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Maryland Edition | September 2023

SPECIAL FOCUS ON

## Dental



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PROFESSIONALS  
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General/Family Dentistry



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Next Month In Your Health Magazine...

## Cancer Awareness

Featuring Cancer Care Professionals

PLUS A FOCUS ON...

## Health Technology

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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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# Utilizing Fitness, Food, and Edible Gardens

## *A Path To Sustainable Weight Management and Community Health*

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

In our modern society, where fast food and sedentary lifestyles have become the norm, the importance of fitness and healthy eating cannot be overstated. Weight management is a crucial aspect of overall health, and with the right approach, it can be a transformative journey that leads to improved well-being and a stronger sense of community. By incorporating fitness and food as medicine through edible garden preparation, planting, and harvesting, we can not only ensure access to fresh vegetables but also eliminate food deserts, paving the way for positive change in body, mind, and soul.

### **Edible Garden Preparation**

Embarking on a journey towards weight management begins with small but impactful steps. By creating an edible garden within residential and community settings, individuals can take control of their food choices, manage their weight and cultivate a deeper connection with nature. Edible gardens can be as simple as planting a few herbs and vegetables in pots on a balcony or as elaborate as transforming unused spaces into thriving vegetable patches. Gardening itself is a form of exercise, burning calories and releasing endorphins that contribute to improved mental health.

### **Planting and Harvesting Fresh Vegetables**

As the edible garden flourishes, it offers a bounty of fresh vegetables packed with essential nutrients and fiber. By consuming homegrown produce, individuals gain access to healthier options that support weight management goals. Fresh vegetables provide vital vitamins, minerals, and antioxidants, while the act of planting and harvesting them encourages physical activity and a sense of accomplishment.

### **Eliminating Food Deserts**

In many communities, the lack of access to fresh and nutritious food creates what is known as food deserts. These areas are plagued by an abundance of unhealthy fast-food options (food swamp) and limited access to fresh produce. Edible gardens, especially in community settings, can serve as a solution to this problem. By empowering communities to grow their own food, we not only address the issue of food deserts

but also foster a stronger sense of unity and support among residents.

### **The Power Of Change**

Integrating fitness and food as medicine not only aids in weight management but also promotes overall well-being. Engaging in physical activity releases natural endorphins, which act as mood boosters, reducing stress and anxiety. When com-

bined with a balanced diet of fresh vegetables, individuals experience heightened performance in various aspects of life, be it in work, sports, or personal pursuits.

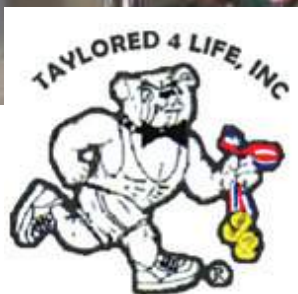
The combination of fitness, food as medicine, and edible produce gardens can be a transformative approach to weight management and community health. It empowers individuals to

take charge of their well-being while fostering a strong sense of community and environmental consciousness. By cultivating fresh vegetables, we not only nourish our bodies but also the collective spirit, ensuring that change is truly good for the soul, mind, and body. My organization is positioned to help you and the community through the transformation process.

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If you are a health professional who would like to be included in upcoming editions, contact us today:  
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**SERVING MARYLAND & VIRGINIA Since 1990**

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

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

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

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

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

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

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

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

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# Six Secrets Of Skin Health and Beauty

## *For Fall and the Holidays*



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

It's hard to believe that fall and the holiday season are now just weeks away, even though we're still enjoying summer. Whether our plans include social events or quiet times with our friends and families, here are six breakthroughs to help you look and feel your healthiest for fall, the holidays and beyond. All are simple, safe, effective and give completely natural looking results with no down time.

The key to achieving the best

results? To trust your face and body to a doctor who is board certified in a specialty that is recognized by the American Board of Medical Specialties as having the correct qualifications and experience to perform cosmetic procedures. These designated "Core Four" cosmetic specialties are Dermatology, Plastic Surgery, Oculoplastic Surgery and Facial Plastic Surgery.

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### **Body Contouring With Exilis Ultra Skin Tightening and**

*Please see "Six Secrets," page 44*

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# Understanding Dental Anxiety in Children

## Strategies For a Fear-Free Dentist Visit

By Elizabeth Shin, DDS  
Bethesda Chevy Chase  
Pediatric Dentistry

Dental anxiety in children is very common in children especially toddlers. However, it's crucial to help children overcome this fear to ensure they maintain proper oral health habits as they grow.

Dental anxiety in children can arise from several factors:

**1. Fear of the Unknown:** Children, especially those visiting a dentist for the first time, may not know what to expect, leading to fear and anxiety.

The unfamiliar environment, the strange tools, and the new faces can be intimidating.

**2. Fear of Pain or Discomfort:** The idea of someone examining their mouth or the potential for pain during procedures can be scary. Even if they've never experienced a painful dental procedure, they might have heard stories from friends or siblings that instill fear.

**3. Negative Past Experience:** If a child has had a previous bad experience at the dentist they may develop anxiety about returning.

**4. Influence from Parents or Sib-**

**lings:** Children often pick up on the fears and anxieties of those around them. If a parent or sibling has expressed fear or discomfort about their own dental visits, a child might internalize that fear.

**5. Sensory Overload:** The sounds, sights, and smells of a dental office can be overwhelming for some children, particularly for those with sensory sensitivities.

**6. Lack of Control:** In a dental setting, children are often asked to sit still in a chair while a relative stranger performs procedures on them. This lack of control and personal space

can be anxiety-provoking.

Each child is unique, so the cause of dental anxiety can differ from one child to another. Identifying the specific causes can help parents and dental professionals develop effective strategies to manage and reduce this anxiety.

### Strategies For a Fear-Free Dentist Visit

**1. Early Exposure:** Introducing children to the dentist at a young age helps them become familiar with the environment and the routine, reducing anxiety. The American Academy of Pediatric Dentistry recommends a child's first visit by their first birthday.

**2. Open Communication:** Talk to your kids about the visit in a fun and positive way, explaining the importance of keeping their teeth healthy.

**3. Role-Playing:** Play games involving dental visits at home. Allow your child to act as the 'dentist,' examining your teeth, which can help them understand and become comfortable with the process.

**4. Positive Reinforcement:** Verbal praise or a small reward for a successful visit can be very effective in reducing anxiety and promoting a positive association with dental visits.

**5. Child-Friendly Clinics:** Look for a pediatric dentist who specializes in dealing with children. Such clinics often have child-friendly décor, toys, and other distractions that make the environment feel less clinical and more inviting.

**6. Mindful Scheduling:** Schedule the appointment at a time when your child is well-rested and not hungry. An irritable, tired child is more likely to experience anxiety.

**7. Parental Presence:** Parents should stay close during the examination. Your presence can offer a great deal of comfort to a nervous child. It's essential, though, for parents to maintain a calm demeanor as children can pick up on your anxiety.

**8. Gradual Acclimatization:** Start with easy and quick procedures, like cleaning, before progressing to more complex treatments. This allows the child to gradually get used to dental procedures.

With time and patience, it's possible to turn dental visits into a non-threatening, even enjoyable, experience for children. As we build these positive experiences, we're setting a solid foundation for a lifetime of oral health.



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# Eat Better and Get Healthy With Great-Fitting Dentures



By Karl A. Smith, DDS, MS

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

## What Makes Dentures Loose?

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

## How Can Dentures Fit Well For A Long Time?

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

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

## Does Every Denture-Wearer Qualify?

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

Since implants are meant to last for a very long time, your health and wellness are important to the outcome.

## How Long Does a Patient Have To Go Without Teeth?

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

## Do Dental Implants Hurt?

Most patients have little to no discomfort. The surgery is done in one day, typically in about two hours. There are sedation options available for this procedure for those patients who want to relax through the procedure.

## Is Treatment Expensive?

The cost of treatment varies depending on the number of implants,

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

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# Achieving the Body You've Always Wanted

## *The Power Of Cryotherapy In Body Contouring*

Submitted By  
Qi Medical Spa & Wellness

In the quest for the perfect physique, many individuals turn to various methods of body contouring to sculpt and tone their bodies. Among the innovative and non-invasive approaches to achieving a well-defined physique, Cryotherapy has gained

popularity for its remarkable benefits. This cutting-edge treatment offers a safe and effective way to help you get the body you've always wanted.

### What Is Cryotherapy?

Cryotherapy, derived from the Greek word "cryo" (cold) and "therapy" (treatment), involves exposing the body to extremely cold temperatures for a brief period. While whole-body

cryotherapy has been used for pain relief and athletic recovery, localized cryotherapy is the method specifically used for body contouring.

### How Does Cryotherapy Work In Body Contouring?

Localized cryotherapy is a targeted approach that uses controlled blasts of cold air to freeze and destroy unwanted fat cells in specific areas

of the body. The process, known as cryolipolysis, targets stubborn fat pockets that may not respond well to traditional diet and exercise alone.

During the procedure, a specially designed applicator is placed on the targeted area, applying precise cold temperatures to freeze the fat cells without harming the surrounding tissues. The frozen fat cells gradually undergo apoptosis (cell death) and are then naturally eliminated by the body's lymphatic system over the following weeks.

### The Benefits Of Cryotherapy In Body Contouring:

- **Non-Invasive and Safe:** Cryotherapy is a non-surgical and non-invasive procedure, making it a safer alternative to traditional liposuction or other invasive fat removal methods. There are no incisions, needles, or anesthesia required, reducing the risk of complications and minimizing downtime.
- **Precise Targeting:** Cryolipolysis allows for precise targeting of specific problem areas, such as the abdomen, thighs, love handles, and arms. This enables individuals to sculpt their bodies according to their unique preferences and needs.
- **Minimal Discomfort and Downtime:** The procedure is generally well-tolerated, with minimal discomfort experienced during the treatment. After the session, patients can resume their regular activities immediately, as there is little to no downtime associated with cryotherapy.
- **Natural-Looking Results:** Cryotherapy encourages the body to gradually eliminate the treated fat cells, resulting in a more natural-looking transformation over several weeks. This avoids the sudden, drastic changes sometimes seen with surgical procedures.
- **Long-Lasting Results:** Once the fat cells are eliminated through cryolipolysis, they do not return. As long as individuals maintain a healthy lifestyle and manage their weight, the results from cryotherapy can be long-lasting.
- **Improved Confidence and Well-being:** Body contouring through cryotherapy can boost self-esteem and enhance body confidence. Feeling more comfortable in one's own skin can positively impact overall well-being and mental health.



