DC *Winters Chiropractic and Physical Therapy*

Dr. Winters earned his Doctorate of Chiropractic in December 1996. After graduating from NWCC, he moved to Northern Virginia and practiced in a multidisciplinary office. In 1998, he moved to Waldorf, MD and teamed up with HEALTHSOUTH®. Today, he co-owns Winters Chiropractic & Physical Therapy.

Dr. Winters holds licenses to practice in MD, VA, PA, and MN, and is licensed to practice Chiropractic & Physical Therapy. This licensure allows him to perform joint manipulation of the spine and extremities. He is also licensed to perform Commercial Driver License Physicals, venipuncture, x-rays, and refer for any diagnostic test which may help determine a patient's diagnosis such as an MRI and CT scan. He has achieved a variety of post-graduate certifications including:

- The prestigious American Medical Association Impairment & Disability Evaluation Certification
- The National Academy of Disability Evaluating Professionals Certification-CDE 1 Certified Disability Examiner
- The National Board of Forensic Chiropractors Certification - Impairment/Disability/Functional Capacity Evaluations
- The National Board of Chiropractic Examiners Certification - Parts I-IV and Physical Therapy
- Maryland Board of Chiropractic & Massage Therapy Examiners
- The Federal Motor Carriers Safety Administration - Certified Medical Examiner (CME)



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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, Suite F  
Stevensville, MD

**410-604-6344**  
DrPaulVBeals.com



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## COSMETIC SURGERY

**Hadi M. Rassael, DO**  
*Millennium Medical*

Millennium Medical's primary goal is to attend to the need of every patient. The Practice has an extensive array of treatment options, including cosmetic surgery, Botox, fillers, laser treatments, and health and wellness.

As the founder of Millennium Medical, Dr. Rassael graduated from George Washington University in 1986 with a BS in chemistry and zoology and subsequently obtained his graduate degree in physiology at Georgetown University. He obtained his medical degree from the New York College of Osteopathic Medicine in 1994. Thereafter, he received two years of surgical training at Saint Agnes Hospital which included two months of cosmetic surgery training at the world-renowned Johns Hopkins Burn Center in Baltimore, MD. During this training, he had the opportunity to learn the surgical skills necessary to perform body and facial surgery. He continued his training at AFIP/Walter Reed Medical Center in Washington, DC, where he completed his Otolaryngology and Endocrine Pathology fellowship in 1998. Due to his passion for cosmetic surgery, Dr. Rassael has continued to fine tune his surgical techniques, including the art of facial and body contouring surgery. His training alongside many renowned surgeons has made him an exceptional cosmetic surgeon. His practice also continues to strive to offer the latest technological services in the field of cosmetic surgery.



4407 Willard Avenue  
Chevy Chase, MD  
**301-389-5084**  
www.AnythingCosmetic.com



## DENTISTRY

**Brent C. White, Jr., DDS**  
*Thunderbird Dental Office*

*ThunderBird Dental Office, affectionately known as the ThunderBird, has been providing dentures and denture repairs for over 40 years. Our dental lab is on our premises which allows us to deliver same day repairs and relines. We also perform extractions for immediate dentures. Our service is prompt and personalized and our price is right, so come on in!*

**Education:** Graduate of Howard University College of Dentistry in Washington, DC

Completed General Practice Residency at Saint Elizabeths Hospital in Washington, DC

Served as a Civilian Dentist at Ft. Meade Army Base, Ft. Meade, MD  
Served as Clinical Director at Oak Hill Juvenile Detention Center, Laurel, MD

**Member Of:** ADA American Dental Association and MSDA Maryland State Dental Association



6 Post Office Road  
Suite #104, Waldorf, MD  
**301-843-6171**  
ThunderbirdDentalOffice.com



## COUNSELING

**Maureen Vernon, PhD**  
*The Care Practice*

Dr. Maureen Vernon has been helping adults, children, couples, and families learn positive coping strategies to address their emotional needs. As a Board Licensed Psychologist for 25+ years, she continues to offer her services as a private therapist; divorce/child custody evaluator and mediator; parenting coordinator; conducting forensic and abuse assessments; and conflict resolution consulting.

**Degrees & Training:** PhD in Psychology and Evaluation - Catholic University of America, Washington, DC; Master of Science in Counseling/Clinical Psychology - Loyola University of Maryland.

**Professional Memberships:** American Psychological Association; Maryland Psychological Association; Association of Family & Conciliation Courts; Professional Academy of Custody Evaluators; Anne Arundel County Psychological Association

**Interests & Hobbies:** Movies, college sports (Notre Dame & Villanova), her yellow lab Keenan, studying history, and travel.

**Volunteer Highlights:** Beans & Bread; Boy's Town; St. Mary's Annapolis; AA County Social Services Holiday Sharing; St. Vincent DePaul; AAMC Pediatric ER; and Backpacks for Kids.

**Professional Statement:** Life can be challenging and there are times when we could all use a little extra help...if you are feeling anxious, alone, struggling to manage all the demands of your life, or experiencing problems with your spouse, child, parent, sibling, friend, or coworker - you can trust that I will listen and offer the tools to improve those relationships.



116 Defense Highway  
Suite #210  
Annapolis, MD  
**410-266-0019**  
www.TheCarePractice.com



## DENTISTRY

**Deana Moody, DDS**  
*White Plains Comprehensive Family Dentistry*

**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.

**Our Practice:** White Plains Comprehensive Family Dentistry welcomes you to their new practice in the White Plains, MD. We offer complete dental exams and procedures for the entire family.

Whether you are having a dental emergency or it's time for your yearly check-up, stop in and see our friendly and professional staff today.



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www.AConfidentSmile.net



## DENTAL SLEEP MEDICINE

**Rashmi K. Parmar, DMD, D-ABDSM**  
*Sleep Better Maryland*

Dr. Rashmi Parmar is a Diplomate of the American Board of Dental Sleep Medicine. She has a practice devoted to treating snoring, sleep apnea and temporomandibular disorders. She received her professional degree from University of Pennsylvania School of Dental Medicine. She completed the Comprehensive General Practice Residency at Carolinas Medical Center in Charlotte, NC and has been in practice in the Columbia/Clarksville area since 1991. She speaks on sleep related topics nationally and internationally. She has done several publications on sleep.

**Member of Organizations:**

American Board of Dental Sleep Medicine-AADSM

American Academy of Sleep Medicine-AASM

Academy of General Dentistry-AGD

American Dental Association-ADA

Maryland State Dental Association-MSDA

Howard County Dental Association-HCDA

**Practice Philosophy:** Dr. Parmar is passionate about her profession and believes in providing optimum care to each and every patient. Her goals are to treat each patient's individual needs with compassion and competency in a comfortable and trusting environment using state-of-the-art technology and the latest techniques.



12620 Clarksville Pike  
Clarksville, MD  
**410-531-5639**  
www.SleepBetterMaryland.com



## DENTISTRY

**E. Taylor Meiser, Jr., DDS**

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

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

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



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Road, Annapolis, MD  
**410-224-4411**  
www.LighthouseFamilyDentistry.com

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## DENTISTRY

### Ghassan Jacklis, DMD

*White Flint Dental Associates*

Ghassan Jacklis is a warm, respectful dentist serving his patients in Washington, DC. Dr. Jacklis is originally from Syria, and he is Arabic-bilingual. He is a member of the District of Columbia Dental Society. Dr. Jacklis graduated and obtained his Doctor of Dental Medicine from the University of Pennsylvania's Dental School. He then completed his Residency in General Practice at the Johns Hopkins University, where he also completed his Fellowship in Hospital Dentistry and Oral Surgery.

Dr. Jacklis provides procedures such as implants, root canals, surgical extractions, general dentistry, and cosmetic dentistry. He regularly attends general dentistry training as well as implant training to remain current with medical nuances and developments. All of Dr. Jacklis's implants and prostheses are ceramic. He also provides services such as whitening, dentures, and bridges.

Please note that Dr. Jacklis only sees patients 7 years of age and older.

In his spare time, Dr. Jacklis enjoys playing tennis, racquetball, and solving puzzles. He also enjoys tinkering with small electronic repairs. Since relocating to the United States, Dr. Jacklis and his wife focus on spending quality time with their family, and they enjoy taking weekend trips to various areas to gain adventure and experience.

White Flint Dental Associates

11125 Rockville Pike  
Suite #204, Rockville, MD  
**301-881-6666**  
www.WhiteFlintDental.com



## FERTILITY

### Yemi Adesanya-Famuyiwa, MD, FACOG

*Montgomery Fertility Center*

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

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

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

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



3202 Tower Oaks  
Boulevard, Suite #370  
Rockville, MD  
**301-946-6962**  
MontgomeryFertilityCenter.com



## DENTISTRY

### Judy Yu, DMD, MBA

*Dental FX*

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

She attended the Temple University School of Dentistry in Philadelphia, PA, where she received her DMD and was honored in the Temple University Gallery of Success. Her undergraduate degree, a B.A. in Chemistry, was attained at Goucher College in Towson, MD, where she was a Dean's Scholar. She completed her Executive M.B.A. at Loyola University in Timonium, MD.

Dr. Yu is currently a member of the American Dental Association (ADA), Maryland State Dental Association (MSDA), the Academy of General Dentists (AGD), and 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. She is also a board member of the Alumni Association of Goucher College. Dr. Yu also chaired the McDonogh Parent Association's Parent Education Committee. She was involved with the Healthy Anne Arundel Coalition to "Make Health Happen." You will often find Dr. Yu volunteering for Missions of Mercy, donating dental services to the public or volunteering at her church by cooking for Heaven's Kitchen.

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## GASTROENTEROLOGY

### Suzan Ebrahimi, MD

#### Training, Degrees:

- UCLA (University of California – Los Angeles) – Internal Medicine Residency
- Georgetown University – Gastroenterology Fellowship

Dr. Ebrahimi specializes in the diagnosis and treatment of the digestive tract:

**SCREENING COLONOSCOPY**, Esophagus, Stomach, Small Intestine, Colon/Rectum, Liver, Pancreas, Nutrition, Weight Loss, Obesity, Hemorrhoids, Gallbladder and Biliary Tree, and Gastrointestinal Malignancy

7247 Hanover Parkway  
Suite A, Greenbelt, MD  
**202-540-0032**



## ESTATE PLANNING

### Steven M. Katz, Esquire

Mr. Katz, a long time resident of Montgomery County, was born in Washington, DC and has four children and nine grandchildren. After graduating from the University of Maryland and becoming a Certified Public Accountant, Steven Katz attended George Washington University Law School.

Mr. Katz has taught courses at the University of Maryland, where he was instrumental in bringing the first paralegal program into the college curriculum, as well as at the Kaufman-Cades CPA review school and has given seminars for the Montgomery County Bar Association, the Maryland Association of CPAs, the U.S. Government, and numerous local and national groups and organizations. He is licensed to practice law in Maryland and the District of Columbia.

Steven M. Katz is listed in Martindale-Hubbell's Bar Register of Preeminent Lawyers. The Bar Register of Preeminent Lawyers lists only those select lawyers and law firms that have earned the AV® Rating in the Martindale-Hubbell Law Directory and have therefore been designated by their colleagues as preeminent in their field. He is also listed in Who's Who in American Law and Who's Who in Business and Finance. Mr. Katz is a member of the Maryland State Bar Association, The Maryland State Bar Foundation, The Montgomery County Bar Association, and the DC Bar Association. He has served on the Ethics Committee of the Montgomery County Bar Association and is a former Chairman of that Committee as well as the Business Committee. He also is a member of the Estates and Trusts section of the Montgomery County Bar Association, and the Estates, Trusts and Probate Section of the DC Bar.

