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November 2021

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- VETERANS DAY
- SENIOR LIVING
- TEEN SUICIDE
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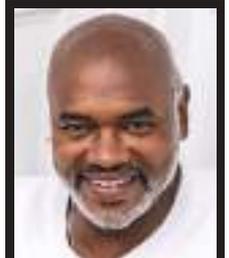
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FEATURED PROFESSIONALS



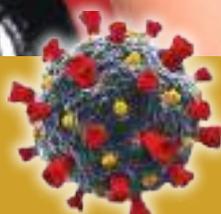
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## When Will COVID-19 End?



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# Periodontal Therapy For the Diabetic Patient

By Harold Packman, DMD

Prevention, early diagnosis and consequent treatment of periodontal disease may have a major impact on the control of diabetes. Research suggests that not only does diabetes influence the progress of periodontal disease, but active periodontal disease also influences the diabetic state.

The systemic inflammatory response generated by inflamed periodontal tissue aggravates insulin resistance and increases blood sugar, thus creating a vicious cycle of diabetes and periodontitis exacerbating each other and putting diabetic patients at increased risk for diabetic complications.

**People with diabetes are more than twice as likely to have periodontal disease than people without diabetes because diabetics are more susceptible to contracting infections.**

This may be due to numerous physiological phenomenon seen in diabetes, such as impaired immune resistance, vascular changes, altered microflora, and abnormal collagen metabolism.

People with uncontrolled diabetes are especially at risk.

Aggressive management of oral health in diabetic patients may diminish the adverse inflammatory effects on diabetes control.

Several studies have reported that when periodontal infections were treated, the management of diabetes markedly improved.

These studies suggest that the reduction of periodontal inflammation can be helpful in controlling blood glycemic levels and reducing insulin requirements.

**For diabetics, periodontal disease therapy is a long-term venture, requiring some modifications of the customary periodontal treatment applied to non-diabetics.**

Gum disease is something that must be treated, not just to save your teeth, but maybe to save your life.



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# Living Even Better With Bio-Identical Hormones

Submitted by New Day Vitality Hormone Center

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

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

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

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

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

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

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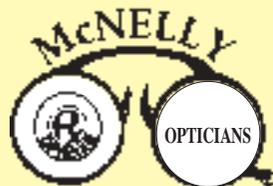
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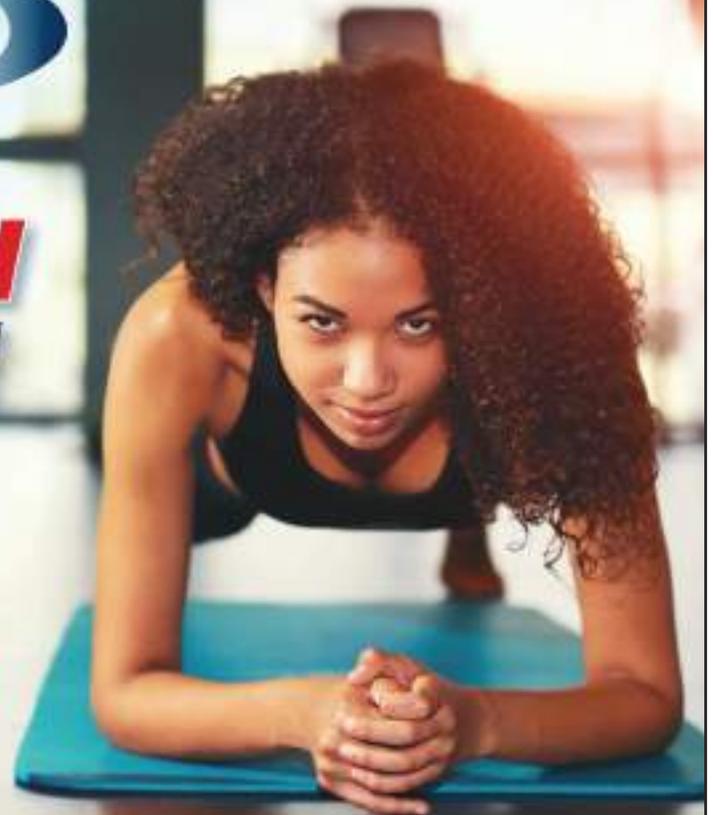
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*In the next edition of Your Health Magazine...*



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

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

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

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

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

**If you would like to find out how you can  
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# Six Keys To Holiday Skin and Hair Health



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

This holiday season, like the last, will be different to those we have experienced previously. However, there will still be opportunities to spend time with our loved ones, and to fill our days with seasonal hope and light. 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 and, in association with hair and nails, 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

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# Your Beautiful Smile Investment Is Protected by Complete Periodontal Health

By Karl A. Smith, DDS, MS

Hollywood stars know the power of a beautiful smile. Celebrities seem to have perfect teeth, but just like the rest of us, they've had a little help from their dentist.

If periodontal tooth and gum issues are not treated in advance of beautiful cosmetics, you may be wasting your time and money. Periodontics are the foundation of a healthy smile and can make the money you spend on beautiful teeth last many years longer.

Opened wide in a positive way, your smile can help make new friends, close a business deal, cheer up a broken heart and ensure that other people feel good about you. How you feel about your smile, directly relates to how much you actually use it.

Do you like your smile? If not, you may be missing out on a beautiful and healthy smile that will give you the self-confidence you deserve. And, it goes one step further, healthy teeth and gums are the foundation of a healthy body – as your oral health directly impacts your overall health.

Advanced dentistry and good periodontal (gum) care can help you achieve the ultimate show-stopping smile. Dental implants will give you back your smile with natural looking and fully functional teeth that best replace your own. Gum grafting can reduce a “gummy smile” to show more of your teeth and open up your beautiful smile.

Laser treatments that utilize less invasive procedures can control and eliminate periodontal disease to help save your natural teeth and gums. An experienced periodontist can provide you with countless options for improving your smile and keeping your gums and teeth healthy for life.

## Are You Missing Teeth?

The effect of a missing tooth is not only devastating to your smile, but it's detrimental to your long-term oral and medical health. It's not just about unsightly gaps; people missing teeth lose supportive gum tissue and the bone that surrounds other teeth, and eventually the supporting bone in the jaw begins to dissolve. Studies show that people with all of their teeth can live on average 10 years longer than people with missing teeth.

Having gaps where teeth are missing affects the way the jaw

closes as the remaining teeth begin to tilt and drift into the gaps. Food can become trapped in these spaces, increasing the risk of decay and gum disease. The tilting and drifting can also cause problems for the opposing teeth as your bite becomes off-balanced and you may begin to experience jaw and joint problems.

Without the support of your teeth and facial bones, your face will begin to look prematurely aged. Lost teeth affect what you eat and how

you swallow and process food and how you speak and function on a daily basis.

The good news is that an experienced periodontist has the advanced training beyond their regular dental degree to prevent, diagnose and treat periodontal (gum) disease with the most advanced laser therapy to help keep your smile healthy and beautiful. A periodontist can also offer personalized solutions to replace your missing teeth, repair your damaged

gums, and prevent or rebuild bone that may have been lost.

Your teeth provide much more function than just the ability to chew. They are necessary for the health of the gum and jaw tissues as they provide a strong foundation for a truly beautiful smile. Take control of your preventative dental health. Make an appointment for a complete periodontal evaluation with an experienced periodontist today. You will be glad you did.

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By Sherry Maragh, MD, FAAD  
Maragh Dermatology, Surgery  
& Vein Institute

# Advancements In Liposuction

and greater absorption and destruction of unwanted fat cells.

Previous technology only incorporated one wavelength for good results the new Smartlipo Triplex offers three combined wavelengths for optimal results in the removal of unwanted fat and skin tightening in one procedure while the patient is still awake.

The procedure is performed in office under light sedation with local anesthesia. One or two small incision

holes are made in the treatment areas to insert the laser. The suction device to remove the lasered fat is inserted through the same holes. The procedure may take 1–2 hours depending on the size of the treatment area. Patients return to work in two days and can resume exercise in 10 to 14 days. Results are seen within one week and continue to improve over 3–6 months.

Take a look at the before and after images to see the possible results for

yourself.



As patients are always looking for the best ways to improve appearance, the industry is always looking for ways to deliver better results. Many patients have fat tissue deposits which don't seem to respond to diet and exercise, and Cynosure Corporation has continued to improve its Smartlipo™ system to meet the demands of patients and doctors.

*Previous technology only incorporated one wavelength for good results the new Smartlipo Triplex offers three combined wavelengths for optimal results...*

The latest advancement is called Smartlipo Triplex™, which can treat packets of stubborn fat tissue better than the predecessor devices Cynosure has produced.

Laser liposuction (also called laser lipolysis or laser liposculpture) has been a buzzword in beauty circles for nearly a decade. The new device improves on skin tightening and fat removal, usually in one session, with little or no sedation and less downtime.

The new Smartlipo Triplex laser combines three lasers in one device, reducing bleeding, skin tightening,

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# Snoring and Sleep Apnea: The Not So Silent Killer

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

Do you snore? Do you wake up gasping for air? Are you tired and even fatigued all day? If you answered yes to these questions, you might have what is called Obstructive Sleep Apnea or OSA.

When you are asleep, the muscles that control your tongue and soft

palate work together to hold the airway open. If those muscles relax and fall back into the airway, they will partially obstruct or hinder air from passing by. When the air passes over the relaxed tissue when you breathe, it makes a fluttering sound that we have come to know as “snoring.”

**Snoring Is Nature’s Alarm Bell...  
Are You Listening?**

We have often laughed at people

who snore loudly and make strange noises, but the fact is that their snoring is one of the first signs of sleep apnea. It should never be ignored simply because sleep apnea can lead to death.

The lack of oxygen brought on by sleep apnea leads to several debilitating conditions. Sleep apnea contributes to heart disease, high blood pressure, diabetes, obesity, stroke



Rashmi K. Parmar,  
DMD, D-ABDSM

and more.

Many patients struggle with chronic issues brought on by this condition and never know it. Physicians end up prescribing medications that only treat the symptoms and never the root cause.

Your body is designed to heal itself during sleep and if you don’t get the sleep you need and your body is deprived of oxygen, your body’s ability to heal and restore itself is hindered.

## Who Snores?

Snoring is a very common problem in nearly half of all men and about one-third of all women. It can put a strain on your relationship with your spouse forcing them to lose sleep at night or even forcing the snorer to sleep in another room.

Not everyone who has sleep apnea snores and not every person who snores has sleep apnea. The biggest sign that you might have sleep apnea is how you feel during the day. You may feel fatigued...extremely tired...or have a hard time concentrating.