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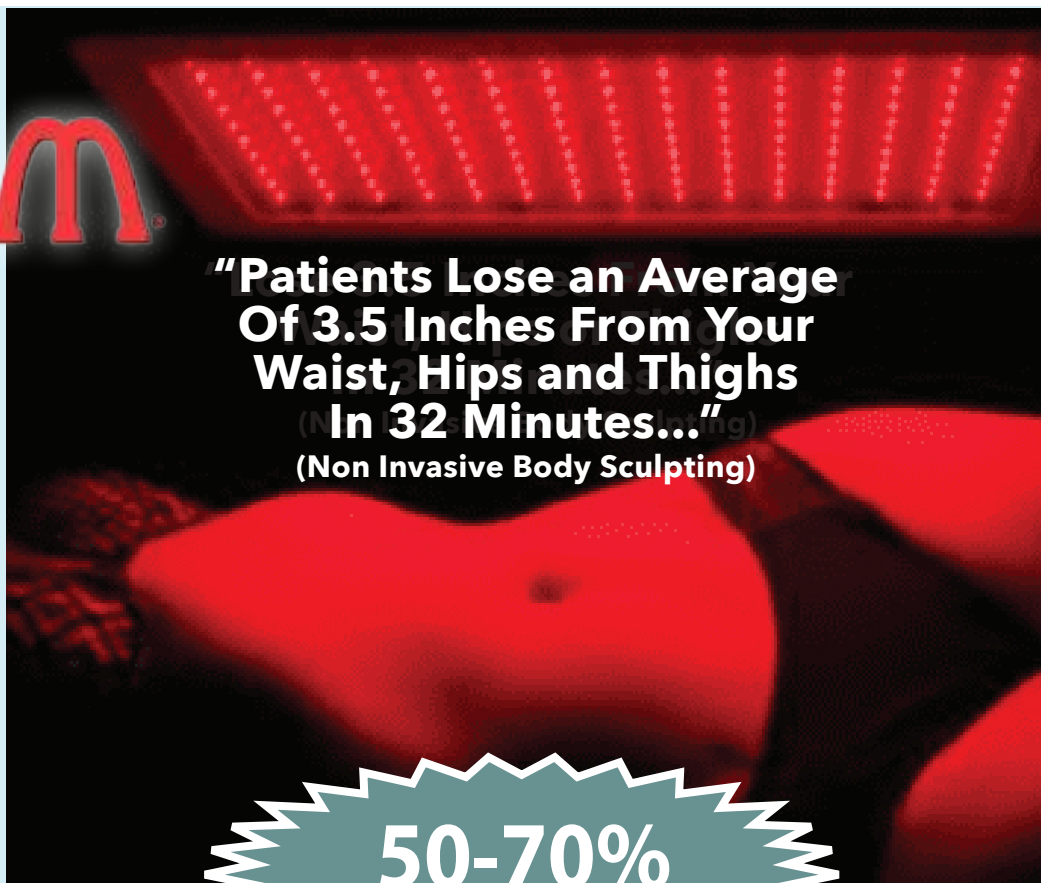
What were your goals at the beginning of the year? Have you met your goals? Are you moving in the right direction? Is it hard to stay on track?

Losing "stubborn fat" is hard and as you get older - it just gets harder and harder. You might go to the gym five days a week, sweat on the treadmill for an hour, and see maybe a pound or two drop in a month. Is that really worth your time?

Or... imagine going to a medical facility, laying down, spending 35 minutes relaxing, then getting up and finding out you've lost two inches around your waist. Which do you prefer? What if you could keep doing that and losing more and more fat until you looked like you did years ago?

If you have any interest in this and how it works when it comes to inch loss, you should stop what you're doing and call the office for an appointment immediately. This new treatment technology uses a special laser therapy to trick your mitochondria (in your fat cells) to release their fat contents.

If you eat better, drink plenty of water, stay away from sugars, and carbohydrates, this can lead to permanent fat loss without surgery. Here's a heads up. If you have tried liposuction in the past - you know that when you "regain the weight" it goes to different place(s) - making your body look distorted and then unfortunately, you're back to where you started, only worse. With this technology we don't destroy your fat cells. What we do is we simply drain the contents of the fat cells so you lose the inches and look good again.



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# The Importance Of the Teeth For Overall Health

By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

Did you know that your teeth are particularly important to your overall health? Not only do your teeth allow you to chew your food in preparation for digestion, but the teeth also support the jaw joints and your airway as

well. Most people are well aware that teeth are needed for chewing food – that is obvious. The ability to chew is really important in maintaining digestive health. If you are missing teeth, the food will be broken down less which means your stomach and other digestive organs have to work harder. This can lead to reflux and other health problems.

Another important function of the teeth is to maintain the airway (to a certain degree). This is right, if you pull out teeth, you end up collapsing the airway to some extent. Let's look at this a bit more. In the past, it was quite common to extract teeth – bicusps usually – to make orthodontics go easier. It was so much easier to line up the teeth if they were



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/repertive 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

less crowded. Unfortunately, time has shown repeatedly that pulling teeth can cause the upper and lower jaws to drop backward at a supine position. This reaction just closes up the airway and makes breathing more difficult at nighttime. This is where sleep apnea can begin. Too many people have had their bicusps excised and now pay the price with poor sleep, snoring, constant tiredness, and cognitive difficulties due to lack of good sleep.

An aspect of the teeth that is poorly understood is the connection to the temporomandibular joint or the TMJ. When the teeth are just too short, this means the condyle (top of the jawbone) can go too deeply into the socket and put pressure on the protective disc up in the joint. This can lead to head and neck pain and a host of other health problems. This is where a proper orthodontic analysis needs to be done. An MRI of the TMJs might be appropriate to determine if the vertical height of the teeth is enough to support the TMJs or not. A CBCT x-ray is also important to determine if the condyles are properly situated in the joints. If it is determined that the vertical height of the teeth is insufficient, then it is relatively straightforward to erupt or lift the teeth taller to better support the joints. It's actually pretty amazing that this kind of analysis is not routine when it comes to doing orthodontics. Proper support for the jaw joints allows the condyle and disc system to operate properly.

As more and more physicians and dentists learn about the importance of teeth for good overall health, awareness will increase, and people will be more attentive to keeping their teeth in good shape for the long term. They will also become more aware of how good dental health means better sleep and better health for the body overall.



Jeffrey L. Brown, DDS

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

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# A Reason To Smile Again

## All-On-Four Dental Implants



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

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

Here's where it gets really interesting: You do not need a dental implant for each and every one of

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

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

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

## All-On-4: Same Day Smiles



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# Traditional Chinese Medicine For Epilepsy



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

Over countless millennia, Traditional Chinese Medicine has unfurled its therapeutic embrace within the heart of China, casting its influence across horizons, notably igniting a luminous ascent in Europe and the United States. An ever-swelling throng

now turns its gaze toward the realm of Chinese medicine and its kindred spirit, Complementary and Alternative Medicine (CAM), seeking the nurturing touch of holistic healthcare. Painted upon the canvas of statistics by the National Center for Complementary and Alternative Medicine (NCCAM), the year 2007 witnessed a remarkable transformation, with 38% of adults, 44% of those aged 50-59, and even 12% of the youthful cohort embarking on a CAM journey.

Within this multifaceted tapestry of medical exploration, epilepsy emerges as a poignant narrative thread, tracing its roots back to the ancient pages of the Chinese Medicine Classic, the Huang Di Nei Jing, penned more than two millennia ago. The

*Please see "Epilepsy," page 62*

# The Power Of Plant- Based Nutrition



By Dr. Asha Subramanian  
Diya Lifestyle & Wellness, LLC

In today's fast-paced world, the pursuit of good health has become a priority for many individuals. A whole food, plant-predominant diet, rich in vegetables, fruits, beans, lentils, whole grains, nuts, and seeds, has emerged as a nutritional powerhouse, offering a myriad of health benefits. Not only does this diet promote overall well-being, but it also has the potential to treat, prevent, and even reverse chronic diseases like diabetes, heart disease, high blood pressure, and more.

Embracing a whole food, plant-predominant diet means centering your meals around nutrient-dense plant

foods while minimizing or avoiding animal-based products and highly processed foods. Here's why it can be a game-changer for your health:

**Lowering Chronic Disease Risk:** Numerous studies have shown that a plant-based diet can significantly reduce the risk of chronic diseases. The high fiber content in plant foods aids in maintaining a healthy weight and managing blood sugar levels, making it particularly effective in managing or preventing type 2 diabetes. Additionally, the antioxidants and phytochemicals present in plants help combat inflammation and oxidative stress, mitigating the risk of heart disease.

**Managing Blood Pressure:** A plant-based diet has been shown to support lower blood pressure levels. Potassium-rich foods like leafy greens, bananas, and sweet potatoes help relax blood vessels, reducing pressure and strain on the cardiovascular system. Moreover, the diet's low sodium content further contributes to blood pressure regulation.

**Supporting Heart Health:**

*Please see "Nutrition," page 62*



# Benefits Of Weight Loss Surgery



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

Many Americans struggle with their weight and its bad effects on health. The typical history is that of someone making several attempts to lose weight with efforts including fad diets, commercial diets, diet pills, exercise programs and boot camps. The person often will lose a modest amount of weight for a short time and then regain the weight and sometimes more once the effort stops.

Weight loss surgery offers an

option for long-term weight loss that is sustainable for individuals that are committed to being healthy and adopting a healthy lifestyle. Weight loss surgery is typically reserved for someone that is at least 100 pounds overweight and experiencing the health complications of obesity. It is also recommended for obese persons trying to avoid the development of health problems.

Common weight loss surgeries include the gastric bypass, sleeve gastrectomy or "gastric sleeve", and the gastric band. Success depends on daily lifestyle changes that focus on small, protein-based meals with low caloric intake. Additionally, regular physical activity, support groups and routine office visits are necessary. Below are some benefits of weight loss surgery.

## Weight Loss

The benefits of weight loss surgery start almost immediately after surgery. There is usually early weight

*Please see "Weight Loss," page 62*

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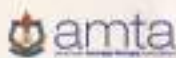
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# Is Your Scalp Trying To Tell You Something?

## Hair Loss



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

Hair loss is a common concern that affects people of all ages and genders. While some hair shedding is a normal part of the hair growth cycle, excessive hair loss can be distressing. Understanding the causes of hair loss and exploring potential solutions can

help individuals take a proactive approach to hair and scalp care.

### Causes Of Hair Loss:

Hair loss can result from a variety of factors, including genetics, medical conditions, hormonal changes, and lifestyle habits. Some common causes of hair loss include:

- **Genetics:** Family history plays a significant role in determining hair loss patterns. Androgenetic alopecia, commonly known as male or female pattern baldness, is a hereditary condition that leads to gradual hair thinning and eventual hair loss.
- **Medical Conditions:** Certain medical conditions can trigger hair loss, such as thyroid disorders, autoimmune diseases, and scalp infections like seborrheic dermatitis and psoriasis.

Please see "Hair Loss," page 62

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# Unlocking Your Fitness Potential

*Understanding the Role Of an Exercise Physiologist*



By MacKenzie Short, Exercise Physiologist, La Plata Physical Therapy and Wellness Center

In the world of health and wellness, an exercise physiologist is a skilled professional who plays a vital role in helping individuals optimize their physical well-being through exercise. But what exactly is an exercise physiologist, and how can they benefit you on your fitness journey?

An exercise physiologist is an

expert who specializes in the field of exercise science. They possess a deep understanding of how the human body responds to physical activity and exercise, both in healthy individuals and those with various medical conditions. Through their knowledge, exercise physiologists design tailored exercise programs to improve performance, manage chronic conditions, and enhance overall health.

These professionals typically hold advanced degrees in exercise physiology, kinesiology, or a related field. Their expertise extends beyond simply prescribing exercise routines; they delve into the intricate mechanisms that drive our body's responses to physical stress. Whether you're an athlete aiming to enhance your athletic performance or an individual seeking to manage health conditions through exercise, an exercise physiologist can be a valuable resource.

