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a Woman's Touch*

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New Technology



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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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- Trigger finger/thumb
- Hand arthritis
- Hip arthritis
- Avascular necrosis
- Anterior cruciate ligament (ACL) & other ligament injuries
- Meniscus
- Knee arthritis
- Patellar maltracking and dislocation
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Chiropractic Care For Debilitating Sciatic Symptoms



By Gelareh Naenifard, DC
Pain & Rehab Center, LLC

Auto accidents can result in various types of injuries, including whiplash, fractures, sprains, and strains. These injuries can directly or indirectly affect the sciatic nerve, leading to the development of sciatica symptoms. The force of impact during a collision can cause the vertebrae in the spine to shift or become misaligned, putting pressure on the sciatic nerve roots.

It is important to seek medical attention following an auto injury, even if you do not immediately experience sciatica symptoms. Some symptoms may take days or even weeks to manifest, and early intervention is crucial for effective treatment and management. A healthcare professional, such as a chiropractor, can conduct a thorough examination to determine the extent of your injuries and develop a personalized treatment plan.

Chiropractic care has been widely recognized as an effective approach for

Sciatic symptoms following an auto injury can be extremely debilitating and can significantly impact a person's quality of life. The sciatic nerve is the largest nerve in the body, running from the lower back down to the feet, and any damage or compression to this nerve can cause intense pain, numbness, and tingling sensations.

Please see "Sciatic," page 62



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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Healthy Skin At Any Age



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

New Lasers and the Latest No-Downtime Procedures

How do you view midlife? If you're like most, you probably have every expectation that this stage of life and beyond will be active, fulfilling and productive.

Our skin is the largest organ in our body and the mirror of everything inside. It's natural to want our skin to reflect externally the youthful vigor and vitality we strive for internally. This life philosophy is redefin-

ing midlife, and revolutionizing skin health and cosmetic dermatology. We are especially inspired by our patients in their 80s and 90s who are living life to its fullest, and typically taken for being 20-30 years younger than they actually are!

The idea of looking and feeling good at any age has inspired groundbreaking non-surgical strategies that naturally rejuvenate you, while preserving your individuality and avoiding an overdone look. For the latest thinking from the world's cosmetic experts, read the article in *RealSelf*, "The 6 Hottest Treatment Launches of 2022".

In recent academy teaching for dermatologists and plastic surgeons, we have focused on the science and research behind state-of-the-art techniques and technology. The key concept is to rejuvenate your skin layer by layer by harnessing your body's own capacity to renew itself. This approach reflects advanced understanding of the aging process and, if started in time, can save you from ever hav-

Please see "Healthy Skin," page 66

PCOS

Cardiovascular, Fatty Liver and Sleep Apnea Complications



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Polycystic ovary syndrome (PCOS) is the most common endocrine disorder among women of reproductive age, affecting 5-13% of women.

It can present as four varying combinations of hyperandrogenemia (excessive androgen levels), ovulatory dysfunction (that can manifest

as irregular menstrual cycles), and polycystic ovary morphology as noted on ultrasound. PCOS, particularly the hyperandrogenism phenotype, is associated with several cardiometabolic abnormalities, including obesity, dyslipidemia, elevated blood pressure, and prediabetes or type 2 diabetes. Many, but not all, studies have suggested that PCOS is associated with increased risk of cardiovascular disease (CVD), including coronary heart disease and stroke. This increased risk for cardiovascular events is independent of body mass index and other risk factors.

The predilection for cardiovascular risk can be noted as early as in adolescents. A recent study showed overweight adolescents have an incidence of PCOS of 22%. In this population there is increased incidence of hyperinsulinism, which is one of the risk factors for car-

Please see "PCOS," page 63

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An Age-By-Age Guide

The ABCs Of Dental Hygiene For Toddlers

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

Ensuring your child's oral health is essential for their overall well-being. Teaching proper dental hygiene habits from an early age is crucial to set the foundation for a lifetime of healthy teeth and gums. In this age-by-age

guide, we will explore the ABCs of dental hygiene for toddlers, providing you with practical tips to keep your little one's smile bright and healthy.

Age 1-2: The Early Steps

During the first year of your child's life, gently clean their gums with a soft cloth or infant toothbrush. Introduce a rice-grain-sized amount of fluoride toothpaste when their first teeth appear.

Supervise brushing to prevent swallowing toothpaste.

Use a soft-bristled toothbrush designed for infants and brush your child's teeth twice a day. Make it fun and interactive. Limit sugary drinks like fruit juices and soda. Opt for water or milk. Discourage frequent snacking. Schedule the first dental visit around their first birthday for a checkup and

guidance.

Age 2-3: Building Independence

Encourage independence while supervising brushing. Introduce flossing when two teeth touch. Use child-friendly flossers for easier and enjoyable flossing.

Establish a routine of brushing teeth in the morning and before bedtime. Ensure two minutes of brushing all tooth surfaces. Promote a balanced diet with fruits, vegetables, and whole grains. Limit sugary snacks and drinks causing tooth decay.

Age 3-4: Reinforcing Good Habits

Transition to a pea-sized amount of fluoride toothpaste. Teach your child to spit it out after brushing.

Make brushing fun with interactive toothbrushes or timers. Regular dental checkups every six months are important for early detection and familiarity with the dentist's office.

*Ensuring your
child's oral health
is essential for their
overall well-being.*

Age 4-5: Building a Lifelong Habit

Encourage independence and emphasize the importance of good oral care. Show the correct brushing technique, covering all surfaces.

Consistency is key—twice daily brushing. Set a positive example by brushing together. Monitor brushing time with timers or toothbrushes with built-in timers.

Reinforce good habits with praise and rewards. Stay informed about dental care recommendations. Attend parent education sessions or consult the dentist for age-specific oral health practices.

Establishing good dental hygiene habits early sets the stage for a lifetime of healthy teeth and gums. By following this age-by-age guide, you're laying a strong foundation for your child's oral health. Encourage independence, make dental care fun, and lead by example. Regular dental checkups and staying informed contribute to their dental well-being.



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Enhancing Cancer Care

The Role Of Cachexia IV In Wasting Syndrome

Submitted By
A+ Health Center

Cancer cachexia, also known as Wasting Syndrome, is a condition that leads to severe muscle and fat tissue loss in individuals during the advanced stages of cancer. In this article, we explore the significance of Cachexia IV, a specialized treatment

aimed at addressing the nutritional needs of patients experiencing cachexia. By providing vital nutrients and protein, Cachexia IV can improve energy levels, stimulate appetite, and enhance the overall quality of life for individuals battling cancer.

Understanding Cachexia and Its Impact

Cachexia, a distressing condition

associated with cancer, causes progressive weight loss, muscle wasting, and diminished overall health. Loss of lean body mass, particularly muscle tissue, is a significant concern, as it leads to weakness and reduced functional capacity. Common symptoms include progressive weakness over a 30-day period, loss of appetite, prolonged diarrhea or vomiting, and persistent fever. Cachexia IV is

designed to address these challenges by providing essential nutrients and protein in the form of amino acids, aiming to support the body's minimal nutrient requirements and mitigate the detrimental effects of cachexia.

Improving Energy and Appetite

Cachexia IV plays a crucial role in enhancing energy levels and stimulating appetite for cancer patients experiencing Wasting Syndrome. By delivering a tailored combination of nutrients, including B vitamins, vitamin C, amino acids, and minerals, Cachexia IV aims to replenish nutritional deficiencies and support the body's metabolic processes. This infusion therapy can help combat the debilitating effects of cachexia, improving overall well-being and providing patients with the necessary energy to engage in daily activities. Additionally, Cachexia IV has shown promise in aiding cancer patients in their recovery from chemotherapy treatments, supporting their journey towards regaining strength and vitality.

Enhancing Quality Of Life

Cachexia IV is a vital component in the comprehensive care of cancer patients, as it can significantly improve their quality of life. By addressing the nutritional deficiencies associated with cachexia, this therapy can combat muscle wasting, alleviate weakness, and promote overall physical and functional well-being. By providing essential nutrients and protein directly into the bloodstream, Cachexia IV aims to enhance the body's ability to heal, recover, and maintain optimal health during cancer treatment. Patients undergoing Cachexia IV therapy may experience increased strength, improved appetite, and an overall improvement in their ability to engage in daily activities, leading to a better quality of life.

Cachexia IV plays a crucial role in addressing the nutritional needs of cancer patients suffering from Wasting Syndrome. By providing essential nutrients, amino acids, vitamins, and minerals, Cachexia IV helps combat muscle wasting, improve energy levels, stimulate appetite, and enhance the overall quality of life. This specialized treatment offers a valuable component in the comprehensive care of individuals battling cancer and experiencing cachexia.

A+ Health Center is proud to offer Cachexia IV Therapy at their Fort Washington, Maryland location.



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Women's Teeth and Gums

By Karl A. Smith, DDS, MS

A smile is the first impression that communicates a woman's happiness and confidence; if you wish to keep your winning smile out in front, you will want to take special care of what's behind it – your periodontal (gum) health.

Periodontal health is connected to a woman's overall health. As your health care needs change throughout your life, during puberty, pregnancy, and menopause, your oral care needs may change too.

Hormonal fluctuations during these times may affect your gum tissue and the underlying bone that support your teeth. These changes may increase your susceptibility to periodontal disease and require you to take special care of your oral health.

Gum Care During Puberty

When a young woman enters puberty, the production of sex hormones, such as progesterone and estrogen increase. Studies show that these elevated hormone levels may cause gum sensitivity and lead to a greater reaction to any irritation, including food particles and plaque. During this time, the gums can become swollen, turn red, and may feel tender.

Menstruation and Gingivitis

During menstruation, some women may experience gingivitis. This condition may cause gingival (gum) bleeding, redness or swelling of the gums, sores on the inside of the lip and cheek, a slight burning sensation or gum discomfort. It is important to maintain good oral health during these hormonal fluctuations. However, in some cases, periodontal treatment and antimicrobial agents may be recommended to ensure that your periodontal health is at its best.

Pregnancy and Gum Disease

If you are pregnant, or planning to become pregnant, you need to know that your periodontal health can affect your pregnancy and ultimately the health of your baby. Studies have shown that any infection, including gum infection during pregnancy, may put you at a significant risk of delivering a preterm, low birth weight baby.

If you are already pregnant and have been diagnosed with periodontal disease by your general dentist, a simple non-surgical procedure called scaling and root planning performed by an experienced periodontist may significantly reduce your chances of complications.

Medications Including Oral Contraceptives

Birth control pills may make you susceptible to oral health conditions that affect pregnant women. Synthetic hormones in the oral contraceptives are designed to mimic pregnancy and may cause your gums to turn red, bleed, and swell.

In addition some commonly prescribed medications such as antidepressants and certain heart medications may cause dry mouth, increased plaque build-up and enlarged gum tissue. These conditions frequently result in bacterial infections under

the gum line causing bleeding gums and bad breath. Make an appointment and speak with your periodontist if you are experiencing these symptoms.

Your Changing Body During Menopause

During menopause or post-menopause, you may notice a change in the way your mouth looks or feels. You may, for example, experience discomfort including pain, burning sensations in the gums tissue, mouth sores or aphthous ulcers, and altered tastes. Saliva substitutes are available from your periodontist to help

lessen the effects of a "dry" mouth that many women experience. Post-menopausal women may significantly reduce tooth loss by controlling their periodontal disease, especially if diagnosed with osteoporosis.

Diligent at-home oral hygiene, professional cleanings, and periodontal evaluations are an essential part of your overall health care. If you experience any symptoms described in this article, take control of your preventative dental health.

Make an appointment for a periodontal evaluation with an experienced periodontist today.

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

Stress is a natural part of life, but chronic stress can have negative effects on physical and mental health. Chronic stress has been linked to a range of health problems, including heart disease, depression, anxiety, and sleep disorders, making stress reduction an important aspect of overall health and wellness.

One of the most effective ways to reduce stress is to adopt healthy lifestyle habits. Eating a balanced diet, getting regular exercise, and getting enough sleep are all important steps in reducing stress and promoting overall health. Additionally, engaging in hobbies or activities that you enjoy, such as reading, listening to music, or practicing a sport, can help to relieve stress and improve mood.