## Snoring and Your Relationships

A common issue brought on by sleep apnea is that one spouse or the other has to move to another room or the couch. Who likes that?

Chances are if you snore you have been elbowed in the ribs by your partner. All of this leads to stress in the relationship.

If you snore loudly and feel you might have sleep apnea, the first thing you must do is get a sleep study done and get a diagnosis from a certified sleep doctor. If you need help in taking the next step to getting a restful and restorative night sleep, call a sleep specialist to schedule an appointment. You will be glad you did.

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# Lose Weight and More With Nutritional IV Therapy

By Anthony T. Hardnett, DC  
Effective Integrative Healthcare  
Chiropractor/Owner

If you're like most people your body probably doesn't get the nutrients it needs from food and supplements alone. This can leave you exhausted more often than not, and make your life so much harder than it needs to be.

If things like losing weight or recovering from exercise seem much harder for you than other people, then this information is for you. Because, regardless of what you've been told about life just getting harder once you're over 30, or over 40, or once you have had kids... life really doesn't have to be that way for you.

If only your body was getting all of the key nutrients it desperately needed, then life could be so much better, right?

Well, nutritional IV therapy is the solution. It works by delivering the nutrients you are lacking directly to your body through an IV drip. IV therapy has been used in hospitals for many years, but it's now making its way to local clinics to treat an array of medical conditions. Nowadays it's as simple as going to your doctor's office, being hooked to an IV, and being provided with a custom combination of critical vitamins and minerals designed to help you and your body be your best.

## IV Therapy For Weight Loss

Even though so many of us are overweight, nutrient deficiencies are extremely common in the United States. We eat plenty – we eat at restaurants, we eat processed foods like boxed mac and cheese and frozen pizza, and we eat more fast food than we could ever need in one lifetime. But unfortunately all of those calories are lacking in what our body really needs – critical nutrients like magnesium, calcium, various B vitamins, vitamin C, and B-12.

And we always just feel way too tired, right? Eating is not nourishing for the body when it doesn't provide proper nutrition, and this leaves you simply exhausted. It's hard to lose weight when you're always tired.

One of the best ways to help kick start your weight loss journey is with a customized weight loss IV serum. IV therapies for weight loss can boost your metabolism and help suppress your appetite. They can even be formulated to contain fat-attracting amino acids to help your body shed fat. That's something many of us could really benefit from, right?

## IV Therapy To Recover From Exercise

To minimize pain and recovery after intense exercise many athletes are now enhancing their game with an IV serum that increases their sports performance, fights dehydration, and aids in the recovery process. When it comes to recovery, the faster an athlete can hydrate, the better. IV therapy bypasses the GI tract allow-

ing rehydration to happen at a much faster rate than by drinking water or Gatorade alone. The drip goes directly into the bloodstream, and this gives you the edge you need to come out on top every time.

## IV Therapy For Immune Boost

Okay, we get it, everybody is sick of hearing about COVID this, and Delta strain that, right? But the fact is the threat is still there – vaccinated or

not. Give your body, and your immune system, the advantage it really needs right now. Various customized IV drips are available to help boost your immune system and overall health. They include a blend of IV fluids, vitamins, and antioxidants to cleanse your body and supercharge your immune system to fight off illness, which would be a good thing for just about all of us at this particular moment in time.



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# Aging Gracefully

## What You Can Do About It



By Alan Weiss, MD  
Annapolis Integrative Medicine

As we get older we become less able to manage sugar and easily digested simple carbohydrates as found in breads and pastas, as well as other grains and some fruits. We tend to become somewhat insulin resistant, which creates a vicious circle of obesity causing more insulin resistance and inflammation, etc.

Many people who are overweight, inflamed or just don't feel well find that they really are just eating too many calories or simply the wrong kind. Educating yourself on the right way to eat can be both enlightening and life-changing. One way to gauge your body's metabolic activities is to have your doctor check your c-reactive protein level to measure inflammation, and if blood sugar is an issue, consider having a glucose tolerance test and check insulin levels.

Evaluating and optimizing hormone status can be instrumental in maintaining youth. Some say our hormones decline because we age. Others say we age because our hor-

While nothing beats having good genes, there are definitely steps you can take to avoid or slow down the ravages of time.

First and foremost is getting good restorative sleep. Over time we develop habits and patterns of sleep that do not promote health. Overuse of caffeine, cutting back time allotted for sleep, using medications and alcohol to get to sleep, and the development of medical sleep disorders such as sleep apnea are all issues to consider.

Please see "Aging," page 63

# Your Environment and Your Weight



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

cise 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 loaded with calories and grease?

If you don't like your cafeteria

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 exer-

Please see "Environment," page 62

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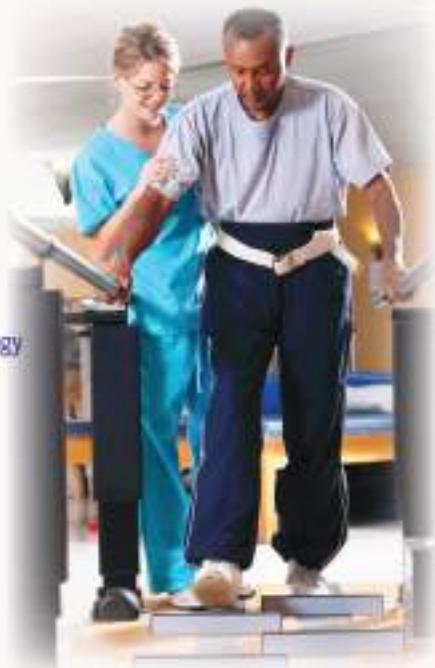
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# Shockwave Therapy For Pain Relief



By William A. Cox, DC  
Alliance Chiropractic

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

**What Is the Treatment Like?**

Each treatment only lasts a few minutes as the device is applied to the areas being treated. When administered, a tiny projectile is shot back and forth at a high rate of speed inside a handheld applicator, creating shockwaves that penetrate deep into the tissue. There can be some discomfort involved in treating inflamed tissue but ESWT can be adjusted to an individual's pain tolerance.

After a prescribed number of waves have been delivered by the physician, the patient is then instructed to follow up for subsequent treatment in one week. A typical ESWT protocol

*Please see "Pain Relief," page 62*

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

**What Is ESWT?**

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

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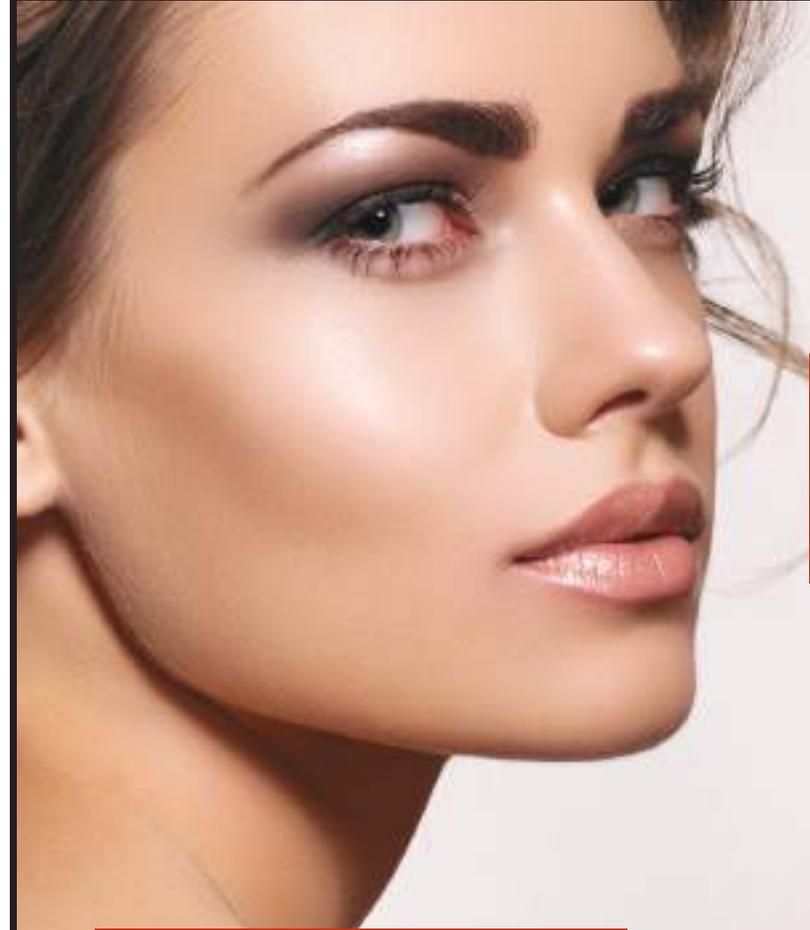
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# Amniotic Fluid Allograft Therapy

## A Cutting Age New Non-Surgical Treatment For Foot and Ankle Conditions

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

Amniotic fluid allograft is a breakthrough non-surgical treatment option that offers healing and pain relief without side effects and without the risk of surgery, general anesthesia, or prolonged recovery and downtime. They have been shown to be very effective in treating foot and ankle conditions and injuries including those to Achilles tendons, plantar fasciitis, arthritic joints,

damaged cartilage and numerous other foot and ankle conditions.

### What Is Amniotic Fluid?

Amniotic fluid allograft is an all-natural regenerative medical treatment that is composed of 100% amniotic fluid. The fluid is rich in over 200 naturally occurring growth factors and can greatly aid in the healing of acute pain and injuries or stubborn chronic problems. The process of replacing or regenerating human cells or tissues damaged by age, disease, or trauma can be effective with amniotic fluid injections

because they are rich in growth factors that boost the regenerative process.

### How Does It Work?

Amniotic fluid allograft contains over 200 growth factors, collagen, protein, inflammation modulators known as cytokines, nutrients, and hyaluronic acid which plays an essential role in joint lubrication and is also found in healthy joint fluid and can actually promote new cartilage growth.

It has high anti-inflammatory properties, but contains no steroids with its multiple side effects. The injections

rely on naturally occurring anti-inflammatory agents such as cytokines, which are small proteins released by cells that have a specific effect on the interactions between cell and communications between cell, or the behavior of cells. It has no threat of patient rejection

### Safety and Controversy

Amniotic tissue products have been used therapeutically in health care for over 100 years. They have been regulated by the FDA since 2003 and are considered safe, virtually painless, and non-controversial compared to stem cell therapy. This is because amniotic fluid does not come from embryonic cells, blood cord donation, or by removing bone marrow to harvest stem cells necessary for stem cell therapy. The effects and results are similar to stem cell therapy, but there is no need to harvest stem cells from our patient's body. Amniotic fluid is sterilized using gamma radiation to ensure maximum safety according to the strictest federal guidelines. It contains no umbilical cord blood or embryonic stem cells.