Here's how an exercise physi-

*Please see "Potential," page 63*

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# Foot and Ankle Injuries



By Howard Horowitz, DPM  
Bowie Foot & Ankle

Broken bones, dislocations, sprains, contusions, infections, and other serious injuries can occur at any time. Early attention is vitally important. Whenever you sustain a foot or ankle injury, you should seek immediate treatment from a podiatric physician.

There are lots of myths about foot and ankle injuries. Some of them follow:

## Myths

- **"It can't be broken, because I can move it."** False; this widespread idea has kept many fractures from receiving proper treatment. The truth is that often you can walk with certain kinds of fractures.
- **"If you break a toe, immediate care isn't necessary."** False; a toe fracture needs prompt attention. If X-rays reveal it to be a simple, displaced fracture, care by your podiatric physician usually can produce rapid relief. However, X-rays might identify a displaced or angulated break. In such cases, prompt realignment of the fracture by your podiatric physician will help prevent improper or incomplete healing. Often, fractures do not show up in the initial X-ray. It may be necessary to X-ray the foot a second time, seven to ten days later.

Please see "Ankle Injuries," page 63

# Increase Your Self-Confidence

## A Beautiful Smile – Your Secret Weapon



By Judy Yu, DMD, MBA  
Dental FX

things you can consciously do to build self-confidence.

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

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

## What Makes a Smile Beautiful?

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

Please see "Self-Confidence," page 63



# HRT Fights Middle-Age Weight Gain

Submitted by New Day Vitality  
Hormone Center

Weight gain and changes in body composition are prevalent among post-menopausal women and contribute to increasing health risks as women age. The tendency to add fat around the waist is associated with insulin resistance, metabolic syndrome and tumor growth. All are particularly dangerous.

"Weight gain and body fat distribution changes are responsible, at least in part, for the greater risk of cardiovascular disease in post-menopausal women . . .," says Ekta Kapoor, M.B.B.S., a consultant with the Women's Health Clinic; General Internal Medicine; and Endocrinology, Diabetes, Metabolism, and Nutrition at Mayo Clinic.

But, according to a study in the *Journal of Clinical Endocrinology and Metabolism* (May 2018), menopause

hormone replacement therapy (HRT) is associated with markedly lower visceral fat, BMI and torso fat. Considering CVD is the leading cause of death among women, understanding the role of hormones in these body changes are crucial.

Many of the common symptoms of menopause facilitate weight gain, "including vasomotor symptoms, mood disorders, sleep disturbances and musculoskeletal complaints," Alice Y. Chang, M.D., a consultant with Endocrinology, Diabetes, Metabolism, and Nutrition at Mayo Clinic.

Vasomotor symptoms -- hot flashes and night sweats -- are the most common complaint among women going through the menopause transition. Estrogens, the primary female sex hormone, helps maintain body temperature. When estrogen levels drop, the body responds by releasing

Please see "Middle-Age," page 66

# Essential Tips To Safeguard Your Back During Lifting



By Alicia Kovach, DC  
Kovach Chiropractic

Lifting heavy objects is a common task in our daily lives, whether it's moving furniture, exercising, or working in physically demanding professions. However, it's crucial to prioritize the safety of your back to prevent potential injuries. By following a few essential tips and techniques, you can ensure the well-being of your back during lifting activities.

**1. Warm-Up and Stretching:** Before engaging in any lifting activity, it's

essential to prepare your body by warming up and stretching. Perform a few minutes of light aerobic exercises such as brisk walking or cycling to increase blood flow and raise your body temperature. Next, focus on stretching your major muscle groups, particularly those in your back, legs, and shoulders. This will help improve your flexibility and reduce the risk of muscle strains or sprains.

**2. Maintain Proper Body Mechanics:** One of the fundamental aspects of safe lifting is maintaining proper body mechanics. Start by standing close to the object you intend to lift, with your feet shoulder-width apart for stability. Bend your knees, not your waist, and keep your back straight as you lower yourself down. As you lift the object, use the strength of your legs, not your back, to power the movement. Hold the object close to your body, and avoid twisting or jerking motions

Please see "Safeguard," page 63

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# Speech Disability and Using the Telephone

By Maryland Relay/  
Telecommunications Access of MD

If you have difficulty speaking due to cerebral palsy, Parkinson's disease, stroke, traumatic brain injury or other condition, you do not have to struggle to communicate over the telephone. Technologies and services are available to make sure people who have difficulty speaking can use the telephone to conduct business, make appointments, and keep in touch with friends and loved ones every day.

Maryland Relay is a free public service that enables people throughout Maryland who are Deaf, hard of hearing, late-deafened, DeafBlind or have difficulty speaking to stay connected by phone. Easily accessed by dialing 7-1-1, Maryland Relay offers a variety of services that are available 24 hours

a day, 365 days a year, to meet each person's needs.

Speech-to-Speech (STS) Relay service is designed specifically for people who can hear but have mild to moderate difficulty speaking over the telephone. During an STS call, the user is connected with a Maryland Relay STS Operator who is specially trained to be able to listen carefully to the STS user. The Operator may re-voice everything the STS user says, or only re-voice when needed, depending on the user's preference. The STS user then hears the other person's response spoken directly to him or her.

STS users can set up personal call preferences through a Customer Profile where they may provide a standard greeting that may be used when placing and receiving calls. By setting up a Customer Profile, STS users can also save a list of up to 50 speed dial numbers, a chosen long-distance provider, and more.

Many individuals who have difficulty speaking are best understood when they can be seen. That is why Maryland Relay also offers Visually Assisted STS, which gives the user the opportunity to also use gestures and other visual cues during STS calls. Visually Assisted STS establishes a live video connection between the user and the Operator by using a webcam and a computer with Skype software. The Operator uses visual cues such as mouth movements, facial expressions, and other gestures to better understand the user's side of the conversation and his or her intended meaning.

Maryland Relay provides people who have difficulty speaking with the opportunity to be better understood over the telephone. For more information about STS service from Maryland Relay, please visit [mdrelay.org](http://mdrelay.org) or call 800-552-7724 (Voice/TTY) or 443-453-5970 (VP).

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



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By Dr. H. Michael Rassael, MD  
Millennium Medical Spa

Cosmetic surgery has come a long way in recent years, offering a myriad of procedures to help individuals improve and restore their body contours. From liposuction to breast augmentation, abdominoplasty to Brazilian butt lift, modern cosmetic surgery offers effective solutions for those seeking to achieve their desired appearance.

#### **Liposuction: Sculpting Away Stubborn Fat**

Liposuction is a popular cosmetic surgery procedure designed to remove excess fat from specific areas of the body. Despite maintaining a healthy lifestyle, some individuals may struggle with stubborn pockets of fat that resist diet and exercise. Liposuction allows for targeted fat removal, sculpting the body to create a more defined and aesthetically pleasing silhouette. Common areas for liposuction include the abdomen, thighs, hips, and arms.

#### **Breast Lift: Restoring Youthful Elevation**

Aging, pregnancy, and weight fluctuations can lead to sagging breasts, causing a loss of firmness and shape. A breast lift, or mastopexy, is a cosmetic surgery that addresses this issue by raising and reshaping the breasts. By removing excess skin and tightening surrounding tissues, a breast lift can restore a more youthful and perky breast contour.

#### **Breast Augmentation: Enhancing Volume and Symmetry**

Breast augmentation, also known as augmentation mammoplasty, is a procedure that involves the placement of implants to increase breast size and improve symmetry. This surgery is ideal for individuals who desire more fullness, wish to balance asymmetrical breasts, or have experienced a reduction in breast volume due to factors like weight loss or pregnancy.

#### **Breast Reduction: Alleviating Discomfort and Enhancing Proportions**

For some individuals, overly large breasts can lead to physical discomfort, back pain, and self-esteem issues. Breast reduction surgery, or reduction mammoplasty, is a transformative pro-

# Enhancing Your Body Contour With Cosmetic Surgery

cedure that removes excess breast tissue and skin, reducing the breast size and weight. This not only relieves physical discomfort but also enhances the overall proportions of the body.

#### **Abdominoplasty (Tummy Tuck): Achieving a Flatter, Tighter Abdomen**

A tummy tuck is a popular cosmetic surgery that targets loose abdominal skin and muscles, often resulting from significant weight loss or pregnancy. Abdominoplasty involves removing excess skin and fat while tightening the underlying muscles, resulting in a flat-

ter, more toned midsection.

#### **Brazilian Butt Lift: Sculpting a Curvier and More Youthful Butt**

The Brazilian butt lift is a revolutionary procedure that uses fat grafting techniques to augment and reshape the buttocks. Excess fat from other areas of the body is removed via liposuction and then carefully injected into the buttocks to create a fuller, more contoured, and youthful appearance.

#### **Mommy Makeover: Restoring Pre-Pregnancy Body Confidence**

A mommy makeover combines

several cosmetic procedures to address the physical changes that occur after pregnancy and breastfeeding. This customizable package often includes a combination of breast procedures (lift or augmentation) and abdominal procedures (liposuction or tummy tuck), helping mothers regain their pre-pregnancy body contours and confidence.

Cosmetic surgery, when performed by a qualified and experienced surgeon, can help improve self-confidence and overall well-being, empowering individuals to feel more comfortable and satisfied in their own skin.

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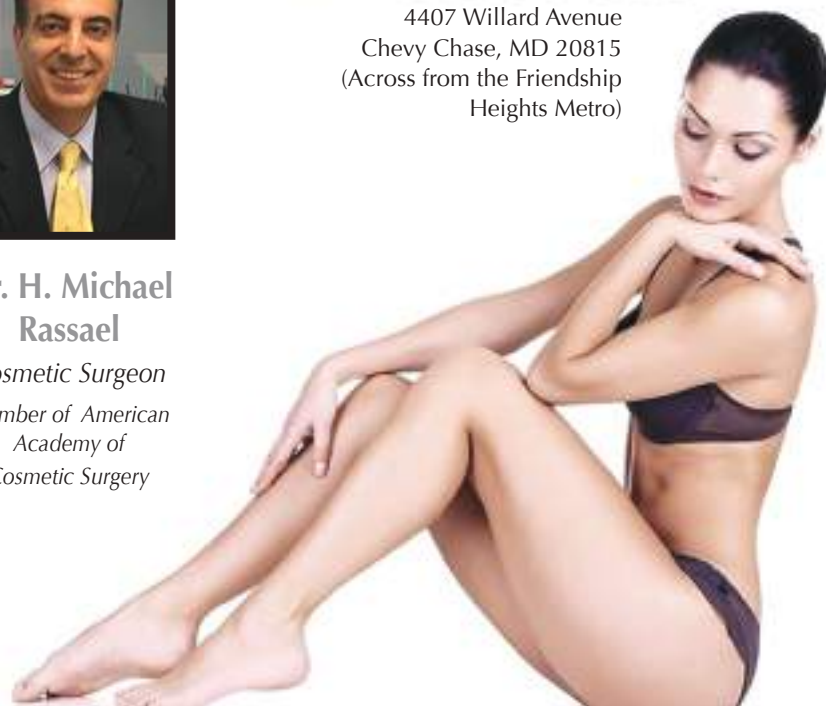


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# Are You Trying, and Failing, To Lose Weight?