Stress is a natural part of life, but chronic stress can have negative effects.

Practicing mindfulness and relaxation techniques, such as meditation, yoga, and deep breathing, can also help to reduce stress and improve mental well-being. Mindfulness practices can help you to stay present in the moment and reduce worry and anxiety, while relaxation techniques can help to calm the mind and reduce tension in the body.

It is also important to manage your workload and time effectively, to avoid feeling overwhelmed and stressed. This may involve prioritizing tasks, delegating responsibilities, and setting boundaries. It may also be helpful to learn stress management skills, such as time management, problem solving, and assertiveness,

Stress Is a Natural Part Of Life

to help you to manage stress more effectively.

For individuals who are experiencing high levels of stress, it may be helpful to seek the advice of a health-care professional. They can provide personalized recommendations and support, and may also refer you to a therapist or counselor for further support. In some cases, prescription medication may also be recommended to help manage stress and anxiety.

It is important to remember that stress reduction is a long-term process and that there is no one-size-fits-all solution. What works for one person may not work for another, and it is important to find what works best for you and your individual needs. Additionally, it is important to be patient and persistent, as it may take time to see the benefits of stress reduction practices.

In conclusion, stress is a natu-

ral part of life, but chronic stress can have negative effects on physical and mental health. Adopting healthy lifestyle habits, practicing mindfulness and relaxation techniques, managing workload and time effectively, and seeking support when necessary are all important steps in reducing stress and promoting overall health and well-being. With the right habits and support, anyone can reduce stress and improve their quality of life.



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TMD From a Woman's Perspective

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

Believe it or not, most of the research out there shows that women are more prone to TMD (Temporo-mandibular Disorders) issues than men. There are a few theories on this that might be interesting to investigate. First of all, women are regarded as generally being more sensitive than men and even more nurturing. This

might explain why they would feel more pain or be more aware if there is a problem with the body. And being the nurturer in the family means being more aware of not only their own pain, but the pain of others. Maybe this is why the new patients that we see are mostly women.

Another factor with women experiencing more TMD is that the disease process known as EDS (Ehler Danlos

Syndrome) is far more common in women than men. In fact, the most common subtype of EDS (hEDS- hypermobile EDS) shows that 90% of the patients are women. This number is staggering. And with the more common forms of EDS, it turns out that the prevalence is roughly 70% women and only 30% men have it. Again, this is a remarkable difference that exists in a disease process that greatly affects



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

For more reviews, search "Sleep & TMJ Therapy" on Google!

TMD. With EDS the ligaments and joints are all looser than they should be so the discs on top of the jaw bones (the condyles) are far more likely to slip off or become displaced.

So along with joint laxity, the EDS patient has to contend with a much higher risk of developing TMD problems. According to many of the doctors who treat EDS, joint laxity is a much more common disorder (disease) than previously thought and is far more prevalent amongst our people than anyone really realizes. What this means for the TMD patient is that they have another problem to contend with potentially and a higher need for treatment exists. Maybe this is why so many people are hurting, have displaced discs, and are not all that aware of the problem? Many people show up at the doctor's office not really sure why they are aching, have headaches, jaw pain, neck pain, or even tremors when all along it's a TMD problem that can and should be dealt with.

Women also have the added problem as they age, their estrogen levels begin to drop. During menopause the lower levels of estrogen predispose the jaw joints to degenerate and this can increase alveolar bone loss. The bone loss means the structure of the jaw joint is breaking down which will mean the disc can slip off the condyle more readily and TMD issues begin to take place: headaches, neck pain, etc.

Regardless of the situation, it does seem that women are more prone to TMD problems and should have a proper professional diagnose their condition and treat it before it becomes more complicated and even more painful. Seek out a doctor who treats the TMD problem on a daily basis and take charge of your life!



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
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Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

Volunteers Being Sought

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

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

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

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

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

The drug has already been proven

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

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

"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.*

571-418-0142

Fairfax Clinic

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hello@re-cognitionhealth.com

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

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

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Hair Loss Causes and Remedies

Understanding the Root Of the Problem



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

Hair loss can be a distressing experience for anyone, and it is essential to understand the underlying causes and potential remedies. Whether you are dealing with mild shedding, moderate breakage, or extreme scalp issues, there are holistic solutions available that address the root causes of

hair loss and scalp disorders.

Hair loss can occur due to various factors, and sudden hair loss may indicate an underlying condition that requires proper treatment. It is crucial to seek advice before considering any cosmetic solutions. Many scalp and hair issues start subtly and progress over time, resulting in visible thinning hair and hair loss. While genetics can play a role in hair loss, several conditions can disrupt the hair growth cycle and lead to hair loss.

To address hair loss effectively, it is important to receive an explanation of symptoms and causes. This will help in identifying the most suitable treatment options for each individual. It is essential to remember that there are multiple levels of treatment available to cater to different needs.

The key to healthy hair lies in

Please see "Hair Loss," page 62

Jaimi

Certified Trichologist
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Orthotics For Your Feet



By Howard Horowitz, DPM
Bowie Foot & Ankle

Orthotics are shoe inserts that are intended to correct an abnormal, or irregular, walking pattern. Orthotics are “arch supports.” They perform functions that make standing, walking, and running more comfortable and efficient, by altering slightly the angles at which the foot strikes a walking or running surface.

Podiatrists prescribe orthotics as

a conservative approach to many foot problems or as a method of control after certain types of foot surgery. Orthotics are highly successful and practical.

Orthotics take various forms and are constructed of various materials. All are concerned with improving foot function and minimizing stress forces that could ultimately cause foot deformity and pain.

Foot orthotics fall into three broad categories: those that primarily attempt to change foot function, those that are primarily protective in nature, and those that combine functional control and protection.

Rigid Orthotics

The so-called rigid orthotic device, designed to control function, may be made of a firm material such as plastic or carbon fiber, and is used primarily for walking or dress shoes. Rigid orthotics are chiefly designed

Please see “Orthotics,” page 62

Missing Multiple Teeth? Full Arch Treatment Options



By Judy Yu, DMD, MBA
Dental FX

A dental arch is either the top or bottom set of teeth in your mouth. When all or many teeth are missing or get to a stage where substituting them is recommended, then a full arch replacement becomes necessary. This can replace a full arch, either in the lower or upper jaw. There are more options available now than ever for full arch treatment.

Removable Dentures

Before the introduction of dental implants, people who were missing

many teeth and needed a full arch replacement had few options aside from unstable, ill-fitting and uncomfortable dentures. Dentures often require adhesives, which can be unpleasant and fail to come close to initiating the form and function of natural teeth.

The upside is that dentures are relatively inexpensive, and they are easy to remove and clean.

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Overdentures improve stability and functionality to 60% compared to natural teeth, they are relatively inexpensive, and easy to clean.

Please see “Multiple Teeth,” page 62



Howard Horowitz, DPM
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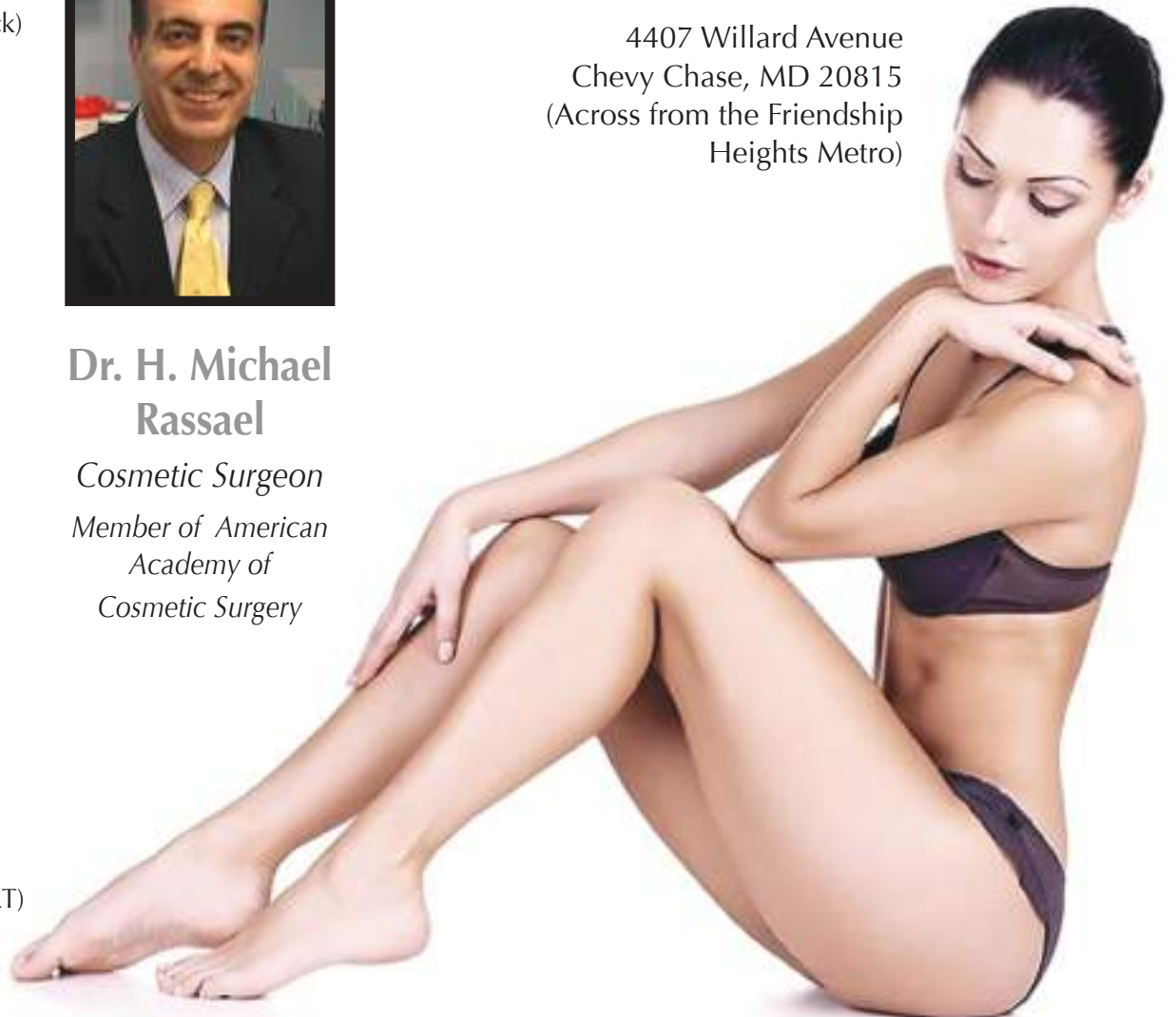


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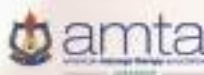
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Living Even Better With Bioidentical Hormones

Submitted by New Day Vitality Hormone Center

must more carefully weigh the severity of their symptoms against any increased risks of health issues.

When it comes to hormone replacement therapy (HRT) for menopause, there are many questions: is it safe? Will it work? Is it just a pill? What are bioidentical hormones?

Searching for answers can be daunting. And it's not because there's a shortage of information, it's because there are so many reports and they can seem to contradict each other.

The bottom line: "... experts do agree that the benefits of hormone therapy outweigh the risks for healthy women younger than age 60 or within 10 years of their last period," according to *Mayo Clinic: The Menopause Solution*, published in 2016. Women over 60 can be treated with HRT, writes the author, Stephanie Faubion, M.D., director of the Mayo Clinic's Office of Women's Health, but they

Bioidentical hormones hold promise for even safer hormone replacement therapy. A study published in the January 2009 issue of *Postgraduate Medicine* reports: "physiological data and clinical outcomes demonstrate that bioidentical hormones are associated with lower risks, including the risk of breast cancer and cardiovascular disease."