In addition, there is virtually no risk of patient rejection or allergic reactions. Side effects have been virtually eliminated because amniotic fluid does not contain any antigens, which are what alert your body to the presence of a foreign substance.

### What Conditions Can Be Treated With Amniotic Fluid Injections?

- Achilles tendon injuries
- Tendonitis, ligaments, and other soft tissue injuries
- Joint injuries and damaged cartilage
- Ankle pain, toe pain
- Bursitis
- Plantar fasciitis
- Sports injuries
- Chronic pain relief
- Diabetic wounds
- Osteoarthritis, ankle arthritis

### How Many Treatments Will Be Needed?

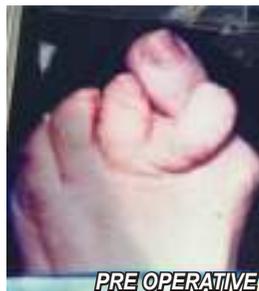
Most patients will see physical and experience relief within four weeks of an initial injection, and many patients will see significant improvement after a single treatment

### Are Amniotic Fluid Injections Covered By Insurance?

Medicare recently announced that it will cover amniotic fluid injections and some private medical insurance companies will also provide coverage. We provide pre-approval services to all patients prior to treatment.

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### Dr. Burton J. Katzen, DPM

Fellow, American Academy of Ambulatory Foot and Ankle Surgery  
President, Temple University School of Podiatric Medicine Alumni Board  
Director, Annual Alumni Surgical Seminar TUSPM  
Vice President and Board Member American Academy of Ambulatory Foot and Ankle Surgeons  
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# Do You Have Plantar Warts?



By Howard Horowitz, DPM  
Bowie Foot & Ankle

Warts are one of several soft tissue conditions of the foot that can be quite painful. They are caused by a virus, which generally invades the skin through small or invisible cuts and abrasions. They can appear anywhere on the skin, but technically, only those on the sole are properly called plantar warts.

#### Identification Problems

Most warts are harmless, even

though they may be painful. They are often mistaken for corns or calluses. The wart, however, is a viral infection. It is wise to consult a podiatric physician when any suspicious growth or eruption is detected on the skin of the foot in order to ensure a correct diagnosis.

#### Source Of the Virus

The plantar wart is often contracted by walking barefoot on dirty surfaces or littered ground where the virus is lurking. The causative virus thrives in warm, moist environments, making infection a common occurrence in communal bathing facilities.

If left untreated, warts can grow and spread. Plantar warts are spread by touching, scratching, or even by contact with skin shed from another wart. The wart may also bleed, another route for spreading.

When plantar warts develop on the weight-bearing areas of the foot

*Please see "Plantar Warts," page 62*

# Veterans Day

Submitted by  
Washington Open MRI

The 11th hour of the 11th day of the 11th month was declared as the date and time to end hostilities in World War I.

November 11 is now officially recognized as Veterans Day in which we pause to honor the contributions and sacrifice made by our many "citizen soldiers" who have fought and died for our freedom in all wars.

There is no question that diagnostic tests like an MRI can cause claustrophobia – or a debilitating fear of being in a confined space – accompanied by the stress and uncertainty of illness or injury.

But for our beloved veterans all these factors can be much worse as they are often compounded by prior life-threatening experiences.

Open MRIs are often the last resort for those who cannot endure being scanned in the confined space of a standard "closed" MRI. Washington Open MRI is the preferred provider of MRI

scans for our Veterans Administration, and we are proud to assist our military veterans or any among us who have a great fear of being confined during this important diagnostic medical test.

For those who are or who have served we wish to offer our most heartfelt respect and thanks. For those who have passed may they rest in peace.

All of us at Washington Open MRI wish to offer our most sincere thanks to all veterans with a prayer recognized as commemorating the "War To End All Wars" or World War I.

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*



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# Afraid To Be Close?

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

Are you afraid to be close to people?

Do you shy away from social gatherings?

Do people move away when you get near?

Feel stagnant in your job?

Are you afraid to be intimate?

Do you feel you are being judged?

Do people not want to sit near you?

If so, you are not alone. These are the typical signs of chronic bad breath seen every day by dentists who specialize in bad breath treatment. Research shows that 90-95% of halitosis is caused by the sulfur-producing bacteria that live in the mouth. So, if you have bad breath, chances are extremely high it is coming from your mouth.

What's more, your friends and loved ones won't tell you because they don't want to hurt your feelings. And, most of us cannot smell our own

odors. So, how do you know if you have bad breath?

The research into the cause of bad breath all points to an overgrowth of destructive bacteria. This type of bacteria thrives inside the coating (biofilm) on the tongue. The waste products (bacterial poop) of these bacteria, are sulfur compounds – the odors of rotten eggs, feces, and dirty socks – which is what we smell as bad breath.

What's more, research into biofilms has shown that typical methods



Richard A. Miller, DDS

of tongue cleaning – cleaners and scrapers – do little to eliminate bad breath. The same goes for mouthwashes and other preparations. Why? Because biofilm actually adheres to the surface of the tongue, making it impenetrable by home care treatments. That is, it gets into the nooks and crannies of the taste buds and cannot all be removed, leaving plenty of bacteria to still produce bad odors.

Scraping and tongue cleaning, as well as mouthwashes and other hygiene aids, can only penetrate into the superficial layers of the biofilm – not where the odors are.

*Research has shown that the cause of bad breath is the biofilm on the tongue.*

The only true way to permanently eliminate bad breath is through a painless process called Tongue Rejuvenation® which eliminates the odorous sulfur compounds (odor of feces, rotten eggs, and dirty socks) and the bacteria that produce them.

Tongue Rejuvenation® creates life-long fresh breath by eliminating the biofilm coating on the tongue, the bacteria, and the odors for good. This painless procedure has a 100% success rate over thousands of people treated, when performed by a professional who specializes in breath treatment.

Here, is how to tell if you have bad breath. For yourself, if you have a bad taste or if you see a yellowish or creamy colored coating on your tongue, you probably have a bad breath problem. Or, if people brush their fingers under their nose when you are near, turn their head when you get close, offer you gum or mints, or any other social signs those are indications that your breath smells.

But know this – you no longer have to live with bad breath anymore.

Tongue Rejuvenation® eliminates the bacteria, odors, and biofilm and can give you fresh breath for life. And, it's guaranteed to work every time.

## EMBARRASSED BY YOUR BREATH?



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Rub Under Their Nose?

Offer You Gums or Mints?

Talk Behind Your Back?

Exclude You From Social Activities?

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# Difficulty Hearing Over The Phone?

## See What's Said With Captioned Telephone

By Maryland Relay/  
Telecommunications Access of MD

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

### What Is Captioned Telephone?

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

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

### Who Should Use Captioned Telephone?

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

### What Equipment Is Required To Use Captioned Telephone?

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

### How Do I Obtain a Captioned Telephone?

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

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

### How Do I Get More Information?

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



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

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# Increase Your Self-Confidence

*A Beautiful Smile, Your Secret Weapon*



By Judy Yu, DMD, MBA  
Dental FX

### Success and Self-Confidence

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

### Developing Your Self-Confidence

Although many of the factors affecting self-confidence are beyond

your control, there are a number of things you can consciously do to build self-confidence.

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

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

### What Makes a Smile Beautiful?

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

*Please see "Self-Confidence," page 62*

# Protect Your Back When Lifting



By Alicia Kovach, DC  
Kovach Chiropractic

that you lift properly.

To ensure that you are lifting properly you should make sure that when you are lifting you stand, kneel or squat as close to the object as possible. Make sure that you do not bend at the waist to lift the object. Bending at the waist could potentially cause back pain. When lifting the object make sure that you tighten your core muscles, which include the abdominal muscles, back and pelvic musculature.

Do not hold your breath when you are lifting and make sure to hold the object as close to you as you can. When you are standing up with the object make sure that you maintain the natural curve in your lower back while you tighten your core muscles. And lastly make sure you use your legs and not your back when lifting.

If you happen to not lift properly and injure your back make sure that you visit your chiropractor. Visiting your chiropractor will aide in the healing process and get you on the road to recovery.

It is the time of the year where everyone is starting to get fall fever. We begin to spring clean our homes and to get out in the yard to rake leaves and do clean up in preparation for winter.

During this time many people will experience back pain from all of the bending and lifting. To make sure that you do not suffer from an injury from lifting you need to make sure



By Aazaz Haq, MD  
McLean Neuropsychiatric  
Treatment Center

# Offering New Hope For Treatment Of Depression

effects, esketamine has been reported to show antidepressant effects as early as 24 hours. The most common side effects of esketamine are sedation and disassociation, which generally wear off within 1-2 hours.

ECT is the gold-standard, often life-saving treatment for severe depression. ECT should be considered early in the treatment of severe depression, particularly when psychotic features, severe suicidality, catatonia, or severe-

ly diminished food and water intake are present. ECT involves the delivery of a brief electrical stimulus to the brain to induce a brief, controlled, and closely monitored seizure, which brings about changes in brain activity leading to clinical improvement. The patient is under anesthesia and complete muscle relaxation during the treatment. ECT has much higher response rate than antidepressants; approximately 80% of patients treated with ECT see symptom

relief, usually much sooner and more definitively compared to medication therapy. Some patients can have mild memory side effects, which can be minimized with modern modifications to ECT technique.

There is always hope for relief from depression, even when your brain tells you otherwise. If you suffer from depression and have not improved with psychotherapy or medications alone, consider the above options.

Anybody who has battled depression can attest: Depression is painful, and the pain is often hidden from view of others. Depression can have devastating consequences on one's life, including withdrawal from the world, feelings of loneliness and isolation, loss of enjoyment and motivation, disrupted sleep and appetite, pervasively negative mood, and a sense of hopelessness and worthlessness. Some people with depression wonder whether life is worth living, and some tragically end up acting on suicidal thoughts.

The good news is that depression is eminently treatable. Talk therapy can be very effective for some people, as can a whole variety of antidepressant medications. These treatments should generally be tried first. However, a substantial percentage of people with depression simply do not respond to these first-line treatments. Fortunately, for such people, transcranial magnetic stimulation (TMS), esketamine treatments, or electroconvulsive therapy (ECT) can offer substantial relief.

TMS is a noninvasive brain stimulation therapy FDA cleared for treatment of depression. A TMS machine delivers magnetic pulses to the left frontal part of the brain, which contains regions that are often underactive in patients with depression. The resulting activation of these regions results in clinical improvement of depression. Up to 40-60% of patients with depression have a positive response to TMS, with 30-40% of patients showing complete remission of symptoms. TMS is generally well tolerated, with most common side effects being a mild headache that resolves with Tylenol.

