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**Maryland Edition
November 2023**

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

In the United States this year, 700,000 people and one out of every four post-menopausal women will suffer from a painful bone injury called a vertebral compression fracture. This common type of bone injury results in the collapse of a vertebra, a type of bone that makes up the spine. Although there is a safe, effective, and minimally invasive therapy available, two-thirds of these fractures fail to be diagnosed. This is unfortunate, as missing this condition can result in under-treated pain, limitations on daily activities, breathing problems, and dependence on dangerous pain medications.

Bone density in both women and men starts to decrease after age forty, but the loss of density greatly accelerates after women enter menopause and can progress to osteoporosis, a disease characterized by very low bone density. Although most compression fractures occur in patients with osteoporosis, one-third of vertebral compression fractures occur in patients without osteoporosis.

If a fracture occurs suddenly, patients can experience sudden severe back pain that often wraps around the sides and is felt in the chest. Because of this, it is sometimes confused with diseases of the heart or the lungs. The pain is often worse when standing, sitting-up, or walking around. If very severe, the patient can have trouble breathing.

Patients who have symptoms of a fracture should see their doctor for evaluation. After an examination that suggests a vertebral compression fracture, they will often be sent for an MRI. This imaging shows the level of the fracture and also reveals whether it is old or new. Some doctors treat compression fractures with pain medicine, physical therapy, and bracing. However, many cases continue to cause severe pain and long-lasting health effects unless treated more definitively. Unfortunately, many patients and physicians are not aware that there is a minimally invasive procedure called

Kyphoplasty

Treatment For Spinal Compression Fractures

kyphoplasty that can quickly, safely, and effectively treat a patient's pain without the long-term use of opioids and other pain medications.

If an acute compression fracture is present on an MRI, a patient should be referred to a pain management physician or another physician who performs kyphoplasty. This procedure can often be performed in a doctor's office, preventing the need for an overnight stay in a hospital. On the day of the procedure, the patient is given a medicine to relax and then is asked to lie on their belly. An x-ray machine

is then used to locate the fractured bone and a narrow tube is placed into it through a very small opening in the skin. A small balloon is inflated within the bone to create a small space and the fracture is then filled with bone cement. The entire procedure can take as little as 45 minutes. Many patients feel immediate pain relief and are able to return to their daily lives the day after the procedure. However, some patients may take a week or longer to feel better.

Kyphoplasty most successfully reduces a patient's pain within two

weeks following a fracture. Unfortunately, if the window of opportunity is passed, the pain can become more challenging to treat and further complications can occur.

If you think you or someone you care about is experiencing symptoms of a vertebral compression fracture, be reassured that there are safe, effective, and minimally invasive therapies available. Schedule an initial pain evaluation at Georgetown Pain Management to determine if you're eligible for kyphoplasty or other pain therapies. Most insurances are accepted and new patient evaluations are currently being scheduled. As awareness of this condition increases and more patients are offered kyphoplasty as a minimally-invasive therapy, it is hopeful that fewer patients will have to live with the severe pain that results from vertebral compression fractures and can return to their full lives more quickly and comfortably than before.



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

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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
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impossible for people to find. This is one of the key
reasons chronic and episodic conditions are not
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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,
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Six Keys To Holiday Skin and Hair Health



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

Although we're still enjoying the fall weather, the holidays are only weeks away. There will be opportunities to spend time with our loved ones, and to fill our days with seasonal hope and cheer. The holidays are an excellent time for us to review our health goals for the New Year and beyond, and to decide if we want to make a few changes.

Our skin is an important part of

this health plan because it is the largest organ in our bodies. In association with our hair and nails, our skin is the mirror of everything that happens inside. Healthy, glowing skin is a sign of good general health, and also of energy and vitality.

Here are six tips for building good skin and hair health for the holidays and beyond.

1. Get a Skin Check

Skin cancer is now the most common cancer in the United States, and affects one in five Americans. The key to avoiding serious problems is early detection and treatment. The American Academy of Dermatology recommends annual full-body skin examinations by a board-certified dermatologist, and more frequent examinations if you have a personal or family history of skin cancers or pre-cancers. Your dermatologist can show you how to perform regular skin

Please see "Holiday Skin," page 57

The Marvelous Fallopian Tubes



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Understanding the Female Reproductive System Is Crucial For Appreciating the Wonders Of Life Creation.

The fallopian tubes, also known as uterine tubes, are a pair of slender, tube-like structures located on either side of the uterus. They are approximately 10–14 centimeters long and are lined with ciliated epithelial cells, cells that have fine hair-like extension on their top surface. The fallopian tubes consist of several sections,

including the infundibulum (the funnel-shaped end), fimbriae (finger-like projections), ampulla (the middle and widest part), isthmus (the narrow portion), and the uterine opening.

The primary functions of the fallopian tubes are vital for successful reproduction:

During ovulation, a mature egg is released from one of the ovaries. The fimbriae at the end of the fallopian tubes help capture the egg, drawing it into the tube.

The fallopian tubes provide an optimal environment for fertilization to occur. The cilia lining the tubes create a gentle current that propels the egg towards the uterus, while also helping to move sperm in the opposite direction. Think of the tube as a conveyor belt that is in constant motion to move the eggs and embryo towards the uterus.

The fallopian tubes assist in the movement of sperm towards the egg. Sperm can survive in the fallopian

Please see "Fallopian Tubes," page 62

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Pedi Partials For Upper Anterior Teeth Replacement: Reasons and Benefits

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

Pediatric dental care has witnessed significant advancements, allowing for the holistic treatment of dental issues in young patients. One of the prominent solutions offered for children who've lost their

anterior teeth, due to trauma, decay, or congenital reasons, is the Pedi partial. This dental appliance has gained popularity, not just for its functional benefits, but also for the psychological well-being of the child.

1. Understanding Pedi Partials

Pedi partials, also known as pediatric partial dentures, are dental prostheses designed specifically for

children. Made with highly durable and child-safe materials, they help in replacing missing anterior (front) teeth. Unlike adult dentures, which can be permanent, pedi partials are temporary and are eventually replaced by natural permanent teeth or a permanent dental appliance.

2. Reasons For Opting For Pedi Partials

a. Speech Development

Children are at a crucial age for speech development, and the absence of upper anterior teeth can lead to speech impediments. Sounds, especially those produced using the front teeth such as the "th" and "f", can be difficult to articulate. Pedi partials facilitate proper pronunciation and clarity, aiding children in their developmental stages.

b. Tongue Positioning

Proper tongue placement is vital for various oral functions, from swallowing to speaking. The anterior teeth play a role in guiding the tongue to its correct position during these activities. Missing teeth can lead to improper tongue thrusts, where the tongue might push against the front teeth during swallowing or speech, potentially leading to orthodontic issues in the future.

c. Aesthetics and Self-esteem

It's undeniable that our smile plays a role in our self-esteem and confidence. For children, missing anterior teeth can lead to feelings of embarrassment, affecting their willingness to smile or interact with peers. Replacing these teeth with pedi partials can restore their confidence, allowing them to express themselves without self-consciousness.

d. Maintaining Space For Permanent Teeth

Anterior primary teeth serve as natural space maintainers for the emerging permanent teeth. Their premature loss can result in space loss as neighboring teeth may drift or tilt into the vacant space. This could result in malocclusion or misalignment of the permanent teeth. Pedi partials help in preserving this space, ensuring proper alignment and positioning for permanent teeth.

3. Additional Benefits

Apart from the primary reasons mentioned above, pedi partials also:

- **Aid in Chewing:** Proper chewing is vital for digestion. Anterior teeth play a role in biting off food, and their absence can limit a child's dietary choices.
- **Face Structure Maintenance:** Teeth support the facial structure, and their absence can affect the appearance of the face. Pedi partials can provide this necessary support.
- **Guidance for Permanent Teeth:** Pedi partials can serve as a guide, ensuring that the permanent teeth emerge in their correct positions.



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Empowered Employees

A Key To Better ROI Through Affordable Wellness Programs

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

In today's fast-paced corporate world, the relationship between employee well-being and business success has never been more apparent. As companies strive for better returns on investment (ROI), they are increasingly recognizing the invaluable role that

empowered employees play in achieving this goal. One cost-effective and practical approach is through wellness programs that cater to the diverse needs of all employees. These programs not only enhance overall health but also boost productivity and job satisfaction.

Balancing Work and Life: One of the most critical factors in employee empowerment is maintaining a

healthy work-life balance. When employees are overstressed and constantly overwhelmed, their productivity plummets. To counter this, wellness programs can incorporate techniques that help employees manage their time effectively, prioritize tasks, and find the right balance between work and personal life. When employees feel in control of their schedules, they

are more motivated to participate in wellness initiatives.

Motivating Participation: Motivation is another key to success in wellness programs. Employers can employ strategies like incentives, recognition, and gamification to inspire employees to join these programs. Whether it's offering rewards for achieving health goals or recognizing milestones publicly, these initiatives not only encourage participation but also foster a sense of camaraderie among employees.

Health & Wellness Coaching:

Personalized Support: Health and wellness coaching is a cornerstone of empowering employees to take control of their health. These specialists work closely with employees, providing personalized guidance and support. Whether through one-on-one sessions or group workshops, employees can receive tailored advice on diet, exercise, stress management, and more. This personalized approach ensures that employees are not just participants but active partners in their well-being journey.

Accountability and Progress Monitoring: One of the primary reasons wellness programs succeed is the accountability factor. Health and wellness coaches ensure that employees stay on track with their health goals, tracking their progress and making necessary adjustments. This ongoing support and monitoring significantly increase the chances of employees achieving and maintaining better health.

Empowered employees, those who are physically and mentally well, contribute significantly to a better ROI for businesses. Here's how:

Increased Productivity: When employees are healthier, happier, and motivated, they are more productive. Reduced absenteeism and presenteeism result in higher output, ultimately contributing to improved ROI.

Lower Healthcare Costs: A healthier workforce incurs fewer healthcare expenses for employers, saving money in the long run.

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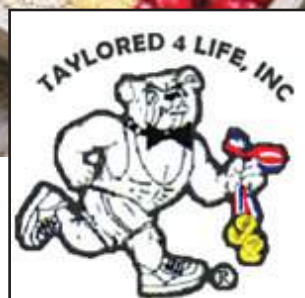
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Dentistry Is Expensive. Make the Investment Last.

By Karl A. Smith, DDS, MS

A radiant smile can be your most valuable asset. It's the universal language of happiness, a key to leaving a lasting impression, and a source of confidence. However, the journey to maintaining a beautiful smile extends beyond just pearly whites. The foundation of a captivating smile lies in complete periodontal health. Taking care of your gums before spending on other dental procedures is essential for safeguarding your investment in a beautiful smile.

The Hidden Power of Healthy Gums: When we think about an attractive smile, we often focus on the appearance of our teeth. While having straight, white teeth is undeniably important, they are only part of the equation. Healthy gums play a vital role in framing and supporting your teeth, and enhancing your overall smile.

The Visual Balance: Picture a piece of art in an exquisite frame. The frame complements and enhances the artwork's beauty, making it stand out. Similarly, your gums serve as a frame for your teeth. When your gums are healthy, they provide an even and symmetrical backdrop that highlights the brilliance of your teeth. Conversely, gum issues like inflammation, recession, or disease can disrupt this harmony and detract from the way your smile looks.

Gum Health and Confidence: Beyond aesthetics, your smile is a reflection of your confidence. People with healthy gums tend to smile more freely, knowing that their gums are not a source of embarrassment. On the other hand, individuals with gum problems may feel self-conscious about their smile, impacting their self-esteem.