By Alan Weiss, MD  
Annapolis Integrative Medicine

Many people struggle with weight issues. But what is important to know is that it is not your fault, it is not a sign of moral failing or weakness. Ultimately it is simply a matter of inherited biochemistry, lifestyle and living in the modern world where what is available to us when it comes to food is a novel experiment for humanity.

Per recently published data, the U.S. adult obesity rate stands at 42.4%, the first time the national rate has passed the 40% mark. The national adult obesity rate has increased by 26% since 2008.

For each person there is a safe way to lose weight and to keep it off. In order to do so there are a few issues that must be addressed

First, are there underlying medical issues which make it difficult to lose weight? Examples of this are undiagnosed sleep apnea, hypothyroidism, anemia, and other nutritional deficiencies. Without a thorough evaluation to reveal these issues attempts to lose weight are almost guaranteed to fail. As well menopause and other hormonal issues in men and women can interfere with metabolism. Also many common medications such as antidepressants and proton pump

*Please see "Lose Weight," page 66*

# What Is Trauma-Informed Care?



By Jacqui Grantland, PhD, LCPC  
Inner Peace Therapeutic Services, LLC

According to CDC data, 1 in 4 children experiences some form of trauma or abuse in their childhood. More sobering statistics indicate that 1 in 5 women and 1 in 71 men have experienced rape at some point in their lives. These numbers suggest that many people, male and female, young and old, have and will experience trauma in their lifetime.

## Treating Health In People With Trauma

If you've ever gone to the doctor

or been treated at an emergency room, you know that the entire scenario can feel incredibly invasive. Sensitive questions are often asked, intimate body parts may need to be examined, and the medical treatment may be uncomfortable and even painful.

How can medical professionals provide quality healthcare to people who have experienced some form of trauma in their past? Through trauma-informed care.

## What Is Trauma-Informed Care?

Trauma-informed care is an approach to healthcare with a focus on safety, empowerment, and healing. This style of care is particularly helpful for sexual abuse survivors.

Of course, a provider would never ask a prospective or new patient if they have experienced serious trauma in the past. Instead, it is simply assumed that each individual may have experienced some form of trauma and acted accordingly. This can mean many

*Please see "Trauma," page 63*

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# Probating an Estate

## Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

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

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

### What Is Involved In

### Probating an Estate?

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

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

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

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

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

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

### Do I Need an Attorney?

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

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

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

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

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# 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.

## Tailored Treatment

During your child's first visit, we will provide a tailored dental experience including a gentle cleaning, fluoride treatment, exam, and x-rays.

## SPECIALIZED SERVICES

We offer a full range of Pediatric Dental Services, including Tongue Tie Consultation & Treatment, Pediatric Sleep Apnea, and Orofacial Myofunctional Therapy for Kids.



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## Craig A. Smith, DDS

### General Dentistry/ Family Dentist

7201 Hanover Parkway  
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**301-446-1784**



#### Meet Craig A. Smith

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

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

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

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

**Professional Memberships:** National Dental Association

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

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

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

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#### Meet Dr. Sreenivasan:

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

As an Oral and Maxillofacial Surgeon, Dr. Sreeni manages a wide variety of problems relating to the Mouth, Teeth and Facial Regions. He practices a full scope of Oral and Maxillofacial Surgery with expertise ranging from Corrective Jaw Surgery to Wisdom Teeth Removal. His passion is in implant surgery and he is well known for same day placement of implants following teeth removal be it for single teeth or a complete "makeover" (Smile in a day). He can also diagnose and treat Facial Pain, Facial Injuries and TMJ disorders and perform Bone Grafting and Sinus lift procedures.

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

Dr. Sreeni is an Advanced Cardiac Life Support instructor with the Adventist group. He is also certified in Pediatric advanced life support and is very capable of handling emergencies that could possibly arise in the office. Dr. Sreeni's staff are trained in assisting with IV Sedation/General Anesthesia within our state of the art office setting. Patients are continuously monitored during and after surgery. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.

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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Jeffrey L. Brown, DDS

### TMJ & Sleep Apnea Treatment



2841 Hartland Road  
Suite #301  
Falls Church, VA

**703-821-1103**



### Meet Jeffrey L. Brown

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

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

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

#### Degrees & Certifications

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

#### Outside the Office

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

#### Professional Affiliations

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

#### Do you have TMD or Sleep Apnea?

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

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

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

## Elizabeth "Andie" Shin, DDS



4825 Bethesda Avenue  
Suite #220, Bethesda, MD

**301-941-7374**

smile@BCCPediatricDentistry.com



### Meet Elizabeth "Andie" Shin

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 911, 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!

*Helping children achieve  
better health brings us  
tremendous joy.*

**BCCPediatricDentistry.com**

**www.SleepandTMJTherapy.com**

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### Meet Periodontist, Karl A. Smith, DDS, MS

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

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

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

#### WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

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

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

Mention: **DRSmithMD0923**

### Degrees, Training and Certificates:

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

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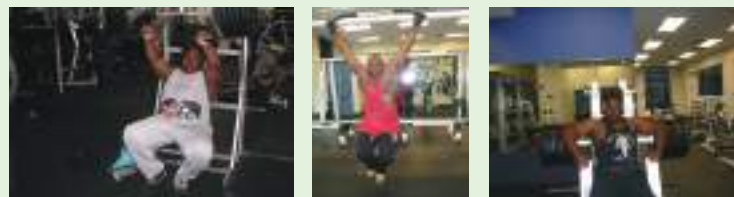
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## E. Richard Hughes, DDS

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Meet Dr. E. Richard Hughes, a Renowned Implantologist  
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Dr. E. Richard Hughes received his Bachelor of Science in Microbiology from the University of Maryland in College Park, MD. He graduated from Meharry Medical College School of Dentistry in Nashville, TN with a degree as a Doctor of Dental Surgery. His Post Doctorate Certificate in Oral Implantology is from Howard University of Dentistry in Washington, DC.

Dr. Hughes has been in practice for over three decades. During that time, his extensive training and dedication to patient-centered care in Sterling, VA, and the surrounding communities has earned him recognition as a highly esteemed dentist.

### Practice Philosophy

Dr. Hughes is committed to respectful, personalized care. Along with his entire staff, he provides treatment in a comfortable, welcoming environment. He is a great listener, and will take the time to get to know you and your needs. Because of his experience and gentle approach, most patients experience minimal discomfort during treatment. However, Dr. Hughes understands that dental anxiety is a very real obstacle for some patients. For this reason, he offers effective oral sedation and nitrous oxide to help patients achieve total comfort during treatment.

### Areas Of Expertise

Restorative & Implant Dentistry (Dental Implants, Bridges & Crowns, Dentures, Full Mouth Reconstruction), General Dentistry (Preventive Care, Periodontal Care, Sleep Apnea, TMJ), Root Canal Therapy, Invisalign® Clear Aligners, Sedation Dentistry), and Cosmetic Dentistry (Teeth Whitening, Veneers, Smile Makeovers).

### Credentials & Memberships

- Diplomate, American Board of Oral Implantology/Implant Dentistry (less than 500 worldwide with this designation)
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### Meet Deana Moody

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

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

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

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## Judy Yu, DMD, MBA



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### Meet Judy Yu

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), the Maryland Academy of General Dentists. She served as the Public Information Officer on the board of the Maryland Academy of General Dentists (MAGD). Additionally, she is certified in Forensic Dentistry through the Armed Forces Institute of Pathology at Walter Reed Medical Center and has served on the Maryland State Committee for Oral Cancer Awareness. Dr. Yu served on The Anne Arundel County Oral Task Force aiming to increase access to care for the adult population.

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

A humanitarian at heart, Dr. Yu truly enjoys giving back to the community. She currently chairs the Northern Anne Arundel County Chamber of Commerce Health/Wellness Committee. Dr. Yu also chaired the McDonogh Parent Association's Parent Education Committee. She 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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## Abiodun Adesanya, DDS, PC

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### Meet Abiodun Adesanya

Dr. Abiodun Adesanya graduated in 1983 from the University of Ibadan, College of Dentistry, Nigeria. He completed two years of postgraduate training in Nigeria, two years of residency training in Hospital Dentistry at Meharry Hubbard Hospital in Nashville, TN and General Dentistry at Carolinas Medical Center in Charlotte, NC. Dr. Adesanya's passion is to enhance the total oral health, function and smiles of his patients. Dr. Adesanya has been named one of the Washington's Area Top Dentists in 2005, 2007, 2008 and every year thereafter.

He received Prince George's County's 2012 Best Dentist award from the *Bowie Patch*. He attends several dental seminars yearly, enjoys reading dental journals, and has kept abreast of the latest dental techniques and technology to better serve his patients. He is a member of the Academy of General Dentistry, Maryland Dental Association, and Bowie/Crofton Dental Study Club.

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



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## E. Taylor Meiser, Jr., DDS

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### Meet E. Taylor Meiser, Jr.

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

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

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



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Local Professionals Empowering and Encouraging People To Live Healthier

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

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

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

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

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

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

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

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

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

## Paul V. Beals, MD, CCN

### Integrative Family Physician



120 Sallitt Drive, Suite F  
Stevensville, MD 21666  
**410-604-6344**

#### Meet Paul V. Beals

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

#### Degrees, Certifications and Professional Memberships:

Board Certified in Family Practice

Certified Clinical Nutritionist (CCN)

MD, Temple Medical School, Philadelphia PA

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

Member of ILADS, International Lyme Associated Disease Society

#### Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

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

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

35 years in practice

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#### Holistic Therapy Diabetes and Heart Disease

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#### Chronic Lyme Disease Treatment

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#### LabCorp On Site

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#### Family Practice Medicine

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

#### Integrative Cancer Support

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

**yhm.news/Happy-Hour-Yoga**

**www.DrPaulVBeals.com**



# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Lynda Dean-Duru, DDS

### Ashburn Children's Dentistry

44025 Pipeline Plaza  
Suite #225, Ashburn, VA

**703-723-8440**

info@kidzsmile.com



#### About Lynda Dean-Duru

Dr. Lynda Dean-Duru pursues pediatric dentistry with a passion rooted in her fascinating personal story.

For Doctor Lynda, the pathway to dentistry started during her own childhood experience with a dentist's impact 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.

As a result of this transformative experience, young Lynda determined to extend that kind of care to others as her life's calling. She went on to earn 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, Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry.

Doctor Lynda has undertaken much continuing education in Orthodontic training and is a fellow of the United States Dental Institute and a member of the prestigious Gnathos education group in Atlanta, Georgia. She holds a certification in Oral Myology from the International Association of Oral Myology (IAOM). She has completed levels 1 and 2 of the Advanced Light force functionals (ALF) therapy, ALF Interface Academy Foundations, Genesis, and other courses.

Doctor Lynda is part of an Integrative team of healthcare providers seeking to deliver optimal health to our pediatric population by education, awareness, and collaborative care. She also has a special interest in treatment that focuses on infants' breastfeeding and prevention of sleep apnea in children.

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.