Esketamine, or Spravato, is another novel treatment recently FDA-approved for depression. Esketamine is a nasal spray derived from the anesthetic medication, ketamine, and works by modulating receptors of the neurotransmitter, glutamate, in the brain, although the mechanisms of its antidepressant effects are not yet fully determined. While traditional oral antidepressant therapy may take weeks to demonstrate full therapeutic

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### Esketamine (Spravato)

Esketamine is a novel, FDA-approved nasal spray indicated for treatment-resistant depression in adults in conjunction with oral antidepressant therapy. Esketamine works by modulating receptors of the neurotransmitter, glutamate, in the brain, although the mechanisms of its antidepressant effects are not yet fully determined.

### Transcranial Magnetic Stimulation (TMS)

TMS is a non-invasive brain stimulation therapy cleared by the FDA for treatment of moderate to severe depression. TMS uses electromagnetic pulses to stimulate activity in the parts of the brain that are underactive in depression.



### Electroconvulsive Therapy (ECT)

ECT is the gold-standard, often life-saving treatment for severe depression. It involves the delivery of a brief electrical stimulus to the brain to induce a seizure, which is brief, controlled, and closely monitored. ECT brings about changes in brain activity leading to clinical improvement.

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# Full Mouth Makeover In a Day?

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

This may sound too good to be true and may seem like just having teeth taken out and being provided with dentures, but that is not the case.

The truth is that it is now possible to have those painful, broken down teeth taken out and cosmetic dental implants placed immediately: fixed teeth onto the dental implants all in one day.

Who is a candidate for teeth in a day?

1. Someone with advanced periodontitis (gum disease), whose teeth are loose or badly broken down due to decay
2. Someone who has recently been provided with dentures
3. Someone who has been wearing dentures for many years

So, how do you start?

1. A consultation appointment
2. A special x-ray, a cone beam scan is performed which allows the

practitioner to identify the quality and quantity of bone in 3D.

3. Procedures and steps are explained to the patient along with the fees for the procedures, which includes the surgery and the fixed bridges (both temporary and permanent).
4. Next, the patient will see the restorative dentist to have impressions made and teeth fabricated prior to the surgery appointment.
5. On the day of the surgery any teeth remaining are carefully extracted, implants are placed and the previ-



Sivakumar Sreenivasan  
DMD, MDS

ously fabricated teeth are modified to sit on top of the implants and fixed to them.

Most patients prefer to be sedated for this procedure and are pleasantly surprised to awaken and realize that the surgery is over and their fixed temporary bridges are in place.

The good news is that there is minimal pain from the procedure as the teeth sit on top of the implants and therefore do not put any pressure on the gums. The method of providing teeth in a day has been in use clinically for a number of years and has withstood the test of time.

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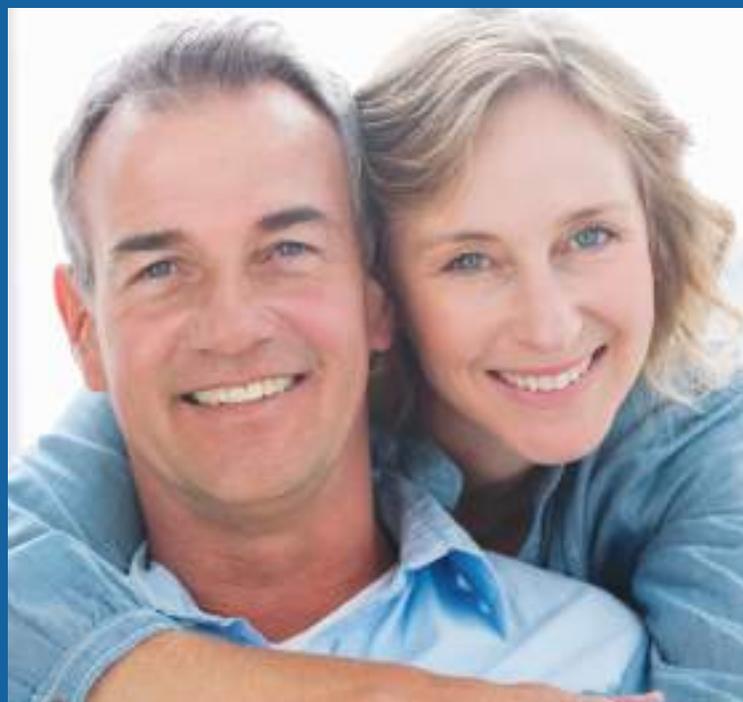


### About Dr. Sreenivasan:

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

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

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# Your Natural Path To Wellness

By Andrea Grant, Owner  
Bethesda Health and Wellness

Bethesda Health & Wellness, located in the heart of Bethesda, Maryland, was founded with the belief that our natural plant resources were provided for our health and wellness. At Bethesda Health & Wellness, our top priority is our customers' health and well-being. We know that many of us are searching for balance in our lives and we are using natural plant resources to achieve it.

Products made from botanicals are called herbal or botanical products and people around the world are using them to treat diseases or to maintain health. Herbal supplements come in various forms, including dried, chopped, powdered, capsule, or liquid. They are typically in pills, powders, tinctures, teas, gels, lotions, creams and more.

There are an increasing number of Americans who are seeking natural alternatives. According to a recent study, 77% of Americans report using botanicals for health concerns or maintenance. With the passage of the 2018 Farm Bill which made it legal to sell hemp and hemp products in the U.S., the market has exploded, leaving people curious and wanting more information.

In a recent Gallup poll, 64% of U.S. adults said that they were familiar with CBD and/or CBD products. In a 2020 survey, one-third of Americans reported that they have used CBD. People claim that CBD can treat everything from acne to cancer. But the most common uses are for pain, inflammation, anxiety, and insomnia.

The FDA considers herbal supplements foods, not drugs. Therefore, they are not subject to the same testing, manufacturing, and labeling standards, and regulations as drugs. Talk to your doctor about your symptoms and discuss herbal supplements before use. If you decide to pursue plant options for your wellness goals, it's important to choose reputable and trustworthy brands.

## What CBD May Do For You...

### CBD for Relief & Recovery

CBD oral and topical products help refresh and revive the body and are often combined with powerful botanicals which may help to:

- Manage pain / chronic pain • Relieve arthritis discomfort
- Treat inflammation • Alleviate female GYN discomforts
- Provide relief from chemo side effects



### CBD for Calmness

Scientific evidence suggests that CBD has a calming effect in the central nervous system, which may help to:

- Manage stress • Control anxiety
- Reduce number of seizures • Improve sleep in cases of insomnia
- Improve symptoms of post-traumatic stress disorder (PTSD)

### CBD for Skincare

Studies have shown that CBD can be a wonder treatment when applied topically. Its anti-inflammatory properties may help to:

- Treat dry skin and eczema • Manage acne
- Alleviate psoriasis • Deliver general skin care



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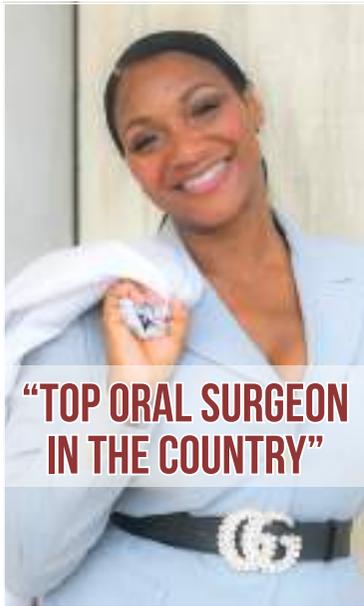
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## Carlton H. Scroggins, MD

**Best Time  
EVER!**



7525 Greenway Center Drive  
Suite #113  
Greenbelt, MD 20770

**301-220-0400**

### Meet Carlton H. Scroggins

Dr. Carlton Scroggins, MD has practiced Plastic Surgery in Maryland for the last 32 years. He has performed thousands of reconstructive and cosmetic surgical procedures.

Renuvion, also known as J-Plasma, is an innovative device that helps to tighten skin. Helium gas is converted to plasma that then is delivered with a probe to the tissues beneath the skin. The heated plasma tightens the fibrous connections that exist between the subcutaneous tissues and the overlying dermis which results in tightening the skin. The result is an immediate 30% shrinkage of skin followed by subsequent shrinkage for the next 6 months.

Renuvion is used most effectively in conjunction with liposuction.

Dramatic results are often seen in the reduction of bra rolls, arms, and thighs.

We perform a variety of aesthetic procedures, including breast augmentations and reductions, facelifts, and tummy tucks, as well as brazilian butt lifts. Call for your complimentary consultation at 301-220-0400.



**DrScroggins.com**

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Local Professionals Empowering and Encouraging People To Live Healthier

Do you or a child you know have  
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Clinical Research Study.

We are currently enrolling  
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for an investigational  
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To qualify, you must be:

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A stipend will be given to those who qualify  
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The year 2021 marks 10 YEARS that Eze Health Center has been serving the Southern Maryland community and beyond! Our commitment to outstanding service and patient-focused health-care centered on Holistic Health is the hallmark of our practice. That is why we are among the top-rated medical practices in the region.

TRANSFORM GOOD HEALTH INTO GOOD LOOKS!

*Beautiful*  
SKIN STARTS HERE  
TempSure *Envi*

Eze Health Center offers TempSure Envi, a new non-surgical skin rejuvenation treatment to reduce wrinkles, tighten skin and deminish cellulite.

**Get 10% off your first treatment!**



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Enhance your skin and reduce the signs of aging with the Eze Skin Health Retinol Skin Renewal Serum. Our exclusively branded serum boosts cell turnover on the surface of your skin to reveal smoother and firmer skin with a glow!