The Consequences Of Neglect: Neglecting periodontal health can have far-reaching consequences. Periodontal disease, commonly known as gum disease, is a prevalent condition that can wreak havoc on your smile. It starts as gingivitis, causing redness, swelling, and bleeding of the gums. Left untreated, it can progress to periodontitis, leading to gum recession, tooth mobility, and even tooth loss.

The Domino Effect: Gum disease isn't just a localized issue. It can have systemic effects on your overall health. Research has shown links between gum disease and various health conditions, including heart disease, diabetes, and respiratory illnesses.

By neglecting your gum health, you might unknowingly be putting your general well-being at risk.

Protecting Your Smile Investment: Now that we understand the importance of complete periodontal health, let's explore how you can protect your beautiful smile investment:

Regular Dental Checkups: Make sure to stay on schedule for regular dental checkups with your dentist and hygienist. They can detect early signs of gum disease and provide guidance on proper oral hygiene practices.

Daily Oral Care: Maintain a consistent oral care routine, including brushing, flossing, and using an antiseptic mouthwash. This helps remove plaque and bacteria that can lead to gum problems.

Healthy Lifestyle Choices: A balanced diet, regular exercise, and avoiding tobacco products contribute to both gum and overall health.

Professional Treatments: If you have gum issues, consult a periodontist, a specialist in gum health.

They can provide advanced treatments like deep cleaning or gum surgery when necessary.

Awareness: Stay informed about the importance of gum health and be proactive in addressing any issues promptly.

Your smile is a precious asset that deserves the best possible care. Complete periodontal health is the hidden foundation that ensures your smile remains beautiful, confident, and radiant. By prioritizing your gum health alongside your teeth, you're making a long-term investment in a smile that will continue to light up your world and save you many dollars over your lifetime. So, remember, when it comes to your smile, it's not just about the teeth; it's about ensuring total gum wellness.

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Revitalize Your Skin and Combat Aging with Cryotherapy

Submitted By
Qi Medical Spa & Wellness

As we age, our skin undergoes a natural transformation, and women, in particular, often seek ways to maintain a youthful appearance. The world of skincare and anti-aging treatments has seen significant advancements in recent years, with one notable innovation being Cryoskin. This non-invasive solution for body contouring has gained immense

popularity across the country, offering CryoSlimming®, CryoToning®, and CryoFacials. In this article, we'll delve into the realm of women's health concerning skincare and aging and explore how Cryoskin can be a game-changer in achieving and maintaining radiant, youthful skin.

Understanding Women's Skin Health and Aging

The aging process affects everyone, and it's essential to understand how it impacts women's skin

health. As we age, our skin naturally loses collagen and elastin, leading to wrinkles, fine lines, and a decrease in skin elasticity. Factors like hormonal changes, sun exposure, and lifestyle choices can accelerate these effects. Maintaining a robust skincare regimen is crucial for preserving and enhancing the skin's appearance.

Cryotherapy: A Breakthrough In Skincare

Cryoskin, a cutting-edge Italian innovation, has emerged as a

revolutionary solution for addressing various skincare concerns associated with aging. This technology employs the application of cold temperatures to the body through a specialized handpiece. What sets Cryoskin apart is its ability to deliver remarkable results without the need for painful suction, extended recovery periods, or downtime, making it an ideal choice for women looking for an effective yet convenient solution.

Benefits Of Cryoskin For Women's Skin Health

- **Improved Collagen Production:** Cryoskin stimulates collagen production, a protein vital for maintaining skin elasticity and firmness. By increasing collagen levels, Cryoskin helps reduce the appearance of fine lines and wrinkles, promoting a youthful complexion.
- **Enhanced Skin Tone and Texture:** CryoToning® treatments can help alleviate skin irregularities and improve overall skin tone and texture. It's an excellent option for women seeking to minimize cellulite and achieve smoother skin.
- **Targeted Fat Reduction:** CryoSlimming® offers a non-invasive alternative for body contouring, helping women shed excess fat in specific problem areas. This can lead to a more sculpted and confident appearance.
- **CryoFacials for Radiant Skin:** CryoFacials provide an invigorating treatment that tightens the skin, reduces puffiness, and promotes a healthy, glowing complexion. Women can enjoy the rejuvenating benefits of CryoFacials to counter the effects of aging.
- **Affordable and Accessible:** Cryoskin offers women an affordable option for achieving their desired skin goals. According to The American Society for Dermatologic Surgery, Cryoskin delivers results at a fraction of the cost compared to other body contouring products in the market.

As women prioritize their health and well-being, maintaining youthful and radiant skin remains a key goal. Cryotherapy, specifically Cryoskin, has emerged as a game-changer in the world of skincare and anti-aging treatments. With its non-invasive approach and remarkable results, Cryoskin offers women an accessible and effective solution to combat the signs of aging.



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Chiropractic Care and Women's Health

Balancing Hormones Through Pelvic Alignment



By Marcia B. Levi, DC
Optimal Care Chiropractic

Women's health is a complex and intricate journey that encompasses various stages, from menstruation to fertility, and eventually, menopause. One crucial aspect often overlooked is the role of chiropractic care in promoting and maintaining women's health. This article explores the importance of regulating menstrual cycles, promoting fertility, achieving a healthy menopause, and balancing hormones while highlighting the significant relationship between these aspects and pelvic alignment.

Regulating Menstrual Cycles

Regular menstrual cycles are vital indicators of a woman's overall health. Irregular periods can be caused by various factors, including hormonal imbalances, stress, and pelvic misalignment. Chiropractic adjustments aim to address pelvic misalignments, which can interfere with the proper functioning of the reproductive system. By restoring pelvic alignment, chiropractors can help regulate menstrual cycles, reducing the discomfort and inconvenience associated with irregular periods.

Promoting Fertility

For many women, the journey to motherhood can be challenging. Pelvic misalignments, hormonal imbalances, and stress can all contribute to fertility issues. Chiropractic care plays a crucial role in promoting fertility by addressing these underlying factors. By correcting pelvic misalignments and supporting hormonal balance, chiropractors can enhance a woman's chances of conceiving naturally.

Healthy Menopause

Menopause is a natural part of a woman's life, but it can bring about uncomfortable symptoms like hot flashes, mood swings, and insomnia. Chiropractic care can help women navigate this transition more comfortably. Through spinal adjustments,

chiropractors can alleviate musculoskeletal pain often associated with menopause. Additionally, chiropractic care supports overall well-being, which can improve the emotional and physical experience of menopause.

Hormonal Balancing

Hormonal imbalances can affect women at any stage of life, leading to a variety of health issues. Chiropractic care focuses on restoring the body's natural balance, which includes hormonal equilibrium. By addressing spinal misalignments that may be interfering with

the nervous system's communication with the endocrine system, chiropractors can play a role in regulating hormones.

Pelvic Alignment and Hormonal Irregularities

Pelvic misalignments can disrupt the nervous system's function, leading to hormonal imbalances. These misalignments may result from a variety of factors, including a rotated pelvis, fibroids, previous trauma, or hormonal imbalances themselves. When the nervous system is not functioning optimally, it can impact the production

and regulation of hormones.

Chiropractic Adjustments and Nutritional Support

Chiropractors work to realign the spine and pelvis, removing interference that may be affecting hormonal balance. Moreover, chiropractors often provide nutritional guidance to support women in achieving hormonal harmony. A balanced diet, along with targeted supplementation, can help address specific nutritional deficiencies that may contribute to hormonal irregularities.

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- Promoting fertility
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The interference can come from a rotated pelvis, fibroids, previous trauma or hormonal imbalances.

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Dr. Marcia B. Levi

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Visual Disturbances and How TMD Issues Might Correlate

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It may seem surprising, but when the jaw joints (the TMJs) are out of alignment, this can create visual disturbances. The way to tell if the jaw joints are out of alignment is first by doing a visual exam of the

patient. This is simple to do: look at the person and if the eyes and ears are out of alignment, then it is quite likely that the sphenoid bone is out of alignment as well.

The sphenoid is a relatively large bone located directly behind the eyes. When we are born, quite often this bone (and others) is distorted in the

birthing process as the head is basically “squished” coming through the birth canal. Research shows that this is quite common. However, in most cases, the skull does not realign completely and keeps the distortion.

It makes more sense that if a person’s sphenoid bone has some distortion to it, then logically there will



Jeffrey L. Brown, DDS

be some degree of pressure on the eyes, and this can affect the vision. Oftentimes, it is quite easy to identify the sphenoid and if it is distorted by simply looking at the person – are their eyes uneven? Are the eyebrows uneven? If so, then the sphenoid is likely uneven as well, and this can readily cause visual disturbances.

An analogy might help here: if the frame of your car is bent from an accident, then it is likely that the car will ride a bit rough. Similarly, if your cranial bones are bent from trauma (in other words birth) then the vision will be off somewhat. This might seem very rudimentary, but it is true. Oftentimes the simplest observation is the most likely.

Visual disturbances from cranial bone distortions can present as but are not limited to blurry vision, eye strain, pressure behind the eyes, light sensitivity, and moving “spots” in your vision known as floaters. Other TMJ problems can include headaches, jaw pain, neck and back aches as well as jaw joint noises.

So, what does a person do if they are experiencing visual disturbances as related to cranial bone distortions? The ALF appliance is often the first choice in such a case. The ALF is quite a unique little device that it is an orthopedic device that will, over time, reduce intracranial pressure as the bones within the skull become more level and aligned. Through the use of very light, very gentle pressure, the bones within the skull can become more aligned which allows better blood flow and better function of the cranial system.

The ALF was developed many years ago, however, it seems very few practitioners have heard of it. There is a small group of dentists at the ALF Academy who study this remarkable device and are well aware of what it can do. If you find that you are experiencing visual disturbances, seek out an ALF provider and see if the problem might be tied to your jaw joints.

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

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

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



Jeffrey L. Brown, DDS

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



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Aging and Your Dental Health



By Judy Yu, DMD, MBA
Dental FX

The older adult demographic is on the rise, presenting unique challenges in healthcare. Managing the health of aging patients can be intricate due to concurrent medical conditions such as high blood pressure and diabetes. Moreover, the frequent use of prescription medications by older adults heightens their susceptibility to medication errors, drug interactions, and adverse reactions.

The process of delivering home

oral healthcare and patient education/communication can become intricate due to physical, sensory, and cognitive impairments often associated with aging. Dental issues that commonly affect seniors include dry mouth (known as xerostomia), root and coronal caries, and periodontitis.

Notably, a staggering 19% of seniors no longer have any natural teeth, and a Massachusetts survey has unveiled that 34% of seniors experience dental discomfort. Alarming, more than half (53%) of seniors grapple with moderate to severe periodontal disease.

Tooth Loss

Seniors who have lost most or all of their teeth often struggle to maintain a balanced diet, as they may avoid fresh fruits and vegetables. Reliance on soft foods can lead to nutritional deficiencies and a decline in overall health. Additionally, these individuals may experience pain, speech difficulties, and feelings of embarrassment and reduced

Please see "Dental Health," page 62

Pregnant and Suffering?



By Alicia Kovach, DC
Kovach Chiropractic

Are you aware of anyone who is expecting a baby and experiencing lower back or sciatic nerve discomfort? Have they consulted with a chiropractor?

Throughout pregnancy, numerous physiological and endocrinological transformations take place to prepare for the growing fetus. These shifts can lead to spinal or joint misalignment:

- An expanding belly and an in-

creased curvature in the back.