401 E. Jefferson Street  
Suite #208  
Rockville, MD  
**301-738-8441**  
StevenMKatz.com



## GENERAL DENTISTRY

### Craig A. Smith, DDS

**Degrees, Training, and Certificates:** Doctor of Dental Surgery (DDS) – 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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## HAIR SALON

**Jaimi Jackson, Owner**  
*Jai'Styl Hair Spa and Salon*

- Licensed Hair Care Provider
- Certified Trichologist
- Owner, Beyond The Strandz Wellness Clinic and Jai'Styl Hair Spa & Salon

**MY #1 GOAL IS TO PROVIDE YOU, THE CLIENT, WITH HEALTHY HAIR IN ADDITION TO THE LATEST HAIR TRENDS.**

I specialize in Healthy Hair, Hair Loss, Silk Press, Natural Hair, Relaxers, Short Hair, Scalp Detox, Colors and Treatments that protect, rebuild and tame various hair types. With nearly 3 decades of experience, I graduated from Dudley's Beauty College in Washington, DC. I received my Masters of Professional Cosmetology Degree at the National Institute of Cosmetology with the National Beauty Culturalists League. I dedicate numerous hours to continued education, product knowledge and advanced classes to stay abreast in this constant evolution of the hair industry.

I have been featured in:

- eMagine Magazine
- Sophisticate's Black Hair Magazine
- Beauty News Newspaper

My services include hair loss, scalp care, scalp detoxing, scalp analysis, long, medium, and short length hair, highlights, haircuts, coloring, textured hair, relaxers, curls, evening, bridal, up-do's, weaves, children, senior hair and more.



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JaiStylz.com



## INTEGRATIVE MEDICINE

**Alan Weiss, MD**

*Annapolis Integrative Medicine, LLC*

**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



1819 Bay Ridge Avenue  
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AnnapolisIntegrativeMedicine.com



## HYPNOSIS/YOGA

**Toni Nandini Greene, Owner**  
*Happy Hour Yoga*

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

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

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

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

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

**Toni's  
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Hour Yoga**

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Temple Hills, MD  
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## LIFT AND STAIR CHAIRS

**Mark Matolak, Owner**  
*One Step Mobility*

Our company was born with one main idea in mind; improving people's life quality. This means we will always give our best to ensure you and your loved ones get the service they need and deserve when it comes to stair chairs and lift chair installation.

There are situations which can be really complicated and tough, and change the way you carry out your activities and your very lifestyle so radically you simply don't know what to do. One of these scenarios is you or a member of your family having mobility issues, whether due to accidents, aging problems or any other circumstance. If you are going through one of these situations, don't worry, we are here to help!

One Step Mobility is a family-owned, locally-run business, operated by Mark Matolak and his wife Cristina Matolak, two utterly diligent and compassionate people with a deep commitment to helping others in any way possible. Since a teenager, Mark knew he was called to help people in distress. So much so, that, after finishing high school, he decided to join the Coast Guard, where he developed new skills and served with great passion. In 1984, when Hurricane Alicia hit Galveston Island, Mark was there, working tirelessly to save lots of lives.

Cristina shares her husband's vocation just as strongly. She's Costa Rican and has worked teaching and helping children. Nowadays, she works side-by-side with Mark in One Step Mobility, bringing mobility solutions to people with disabilities or motion issues.



Silver Spring, MD  
**301-767-5070**  
OneStepMobility.com



## INTEGRATED HEALTH

**Janay Taylor, CRNP**  
*Taylor Integrated Health*

**Education:** Coppin State University, Walden University

**Conditions Treated:** Acne, Allergies, Arthritis, Asthma, Attention Deficit Disorder (ADD), Chronic Diseases, Diabetes, Heart Disease, High Cholesterol, Hypertension, Menopause, Obesity, Osteoporosis, Sexually Transmitted Diseases (STDs), Substance Abuse

**Procedures:** Abscess Incision and Drainage, Birth Control, Breast Exam, Electrocardiogram (EKG), Family Counseling, Family Planning Services, Gynecological, Examination, Immunization, Pap Smear, Pelvic Exams, Physical Examination, Urinalysis, Vaccination, Well Baby Care, DOT Physicals

Taylor Integrated Health

2300 Garrison Boulevard  
Suite #200, Baltimore, MD  
**443-708-3958**



## MASSAGE THERAPY

**Tianne Wheat Ellis, LMT**  
*Calvert Therapeutic Massage*

Hi, I am Tianne Wheat Ellis, Licensed Massage Therapist since 1995 and owner of Calvert Therapeutic Massage in Lusby, MD.

I practice massage therapy to help people with physical and emotional pain change that, and feel more at home in their body. My journey into massage therapy began after enduring years of suffering from chronic pain. Shortly before my 2nd birthday I had meningitis. The good news is that I have no real memory of the illness. However, from that age until I was 29 years old, I believed that all humans had head pain, 24/7.

I spent this part of my life with constant migratory head pain, and since I could not remember a time without it, I simply assumed it was normal.

During my childhood and teen years, I spent my summers swimming and I found that I could massage teammates' shoulders 'knots' out. I developed the ability to find tightness in muscle tissue, and it was a fun experience to feel those fibers change!

My own pain journey blended with the healing power of massage eventually led me to the Baltimore School of Massage. Once I started classes I knew I was where I belonged!

My calling is to help people live their lives without the burden of severe, frequent, or on-going physical and emotional pain. I worked in medical offices early in my practice. I am very grateful to the caring doctors I worked with who would take the time to answer all of my questions regarding a patient's diagnosis. I was lucky to have their knowledge at my disposal.

Fast forward a few years and I learned phenomenal techniques for addressing headache and migraine pain. It was life-changing. Knowing how my quality of life improved through massage therapy inspires me to meet that goal for my clients too.

I offer transformational coaching, hypnosis and NLP timeline techniques. I am offering hypnosis for fear of driving, driving anxiety and fear of driving across a bridge.

When I am not in my office it's easy to find me in my garden, with native bees, my rescue dog, or with one of my grandchildren - unless I'm out on the motorcycle with my husband! I am aware of how lucky I am to have my children and grandchildren so near to me.

I love to garden and have become a bit hooked on preserving the foods I grow. There is an unexpected pride and joy in planting a seed, watching the veggie grow and then seeing it beautifully preserved in a Mason jar.

Please feel free to reach out to me at tianne@calvertmassage.com with any questions or to schedule your appointment. I look forward to connecting with you soon!



10025 HG Trueman Road  
Lusby, MD  
**410-474-1998**  
www.CalvertMassage.com

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Nu Image**



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www.FransNuImage.com

## MASTECTOMY FITTER

**Mimi Quade, Owner**

*Fran's Nu Image*

**Degrees, Training and Certificates:** Bachelor of Science Degree, Health Planning and Administration, Penn State University.

**Certified Fitter – Mastectomy, American Board for Certification in Orthotics, Prosthetics and Pedorthics, Inc.;** Juzo Certified Fitter, Compression Garments; 30 years experience in the provision of medical equipment and supplies, management/sales/service.

**Family:** Husband, Chris and Son, Jimmy

**Hobbies:** Sudoku and Reading.

**Practice Philosophy:** Customer care is our priority!

Fran's Nu Image is a facility accredited by the American Board for Certification



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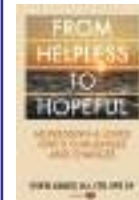
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## MENTAL HEALTH

**Beth Albaneze, MA, CTRS, CPRP**

*Certified Therapeutic Recreation Therapist  
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**Help for Navigating Mental Health Challenges During Nationwide Crisis**  
New book offers guidance for weathering life changes, no matter when they happen



Studies have shown that the U.S. is in the middle of a mental health crisis, and experts say there is an immediate need for integrated mental health services. In her new book, *From Helpless to Hopeful: Addressing a Loved One's Challenges and Changes*, respected Maryland recreation therapist Beth Albaneze explains how to navigate both mental health challenges and the system that treats them.

"It's such an important time for people to have a tool like this," Ms. Albaneze says. "Mental health issues are so widespread right now that even people who haven't experienced such challenges themselves know someone who is having a hard time."

The book is designed to help laypeople find appropriate resources to help a loved one who is experiencing an emotional and/or life shift. The guidance is delivered alongside Ms. Albaneze's personal anecdotes as well as case studies from her many decades of helping clients find creative and effective ways to help someone they care about.

To order a copy of *From Helpless to Hopeful: Addressing a Loved One's Challenges and Changes*, go to: [HouseCallsTotalWellness.com](http://HouseCallsTotalWellness.com)



## MAXILLOFACIAL SURGERY

**Sivakumar Sreenivasan, DMD**

*Dental Implant Center of Rockville*

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

As an Oral and Maxillofacial Surgeon, Dr. Sreeni manages a wide variety of problems relating to the Mouth, Teeth and Facial Regions. He graduated from dental school in India in the year 1984. His passion is in implant surgery and he is well known for same day placement of implants following teeth removal, be it for single teeth or a complete "makeover" (Smile In a Day). He can also diagnose and treat Facial Pain, Facial Injuries and TMJ disorders and perform Bone Grafting and Sinus lift procedures.

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

Dr. Sreeni is an Advanced Cardiac Life Support instructor with the Adventist group. He is also certified in Pediatric advanced life support and is very capable of providing anesthesia for both adults and children in state of the art office settings with advanced monitoring for your safety. Dr. Sreeni's staff are well trained in assisting with IV Sedation/General Anesthesia. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.



77 South Washington  
Street, Suite #205  
Rockville, MD  
**301-294-8700**  
www.OMFSMD.com



8885 Centre Park Drive  
Suite #2F  
Columbia, MD  
**240-810-4262**  
www.MIONM.org

## HOLISTIC MEDICINE

**Ming Xu, LAc,  
DAOM, Founder/CEO**

*Monterey Institute of Natural Medicine*

Our goal is your well-being, harmonizing your mind and body through holistic methods such as acupuncture, cupping, and Tai Chi. We focus on your unique needs, addressing root causes, not just symptoms, to provide you with balanced, comprehensive relief from pain and mental health concerns.



## MEDICAL CANNABIS

**Sharron Sample, CEO**

*Dispensary Works, LLC*

Sharron Sample, CEO of Dispensary Works in White Plains, MD, retired from the position of Chief Information Office, Earth Science, NASA in 2008 after a long and rewarding career. She never envisioned the legalization of cannabis for medicine and that she might play a role in making it available to others.

In 2014, son, Robert and nephew, Steve, made Sharron aware of the plans for legalization and began to educate her on the science of cannabis as medicine. She was particularly impressed with the ways it was helping to reduce or eliminate seizures in children and adults. Together, they opened Dispensary Works on May 10, 2018, and have found it to be one of the most gratifying accomplishments of their careers.

"We are committed to providing the best cannabis product to patients as part of their overall health plan, ensuring their needs continue to be met as we enter into the adult-use market on July 1, 2023."

Native to Maryland, Sharron, Rob, and Steve continue to be "greatly rewarded by patient reports of improved relief for medical conditions, from minor improvements to life-changing transformations."



10766 DeMarr Road  
Unit 3A, White Plains, MD  
**240-585-5220**  
DispensaryWorks.com



## NURSE PRACTITIONER

**Sharon Hawkins, CRNP**

*A Beautiful You, LLC*

I am a Nurse Practitioner of greater than 27 years of experience and I am a member of the American Association of Nurse Practitioners. I have immensely enjoyed working with all types of people in my profession as a Family Nurse Practitioner. It brings me great pleasure in helping people reach their full health potential in any arena.

My formal training involved acquiring a plethora of knowledge while working at Johns Hopkins in Baltimore, MD and then having the wonderful opportunity to work at several different healthcare facilities once I finished my graduate degree in 2001.

In 2017, I decided to broaden my horizons and also become a Yoga Teacher Training, YTT 200. Currently, my interests have turned towards the beauty industry of Cosmetics/Medical Aesthetics.

I provide services such as Botox, Microneedling, and Chemical Peels. My home-based business, A Beautiful You, LLC, is based out of Upper Marlboro, MD.



3013 Nightside Drive  
Upper Marlboro, MD 20774  
**240-326-3977**  
www.ABeautifulYouGlow.com



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## NURSING SERVICES

**Irene Cady-Harrington**  
*At Home Care, Inc.*

At Home Care, Inc. provides private duty nursing services in the Metropolitan Washington area and was founded in 1977 by Irene Cady-Harrington. Her background prior to At Home Care, Inc. was with an agency that screened and referred Administrative & Sales personnel to employment opportunities. She worked in that position from 1963 until 1977. Home care was in its formative beginnings in 1977 and Irene decided to specialize in health care placement. Her Liberal arts education with an emphasis in Psychology together with the experience of growing up with a Nurse Grandmother who owned a rest home (today's assisted living) made for an easy segway into healthcare agency administration.