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Schedule a *FREE* virtual consultation

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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Deana Moody, DDS

*We Offer  
Complete Dental  
Exams and  
Procedures For the  
Entire Family.*

4255 Altamont Place  
Suite #204  
White Plains, MD

**240-349-2158**



### Meet Deana Moody

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

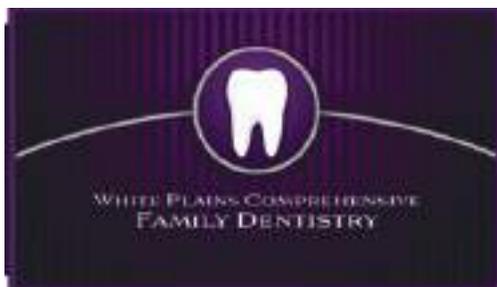
**Professional Memberships/Associations:** Academy of General Dentistry; American Dental Association

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

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

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

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



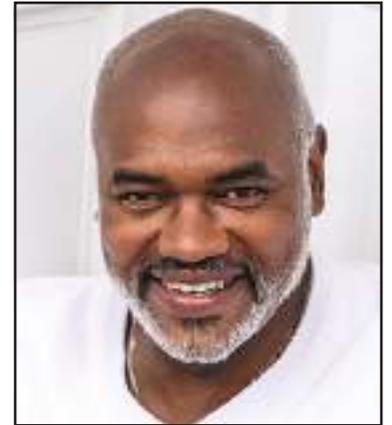
[www.AConfidentSmile.net](http://www.AConfidentSmile.net)

## Paul S. Thesiger, MD

*Plastic  
Surgery*

5530 Wisconsin Avenue  
Suite #1235  
Chevy Chase, MD 20815

**301-951-8122**



### Meet Paul S. Thesiger

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

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

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

### SERVICES OFFERED INCLUDE:

**Breast Augmentation  
and Reduction**

**Tummy Tuck**

**Liposuction**

**Face and Neck Lift**

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**AND MANY MORE SERVICES**

[www.ThesigerPlasticSurgery.com](http://www.ThesigerPlasticSurgery.com)

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Bertha L. White, MSW, LCSW-C

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Clinical Therapists and  
Counselors*

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Waldorf, MD 20602

**240-346-0934**

**240-300-8446**



### Meet Bertha L. White

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

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

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

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



Agent of Change, LLC  
Mental Health Services & Resources

[www.AgentOfChangeServices.com](http://www.AgentOfChangeServices.com)

## Rishi R. Sood, MD

6915 Laurel Bowie Road  
Suite #101  
Bowie, MD 20715

**301-622-5360**

**Satellite Office:**

7610 Carroll Avenue  
Suite #360  
Takoma Park, MD 20912



**D**r. Rishi R. Sood, MD is an Interventional Radiologist in Maryland, District of Columbia and Virginia. He received his medical degree from George Washington University School of Medicine and has been in practice for less than 3 years.

Dr. Sood, MD performs a Uterine Fibroid Embolization. This procedure is Nonsurgical and is used to block blood flow to fibroids, causing them to shrink.

It is a Minimally invasive procedure performed through a needle sized hole in your wrist or thigh.

There is no general anesthesia required and is performed as an outpatient procedure (typically within 45 minutes). The procedure does require 3-5 days for recovery and it preserves the uterus.

Dr. Sood, MD prefers the Uterine Fibroid Embolization over the traditional Abdominal Hysterectomy that surgically removes the uterus.

Dr. Sood, MD feels the Uterine Fibroid Embolization is a less invasive surgery that does not leave any scars.



**MIDATLANTIC  
VASCULAR &  
INTERVENTIONAL**

# Featured Health Professionals

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## Kristina Anderson, DC



683 Old Mill Road  
Millersville, MD 21108  
**410-846-9067**  
1625 Crofton Centre  
Crofton, MD 21114  
**410-774-0561**

### Meet Dr. Kristina Anderson

Dr. Kristina Anderson was born and raised in northern New Jersey. She completed her undergraduate studies at the University of Maryland, College Park where she received her bachelor's degree in Kinesiology. She then went on to receive her Doctor of Chiropractic degree and Masters in Applied Clinical Nutrition at New York Chiropractic College.

Since graduating, Dr. Kristina has received certifications including Rocktape and FAKTR (Functional and Kinetic Treatment with Rehab). FAKTR is an instrument assisted soft tissue technique designed to alleviate muscle tension and edema y combining movement and rehabilitation. She is also currently in the process of being certified in Dry Needling.

After having to take time off from Track and Field in high school due to an injury, she understands the importance of quality rehabilitation and continues to educate herself to better assist her patients.

Throughout her career as a chiropractor, Dr. Kristina has worked with a variety of patients including athletes, personal injury, adolescents, and geriatric. Whether your pain is related to sports or daily activity, Dr. Kristina works tediously to ensure that maximum therapeutic benefit is achieved.

In her spare time, Dr. Kristina enjoys reading, watching stand-up comedy, yoga, and traveling with her husband. Dr. Anderson looks forward to joining the Effective Integrative team in Millersville and Crofton.



[www.eihmd.com](http://www.eihmd.com)

## Craig A. Smith, DDS

### General Dentistry/ Family Dentist



7201 Hanover Parkway  
Suite A  
Greenbelt, MD 20770  
**301-446-1784**

### Healthy Teeth and Gums

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

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

#### Dr. Smith's Philosophy:

Always listen to the patient and in turn respond in an educational manner so that the patient will understand.

#### Degrees, Training, and Certificates:

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

#### Professional Memberships:

National Dental Association

#### Areas of Interest:

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

#### Hobbies:

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

#### Additional:

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

**Zoom! Whitening Special**  
**Now Only \$399** (Regular Price \$699)

Expires 11/31/21

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Judy Yu, DMD

*We Offer Complete  
Dental Exams and  
Procedures For the  
Entire Family.*

8667 Fort Smallwood Road  
Pasadena, MD

**410-360-0440**



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

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

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

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

**DENTAL FX**

Dentistry by Dr. Judy Yu

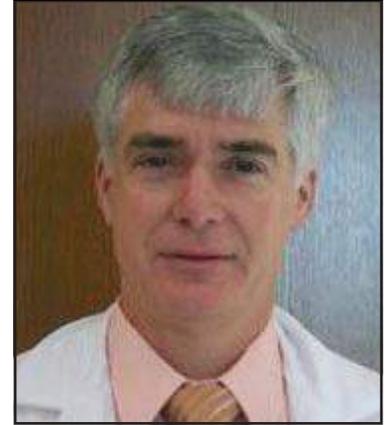
**FXDental.com**

## Robert S. Berger, MD

*Providing high-quality,  
dermatology care in  
an understanding and  
supportive atmosphere*

4225 Altamont Place  
Suite #3  
White Plains, MD 20695

**301-374-9511**



### Meet Robert S. Berger

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

Dr. Berger obtained his undergraduate degree at Boston College, Chestnut Hill, Massachusetts. He went on to graduate from New York Medical College, Valhalla, New York. Dr. Berger finished a medical internship at the Washington Hospital Center, Washington, DC. He served as a United States Air Force Flight Surgeon for four years.

After which, Dr. Berger finished a dermatology residency at Wilford Hall USAF Medical Center, San Antonio. While a resident, Dr. Berger received national awards for research papers. After leaving United States Air Force, Dr. Berger started his practice in Waldorf. Shortly after starting his practice he was recalled to serve in Desert Storm. Dr. Berger was the only active duty USAF dermatologist located along the Eastern seaboard during Operation Desert Storm.

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



**www.CharlesCountyDerm.com**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Renee Bovelle, MD

Ophthalmology



Your Best Vision  
Is Our Focus

**301-805-4664**

12200 Annapolis Road  
Suite #116  
Glenn Dale, MD 20769

[envisioneeyelandlaser.com](http://envisioneeyelandlaser.com)



## Meet Dr. Bovelle

Board Certified, Ophthalmology  
by the American Board of Ophthalmology

**Degrees, Training and Certificates:** UCLA Medical School; Yale University Hospital for Residency; Louisiana State University for Cornea and Refractive Fellowship

**Professional Memberships/Associations:** American Academy of Ophthalmology; American Society of Cataract and Refractive Surgery; International Society of Refractive Surgery

**Areas of Interest:** All laser custom LASIK; Cataract Surgery; Botox; Dermal Fillers; Cornea Comprehensive Ophthalmology

**Practice Philosophy:** Envision Eye and Laser is committed to delivering superior ophthalmic care with state-of-the-art technology and patient education in a caring, compassionate environment. We cater to a diverse population of adults and work with your primary care physician to improve the quality of your overall health and life. Your best vision is our focus.

Jeffrey L. Brown, DDS

**TMJ & Sleep Apnea  
Treatment**



2841 Hartland Road  
Suite #301  
Falls Church, VA

**703-821-1103**



**Meet Dr. Brown, the Specialist in Sleep & TMJ Therapy**

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

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

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

### Degrees & Certifications

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

### Outside the Office

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

### Professional Affiliations

Dr. Brown is a diplomate of the American Academy of Craniofacial Pain, a member of the American Academy of Dental Sleep Medicine, American Academy of Gnathological Orthopedic, Academy of Integrative Pain Management and the American Dental Association.

### Do you have TMD or Sleep Apnea?

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

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

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

[www.SleepAndTMJTherapy.com](http://www.SleepAndTMJTherapy.com)

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Sherry L. H. Maragh, MD, FAAD

**Dermatology,  
Skin Cancer Surgery,  
Cosmetic Surgery**



3 Convenient Locations:

Ashburn, VA: **703-858-0500**  
Warrenton, VA: **540-878-5781**  
Rockville, MD: **301-358-5919**



Sherry L.H. Maragh, M.D. is the founder and director of our centers. She is Board Certified in general, surgical, cosmetic and laser Dermatology by the American Board of Dermatology. Dr. Maragh is recognized as a leader and expert in the field by both her peers and patients in offering the most advanced laser technology and minimally invasive surgical techniques for facial reconstruction and body rejuvenation. Dr. Maragh received her training at the prestigious Mayo Clinic Department of Dermatology and Dermatologic Surgery in Rochester, Minnesota. She then completed highly competitive, surgical fellowship training in Mohs micrographic skin cancer surgery with advanced facial reconstruction and minimally invasive cosmetic surgery. She was taught by leading experts in the field of dermatology and cosmetic surgery in New York, Los Angeles and San Diego, California.

Dr. Maragh is a published scientific author and local and national speaker on the latest advances and techniques in dermatologic and cosmetic surgery. Dr. Maragh is a Fellow of the American College of Mohs Surgery, reserved only for fellowship trained Mohs skin cancer surgeons. She has performed over 5000 skin cancer surgeries with cosmetic facial reconstruction. Dr. Maragh is a fellow of the American Academy of Cosmetic Surgery, reserved only for cosmetic surgeons who have completed specialized cosmetic surgery training and have completed multiple cases of cosmetic surgery before attaining Fellow status. Dr. Maragh is also a fellow of the American Academy of Dermatology, the American Society of Dermatologic Surgery and the Womens Dermatologic Society. Dr. Maragh is a cum laude graduate of Hampton University in Hampton, Virginia with a B.A. in Biology/Biochemistry. She completed her medical studies with Alpha Omega Alpha Honors in the top 5% of her graduating class at the University of Maryland School of Medicine.

Dr. Maragh has been recognized by the *Washingtonian Magazine* as Top Doctor and by I AM Modern as Best Dermatologist in the DC Suburbs. She has also received the Patient's Choice Award for her excellence in patient care and compassionate care. Dr. Maragh's greatest joy is her family including her three children. Dr. Maragh sees patients in all of the Centers' office locations.