Synthetic HRT comes in a variety of forms--patches, gels, and creams. But bioidentical hormones offer a longer lasting and safer delivery system: time-released pellet implants. The tiny pellets, smaller than a grain of rice, duplicate the exact molecular structure of the human hormone. They also are available in variable dosages. And the inserts are convenient: -- the pellets last

Please see "Hormones," page 66

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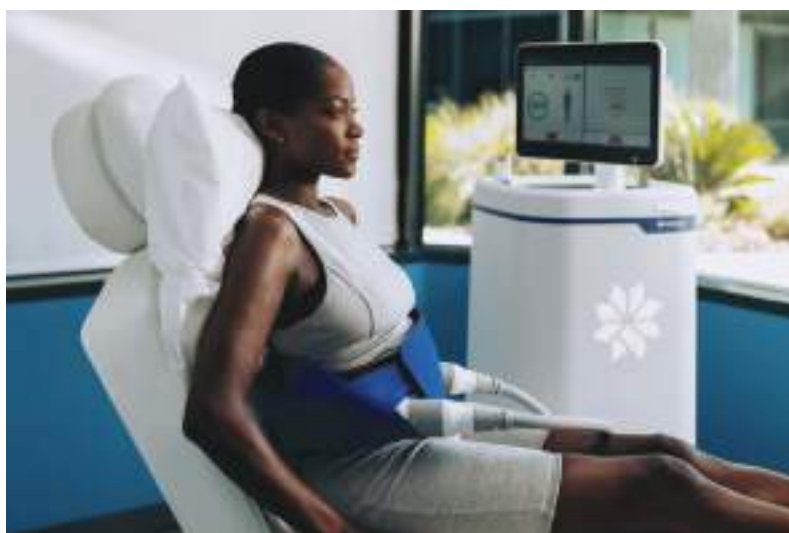
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Obesity and Your Health



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

Obesity gives rise to numerous difficulties long before serious health conditions arise. Typically, obese individuals experience fatigue and shortness of breath when walking long distances or climbing stairs. They often suffer from lower back and knee joint pain, limiting their physical activity. Sleep disturbances, characterized by snoring and frequent awakenings at night, are common precursors to more severe ailments.

In addition, many people struggling with weight issues avoid social events and activities they once enjoyed, which can contribute to varying degrees of depression. Subsequently, well-known major health conditions arise, such as sleep apnea, diabetes, high blood pressure, high cholesterol, heart disease, and arthritis, among others. These conditions often necessitate long-term treatment with multiple medications, leading to a decline in overall health and quality of life, coupled with the high costs of ongoing medical care.

Various options for weight loss exist, including diets, exercise programs, medications, and weight loss surgery. However, the effectiveness of each of these approaches depends on daily healthy lifestyle choices and varies depending on the amount of weight loss required.

Weight loss surgery is typically suitable for individuals who are 80-100 pounds overweight and are un-

Please see "Obesity," page 63



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A Reason To Smile Again

All-On-Four Dental Implants

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

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 ex-
tremely common among adults, espe-
cially as we age. In fact, more than 35
million people in America are 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 remark-
able 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 re-
quired 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 in-
teresting: You do not need a dental
implant for each and every one of
your missing teeth. All you need is



Sivakumar Sreenivasan, DMD, MDS

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 im-
plants 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.

Please see "All-On-Four," page 63

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Safe and Effective BHRT

Bio-Identical Hormone Replacement



By Alan Weiss, MD
Annapolis Integrative Medicine

Bio-identical hormone replacement is a method of balancing and optimizing the hormonal status of men and women, offering a wide array of health benefits. This article will focus on treatment of women, though the same benefit is available to men with testosterone.

This is achieved by using plant-based hormones that are chemically and molecularly identical to the hormones that are native to the human body. It is important to draw this distinction because many of the hormones that have been studied and that (legitimately) aroused concern about the safety of hormone therapy have been hormones that are synthetic and do not necessarily belong in the human body and do not promote optimal health, or are actually hormones from other mammals such as horses.

There are various means of hormone replacement. Sub-dermal pellet therapy offers a 3-5 month supply of hormone with one brief procedure using pellets about the size of a grain of rice. This allows for use and metabolism of the hormones in a way that optimize benefits and reduce the risk of adverse effects.

Please see "BHRT," page 62

Rewards Of Optimal Hydration This Summer



By Alicia Kovach, DC
Kovach Chiropractic

As the sun shines brighter and outdoor activities beckon, prioritizing your fluid intake becomes paramount. Adequate hydration can have a profound impact on your overall well-being, weight management, and even enhance your athletic performance.

But how much water is enough, you might wonder? While most

individuals should aim to consume a gallon of water daily, those residing in warmer climates or engaging in frequent physical activity should increase their intake. A great way to start is by substituting all other beverages with water. Additionally, keeping a bottle of water in your car and having one readily available at your desk can make achieving this goal effortlessly attainable.

Discover Some of the Many Benefits of Optimal Hydration:

1. Energize Your Metabolism: Proper hydration kick-starts your metabolism, ensuring efficient calorie burn and nutrient absorption, including vital vitamins such as B and C.
2. Enhance Digestion: Water acts as a solvent that aids in breaking down food, facilitating the digestion process. It assists in the conversion of complex nutrients like

Please see "Hydration," page 63

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Keeping Maryland Residents Connected

By Maryland Relay/
Telecommunications Access of MD

Imagine how different your life would be if you were unable to use a telephone to keep in touch with family or friends, make appointments, or conduct business. This is a challenge faced by millions of people who are deaf, hard of hearing, late-deafened, DeafBlind or have difficulty speaking.

According to the Hearing Loss Association of America, 20% of adults in the United States live with some degree of difficulty hearing. For those over the age of 65, one out of every three people can benefit from Maryland Relay services.

Maryland Relay is a free public service that makes it possible for people who have difficulty hearing or speaking to place and receive telephone calls. Accessible anywhere in the state by dialing 7-1-1, Maryland Relay provides a wide array of services to meet the diverse needs of its users, including:

- Traditional Relay (TTY) for those who are deaf, hard of hearing, late-

deafened or have difficulty speaking. Also known as a text telephone, a TTY has a keyboard, which allows the user to type his/her side of the conversation, and a text screen to read the other person's responses.

- **Hearing Carry-Over (HCO)**, Speech-to-Speech (STS), and Visually Assisted STS for those who can hear clearly, but have difficulty speaking or being understood over the telephone. With HCO, the user types his/her side of the conversation on a TTY or HCO phone. With STS, the user speaks with his/her own voice, and a Maryland Relay Operator revoices everything he/she says, as needed, to the other person. With Visually Assisted STS, Maryland Relay Operators are able to use both speech and visual cues to facilitate conversations for users via a live video connection.
- **Voice Carry-Over (VCO)** for Relay users who have difficulty hearing but prefer to use their own voice in phone conversations. VCO callers use a VCO phone or TTY to speak to the other person while a Maryland Relay Operator types the other person's response.
- **Captioned Telephone**, which allows users who are hard-of-hearing to read captions of phone conversations while they listen to what the other person says.
- **Remote Conference Captioning (RCC)**, which provides captions of what all participants are saying during conference calls.
- **Braille TTY** for Relay users who are DeafBlind. A Braille TTY includes a keyboard, which allows the user to type his/her side of the conversation, and a Braille display for reading the other person's responses.

In addition to the services available through Maryland Relay, people in Maryland who have difficulty using a telephone may also qualify for assistive telecommunications equipment, provided by the State through the Maryland Accessible Telecommunications (MAT) program. Qualified MAT program applicants must meet specific financial requirements and will participate in a free evaluation to ensure they receive the best equipment for their individual needs.

If you, or a loved one, have difficulty hearing or speaking over the phone, there are services and equipment available to keep you connected. To learn more about Maryland Relay and the MAT program, please visit mdrelay.org.

The technology solution for families who value connection.

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

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

Apply today for State-provided equipment:

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Chinese Medicine For Chronic Low Back Pain



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

and degenerative disc disease being the most common culprits.

In accordance with traditional Chinese medicine theory, external factors like extreme weather, injury, and excessive sexual activity can lead to a blockage of Qi and blood. This blockage is believed to manifest as low back pain when it occurs in the lower back. Traditional Chinese Medicine (TCM) encompasses various modalities, including Chinese herbal medicine, acupuncture, moxibustion, cupping, scrapping, tui-na, qi-gong, and exercises. Acupuncture and Chinese herbal medicine are the primary components of TCM.

Can Acupuncture Effectively Alleviate Lower Back Pain?

Lower back pain significantly impacts daily activities and is the second most common reason for seeking medical attention. Previous studies have shown widespread use of acupuncture

What Does Lower Back Pain Entail?

Approximately 80% of adults in the United States experience lower back pain at some stage in their lives. Acute back pain typically lasts from a few days to a few weeks, while chronic back pain can persist for over three months. Various factors can cause lower back pain, with muscle strain

Please see "Back Pain," page 63



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Understanding Thumb Sucking and Its Impact On Pediatric Dental Health



By Jonelle Anamelechi, DDS
Children's Choice Pediatric
Dentistry and Orthodontics

Thumb and finger sucking habits are common among children, but when they persist, they can lead to orofacial myofunctional disorders that impact dental and overall oral health. Recognizing the need for comprehensive care, Children's Choice Pediatric Dentistry offers a specialized Habitbreaker Clinic through their Thrive program. Let's explore the reasons behind thumb and finger sucking habits, their effects on growth and development, and how the Habitbreaker Clinic can help children quit.

The Reasons Behind Thumb and Finger Sucking Habits

Thumb and finger sucking is a natural and normal phenomenon that often begins in the womb and continues after birth. It serves as practice for breastfeeding and helps in tongue and oral musculature development. However, some children have difficulty outgrowing this habit due to various factors. Environmental triggers, such as certain objects, rituals, or places, can contribute to the habit. Additionally, issues like low oral tone, breathing and sleep difficulties, and tooth and jaw development problems can make it harder for children to quit thumb and finger sucking.

The Effects of Prolonged Thumb Sucking on Growth and Development

Prolonged thumb sucking can lead to orofacial myofunctional disorders, which can have detrimental effects on a child's dental and overall oral health. The habit can cause increased overbite and overjet, skeletal deformities, orthodontic problems, oral function issues, and speech articulation difficulties. It can also interfere with proper tongue resting and swallowing patterns, potentially leading to airway complications and sleep disorders. Early diagnosis and intervention are crucial to prevent

further complications and ensure optimal oral health for children.

Children's Choice Pediatric Dentistry's Habitbreaker Clinic

Children's Choice Pediatric Dentistry understands the challenges parents face in helping their children quit thumb and finger sucking habits. That's why they offer a specialized Habitbreaker Clinic through their Thrive program. The clinic provides individualized care and utilizes myo-

functional therapy, a non-surgical treatment, to correct oral muscle function and promote optimal development. Laser frenectomy is also available if lip-ties or tongue-ties contribute to the habit. With a team approach and comprehensive treatment, the Habitbreaker Clinic aims to address the underlying reasons behind thumb sucking, finger sucking, and pacifier habits, helping children quit and achieve long-term oral health.

Thumb and finger sucking habits can have a significant impact on a child's dental and overall oral health. Recognizing the need for early intervention, Children's Choice Pediatric Dentistry offers the Habitbreaker Clinic through their Thrive program. By understanding the reasons behind these habits and providing specialized care, parents can help their children overcome thumb and finger sucking, ensuring a healthy smile for the future.



Welcome to the Judgment-Free Zone

Parenting is tough enough without other people judging you. We are here to encourage, inspire, and partner with parents in their child's oral health. At Children's Choice, parents are always welcome to remain with their child during treatment.

Playful

From our playtime waiting area to our kid-focused treatment rooms, we've designed a relaxing and inviting environment for your child.

Comfortable

With advanced training in pediatric behavioral management methods, pediatric and laser techniques, and pediatric orthodontic clinical skills, our energy-filled team loves to laugh and have fun as they seek to make your child's visit more comfortable and carefree.

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Holistic Facials For Healthy Skin



By Tierra Hardin, MD
Noble Integrative Health

Taking care of our skin is essential for our overall well-being. As the largest organ in the body, the skin requires special attention to maintain its health and radiance. One effective way to achieve this is through holistic facials, which offer numerous benefits without the use of chemicals. Let's explore the advantages of holistic facials and highlight the different options available.

One of the primary benefits of holistic facials is their ability to build

collagen and stimulate blood flow. These treatments promote the production of collagen, a protein that maintains the skin's elasticity and firmness. Increased blood flow to the facial area also helps deliver essential nutrients and oxygen to the skin cells, resulting in a healthier complexion.