**www.KidzSmile.com**

## Krystle Dean-Duru, DDS

### Ashburn Children's Dentistry

44025 Pipeline Plaza  
Suite #225, Ashburn, VA

**703-723-8440**

info@kidzsmile.com



#### About Krystle Dean-Duru

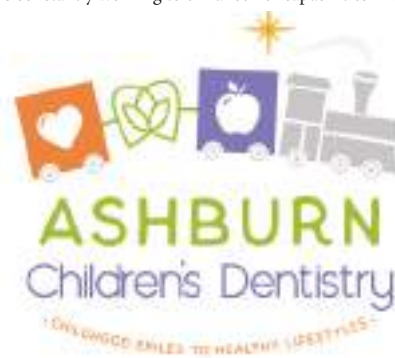
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn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

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

I hold an undergraduate degree from Columbia University in New York, where I studied Psychology. I received a Doctorate of Dental Surgery from Virginia Commonwealth University in Richmond, Virginia and completed my Pediatric Residency at Interfaith Department of Dental Medicine in Brooklyn, New York, where I served in a leadership role as Chief Resident. Board certified, I am a proud Diplomate of the American Board of Pediatric Dentistry.

When not helping my young patients build happy smiles, I enjoy spending time with family and friends, growing in my faith, improving my dancing skills, learning boxing moves, traveling — and cheering on Washington sports teams!

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



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# DISCOVER

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# SIX SECRETS

FROM PAGE 7

## Fat-Melting Laser

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Exilis Ultra has undergone rigorous scientific studies that show its effects in specifically targeting and destroying unwanted fat cells and stimulating your skin to produce new collagen and elastic tissue. Your skin is noticeably firmer and more glowing after treatment.

## Fraxel, eMatrix, CO2RE and eTwo Sublative Lasers

The newest lasers for wrinkles, pores, scars, and other skin blemishes offer amazing results with little or no down time. They deliver laser energy very efficiently to rapidly smooth and tighten skin. These lasers can be used alone or combined with Syneron Triniti or eTwo total facial rejuvenation, to remove wrinkles and fade sun

spots and spider veins all in the same session, with little or no down time.

Three separate lasers are combined in the Triniti system to achieve this: the Elos SRA, the eMatrix, and the Sublime or Refirme. Results are seen immediately and continue to improve over weeks and months. Treatment can be completely individualized for your needs and goals.

## Non-Surgical Face Lifting

The truth behind the cliché of liquid or non-surgical face lifting is that your doctor must have the qualifications and knowledge to analyze your whole face in 3D and have a deep understanding of facial anatomy – to really use fillers and Botox in the best, safest and most natural way. With advanced, European-style techniques, your face can be shaped and lifted non-surgically with natural fillers like Voluma, Restylane, Juvederm, Radiesse, Belotero, RHA and Sculptra. There are no scars, no down time and the rejuvenation is beautifully natural.

If you're unsure about fillers, chances are that you've seen bad work, which is common. Qualifications matter, and a real expert uses fillers properly to

Please see "Six Secrets," page 65



## Face the Future

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For more information, contact Sarah Miller

Website: [www.stmaryscountymd.gov/aging/healthfair](http://www.stmaryscountymd.gov/aging/healthfair)

Phone: 301-475-4200, ext. 1073

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

Acupuncture, a traditional Chinese medicine practice that has been

# Acupuncture

## How To Unlock a Frozen Shoulder, Reducing Pain, and Improving Performance

around for thousands of years, offers a holistic approach to health and wellness. This age-old technique is increasingly being recognized for its benefits in treating various conditions, including the painful and disabling condition known as frozen shoulders. Here are ten benefits of

how acupuncture can effectively treat a painful frozen shoulder.

**Fast Pain Relief:** By stimulating the release of the body's natural painkillers, endorphins, acupuncture provides prompt relief from the discomfort associated with a frozen shoulder.

**Enhanced Ability to Move Around:** Acupuncture restores movement to a stiff and painful shoulder by targeting specific points related to the shoulder area.

**Improved Features:** As the pain subsides and mobility increases, the shoulder's functionality is restored, enabling the patient to perform daily activities with greater ease.

**Reducing Inflammation:** Known for its anti-inflammatory effects, acupuncture can be especially beneficial in treating a frozen shoulder, which is often characterized by inflammation.

**Improving Blood Flow:** By promoting blood circulation to the shoulder area, acupuncture aids in

healing and recovery.

**Holistic Healing:** Acupuncture takes into account the entire health of the patient, possibly treating underlying issues that contribute to the frozen shoulder.

**Improving Your Mood:** Acupuncture can also help improve a patient's overall mood and well-being by stimulating the production of serotonin, a neurotransmitter that regulates mood.

**Reduced Reliance on Medication:** Regular acupuncture sessions may provide significant relief, reducing a patient's need for pain medication.

**A solution that is meant to last for an extended period:** Unlike some treatments that only temporarily alleviate symptoms, acupuncture addresses the root cause of the problem, offering a more lasting solution.

In conclusion, acupuncture presents a viable, holistic, and non-inva-

Please see "Acupuncture," page 66

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# COPD

## Making Breathing Difficult For Millions Of Americans



By Thomas K. Lo, DC  
Advanced Chiropractic Center

### Part 1

Chronic obstructive pulmonary disease, or COPD, is a progressive disease that refers to a group of diseases that cause airflow blockage and breathing-related problems, to include emphysema and chronic bronchitis. COPD not only affects the 16 million Americans who have this disease, but also the millions more who are undiagnosed.

### Understanding COPD

To understand COPD, it helps to get familiar with how the lungs work. The air you breathe goes down your windpipe into the bronchial tubes or airways in your lungs. The bronchial tubes branch many times into thousands of smaller, thinner tubes called bronchioles. These tubes end in bunches of tiny round air sacs called alveoli.

Small blood vessels called capillaries run along the walls of the air sacs. When air reaches them, oxygen passes through the air sac walls into the blood in the capillaries. At the same time CO2 moves from the capillaries into the air sacs where the lungs expel the CO2.

In COPD, less air flows in and out of the airways. This can be due to the airways and air sacs losing their elastic quality. The walls between many of the air sacs become damaged or thick

Please see "COPD," page 63



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# Coping With Nasal Allergies

Submitted by  
Kensington Pharmacy

Do you have a nasal allergy? Nasal allergies cause the lining of your nose to become swollen and inflamed. Do you have:

- A runny nose with a thin, watery discharge?
- Nasal itching and congestion?
- Red, itching eyes?
- Sneezing?
- Drainage from your nose down the back of your throat?

If so, you may be a nasal allergy sufferer. Your pharmacist can help you decide whether to see a doctor or whether to treat your symptoms yourself.

The next question to ask yourself is if your allergies are perennial, seasonal, or both?

Many different triggers can cause nasal allergies.

## Perennial Triggers

- Dust mites
- Animal hair or dander

- Indoor mold

Because these triggers are present all the time, these allergies are said to be perennial.

## Seasonal Triggers

- Pollen from trees
- Ragweed
- Grass
- Weeds

Because these triggers are around only during certain times of the year, these allergies are said to be seasonal.

Some people suffer from both perennial and seasonal allergies. They may have symptoms all year round, but they tend to be worse during certain seasons.

## How Do I Avoid the Triggers That Cause My Nasal Allergies?

Avoiding triggers entirely probably is not possible. But you can do a number of things to minimize them. Talk to your doctor or pharmacist about specific products – such as filters and bedding covers – that can help you clear your environment of triggers.

*Please see "Allergies," page 65*



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# Hospice and Supportive Care

## *An Additional Layer Of Support For Residents Of Assisted Living Centers*



By Colleen Shields  
Market Development Manager  
Hospice of the Chesapeake

When a member of your family lives in an assisted living center, you feel safe knowing they have help with their day-to-day life. Someone's there to help them bathe and get dressed, cook their meals and encourage them to be active and social.

There's another layer of support

many do not know about. More than likely, someone from their local hospice organization is there, too. For residents living with chronic or life-limiting illness, assisted living centers turn to local hospice and supportive care professionals to provide onsite expert care.

Supportive care practitioners, also known as palliative specialists, visit residents to provide specialized care focused on reducing the symptoms, pain and stress caused by any serious illness. It can be provided alongside curative treatment at any stage. This isn't only for cancer patients. Supportive care is a perfect partner for people coping with any advanced illness – from congestive heart failure and Parkinson's to dementia and lung disease.

Hospice care is for residents whose disease progresses to a point where doctors determine a cure is no longer an option, and they likely have less than six months to live. The care shifts to ensuring the patient is as comfortable as possible with a focus on quality of life. A whole team of end-of-life specialists care for the patient in their residence.

This is often called the continuum of care. We're here for the family and the center's care team as much as we're here for the patient. That's why we offer another layer of support to assisted living centers – education. This can be community gatherings at the center to educate their residents and staff on hospice and supportive care. It can also be in-service education for the center's care team on how to care for their residents at end of life.

Another layer of support comes from trained volunteers who often visit assisted living facilities to provide pet therapy, Compassionate Touch, reiki and honor salutes. Sometimes volunteers are there just to visit and be a friend.

All of this comes to the resident onsite – there's no need to arrange transportation or schedule offsite appointments.

The healthcare industry can be overwhelming. Hospice organizations like the not-for-profit I work for go where they are needed to empower residents, their family and the center staff. Our wish is for everyone to understand the choices they have when experiencing advanced illness of any kind.

*there.*  
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# Orthodontics and Overall Dental Health



By Jacqueline Brown Bryant  
DDS, MS, PC

Dental professionals focus on patient education in all aspects of dental health, from eating the right foods to proper brushing and flossing techniques. Our primary goal is to help people of all ages achieve healthy teeth and gums, an efficient

chewing apparatus and ultimately a beautiful smile.

This month, dental professionals take time to educate the community with short presentations geared towards many different audiences, from PTA's, church groups, community organizations, schools, girl/boy scouts and many other gatherings. Contact your health professional to schedule your presentation to raise dental health awareness.

Orthodontics and accurately aligning teeth, bone and jaws play an important role in achieving a healthy smile. When teeth and bone have been affected by neglect, improper brushing and flossing, lack of suitable brushing "tools" or bad eating habits, there is a diminished capacity to adequately

Please see "Orthodontic," page 65

# Depression and Aging Adults



By Joyce Abramson, RNMS  
Charles County Freedom Landing

Depression is a major health concern in our country and discriminates against no particular group. The disease affects all races, ages and has no regard for income. The focus of this article, however, is the expanding number of older folks who may experience depression.

Although adults 60 years and older compose 13% of the U.S. population, the use of mental health services is below the expected limit of use. Older Americans are disproportionately likely to commit suicide. Individuals over 65 account for 20%

of all suicide deaths, with white males being particularly susceptible.

Up to 5% of those persons over 65 suffer from some form of depression. This does not include the normal experiences of sadness, loss, or grief that all people feel as part of living. Major depression is persistent and can interrupt people's ability to function. Depression should not be considered a normal phenomenon of growing older.

Both health care providers and the patient may have difficulty recognizing the signs of depression.

The National Institute of Mental Health has listed a few questions to consider when discussing general health concerns and the possibility of depression.

If some of these feelings or symptoms are persistent, lasting more than several weeks, and occur more often than not, talk about them with your healthcare provider. This may provide the best way to properly diagnose the problem and have a positive result — feeling better.

Ask yourself if you are feeling nervous or "empty", guilty or worth-

Please see "Depression," page 63



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# Acupuncture A Promising Approach For Dental Pain Relief



By Brittney de Vicq, MAC, LAC  
West Annapolis Acupuncture

viduals can make informed decisions regarding pain management options.