- Alterations in the pelvis.
- Changes in posture.

Ensuring that a pregnant woman maintains pelvic balance and alignment is another rationale for seeking chiropractic treatment during pregnancy. When the pelvis is out of alignment, it may restrict the available space for the developing baby, a phenomenon known as intrauterine constraint. Moreover, a misaligned pelvis might hinder the baby from assuming the optimal birthing position, potentially affecting the mother's ability to have a natural, non-invasive childbirth. Breech and posterior positions can complicate the labor process and lead to interventions like cesarean sections. In cases of breech position, chiropractors employ a technique called the Webster technique.

Potential advantages of chiropractic care during pregnancy encompass:

Please see "Pregnant," page 62



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Indoor Air Quality and Health Effects



By Vinny Gigliotti, CEO
Environmental Solutions, Inc.

The subject of indoor air quality has received a great deal of attention in recent years. Since the onset of environmental awareness in our area, more people are looking for assurance regarding health and comfort issues within their own homes. Mold can lurk behind wallpaper and under flooring, and is not always able to be detected visually. However, mold spores and other contaminants can be in the air that you breathe in your home, and could cause adverse health effects.

A few examples that may suggest poor indoor air quality are:

- Stale or stuffy air
- Eye, nose, or throat irritation
- Lingering or musty odors
- Mold or suspected mold growth
- Excessive dust or allergens, such as pet dander
- Excessive humidity

Consider having an Environmental Needs Analysis (ENA) to address common health symptoms being experienced in the home, which can be advantageous in terms of both short and long-term health. Having an ENA conducted in your home can assure healthy indoor air quality, alleviate discomforting health issues, and possibly improve quality of life. This is especially important for children, the elderly, those with asthma or allergies, and those with weakened immune systems, as they are most susceptible to environmental harm.

A comprehensive ENA will ad-

Please see "Air Quality," page 65

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into your mouth.

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

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

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

Just be careful and follow the advice of your dentist.

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

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

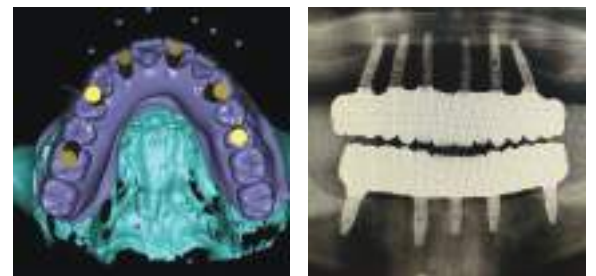
Conversely, no specific number of dental implants are suggested with the TeethXpress dental implant procedure. This is because TeethXpress providers acknowledge that each patient is different and often require different clinical needs to achieve a successful outcome. While one patient may only require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

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

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

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

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



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By Matthew Skancke, MD & Rami Makhoul, MD
Metro Colon and Rectal Surgery

Colorectal surgery has entered a new era of advancement, thanks to the remarkable innovation of robotic surgery. This cutting-edge technology has not only reduced the risk of complications but also revolutionized the recovery process for patients. In this article, we will explore how robotic surgery is transforming the landscape of colorectal procedures, making them safer and more efficient.

The Robotic Revolution

Robotic surgery has made significant strides since its inception in the late 1990s when the first procedure was performed in the United States. Today, it has become a staple in the field of surgery, with around 400,000 robotic-assisted procedures conducted annually. As multi-armed robotic systems gain popularity, the applications for this technology continue to expand.

Minimal Incisions, Maximum Benefits

One of the key advantages of robotic colorectal surgery is the minimal invasiveness it offers. Patients typically require only three or four small incisions, each averaging just two centimeters in length. This not only reduces the risk of infection but also accelerates the healing process, leaving little to no scarring behind.

Reduced Risk Of Complications

Another remarkable benefit of robotic surgery is the significantly lower rate of blood transfusions during the procedure compared to traditional open surgery. Patients who undergo robotic colorectal surgery experience nearly zero percent transfusion rates, contributing to a safer surgical experience.

Swift Recovery

The speed of recovery after a colorectal procedure can be a critical factor in a patient's overall well-being. While recovery timelines can vary depending on the specific procedure and individual health, robotic surgery consistently leads to shorter hospital stays compared to open surgery. Patients typically experience less pain and a quicker return to their normal diet and bowel function.

Personalized Care

It's important to note that each

patient's experience with robotic colorectal surgery is unique. Factors such as the type of procedure and individual health can influence the recovery process. However, the overall trend points toward a smoother, faster, and less painful recuperation period.

The Revolution Of Robotic Surgery In Colorectal Procedures

Smaller Incisions, Faster Recovery

Looking Ahead

The field of robotic surgery is expected to evolve even further. These innovations will likely improve patient outcomes and expand the range of conditions that can be treated with robotic assistance.

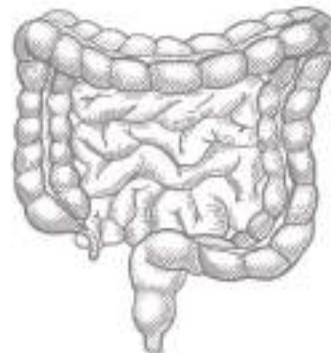
Robotic surgery has ushered in a new era of colorectal procedures,

offering patients minimally invasive options that reduce the risk of complications and expedite recovery. With smaller incisions, lower transfusion rates, and shorter hospital stays, robotic colorectal surgery is transforming healthcare, ensuring a brighter and healthier future for those in need of these life-changing procedures.



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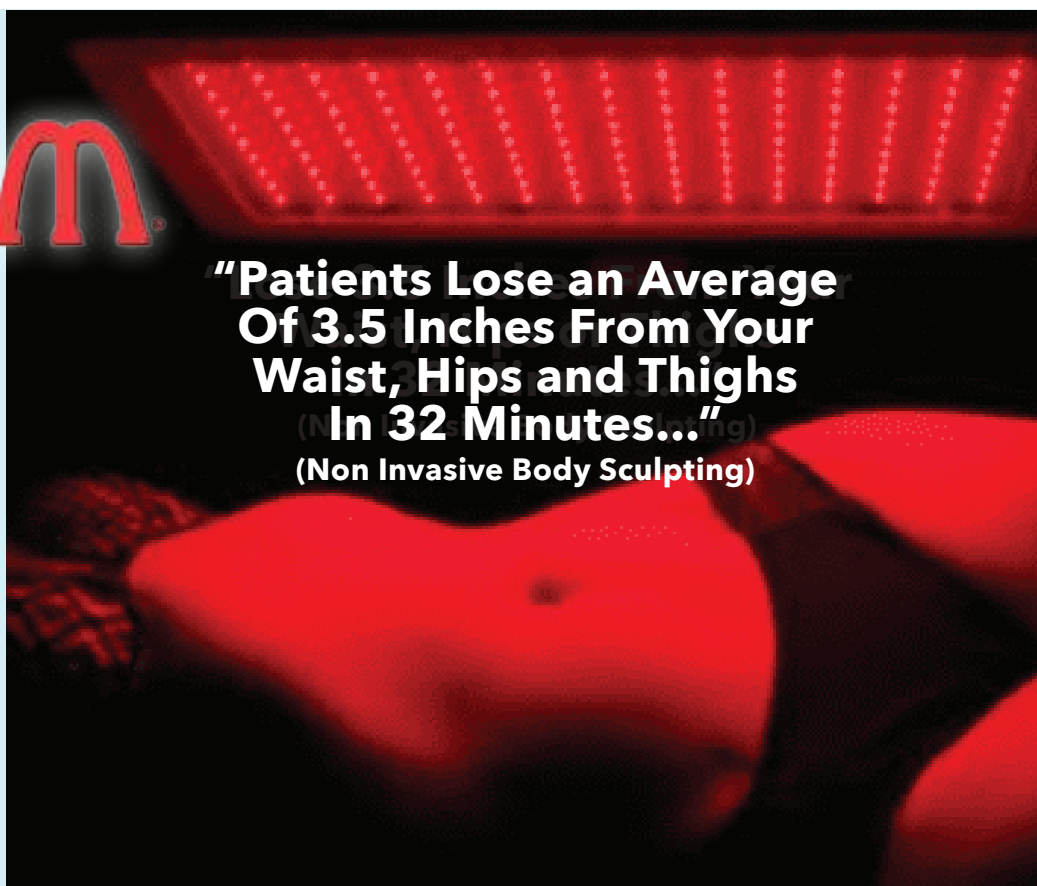
What were your goals at the beginning of the year? Have you met your goals? Are you moving in the right direction? Is it hard to stay on track?

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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Healing Power Of Massage Therapy

For Family and Small Group Spa Events



By Pfeiffer N. Schenk, RMP
Elon Roshell Day Spa
& Health, LLC

In today's fast-paced world, finding quality time to relax and connect with loved ones can be a challenge. Family and small group spa events offer a perfect opportunity to escape the daily grind and rejuvenate both the body and the spirit. Among the myriad of spa treatments available, massage therapy stands out as a

holistic approach to health and well-being that can benefit everyone involved.

Stress Reduction

One of the primary benefits of massage therapy is its ability to reduce stress and promote relaxation. The soothing touch of a skilled massage therapist can lower cortisol levels in the body, leading to decreased stress and anxiety. By including massage in your spa event, you create an environment of tranquility, fostering deeper connections and allowing participants to leave their worries behind.

Bonding Experience

Family and small group spa events provide an ideal setting for bonding. Sharing the experience of receiving massages can create lasting memories and strengthen relationships. Whether you're celebrating a special occasion or simply enjoying quality time together,

Please see "Massage," page 66

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Weight Loss

and Your Personal Environment



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

Weight management is challenging and as a society we are facing an epidemic with obesity. In looking at the environmental component to weight management, we are considering a person's experiences and exposures on a daily basis.

What is the potential for healthy lifestyle practices that lead to weight

loss versus unhealthy practices that lead to weight gain? Diet and exercise are the major modifiable factors related to weight management and so we will explore the environment in relation to these factors.

At home, what do you see when you open the refrigerator or the cupboards? Do you see high calorie drinks and foods or do you see healthy low calorie drinks and foods. Are you more likely to fix yourself a healthy meal or have a fruit or are you more likely to drink a soda, or maybe eat potato chips, cookies, or carry-out food. What foods does the rest of your household eat and keep around you?

Similarly, in the work environment, what is available to you to influence your lifestyle practices? Are there healthy low-calorie foods available in the cafeteria or is everything

Please see "Weight Loss," page 65

The Thyroid Gland

Is It Betraying You?



By Alan Weiss, MD
Annapolis Integrative Medicine

to have multiple, seemingly unrelated health complaints that begin to resolve only once a thyroid condition is diagnosed.

When the thyroid is overactive (hyperthyroidism) and producing too much thyroid hormone, or if the person is taking in too much thyroid, the body's metabolism speeds up. The heart rate may speed up; the person may experience body aches, anxiety, hair loss, weight loss, bowel problems, difficulties with concentration, and multiple other problems. There are various therapies for this, all aimed at reducing the level and effect of thyroid hormone in the body.

More commonly than hyperthyroidism, in the event that the thyroid is under active, is hypothyroidism. With hypothyroidism a person will often experience fatigue, intolerance to cold, constipation, hair loss, weight gain and puffiness. They may come to their doctor complaining they just feel lousy; women may complain that their menstrual cycle is disrupted or that they are having problems getting pregnant. Men and women may complain of low libido or weakness. Other

Please see "Thyroid Gland," page 63

It is very common for a person

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A Reason To Smile Again

All-On-Four Dental Implants



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

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

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

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

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

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

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

Please see "All-On-Four," page 56

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Breaking the Silence On Period Poverty

A Global Menstrual Health Crisis



By Ebere Azumah
MD, MPH, FACOG
Love Your Menses

problem perpetuates gender inequalities and hinders the overall well-being of those affected. In this article, we delve into the depths of period poverty to understand its implications and explore potential solutions.