15304 Spencerville Court  
Burtonsville, MD  
**301-421-0200**  
AtHomeCareInc.com



## OPTOMETRY

**Alexander C. Nnabue, OD, PA**  
*Visual Eyes*

**Degrees, Training, and Certificates:** Educated in both Africa and the United States, Dr. Nnabue holds two degrees as Doctor of Optometry. Graduating from Imo State University (1988) and then from Pennsylvania College of Optometry (1994). Dr. Nnabue has received numerous awards and citations for the excellence he brings to the optometry industry. Board Certified in treatment and management of ocular disease in Maryland, Washington, DC and Pennsylvania.

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

**Practice Philosophy:** Dr. Nnabue's passion for providing quality eye health care to all including the underserved, has lead him to lead bi-annual "Medical Mission" trips to Africa. These "Medical Missions" are life changing not only for the people receiving care, but for the medical team that takes part in these missions.



Clinton: 301-877-1770  
Greenbelt: 301-614-3937  
Hyattsville: 301-434-3937  
Mitchellville: 301-324-9500  
Silver Spring: 301-681-9797  
Frederick: 301-694-7557  
www.VisualEyesGroup.com



## OPHTHALMOLOGY

**Renee Bovellet, MD**  
*Envision Eye & Laser Center*

**Board Certified, Ophthalmology  
by the American Board of Ophthalmology**

Board Certified Ophthalmologist who has performed thousands of laser, ophthalmic, cataract, cornea and BOTOX procedures. Owner and Medical Director of Envision Eye and Laser. Trained at Wellesley College, UCLA School of Medicine, Yale University and the LSU Eye Center. Named a 2021 Washingtonian TOP DOCTOR by her peers. Selected as the Millennial EYE Outstanding Female Leader in Ophthalmology for the March/April 2021 Issue.

A commitment to excellence in ophthalmic training and surgical technique, coupled with her expertise with state-of-the-art technology, has enabled Dr. Bovellet to earn her patients' confidence and trust. Her practice emphasizes disease prevention, overall wellness, and patient education. She is committed to treating all of her patients with compassion and caring. She offers each patient an individualized treatment plan, and is dedicated to helping patients make informed decisions about medical, surgical, and aesthetic treatments.

Served as assistant professor of Ophthalmology at Louisiana State University, and worked at the National Institutes of Health. Current Director of the Cornea Service at Howard University Hospital Department of Ophthalmology.

Her work has been published in medical textbooks and ophthalmology journals in the U.S. and internationally. Donates her time to caring for the poor by participating in health fairs and medical mission trips. She holds academic appointments at Howard University Hospital, Ross University School of Medicine and University of Maryland Capital Region Medical Center. Holds leadership positions in ophthalmic and other medical associations. Currently, she represents the Maryland Society of Eye Physicians and Surgeons (MSEPS) as a counselor to the American Academy of Ophthalmology and is on the MedChi legislative council. Under her leadership, MSEPS received the 2021 Star Award for innovative delivery of education and value to society members.



12200 Annapolis Road  
Suite #116  
Glenn Dale, MD  
**301-805-4664**  
www.EnvisionEyeandLaser.com



## ORAL AND FACIAL SURGERY

**Larry W. Bryant, DDS, PA**  
*Bryant Oral & Facial Surgery*

**Oral and Maxillofacial Surgeon practicing in Bowie Area for the past 30 years**

Oral and Maxillofacial surgery encompasses the area and science of diagnosis, surgical and related treatment of disease, injuries, defects and esthetics aspects of mouth, jaw and face.

**Degrees, Training, & Certifications:** Howard University College of Dentistry - DDS; Oral and Maxillofacial Surgery Residency - Woodland Medical Center, Brooklyn, NY; Fellowship in Orthognathic Surgery and Dental Implantology - Montefiore Medical Center, Bronx, NY.

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

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

- Dental Implants & Reconstructive Surgery
- General Anesthesia & Sedation
- Extractions & Wisdom Teeth
- Facial Injuries
- Orthodontic & Orthognathic Surgery
- Comprehensive TMJ Therapy

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LWBryant@comcast.net



## OPTICIAN

**Pam Lauer**  
*McNelly Optical, Inc.*

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

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

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



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Suite #L6  
West Annapolis, MD  
**410-263-2571**  
Sajak Pavilion  
2002 Medical Parkway  
Suite #615, Annapolis, MD  
**410-573-2822**  
www.McNellyOptical.com



## ORTHODONTICS

**David E. Harmon, Jr., DDS, MSD**

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

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

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

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



10264 Lake Arbor Way  
Mitchellville, MD  
**301-333-3900**  
www.HarmonOrtho.com

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## PAIN MANAGEMENT

Levi Pearson, III, MD, MBA, DABA, DABPM

Metropolitan Pain and Spine  
Metropolitan Spine Ambulatory Surgery Center

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

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

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

**SPINAL CORD STIMULATOR**  
High Frequency Spinal Cord Stimulation is now FDA approved for Diabetic Neuropathy Pain, when medical management fails to control pain symptoms in your legs and feet a new treatment has gained food and drug administration FDA approval to help bring about relief on nerve pain symptoms associated with diabetic neuropathy. Ask Dr. Pearson about this new FDA approved procedure to address your pain symptoms.



9501 Old Annapolis Road  
Suite #305, Ellicott City, MD  
**443-367-0011**  
www.MetropolitanSpine.com



## PEDIATRIC DENTISTRY

Dawn L. Tyler, DDS

Magnolia Kid Friendly Dental

When asked at a young age, "What do you want to be when you grow up?" Dr. Tyler didn't hesitate to answer "a dentist."

She always loved her dental visits growing up and is on a mission to give children the same positive experience.

During her Residency, she worked with young, old, healthy, medically compromised, and special needs patients. While Dr. Tyler gained a vast amount of experience in managing all types of problems, she was drawn to working exclusively with children and patients with unique needs.

She's excited to help you and your child experience dentistry the way it should be – fun, educational, and convenient. Discover peace of mind at Magnolia Kid Friendly Dental.



10208 Lake Arbor Way  
Mitchellville, MD  
**301-494-8656**  
www.MagnoliaKidFriendlyDental.com



## PAIN MANAGEMENT

Madhavi Chada, MD

Synergy Spine and Pain Center

Dr. Madhavi Chada an Interventional Pain Management Physician and is triple Board Certified in Anesthesiology, Internal Medicine and Pain Management. Dr. Chada completed her fellowship training in Interventional Pain Medicine at Tufts University – Baystate Medical Center, MA. Dr. Chada completed her dual residencies in Anesthesiology at Brookdale Medical Center, NY and in Internal Medicine at SUNY Stony Brook, NY.

Dr. Chada is an active member of the American Society of Interventional Pain Physicians (ASIPP), North American Neuromodulation Society (NANS) and American Society of Anesthesiologists (ASA). She is also affiliated with the American Medical Association (AMA).

Dr. Chada has been providing Maryland and Washington, DC metropolitan area communities with comprehensive chronic pain management treatments for the past several years. She is the Founder and Medical Director of Synergy Spine and Pain Center, LLC. Dr. Chada is committed to high-quality patient care and is unwavering in her dedication to providing personalized treatment.



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Suite #209  
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10905 Fort Washington Road, Suite #305  
Fort Washington, MD  
**240-260-3828**  
www.SynergySpineMD.com



## PEDIATRIC DENTISTRY

Elizabeth "Andie" Shin, DDS

Bethesda Chevy Chase Pediatric Dentistry

Dr. Shin is the founder and president of BCC Pediatric Dentistry. She is a Board Certified Pediatric Dentist with more than 20 years of practice experience. Among other awards and recognitions, Dr. Shin has been selected by her peers as a *Washingtonian* Top Pediatric Dentist and a *Bethesda Magazine* Top Pediatric Dentist.

Dr. Shin's experience spans a diverse range of locations, settings, and organizations. She was Associate Professor of Pediatric Dentistry for the Advanced Post-Graduate Pediatric Dentistry Residency at the University of Southern California (USC). Dr. Shin practiced pediatric dentistry at a Native American Reservation in Montana. After 9/11, she joined the Army and served as an active-duty military officer and pediatric dentist at Walter Reed Army Medical Center, in Washington DC. Dr. Shin was also the first Korean-American female to hold the position as the division head of the Pediatric Dentistry and Orthodontic Dental Clinic at the Children's Hospital of Los Angeles. These and other positions throughout the years have provided Dr. Shin with invaluable pediatric dentistry experience and unique expertise.

Most of all she loves children, likes to make them laugh, and is constantly trying to learn more about them and their accomplishments. That includes her patients and her son, daughter, grandkids, and your child too!



4825 Bethesda Avenue  
Suite # 220, Bethesda, MD  
**301-941-7374**  
BCCPediatricDentistry.com



## PAIN MANAGEMENT

Sarah Merritt, MD

Lifestream Health Center

**My Degrees & Training:** Majored in Biology Birmingham-Southern College and graduated 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, MD. 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.



4000 Mitchellville Road  
Suite B322, Bowie, MD  
**301-860-0305**  
LifestreamHealth.com



## PEDIATRICS

Frederick Corder, MD

Fit For Life

Dr. Frederick Corder is a highly experienced pediatrician with a passion for providing exceptional healthcare to children. He attended Wayne State University for his undergraduate studies in 1973 and completed his education at Howard University College of Medicine in 1977.

Dr. Corder's dedication to pediatric medicine led him to pursue a Residency at Howard University Hospital, where he honed his skills and gained extensive clinical experience, graduating in 1980. With his commitment to staying at the forefront of his field, he obtained certification from the American Board of Pediatrics in Pediatrics in 1986. He is also the Chairman of Pediatrics at University of Maryland Capital Region Medical Center.

His unwavering dedication and expertise make him a trusted healthcare provider for families seeking the best care for their children.



4000 Mitchellville Road  
Suite #302, Bowie, MD  
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## PEDIATRICS

**Janet V. Johnson, MD**

*Loving Care Pediatrics*

Dr. Janet V. Johnson was born in Brooklyn, NY. She received her undergraduate degree in Biology at Hunter College in Manhattan, NY. 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, NY. 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, MD 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 Adventist 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.

**Practice Philosophy:** I am committed to serving my patients, parents and community by providing excellent and compassionate health care service to a culturally diverse population that promotes the dignity and well-being of the people we serve.

**Loving Care Pediatrics**  
3311 Toledo Terrace  
Suite #C-201  
Hyattsville, MD  
**301-403-8808**



## PERIODONTICS

**Karl A. Smith, DDS, MS**

*Periodontal Care can save your life!*

*Let me help you live healthier than ever before.*

As a periodontist, Dr. Karl Smith specializes in periodontics and implantology. Periodontists are experts in treatment of gum disease, establishing and maintaining periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one really likes to go to the dentist, we strive to make your visits with us as comfortable and pleasant as possible. Patients' comfort is an important part of quality dental care. If you aren't safe and comfortable you won't go and going is just a good thing for your body!

**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, an organization for sedation dentistry.

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and safety of his office and patient-oriented team. He is consistently rated by his peers as a Top Dentist 2010-2022 in *Virginia Living*, *Washingtonian Magazine*, and *Northern Virginia Magazine*.

His patient's say: "I'd give 10 stars if I could. Dr. Smith is so kind, caring and explains everything so that you understand. His assistants are thorough, knowledgeable and gentle."

601 Post Office Road  
Suite #1-B, Waldorf, MD  
**301-638-4867**

2500 N. Van Dorn Street  
Suite #128, Alexandria, VA  
**703-894-4867**  
www.DrKarlSmith.com



## PERIODONTICS

**Sanju Jose, DDS, MDS**

*Columbia Center For Implants and Periodontics*

Dr. Sanju Jose is a highly skilled periodontist and dental implant surgeon. He obtained his Doctor of Dental Surgery degree from the University of Maryland School of Dentistry after completing a General Practice Residency at Kings County Hospital in Brooklyn, NY. Driven by a commitment to continuous learning, he pursued post-graduate training in periodontics and dental implants at the University of Pittsburgh School of Dental Medicine, where he conducted research on bone regeneration.