#### LEARN MORE ABOUT OUR SERVICES:

- **Dermatology Center:** a full range of medical, laser, cosmetic & surgical dermatology services including complete skin cancer screening and treatments
- **The Vein Center:** the latest, most effective, minimally-invasive laser & surgical techniques for the treatment of spider veins and varicose veins of the legs
- **The Surgery Center:** Tumescant Liposuction, SmartLipo™ Triplex Laser Liposculpture, Cellulaze Laser Cellulite Removal, Minimal Incision Facelifts, Cosmetic Eyelid Surgery

[www.MaraghDermatology.com](http://www.MaraghDermatology.com)

## Tara White

14502 Greenview Drive  
Suite #207  
Laurel, MD 20708

**240-468-7555**



### Meet Tara White

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

This was the catalyst for her crusade to ensure that people in the community are CPR-trained and equipped with the necessary skills to respond to real-life emergencies. TFC (Teaching For Charles) Lifesavers was born in an effort to increase the very low percentage of people in this country who are certified in first aid, CPR, and AED usage. TFC Lifesavers now has over 60 instructors in 18 states and has trained thousands of students in various health, safety and life-saving skills.

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

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



[www.TFCLifesavers.com](http://www.TFCLifesavers.com)

# Featured Health Professionals

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## 3D PRINTED CLEAR ALIGNERS

Dr. Peter Merai



6188 Oxon Hill Road

Suite #410

Oxon Hill, MD 20745

**301-567-9844**

Dr. Peter Merai uses advanced technology and 3D-printing to fabricate in-house clear braces for adults.

The clear Aligners have extraordinary fit and are very effective in creating beautiful smiles with straight teeth in a short period of time.

**The nominal fee of \$2,600 includes any post-treatment refinements and also the final retainers.\***



*\*Note: This fee does not apply to insurance.*



[WWW.CHOOSEORALHEALTH.COM](http://WWW.CHOOSEORALHEALTH.COM)

Uzo W. Unegbu, MD, MBA



**(301) 604-8000**

7350 Van Dusen Road

Suite #390

Laurel, MD 20707

[RoseuMedicalCenter.com](http://RoseuMedicalCenter.com)



## Meet Dr. Unegbu

Dr. Uzochukwu Unegbu is a family practitioner in Laurel, MD and is affiliated with multiple hospitals in the area, including University of Maryland Capital Regional Hospital and University of Maryland Laurel Regional Medical Center.

Dr. Unegbu attended the University of Maryland, where he received a bachelor's degree in life sciences. He received his medical degree from Spartan Health Sciences University in Vieux Fort, St. Lucia and completed his residency at Howard University in Washington, D.C.

He has been running his private practice, Roseu Medical Center, since 2010, where patient care is always a priority. In addition to that, he offers a customized weight loss program at his facility that can be tailored to a person's particular needs to lose weight.

A few of his hobbies and interests outside of work are bike riding, reading, soccer, and juggling.

**Dr. Unegbu Has Been the Chief Health Officer of City of Laurel since his appointment by Mayor Craig Moe in August 2016.**

The chief health officer works with the mayor's office and City Council to develop approaches to health issues and disparities that may affect Laurel residents.

Based on his services to the community, his practice has been approved to conduct COVID Testing and Vaccinations by both Prince George's County and the City of Laurel. Roseu Medical Center has been conducting comprehensive and free of cost COVID-19 testing since earlier last year.

Dr. Unegbu has also been nominated as CIVIL SURGEON in the City of Laurel by Department of Homeland Security (USCIS) to conduct Immigration physicals. He has been performing successful services since Aug 2020.

He is a big advocate of the opioid epidemic with the community.

Dr. Unegbu collaborates with three other nurse practitioners within the practice. He is Committed to his vision of providing excellent patient care and serving the community to the best of his efforts.

Check out the *Baltimore Sun* article on Dr. Unegbu's appointment at <http://www.baltimoresun.com/news/maryland/howard/laurel/ph-ii-medical-chief-0816-story.html>

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Kelly E. Sullivan, MSN, CRNP, FNP-BC

*Certified Aesthetic  
Nurse Specialist*



10020 Southern Md Blvd  
(MD Route 4)  
Suite #202, Dunkirk, MD

**202-466-7546**

### Meet Kelly E. Sullivan

With over 25 years of experience, Kelly is a Board Certified Family Nurse Practitioner with extensive experience and training in all aspects of Dermatology. Her love of learning has taken her from being a Medic in the Army, to a Nationally Registered EMT, to a Registered Nurse and finally to a Family Nurse Practitioner.

In addition to her formal health care education, Kelly has had certifications and training in the following areas: Certified Aesthetic Nurse Specialist, Advanced Duet and EPIC Training Techniques with Allergan on Botox and Facial Fillers, Master's Certified PMU Technician by the American Institute of Intra-dermal Cosmetics and PMU Certification through The Society of Permanent Cosmetic Professionals.

Specializing in skincare, Kelly believes this is the base of all rejuvenation processes. Each client is given an individual assessment and treatment program to meet their expectations, while improving the health of their skin. Added to basic rejuvenation is the ability to integrate advanced treatments, such as laser, injectables using the latest advanced filler and neurotoxin techniques and body sculpting using TruSculpt®3D. To round out the full rejuvenation and enhancement experience, permanent makeup is done for the perfect eyeliner or brow. Each treatment is prescribed and is guided by the client's needs and desired outcomes.

Kelly is committed to continuing her training and education to keep up to date with new treatments and advances in the medical skin care realm. Along with her private practice, she is considered an expert in her field, providing consulting services to offices looking to integrate aesthetics into their practices as well as offering personalized training to fellow licensed professionals on Aesthetic services. Her decades of experience in laser have afforded her a position as a Nurse Educator for Cutera, Inc., traveling the country to train medical offices on safe laser use.

She is excited about the growth of her Dunkirk, MD office and is looking forward to building a concierge aesthetic practice and educational program.



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## Mariesa Kinch, CRNP, FNP-BC

*Certified Nurse  
Practitioner*



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### Meet Mariesa Kinch

As a Certified Nurse Practitioner, Mariesa has over 22 years of advanced practice experience in all realms of healthcare across the lifespan. She received her Bachelor of Science in Nursing degree from Catholic University of America in Washington, D.C. She also holds a Master of Science degree from the University of Maryland in Baltimore, where she completed her Family Nurse Practitioner program. As part of this program, she chose to complete her extended specialty focus training in Dermatology.

Combining her years of primary care, focused training in Dermatology and advanced education in the use of medical skincare products, laser modalities and various injectable procedures, she has positioned herself to be a key practitioner in the specialty area of Aesthetics, Wellness & Preventative medicine.

Her passion to help her patients to feel and look the best they can led her to seek a position that would bring all of her skills and experience together. Being a native to the Southern Maryland area, she continues to provide the care she loves to give her patients at Dunkirk Aesthetics, keeping her linked with her community.



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# Lexington Park Dentistry



**Dr. Tamara Strouth, DDS,** and **Carrie Samora, RDH, OMT,** have been practicing together at Lexington Park Dentistry for over 20 years. Both grew up in this community and returned home to practice Dentistry. Dr. Strouth and Carrie have a thirst for knowledge and personal growth to provide the best experience for their patients. They study and consult with world-renowned healthcare professionals to provide the best care for our community.

In recent years, both have found their passion in Airway Dentistry and Myofunctional Therapy. Dr. Strouth is an ambassador for The Breathe Institute and has completed the Tongue Tie Academy. Carrie is a myofunctional therapist and is a member of the International Association of Orofacial Myology.

They strive to be health advocates for their dental patients and work collaboratively with a network of professionals in various fields to make sure that their patients have the best care here in Southern Maryland. They specialize in Sleep Disordered Breathing in children and adults and provide solutions to airway health that focus on the root of the problem, not just a temporary fix or band-aid. Their solutions provide life-long health for patients in our community.

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# Over-the-Counter Medicines and Drug Interactions

Submitted by  
Kensington Pharmacy

Every day, millions of Americans use over-the-counter medicines for relief from headache or arthritis pain, coughs and colds, flu, and upset stomach. These over-the-counter medicines are effective, widely available, convenient, and cost-effective.

It is important to treat all of your medicines seriously and read all of the instructions carefully. This can help you avoid problems that may occur with all medications, including over-the-counter medicines.

Drug-drug interactions happen when a drug interacts, or interferes, with another drug. This changes the way one or both of the drugs act in the body, or causes unexpected side effects. The drugs involved can be prescription medications or over-the-counter medicines. They can even be

things like vitamins and herbal products.

Sometimes when two drugs interact, the overall effect of one or both of the drugs may be greater than desired. For example, both aspirin and blood thinners like warfarin (Coumadin®) help to prevent blood clots from forming. Using these medications together may cause excessive bleeding.

Other times, the overall effect of one or both of the drugs may be less than desired. For example, certain antacids can prevent many medicines from being absorbed into the bloodstream. If this happens, the medicine may not work as well or it may not work at all.

Drug-food interactions happen when a prescription medication or over-the-counter medicine interacts, or inter-

*Please see "Medicines," page 62*

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# How Love Led the Modern Hospice Movement



By Sandra Dillon  
Director of Communications  
Hospice of the Chesapeake

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](http://www.caringinfo.org).

A bad back and the love for David Tasma may well be the reasons behind how contemporary medicine cares for people at their end of life.

In 1944, a chronic back problem forced a young nurse to change her career. She returned to Oxford University to become a lady almoner in 1947, now known as a social worker.



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# How Has COVID-19 Affected Your Life?

## *We Are All Connected*

By Toni Greene, Owner  
Happy Hour Yoga and Wellness

COVID-19 and all of its variants have changed our lives dramatically. This viral epidemic of today and tomorrow has changed the world. We are not what we were. We are all brand new and it was not by our choice.

The new life, the new world, has changed and has forced us to adapt,

whether we like it or not. We were forced (mandated) to wear masks or face coverings, take a series of vaccines, keep our distance from others and to be cautious and fearful while going on with our newness or new life.

It has not been pretty or fun. It has been down right daunting.

However, every major shift brings about a new discovery; an invention; a new thought process; a new way of self-survival. Every ma-

ior shift globally or personally has brought about something within you to be discovered. What have you discovered about yourself?

Patience, kindness, empathy, and serving are some of the qualities that have been re-discovered with you and the world during this outbreak. Some have come closer together and other miles apart.

Whether you have come to know yourself is the real question to ask



*Toni Greene, Owner*

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of yourself. Ask yourself, who are you? Ask yourself, what do you really want? Ask yourself, are you taking the steps you need to accomplish the things you want for you? Ask yourself, are you taking care of you? When you take care of you, you can then take care of others.