### Understanding Acupuncture:

Acupuncture involves the insertion of fine needles into specific points on the body to stimulate the flow of energy, known as *Qi*, along meridians. In dental pain management, acupuncturists focus on acupoints located around the face, jaw, and head region. By stimulating these points, acupuncture aims to rebalance the body's energy and promote pain relief.

### Dental Pain Relief Mechanisms:

Acupuncture's pain-relieving effects in dental procedures can be attributed to several mechanisms. Firstly, acupuncture stimulates the release of endorphins, natural painkillers that provide a sense of well-being. Secondly, it influences the autonomic nervous system, reducing inflammation and promoting relaxation, which can alleviate dental pain. Lastly, acupuncture may help modulate pain signals within the central

Please see "Pain Relief," page 65

# Bringing Your Body Back Into Balance



By Toni Greene, Owner  
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in the body. When one of the systems is out of balance it causes the other systems to over compensate or under compensate to accommodate the body. When the digestive system has been compromised it can cause constipation, diarrhea, bloating, fat stomach or just plain misery. When the bowels are not moved at least two times a day this can result in headache, backaches, knee aches, flatulence, joint pain and body odor, just to name a few.

Diabetes can sometimes be caused from a lack of exercise and improper diet. Consider that improper diets may sometimes come about because we are taught to cook like Big Mamma, and Big Mamma sometimes cooked very unhealthy food.

Obesity may run in the family because sometimes we do not eat a well-balanced meal and whatever we eat, we tend to overeat.

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Please see "Balance," page 66

Health care is just that, care of your health. Health care professions help you to maintain good health or to restore the body back into good health.

Health of the body becomes compromised when we throw the body systems out of balance. Ways of throwing the body out of balance can be quite simple.

Over eating causes an imbalance in the digestive system, and can cause a negative effect on the other systems



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# Shirin-yoku Forest Bathing and Fertility



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Being in nature can be salubrious to your health. The greatest creatives of all time have practiced this. Nature is calming and restorative.

There is some physiology behind this phenomenon. The Japanese have long practiced the art of tree bathing or forest bathing. Walking through the woods for as little as 10 to 20 minutes

can be extremely restorative.

Trees themselves release oxygen and soak up carbon dioxide in the atmosphere. We all know this and that's why we encourage indoor plants. In addition to the oxygen being released are chemicals called phytoncides.

It turns out trees release organic compounds called phytoncides. These chemicals help plants defend themselves against microbial infections, such as from bacteria or fungi, and protect them from invasion from certain insects. The Japanese art of tree bathing enfoldes you in the phytoncides released.

These chemicals are also known to improve your immune system by increasing your natural killer cells activity. Natural killer cells can marshal your body's immune defenses against viruses and germs and protect you from even tumor formation. There is data that suggests that your increased

*Please see "Forest Bathing," page 66*



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# Your Child's First Dental Visit



By Janet V. Johnson, MD  
Loving Care Pediatrics

To prevent early childhood cavities, parents first have to find out their child's risk of developing cavities. They also need to learn how to manage diet, hygiene and fluoride to prevent problems.

But cavities aren't all that parents need to learn about their child's dental health. The age one dental visit lets parents discuss the following important facts

## How to care for an infant's or toddler's mouth

1. Proper use of fluoride
2. Oral habits, including finger and thumb sucking
3. Ways to prevent accidents that could damage the face and teeth
4. Teething and milestones of development
5. The link between diet and oral health

After this first visit, the pediatric dentist will suggest a schedule of follow-up visits. In the past, dentists typi-

"First visit by first birthday." This is the view of the American Academy of Pediatric Dentistry. Pediatricians agree. The American Academy of Pediatrics suggests that children who are at risk of early childhood cavities visit a pediatric dentist by age one.

National studies have shown that pre-school-aged children are getting more cavities. More than one in four children in the United States has had at least one cavity by the age of one. Many kids get cavities as early as age two.

*Please see "Dental Visit," page 66*



# The Silent Dental Disease



Submitted by E. Taylor Meiser, DDS  
Lighthouse Family Dentistry

Bacteria from dental plaque not only attacks the soft tissue, but will eventually attack the bone causing teeth to fall out. The most common strain of bacteria in dental plaque can cause blood clots that induce heart attacks when they enter into the blood stream. Additional studies presented that dental plaque is linked to:

- A potentially fatal disease called infective endocarditis in which the sac around the heart becomes infected with bacteria

- Lung infections in people with chronic lung diseases such as chronic obstructive pulmonary disease.
- Weakened immune systems that can slow wound healing and diminish a person's response to vaccines against hepatitis B and influenza.
- A higher risk of giving birth to premature, low birth weight infants.

Treating gum disease has become more important than ever due to these findings. Soft tissue management is a non-surgical approach to control the infection of the gums and root surfaces. There is no cure for gum disease; it can only be managed or controlled.

Your hygienist will perform the treatment, also known as scaling and root planing, to treat the infection, make recommendations to help you effectively clean your teeth daily, and guide you through the efforts to achieve and maintain optimum oral health.

Scaling and root planing is the treatment of the diseased root surfaces

Please see "Dental Disease," page 65

# Corns and Calluses



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

## Part Two

Last month's article focused on the symptoms and diagnosis of corns and calluses. This month's article will focus on prevention and treatment.

## Prevention

In most cases, you can help to prevent corns and calluses by wearing shoes that fit properly. In particular, choose low-heeled, comfortable shoes that have enough space around the toes. Wear socks to cushion any areas of unusual rubbing or pressure. Use doughnut-shaped pads that fit over a corn and decrease pressure and friction.

## Treatment

If your corns and calluses are painful, your podiatrist will shave away some of the thickened skin to relieve pain and pressure in the affected area. Although many people can do this themselves, podiatrists can make sure the procedure is done safely. Your podiatrist also may recommend that you modify your footwear to prevent your problem from returning.

For example, pads or "donuts" made of moleskin, lamb's wool, foam or felt will cushion the affected area. Corrective shoe inserts will redistribute the forces that cause friction and pressure inside your shoes, relieving some of the stress on your feet when you walk.

Your podiatrist may ask you to return regularly to have your feet examined and your corns and calluses shaved, if necessary. You also can minimize corns by regularly rubbing them with a pumice stone, which is available in most podiatrist offices.

Foot surgery may be necessary to treat corns and calluses that keep returning and are not relieved by padding, shoe inserts and periodic shaving. Never try to shave or cut a corn or callus on your own.

Please see "Calluses," page 65



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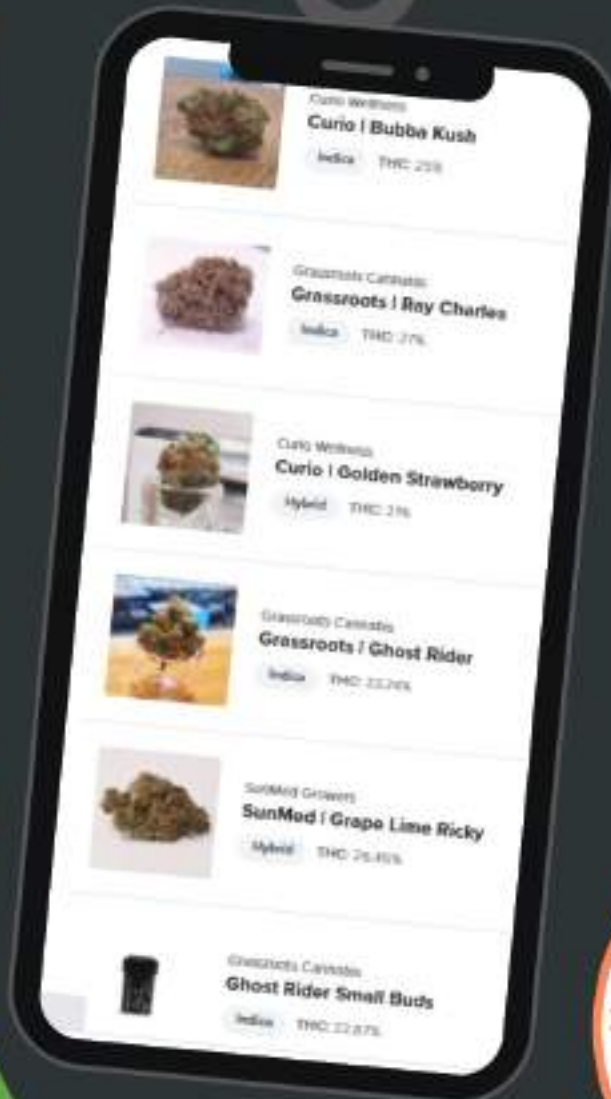
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# ALL-ON-FOUR

FROM PAGE 16

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

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

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

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

First, your dentist will want to make sure you're 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.

properties of Chinese herbal remedies like Qingyangsen and Zhenxianling, offering a harmonious note of hope with fewer dissonant side effects compared to conventional antiepileptic medications.

In the elaborate mosaic of healing, acupuncture emerges as a poignant brushstroke, gracefully wielded by Traditional Chinese Medicine. Anecdotal accounts intertwine with mouse studies, suggesting the potential efficacy of acupuncture against epileptic seizures and the cellular toll they bear. A Norwegian chapter adds to this tapestry, where a trial involving 29 individuals grappling with unyielding epilepsy explored the potential of acupuncture, revealing promising but not yet statistically significant results.

The choreography of healing, however, often calls for a dual performance, harmonizing herbal medicine with acupuncture in a synergistic dance. Typically spanning 3-6 months, this therapeutic pas de deux seeks to mend the discordant notes of epilepsy, crafting a melody of health and vitality.

# EPILEPSY

FROM PAGE 18

venerable tradition of Chinese herbal medicine and the refined choreography of acupuncture stand as the principal pillars of this ancient healthcare symphony.

In the gallery of recent studies, a vibrant tableau of promise takes shape, capturing the potential of Chinese medicine's potent blend of herbal alchemy and acupuncture in the treatment of epilepsy. Woven within this tapestry are the age-old remedies, with herbal blessings bestowed upon humanity since the dawn of antiquity. Consider, for instance, tian ma, the esteemed root of *Gastrodia*, a staple within China's pharmacopeia, renowned for its role in addressing epilepsy and other maladies.

The annals of medical history unveil an intriguing trio of cases, where individuals grappling with intractable epilepsy found solace through the traditional herbal formulation Bu-yang-huan-wu-tang. Echoing through the corridors of time are the resounding endorsements from reviewers, spotlighting studies that illuminate the potential anticonvulsant

# NUTRITION

FROM PAGE 18

Healthy fats from nuts, seeds, and avocados, along with abundant fiber, promote heart health by reducing LDL cholesterol levels. This decrease in “bad” cholesterol is vital in preventing atherosclerosis and lowering the risk of heart attacks and strokes.

## Enhancing Digestive Health:

A plant-based diet is rich in fiber, promoting a healthy digestive system. Fiber aids in regular bowel movements, preventing constipation and reducing the risk of developing colorectal cancer.

**Weight Management:** A plant-predominant diet is naturally lower in calories and saturated fats, making it an effective tool for weight management. The abundance of fiber and

nutrients also helps to control cravings and keep you feeling full and satisfied.