Dr. Jose is dedicated to providing his patients with the most advanced evidence-based treatment options. He has expertise in computer-guided surgery, immediate implant placement, minimally invasive bone grafting techniques, and socket shield/partial extraction therapies. He is certified in Chao Pinhole Surgical Technique and LANAP® Laser Assisted New Attachment Protocol. Dr. Jose is a Diplomate of the American Board of Periodontology and actively participates in dental associations and study clubs.

Outside of work, Dr. Jose enjoys spending time with his family, playing basketball, and traveling. He is passionate about delivering exceptional periodontal and implant dentistry, ensuring his patients receive the highest quality care possible.

6395 Dobbin Road  
Suite #208  
Columbia, MD 21045  
10490 Little Patuxent Pkwy  
Suite #280  
Columbia, MD 21044  
**410-997-1189**  
ColumbiaMDPerio.com



## PERSONAL TRAINING

**Ron Adams**

*Pro-Fit Mobile Personal Training*

30+ years experience as a nationally certified personal trainer having a deep passion for and proven success with transforming the health and fitness of high-impact CEO's, Senior Executives, and Entrepreneurs.

**Fitness Philosophy:**

Getting fit and healthy does not have to be difficult, but often it is. Why is that? There's conflicting information coming at you from all directions, and you need help figuring out who or what to believe. So you end up dabbling in this and that, hopping from one program to the next, never really taking consistent action on anything. Meanwhile, your gains are nonexistent, your goals feel unreachable, and you feel frustrated that your efforts have just been a massive waste of time and effort.

So what is the right way? Are you ready to know the answer?

The right way is the one that works for YOU!

Wait, it's that easy?

The science of losing fat or gaining muscle is very simple. However, finding that formula can only be easy with some guidance.

So, let me help you find YOUR formula!

NSCA - CPT  
PN Nutrition L1  
Pesi Sacoriliac Practioner  
NCFI Fitness Specialist



Annapolis, MD  
**443-837-5237**  
ron@pro-fit-transformation.com  
facebook.com/profitannapolis  
PRO-FITMobilePT.com



## PERIODONTICS

**Mary B. Alexander, DDS, DMSc**

*Total Dental Care*

Dr. Mary Alexander, periodontist, obtained a Bachelor of Science degree in Biology from the University of South Carolina and continued her education in dentistry at the University of Maryland School of Dental Surgery where she received her DDS degree. Prior to and during her dental studies, Dr. Alexander received funding and support from the National Institutes of Dental Research for her involvement in the periodontal research.

After obtaining her DDS degree Dr. Alexander spent one year at the Veteran's Administration Hospital, in General Practice Residency focusing her training in the area of anxiety patient management. She then attended Harvard University and earned her Clinical Specialty in Periodontics and a Doctorate in Medical Science. Her doctoral research was focused in the study of bone function and metabolic disease of the bone.

Dr. Alexander received extensive training in dental implantology, periodontal plastic surgery, bone regenerative procedures and sedation dentistry. All aspects of Dr. Alexander's training are incorporated in her periodontal practice assuring patient's thorough and comprehensive periodontal treatment.



20680 Seneca Meadows  
Parkway, Suite #218  
Germantown, MD  
**240-813-9111**  
www.TotalDentalCareMD.com



## PET NUTRITION

**Julia Brewer, Owner**

*Crunchies Natural Pet Foods*

- Voted "Best Pet Food Store" by the *Washingtonian*, *What's Up Magazines*, *Bay Weekly's Best of the Bay*, *Capital Gazette* and *Bowie Blade* newspapers.
- Specific recommendations for your pet based on age, weight, lifestyle and health concerns.
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## PHYSICAL THERAPY

**Derrick A. Martin, PT, DPT**

*Fyzical Therapy & Balance Centers*

Dr. Martin's quest to be the best can be seen in his personal and professional growth. He started as a Physical Therapist aide and now has his Doctorate in Physical Therapy.

Dr. Martin has been in the physical therapy profession for over 35 years and is skilled in deep dry needling techniques, cupping, kinesio-taping, and other orthopedic manual therapy techniques. Dr. Martin is a thinking therapist. His main goal is to improve mobility, function, and improve his patient's way of life. Dr. Martin's dedication to physical therapy has his patients returning 90% of the time or referring friends and family members which is a testament to the type of care rendered at his offices.

Dr. Martin started Absolute Therapies in 2009 so he can help fellow service members and give back to the profession that he has serviced for over 32 years.

He franchised with Fyzical Therapy and Balance Centers in 2019 to expand his knowledge base into vestibular and balance rehabilitation.

Dr. Martin says treating patients is not a job to him, but an enjoyment and a blessing to give of what the Lord gave him.



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Suite #103, Waldorf, MD  
**240-419-5101**

www.Fyzical.com/  
Crain-Hwy-Waldorf-MD

4000 Mitchellville Road  
Suite B430, Bowie, MD

**240-334-2300**  
www.Fyzical.com/Bowie



## PODIATRY

**Howard Horowitz, DPM**

*Bowie Foot and Ankle*

Dr. Horowitz has been practicing in the Bowie area for over 25 years. He graduated from the Illinois College of Podiatric Medicine with a Doctorate of Podiatric Medicine and did his postgraduate training in podiatric medicine and surgery in association with the Podiatry Group of Greater New York and the New York College of Podiatric Medicine. Dr. Horowitz remained in New York for an additional two years to practice with several of his training program's attending doctors in order to further hone his medical and surgical skills.

Dr. Horowitz enjoys the general nature of his practice and sees patients of all ages with a variety of foot problems. He especially enjoys dealing with the orthopedic nature of many podiatric problems, whether they be of recent onset or long standing. He has found that chronic problems affecting the ankle, knee, hip or back, can often be traced to recent symptoms within the foot, or vice versa. Dr. Horowitz continues to expand his knowledge in podiatric medicine, in an effort to bring advances in treatment and technology to his patients.

**Professional Affiliations:** American Podiatric Medical Association, Maryland Podiatric Medical Association and American Academy of Podiatric Sports Medicine

**Special Interests:** Biomechanical Gait Analysis, Orthopedics, Surgery

**Board Certifications:** Podiatric Surgery - American Board of Medical Specialties in Podiatry; Podiatric Orthopedics - American Board of Podiatric Orthopedics and Medicine



14999 Health Center Drive  
Suite #112, Bowie, MD

**301-464-5900**  
www.BowieFootAndAnkle.com



## PHYSICAL THERAPY

**Nancy Mehta, PT, DPT**

*Fyzical Therapy & Balance Centers*

Dr. Nancy Mehta completed her Bachelor's in Physical Therapy from Pune, India in 2015. Thereafter she practiced in India for 1.5 years where she gained additional hands on experience by working in an Outpatient Orthopedic Hospital setting where the patient caseload was mainly centered on orthopedic, neurological- adults/peds and spinal post-surgical conditions.

She completed her Doctor in Physical Therapy from Loma Linda University, California in 2019. Over the years of her clinical work experience, Dr. Mehta has worked with Orthopedic, Neurological, Pediatric, Geriatric, Cardiovascular, Vestibular, Work Conditioning and Work Hardening patients. She has completed several workshops on Differential diagnosis & treatment of lower extremity edemas, Motor Relearning Program for Stroke Rehabilitation, PNF in Neuro Rehabilitation. Dr. Mehta has also been a Physical Therapy volunteer for Pune International Marathon, India. She is also a Certified BLS/CPR provider from the American Heart Association.

As of today, Dr. Nancy is working with the patients in our Lanham office. Dr. Nancy enjoys spending her free time working out and spending quality time with her friends.



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## PROSTHETICS

**Jed Newhardt, BS, CPO**

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**Education:** Bachelor of Science in Prosthetics & Orthotics, University of Washington - Seattle 2012

**Post Graduate Education and Training:** Prosthetic Residency at Rehabilitation of Chicago - 2012-2013

**Certifications:** American Board for Certification in Orthotics & Prosthetics

**Practice Philosophy:** Personalized service integrating traditional techniques with the latest technology.

**Additional:** Transportation problems? Don't worry- we are always happy to see you at your home, nursing facility or in the hospital.



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## PHYSICAL THERAPY

**Renuka Jain, DPT, COMT**

*Revive Physical Therapy*

**Education:** Doctorate in Physical Therapy from Massachusetts General Hospital, Boston, MA.

**Special Credentials:** In addition to receiving her Doctorate in Physical Therapy (DPT), Renuka is certified in COMT, a highly renowned Maitland Australian Technique to treat orthopedic conditions. Renuka is also a Reiki level 1 & 2 practitioner who additionally specializes in soft tissue techniques, joint mobilization, treatment of TMJ, neurological dysfunctions, headaches, Cervical Spine, Lumbar Spine, pre/post natal care and adolescent sports medicine. She has served as a Clinical Instructor for students from Massachusetts General Hospital, Boston University, George Washington University, University of Maryland and Andrews University Michigan.

**What I like most about Revive Physical Therapy:** Helping patients to achieve their goals.



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## PROSTHETICS

**Kyle Wilhelm, BS, CO**

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Upper Limb, and Spinal, including Diabetic Shoes*

**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.

**Additional:** Transportation problems? Don't worry- we make home visits, nursing home and hospital visits at no cost.

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## PROSTHETICS

**Pete Goller, BS, CP**

*Custom Made Artificial Limbs  
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**Education:** 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.

- ABC Certified Prosthetist
- More Than 32 Years of Experience
- President of Metro Prosthetics, Inc.

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## TMJ & SLEEP DISORDERS

**Jeffrey L. Brown, DDS**

*Sleep & TMJ Therapy*

Dr. Jeffrey Brown grew up in the state of Maine and went to Bowdoin College, where he graduated Magna Cum Laude in 1982. He accepted early decision into the Georgetown School of Dentistry, and graduated from there in 1986. While at Georgetown, Dr. Brown worked in the Neurology Department as an assistant on a project that involved studying the regeneration of nerve tissue in the spinal column after major trauma.

Upon graduation from Georgetown Dental School, Dr. Brown worked for a short time as an associate in a practice in Falls Church, VA. From there, he moved on and built his own practice in the Fairlington neighborhood in Arlington, VA, creating one of the largest practices ever seen on the East Coast.

Dr. Brown took a short sabbatical to help raise his four young children and to continue his education. It was then that he began the process of understanding sleep apnea and how it correlates to TMJ treatment. His knowledge in the combined fields of TMJ, sleep and orthodontics has given him a perspective unlike most other practitioners who perform basic dentistry. In addition, Dr. Brown has also learned the advanced techniques involved in expanding an airway so that both children and adults can breathe better. His training continued over time at the famous Sleep Medicine Center near the Emory University Hospital. He is a certified Fellow of the American Academy of Craniofacial Pain, awarded the Level of Legacy with the ALF Interface Academy and holds memberships with many academies.

In 2013, Dr. Brown met Dr. Brendan Stack and was immediately impressed with the success Dr. Stack had in treating TMJ cases and being able to repair so many damaged lives. For Dr. Brown, helping people by dealing with their debilitating TMJ issues became his second calling. And, as they say, the rest is history!



2841 Hartland Road  
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Falls Church, VA

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## PUBLIC HEALTH

**Peter C. Jones  
MPH, OTR/L**

- Howard University
- Benedictine University

- Co-owner of MorningStar since 2013
- **Mission:** Provision of concise public health education to empower communities of color in Montgomery County.

Community partner with the BPHN.

- **Past initiative:** COVID-19 education and vaccine incentive program (Feb. - June 2022)
- **Current initiative:** Alzheimer's Disease education program



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## WELLNESS

**Tiffany Daniel**

*Live To Day Wellness*

**Degrees:** BS in Psychology, MDiv; Doctorate in Christian Education, EdD

**Certificates:** Behavioral Health and Nutrition, Personal & Small Group Fitness Instructor, Certified Health & Wellness Coach, IIN Alumni, MRT & SEL(F) Instructor, Yoga 200 Level and Zumba Instructor

**Training:** Mindful Movement and Breathwork

**Areas of Interest:** Healthy Eating and Regular Exercise

**Specialties:** Nutrition, Meal Planning, Weight Loss, Rehabilitation and Maintenance, and Standards for Excellence Licensed Consultant

**Practice Philosophy:** Your Health is Your Wealth

Hosts a monthly women veterans peer support group with Peer Outreach Solutions, Inc., (Pos) for Sista's of the Posi.