COVID-19 and other major shifts in our lives (such as death due to COVID-19, or any other reason) has caused a major shift; a new way of thinking and being.

We all know that this is the state of affairs, being it global change, COVID-19, the Delta variant, cancer – whatever it is, it is the new and old state of affairs. The question is – how do you handle yourself during these uncertain times? But aren't all times uncertain?

What have you discovered about yourself personally that you did not know about you before COVID-19? Perhaps you realized you could cook, write, draw, decorate, or repair?

As for me, I took courses and became proficient in my astrology, numerology, as I call it “the ologies.”

Also, during this time of global, mental and physical elevations, I opened a new center, “the Yoga Annex.” This location came to me, during my time of reflection on myself rather than others. I am in a meditative space as I watch the world change with me in it.

We are all connected. We are in the present time together. We are here together. Have you gotten your COVID -19 shots? Why did you? Why haven't you?

What is your belief system? What are your beliefs based on? Are your beliefs based on facts or hearsay?

Believe what you choose but know this...thoughts come from thinking, and thinking becomes thoughts. Action follows thought sometimes without thinking. So, what are you thinking? And is it fact or fiction?

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# Teen Suicide



By Janet V. Johnson, MD  
Loving Care Pediatrics

Many teenagers have thoughts of death. It is important to take suicide attempts seriously.

The National Institute of Mental Health believes that as many as 25 suicides are attempted for each one that is completed. And this does not even cover the teenage suicide attempts and completed suicides that are never heard about.

Understanding that a teen suicide attempt is a call for help is essential in preventing a completed attempt later.

## Risk Factors For Teenage Suicide

Some of the strongest teenage suicide risk factors include the following:

- Aggressive behavior
- Disruptive behavior
- Substance abuse
- Depression

These are risk factors that play on the often tumultuous feelings experienced by teenagers. Intense feelings can contribute to a teen's sense of helplessness and to a general feeling that life is not worth living.

## Teen Suicide Statistics

Suicide is one of the leading causes of death for teenagers – it's the third leading cause of death.

Every 17 minutes a teen succeeds in taking life.

Teen suicide is a very real problem, causing the deaths of thousands of teenagers across the country each year. Teen suicide statistics shed light on the problem, and offer insights as to whom might need help, and how to help them.

## Teen Suicide Attempts Are Calls For Help

*Please see "Suicide," page 63*

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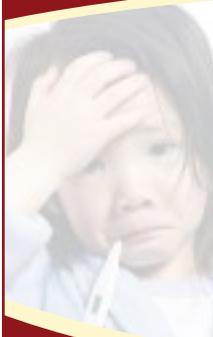
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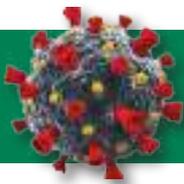
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# COVID-19 Update

## When Will COVID End?



The short answer is more of a question. What does “end” mean? The fact is that to eradicate any virus from society requires comprehensive and all-inclusive vaccination of the whole population. As everyone knows, this is very unlikely, with all those who refuse the vaccine.

So, eradicating COVID versus ending the major effects of COVID are two different things in the minds of most people.

Some data would help, but even with our trained researchers, it is virtually impossible to know the facts from looking online. This may be the most important problem and obstacle to calling an end to COVID.

For example, twice as many people died from heart disease as COVID last year and more people died from cancer than COVID. You can say from that data that the fight against heart disease and cancer hasn’t ended, but there are still deaths. Life goes on, and people are going to die. You could say the same about COVID.

Everyone likes to compare COVID and the flu. Even though 53,000 people died from the flu last year, the fight against the flu doesn’t end. Life

goes on even though people die.

So, when will COVID end? Probably never. It seems like the better question is: When will the dramatic effects of COVID on society end?

This is a loaded question. There are so many factions pulling the answer in so many different directions it may not be possible to know anything relative to the answer.

The death toll is still enormous (almost 2,000 per day) 98% among unvaccinated people. That’s a lot, and considering we have around 100 million unvaccinated people in this country who haven’t gained natural immunity from surviving the virus, this number is not likely to decrease much in the coming months.

When will COVID end? It will end when people decide to get vaccinated. Writing this article and the millions of people talking about this, is just a way around the answer. The

*Please see “COVID End,” page 63*

## Your Life Is At Risk

We go through life and face all kinds of challenges and risks every day. Driving a car, getting on a plane, exposure to germs we cannot see, violence in our streets, armed forces in combat, are all risks that could endanger our lives and family.

COVID poses another risk. You can get sick from it or die from it just like so many other things we face. The question is When does the risk of COVID reach levels of the flu, and the other diseases we face? When is it an acceptable risk?

Nobody wants to get sick, or die, but we don’t want to live

*Please see “COVID Risk,” page 65*



## Is It Too Late For a Baby?

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## Mental Health and Fertility



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

The fertility journey has been described as being extremely stressful and can provoke anxiety and depression in many patients. Infertility stress has been related or likened to the stress felt with major life events.

The interesting thing is that stress itself can result in irregular menstrual cycles, which may ultimately lead to infertility. Researchers have been looking into the complex relationship between stress and fertility. Most women experience some level of

discomfort prior to their menstrual cycle – premenstrual syndrome (PMS) – however patients who have anxiety or depression experience worsening symptoms. Of the women who seek treatment for PMS a majority complain of depression and anxiety.

Stress, depression, and anxiety are described as common consequences of infertility. Several studies have found that the incidence of depression in infertile couples presenting for infertility treatment is significantly higher than in fertile controls, with prevalence estimates of major depression in the range of 15-54%

Patients with anxiety disorder may also experience shorter menstrual cycles. Irregular menstrual cycles have also been associated with eating disorders and depression. Women with bipolar disorder are twice as likely to have irregular menstrual cycles.

Research has shown that psychological interventions that lower stress levels have been associated with sig-

*Please see “Mental Health,” page 62*



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# Can You Benefit From Braces?



By Jacqueline Brown Bryant  
DDS, MS, PC

tion of their teeth.

“This phenomenon was documented more than 25 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

Please see “Braces,” page 63

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 condi-



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# Nurture Your Digestion To Enjoy Holiday Goodies



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

which can either keep us comfortable or make us ill-at ease.

The symptoms that can cause varying degrees of digestive discomfort are constant belching, acid indigestion, stomach pain from inflammation, constipation, and flatulence, which are common problems that can wreak havoc on our holiday cheer.

Here are some products for digestion that can possibly help ease discomfort, so you enjoy your holiday and winter meals:

**Digestive Enzymes** – If undigested food is seen in the stools, then extra help might be necessary to break it down. Digestive enzymes generally help breakdown the proteins with protease, carbohydrates with amylase, and fats with lipase. There are broader spectrum enzymes supplements that will include enzymes to help breakdown cellulose from vegetable fiber with cellulase, and lactose from milk sugar with lactase.

Please see “Holiday Goodies,” page 65

A season of thankfulness, gratefulness, and relationships are upon us. The atmosphere will transition to be lighter and graceful with sentiments of peace. The food we intake will also go through a transition. It will move away from lighter summer meals to heavier hearty meals to help keep us warm in the cold months. To glide through these transitions we need to pay particular attention to our digestion,

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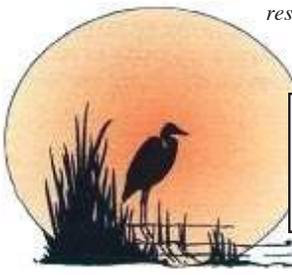
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# Psychiatric Rehab



By Joyce Abramson, RNMS  
Charles County Freedom Landing

tice 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 prac-

*Please see "Rehab," page 63*



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# Acupuncture and Seasonal Depression



By Brittney de Vicq, MAC, LAC  
Brittney de Vicq Acupuncture

between Thanksgiving and New 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




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# Bunions: Symptoms and Treatments



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

- 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

*Please see "Bunions," page 63*

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.

# Whiplash Injury



By Thomas K. Lo, DC  
Advanced Chiropractic Center

spine and soft tissues can contribute to headaches, dizziness, blurred vision, pain in the shoulders, arms and hands, reduced ability to turn and bend, and low back problems. As the body attempts to adapt, symptoms may not appear until weeks or even months later.

The chiropractic approach is to use specific adjustments to help normalize spinal function. After a thorough case history and examination, the doctor will recommend a series of visits to help restore proper motion and position of spinal bones. If caught early enough, inflammation can be reduced and scar tissue may be minimized.

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculoskeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

Whiplash is most commonly received from riding in a car that is struck from behind or that collides with another object. When the head is suddenly jerked back and forth beyond its normal limits, the muscles and ligaments supporting the head and spine can be stretched or torn. The soft, pulpy discs between spinal bones can bulge, tear or rupture. Vertebrae can be forced out of their normal position, reducing range of motion. The spinal cord and nerve roots in the neck can get stretched and irritated. While the occupants can suffer considerable soft tissue injury, the car may be only slightly damaged.

The resulting instability of the

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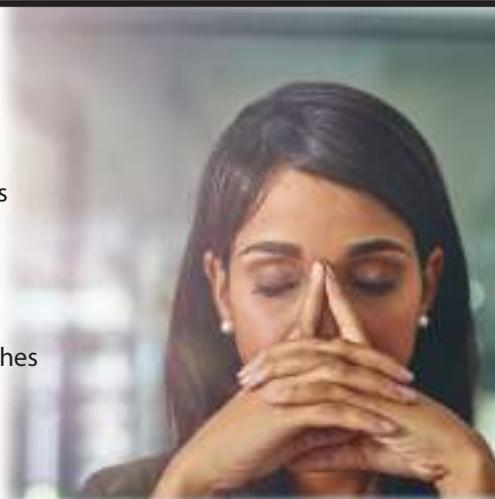
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# Cosmetic Dentistry



Submitted by E. Taylor Meiser, DDS  
Lighthouse Family Dentistry

Who doesn't want to look their best? Who doesn't want a good-looking smile? Your family dentist is the key professional who can help you have a healthy bright smile you are happy with and others like to look at. Take the cosmetic dentistry self-assessment test.

1. Are my teeth as bright and white as I'd like them to be?
2. Are my teeth different colors?
3. Are my fillings and crowns showing their age? (And mine?)
4. Are my teeth uneven, crowded, overlapped, spaced, or crooked?

5. Are my gums healthy or are they bleeding or receding?
6. Are any of my teeth loose or missing allowing the remaining teeth to shift position and changing my bite?
7. Do stains on my teeth refuse to come off with whitening toothpastes or even a hygienist cleaning and polishing?
8. Is my bridgework chipped, loose, or no longer match the other teeth?
9. Is my removable partial denture wearing out? Are the teeth chipped or worn? Does it fit as well as it used to?
10. Do I like my smile? Do others?