**Slowing Aging:** Plant-based foods contain essential vitamins and antioxidants that combat free radicals and protect against cellular damage. This can slow the aging process and reduce the risk of age-related diseases.

Remember, the key to reaping the full benefits of a plant-based diet lies in variety and balance. By incorporating a rainbow of fruits, vegetables, legumes, whole grains, nuts, and seeds into your daily meals, you'll be nourishing your body with the nutrients it needs to thrive, while also reducing the risk of chronic diseases and improving overall well-being.

# WEIGHT LOSS

FROM PAGE 19

loss, which continues for up to two years. Patients lose over 100 pounds on average.

## Reversal of Health Problems

Many health conditions are reversed after surgery. Diabetic patients, for example, have an immediate reduction or even cessation of their diabetic medications. Many will not need to go back on these medications. Other conditions that are reversed or have significant improvement include high blood pressure, high cholesterol, sleep apnea, acid reflux and arthritis.

## Better Quality of Life

Individuals experience increased energy, increased stamina and better mood. For many, it means no more

shortness of breath when walking, being able to walk farther distances, reduction in the joint and back pains that have been present for years, or simply getting more restful sleep at night. There is a greater tendency to engage in social events and feeling comfortable, especially so with children and grandchildren.

## Decreased Health Costs

Improved health means cutting down on daily medication needs, spending less on medications, and decreased need for medical visits and hospitalizations. Improved health also means avoiding health complications that may be waiting over the next 5-10 years or further into the future.

# HAIR LOSS

FROM PAGE 21

- **Hormonal Changes:** Hormonal imbalances, such as those experienced during pregnancy, menopause, or as a result of certain medications, can lead to temporary hair loss.
- **Nutritional Deficiencies:** Poor nutrition, especially inadequate intake of essential vitamins and minerals, can weaken hair follicles and contribute to hair loss.
- **Hairstyling Practices:** Excessive use of tight hairstyles, hair extensions, or chemical treatments can cause traction alopecia, a type of hair loss resulting from tension on the hair shafts.

## Solutions For Hair Loss:

Addressing hair loss requires a holistic approach that considers both the scalp and hair health. Here are

some potential solutions for managing hair loss:

- **Scalp Evaluation:** Trichologists can perform in-depth scalp examinations and recommend appropriate treatments.
- **Healthy Hair Care:** Adopt a gentle hair care routine, avoiding harsh chemicals and excessive heat styling. Regularly shampooing and conditioning hair helps maintain scalp health.
- **Nutrition:** Ensure a balanced diet rich in vitamins, minerals, and proteins to support hair growth and prevent nutritional deficiencies.
- **Scalp Treatments:** Various scalp treatments, such as exfoliation, detoxification, and hydration therapy, can promote a healthier scalp environment and stimulate hair growth.



ologist can benefit you:

**Personalized Exercise Programs:** An exercise physiologist evaluates your unique fitness level, health history, and goals to develop a personalized exercise plan. This plan takes into account factors such as cardiovascular health, muscular strength, flexibility, and endurance.

**Optimal Performance:** Athletes looking to achieve peak performance can benefit from an exercise physiologist's guidance. They analyze biomechanics, energy systems, and training techniques to enhance athletic abilities and prevent injuries.

**Chronic Disease Management:** Exercise can be a powerful tool in managing chronic conditions such as diabetes, obesity, and heart disease. An exercise physiologist designs safe and effective exercise routines that align with your medical needs and treatment plans.

**Rehabilitation:** For individuals recovering from injuries or surgeries, exercise physiologists develop rehabilitation programs that focus on regaining strength, flexibility, and function.

**Health Promotion:** Regardless of age or fitness level, an exercise physiologist promotes overall health and well-being by guiding individuals toward a balanced and active lifestyle.

**Research-Based Approach:** Exercise physiologists base their recommendations on scientific research and evidence. This ensures that the exercise programs they design are effective and safe.

**Education and Motivation:** They educate clients about the benefits of exercise, helping them understand the physiological changes occurring within their bodies. This knowledge fosters motivation and compliance with exercise regimens.

## ANKLE INJURIES

FROM PAGE 24

- **"If you have a foot or ankle injury, soak it in hot water immediately."** False; don't use heat or hot water on an area suspect for fracture, sprain, or dislocation. Heat promotes blood flow, causing greater swelling. An ice bag wrapped in a towel has a contracting effect on blood vessels, produces a numbing effect, and prevents swelling and pain.
- **"Applying an elastic bandage to a severely sprained ankle is adequate treatment."** False; ankle sprains often mean torn or severely overstretched ligaments, and they should receive immediate care.
- **"The terms 'fracture,' 'break,' and 'crack' are all different."** False; all of those words are proper

in describing a broken bone.

### Before Seeing the Podiatrist

If an injury or accident does occur, the steps you can take to help yourself until you can reach your podiatric physician are easy to remember if you can recall the word "rice."

- **Rest.** Restrict your activity and get off your foot/ankle.
- **Ice.** Gently place a plastic bag of ice wrapped in a towel on the injured area in a 20-minute-on, 40-minute-off cycle.
- **Compression.** Lightly wrap an Ace bandage around the area, taking care not to pull it too tight.
- **Elevation.** To reduce swelling and pain, sit in a position that allows you to elevate the foot/ankle higher than your waist.

## SELF-CONFIDENCE

FROM PAGE 24

the smile they were born with into a smile they love.

### What Dental Procedures Could Help My Smile?

Dentists are able to perform a variety of cosmetic procedures to improve patients' smiles. These procedures range from subtle changes to major repairs, fixing flaws such as discolored, chipped, misshapen or missing teeth.

Cosmetic procedures include bleaching, bonding, veneers, reshaping and contouring. Bleaching is a common and popular procedure that

is used to whiten teeth and can be performed by a dentist in the office or under supervision at home. Dentists can also use a variety of methods to correct misshapen or crooked teeth. Veneers are thin shells of porcelain or plastic that are cemented over the front of teeth, and bonding is the use of tooth-colored material to fill in gaps or change the color of teeth. Tooth reshaping or contouring are used to alter the length, shape or position of teeth and are ideal for patients with normally healthy teeth seeking subtle changes in their smile.

while lifting or carrying it.

3. **Utilize Assistive Equipment:** When dealing with particularly heavy or bulky objects, consider using assistive equipment to alleviate the strain on your back. Items like dollies, hand trucks, or lifting straps can significantly reduce the load on your spine and distribute the weight more evenly. Whenever possible, ask for assistance from others to share the lifting load, especially for items that exceed your physical capabilities.
4. **Take Breaks and Avoid Overexertion:** Lifting tasks can be physically demanding, so it's im-

portant to pace yourself and avoid overexertion. If you're engaged in prolonged lifting activities, take regular breaks to rest and recover. Listen to your body and pay attention to any signs of fatigue or discomfort. Pushing yourself beyond your limits can lead to injuries. Remember, it's better to take short breaks and complete the task safely than to risk potential long-term damage to your back.

Prioritizing the safety of your back during lifting activities is essential for preventing injuries. By implementing these tips, you can protect your back and maintain a healthy, pain-free lifestyle.

## TRAUMA

FROM PAGE 29

different things but typically it means clear and gentle communication. It means inviting the patient to speak to their needs if they need a break from a painful or embarrassing exam. It also means allowing a family member to be present during the exam if need be.

The bottom line is, that trauma-informed care puts the mental and emotional needs on equal footing with a patient's physical needs at that moment. It is an approach that requires compassion and a desire to heal the entire person.

## COPD

FROM PAGE 46

and inflamed if the airways make more mucus than usual, becoming clogged. As a result, the air sacs lose their shape and become floppy. This damage can lead to fewer and larger air sacs instead of many tiny ones. If this happens, the amount of gas exchange in the lungs is reduced.

Most people who have COPD have both emphysema and chronic bronchitis, but the severity of each condition varies from person to person. Thus, the general term COPD is more accurate.

### What Causes COPD?

Cigarette smoking is the leading cause of COPD. Most people

who have COPD smoke or used to smoke. Pipe, cigar, and other types of tobacco smoke also can cause COPD, especially if the smoke is inhaled. This includes secondhand smoke. Up to 75% of people who have COPD smoke or used to smoke. However, up to 25% of people with COPD never smoked. Long-term exposure to other lung irritants – such as air pollution, chemical fumes, or dusts – also may contribute to COPD. People who have a family history of COPD are more likely to develop COPD if they smoke.

Next month's article will discuss the symptoms of COPD, as well as prevention tips.

## DEPRESSION

FROM PAGE 52

less, very tired or slowed down, don't enjoy things the way you used to, restless or irritable, as if no one loves you, life is not worth living. Are you sleeping more or less than usual, eating more or less than usual, having persistent headaches, stomach aches or chronic pain?

Some of these symptoms may be present with other illnesses as well, however, the possibility of depression should not be overlooked.

New technologies reveal that in depression neural circuits in the brain that control mood, thinking, sleep,

etc. can fail to function properly and that the chemicals used by the brain to communicate are out of balance.

Antidepressant medications and psychotherapy are effective treatment for depression. More than 80% of people with depression improve when they receive appropriate treatment. This includes the older population.

Your primary care provider, local office on aging or local mental health providers are resources where additional information may be gathered on available services.



# HEALTH DIRECTORY

## ACUPUNCTURE

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

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

## CHINESE MEDICINE & ACUPUNCTURE

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

## CHIROPRACTIC

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

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

## DENTISTRY

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

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

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

## 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](http://www.McNellyOptical.com) – Annapolis, MD.

## FERTILITY

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

## HEALTH AND WELLNESS

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

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## HORMONES

New Day Vitality Hormone Center – 410-793-5212 – Arnold, MD and Easton, MD – [NewDayVitality.com](http://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](http://LuminoxHealth.com).

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

## MEDICAL SPACE

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

## MENTAL HEALTH SERVICES

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

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

Luminox Healthcare Services – 240-553-7970 – [LuminoxHealth.com](http://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](http://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](http://DoctorLo.com)

## ORTHODONTICS

Jacqueline Brown Bryant DDS, MS, PC – Damon, Clear Braces & Invisalign for Adults And Children – Silver Spring, MD 20910 – [www.SmileConstructors.com](http://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](http://www.MetropolitanSpine.com) – 410-772-6312.

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

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

## PODIATRY

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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Metro Prosthetics – 301-459-0999 – [www.MetroProsthetics.com](http://www.MetroProsthetics.com)

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

## VETERANS

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

## WEIGHT LOSS

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

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

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# ALLERGIES

FROM PAGE 48

## How Can I Control My Symptoms?

Seasonal and perennial nasal allergies can be treated effectively using medications. Many are available without a prescription. Talk to your doctor or pharmacist to determine which one of these is best for you.

### Antihistamines:

- Oral medications (taken by mouth)
- Nasal sprays

**How it might help:** Reduces itching, sneezing, eye irritation, and runny nose.

### What to keep in mind:

- Not effective for nasal congestion.
- May cause drowsiness.
- Antihistamine nasal sprays may leave a bad taste in the mouth.

### Decongestants:

- Oral medications (taken by mouth)
- Nasal sprays

**How it might help:** Reduces nasal congestion.

### What to keep in mind:

- Can cause difficulty sleeping, loss of

appetite, or excessive nervousness.

- Decongestant nasal sprays may temporarily reduce nasal congestion but can cause even more severe congestion if used for more than 3-5 days or more often than recommended.