Give An Hour, Ambassador supporting veterans and their families.

Veteran Yoga Project, State Director for Yoga - MRT

Breathe for Change, Yoga Instructor Yoga - SEL(F)

Mental Health First Aid Certified

**Hobbies:** Reading, Researching Preventive Measures for Autoimmune Diseases and other Health Conditions plus Advocate for Veterans and Mental Health Awareness



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**Kim Weiss, RN**

*Annapolis Integrative Medicine, LLC*

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Kim has been utilizing IV therapies very safely and therapeutically with over 25 years as an IV Nurse, has been administering nutritional and integrative IV's in many different settings and practices throughout Maryland and Massachusetts. She is able to tailor these therapies to meet individual needs and requirements. Many people can benefit from these therapies and they can jumpstart your road to recovery and health.

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

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

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

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By Ming Xu, LAc, DAOM  
Monterey Institute of  
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Do you shudder at the mere thought of acupuncture needles? Do you break into a cold sweat imagining those tiny spikes entering your skin? Worry no more, we've got a solution that not only helps you skip the needle fear but also gives you a "superhero" feel – introducing fire cupping.

Fire cupping, you say? Yes, it sounds like something interesting, it's

a legitimate and ancient form of alternative medicine. Relax, there's no actual 'fire' involved – the only thing "on fire" is the pain relief it offers.

Fire cupping may be your new best friend for tackling all sorts of pain. Whether you're struggling with chronic back pain, a stiff neck from a Netflix binge, or you've decided to wrestle with your overzealous dog and are paying the price, fire cupping has got you covered.

How does it work? Picture this: small glass "cups" are heated and placed on your skin, creating a vacuum. The cup effectively gives your skin and muscles a little "hug" (I mean, who doesn't love a good hug?). This increases blood flow and promotes healing.

Feeling a bit stressed or anxious? Well, good news for you. Fire cupping isn't just a one-trick pony. Alongside physical pain, it's also effective for

*Please see "Fire Cupping," page 63*

## FEEL YOUR BEST

FROM PAGE 7

skin's youthful resilience and removing unwanted fatty deposits is needed. Treatment is completely painless and feels like a hot stone massage. The combination of Exilis Ultra with lasers for cellulite, stretch marks and skin tightening, or with liposuction can give significant improvement and drop clothing sizes in key areas such as your abdomen, waistline, hips and thighs.

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same session by targeting wrinkles, loose skin, skin discolorations and broken blood vessels. These systems combine intense pulsed light (IPL) and infrared energy with radiofrequency. The advantage of combining those treatments is faster and much more precise than with older lasers – and it is more comfortable, often not even requiring numbing cream. The combination also allows all skin types, from lighter to darker skin, to be treated without risk of burning or scarring. You can usually return to regular activities immediately, including social events. The eMatrix, the world's first radiofrequency fractional laser, is used to treat deeper wrinkles and scars. It is precisely individualized to address your own unique pattern of aging more efficiently and at a lower cost than with older fractional lasers. The GentleMax is a versatile laser that offers quick, painless hair removal for all skin types and can be set to also tighten skin and improve its tone and texture.

These treatments are designed to look completely natural, prevent deepening of wrinkles and stimulate long-term collagen and elastin production. They are effective, long lasting and cost-efficient.

*Please see "Feel Your Best," page 66*



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

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

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

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

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

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

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

*Please see "Radon," page 63*

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# Lyme Disease

## *How Do I Limit My Exposure To Ticks?*



By Thomas K. Lo, DC  
Advanced Chiropractic Center

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

Reducing exposure to ticks is the best defense against Lyme disease, Rocky Mountain spotted fever, and other tick-borne infections. You and your family can take several steps to prevent and control Lyme disease.

Before you go outdoors know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks.

Treat clothing and gear with products containing 0.5% permethrin. Permethrin is used to treat boots, clothing and camping gear and remain protective through several washings. There are many insect repellents, some natural, which can help you combat your exposure to ticks.

Try to avoid contact with ticks by staying away from brushy areas with high grass and leaf litter and stay on well-groomed trails when walking or hiking outdoors.

### **Once Indoors...**

Check your clothing for ticks. Tumble dry clothes in a dryer on high

*Please see "Lyme Disease," page 63*



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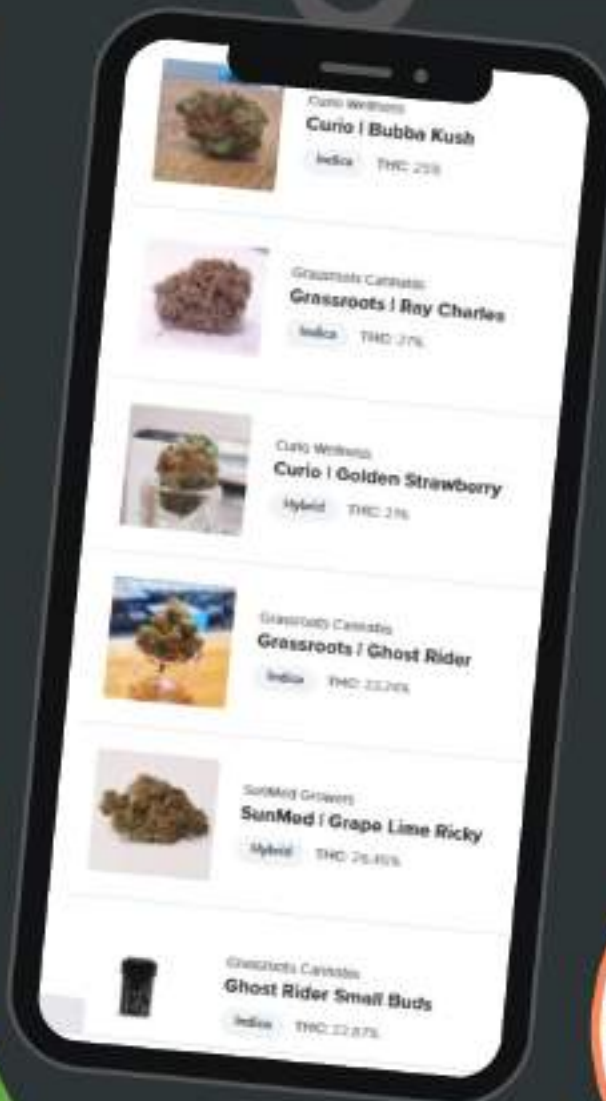
- ☒ Protect your Medicare and Social Security numbers; never give them to a stranger.
  - ☒ Be cautious of calls from "Medicare" or "Social Security" as these are often scams.
  - ☒ Review your Medicare statements regularly for suspicious charges.
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- All calls are confidential. 410-222-4257**

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





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# Orthodontics

## Questions and Answers



By Jacqueline Brown Bryant  
DDS, MS, PC

Wondering when the ideal time is for an orthodontic consultation? According to the American Association of Orthodontists, it is recommended to schedule a consultation with an orthodontist by the age of seven. At this stage, orthodontists can detect subtle issues with jaw growth and emerging permanent teeth, even while some baby teeth are still present. Early treatment can effectively prevent more serious problems from developing and potentially shorten and simplify future treatment. Delaying until all permanent teeth have erupted may prove to be too late.

During a consultation, an orthodontist can achieve remarkable results that may not be attainable once facial and jaw growth is complete. They may also recommend monitoring the child's growth and development and commencing treatment at the appropriate time using suitable appliances.

Please see "Orthodontic," page 63

Orthodontists, the experts in orthodontic treatment, undergo extensive specialized education and training beyond dental school. This additional 2-3 years of training equips them with the knowledge and skills necessary to diagnose, straighten teeth, and align jaws accurately. It's important to note that only those with this advanced education can rightfully call themselves orthodontists.

# Mental Illness

## Myths Vs. Facts



By Joyce Abramson, RNMS  
Charles County Freedom Landing

by disseminating knowledge and utilizing it to gain a better understanding and manage the situation effectively.

Thanks to advancements in technology, scientists have discovered that many mental illnesses stem from imbalances in specific brain chemicals. Therefore, it is more appropriate to refer to these conditions as brain chemistry disorders, which should be treated like physical illnesses. Examples of brain chemistry disorders include depression, bipolar disorders, anxiety and panic disorders, schizophrenia, and others.

Similar to diabetes, restoring or achieving a chemical balance is a fundamental aspect of regaining one's health. Ongoing progress in fields such as brain imaging, molecular biology, and genetic engineering allows scientists to expand their knowledge and develop more effective treatments.

It is crucial to understand that brain chemistry disorders are not a result of personal willpower, poor parenting, or character flaws. They are biological conditions that can affect individuals from all walks of

Please see "Mental Illness," page 63

It's unfortunate that individuals diagnosed with a mental illness often feel reluctant to discuss it due to feelings of embarrassment or shame, unlike how they would approach other medical conditions. The fear of potential avoidance or job loss further discourages them from seeking help, highlighting the pervasive stigma surrounding mental illness.

However, it's crucial to recognize another important fact: stigma and myths are rooted in fear of the unknown and a lack of understanding or information. This can be addressed

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# Could Your Child Have Head Lice?

Submitted by  
Kensington Pharmacy

Head lice, these tiny insects, take up residence on people's scalps and make their way into their hair. By biting the scalp, head lice feed on human blood. The issue of head lice has persisted for thousands of years, even evident in Egyptian mummies. Remarkably, head lice affect more school-aged children than all other contagious illnesses combined, excluding the common cold.

Initially, it may not be immediately apparent that your child has head lice. It takes about 4-6 weeks for the body's immune system to develop sensitivity to the bites. During this period, a female louse can lay 6-10 nits per day. These nits take approximately two weeks to hatch, mature, and commence laying more eggs. By the time you detect an infestation, multiple generations of lice may already be residing in your child's hair.

You might suspect your child has head lice if they exhibit the following

indications:

- Expressing discomfort from a tickling sensation or sensing movement in the hair.
- Experiencing itching due to a reaction to the lice bites.
- Demonstrating irritability.
- Developing sores on the head as a result of scratching.

Scratch marks on the scalp, particularly behind the ears or at the nape of the neck, serve as telltale signs of a head lice infestation.

### How Can You Eliminate Head Lice?

It is advisable to seek treatment if even a single nit is found. There are two effective methods for eliminating lice: manually removing the nits using a comb and employing a special shampoo. The most effective approach is a combination of both. To learn how to comb out nits and treat your child's belongings and home, you can consult your pharmacist,

*Please see "Head Lice," page 65*



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# How to Protect Your Aging Parents From Elder Abuse



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

Caring for aging parents is a significant responsibility that many individuals will face in their lifetime. It can be an emotionally and physically demanding task that requires a lot of time and patience. Unfortunately, the

reality is that there are people out there who prey on seniors when they are in need of care. As a result, it is important to take steps to protect your loved ones and ensure that they receive the care they deserve.

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

Additionally, it is essential to have proper documentation and proof of any agreements made with caregiv-

*Please see "Aging Parents," page 65*

# Summer Is Here It's Time To Go To the Beach



By Toni Greene, Owner  
Happy Hour Yoga

sun, here is a meditation and visualization you can read or memorize to help you enjoy the beach.

### Yoga On the Beach Meditation

"As I sit on the banks of the beach...thinking how I wish I were somewhere, anywhere, where the water is aquamarine blue, lapis blue or just clean and clear..."

"As I sit on the banks of the beach..."

"Looking at the cloudy dirty water...reflecting on my thoughts which are like this beach..."

"Cloudy and dirty...and stuck in some places..."

"I wonder how much harm I would bring to myself if I were to even touch the water..."

"I think of how much harm I will bring to myself if I don't at least touch the water..."