The Harsh Reality Of Period Poverty

- **Lack Of Access To Menstrual Products:** One of the most immediate challenges posed by period poverty is the inability to afford menstrual hygiene products. Many individuals resort to using improvised and unhygienic materials, which can lead to infections and discomfort.
- **Missed Educational Opportunities:** Period poverty frequently results in girls missing school during their menstruation due to a lack of access to sanitary products and suitable facilities. This educational setback can have long-term consequences on their academic and

Please see "Silence," page 63

In a world that often shies away from discussing menstruation openly, period poverty remains a silent, yet pressing, global issue affecting millions of people, predominantly women and girls. Period poverty is the harsh reality of not having access to the necessary menstrual hygiene products, sanitary facilities, and education about menstruation. This multifaceted

Yoga In Modern Medicine

Bridging Ancient Wisdom and Western Research



By Betsy Paul
Just "B" Yoga with Betsy Paul

by Bennell and colleagues sheds light on the effectiveness of unsupervised online yoga in this context, raising important questions about the nature of yoga as a therapeutic practice and its relevance in Western medicine.

Bennell and colleagues defined yoga as "low-impact mind-body exercise" in their study, a characterization that simplifies a multifaceted and ancient practice. While this definition is suitable for the purposes of research, it's crucial to acknowledge that yoga encompasses not only physical postures but also ethical principles, therapeutic breathing, meditation, and personal reflection. This holistic approach to wellness is a key element that differentiates yoga from other forms of exercise.

The study's results, though not meeting the criteria for clinical sig-

Please see "Yoga," page 63

In the midst of an opioid epidemic, healthcare professionals are increasingly exploring nonpharmacologic methods to enhance pain management and improve physical function. One promising avenue of investigation is the integration of yoga as a potential intervention for patients dealing with knee osteoarthritis. A study conducted

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What Is a Bunion?



By Howard Horowitz, DPM
Bowie Foot & Ankle

A bunion is an enlargement of the joint at the base of the big toe the metatarsophalangeal (MTP) joint that forms when the bone or tissue at the big toe joint moves out of place. This forces the toe to bend toward the others, causing an often painful lump of bone on the foot.

Symptoms

- Development of a firm bump on the outside edge of the foot, at the base of the big toe.
- Redness, swelling or pain at or

near the MTP joint.

- Corns or other irritations caused by the overlap of the first and second toes.
- Restricted or painful motion of the big toe.

Podiatric medical attention should be sought at the first indication of pain or discomfort because, left untreated, bunions tend to get larger and more painful, making non-surgical treatment less of an option.

The primary goal of most early treatment options is to relieve pressure on the bunion and halt the progression of the joint deformity. A podiatric physician may recommend these treatments

Padding & Taping

Padding the bunion minimizes pain and allows the patient to continue a normal, active life. Taping helps keep the foot in a normal position, thus reducing stress and pain.

Medication

Anti-inflammatory drugs and cor-
Please see "Bunion," page 63



Howard Horowitz, DPM

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Hormone Therapy Combats Wrinkles

Submitted by New Day Vitality
Hormone Center

As if hot flashes and mood swings weren't enough, the *Journal of Gynecological Endocrinology* states, "there is a strong correlation between skin collagen loss and estrogen deficiency due to menopause."

Collagen is the protein that provides structural support for the skin and is responsible for skin elasticity. In the first five years after menopause, women's skin loses about 30% of its collagen. The skin becomes more fragile and susceptible to trauma.

Around age 50, the pH level of women's skin also changes, resulting in skin that's more sensitive, leading to rashes and easily irritated skin. Wound healing also is impaired in older women. But most concerning, after menopause, women's risk of skin cancer rises.

The Good News: Skin Is Estrogen Responsive. Several studies support the antiaging properties of estrogen replacement therapies in postmenopausal women, says *Gynecological Endocrinology*, the official

journal of the International Society of Gynecological Endocrinology.

"Systemic and topical estrogens appear to have positive effects on hormonal aging, increasing skin collagen content, thickness, elasticity, and hydration," says the *American Journal of Clinical Dermatology* (AJCD), in *Estrogen and Skin*, an overview of relevant studies.

The same article also says that women receiving hormone replacement therapy have higher levels of sebum – an oily, waxy substance that coats, moisturizes, and protects your skin.

Estrogen therapies may also improve wound healing and reduce the incidence of wound complications. In fact, "topical estrogen has been found to accelerate and improve wound healing in elderly men and women," says the AJCD.

Currently, hormone replacement therapy is used primarily for treating hot flashes, vaginal dryness, sleep disturbances and osteoporosis. But a positive effect on aging skin is a serious bonus! And, according to

Please see "Wrinkles," page 65

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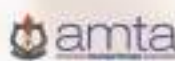
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Acupuncture For PCOS

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

Polycystic Ovarian Syndrome (PCOS) is a complex condition where the ovaries produce excessive levels of male hormones and develop numerous small cysts. While its exact origins remain somewhat elusive, it's a prevalent gynecological endocrinopathy that affects approximately 6-8% of women in their reproductive years.

This condition's impact on women's reproductive health is undeniable, as it can lead to an astonishing 75% of anovulatory infertility and is a contributing factor to increased rates of early pregnancy loss. Beyond its gynecological aspect, PCOS brings additional metabolic challenges, including insulin resistance (IR), impaired glucose tolerance, and dyslipidemia.

PCOS is not solely a gynecological concern; it extends its influence from puberty to postmenopause, making it a persistent concern throughout a woman's life.

Therefore, it is crucial not only to address the immediate complaints of PCOS patients but also to prioritize their long-term health, particularly those with obesity and/or IR. Timely and effective interventions are paramount to mitigate the adverse consequences associated with PCOS.

Polycystic Ovarian Syndrome (PCOS) is a complex condition where the ovaries produce excessive levels of male hormones and develop numerous small cysts

Conventional medical treatments for PCOS encompass prescription medications, surgical options, and lifestyle modifications.

Studies on acupuncture in PCOS, though non-randomized, indicate a low incidence of adverse events, no heightened risk of multiple pregnancies, and cost-effectiveness.

Acupuncture's potential impact on beta-endorphin production, which in turn may influence gonadotropin-releasing hormone (GnRH) secretion, suggests a role in ovulation induction and fertility enhancement.

Recent research has highlighted traditional Chinese medicine's capacity

to regulate gonadotropin-releasing hormone, induce ovulation, enhance uterine blood flow, and address menstrual irregularities associated with PCOS. Additionally, it has shown promise in aiding individuals with infertility linked to polycystic ovarian syndrome, as well as those grappling with anxiety, stress, and immunological disorders. However, it is imperative to seek out a well-trained professional acupuncturist to achieve optimal outcomes.



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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 and Managing Hair Loss In Women

Tips and Trichology Insights



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

Hair loss affects both men and women but often receives less attention in the latter group. This article explores the causes and emotional impact of hair loss in women, alongside strategies for management. Additionally, we'll uncover the essential role trichologists play

in maintaining hair and scalp health.

Causes Of Hair Loss

Hair loss in women stems from various factors. Recognizing these triggers is key to effective management. Common causes include hormonal shifts during pregnancy, menopause, or thyroid issues, hereditary factors, medical conditions like alopecia, nutritional deficiencies, and medications like chemotherapy.

Emotional Impact

Hair holds profound significance for women, affecting self-esteem. Hair loss can lead to self-consciousness, anxiety, and even depression. Many women withdraw from social life due to this concern.

Ways To Manage Hair Loss

Managing hair loss in women in-
Please see "Hair Loss," page 63

What Are Varicose and Spider Veins



By Thomas K. Lo, DC
Advanced Chiropractic Center

What Are Varicose Veins?

Varicose veins are twisted veins that can be blue, red, or skin-colored. The larger veins may appear ropelike and make the skin bulge out.

Varicose veins are often on the thighs, the backs and fronts of the calves, or the inside of the legs near the ankles and feet. During pregnancy, varicose veins can happen around the inner thigh, lower pelvic area, and buttocks.

What Are Spider Veins?

Spider veins, or thread veins, are smaller than varicose veins. They are usually red. They may look like tree branches or spider webs. Spider veins can usually be seen under the skin, but they do not make the skin bulge out as varicose veins do.

Who Is Most Likely To Get Varicose And Spider Veins and What Are the Symptoms?

Women are more likely to have varicose veins and spider veins. Pregnancy, older age, and obesity can also increase your risk of varicose veins and spider veins. They are often painless and do not usually cause health problems.

Some people do not have any symptoms with varicose veins and spider veins. If you do have symptoms, your legs may feel extremely tired, heavy, or achy. Your symptoms may get worse after sitting or standing for long periods. Your symptoms may get better after resting and putting your legs up.

Please see "Veins," page 65

Jaimi

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Elizabeth “Andie” Shin, DDS



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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 9/11, she joined the Army and served as an active-duty military officer and pediatric dentist at Walter Reed Army Medical Center, in Washington DC. Dr. Shin was also the first Korean-American female to hold the position as the division head of the Pediatric Dentistry and Orthodontic Dental Clinic at the Children's Hospital of Los Angeles. These and other positions throughout the years have provided Dr. Shin with invaluable pediatric dentistry experience and unique expertise.

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

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Meet Periodontist, Karl A. Smith, DDS, MS

Dr. Smith is a dentist who also specializes in treatment of gum disease, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the dentist, he strives to make your visits as comfortable and pleasant as possible. He strongly believes that value and comfort is an important part of quality dental care.

The right to choose a dentist and provider of care is an important freedom. Referrals from patients and friends of the practice are welcome. We also work closely on referral from your family dentist, but a referral is not required to visit our office. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist for screening.

Dr. Smith's colleagues describe him as a gentle, easy-going person that provides expert care to patients. People come from near and far to experience the comfort of his office and patient-oriented team. He has been consistently voted by his peers a Top Dentist in *Washingtonian Magazine*, and *Northern Virginia Magazine*.

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Degrees, Training and Certificates:

Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. 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 in 1996. Fellowship in the Academy of General Dentistry and in DOCS, a sedation organization for dentists.

www.DrKarlSmith.com

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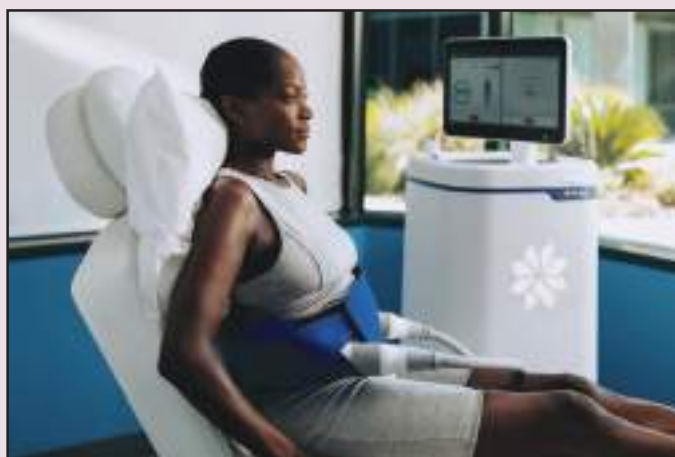
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Dr. Smith's Philosophy: Always listen to the patient and in turn respond in an educational manner so that the patient will understand.