Additionally, holistic facials work to tone the facial muscles and improve circulation. By incorporating gentle massage techniques, these facials help tone the underlying muscles, reducing sagging and promoting a more youthful appearance. Improved circulation also aids in the elimination of toxins, giving the skin a natural glow.

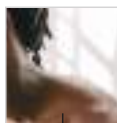
It is important to use clean and natural products for facials, which consist of pure, unprocessed, and organic ingredients. This approach ensures that the skin is treated with the utmost care and avoids exposure to harmful chemicals. These products are also vegan, cruelty-free, and gluten-free, catering to those with specific preferences or sensitivities.

Our Signature Facial focuses on
Please see "Healthy Skin," page 65

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Radon Regulations

Living In a High Radon State



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

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

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

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

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

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

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

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

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

Please see "Radon," page 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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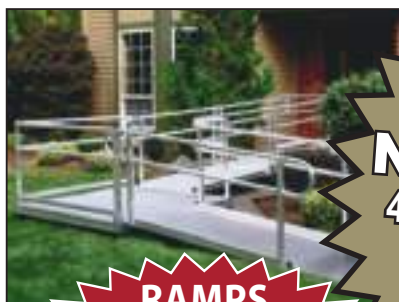


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Meet Robin R. Robinson:

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



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She received her medical degree from Howard University College of Medicine and afterward completed a general surgery residency at Howard University Hospital in Washington, D.C. She subsequently completed a fellowship in Minimally Invasive and Bariatric Surgery at the Pennsylvania State University Milton S. Hershey Medical Center. She is Board Certified in General Surgery and has served as a Clinical Instructor both in Pennsylvania and Maryland, teaching surgical residents, fellows and medical students from the United States and abroad. Annually, she has welcomed both high school and college students to shadow her in the office and hospital. During the COVID-19 pandemic, in lieu of shadowing, she began to give virtual presentations to middle and high school students across the country, mostly from underrepresented backgrounds encouraging entrance into the medical profession.

Dr. Cook has served as a physician panelist in Town Hall discussions with the White House COVID-19 Health Equity Task Force and 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. She has worked with CareFirst of Maryland in connecting vulnerable populations to the COVID-19 vaccine. She continues to do numerous presentations and community work both in Maryland and around the US regarding vaccine hesitancy and advancing equitable healthcare.

Dr. Cook was born in Brooklyn, New York and raised in Trinidad and Tobago. She currently sits on multiple local, state, national and international committees focused on decreasing health disparities as it relates to people of African descent and LatinX communities. She has written legislation along these lines, presented to the State Medical Society House of Delegates and the American Medical Association. She is also on the MedChi Inclusion, Diversity, Equity and Advocacy Task Force for the State of Maryland. Dr. Cook has worked to modify harmful policies and given testimony in Annapolis, Maryland and on Capitol Hill in Washington, DC before the House and Senate. She is proud of her volunteerism and service, performing general surgery operations on medical missions to other countries as well, including Haiti after its devastating earthquake.

Her ultimate goal is equity for people of color, both in national and international settings.



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Jeffrey L. Brown, DDS

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Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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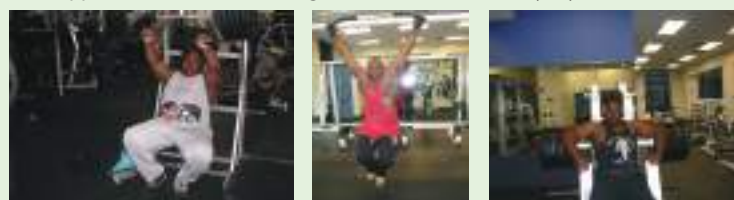
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Meet Yemi Adesanya-Famuyiwa:

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.



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MD, Temple Medical School, Philadelphia PA

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

Member of ILADS, International Lyme Associated Disease Society

Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

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

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

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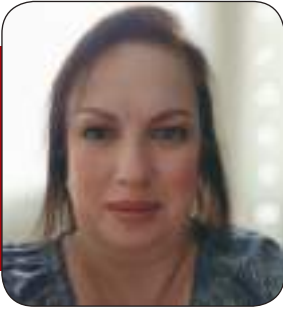
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Janet V. Johnson, MD



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 Family Nurse Practitioner (FNP) Program; and University of Maryland Baltimore Family Nurse Practitioner (FNP) Program. She also serves as a Clinical Instructor for medical assistant students at Stratford University; Fortis College, Brightwood College and Career Technical Institute. She is a Fellow of the American Academy of Pediatrics (AAP). Dr. Johnson is also a member of the Prince George's Community Advisory Group (CAG), Washington Adventist Health Ministry Network and the Medical Advisory Committee for Amerigroup Insurance. Dr. Johnson has given lectures on Teen Suicide and Teen awareness on HIV/AIDS to youth groups in Washington, DC and continues to publish articles in *Washington Woman's Journal* and *Your Health Magazine* in Prince George's County. She served as Medical Director of the Mid-Maryland Mission of Mercy and Health Equity Festival, which provides free dental care. She annually gives talks "Suicide Is Not an Option" and "Teen HIV/AIDS Awareness" to a group for youth summer program in Washington, DC. She integrates Christian prayer into her practice when appropriate and regularly incorporates social justice topics into her magazine articles.

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Judy Yu, DMD, MBA



Dentistry

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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Renee Bovel, MD

Ophthalmology

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A commitment to excellence in ophthalmic training and surgical technique, coupled with her expertise with state-of-the-art technology, has enabled Dr. Bovel 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.



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

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Rashmi K. Parmar, DMD, D-ABDSM

Dental Sleep Medicine

Dr. Parmar is a Diplomate of the American Board of Dental Sleep Medicine. She has a practice devoted solely to the treatment of snoring, Sleep Apnea and temporomandibular disorders. She received her professional degree from the University of Pennsylvania School of Dental Medicine and has been in practice in the Clarksville/Columbia area of Maryland since 1991.

Dr. Parmar has focused on Sleep Apnea and Sleep Medicine for over 15 years. She speaks extensively on Sleep related topics nationally and internationally and has several publications on sleep. The practice participates in major medical insurances including Medicare.

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.

Where You Can Find Me Making A Difference:

Sleep Better Maryland
P: 410-531-5639
12620 Clarksville Pike, Clarksville, MD 21029
www.SleepBetterMaryland.com



Deborah Frantz

Wellness Consultant

My Special Interest: Enjoys her toy poodle, Jolie Chien, office greeter and constant companion.

My Family: Husband, JR Frantz, two sons living in TN and CA

Her positive experience with therapeutic magnets gave her improved sleep and increased energy which allowed her to discontinue 12 medications. This convinced her to start sharing her experience with others. Through 27 years experience with complementary therapies including 20 years with Aqua Chi foot baths, she has been successful in helping clients feel better and have more energy by reducing the amount of toxins held in their bodies. Her clients include those with sinus/allergy problems, joint discomfort, sleeping difficulties and low energy. Her business is built upon relationships by listening to people and helping them achieve better health.

Deborah remains a member of BNI (Business Network Int'l) for Anne Arundel County and begins her 26th year.

My Practice Philosophy: Deborah became intrigued with alternative health therapies. She has over 27 years experience using various modalities to help with muscle and joint discomfort, poor sleep, and exhaustive side effects from medications. She educates clients about Aqua Chi foot baths, magnets, and infrared products to return balance to their health.

Where You Can Find Me Making A Difference:

Totally Energized
P: 443-506-7772
Odenton, MD • Energized9@aol.com



Sharron Sample

Medical Cannabis

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."

Native to Maryland, Sharron, Rob, and Steve continue to pursue future licenses to grow and process cannabis.

Where You Can Find Me Making A Difference:

Dispensary Works, LLC
P: 240-585-5220 • DispensaryWorks.com
10766 DeMarr Road, Unit 3A
White Plains, MD



Angel Wood, DACM, LAc

Acupuncture

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.

Natural Healing—Also offering colorpuncture, reflexology, acupressure and Chinese Herbal consult. Facial rejuvenation & cosmetic makeup. Also offering Light Therapy & Sound Therapy. Call me for details. Treat all ages—elderly, infants, children and adults

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.

Where You Can Find Me Making A Difference:

Eastern Medical Holistic Healing Center
P: 240-755-5925 • AngelOfColonics.com
7525 Greenway Center Drive, Suite #213
Greenbelt, MD

Dr. Angel and NP Mica are offering a holistic approach to hormone therapy for women and men. We are utilizing eastern and western medicine to correct your metabolic hormonal imbalances to improve your symptoms and quality of life—thus allowing your inner child to shine through. Our program consists of a complete and comprehensive holistic evaluation including labs, and personalized treatment plan.

Women In Health Care



Anna A. Gumbs, DMD Family Dentistry

Preferred provider with: Aetna, Carefirst BCBS, Dentemax, Cigna, Metlife/Aetna, Carefirst BCBS, Cigna, Delta Dental, GEHA, Guardian, Humana, Metlife, United Concordia, United Healthcare, MD & DC State Plans and others.

Professional Membership and Associations: American Dental Association, National Dental Association, Maryland State Dental Association, and Southern Maryland Dental Association.

Dr. Gumbs completed her dental degree at the University of Kentucky, College of Dentistry in 2006. She is trained in all general dental procedures, including preventive treatment and restorative treatment. She has invested in technology to provide patients with the best care possible. Dr. Gumbs strongly believes in educating her patients on their dental needs, and she works to offer service in a pleasant and caring manner.

Practice Philosophy: The mission of Gums Dental Care is to provide quality dentistry for people of all ages. They offer a wide range of dental services to fulfill your needs and preserve a healthy smile.

My Best Health Advice: Regular dental care can prevent minor dental problems from becoming major dental problems.

Where You Can Find Me Making A Difference:

Gums Dental Care, LLC
P: 301-588-4411
8701 Georgia Avenue, Suite #702, Silver Springs, MD
GumsDentalCare.net



Joana Ybarra

Massage

Joana Ybarra is an experienced Licensed Massage Therapist with a passion for promoting holistic well-being and healing. With 19 years of expertise in the field, she graduated from Remington College in Tempe, Arizona, where she honed her skills and knowledge in massage therapy.

Joana firmly believes in the transformative power of massage as an integral part of a healthy lifestyle. She recognizes that massage not only nurtures the body but also creates harmony between the mind and the body. For her, massage is a profound journey of healing and hope. Witnessing the healing process inspires Joana and instills hope in her clients for a better, pain-free tomorrow.

As the proud owner-operator of Healing Art Massage LLC, Joana is dedicated to providing exceptional integrative massage services. Her commitment to her clients' well-being is evident through her diverse skill set, including Lymphatic Drainage, Bamboo Massage, CBD therapy, Infrared (IR), Laser Therapy, Percussor, Deep Tissue Massage, and Myofascial Release Therapy.

Joana's dedication to her craft, combined with her nurturing and compassionate nature, makes her a trusted and valued therapist. She considers it an honor to be part of her clients' healing journeys, and she welcomes individuals seeking the benefits of massage to experience the exceptional care provided at Healing Art Massage LLC.

Where You Can Find Me Making A Difference:

Healing Art Massage, LLC
P: 254-498-0147
539 Benfield Road, Second Floor, Office #3
Severna Park, MD 21146



Ritu M. Sachdev, MD

Internal Medicine

Dr. Sachdev received her Medical Degree from Maulana Azad Medical College in Dehli University in 1999. She completed her Internal Medicine Residency at Tufts University and her Fellowship in Gastroenterology at Baylor College of Medicine. Dr. Sachdev joined Bowie Internal Medicine in 2012 as a gastroenterologist. She brings with her a compassionate approach to patient care, and a special focus in Women's Health and Preventive Medicine in Gastroenterology. Dr. Sachdev is Board Certified in Gastroenterology/Hepatology and Internal Medicine. She is a member of the American College of Gastroenterology and American Gastroenterology Association.