"Water...Water...always moving like our thoughts. Sometimes our thoughts are cloudy and dirty, stuck. Dirty with our imagining. Our

*Please see "Summer," page 65*

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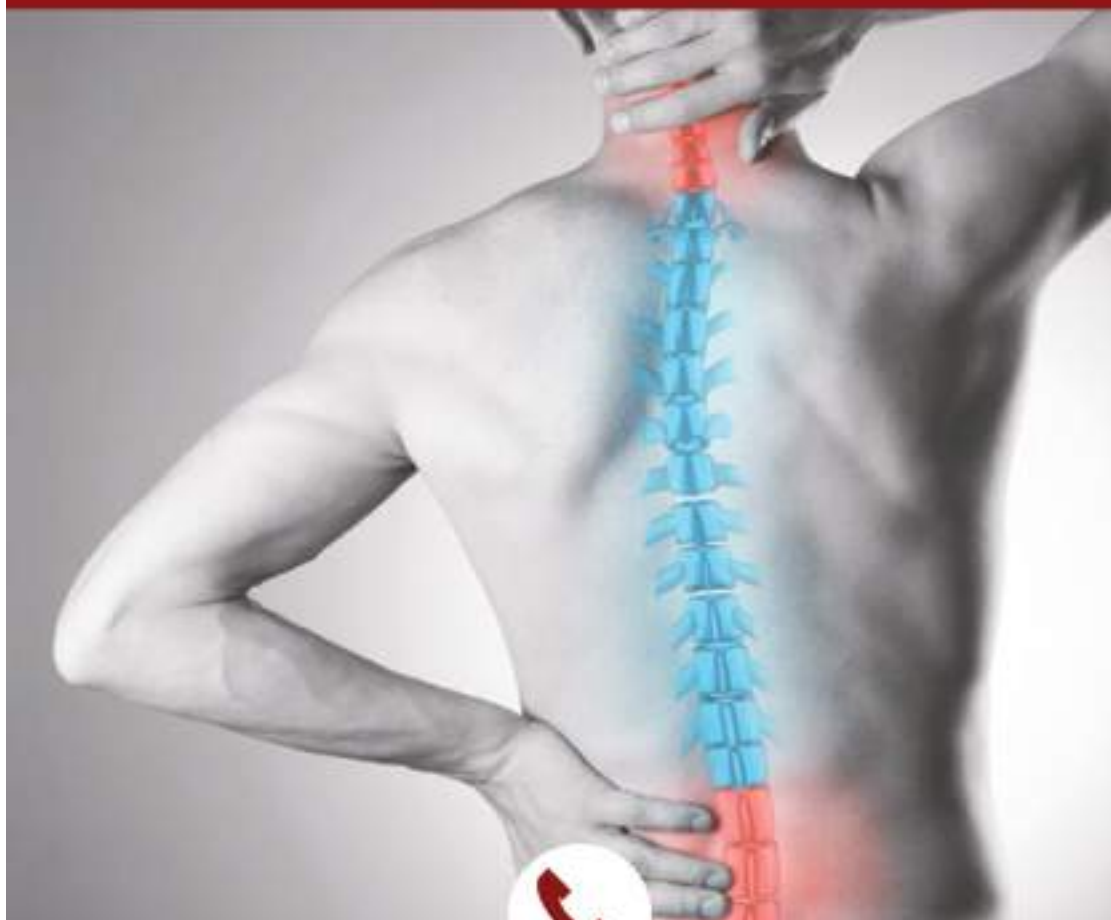
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- ☐ Knee (Genicular) Pain
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- ☐ Pelvic Pain
- ☐ Abdominal Pain
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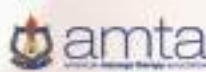
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# Gum Disease Treatment Options



Submitted by E. Taylor Meiser, DDS  
 Lighthouse Family Dentistry

Soft tissue management offers a non-surgical approach to effectively control periodontal disease. It is important to note that while there is no cure for periodontal disease, it can be effectively managed and controlled through appropriate measures.

So, what exactly is soft tissue management? It is a personalized plan designed to eliminate infection in the gums and root surfaces. Your dentist, hygienist, and you will work together to determine the most suitable plan for

your specific needs.

The hygienist will play a crucial role in performing treatments aimed at eliminating infection, providing recommendations to enhance your daily oral hygiene practices, and guiding you towards achieving and maintaining oral health.

One significant aspect of soft tissue management is root planing, which involves treating the diseased root surfaces located below the gum line. Unlike a routine dental cleaning, which primarily focuses on cleaning teeth above the gum line, root planing specifically targets the removal of tartar and plaque below the gum line, detoxifying the root surfaces affected by the disease.

So, what are the goals your dentist aims to achieve through soft tissue management? They include having gums that are healthy and do not bleed, fresher breath and taste, gums that are not red, swollen, or tender, knowledge on how to maintain good oral hygiene effectively, reduced pocket depths,

*Please see "Gum Disease," page 66*

# Importance Of Regular Foot Check-Ups



By Ademuyiwa Adetunji, DPM  
 Largo Foot & Ankle Health

The primary perception that the sun is solely responsible for causing skin cancer holds true for many types of skin cancers, as they are commonly found on sun-exposed areas of the body. However, it is important to note that this is not the case for skin cancers that develop on the feet.

Skin cancers of the feet are influ-

enced by various factors such as exposure to chemicals, chronic inflammation or irritation, inherited traits, and viruses. While regular check-ups for foot abnormalities are crucial, it is unfortunate that the skin of the feet often goes unnoticed during routine medical examinations.

Let's explore the different types of skin cancers that can occur on the legs and feet:

Basal cell carcinoma is frequently observed on sun-exposed skin surfaces, but its occurrence on the feet is relatively uncommon. Compared to other types of cancers, basal cell carcinoma is less aggressive and tends to cause local damage without spreading beyond the skin. On the legs and feet, basal cell cancers often resemble non-cancerous skin tumors or benign ulcers.

Squamous cell carcinoma is the most prevalent form of skin cancer af-

*Please see "Foot Check-Ups," page 65*





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into your mouth.

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

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

Just be careful and follow the advice of your dentist.

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

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

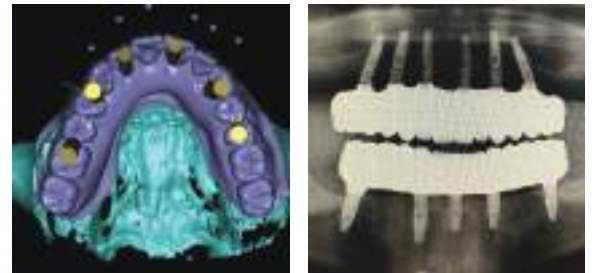
Conversely, no specific number of dental implants are suggested with the TeethXpress dental implant procedure. This is because TeethXpress providers acknowledge that each patient is different and often require different clinical needs to achieve a successful outcome. While one patient may only require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

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

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

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

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



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



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Kristie

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# Children Need Cheerleaders



By Janet V. Johnson, MD  
Loving Care Pediatrics

to excel in all areas of life.

Fostering a child's self-esteem requires warmth, love, encouragement, and positive reinforcement. These elements contribute to nurturing a child's self-confidence and belief in themselves.

In our society today, it is common for individuals to criticize themselves and their children constantly. This pattern often stems from their own upbringing, which involved constant criticism, belittlement, and abuse. Unfortunately, some insensitive parents label their children as "losers," "lazy," "dumb," or "cowards," causing lasting wounds and self-doubt.

Parents often place irrational expectations on their children, failing to recognize and appreciate their unique talents and abilities. It is essential for parents to encourage their children to succeed by acknowledging their

*Please see "Cheerleaders," page 65*

# Fertility and the Multicultural Patient



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Individuals and couples must embrace desired social roles in order to define themselves as infertile and seek treatment. In Vietnam, children are frequently believed to be the representation of personal happiness and marital satisfaction and are often the primary way for the wife to integrate into her husband's family. In South African culture marriage is viewed as a joining of two clans rather than two individuals. By extension then children are seen as assurance of lineage. This same view may be seen in some areas of Nigeria, Ghanaian society in Chinese culture as well as in Middle Eastern cultures.

When social roles are rigid, there is stigma associated with infertility. Women may be expelled from their marital homes, labeled as barren, replaced by another woman, ostracized, debased within the family structure to become the family servant, and subjected to physical and psychological abuse.

*Please see "Fertility," page 66*

Infertility and subfecundity affects 15% of the world's population. Access to fertility treatment may be affected by several factors.

In some cultures, the word infertility is taboo therefore acknowledging that one needs help may bring on psychological duress. Socio-cultural norms often prevent early access to treatment. These factors may not necessarily co-relate with educational levels.

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# WHIPLASH

FROM PAGE 8

can be just as effective as other forms of treatment, such as physical therapy and pain medications. And unlike these other options, chiropractic care is non-invasive and has very few side effects.

If you have recently experienced a car accident and are suffering from whiplash symptoms, chiropractic care may be an excellent option to consider. By working with a qualified chiroprac-

tor, you can find relief from your pain and discomfort while also promoting long-term spinal health and preventing future injuries. So why suffer from whiplash when a safe and effective treatment option is right at your fingertips? Contact a chiropractor today to learn more about how we can help you recover from your injuries and get back to your life.

# ALL-ON-FOUR

FROM PAGE 9

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

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

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

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

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

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

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

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

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

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

# ALLERGIES

FROM PAGE 22

to address multiple symptoms simultaneously, these traditional herbal remedies target specific symptoms unique to each individual allergy sufferer. Chinese herbs are safe and easy to take, typically in the form of small capsules, which are ingested two to three times a day. It's important to note that Chinese herbs can only be prescribed by a licensed acupuncturist with proper training in Chinese herbal formulas.

Often underestimated, dietary adjustments can significantly reduce or even eliminate seasonal allergy symptoms. Eliminating dairy, sugar, and white flour from your diet can help decrease inflammation and con-

gestion in the body. While it may be challenging for some to remove inflammatory foods, the rewards are substantial for those who can make these changes. In addition to relieving allergy symptoms, avoiding these foods can also alleviate joint pain.

Lastly, it's crucial to prioritize your overall well-being during allergy season and beyond. Ensure you drink ample amounts of water each day, engage in regular exercise, maintain a healthy diet, and get a good night's sleep. By nurturing your immune system and keeping it in peak condition, you can navigate through allergy season with greater ease and enjoy a healthier life overall.

# TRICHOLOGIST

FROM PAGE 12

While trichologists do not perform surgical procedures, they can provide non-surgical treatments and therapies for hair and scalp conditions. These treatments may include topical solutions, nutritional supplements, laser therapy, and scalp massages. Trichologists work closely with their clients to develop a treatment plan that addresses their specific concerns and goals. They also provide education and guidance on proper hair and scalp care, including recommendations for products and lifestyle modifica-

tions that can promote healthier hair growth.

Beyond treating hair loss and scalp conditions, trichologists also play a crucial role in preventive care. They educate individuals about maintaining optimal hair and scalp health, which includes proper hygiene, nutrition, and lifestyle habits. By promoting preventive measures, trichologists empower individuals to take proactive steps in caring for their hair and scalp, potentially reducing the risk of future problems.

# INSURANCE

FROM PAGE 18

insurance companies seek recommendations for bariatric surgery from personal physicians. This recommendation serves as a valuable validation for insurance coverage.

## Documented History Of Weight Loss Efforts

To meet the requirements of most insurance companies, individuals must demonstrate a documented history of weight loss efforts. Bariatric surgery is typically not offered as the first line of treatment, making it necessary for patients to have previously engaged in a medically supervised weight loss program. This program can be overseen by a primary care physician, a weight management specialist, or a dietitian. Patients are expected to maintain a documented history of at least six months, with consecutive monthly visits. Those who demonstrate weight loss during this period are more likely to receive insurance coverage.

## Psychological Evaluation

The insurance requirements include a comprehensive psychological evaluation to ensure that patients are mentally prepared for the life-

changing procedure. This evaluation also aims to identify any underlying issues that may hinder the success of the surgery. By addressing these concerns beforehand, patients can have a clearer path to a successful outcome.