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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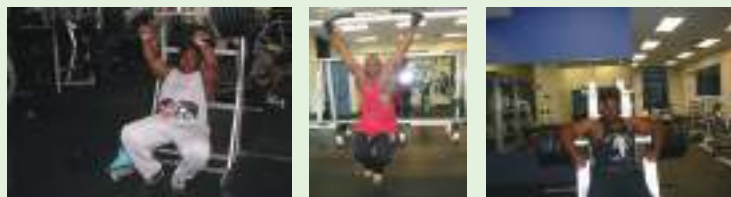
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Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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

Dr. Cook has served as a physician panelist in Town Hall discussions with the White House COVID-19 Health Equity Task Force and been featured on nationally syndicated radio shows and social media platforms as a proponent of increased access to care and health equity, discussing the social and political determinants of health in minority communities. She has worked with CareFirst of Maryland in connecting vulnerable populations to the COVID-19 vaccine. She continues to do numerous presentations and community work both in Maryland and around the US regarding vaccine hesitancy and advancing equitable healthcare.

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

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



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Meet Robin R. Robinson:

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



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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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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.

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Meet Dr. Harmon

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

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

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

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



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Meet Paul V. Beals

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

Degrees, Certifications and Professional Memberships:

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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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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.

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

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



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Alan Weiss, MD and Kim Weiss, RN

Annapolis Integrative Medicine



Meet Alan Weiss:

Dr. Weiss received his Bachelor of Arts from University of Virginia, and his Doctor of Medicine from McGill University. His Post-Graduate Training Includes: University of Hawaii Internship in Medicine, St. Elizabeth's Hospital (Boston) Residency in Internal Medicine, Board Certified Internal Medicine, Fellow American Academy of Anti-Aging Medicine.

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

Areas of Interest:

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Bunions: Symptoms and Treatments



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

The symptoms of a bunion include the following:

- Development of a firm bump on the outside edge of the foot, at the base of the big toe.
- Redness, swelling, or pain at or near the MTP joint.
- Corns or other irritations caused by an overlap of the first and second toes.
- Restricted or painful motion of the

big toe.

Conservative Treatment

- Apply a commercial, non-medicated bunion pad around the bony prominence (Bunion Splint)
- Wear shoes with a wide and deep toe box
- If your bunion becomes inflamed and painful, apply ice packs several times a day to reduce swelling
- Avoid high-heeled shoes over two inches tall. If your foot flattens excessively, make sure you wear supportive shoes, and if necessary, get custom orthotics from your podiatrist.

Treatment options vary with the type and severity of each bunion, although identifying the deformity early in its development is important in avoiding surgery. The primary goal of most early treatment options is to relieve pressure on the bunion and halt the progression of the joint

Please see "Symptoms," page 63

Acupuncture and Seasonal Depression



By Brittney de Vicq, MAC, LAC
West Annapolis Acupuncture

Year's is often jam packed with social and work obligations. This can often stress and overwhelm people during the longest and darkest days of the year, even more so if you are suffering from seasonal depression.

There are ways to manage this stress and actually enjoy the long, dark days of the winter season. Acupuncture and Chinese herbs can be useful to manage these seasonal symptoms. These modalities can help to balance the physical and emotional symptoms in an effective manner with little to no side effects.

A personal consultation with a licensed and experienced acupuncturist can pinpoint the areas of imbalance that are triggering seasonal depression and associated issues. Often, these issues can be addressed and treated with acupuncture, herbs, as well as lifestyle changes such as diet, exercise, and meditation to name but a few.

If you have suffered from seasonal depression in the past, or are currently exhibiting symptoms, now is the time to act to keep the "winter blues" away, and enjoy the holiday season.

As summer fades into the fall and winter approaches, numerous people dread the cooler temperatures and longer nights. This change in seasons can have a profound psychological effect on many and often brings about seasonal depression. This seasonal depression can show up as lower energy and motivation and physical symptoms such as lower immunity, arthritis pain, and frequent colds and flus. It is more prevalent in young adults and women.

In addition, the holiday season between Thanksgiving and New

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How Love Led the Modern Hospice Movement



By Sandra Dillon
Director of Communications
Hospice of the Chesapeake

1947, now known as a social worker.

That year, she met and fell in love with David Tasma, a patient at Archway Hospital with only a few weeks to live. King's College archivist Chris Olvey wrote, "It was this experience, where the idea of developing a dedicated home for the dying first germinated and which she discussed with David. He left her £500, and the prophecy, 'I'll be a window in your home'."

From this point, everything she did was to promote the dignified and compassionate care of dying patients. She studied to become a doctor, researched pain management, published six articles on caring for the dying in one year and opened St. Christopher's Hospice in 1967, the home she and Tasma envisioned in his final days.

In the mid-1960s, Saunders spent time with clinical researchers at American universities, sharing her work while learning from theirs. As David Clark wrote in *Oxford University Press*, "...it was the opportunity America afforded for access to a range of disciplines and perspectives that was so important to Saunders as she, in her own words, picked up ideas like a sponge." Her work influenced the hospice movement in the United States, and certainly Florence Wald, who opened The Connecticut Hospice, the nation's first, in 1974.

Dame Cicely Saunders was knighted for her tireless dedication in 1979. She died in 2005 at St. Christopher's, where there is indeed a window dedicated to David Tasma.

Her story is important to tell when talking about end-of-life care. Not so much because she is the founder of the modern hospice movement, but more so why she forged each step of that movement. Saunders humanized death. Her writings and research ignored the taboo of talking about dying. Her deep connections with patients led to her tireless campaign to make hospice care compassionate, holistic and, most importantly, patient-centered.

We honor Saunders's passionate work every November when we commemorate National Hospice and Palliative Care Month. She is a window in all that a hospice care team does to make every moment count. Learn more at www.caringinfo.org.

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Teen Suicide



By Janet V. Johnson, MD
Loving Care Pediatrics

Teen Suicide Awareness and Prevention

Teen suicide is a concerning issue that ranks as the third leading cause of death among teenagers. Every 17 minutes, a teenager tragically succeeds in taking their own life. These statistics underscore the gravity of the problem and emphasize the importance of understanding who may be at risk and how to offer assistance.

Teenagers often grapple with thoughts of death, making it crucial to take suicide attempts seriously.

The National Institute of Mental Health estimates that for every completed suicide, there may be as many as 25 suicide attempts that go unreported. Recognizing that a teen's suicide attempt is a plea for help is vital in preventing future, potentially fatal attempts.

Several strong risk factors contribute to teenage suicide, including aggressive or disruptive behavior, substance abuse, and depression. These factors often intensify the turbulent emotions experienced during adolescence, fostering a sense of hopelessness and despair. Acknowledging these feelings as legitimate and offering support is critical in the battle against teen suicide.

Access to firearms is another risk factor to consider, given that they are involved in over half of teen suicides. Limiting access to firearms and ammunition for teenagers expressing suicidal thoughts is an essential safety measure.

Understanding warning signs is paramount, as studies indicate that four out of five teen suicide attempts

Please see "Suicide," page 65

Understanding Disordered Eating Signs, Consequences, and Support



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

you may be dealing with disordered eating, a term used to describe a range of problematic eating behaviors.

What Is Disordered Eating?

Disordered eating is not a specific diagnosis but rather a term encompassing various problematic eating patterns. While it may not reach the extreme levels of an eating disorder, disordered eating can still have detrimental effects on your life. The behaviors associated with disordered eating can vary in frequency and severity.

The Impact Of Disordered Eating

Do you feel a loss of control when you're around food? Do you skip meals, or do you rigidly restrict your food intake? Are you consumed with thoughts about your body shape or your weight? If you've ever experienced these feelings and behaviors,

Disordered eating can disrupt your daily life in several ways. Those affected may miss work, school, or social events due to anxiety or discomfort around food or because of an obsessive exercise routine. This obsession with food and exercise can

Please see "Eating," page 66

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By Toni Greene, Owner
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Smokers can develop tiny, plentiful wrinkles over their top lip and tiny lines around the eyes more readily than non-

Please see "Beautiful Skin," page 65

Can You Benefit From Braces?



By Jacqueline Brown Bryant
DDS, MS, PC

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

"This phenomenon was documented more than 30 years ago in a study published in 1981," says Dr. Don Joondeph past AAO president, "When the focus groups looked at the altered photos, unflattering terms such as 'unattractive' and 'aggressive' were used. However, when groups saw photos of the same individuals with a healthy, beautiful smile, they were

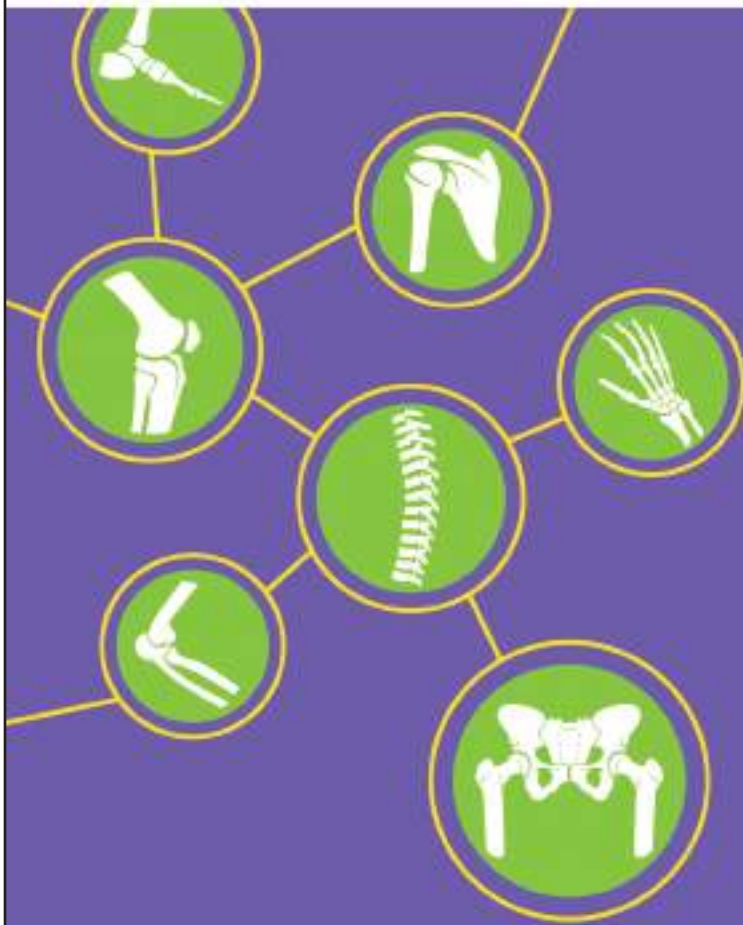
more likely to view the individuals as 'intelligent,' 'attractive' and 'a friend I'd like to have.'" Today's image-obsessed world makes these results more accurate. "More than ever, young people and adults want to be perceived as healthy, attractive and appealing to their peers and others." Dr. Joondeph believes that the first thing that people notice about young and adult patients is obvious: "The confidence and sense of self-esteem that comes with their healthy, beautiful smiles."

An orthodontic check-up no later than age seven can identify potential problems in growing children and ensure that any future treatment is timed appropriately. For adults, an orthodontic consult may reveal that cosmetic dentistry, periodontal therapy, endodontic therapy, oral surgery or prosthodontic treatments are necessary. A team approach is necessary to assure that comprehensive treatment plans are recommended. There are really no conditions that can not be "treated" due to the complex nature and amount of treatment needed. In some cases, straightening malaligned teeth can treat certain conditions you may not realize are related to your teeth, such as headaches, jaw pain and digestive problems. Make an appointment with an orthodontic specialist to see how you can benefit from treatment.