Where You Can Find Me Making A Difference:

Bowie Internal Medicine & Gastroenterology
P: 301-262-8188
14999 Health Center Drive, Suite #201, Bowie, MD
www.BowieHealth.com



Lizy Thomas, MD

Internal Medicine

Dr. Thomas completed her Internal Medicine Residency at Harbor Hospital Center, Baltimore, a major affiliate of The University of Maryland in 1999. Dr. Thomas is Board Certified in Internal Medicine, and is a Fellow of the American College of Physicians. Her special interests are Women's Health and Diabetes. Prior to joining Bowie Internal Medicine, Dr. Thomas worked as an internist in the Washington, DC area for 15 years.

Where You Can Find Me Making A Difference:

Bowie Internal Medicine & Gastroenterology
P: 301-262-8188
14999 Health Center Drive, Suite #201, Bowie, MD
www.BowieHealth.com



Women In Health Care



Kim Weiss, RN, BSN

Registered Nurse

Kim has had a wide variety of experience as a nurse, from ICU service to Oncology nursing, and is an expert with IV therapies and is committed to her patients being comfortable, safe and well informed.

Kim has been utilizing IV therapies very safely and therapeutically with over 30 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.

Treatments Offered Include:

- IV Therapies: Vitamin C Drips, Meyers Cocktails, Glutathione, Mineral IV's,
- Alpha Lipoic Drips, B12/MIC injections
- Botox/Dysport
- Morpheus8, Votiva (vaginal rejuvenation, especially for urinary incontinence)
- Traditional Microneedling treatments
- VIPeels including NEW BODY PEELS
- Heidelberg PH Capsule Testing

Where You Can Find Me Making A Difference:

Annapolis Integrative Medicine, LLC

P: 410-567-0667

1819 Bay Ridge Avenue, Suite #180, Annapolis, MD
www.AnnapolisIntegrativeMedicine.com



Elizabeth "Andie" Shin, DDS

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!

Where You Can Find Me Making A Difference:

Bethesda Chevy Chase Pediatric Dentistry

P: 301-941-7374

4825 Bethesda Avenue, Suite # 220, Bethesda, MD
BCCPediatricDentistry.com



Pam Lauer

Optician

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

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

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

Where You Can Find Me Making A Difference:

McNelly Optical, Inc.

www.McNellyOptical.com

P: 410-263-2571 – 703 Giddings Avenue, Suite #L6, West Annapolis, MD

P: 410-573-2822 – 2002 Medical Parkway, Suite #615, Annapolis, MD



Toni Greene, Owner

Hypnosis/YOGA

Degrees: Graduate Gemologist, Yoga Teaching Certification, Hypnosis

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

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

Family: Married with two children.

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

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

Where You Can Find Me Making A Difference:

Happy Hour Yoga

P: 301-449-8664

6504 Old Branch Avenue, Temple Hills, MD

theartist52@hotmail.com

Women In Health Care



Lynda Dean-Duru, DDS

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 wholistic 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, Smilelase (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.

Where You Can Find Me Making A Difference:

Ashburn Children's Dentistry

P: 703-723-8440

44025 Pipeline Plaza, Suite #225, Ashburn, VA

www.KidzSmile.com



Alicia Kovach, DC

Chiropractor

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.

Where You Can Find Me Making A Difference:

Kovach Chiropractic and Wellness Center

P: 410-697-3566

959 Annapolis Road, Gambrills, MD

www.KovachChiropractic.com



Krystle Dean-Duru, DDS

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 preventative 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.

Where You Can Find Me Making A Difference:

Ashburn Children's Dentistry

P: 703-723-8440

44025 Pipeline Plaza, Suite #225, Ashburn, VA

www.KidzSmile.com



Megan Cloud, DC

Chiropractor

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.

Where You Can Find Me Making A Difference:

Kovach Chiropractic and Wellness Center

P: 410-697-3566

959 Annapolis Road, Gambrills, MD

www.KovachChiropractic.com



Women In Health Care



Janice Trent, AuD



Audiologist

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

Education:

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

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

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

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

Where You Can Find Me Making A Difference:

Hearing Healthcare Services, LLC

P: 301-429-2920 • HearingHealthcareServices.com

10111 Martin Luther King Jr. Highway, Suite #102, Bowie, MD
6196 Oxon Hill Road, Suite #240, Oxon Hill, MD



Susan Brennan, RN, BSN, IBCLC



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.

Where You Can Find Me Making A Difference:

Metropolitan Breastfeeding

P: 301-943-9293

4927 Auburn Avenue, Suite #100, Bethesda, MD
MetropolitanBreastfeeding.com



Karen Clarke-Bennett, MD



Integrative Medicine

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

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

Areas of Interest: Aesthetics, Obesity Management, Wellness, Integrative Medicine, Medical Cannabis, Low-T, ED-treatment, Peri-Menopause and Menopause, Peptide Therapy

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

At A Better You, LLC, we place a strong emphasis on the biopsychosocial model which posts that biological, psychological (which entails thoughts, emotions, and behaviors), and social (socio-environmental, socio-environmental, and cultural) factors, all play a significant role in human functioning in the context of disease or illness.

Where You Can Find Me Making A Difference:

A Better You MedSpa & Wellness

P: 410-672-2700

525 Main Street, Suite #101, Laurel, MD
www.ABetterYouMediSpa.com



Andrea Lawrance, RN

**Ridgely Retreat – Rheumatology Nurse
Avita Yoga for life.**

Through movement we find health!

Role: Creator and Director, Yoga instructor, NIA Dance instructor

Most Memorable Moment: When I hear from clients how the Retreat has changed their lives for the better.

Degrees/Experience: Registered Rheumatology Nurse, UCLA. 500 E RYT Registered Yoga Teacher.

Family/Hobbies: I live with my husband and daughter, along with my cockapoo Sir Ridgely (our mascot and welcoming director). I enjoy swimming, SUP, dance and yoga.

Inspiration: To have the courage to live your dreams and conquer your fears.

Best Health Advice: Be enthusiastic and authentic. Find your passion. Take time to balance, relax, reflect, and rejuvenate.

Where You Can Find Me Making A Difference:

Ridgely Retreat, LLC

P: 443-433-0462 • www.RidgelyRetreat.com

203 Ridgely Avenue, Annapolis, MD
andie@RidgelyRetreat.com



Women In Health Care



Maureen Vernon, PhD

~ ~
Counseling

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; The American Academy of Family Mediation

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.

Where You Can Find Me Making A Difference:

The Care Practice

P: 410-266-0019

116 Defense Highway, Suite #210, Annapolis, MD

www.TheCarePractice.com

The CARE Practice



Jacqueline Grantland, PhD, LCPC

~ ~
Therapy & Counseling

The therapeutic relationship is essential in facilitating change and as a client it is important to choose the right therapist for you. I truly enjoy working with my clients and have over 20 years experience in the mental health field working with a diverse population. Previous work experience include working with children and adolescents in therapeutic foster care and group homes, as well as with victims of sexual assault and domestic violence. I enjoy working with the military community and as a Veteran of the United States Air Force and a military spouse, I personally understand the unique challenges of the military community. Speciality areas include trauma, eating disorders, and I have extensive training in the treatment of PTSD.

Licensed Clinical Professional Counselor (LCPC) in the state of MD License Number LC4189 Board approved supervisor in Maryland • National Certified Counselor (NCC) 86515 Certified Sex Offender Treatment Provider (CSOTP) • Trauma-Focused Cognitive Behavior Therapy (TF-CBT) • EMDR Level I and II • American Counseling Association • Licensed Clinical Professional Counselors of Maryland • International Association of Eating Disordered Professionals • Prepare/Enrich Facilitator • Chi Sigma Iota (Counseling Honor Society)

The "Love Your Mom Bod" Support Group is available for mom's who are struggling to love their body after having kids. Women's bodies drastically change during and after pregnancy and it can be very difficult for some moms to adjust to these changes. This support group will provide a safe space for women to discuss these changes while learning to love their new bodies. We will review what body positivity is and how to practice it daily. We will explore how society impacts our own thinking about body image and how it can lead to distorted thinking and beliefs. We will also discuss the health at every size movement and how to incorporate it into your life. Struggling with a negative body image can be stressful and feel isolating. This group will give you the opportunity to connect with others while learning how to love your new body. Please let me know if you have any questions.

Where You Can Find Me Making A Difference:

Inner Peace Therapeutic Services, LLC

P: 301-866-6333 • InnerPeaceTS.org

22776 Three Notch Road

Suite #210, Lexington Park, MD



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.

Where You Can Find Me Making A Difference:

Magnolia Kid Friendly Dental

P: 301-494-8656

10208 Lake Arbor Way, Mitchellville, MD

www.MagnoliaKidFriendlyDental.com



Margaret Jones

~ ~
Holistic Health Coach

Taking the approach that all aspects of a person's life are interconnected, we address the entire picture to help clients achieve a balanced, healthy life. Morningstar's holistic health coach is co-founder Margaret Jones, who holds a Certificate in Holistic Health Coaching from the Institute for Integrative Nutrition with additional accreditation from the American Association of Drugless Practitioners. Services include assessment of personal health history and prescriptions for lifestyle changes including diet and exercise modification.

FREE CONFIDENTIAL MEMORY SCREENINGS

"Over 6 million Americans have memory loss that disrupts daily life". Over the years, our bodies and brains change. Difficulty completing familiar tasks is not typical. The changes may be signs of early dementia or Alzheimer's.

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

What are the benefits of getting a memory screening? The screening helps indicate if someone needs a comprehensive medical evaluation. Early detection may improve the individual's quality of life.

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

To learn more about Alzheimer's, dementia, cognitive decline visit:

www.morningstarhealthsystems.com/www.bphnetwork.org

Where You Can Find Me Making A Difference:

MorningStar Health Systems, Inc.

202-539-7274 • www.MorningstarHealthSys.com

CURRENTLY OFFERING FREE CONFIDENTIAL MEMORY SCREENING





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Organic Produce**
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For 22 Years**

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Diet & Nutrition • Vitamins & Supplements



**Elderberry
Supplements**



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Intense Feeling Of Anxiety



By Joyce Abramson, RNMS
Charles County Freedom Landing

Everyone experiences anxiety or stress during their lives. Some anxiety is actually helpful. It moves us to action. It can make us study more for an exam or intensify practice prior to an important presentation.

If you have an anxiety disorder, this normally helpful emotion can do

just the opposite. It can prevent coping and disrupt lives.

Anxiety disorders are not just a bunch of nerves. They are illnesses, often related to the biological makeup and life experiences of the person. The disorder appears to run in families. There are several types of anxiety disorders each with its own features.

Generalized anxiety disorder, panic disorder, phobias related to anxiety, and obsessive compulsive disorder are the most prevalent anxiety disorders documented by the National Institute of Mental Health. It appears with recent research that the anxiety may occur due to the increased sensitivity in a part of the brain called the locus ceruleus.

Many people misunderstand these illnesses and think that they can be overcome by sheer willpower.

Please see "Anxiety," page 63

Get the Most From Your Orthodontic Consultation



By Jacqueline Brown Bryant
DDS, MS, PC

The following questions will help you make the most of your orthodontic consultation and give you insight for your decisions regarding orthodontic treatment.

1. Are you an orthodontist? What are your qualifications? What orthodontic program are you a graduate of? Was it a two or three-year program? Did you receive a Certificate or Masters Degree? Are you a member the American Association of Orthodontists?
2. What are my treatment options?
3. In your opinion, which treatment option would be best? Why?
4. Does treatment need to start immediately? What would happen if we waited?
5. What is the advantage of early treatment or Interceptive Phase I Treatment? Are there any disadvantages to Phase I Treatment? How young is too young for treatment? How old is too old for treatment? What is Comprehensive and Phase II treatment?
6. Will there be discomfort at the beginning of treatment or each adjustment?
7. What will be my or my child's responsibility with braces?
8. Can I clean and floss my teeth? How? How often will I need to see my general dentist?

Please see "Orthodontic," page 65

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Biomedical Insights Into Acupuncture For PMS Treatment



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

Premenstrual syndrome (PMS), a common condition that affects a significant proportion of women of reproductive age, is characterized by a cluster of physical and psychological symptoms that occur cyclically in the luteal phase of the menstrual cycle. PMS can profoundly impact a woman's daily life, causing discomfort and emotional distress. Conventional

treatments for PMS, including hormonal therapies and selective serotonin reuptake inhibitors (SSRIs), can be effective but also pose potential side effects. Hence, many healthcare providers and their patients have been exploring complementary and alternative medicine (CAM) approaches, including acupuncture, as potential adjunct therapies.