## Additional Medical Evaluation

In some cases, patients may need to undergo additional medical evaluations, investigations, and procedures to determine their suitability as surgical candidates. For instance, a sleep study might be required to diagnose untreated sleep apnea. The evaluation process for bariatric surgery is usually outlined after a consultation with a specialized bariatric program.

## Commitment To Long-Term Success

It's crucial to understand that the results of bariatric surgery heavily depend on utilizing the procedures as tools and making a long-term commitment to lifestyle changes that promote weight loss and overall health. With a dedication to this transformative journey, individuals can maximize the benefits of the surgery and achieve a healthier and fulfilling life.

# EXERCISE

FROM PAGE 27

nately, there is a wide range of core-strengthening activities that can be performed in a gym or even at home without significant equipment costs.

To find core stabilization exercises tailored to your needs, consult your chiropractor. Additionally, incorporating cardiovascular activities into your routine offers additional benefits. These activities promote proper digestion, maintain muscle tone, and enhance circulation. For instance, a brisk walk around the block, regardless of your fitness level, is a convenient and popular cardiovascular activity.

If you're seeking guidance on initiating an exercise routine to alleviate back pain, look no further than your local chiropractor. They possess the expertise to help you get started and provide personalized recommendations based on your specific needs and goals.

Unlock the power of chiropractic care and exercise in tandem to improve your overall health, reduce back pain, and embark on a journey towards a more vibrant and active lifestyle. Take the first step and consult your chiropractor today.



## HOLISTIC APPROACH FROM PAGE 22

In Chinese medicine, ginger has been widely utilized for an extended period to alleviate dysmenorrhea due to its anti-inflammatory, spasmolytic, and circulatory properties. Ginger helps inhibit cyclooxygenase and lipoxygenase enzymes, which contribute to menstrual cramps. Another commonly used Chinese medicine

ingredient for treating dysmenorrhea is peach kernel.

By adopting a holistic approach that combines traditional Chinese medicine practices such as acupuncture and herbal remedies, women can find relief from dysmenorrhea and experience improved well-being during their menstrual cycles.

## FULL ARCH FROM PAGE 24

may find them uncomfortable and experience sore spots on gum tissue. While they offer stability, they may still exhibit slight movement during chewing or speaking, requiring relines for improved fit and comfort as jaw bone deteriorates.

### **All-On-4 Implant Fixed Bridge: Permanence and Enhanced Functionality**

All-On-4 implant fixed bridges provide a permanent restoration solution. Unlike overdentures, All-On-4 appliances never need to be removed, significantly improving functionality to approximately 90% compared to natural teeth. Additional benefits include the elimination of bone grafting, the ability for your dentist to provide a temporary bridge on the same day as surgery, preservation of bone and soft tissue, and a decay-free experience with a remarkable 95% success

rate over 30 years. With their natural appearance, you can confidently enjoy your favorite foods. Cleaning fixed bridges is a breeze, just like cleaning natural teeth within your mouth.

### **Traditional 6-8 Implant Support Fixed Bridge: Uncompromising Quality**

For a more traditional approach, a fixed bridge supported by 6-8 implants is an excellent choice. This permanent restoration replaces both the roots and teeth, preserving bone and soft tissue. Functionality is elevated to approximately 90% compared to natural teeth, and cleaning becomes as simple as caring for natural teeth within your mouth.

Whatever your preference, there is a perfect full arch dental solution for you. Consult with your dentist to explore the options that best suit your needs and regain the confidence and functionality of a complete, beautiful smile.

## FIRE CUPPING FROM PAGE 44

those non-tangible aches of the mind, reducing stress and anxiety. You might just walk out of your session feeling like you're floating on air.

Still skeptical about the whole "fire" thing? Think of it like a toasty warm campfire. It's soothing, and warming, and doesn't come with the prick of acupuncture needles. Sure, you might walk away with a few temporary circular marks, but think of them as badges of honor, the battle scars in your

war against pain. Plus, they make for a great conversation starter.

So, are you ready to say hello to pain relief? Fire cupping might just be the superhero you've been waiting for. After all, no pain with gain.

Remember, it's all fun and games until you try this without a professional. Always ensure you go to a certified therapist for your fire cupping needs.

## RADON FROM PAGE 46

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

Per Section 33C, a landlord of a single-family home or multifamily dwelling building must conduct a radon

test before leasing a unit to a prospective tenant. Test results must be within three years before the date of the lease.

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

## LYME DISEASE FROM PAGE 48

heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, consider a longer dry time. If the clothes require washing first, hot water is best as cold and medium temperature water will not kill ticks.

Examine your gear and pets. Ticks ride into the home on clothing and pets.

Shower soon after being outdoors. Showering within two hours of coming indoors is shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tick-borne diseases.

Conduct a full body check. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks: Under the arms, in and around the ears, inside belly button, back of the knees, in and around the hair, between the legs and around your waist.

### **How Do I Prevent Ticks From Getting On My Pet?**

It is suggested that you use a tick preventive product on your dog. Cats are extremely sensitive to a variety of chemicals. Do not apply any tick prevention products to your cats without first asking your veterinarian.

### **How Do I Prevent Ticks In My Yard?**

Clear tall grasses and brush around homes and at the edge of lawns. Place a three foot wide barrier of wood chips or gravel between lawns and wooded areas and around patios and play equipment. This will restrict tick migration into recreational areas.

Mow the lawn frequently and keep leaves raked. Stack wood neatly and in a dry area (discourages rodents that ticks feed on). Keep playground equipment, decks, and patios away from yard edges and trees and place them in a sunny location, if possible.

## ORTHODONTICS FROM PAGE 50

The exciting news is that there are numerous options available today that weren't accessible in the past. Gone are the days of traditional braces with headgears or elastics. Extractions and expanders are used sparingly. Damon® self-ligating braces offer shorter treatment times, enhanced comfort, smaller size, and reduced monthly visits. Advanced technologies such as patient-specific brackets, computer-assisted precision bracket placement, and custom wires eliminate the need for time-consuming adjustments.

Temporary Anchorage Devices (TADS) or mini implant screws provide effective results without resorting to jaw surgery. Clear aligners, a popular alternative, are not braces in the conventional sense. They consist of a series of removable aligners that gently guide teeth into their desired

positions.

For those seeking aesthetic options, lingual braces can be placed behind the teeth, while clear or invisible braces offer a great choice for adults who prefer a discreet appearance. Minor gum laser procedures can reshape the smile line, remove excess gum tissue, and uncover slow-emerging teeth, thereby expediting the achievement of a beautiful smile. Imagine going through high school without braces.

Today's braces can provide individuals aged six and above with a healthy, beautiful, and stable smile. As orthodontists, our expertise lies in helping adults, teenagers, and children attain properly aligned teeth, well-balanced jaws, and overall good dental health. It's never too early or too late to pursue straight teeth and reap the benefits they bring.

## MENTAL ILLNESS FROM PAGE 50

life, regardless of their socioeconomic status, education level, or background. By collectively educating ourselves about the facts and available resources for assistance, we can challenge and dispel the myths and stigma surrounding mental illness.

Local libraries offer directories of agencies providing various mental health services, including the Mental Health Service Provider Directory for

the tri-county area and the Charles County Directory of Human Services, which lists other services alongside mental health resources. Furthermore, information is readily available on the internet under mental health and mental illness. By asking questions, seeking knowledge, and embracing understanding, we can overcome fear and work towards a more inclusive and supportive society.



# HEALTH DIRECTORY

## ACUPUNCTURE

Eastern Medical Holistic Healing Center – Angel Wood – 240-755-5925 – [www.Acupuncture4Wellness.Webs.com](http://www.Acupuncture4Wellness.Webs.com).

West Annapolis Acupuncture – Brittney de Vicq, LAc, MAc – 410-375-9716 – [BrittneyAcupuncture.com](http://BrittneyAcupuncture.com) – Annapolis, MD.

## CHINESE MEDICINE & ACUPUNCTURE

Quansheng Lu, CMD, PhD, LAc – [www.WholeLifeHerb.com](http://www.WholeLifeHerb.com) – 301-340-1066.

## CHIROPRACTIC

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

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

## DENTISTRY

Cosmetic Dental FX – Judy Yu, DMD, MBA – 410-360-0440 – [www.DentalFXMD.com](http://www.DentalFXMD.com) – Pasadena, MD.

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

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

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## EYE CARE

McNelly Optical, Inc. – 410-263-2692 – [www.McNellyOptical.com](http://www.McNellyOptical.com) – Annapolis, MD.

## FERTILITY

Montgomery Women's Fertility Center – 301-946-6962 – [MontgomeryFertilityCenter.com](http://MontgomeryFertilityCenter.com) – Rockville, MD.

## HEALTH AND WELLNESS

Taylor 4 Life Wellness, Inc. – Gregory Taylor, MS – 301-979-9010 – [Taylor4LifeWellness.com](http://Taylor4LifeWellness.com) – Largo, MD.

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## INTEGRATIVE MEDICINE

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

## MEDICAL SPA

Luminex Healthcare Services – 240-553-7970 – [LuminexHealth.com](http://LuminexHealth.com).

Millennium MediSpa – 301-652-9005 – [www.AnythingCosmetic.com](http://www.AnythingCosmetic.com).

## MEDICAL SPACE

Charles L. Feitel Company – 301-571-9333 – [www.MedicalandDentalSpace.com](http://www.MedicalandDentalSpace.com).

## MENTAL HEALTH SERVICES

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

House Calls, LLC – 301-346-6732 – [CallingOnBeth@gmail.com](mailto:CallingOnBeth@gmail.com) – [www.CallingOnBeth.net](http://www.CallingOnBeth.net).

Luminex Healthcare Services – 240-553-7970 – [LuminexHealth.com](http://LuminexHealth.com).

## MRI

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

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

Newbridge Spine and Pain Center – 301-638-4400 – [www.NewbridgeSpine.com](http://www.NewbridgeSpine.com).

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

## PODIATRY

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

## PRIMARY CARE

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

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St. Mary's Nursing & Rehabilitation Center – 301-475-8000 – Leonardtown, MD – [www.StMarysNursingCenter.com](http://www.StMarysNursingCenter.com).

## VETERANS

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

## WEIGHT LOSS

The Bariatric and Hernia Institute – Dr. Etwar McBean – 240-206-8506 – [www.TBHIInstitute.com](http://www.TBHIInstitute.com).

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

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# HEAD LICE

FROM PAGE 52

healthcare provider, or school nurse.

Two types of shampoo, available without a prescription, can be used. One type utilizes a pesticide to eradicate the nits, while the other employs a pesticide-free cosmetic cleanser to eliminate lice and aid in dissolving the glue that attaches the nits to the hair shaft. If you are uncertain about which treatment to choose or how to use it, don't hesitate to ask your pharmacist or healthcare provider. It is crucial to always follow the directions provided when using any lice-removal product.

## Preventing Head Lice Reinfestation

Reinfestation is always a possibility. If the source of the original infestation is not addressed—for example, a classroom with many infested children—reinfestation is likely.

Remember that each day brings a new risk of encountering a fresh infestation. For at least two weeks after treatment, diligently inspect all family

members daily. If you discover head lice on your child, notify their school, camp, and childcare provider. Inquire about their “nit policy” and determine when your child can safely return to the classroom. Inform other parents in your neighborhood as well. While reporting an infestation may seem embarrassing, it is the most effective way to ensure that the problem is resolved at its source.

Teach your child not to share or borrow personal items such as combs, headbands, hair ribbons, scarves, hats, headphones, sports helmets, towels, blankets, and stuffed toys. Educate them about avoiding head-to-head contact with other children. Additionally, store clothing (like hats, hooded jackets, and scarves) and personal items (such as pillows, bedding, combs, brushes, and stuffed toys) in a manner that prevents them from touching. Request that your child's school or daycare adopts the same practice, including not sharing cubbies or lockers among children.

# FOOT CHECK-UPS

FROM PAGE 58

fecting the feet. Initially, it remains confined to the skin, but in advanced stages, it can spread. It typically begins as a small scaly bump or plaque, sometimes appearing inflamed. Recurrent cracking or bleeding may be experienced. Squamous cell cancer can resemble other foot conditions like plantar warts, fungal infections, eczema, ulcers, or common dermatological conditions.