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Start Your Holistic Weight Loss Journey Today

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

Have You Been Struggling With Weight Loss?

If the journey seems long and

daunting, with trials of pills, surgeries, rigorous workouts, massages, therapy, special diets, and detailed nutrition programs leading to dead ends, you might be wondering if there's another solution. Is there a different, unexplored avenue for achieving weight loss? Absolutely! Acupuncture and acupressure, rooted in Traditional Chinese Medicine, may offer a ray of hope, presenting a holistic approach to overall well-being by restoring balance to your body's energy flow.

What Do Acupuncture and Acupressure Entail?

These ancient techniques don't just focus on the physical; they address mental well-being, providing support in managing essential bodily functions like bowel movements, balancing hormones, and curbing stress eating, offering a multifaceted approach to weight management.

Are They Solely About Losing Weight?

No! Acupuncture and acupressure go much further. They tackle



Ming Xu, LAc, DAOM

the root causes that make managing weight a challenging task, aiming to offer lasting solutions by focusing on resolving underlying issues that impact overall well-being.

Why Consider Acupuncture and Acupressure?

It's not just about the holistic approach; it's also about effectiveness. For those trapped in the endless loop of weight loss and gain, these methods can be a beacon of hope. They're not quick fixes but have been shown to be effective because they address the root causes of weight issues, providing long-term solutions and helping to maintain a balanced approach to overall health. By addressing the root of the problem, they assist in

Please see "Journey," page 65

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Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

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Please see "Implants," page 62



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Prevent and Treat Osteoporosis

Submitted by
Kensington Pharmacy

What Is Osteoporosis?

Bone loss is a natural part of aging in all people. But some people develop a disease called osteoporosis, and for them, bone loss is severe. Bones become fragile and break easily. Fractures can happen almost anywhere in the body, including the spine, hip, leg, pelvis, and wrist.

More women than men develop osteoporosis, but bone health should be a priority for both men and women.

Are You At Risk For Osteoporosis?

Examine your heritage:

- Are you Caucasian or Asian? These two ethnic groups are more likely to develop osteoporosis than are other ethnic groups.
- Are you thin and petite? Because small people, women in particular, have less bone mass to begin with, they are at greater risk for the disease.

- Do you have older relatives who have curvature of the spine (sometimes called "dowager's hump"), loss of height, fractures, or chronic back pain? If so, you may have inherited a tendency toward osteoporosis.

Examine your personal health history:

- Have you passed menopause? In women, estrogen aids in the production of bone mass. At menopause, the amount of estrogen their bodies produce declines sharply.
- Have your menstrual periods stopped? Women who have had a hysterectomy, women who are high-performance athletes, and women who diet excessively or who have an eating disorder may stop having periods. These women have had a hormonal change that can cause bone loss.
- Are you taking medicines that increase the risk of osteoporosis? The most common culprits are steroid medications and high doses of

Please see "Osteoporosis," page 62



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By Joyce Abramson, RNMS
Charles County Freedom Landing

Persons who have received a mental illness diagnosis, particularly

Psychiatric Rehab

one of a serious and persistent nature, have found psychiatric rehabilitation services beneficial in their recovery.

Recovery is believed to be a process based on readjustment of attitudes, feelings, perceptions and beliefs about self and others. The values represented in psychiatric rehabilitation are consistent, even intrinsic, to recovery. There are five key values that represent the practice of psychiatric rehabilitation: 1. Self-determination, 2. Dignity and

worth of every individual, 3. Optimism, 4. Capacity for every person to learn and grow and 5. Cultural sensitivity.

Practitioners in psychiatric rehabilitation believe that everyone must be involved in decisions that effect their lives. This self-determination is often referred to as empowerment. Empowerment is something that is developed within the person not something done to or for an individual. The recovery process is supported in psychiatric rehabilitation by providing information, options and resources.

Dignity and worth of every human being regardless of the degree of impairment is a core value of psychiatric rehabilitation. Although this statement is often used in many arenas, the persistent stigma directed toward those with a mental illness or anyone who appears different in some way does not indicate that it is practiced. There needs to be a consistent effort to maintain or restore dignity to those with a mental illness.

Optimism on the part of service providers can generalize to those

receiving services. A positive attitude is catching. Words and actions of practitioners that convey hope help those with an illness recover hope.

Inherent in this optimism is the belief that everyone can learn and grow. The presence of a mental illness does not eliminate learning and development of ways to achieve personal goals.

Mental illness knows no cultural or ethnic boundaries. Sensitivity to differences in cultures enables staff to assist those receiving psychiatric rehabilitation services to become better integrated into their community. It avoids staff assuming or making incorrect judgements.

The struggle to free those diagnosed with a mental illness from the role of a mental patient as a cultural identity can be better won with respect for the individual and the particular culture.

These values are the essence of psychiatric rehabilitation. When they are used effectively, they are the basis for recovery. Indeed, the five values can provide the basis for all people to achieve emotional health.

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ALL-ON-FOUR

FROM PAGE 25

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

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

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

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

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

Second, the dentist or surgeon will prepare your mouth for the im-

plants, 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.

Medical Marijuana Use Rises Among Women



By Sharron Sample, CEO
Dispensary Works

Recent reports revealed that cannabis use has skyrocketed among women. A study in 2018 saw cannabis use among women increased by 92% in California, doubling their market presence. That trend continues as reports indicate between 38% and 51% of cannabis users are women. Past studies have focused more on men and younger adults.

So, why are more women turning to marijuana? What products are trending?

What are the perceived benefits of cannabis for women? Of this group, baby boomers seem particularly attracted to CBD products, including face and body creams and bath bombs. Improved health and wellness appear to be significant factors in the rise of cannabis use in popularity among women. In fact, many women are now using marijuana as a routine part of their self-care.

What's more, social media influencers and celebrities' promotion of marijuana has helped normalize use and educate women on its numerous advantages.

Benefits Of Marijuana For Women

More women are turning to marijuana to relieve chronic pain, soothe aches and pains following a workout, alleviate depression and anxiety, improve sleep quality, and ease the symptoms associated with menopause.

These benefits also made women

Please see "Marijuana," page 66

HOLIDAY SKIN

FROM PAGE 7

self-exams at home in between your regular office visits.

2. Don't Forget the Sunscreen

We are still vulnerable to sun damage in fall and winter, even though the days are colder and less bright. This includes while driving, as some of the sun's damaging ultraviolet light rays can pass through glass. Year-round sun protection helps prevent skin cancers and pre-cancers, as well as sunspots, wrinkles and premature skin aging.

Your first line of sun defense is clothing. For your hands, ears and the back of your neck, apply a broad-spectrum sunscreen with SPF of 30 or above daily, and re-apply every two hours while you're outdoors. Modern sunscreen options include natural mineral sunscreens, brush-on powders that leave no sticky or greasy residue, and sunscreens with added skin repair ingredients such as antioxidants and peptides.

3. Tackle Breakouts

Acne, skin redness or other skin breakouts can be due to blocked pores, hormonal influences, stress and hereditary factors. Washing your face twice a day with a gentle cleanser

can help. Effective cleansers for acne can include specific ingredients like green tea, a natural anti-inflammatory treatment, as well as salicylic acid and other antibacterials. They can also help with dark marks and light scarring from acne.

A board-certified dermatologist can examine you fully and recommend a holistic plan including prescription creams, plus oral medications if needed for severe acne or rosacea. In-office procedures can also be helpful. Chemical peels with natural fruit acids, or Dermasweep MD with customized skin infusions will cleanse, exfoliate and unblock clogged pores, as well as improving pigmentation and fine lines and restoring skin radiance.

4. Health and Beauty Throughout

For true skin health and beauty, your doctor needs to know how to analyze your whole face in all three dimensions, with advanced understanding of your facial anatomy. Highly-skilled dermatologists and plastic surgeons individualize your treatment for your own skin type and concerns such as under-eye circles, wrinkles, bumpy skin or sagging. Ultherapy is

Please see "Holiday Skin," page 66

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Open Enrollment

Why It's Important To Review Your Plan Every Year

Submitted by
Montgomery County SHIP

The signs of autumn: trees bursting into color, cooler temperatures, and Open Enrollment. There are different Open Enrollments: employer health plans, or individual health insurance through the Maryland Health Connection, and **Medicare Open Enrollment** (Part C) and Part D Prescription Drug plans. Let's focus on Medicare Part D plans.

Why Review My Part D Prescription Drug Plan?

Medicare Part D plans change every year. Premiums change, medications are dropped from the list of covered drugs (the formulary), drugs are moved to different tiers, or additional approval is required. Your medications may be covered this year, but not the next.

Plus, everyone wants to spend less on their prescription drugs.

There are many choices with attractive plan features—maybe a low monthly premium, no annual deductible, or your neighbors or friends say one plan is the best. How do you know which is the best Part D plan for you?

The best plan for you is the Part D plan which gives you the **lowest annual or yearly cost** based on your specific medications and needs. The lowest annual cost = premiums + annual deductible + co-pays.

Each year from October 15 through December 7, you can join, switch, or drop a Medicare Part D Prescription Drug plan. You don't have to change your Part D plan if you are still comfortable with it, but you do want to compare your current plan to next year's plan.

How Do I Compare Part D Prescription Drug Plan?

Medicare Plan Finder is an online tool, created by Medicare, to help you find and compare Part D plans. The Plan Finder walks you through each step of the process and is available at www.Medicare.gov.

You enter your current medications and add up to 5 pharmacies.

If you need help comparing Part D plans, you can request **Montgomery County SHIP** to prepare a free drug plan comparison. We use the same Medicare Plan Finder, your medications, and your favorite pharmacies to find plans with the lowest

annual cost for you to compare.

So where can you go to get more information about Medicare and your individual needs?

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

and caregivers.

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FALLOPIAN TUBES

FROM PAGE 7

tubes for several days, awaiting the arrival of the egg.

Ovulation is the process in which a mature egg is released from the ovary. During this phase, the fimbriae sweep over the surface of the ovary, capturing the egg and guiding it into the fallopian tube. Once inside the fallopian tube, the egg begins its journey towards the uterus, aided by the coordinated movements of the cilia.

If sperm are present in the fallopian tubes at the time of ovulation, they can meet and fertilize the egg. This remarkable union typically occurs in the ampulla, the widest part of the fallopian tube. Once fertilized, the newly formed embryo continues its passage towards the uterus for implantation and further development.

Although the fallopian tubes are designed for the journey of the fertilized egg, complications can arise. One such complication is an ectopic pregnancy, where the fertilized egg implants outside the uterus, most commonly in the fallopian tubes. Ectopic pregnancies can be dangerous and require immediate medical attention.

Diagnostic procedures can help identify any blockages or abnormalities in the fallopian tubes. Hysterosalpingography (HSG) is a common test where a dye is injected into the uterus and fallopian tubes, allowing X-ray imaging to evaluate their structure and function. Laparoscopy is another procedure that uses a small

camera to examine the reproductive organs, including the fallopian tubes.

Various disorders can affect the fallopian tubes, such as blockages, infections, and tubal ligation (a permanent form of birth control). Fertility treatments like in vitro fertilization (IVF) can bypass fallopian tube-related issues. Additionally, surgical interventions, such as tubal ligation reversal or tubal reanastomosis, can restore fertility in some cases.