Acupuncture, a key practice in Traditional Chinese Medicine (TCM), involves inserting fine, sterile needles into certain points on the body, called acupuncture points or meridians. According to TCM theory, these points are essential in regulating the flow of 'Qi' or vital energy in the body, and their stimulation can alleviate various health problems. In biomedicine, the efficacy of acupuncture is often attributed to its influence on the nervous system, encouraging the release of

Please see "Acupuncture," page 65

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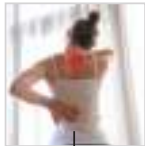
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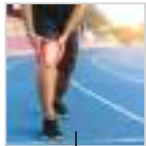
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Free Yourself From Heartburn Pain

Submitted by
Kensington Pharmacy

Heartburn occurs when stomach acid flows in the opposite direction, moving upward into the esophagus. This backward movement is known as reflux. You don't have to suffer silently. Consult your pharmacist regarding heartburn and inquire about lifestyle changes, as well as prescription and over-the-counter (OTC) medications that can provide relief.

To determine if you have heartburn or a more serious condition, consider the following questions:

- Do you experience warmth or pain at your breastbone after meals?
- Do you sometimes taste acid at the back of your throat?
- Have you ever felt that food is regurgitating into your mouth?
- Do these sensations intensify when you lie down?
- Do antacids or OTC acid blockers alleviate these symptoms?

If you answered yes to any or all of these questions, it indicates that you have heartburn.

Is your heartburn severe? Do you experience it two or more times per week? Has it persisted for several months? Despite regularly taking medications, does it continue to reoccur? If you answered yes to these questions, you may have a more serious problem.

Let's debunk three common myths about heartburn:

Myth #1: Heartburn is insignificant.

Fact: Heartburn can significantly impact your daily activities and their execution.

Myth #2: Heartburn is your fault.

Fact: You didn't cause it, but you can reduce its pain and inconvenience.

Myth #3: Heartburn is not a serious medical issue.

Fact: Heartburn can progress and lead to more severe problems, such as inflammation, ulcers in the esophagus,

Please see "Heartburn," page 65



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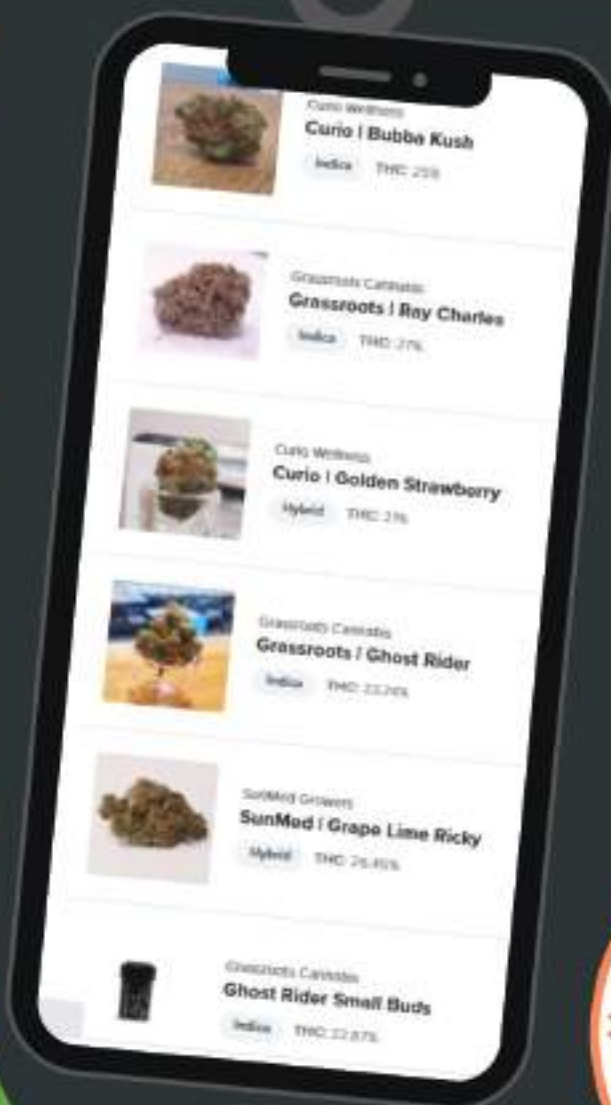
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Encouraging a Love Of Reading



By Janet V. Johnson, MD
Loving Care Pediatrics

ers. During the summer, encourage your child to read at least four books for fun, which can help improve their reading speed and comprehension.

Capture Their Interest In the Story

Begin by reading aloud together to capture their interest in the story. For long car trips, play audio recordings of books.

Spark their curiosity by reading aloud something you think they might find interesting, and then share an intriguing tidbit that would entice them to read with curiosity and delight.

Make It Social and Fun

For children who are just learning to read, have them read aloud to a pet, stuffed animal, or younger siblings who are not yet mobile.

Turn reading aloud into a game and have everyone, including children, guess what will happen next.

Use Books As Treats

Make reading a reward and let kids

Please see "Reading," page 65

The American Academy of Pediatrics (AAP) suggests limiting a child's screen time, including TV, movies, video games, and computer games, to one or two hours per day. It is also advisable to encourage your child to engage in reading activities.

Looking to foster a love for reading? Control screen time, start early, read books aloud together, visit the library, and set a positive example. These are the best recommendations, but here are a few creative ideas and quick tips to inspire both new and seasoned read-

Lyme Disease *How Do I Limit My Exposure to Ticks?*



By Thomas K. Lo, DC
Advanced Chiropractic Center

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 heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the

Please see "Lyme Disease," page 66

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THE SPINE & JOINT CENTER

How the Hospice Honeymoon Helps Patients Leave Behind a Legacy



By Elena Bolling, BSN, RN, CHPN
Rapid Response RN
Hospice of the Chesapeake

When people first become hospice patients, they often enter a stage where they can get better. Perhaps before they were confused or exceptionally weak. A week later, they may seem alert and experience a burst of energy. Maybe

they were barely eating and want to be alone. A few days later, they're asking for food and to see friends.

We call this the "hospice honeymoon." It can happen because the patient no longer needs to expend energy traveling to see multiple providers. Instead, a hospice team is coming to their home. The patient and caregivers can have regular visits from a nurse, a certified nursing assistant, a social worker and a chaplain.

The hospice team also often eliminates medications where the burden now exceeds the benefit. Many of these medicines, like blood thinners and diuretics, can have unwanted side effects. Once the body begins to filter these medications out, it can be easier on the kidneys, liver, heart and digestive system. With care focused on quality of life, many people can live longer than predicted before becoming a hospice patient.

The honeymoon phase is an ideal time for the family and patient to prepare for the final days ahead. We're not only talking about updating wills or advanced directives. We should also help the patient process their journey and life review.

In the life review phase, people really talk about their life. They revisit every moment of importance to them, from childhood to now. It's human nature to want to leave behind a legacy and tie up loose ends. Hospice offers counseling services focused on this stage of healing. A social worker, chaplain or volunteer can guide a patient and give them the space to do what we all want to do at the end of life: Talk about our existence. Take advantage of this newfound energy to go through photo albums, review final wishes, or call a long-lost friend. If the patient is able, the hospice team can help facilitate one last trip, one last look at the ocean, one last football game.

It's a myth that hospice means withdrawing care. Hospice means changing the nature of their care by evaluating the risk or burden vs. benefit for each intervention, medication, etc., to give them the best quality of life until the very end. The sooner a patient decides to take advantage of hospice care, the more likely they'll be able to enjoy this honeymoon period.

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Corns and Calluses



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

between the toes. Corns usually develop when the foot is squeezed into narrow-toed shoes. They can also occur on deformed toes that cannot fit comfortably in regular shoes.

Symptoms

Small corns or calluses on the feet may not cause any symptoms. However, large and bulky corns or calluses can lead to foot pain and difficulty walking. Prolonged irritation can result in discoloration (brown, red, or black) beneath a large corn or callus. This discoloration arises from slight bleeding in the space between the thickened and normal skin. In severe cases, the thickened and normal skin may separate, exposing the area to potential infection, especially in individuals with diabetes.

Diagnosis

Your podiatrist or doctor will inquire about your footwear, as narrow-toed shoes are more likely to cause corns. They will also ask about your foot history, medical conditions (including diabetes and circulation

Please see "Calluses," page 65

Part 1

A corn is a type of callus that forms as a protective thickening of the skin on a bony and knobby part of a toe. In the center of a corn, there is often a dense knot of skin known as a core. This core is located over the area that experiences the most friction or pressure and can exert pressure on a nerve, causing sharp pain.

Hard corns are firm and dry, developing on the upper surfaces of the toes. Soft corns, on the other hand, are pliable and moist, forming



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Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

determine this? Schedule an appointment with your family dentist.

Periodontal disease manifests in various forms and stages, ranging from reversible gingivitis (characterized by bleeding gums) to advanced generalized periodontitis (involving pus, bone loss, and loose teeth). A crucial aspect to note about periodontal disease is its progressive nature. It starts as a mild condition and worsens over time unless recognized and treated.

Regular dental checkups and cleanings can prevent or halt the progression of periodontal disease. Your family dentist can effectively treat early-stage periodontal disease. If more severe areas of disease are detected, a referral to a periodontist (a gum specialist) will be recommended.

Ignoring periodontal disease is not advisable, as it does not resolve on its own and only worsens over time. It is also essential not to underestimate the significance of periodontal disease. Recent studies have established strong connections between periodontal dis-

Please see "Cleaning," page 66



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Clinton MD 20735
301-877-1770



By Linda Penkala, Author, LMT
Wellness Catalyst

If we tapped into the magical moments in our lives where we felt undeniable calmness, peace and contentment, they still can offer a visceral shift in our mental state. Each scene whether solo or a social one with people, allowed for the healing connection with Nature, an animal, a child, or God if you are faith filled. These connections most matter for women's health!

Having such a heart connection is critical for balance, wellness and stability, as we have learned the last few years. If we aren't aware nor capable of having some kind moments to connect with the heart, the non-profit heartmath.org can help. To learn just why breathing, slowing down with Yin Yoga, getting a relaxing massage, praying, meditation, going for a soul walk, or being with your pet to offer valuable ways to come back home to your heart. All to keep stress and the hormone cortisol from wreaking havoc as women's stress is at its highest!

Finding quiet moments, or crazy ones in your day, to do a powerful breathing technique taught to the Navy Seals, Box Breathing can nourish your mind and offer a space of calm (https://www.medicinenet.com/why_do_navy_seals_use_box_breathing/article.htm). The past few years I have taught this to business groups and clients on my massage table, to have a tool that is always with you. Whether driving, on Zoom, in an argument, or helping to fall asleep, your breath is your best friend, and the closest.

To see and experience Box Breathing and my signature Stim Vn, please check the following links:

<https://www.youtube.com/watch?v=HmZHRmoDOVE>

<https://podcasters.spotify.com/pod/show/american-institute-of-stress/>

In Dr. Peter Attia's book *Outlive, the Science and Art of Longevity* (<https://peterattiamd.com/outlive/>) this medical researcher focuses on lessening the onset of disease, by increasing "lifespan" while improving your "healthspan", or quality of life. Why it matters to pay attention to this is because research reveals the

Connecting For Contentment and Peace Is Possible *Most Especially for Women!*

fastest growing heart disease death rate is found in middle aged women from 45-64!

Finding your toolbox for contentment and peace is possible so you do not become one of these statistics. Since many chronic diseases and CVD is lifestyle driven, there is hope in choosing to find solace in your own

wellness longevity plan.

Here is a start, to KISS, keep it simple, silly:

Kindness – be loving and kind to yourself daily, and to others

Investigate – find holistic wellness choices that nourish you

Slow Down – pause to breathe,

be present and connect with others

Show Gratitude – the flip side of anger/anxiety/upset



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

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



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

LIVE ZOOM PRESENTATIONS

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

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The Pause to Relax



Optimum Health for Life



Linda Penkala

SCIATIC

FROM PAGE 4

managing sciatica symptoms following an auto injury. Chiropractors specialize in the diagnosis, treatment, and prevention of musculoskeletal disorders, including those affecting the spine and nerves. Through gentle adjustments and manipulations, chiropractors can realign the spine, relieve pressure on the sciatic nerve, and restore proper function to the affected area.