### Cromolyn Sodium Nasal Spray:

**How it might help:** Effective in some people for controlling symptoms of nasal allergies.

### What to keep in mind:

- Works only if used before nasal symptoms appear.
- Won't work during an active allergy attack

### Corticosteroid Nasal Spray:

#### How it might help:

- Highly effective treatment of nasal allergies.
- Used as the primary preventive treatment for patients with moderate to severe allergies.

### What to keep in mind:

- May cause nasal dryness.
- As an oral medication, can be taken over the short term (3-7 days) for treatment of severe symptoms.

# ORTHODONTICS

FROM PAGE 52

nourish your body. Teeth, jaws and muscles must be well aligned to allow appropriate maintenance and avoid cavities, bone loss or periodontal disease, gingival inflammation or gingivitis. There is a direct correlation between oral health and such general health diseases as heart disease and diabetes.

Remember the American Dental Association recommends that you 1) Change your tooth brush at least every 3-4 months; a worn, frayed toothbrush

will not do a good job. 2) Brush at least 3 times a day with fluoride toothpaste; 3) Floss once a day with floss or interdental cleaner, as tooth causing bacteria lingers between the teeth where bristles can't reach. This helps remove plaque, a sticky film, and food particles between the teeth and near the gum line. 4) Eat a balanced diet, limit sugary foods and limit between meal snacking. 5) See your dentist at least twice a year for a cleaning and exam.

# PAIN RELIEF

FROM PAGE 54

nervous system, effectively reducing the perception of pain.

**Clinical Applications:** Acupuncture has shown promise in various dental conditions, including toothaches, temporomandibular joint (TMJ) disorders, post-operative pain, and dental anxiety. For toothaches, acupuncture can provide temporary relief by reducing inflammation and desensitizing the affected area. In TMJ disorders, acupuncture can help alleviate muscle tension and promote relaxation, reducing pain and improving jaw function. Additionally, acupuncture has been used as an adjunct therapy to manage post-operative dental pain and as a calming technique for patients experiencing dental anxiety.

**Individualized Treatment:** Acupuncture treatment for dental pain is

highly individualized. Acupuncturists consider the patient's specific dental condition, pain severity, and medical history to develop a personalized treatment plan. The number of sessions required may vary, depending on the individual's response and the nature of the dental issue being addressed.

Acupuncture presents a promising alternative for dental pain relief, offering a holistic approach that complements traditional dental interventions. By stimulating the body's natural healing mechanisms, acupuncture can effectively reduce dental pain, improve oral health, and enhance overall well-being. Individuals seeking additional pain management options can consider acupuncture as a complementary therapy in consultation with their dental healthcare providers.

# SIX SECRETS

FROM PAGE 44

deliver stunningly natural results that make you look as if you're aging backwards. No duck lips, overfilled cheeks or strangely shaped eyebrows! One good way these days to be sure that you're in expert hands and will achieve the best and most natural looking results is to look at the before and after pictures on your doctor's Instagram.

Blunt cannulas are a revolutionary new European technique that can replace needles and eliminate bruising and discomfort from fillers. True non-surgical face lifting is an advanced technique that goes far beyond mere wrinkle filling, and it should only be performed by an expert. It removes under-eye hollows and bags, restores youthful fullness and definition to your cheeks, lips and jawline, and can even improve a double chin.

When advanced techniques are used, fillers correct the true cause of aging changes, and can even reverse aging by stimulating the formation of new collagen and elastin in your skin. Botox, Dysport, Xeomin or Jeuveau can be added to rebalance overactive muscles and smooth forehead wrinkles, crow's feet, lines around your mouth, and neck wrinkles. Expert treatment can take decades off your face, while looking completely natural with none of the "frozen" appearance we associate with badly performed Botox.

## Non-Surgical Body Contouring

# DENTAL DISEASE

FROM PAGE 57

below the gum line. This differs from a routine prophylaxis (cleaning) because it emphasizes cleaning below the gum line where the plaque thrives. Scaling and root planing focuses on eliminating tartar and plaque and detoxifies the root surfaces where the disease occurs before it reaches the bone where it is not reversible.

What your dentist hopes to accomplish with soft tissue management:

- Gums that do not bleed. Healthy gums do not bleed. Bleeding is a sign of infection.

# CALLUSES

FROM PAGE 57

Instead, use a pumice stone to trim it down safely. Also, you can use nonprescription medications to dissolve corns and calluses. These treatments commonly contain salicylic acid, which may cause irritations, burns, or infections that are more serious than the corn or callus. However, people with diabetes, poor circulation, reduced feeling or no flexibility, eyesight should avoid these products.

Kim Kardashian and Omarosa from The Apprentice are just two of many celebrities who've perfected their curves with non-invasive body contouring lasers to reduce thigh and abdomen circumference and smooth cellulite. Omarosa has tweeted about her treatments in our clinic.

These treatments can be combined with LipoLite laser lipo to dissolve unwanted fat in your abdomen, thighs, arms, chin and other areas. Kybella is a new injectable treatment for double chin (submental fullness) for which a select group of experts in the US have served as trainers.

## Hair Laser

For smooth, holiday-perfect skin, the most advanced hair laser is the new Gentle YAG, which safely and quickly removes hair of all colors, even lighter colored hairs, from all skin types. Treatment is painless and very effective, and there is no need even for numbing cream.

After the uncertainties we've faced in previous years, many of us have made positive decisions to take charge of our lives. We can choose to make meaningful changes that uplift us and re-connect our inner and outer personas – such as adoption of a more healthy lifestyle and, where appropriate, a few non-surgical, no-downtime improvements.

- Fresher breath and taste.
- Gums that are pink, firm, and knife edge inter dental papilla.
- Reducing pocket depth.
- Control of gum disease.

Patients with gum disease are placed on a three-month re-care. This is a requirement for successful therapy. Studies have shown that within three months the plaque recycles itself.

It is very important for those who have gum disease to receive routine treatment.

## When To Call a Professional

Make an appointment to see your podiatrist if you have painful corns or calluses. If you have diabetes or poor circulation, examine your feet every day. For the best view, use a mirror to inspect the soles of your feet and the skin folds between your toes. If you see an area of redness, swelling, bleeding, blisters or any other problem, call your doctor/podiatrist promptly.

# MIDDLE-AGE

FROM PAGE 25

higher amounts of other hormones that affect the brain's thermostat. These body temperature fluctuations can wreak havoc on women.

"For example, women with severe vasomotor symptoms, especially at night, might not realize how severe fatigue compromises their ability to remain active. Women are more prone to mood disorders in the perimenopausal period, and that can also interfere with their motivation to make lifestyle changes often required to prevent weight gain," Chang adds.

Sleep disturbances also interfere with the production of ghrelin, a hormone that acts in areas of the brain to stimulate a feeling of hunger and promote feeding. Sleep deprivation increases ghrelin levels, basically sending out a hunger message to the body. As a result, the person starts to eat though there is no real need to!

Estrogen also influences the metabolism of sugar and fat so, as levels of estrogen drop, women's bodies burn calories more slowly and bad cholesterol increases. Lower estrogen affects body tissue, contributing to less muscle response to strength training. Estrogen is also tied to tissue repair, so injured muscles heal more slowly. The resulting lower levels of muscle also lowers the rate of metabolism.

There is some good news: A 2019 UCLA study showed that weight increases from shifting hormones often level out after two years from a woman's final menstrual period. However, those lower postmenopausal hormones mean one must eat less and work out harder just to maintain body weight. Losing weight will take considerable effort, but is possible. And adding HRT could boost control of body fat.

# FOREST BATHING

FROM PAGE 56

natural killer activity after a trip to the forest can last for as much as 30 days.

In addition, these chemicals can help you fight off tumor invasion. They have anti-cancer proteins; they also help to lower your blood pressure and heart rate

as well as stress hormones. They help to reduce anxiety as well as depression.

Tree bathing can decrease your stress levels which may help you in your fertility journey.

*Previously published on [Medium.com](https://medium.com)*

# ACUPUNCTURE

FROM PAGE 46

sive treatment option for individuals suffering from a frozen shoulder. This age-old practice not only provides rapid pain relief and improved mobility but also promotes overall well-being with minimal side effects.

With its potential to reduce dependence on medication and offer long-term solutions, acupuncture promises a more natural and comprehensive approach to managing and treating frozen shoulders.

# LOSE WEIGHT

FROM PAGE 29

inhibitors (acid reducers) can make it hard to lose weight.

Are you exercising? Typically, exercise is 20-30% of the equation when it comes to weight loss. Remember, muscle burns calories much more than fat. For every extra pound of muscle you put on, your body uses around 50 extra calories a day. If you have lost muscle mass from not exercising or from medical reasons (like chronic steroid use) it may take very few calories to maintain your body weight. This is why some people claim, truthfully, that they hardly eat, but can't lose weight.

Once these issues are looked at, for the vast majority of people with weight issues, weight gain is a function of carbohydrates and insulin resistance. Insulin is a hormone in our body that converts sugars into fat (triglycerides), and drives that fat into fat cells and blocks the exit of

fat from fat cells. Countless patients with a lifetime of weight struggles, or new issues as they age, who get these issues addressed find that weight loss becomes much easier.

Be aware of and reduce the carbohydrates and sugars in your diet. As well intermittent fasting can augment this process by reducing the period of time when people eat during the day. And then finally using supplements and medications to reduce insulin resistance will help. This includes a new class of medications called Glucagon-like peptide-1 receptor agonists, also known as GLP-1 receptor agonists, can make a remarkable difference in getting weight off.

So the first thing to know is that there are answers to getting the weight off. Even if this has been a long-term struggle, you should not give up and find a doctor who can help you.

# DENTAL VISIT

FROM PAGE 56

cally called for visits every six months. However, this schedule may vary according to each child's needs and risks. As the child grows, the dental team can help you, the parent, learn how to prevent common oral problems.

Before leaving the office, you should have a clear idea about

1. Your child's development

2. Your responsibilities
3. Follow-up care by the dentist
4. Your child's likelihood of having problems with cavities or bite

You should have your questions answered. You also should know what you and the dentist can do together to make sure your child has excellent oral health.

# BALANCE

FROM PAGE 54

probably has high blood pressure, high cholesterol, gout, gas and a big stomach.

Big Daddy and Big Mamma are probably taking blood pressure pills and still eating not so healthy on a regular basis. Arthritis can also be influenced by the diet. The nervous system is influenced by what the mind thinks and what the body holds. Foods

can also affect the nervous system and the respiratory system.

Health care professionals can help determine the best systems to bring the body and mind back into balance. Seek out the health care professional that is best for you and your condition.

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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.

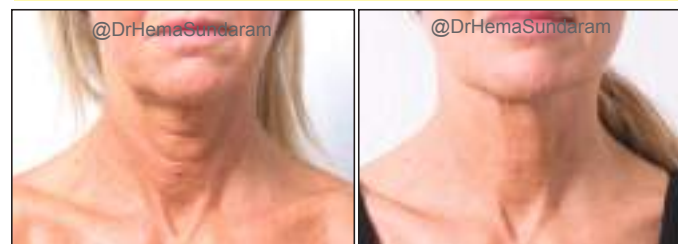
**Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology**  
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

- 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.
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