Maintaining the health of the fallopian tubes is crucial for optimal reproductive health. Any dysfunction or blockage in the fallopian tubes can lead to difficulties in conceiving. Regular check-ups and open discussions with healthcare providers ensure that any potential issues are detected and addressed promptly.

The fallopian tubes are truly remarkable structures that contribute significantly to the miracle of life. From capturing and transporting the egg to providing an ideal environment for fertilization, their role is indispensable in the process of reproduction. Understanding the importance of the fallopian tubes empowers individuals to take charge of their reproductive health and seek timely medical assistance when needed. Let us appreciate the marvels of the fallopian tubes and the intricate journey they enable towards creating new life.

Previously published on Medium.com

DENTAL HEALTH

FROM PAGE 16

self-esteem, ultimately contributing to social isolation and loneliness.

Medical Considerations

A significant 39% of individuals aged 65 and older report using five or more prescription drugs, a situation that can become more complex when multiple healthcare providers and pharmacies are involved. It is crucial for dentists to regularly review the medical history and current medications of aging patients.

Xerostomia (Dry Mouth)

Dry mouth affects approximately 30% of patients over 65 years old, with this number increasing to 40% among those over 80 years old. This condition can be triggered by more than 400 commonly prescribed medications and can lead to mucositis, cavities, cracked lips, and a fissured tongue. To combat this, it is recommended to stay hydrated by drinking water throughout the day while limiting alcohol and sugary or caffeinated beverages such as juices, sodas, and coffee.

Dental Insurance Coverage

Surprisingly, half of seniors neglect to visit a dentist, with cost being the primary deterrent. Shockingly, around 70% of seniors lack dental insurance. Traditional Medicare does not cover routine dental care, and even Medicare Part A offers limited coverage for “medically necessary” dental benefits. Medicare Advantage plans with dental coverage often provide minimal benefits.

Tips For Maintaining and Enhancing Oral Health

- Brush your teeth twice a day using a soft-bristle toothbrush. An electric toothbrush may be advantageous for those with limited mobility.
- Floss daily to clean between your teeth.
- If you wear dentures or partials, remember to clean them daily.
- Opt for tap water, which contains fluoride to help prevent tooth decay.
- Regularly visit a dentist for check-ups and dental care.

PREGNANT

FROM PAGE 16

- Promoting a healthier pregnancy.
- Managing symptoms of nausea.
- Shortening the duration of labor and delivery.
- Alleviating back, neck, or joint pain.

- Reducing the likelihood of a cesarean delivery.

So, if you or someone you know is expecting a child and grappling with any of these issues, encourage them to pay a visit to a chiropractor.

IMPLANTS

FROM PAGE 52

cost than traditional implant treatment.

Mini Dental Implants consist of a miniature titanium alloy implant that acts like the root of your tooth and a retaining fixture that is incorporated into the base of your denture.

The head of the implant is shaped like a ball, and the retaining fixture acts like a socket with a rubber O-ring. The O-ring snaps over the ball when the denture is seated and holds the denture firmly in place.

When seated, the denture gently rests on the gum tissue. The implant fixtures allow for micro-mobility while withstanding natural lifting forces.

Placement of the implants can usually be done during a two-hour appointment in your dentist's office with local anesthesia.

Missing Teeth Replacement

Mini Dental Implants have been used for many years to hold denture

plates into position, providing patients with the ability to eat, smile and speak with comfort and confidence.

Today, use of this non-surgical mini dental implant technology has been expanded for anything from replacing a single tooth to full mouth restoration. Thousands of implants have been placed with over a 95% success rate using these cost effective procedures.

The entire process consists of a consultation visit to your dentist with X-rays and impressions being taken. Then, at your second visit the mini implants can be placed. In about 30 minutes, a single tooth can be replaced without the need to grind down healthy tooth enamel.

This same procedure can be used to replace multiple missing teeth usually in about an hour. You can walk out ready to enjoy the foods you wish, without the long healing times and higher costs associated with conventional implants.

OSTEOPOROSIS

FROM PAGE 54

thyroid hormone. Long-term use of these medicines can cause bone loss.

Examine your lifestyle:

- Smoking is linked strongly to bone loss.
- Calcium helps build and maintain healthy bone mass, and your body needs vitamin D to be able to use the calcium in your diet.
- Alcohol intake can reduce the amounts of calcium and vitamin D in your body.
- People who are confined to bed or who must wear a cast for a long time lose bone mass from lack of use. The same is true for people who do not get enough exercise in their daily lives.

Osteoporosis Is Preventable

Whether your risk of osteoporosis is high or low, lifestyle changes to prevent the disease are good for everyone.

- Eat foods that are high in calcium. Milk and other dairy products, calcium-fortified fruit juice, dark green leafy vegetables, almonds, and salmon are all good sources of calcium.
- Eat foods that help your body absorb the calcium in your diet. Fortified

milk and fatty fish are good sources of vitamin D, which your body needs to be able to absorb calcium.

- Talk to your doctor or pharmacist about taking a calcium supplement. The NIH recommend these levels of calcium intake:
 - 1,000 milligrams per day for 25-49-year-old premenopausal women and for 50-64-year-old postmenopausal women who take estrogen.
 - 1,500 milligrams per day for 50-64 year-old postmenopausal women not taking estrogen and for all men and women over age 65.
- Make sure you get 30-60 minutes of weight-bearing exercise each week. Talk to your doctor before you begin any exercise program.
- Just 10-15 minutes of sunshine 2-3 times a week provides all the vitamin D needed.

Medications To Prevent and Treat Osteoporosis

Getting exercise and taking calcium and vitamin D are the first steps in osteoporosis prevention. For some people, a medication also may be necessary to help prevent fractures. Your doctor will prescribe the medication.

THYROID GLAND

FROM PAGE 24

symptoms include muscle weakness or pain.

Hashimoto's thyroid disease is an autoimmune condition which causes inflammation and ultimately destruction of the thyroid gland, and is the most common cause of hypothyroidism. Many people have this and don't know it. Beside traditional treatment with thyroid hormone, underlying causes such as celiac disease/gluten intolerance, leaky gut, selenium deficiency and possibly chronic viral issues can fuel this fire and should be considered and addressed where appropriate.

Treating low thyroid states is a somewhat controversial topic. The most common and accepted form of therapy is known as Synthroid, which is a synthetic form of T4 not exactly

identical to human T4.

However, many people find their symptoms resolve only when they are treated with a combination of T3 and T4, most commonly known as Armour thyroid, though there are other types.

There are also nutritional strategies useful in treating hypothyroid patients. Patients may experience symptoms of hypothyroidism when they are low in either iron, selenium, zinc, or iodine. Making sure levels of each of these are normal can help restore normal thyroid function. Removing gluten from the diet can be helpful as well.

Aggressively looking for and treating thyroid problems can make an enormous difference in a person's sense of well-being.

YOGA

FROM PAGE 26

nificance, did reveal an improvement in physical function among participants after 12 weeks of unsupervised online yoga practice. This encouraging outcome underscores the potential benefits of yoga as an adjunct to conventional medical treatments for knee osteoarthritis.

Beyond the confines of scientific research, it's important to recognize that yoga has a rich and time-honored tradition of promoting physical and mental well-being. This ancient wisdom has long emphasized the significance of meditation, mindfulness, strength, balance, and breathwork in maintaining overall health. These principles are integral to yoga and have been embraced by practitioners worldwide for centuries.

HAIR LOSS

FROM PAGE 33

volves diverse strategies:

- **Hair Transplants:** Transfer hair from one part of the scalp to the balding area.
- **Wigs and Hairpieces:** Customized solutions restore confidence instantly.
- **Lifestyle Changes:** Maintain a balanced diet, exercise, and manage stress.
- **Hair Care:** Use gentle products, avoid tight hairstyles, and limit hot styling tools.

Personalized guidance is crucial, as the approach varies for each individual.

Understanding Trichologists

Trichologists specialize in non-surgical treatments for hair and scalp issues. Their expertise lies in trichology,

a dermatological branch focused on hair and scalp health. Trichologists offer tailored treatments like topical solutions, nutritional supplements, laser therapy, and scalp massages. They collaborate closely with clients to create personalized plans and emphasize preventive measures, educating on proper hygiene, nutrition, and lifestyle practices.

Hair loss profoundly affects women, emotionally and physically. By understanding its causes, exploring management strategies, and consulting certified trichologists, women can regain confidence and proactively nurture healthier hair and scalp. Remember, your hair is a vital part of your identity, and dedicated professionals are there to help you maintain its beauty and health.

SILENCE

FROM PAGE 26

economic prospects.

- **Health Risks:** Unhygienic menstrual practices can lead to various health problems, including infections and reproductive issues. Inadequate access to clean sanitation facilities further exacerbates these health risks.
- **Emotional and Psychological Toll:** The stigma surrounding menstruation, compounded by period poverty, often leads to feelings of shame and embarrassment. This can impact self-esteem and mental health, perpetuating the cycle of silence and suffering.

Addressing Period Poverty

- **Access To Menstrual Products:** Initiatives that provide affordable or free menstrual products are crucial to addressing period poverty. Governments, NGOs, and individuals can contribute to these efforts by donating, advocating for policy changes, or supporting organizations that distribute these products.
- **Education:** Comprehensive menstrual education is a key component of combating period poverty. By destigmatizing menstruation and providing knowledge about menstrual health, we can empower individuals to make informed choices.

- **Advocacy For Policy Change:** Governments can play a pivotal role in addressing period poverty by enacting policies that ensure access to menstrual products and sanitary facilities. These policies should prioritize marginalized communities and those in vulnerable situations.
- **Breaking the Stigma:** Open conversations about menstruation are essential to breaking the stigma. By challenging societal norms and promoting inclusivity, we can create an environment where menstruation is seen as a natural, healthy process.

Period poverty is not just a women's issue; it is a matter of human rights and dignity. No one should have to compromise their health, education, or well-being due to a natural biological process. It's time to break the silence, challenge the stigma, and work collectively to ensure menstrual equity for all. By addressing period poverty, we can take a significant step toward a more inclusive and equitable society, where menstruation is neither a barrier nor a source of shame, but a normal aspect of life that deserves respect and support. Together, we can make menstrual health a priority and improve the lives of millions of people worldwide.

BUNION

FROM PAGE 27

tisone injections are often prescribed to ease the acute pain and inflammations caused by joint deformities.

Physical Therapy

Physical therapy is often used to provide relief of the inflammation and bunion pain. Ultrasound therapy is a popular technique for treating bunions and their associated soft tissue involvement.

Orthotics

Shoe inserts may be useful in controlling foot function and may reduce symptoms and prevent worsening of the deformity.

When early treatments fail or the bunion progresses past the threshold

for such options, podiatric surgery may become necessary to relieve pressure and repair the toe joint.

Surgical Options

Several surgical procedures are available. Surgery removes the bony enlargement, restores normal alignment of the joint, and relieves pain.

A simple bunionectionomy, in which only the bony prominence is removed, may be used for the less severe deformity. Severe bunions may require a more involved procedure, which includes cutting the bone and realigning the joint.

Article provided by the American Podiatric Medical Association.

SYMPTOMS

FROM PAGE 44

deformity. If pain persists, podiatric medical attention must be sought. Bunions tend to get larger and more painful if left untreated, making non-surgical treatment less of an option.