In addition to spinal adjustments, chiropractors may also incorporate other therapeutic modalities into the treatment plan. These may include massage therapy, spinal decompression therapy, electrical stimulation, and hot or cold therapy. By combining these non-invasive and drug-free approaches, chiropractic care not only provides relief from immediate pain but also aims to correct the underlying issues causing the condition.

One of the major advantages of chiropractic care for sciatic symptoms following an auto injury is its holistic approach to healing. Chiropractors take into account not only the specific symptoms of sciatica but also the patient's

overall health and lifestyle. By addressing any imbalances or weaknesses in the body, chiropractic care can help prevent future episodes of sciatica and promote long-term wellness.

Furthermore, chiropractic care offers a safe and natural alternative to more invasive treatments, such as surgery or strong pain medications. These interventions often come with risks and side effects, while chiropractic care is generally considered a low-risk and gentle approach. It is suitable for people of all ages and can be used alongside other treatments, such as physical therapy or medication, for comprehensive care.

If you have been experiencing sciatic symptoms following an auto injury, it is essential not to let the pain limit your life. Consider chiropractic care as a viable option for relief and healing. Consult with a qualified chiropractor to discuss your symptoms and develop a personalized treatment plan that addresses your specific needs. With chiropractic care, you can take control of your sciatic symptoms and regain your freedom to move and enjoy life to the fullest.

BHRT

FROM PAGE 25

While some women do very well in menopause with just a few symptoms, the majority have a very difficult time with it. Common symptoms (which can be alleviated by pellet therapy) include hot flashes, night sweats, sleep disturbances, brain fog and mood issues, weight gain, joint pain, absence of libido, osteoporosis, vaginal dryness and hair loss.

While testosterone is generally thought of as a male hormone, prior to menopause women actually produce more testosterone than estrogen. Utilizing both testosterone and estradiol as pellets along with oral progesterone allows for improvement in sleep, decrease in hot flashes and night sweats, heightened libido and sexual pleasure, and a greater sense of well being. Judicious use of hormones greatly improves

cardiovascular health, cognitive function, and bone health. The doses of the hormones are customized to each individual patient based on their labs, health history and other metrics.

The most common concern about this type of therapy is regarding cancer and blood clots. This type of therapy does not increase the risk of breast cancer and actually may decrease the risk of invasive breast cancer, and unlike in oral hormone therapy there is zero increase in risk of blood clots.

The choice to utilize the option of hormone therapy is an individual one and should be reviewed with a physician that is experienced and that you trust. Using the lowest effective dose can make an enormous difference in one's health.

RADON

FROM PAGE 31

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.

MULTIPLE TEETH

FROM PAGE 17

Some people find them uncomfortable, and they may cause sore spots on gum tissue. Although they are fairly stable they may still move when chewing or speaking, and may require relines to improve fit and comfort as bone in the jaw deteriorates.

All-On-4 Implant Fixed Bridge

Bridges are permanent restorations attached onto teeth or implants, supporting false crowns in the areas of missing teeth. The biggest difference between an All-On-4 appliance and an overdenture is that the All-On-4 appliance is permanent – you never have to take it out, and it improves functionality to 90% compared to natural teeth versus 60%. Other benefits are that

this appliance eliminates the need for bone grafting; your dentist can provide a temporary bridge the same day of your surgery; it preserves bone and soft tissue; they never decay (95% success rate over 30 years); they are very natural looking, allowing you to eat the foods you want; and you are able to clean fixed bridges like natural teeth – inside your mouth.

Traditional 6-8 Implant Support Fixed Bridge

Traditional fixed bridges replace root and teeth, preserve bone and soft tissue, improve functionality to 90% compared to natural teeth, and you can also clean them as you would natural teeth – inside the mouth.

ORTHOTICS

FROM PAGE 17

to control motion in two major foot joints, which lie directly below the ankle joint. These devices are long lasting, do not change shape, and are usually difficult to break.

Strains, aches, and pains in the legs, thighs, and lower back may be due to abnormal function of the foot, or a slight difference in the length of the legs. In such cases, orthotics may improve or eliminate these symptoms, which may seem only remotely connected to foot function.

Soft Orthotics

Soft-orthotic devices help to absorb shock, increase balance, and take pressure off uncomfortable or sore spots. They are usually constructed of soft, compressible materials.

The advantage of any soft orthotic device is that it may be easily

adjusted to changing weight-bearing forces. The disadvantage is that it must be periodically replaced or refurbished. It is particularly effective for arthritic and grossly deformed feet where there is a loss of protective fatty tissue on the side of the foot. Because it is compressible, the soft orthotic is usually bulkier and may well require extra room in shoes, or prescription footwear.

Semi-Rigid Orthotics

The third type of orthotic device (semi-rigid) provides for dynamic balance of the foot while walking or participating in sports. This orthotic is not a crutch, but an aid to the athlete. This functional dynamic orthotic helps guide the foot through proper functions, allowing the muscles and tendons to perform more efficiently.

HAIR LOSS

FROM PAGE 16

maintaining a healthy scalp. Beyond the visible strands, a healthy scalp is the foundation for healthy hair growth. By focusing on scalp health, it is possible to promote hair growth, reduce hair loss, and improve overall hair and scalp condition.

There are various hair loss conditions that can be treated using holistic approaches. Some of these conditions include traction alopecia, dandruff, nutritional deficiencies, central centrifugal cicatricial alopecia, thinning hair, and hormonal hair loss, among others. In-clinic services such as hair loss treatments, scalp exfoliation and detoxification, ozone therapy, low laser light therapy, hydration therapy, and hair restoration can help address these conditions.

Holistic treatments aim to heal and moisturize the hair from the inside

out, resulting in healthier hair. Scalp treatments specifically target thinning hair and scalp dryness, rejuvenating the scalp by removing dead skin cells, unclogging follicles, and improving overall scalp circulation.

If you are experiencing hair loss or thinning hair, it is important to seek professional advice and explore solutions that align with your unique needs and lifestyle. Remember, restoring hair and scalp health requires a comprehensive approach that considers the individual's specific condition and offers personalized treatment plans.

By focusing on the health of your scalp and addressing the underlying causes of hair loss, you can take proactive steps toward restoring the health of your hair and regaining your confidence.

OBESITY

FROM PAGE 23

dergoing treatment for obesity-related diseases. Generally, patients weighing 250-300 pounds and above fall into this category. Current weight loss procedures include gastric bypass, sleeve gastrectomy, and gastric band.

The primary outcome of weight loss surgery is the restoration of health. Many patients shed excess weight and witness the resolution of their medical issues, often eliminating the need for

medications. Consequently, they are able to enjoy life in ways previously hindered by their weight. These once-feared procedures have evolved to become minimally invasive and relatively safe, comparable to other surgeries.

Success in weight loss surgery, as well as other weight loss endeavors, relies on a lifelong commitment to healthy lifestyle choices.

ALL-ON-FOUR

FROM PAGE 24

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.

HYDRATION

FROM PAGE 25

starches, triglycerides, and proteins into easily digestible molecules.

3. Boost Caloric Expenditure: Recent studies indicate that consuming 50 fluid ounces of cold water can potentially burn up to 50 extra calories per day, supporting your weight loss efforts.

4. Maintain Vitality: Insufficient fluid intake forces your body to extract moisture from tissues, leading to thickened blood and added strain on your heart. Staying hydrated helps sustain your energy levels, preventing weakness, grogginess, or lightheadedness.

5. Aid in Digestive Health: Water assists in the absorption of nutrients while facilitating the removal of waste products from the intestines. It neutralizes stomach acids, protecting the stomach lining and promoting optimal digestion.

6. Essential Component of the Body: Water comprises a significant proportion (70%) of our body weight, serving as a vital chemical building block.

7. Regulate Body Temperature: Hydration plays a crucial role in maintaining muscle and skin tone, while creating a moist environment for the tissues of the ear, nose, and throat. It cools the body and promotes overall comfort during warm weather.

8. Eliminate Toxins: Water effectively flushes out waste products by dissolving excess salt and urea in the kidneys, aiding their elimination through urine.

9. Activate Enzymes: Proper hydration activates essential body enzymes, ensuring optimal cellular function and overall physiological well-being.

Embrace the Rewards Of Hydration

Now that you're aware of the myriad benefits of proper hydration, seize the opportunity to stay adequately hydrated as you embark on your summer adventures. Make the most of this season's activities while enjoying the refreshing and revitalizing effects of optimal hydration. Cheers to a hydrated and invigorating summer!

PCOS

FROM PAGE 7

diovascular events. Hyperinsulinemia increases with androgen production. Girls with polycystic ovary syndrome and obesity have a higher insulin resistance as well as three times higher incidence of type 2 diabetes than adults with polycystic ovary syndrome. Adolescents with PCOS and BMI greater than 25 had higher triglycerides and LDL cholesterol levels in addition to having lower HDL.

Polycystic ovary syndrome is associated with inflammatory cytokines that results in a state of chronic low-grade inflammation. The association of the chronic inflammatory state and the excess production of cytokines results in increased insulin resistance. Insulin resistance and hyperandrogenemia have been associated with the development of nonalcoholic fatty liver disease.

Polycystic ovary syndrome has

also been associated with the development of nonalcoholic fatty liver disease. Polycystic ovary syndrome especially in patients with high BMI is also associated with obstructive sleep apnea. The development of nonalcoholic fatty liver disease and obstructive sleep apnea frequently present in PCOS patients and usually go undiagnosed for a while.

Early diagnosis of nonalcoholic fatty liver disease is especially important because this can progress to nonalcoholic steatohepatitis and or advanced liver fibrosis that can lead to increased liver related mortality. Treatment of nonalcoholic fatty liver disease should include lifestyle intervention. Doychena et al. recognition in treatment of sleep obstructive apnea is especially important because this can compound the cardiovascular risks associated with polycystic ovary syndrome.

BACK PAIN

FROM PAGE 27

for treating lower back pain. A meta-analysis was conducted to evaluate the effectiveness of acupuncture in this regard. The analysis included 33 randomized, controlled trials that met the inclusion criteria. The trials were categorized based on the nature of the pain (acute or chronic), style of acupuncture, and type of control group used. For the primary outcome of short-term relief from chronic pain, the meta-analyses revealed that acupuncture was significantly more effective than sham treatment and no additional treatment. The study concluded that acupuncture may effectively relieve chronic low back pain.

How Many Acupuncture Sessions

Are Required and How Often?

For acute back pain, usually 1-3 sessions are recommended, while for chronic back pain, the number of sessions typically ranges from 6 to 16, depending on the individual situation. Twice-weekly sessions are advised for optimal treatment outcomes.

Is Acupuncture a Safe Treatment?

Yes, acupuncture is considered a safe therapeutic approach. However, there may be occasional side effects such as dizziness, localized internal bleeding, dermatitis, nerve damage, and increased pain, particularly if the acupuncturist is not adequately trained.

ANXIETY

FROM PAGE 48

Wishing away the symptoms would be great but does not work. There are treatments that can help. Generalized anxiety disorder (GAD) is much more than the normal day-to-day stress we usually experience. It is chronic, exaggerated tension with no obvious reason creating such an intense response.

Experiencing GAD means anticipating the worst, often worrying excessively about health, money, family, or work. Individuals with GAD cannot relax, or shake the sense of constant worry even when they realize it is unwarranted.

Often, there is difficulty sleeping and physical symptoms develop. Trembling, muscle tension, irritability, headaches, sweating, nausea or feeling out of breath can be associated with the disorder.

Usually impairment related to GAD is mild in comparison to the other

anxiety disorders, although this is not always the situation. When severe, the anxiety makes it very difficult to carry out routine activities. GAD develops gradually and often during childhood or adolescence, but can begin in adulthood. It is more common in women.