Malignant melanoma is one of the most dangerous types of skin cancers. Early detection is crucial for ensuring patient survival. Melanomas can occur on the skin of the foot or beneath the toenail. They can be found on the soles and tops of the feet. As melanoma grows, it tends to penetrate deeper into the skin, posing a serious threat as it may spread through the lymphatic and blood vessels.

Malignant melanoma typically

starts as a small brown-black spot or bump, although approximately one-third of cases lack brown pigment and appear pink or red. These tumors may resemble ordinary moles at first glance, but closer examination often reveals asymmetry, irregular borders, changes in color, and/or a diameter exceeding six millimeters. Melanomas can be mistaken for benign moles, blood blisters, ingrown nails, plantar warts, ulcers caused by poor circulation, foreign bodies, or bruises.

In summary, while sun exposure remains a significant factor in many skin cancers, it is not the primary cause for those occurring on the feet. Skin cancers of the feet are influenced by various factors, and it is essential to be aware of the different types and seek professional medical attention if any abnormalities are observed.

# AGING PARENTS

FROM PAGE 54

ers. Keep copies of contracts, receipts, and any other relevant documents, and make sure to check in with your loved ones frequently to ensure that everything is going smoothly.

If you do encounter problems, there are resources available to help you. For instance, you can contact your local Department of Social Security and ask to be connected with the Adult Services department. They can provide you with resources and support to help ensure that your loved

ones receive the care they need.

Caring for aging parents is not an easy task, but it can be made easier by being informed and proactive. By taking the time to do your research, stay organized, and seek out help when needed, you can help ensure that your loved ones receive the care and support they deserve. Remember, being a caregiver is a noble responsibility, and it is up to us to do what we can to make it as comfortable and safe as possible for our loved ones.

# CHEERLEADERS

FROM PAGE 60

God-given talents and not expecting them to conform to something they are not capable of or have no interest in. Forcing a child with a musical inclination into a sports team they dislike, such as football or soccer, is counterproductive and undermines their self-esteem.

A common mistake parents make is imposing a uniform standard on all their children. However, King Solomon's wisdom advises parents to educate each child according to their individual inclinations. Every child possesses distinct strengths, tendencies, and unique abilities. We should never evaluate or compare one child to another, as each child should be guided in a way that is suitable for their own growth. Comparing a child to their sibling or anyone else can be considered a form of verbal abuse. Instead, children should be raised to embrace and celebrate their individuality.

Parents have a significant role in instilling self-confidence and self-esteem in their children through the immeasurable love and attention they provide. These tools for life far surpass what any academic degree in education can offer. It is the responsibility of parents to educate their children and impart moral values.

# SUMMER

FROM PAGE 54

thoughts should be like the water. Moving and flowing. Flowing over, under, around or through obstructions.

“Bring your awareness to your breath.

“Feel the early morning fresh breeze brush against your face, skin, and body.

“Feel your mind and body relax with each fresh breath you take.

“Feel your body releasing any hold it has on you.

“Feel your body becoming like water, fluid and flowing. Flowing with each breath you take.

“Feel the earth beneath you, supporting you, holding you close to its bosom. Feel the love from your Mother Earth.

Here are four steps to effectively encourage success:

1. Offer focused attention: Take the time to prioritize each child individually. They cherish moments of undivided attention. Designate special days or activities for each child to create treasured memories.
2. Provide individual affirmation: Help your children discover their strengths and guide them in developing their skills. Understand each child's unique personality, addressing both their positive and negative aspects. Tailor your approach to meet each child's individual needs.
3. Express genuine appreciation: Avoid cultivating bitterness in your children. Acknowledge their achievements and let them know what they have done well. Show parental support, assuring them that you are on their team. While addressing mistakes is important, do not allow them to become the sole focus. Ensure your children know that you are proud of their accomplishments.
4. Embrace physical affection: Offer hugs, share laughter, and enjoy quality time together. These gestures of physical affection foster strong bonds and create a positive atmosphere for growth and development.

“Mother Earth is saying ‘I got you.....let go let God!’ ...breathe...

“Flow, and imagine your perfect health. You're healing. Imagine all that you want to bring to you, health, wealth, love, job, home...whatever you want. Imagine it.

“Flow like water. Keep moving and flowing until you become clear, clean and blue.

“Flow and grow, flow and let go. Flow and be with your breath that controls your thoughts, actions, and reactions. Be like water. Keep moving, and you will become unstuck. Move, breathe, flow. Allow yourself to relax and heal. It's okay; just go to the beach, heal, and flow.”

Happy summer. Sat Nam.

# CHILDREN'S FEET

FROM PAGE 25

footwear made of natural materials.

## Growing Up

As a child's feet continue to develop, it may be necessary to change shoe and sock size every few months to allow room for the feet to grow. Although foot problems result mainly from injury, deformity, illness, or he-

reditary factors, improper footwear can aggravate preexisting conditions.

The feet of young children are often unstable because of muscle problems which make walking difficult or uncomfortable. A thorough examination by a podiatrist may detect an underlying defect or condition.

# INFLAMMATION

FROM PAGE 27

flammation including bacterial, viral, fungal and parasitic infections – the COVID-19 pandemic is a stark reminder of the acute and chronic impact of this form of inflammation. Studies have even shown that plaque on arteries can contain bacterial DNA. Some of these infections can be hidden, especially in areas like the sinuses and roots of teeth, and can be difficult to detect, as the bacteria that causes Lyme disease has proven to be difficult to detect. Considering that there may be infectious causes of chronic disease (including chronic stomach or intestinal issues) is the first step to doing the testing to find them.

Food allergies and intolerances can also provoke inflammation. Two of the most well known are wheat and gluten, but numerous people are also intolerant of other foods such as corn, soy and dairy. Chronic exposure to foods that provoke inflammation can cause pain, either in specific joints

or diffusely, fogginess, abdominal pain, weight gain and other issues. The worst component of foods that contribute to inflammation is sugar.

Other sources of chronic inflammation include autoimmune disease, and finally there are toxic environmental substances that can provoke inflammation including mercury and mold exposure.

A few simple changes can help reduce inflammation. Reducing and managing stress and optimizing sleep can make a big difference. Reducing sugar and refined flours can help, and a trial off of wheat and gluten can help a surprising number of people. Safe and widely available supplements that can be helpful include fish and krill oil, curcumin and plant derived enzymes.

Seeking help from a knowledgeable physician to determine the presence root causes of inflammation can help greatly with a wide variety of health conditions.

# NECK PAIN

FROM PAGE 9

in the treatment of TMD to relieve pain, decrease inflammation, restore normal oral motor function, correct poor posture.

## Physical Therapy Consists Of:

**Manual Techniques:** hands-on treatment including joint mobilization, stretching, myofascial release and massage in order to improve joint dynamics and muscle tension.

**Exercises:** guided exercises to increase strength, range of motion, and postural alignment.

**Modalities:** Treatment tools including ultrasound and electrical stimulation to increase blood flow, relax muscle tension, reduce inflammation and pain.

**Patient Education:** Information to assist with postural awareness, jaw relaxation and diet education.

## Cervicogenic Headaches and Pain

Research shows 70% of patients with TMD also suffer from neck pain. Neck pain can originate from any one or combination of the tissues in the

cervical spine. Structures such as facet joints, ligaments and intervertebral discs may create localized symptoms that travel into the arm or head. These traveling symptoms can mimic many of the symptoms of TMD. A headache derived from the cervical spine is one of the three most common types of headaches. Studies indicate that 18% of the population suffers from these headaches.

## Symptoms Include:

- Headaches in the base of head that may also radiate toward the eyes
- Neck stiffness
- Blurring and reduced vision
- Nausea
- Dizziness
- Tinnitus

The relationship between TMD, headaches and neck pain may make diagnosis difficult in some cases. It is important to contact your physician or physical therapist if you suffer from these symptoms in order to receive proper treatment.

# FEEL YOUR BEST

FROM PAGE 44

Patients are often amazed at how young they look after these treatments. Their skin is not only lifted, smoother and tighter, but also has a beautiful glow.

A new and important area of wellness is feminine rejuvenation. Today's woman in her 40s, 50s, 60s or beyond has every expectation that the second half of her life will be as vibrant, active and productive as the first. Childbirth, the years leading up to menopause or menopause itself can cause concerns that impact quality of life, such as leaking of urine when coughing or sneezing, vaginal dryness or less satisfying sexual activity. These concerns were rarely discussed previously, but now can be addressed in many women by non-surgical treatment with the CORE Intima laser. There is no recovery time, and patients typically report dramatic improvements in their sense of wellbeing and quality of life. The difference between the CORE Intima and radiofrequency treatments that are advertised for feminine rejuvenation is that the CORE Intima is a quicker, longer-lasting treatment with fuller results due to its being a true laser. The first step is to have a consultation with an expert in feminine rejuvenation with lasers, who will then devise

the most appropriate treatment plan in collaboration with your gynecologist.

The American Board of Medical Specialties recognizes four core aesthetic specialties that are properly qualified to perform cosmetic procedures such as these, as well as fillers and Botox. These core four specialties are dermatology, plastic surgery, facial plastic surgery, and oculoplastic surgery. Some core aesthetic specialists evolve to the point of serving as researchers, international trainers and teachers for these technologies. They may also be selected to serve as principal investigators for FDA studies of new technologies, and to create educational programs for doctors worldwide.

Qualifications matter. For the best and safest results, select a board certified dermatologist or plastic surgeon who has specific training in these procedures and with whom you feel comfortable. A board certified dermatologist or plastic surgeon understands how to use the most modern technologies to lift your face and how to combine your face and body laser treatments with other treatments, including skin-lifting fillers like Juvederm, Voluma, Restylane and Sculptra – or even your own natural fat.

# BHRT

FROM PAGE 24

needs.

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

"The testosterone replacement has made a huge difference," he adds.

"My energy is up, my muscles have better definition and my stomach is flatter, too. I feel like myself again."

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

# GUM DISEASE

FROM PAGE 58

and control over the progression of periodontal disease.

To ensure the success of this treatment, your dentist relies on your cooperation as the patient. This involves completing the periodontal therapy as prescribed, thoroughly cleaning all tooth surfaces twice a day, and adhering to regular re-care visits. For patients with adult periodontitis, sup-

portive three-month re-care visits are particularly essential for the successful outcome of the therapy.

By actively participating in soft tissue management and following your dentist's recommendations, you can effectively control periodontal disease, maintain your oral health, and enjoy the benefits of healthier gums and fresher breath.

# FERTILITY

FROM PAGE 60

Access to care may also be limited in patients who have reticence about the empathy or relatability of the care providers. Barriers to empathy may include language barriers or simply cultural differences. Most of

these barriers can be overcome by being patient and listening carefully to the patient.

In order to adequately care for the multicultural patient, providers need to be sensitive to their backgrounds.

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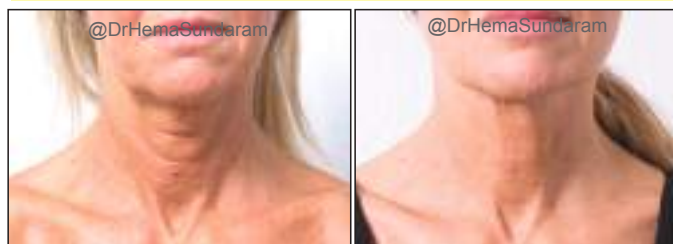
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Before & After Nonsurgical Neck Restoration



Before & After Facial Contouring

Through commitment to research and education, Dr. Sundaram has been involved in pivotal studies of many of the advanced aesthetic technologies available in North America, and teaches them nationally and internationally to dermatologists and plastic surgeons

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

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

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

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

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

- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural Safety.
- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
- Author of "Face Value: The Truth About Beauty and a Guilt-Free Guide To Finding It" - selected for the National Press Club Authors' Night.
- Quoted as an expert in leading publications including The New York Times, USA Today, Prevention, Good Housekeeping, Allure, Marie Claire, Essence, Cosmopolitan, Self and Woman's World.
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**SEE PAGE 7 FOR MORE INFORMATION**