Treatments include padding and taping: Often the first step in a treatment plan, padding the bunion minimizes pain and allows the patient to continue a normal, active life. Taping helps keep the foot in a normal position, thus reduc-

ing stress and pain. Medication, physical therapy, Orthotics and when early treatments fail or the bunion progresses past the threshold for such options, podiatric surgery may become necessary to relieve pressure and repair the toe joint. Several surgical procedures are available to the podiatrist. The surgery will remove the bony enlargement, restore the normal alignment of the toe joint, and relieve pain.



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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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JOURNEY

FROM PAGE 52

preventing the recurrent cycle of weight gain and loss, offering a sustainable path to a healthier life.

How To Maximize Their Effectiveness?

Remember, integrating these methods should come with a balanced lifestyle, incorporating healthy eating, regular physical activity, and positive lifestyle alterations. Consulting with a healthcare provider or a certified acupuncturist is paramount before diving into these therapies, ensuring they are suitable for your individual health needs and circumstances.

Feel Stuck With Conventional Methods?

If you've hit a wall with conven-

tional methods, exploring acupuncture and acupressure might bring a fresh, balanced perspective, aiding lasting changes and sustained weight management. They promote harmony within the body and mind, paving the path for enduring wellness.

Considering acupuncture and acupressure is about embracing comprehensive, long-lasting solutions that address the root causes, ultimately leading to a healthier, more harmonious life. If you feel stuck and conventional methods are leading nowhere, delve into these ancient, holistic techniques. Discover balance and enlightenment on this new path and witness transformative, sustainable changes!

SUICIDE

FROM PAGE 48

are preceded by clear indicators. These warning signs encompass neglect of personal hygiene, physical complaints arising from emotional distress, declining academic performance, loss of interest in school and extracurricular activities, risky behavior, boredom, and more. Recognizing these signs can be a life-saving intervention.

Preventing teen suicide requires

unwavering vigilance and support. It is imperative for guardians to convey love and support to teenagers, letting them know they are not alone in their struggles. Additionally, educating oneself about the signs of suicidal thoughts and feelings is crucial, as is seeking professional help when needed. Together, we can work towards reducing the devastating impact of teen suicide on our youth.

AIR QUALITY

FROM PAGE 17

dress and test potentially harmful environmental variables such as:

- Mold & bacteria
- Allergens
- Lead paint
- Asbestos
- Water cleanliness as it related to bacteria and heavy metals

Why Should I Get Environmental Testing?

Environmental testing can help prevent prolonged exposure to hazardous materials in your home.

- If you have experienced flooding or a water leak, mold growth is highly possible. Testing can determine if there is mold in the breathable air, what type of mold it is and how detrimental it is, and what can be done to eliminate it.

- If you are moving into a new home and are concerned about what the previous tenants may have left behind, such as bacteria or allergens, environmental testing is recommended. It will help determine if any contaminants are present in the home.
- If there are any children, elderly people, or anyone with a weakened immune system in your home, environmental testing is very important. These people are at a higher risk of environmental harm.
- If you are concerned at all regarding the quality of the air in your home, testing is recommended. Length of exposure is often the most important factor regarding the severity of health effects.

WRINKLES

FROM PAGE 27

Gynecological Endocrinology, there is potential for targeted estrogen replacement as a therapeutic option for long-term skin management in postmenopausal women.

The bottom line: you can feel

better, live better and even LOOK better with the help of bioidentical hormone replacement therapy. For more information about the many benefits of hormone replacement, talk to a bioidentical hormone specialist today.

VEINS

FROM PAGE 33

Other symptoms that may be more common with varicose veins include throbbing or cramping, swelling and itching.

What Can I Do At Home To Help Varicose Veins and Spider Veins?

You can get regular physical activity. Muscles in the legs help your veins push blood back to the heart, against the force of gravity. If you have varicose veins or spider veins in your legs, any exercise that works the muscles in your legs will help prevent new varicose veins or spider veins from forming.

Lose weight, if you are overweight or obese. Extra weight makes it more difficult for your veins to move blood back up to your heart, against

the force of gravity. Losing weight may help prevent new varicose veins or spider veins from forming.

Do not sit or stand for a long time. If you have to sit or stand at work or home for a long time, take a break every 30 minutes to stand up and walk around. This makes the muscles in your legs move the blood back up to your heart more than when you are sitting or standing still without moving around.

Wear compression stockings. Compression stockings help increase blood flow from your legs.

Put your feet up. Rest your feet on a stool as much as possible when sitting to help the blood in your legs flow back to your heart.

WEIGHT LOSS

FROM PAGE 24

loaded with calories and grease?

If you don't like your cafeteria foods then are you able to leave the job to get something healthy and be back at work in time? Are you always on the road and simply grab lunch at the nearest fast food? Do you have the opportunity to take a walk or work-out at your job?

At the grocery store, are you more likely to see, and therefore, buy fruits as you enter or are you more likely to see and buy chips and cookies? Is it easy to find healthy foods where you buy grocery?

In your neighborhood, how like-

ly are you to engage in physical activity or develop an exercise routine? Is there a park or gym close by? Is there a pool that you have access to? Is your neighborhood safe for the activities that you want to do?

How are the people around you living? Do they have healthy lifestyle practices? Do they support your weight loss efforts? Over time, your environment influences your weight either positively or negatively.

For effective weight management, it is important to evaluate your environment, make changes to your environment, or change the way that you interact with your environment.

BEAUTIFUL SKIN

FROM PAGE 50

smokers, due to inhaling and squinting to avoid smoke getting into the eyes.

The skin on the face can start to look like the texture of leather. The teeth can become brown and the breath smells like smoke. Eye drops, mints, breathe sprays and teeth whiteners are used to mask the abuse we have done to our bodies.

Foods such as meat, not just red, but white meat (pork), has a slow digestion rate in the body. That can cause the skin to look tired and pale, because of the sluggish digestion and removal from the bowels. Proper digestion, fresh foods, fresh water, proper sleep, regular bowel movements, at least 2-3

time a day, has a profound effect on the skin and smile.

To have beautiful skin and a beautiful smile eat fresh, get proper rest, quit smoking, and drinking in excess, have regular bowel movements and remember "You are what you eat", so eat fresh and whole foods, fruits and green vegetables.

Try avoiding synthetic products on the skin and body. Take the time to wash your body, oil your skin (body), brush your teeth and keep smiling. Rubbing in natural oils massages the skin and it helps to keep the skin not only looking healthy but it is healthy.

Namaste.



MASSAGE

FROM PAGE 23

the intimacy of a spa day can deepen the connections within your group.

Pain Relief and Improved Health

Massage therapy is not only a luxurious treat but also a therapeutic practice that can address physical ailments. Many people experience relief from chronic pain, headaches, and muscle tension through regular massages. Incorporating massage into your spa event can provide attendees with physical relief and contribute to their overall health and well-being.

Enhanced Mood

Massage therapy releases endorphins, the body's natural mood enhancers. After a massage, participants

often report feeling more relaxed, happier, and less irritable. These positive emotions can have a ripple effect, improving the overall atmosphere of your family or small group spa event.

Better Sleep

Quality sleep is essential for good health. Massage therapy has been shown to improve sleep quality by promoting relaxation and reducing insomnia. After a day of relaxation and pampering, your attendees are more likely to enjoy a restful night's sleep.

Consider adding massages to your next spa event, and reap the numerous physical and emotional benefits it offers to you and your loved ones.

MARIJUANA

FROM PAGE 57

less likely to use pills for symptom-relief. One study reported that 71% of female cannabis users said that they've decreased purchasing of over-the-counter medication, and 35% revealed a decline in prescription drug use. Women are more likely to use cannabis in edible form vs. smoked form.

Some Cautionary Notes: Smoking clearly can damage lungs. Consuming edibles is safer, but new patients should

take low doses to determine the effects. Cannabis today is about 10 times the potency of products of the 1970's and 1980's, and too much too soon may result in fall risks or acute anxiety, sometimes even sending patients to the ER.

Your local Cannabis Dispensary should be well educated and able to advise you on best options for you as a new user and answer any questions you have about available products.

HOLIDAY SKIN

FROM PAGE 57

FDA approved for nonsurgical brow, face and jawline lifting. Delicate doses of Botox or natural fillers like Restylane, Voluma and Juvederm can relax crow's feet, forehead wrinkles and lines around the mouth, shape your brows and widen droopy eyes, and smooth out neck wrinkles. Expert, European-style techniques achieve a completely natural-looking result with no "frozen" look and little or no down time. Stimulation of new collagen and elastin can take years off your face.

Double chins show even more on Zoom because webcams add about ten pounds under the chin and make our necks look more wrinkled. Ultherapy and Exilis Ultra lasers use ultrasound and radiofrequency to tighten skin and melt fat with no down time, to redefine your jawline, and also sculpt the abdomen, waist, hips, buttocks, arms and knees. Kybella is an injectable fat dissolver. Re-contouring the chin and jawline with your own natural fat containing stem cells, or with fillers, can also work wonders for a double chin.

5. Hair Removal and Restoration

If you suffer from excess hair, a board-certified dermatologist is the expert who can examine you to identify underlying medical causes such as polycystic ovarian syndrome (PCOS) or other hormonal imbalances. The hair itself can be removed safely, quickly and painlessly from all skin

types with the state-of-the-art Gentle YAG laser.

A board-certified dermatologist can also help hair loss due to stress or other causes, first with a comprehensive medical evaluation and second with scientifically validated solutions such as platelet rich plasma (PRP), which concentrates natural growth factors from a small sample of your own blood.

6. Feminine (Vaginal) Rejuvenation

The changes that women experience as they go through childbearing, hormonal shifts and aging include vaginal laxity, stress urinary incontinence, and uncomfortable vaginal dryness. The first step is a Gyn exam. If there are no underlying health problems, it can be transformative to treat these concerns with rapid, hormone-free non-surgical options such as the CO2RE Intima laser, which is gold standard treatment to remodel the tissue of the vagina and vulva by stimulating new collagen. Fillers can correct volume loss and improve the external shape and appearance of the vaginal lips or vulva. Based on our own patient experiences, these often-overlooked treatments enable women to lift their children and grandchildren without fear of urinary leakage, and revitalize their personal relationships.

EATING

FROM PAGE 48

impair concentration and performance at work or in school. Furthermore, disordered eating can take a toll on both mental and physical health, leading to negative self-thinking and potential harm to cardiovascular and intestinal health. It also increases the risk of developing a full-fledged eating disorder.

Recognizing Disordered Eating

If you identify with any of the following behaviors, you may be experiencing disordered eating:

- Frequent dieting or obsessive calorie counting.
- Rigid food restriction or skipping meals.
- Feelings of anxiety, guilt, or shame related to certain foods or food in general.

- Excessive or obsessive exercising, sometimes as a form of punishment for overeating.
- Binging and/or purging.
- Low self-worth or self-esteem tied to your weight or body shape.
- A sense of being out of control around food.

Seeking Help and Support

Understanding the root causes of disordered eating can be complex and varies from person to person. Individual therapy can help you explore your past and the factors that led to these behaviors. Through therapy, you can learn to accept and love yourself as you are and work with a therapist to develop healthier habits and coping mechanisms for difficult triggers.

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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

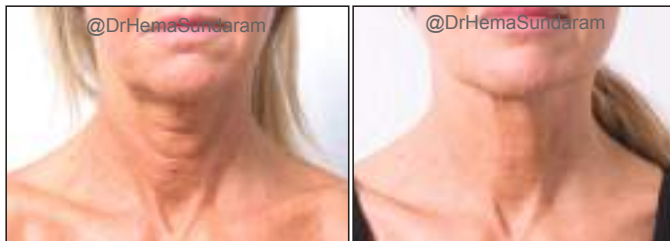
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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



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

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