Successful treatment may involve medication such as buspirone, cognitive behavioral therapy, relaxation techniques, and biofeedback for muscle tension.

If you or someone you know has intense symptoms of anxiety, a visit to the family physician can help evaluate if symptoms are due to an anxiety disorder or other medical conditions or both. Once the diagnosis is determined, appropriate treatment or referral to a mental health professional can be made for additional healthcare.



HEALTH DIRECTORY

ACUPUNCTURE

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

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

CHINESE MEDICINE & ACUPUNCTURE

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

CHIROPRACTIC

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

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

DENTISTRY

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

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

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

DERMATOLOGY

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

EYE CARE

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

FERTILITY

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

HEALTH AND WELLNESS

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

HOME CARE

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

HORMONES

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

HYPNOSIS

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

INTEGRATIVE MEDICINE

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

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

MEDICAL SPA

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

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

MEDICAL SPACE

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

MENTAL HEALTH SERVICES

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

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

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

MRI

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

NEUROLOGY

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

NUTRITION

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

ORTHODONTICS

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

PAIN MANAGEMENT

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

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

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

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

PODIATRY

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

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

PRIMARY CARE

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

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

VETERANS

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

WEIGHT LOSS

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

YOGA

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

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ACUPUNCTURE

FROM PAGE 50

endorphins and other neurochemicals, thus affecting the body's homeostatic mechanisms.

Here are several ways acupuncture is proposed to help alleviate PMS:

Regulation of the Hypothalamic-Pituitary-Ovarian (HPO)

Axis: Acupuncture is suggested to modulate the HPO axis, which plays a crucial role in the menstrual cycle and hormone regulation. Disruption of the HPO axis may lead to hormonal imbalances associated with PMS. Therefore, acupuncture's potential regulation of this system can help restore hormonal balance and alleviate symptoms.

Improved Blood Circulation: Acupuncture is believed to stimulate blood flow, especially in the pelvic area. This increased circulation could help alleviate some physical symptoms of PMS, such as bloating and menstrual cramps, and assist in body detoxification processes.

Endorphin Release: Acupuncture can prompt the body to release endorphins, our natural painkillers. This can help manage pain-related

PMS symptoms, including headaches and dysmenorrhea.

Stress Reduction: By influencing the autonomic nervous system, acupuncture appears to reduce stress and anxiety, common psychological symptoms experienced during PMS.

While acupuncture's clinical efficacy in PMS management is backed by various studies, it's crucial to remember that acupuncture should be performed by a qualified practitioner. It's considered part of an integrative treatment plan rather than an exclusive solution. Individual responses to acupuncture can vary, and ongoing research is required to fully understand and optimize its potential benefits for PMS.

As a medical professional, it's beneficial to consider acupuncture as a complementary therapy in PMS management, particularly for patients looking for non-pharmacological options or those unable to tolerate standard treatments. This consideration should always be paired with a comprehensive assessment of the patient's overall health status and personal treatment preferences.

HEARTBURN

FROM PAGE 52

and changes in esophageal lining cells.

Never ignore severe or persistent heartburn. Tests can be conducted to determine if your heartburn has resulted in any more serious health complications.

Take note of what and how you eat:

- Avoid certain foods like citrus fruits, tomato products, fatty or greasy foods, chocolates, peppermints, vinegar, spicy foods, garlic, raw onions, and black or red pepper.
- Steer clear of certain beverages, especially on an empty stomach.
- Consume smaller meals throughout the day.
- Refrain from lying down, repeatedly bending over, or engaging in vigorous exercise for 2-3 hours after eating.

Adjust your sleeping routine:

- Elevate the head of your bed by at least 6 inches using a mattress wedge.
- Avoid eating or snacking within 2-3 hours before bedtime.

Modify your habits:

- Quit smoking if you are a smoker.
- If you are overweight, strive to lose weight.
- Avoid tight-fitting and restrictive clothing.
- One of your prescription or OTC medications may be causing heart-

burn. It is important to match your symptoms with the appropriate medication.

Do you experience occasional heartburn? An OTC medication, such as an antacid or H2 blocker, may be effective. Antacids neutralize stomach acid and provide quick but temporary relief lasting 1-2 hours. H2 blockers reduce the production of stomach acid and offer relief lasting 6-12 hours. Some brands include Tagamet HB®, Pepcid® AC, Axid® AR, and Zantac 75®.

Frequent heartburn, occurring two or more days a week, requires treatment with a medication called a proton pump inhibitor (PPI). Prilosec OTC™ is the only OTC medication approved for frequent heartburn. For prescription PPIs like Prevacid®, Aciphex®, and Protonix®, you will need to consult your healthcare provider. Prescription PPIs block the production of nearly all stomach acid, leaving just enough for normal digestion.

You might hesitate to reach out to your primary healthcare provider about heartburn. However, if lifestyle changes and OTC medications fail to alleviate your discomfort, they can provide several other treatment options.

ORTHODONTIC

FROM PAGE 48

9. Will I need a retainer after treatment? For how long? What type of retainer?

10. Will my child or I need other appliances besides braces for treatment? Why? What type? When?

11. How often would I need to come in for adjustments? How long are my appointments?

12. Will you do the work? Is your support staff certified?

13. Do you and your staff take Continuing Education courses? How often?

Make your time with the orthodontist a rewarding and informative meeting. Answering these questions will help you decide on the right orthodontist and treatment plan for you.

READING

FROM PAGE 54

feel the excitement. Create reading areas with themes. Have a mystery book box or bag where you hide new books, and the child has to guess the theme, title, or series before opening the surprise.

Instead of money, have the tooth fairy bring books for each lost tooth.

Explore Beyond Books

Keep a variety of quick reads in the car for your child to enjoy and share funny stories and facts with you while traveling.

Mix up the media. Children nowadays have the privilege of accessing books on computers, e-readers, audio books, tablets, as well as traditional paper versions. Find out what works best for your child's personality.

Read and Write

Encourage your child to write to their favorite author and share their

thoughts about a good book they've recently finished.

Motivate your child to create their own stories to accompany their drawings and write their own tales.

Bring Books To Life

Choose a character and dive into the book by acting out the roles and imagining how they would interact with one another.

Add sound effects while reading aloud, and involve your child in providing appropriate background noises like closing doors, howling sounds, or footsteps.

Switch it Up - When reading aloud old favorites or classic stories, change the storyline to see if your child can catch you. Swap words or rename characters to match friends and family members.

CALLUSES

FROM PAGE 58

problems), and any previous foot surgeries or injuries. Certain foot problems can affect foot mechanics, leading to abnormal pressure in specific areas and resulting in calluses. Additionally, prior foot surgery or trauma can impact the structure and alignment of foot bones, increasing the risk of callus formation.

To determine if your corns are associated with foot abnormalities, your

podiatrist will examine your feet for toe deformities, bone structural issues, poor bone alignment, and abnormal walking patterns (gait). If any abnormalities are identified during this foot examination, your doctor may recommend specific padding, shaving, or shoe inserts to prevent the recurrence of corns and calluses and minimize discomfort.

The next article will focus on preventing and treating corns.

HEALTHY SKIN

FROM PAGE 30

promoting inner peace and rejuvenating the complexion with soothing enzymes and collagen-stimulating ingredients. Our Nourishing Yin Facial revitalizes dull and aging skin with powerful organic antioxidants, promoting a radiant and youthful appearance. Our Yin and Yang Harmony Facial aims to balance and calm the skin, perfect for sensitive or distressed skin conditions. The Healing from Within Facial is ideal for hyperpigmentation and oily skin, offering transformative results through a pomegranate-based antioxidant treatment.

For those looking to address back acne or overall back health, a specialized Got Your Back Facial is available. This treatment deeply cleanses, clarifies, and moisturizes the back, leaving it feeling healthy and relaxed. This includes an exfoliating back scrub, which helps prevent breakouts and promote smoother skin.

To enhance the benefits of the facials, add-on treatments such as LED light therapy, gua sha and cupping are available. This non-invasive therapy can improve skin conditions and promote overall well-being.

LYME DISEASE

FROM PAGE 54

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.

HORMONES

FROM PAGE 20

about three months, so you don't have to remember to take a pill every day.

Since medical experts say HRT is very effective and its benefits outweigh the risks for healthy women under 60, women have a real chance of improving their quality of life through pre-

scription HRT. Bioidentical hormones in pellet form provide replacement therapy in a consistent, personalized dosage that comes in a molecular form that matches the human body. Don't suffer through The Change – talk to a hormone specialist today.

HEALTHY SKIN

FROM PAGE 52

ing to go under the surgical knife.

The American Board of Medical Specialties recognizes four types of specialists as being appropriately qualified and trained to perform cosmetic procedures – Board Certified Dermatologists, Plastic Surgeons, Oculoplastic Surgeons and Facial Plastic Surgeons.

The uppermost layer of your skin can be treated with Elos Plus photofacials, VBeam pulsed dye laser, micro-laser and chemical peels, to fade discolorations, spider veins, prominent pores, acne and rosacea and give your skin a beautiful glow.

Photofacials can be alternated with DermaSweep MD, a medical-strength, crystal-free alternative to microdermabrasion, which painlessly polishes your skin with silk and other brushes and then infuses it with customized therapies to fade discolorations, tighten pores and make your skin radiant and youthful.

The upper and middle skin layers can be stimulated to create new collagen and elastin with fractional resurfacing lasers like the new eMatrix Sublative, eTwo, Co2RE or Fraxel. These are exciting technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Voluma, Juvederm, Restylane, Juvederm and RHA resilient fillers are pure, synthetic forms of natural hyaluronic acid to precisely replace the volume that our skin loses with time. Radiesse is a natural calcium-based filler. Sculptra is another effective volumizer. These fillers, as well as your own natural fat containing stem cells, can fill "smoker's lines" around the mouth, gaunt cheeks and under-eye hollows, shape your brows, and sculpt your profile. Truly expert technique doesn't just fill wrinkles – it actually restores your face, to create ideal contours and lift your face subtly and beautifully with no scarring or down time. Recent research shows that filler placement in the right way can actually stimulate your skin to produce new collagen and elastin, for more natural and longer-lasting results.

A recent addition is platelet-rich plasma (PRP) with microneedling – the so-called "vampire face lift" – that

harnesses the regenerative power of your body's own healing processes to achieve smooth, radiant skin. Studies show that PRP is also effective for hair loss, and emerging uses include treatment of vitiligo (loss of color from the skin) and improvement of scars.

The lowest layer of your skin can be treated with Ultherapy, Exilis Ultra or Sublime lasers, the newest no-downtime, no-surgery face lifting and tightening treatments. Ultherapy tightens collagen and elastic tissue, to lift your brows and cheeks, define your chin and jawline, and tighten and lift your neck, chest, abdomen, buttocks, arms and elsewhere. You will see prompt results that improve even more over time. Stimulation of your skin's self-tightening is long lasting and can take years or decades off you.

These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on areas such as your stomach, arms, buttocks and legs.

Kybella injections or Laser Lipo treatments can remove unwanted fat with no down time and no anesthesia to chisel your jawline. You can also melt fat away painlessly from your hips, abdomen, waistline, buttocks, arms and other areas.

Precise doses of the muscle relaxers Botox, Dysport, or Xeomin or Jeuveau can be injected with expert technique to gently and safely relax overactive muscles, smooth frown lines, worry lines, crow's feet, lines around the mouth and neck wrinkles, while preserving your natural facial expressions and avoiding a telltale frozen look.

Rather than focusing on individual procedures, this multi-level makeover integrates state-of-the-art techniques to achieve subtle, natural-looking results with no surgery, scarring or recovery time.

This highly sophisticated approach doesn't change you into the cliché of a "new you." Better yet, it empowers you to re-discover the real you, balancing how you feel inside with how you look outside. Scientific studies show that a youthful and harmonious appearance makes the best first impression we make on others, and maximizes our personal and professional success at all ages.

CLEANING

FROM PAGE 58

ease and heart disease, diabetes, and complications during pregnancy.

Therefore, when you visit your family dentist for a routine cleaning and the hygienist and/or doctor inform

you that you exhibit signs of periodontal disease requiring more than just a cleaning, it is important to listen and pursue the necessary treatment for your oral health.

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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

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

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



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

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