Your family dentist can offer many treatment options to help make your smile all it could be. Modern techniques, new and improved materials and advanced technologies can achieve superior results. All ages can be treated. Every smile can be improved.

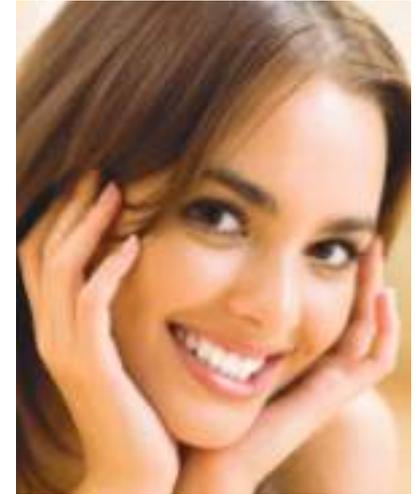
Your unique situation and dental needs will be determined after your dentist does a comprehensive dental exam and has a face-to-face per-

sonal consultation and discussion to understand your special desires and expectations.

Cosmetic dentistry and total oral health are not totally separate nor is one always unrelated to the other. Some cosmetic procedures, i.e. whitening (bleaching) are mainly just that – for esthetics only – but other cosmetic procedures – orthodontics (braces, teeth straightening) have very significant effects on the overall health of your teeth, gums, and occlusion (bite) for a lifetime.

Most dental insurances do not cover cosmetic procedures. Dental insurance usually covers only things that are decayed, infected, or broken. Read your insurance coverage carefully and be prepared to pay out of pocket for uncovered cosmetic procedures. It is definitely worth it to get a healthy, bright and appealing smile you are not ashamed of. Go the extra mile

and see your family dentist for more than a cleaning and cavity check. Ask what modern cosmetic dentistry can do for you. Who doesn't want to look their best? A good looking smile can be yours with the help of your family dentist and other dental professionals.



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# Acupuncture and Erectile Dysfunction



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

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

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

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

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

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

Each of us respond differently to the same stimulus. Ideal systems of health care recognize our individuality, and work with its unique pattern to bring us to our highest level of health.

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

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

Erectile dysfunction is an age-old problem. What better way to find relief than with the time-tested, age-old remedy of acupuncture?



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

- DC Resident, Mrs. Zhang

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### Reference:

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

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

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# Chinese Acupuncture For Neck Pain

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

the skin along predetermined points for therapeutic effect.

## How Does Acupuncture Work?

In Chinese medicine, it's believed that acupuncture works by unblocking the flow of energy along channels, or "meridians." The theory behind acupuncture is that when the body's energy channels are blocked, discomfort results.

## What Is Chinese Acupuncture?

Chinese acupuncture began more than 3,000 years ago and is an important part of traditional Chinese medicine (TCM). Acupuncture involves the placement of very slender needles into



Quansheng Lu, CMD, PhD, LAc

were conducted in an acupuncture treatment for 12 sessions during a six week period, with three and six months follow up. Participants receiving the real electro-acupuncture treatment had significantly greater reduction in pain intensity at three and six months respectively in comparison to the sham electro-acupuncture group (Spine, April 2011).

Traditional Chinese medicine includes Chinese herbal medicine, acupuncture/moxibustion, and so on. Chinese medicine therapy including herbal medicines and acupuncture for neck pain is very common and successful in China, even in Europe.

## Safety of Acupuncture

Although acupuncture is generally considered safe, it may cause dizziness, local internal bleeding, dermatitis, nerve damage, and/or increased pain (especially when the acupuncturist is not well-trained). So a well-trained professional and experienced acupuncturist is vital for safety and effectiveness.

## Neck Pain Causes

Most neck pain may result from staying in the same position for a long time. This increases the tension of the neck. Neck pain may also arise from an injury. In adults, narrowing of the spinal canal in the neck (cervical spinal stenosis) is common. In Chinese medicine theory, external wind and cold, or injury, or excessive activities can block the flow of qi and blood in the neck, which lead to neck pain.

## Neck Pain Symptoms

The most common symptoms include a knot, stiffness, or acute pain in the neck. The pain may extend to your shoulders, upper back, or arms. Sometimes, you may have a headache, have trouble in moving or turning your head and neck, or have numbness, tingling or weakness in your arm.

## Acupuncture Can Control Neck Pain

Acupuncture is widely used for the treatment of neck and other musculoskeletal pain and there is some evidence supporting its effectiveness for short- and long-term pain relief. An Australian randomized controlled trial was designed to compare the effectiveness of acupuncture with simulated acupuncture in patients with sub-acute and chronic whiplash-associated disorders. The patients



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# ENVIRONMENT

FROM PAGE 18

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 likely 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.

# PLANTAR WARTS

FROM PAGE 23

– the ball of the foot, or the heel, for example – they can be the source of sharp, burning pain. Pain occurs when weight is brought to bear directly on the wart, although pressure on the side of a wart can create equally intense pain.

## Tips For Prevention

- Avoid walking barefoot.
- Change shoes and socks daily.
- Keep feet clean and dry.
- Avoid direct contact with warts.
- Do not ignore growths on, or changes in, your skin.
- Visit your podiatric physician as part of your annual health checkup.
- Self Treatment

Self-treatment is generally not advisable. Over-the-counter preparations contain acids or chemicals that destroy skin cells, and it takes

an expert to destroy abnormal skin cells (warts) without also destroying surrounding healthy tissue. Those with diabetes or with cardiovascular or circulatory disorder should avoid self-treatment.

## Professional Treatment

It is possible that your podiatric physician will prescribe and supervise your use of a wart-removal preparation. More likely, however, removal of warts by a simple surgical procedure, performed under local anesthetic, may be indicated.

Lasers have become a common, effective treatment. A procedure known as CO2 laser cautery is performed under local anesthesia in your podiatrist's office surgical setting or an outpatient surgery facility. The laser reduces post-treatment scarring and is a safe form for eliminating wart lesions.

# MENTAL HEALTH

FROM PAGE 50

nificant increases in pregnancy rates.

Several studies suggest that cognitive behavioral group psychotherapy and support groups decrease stress and mood symptoms, as well as increase fertility rates. In a study by Domar and colleagues of 52 infertile women, a 10-week group behavioral treatment program significantly reduced anxiety, depression, and anger.

Having a precise diagnosis for the cause of infertility can reduce the psychological stress on patients. Patients who have unexplained infertility do not get a clear-cut answer as to why they're not getting pregnant, and this further exacerbates their stress level.

Changes to lifestyle such as exercise, diet, caffeine intake, and sleep

may be beneficial for some patients especially when combined with fertility treatment.

Group interventions have been shown to be more effective than counseling ones. Programs that include a mind/body approach have been shown to be beneficial. Such treatments include cognitive behavioral therapy that emphasizes the importance of thinking. It tries to increase positive thoughts and downplay negative thoughts such as "infertility is my fault."

Relaxation techniques are also widely used to help to induce anxiety. Such techniques include progressive muscle relaxation, yoga, meditation, imagery, and massage therapy. Other techniques include expressive writing.

# MEDICINES

FROM PAGE 42

feres, with something you eat or drink.

Drug-disease interactions happen when a prescription medication or over-the-counter medicine interacts, or interferes, with a disease or condition that you have. For example, decongestants, which are found in many cold remedies, may cause your blood pressure to go up. This may be dangerous for people with high blood pressure.

Your risk of having a drug interaction depends in large part on how many medicines you are taking. Fortunately most of these interactions can be prevented. By taking a few simple steps, you can protect your health and avoid serious problems.

**Read the labels of all over-the-counter medicines.** Look for the section called "Drug Interaction Precaution." If you don't see it, don't assume that no interactions will occur. Read all the information carefully to be sure.

**Tell all of the doctors and pharmacists you visit about all of the prescription medications and over-the-counter medicines you use.** Use a Personal Medication Record to write down information about the medi-

cines that you use. Be sure to include those you take every day as well as those you use only once in a while. If you use vitamins or herbal products, be sure to write them down, too.

**Before taking any new medication, talk to your doctor or pharmacist.** Ask whether it is safe to take the new medicine with other prescription medications, over-the-counter medicines, vitamins, or herbal products that you are taking. Ask if there are any foods, drinks, or medications you should avoid while taking the new medicine. Never use prescription medicines that belong to another person, even if that person seems to have the same health problem you have.

**Ask your doctor or pharmacist for advice on over-the-counter medicines.** Your doctor or pharmacist will help you choose the medicine that best meets all of your health needs. If you can, buy your over-the-counter medicines at the same pharmacy where you have your prescriptions filled. That way, the pharmacist can check your records to see if the over-the-counter medicines you buy could interact with the prescription medications you take.

# PAIN RELIEF

FROM PAGE 20

consists of up to five treatments.

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

## What Conditions Are Treated With ESWT?

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

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

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

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

# SELF-CONFIDENCE

FROM PAGE 28

## What Dental Procedures Could Help My Smile?

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

Cosmetic procedures include bleaching, bonding, veneers, reshaping and contouring. Bleaching is a common and popular procedure that is used to whiten teeth and can be

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

# SUICIDE

FROM PAGE 48

Taking these feelings seriously is an important part of preventing teen suicide.

Another risk factor to consider is the presence of firearms. Because firearms are used in more than half of teen suicides, it is important to realize that easy access to a firearm and ammunition can contribute to a teenage death by suicide. Teenagers who express suicidal thoughts and feelings should not have ready access to firearms.

## Teen Suicide Warning Signs

Studies show that four out of five teen suicide attempts have been preceded by clear warning signs, make sure you know them. With many pressures and a variety of emotional, social and family issues to confront, many teenagers find themselves having suicidal thoughts.

- Begins to neglect hygiene and other matters of personal appearance
- Emotional distress brings on physical complaints (aches, fatigues, migraines)
- Hard time concentrating and paying attention
- Declining grades in school
- Loss of interest in school work
- Risk taking behaviors
- Complains more frequently of boredom

# BRACES

FROM PAGE 52

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

# BUNIONS

FROM PAGE 56

options is to relieve pressure on the bunion and halt the progression of the joint deformity. If pain persists, podiatric medical attention must be sought. Bunions tend to get larger and more painful if left untreated, making nonsurgical 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

- Does not respond as before to praise
- Disinterest in favorite extracurricular activities
- Problems at work and losing interest in a job
- Substance abuse, including alcohol and drug use
- Behavioral problems
- Withdrawing from family and friends
- Sleep changes
- Changes in eating habits

## Teenage Suicide Prevention

Suicidal behavior in teens can lead to tragic consequences. It is important to realize the stakes in preventing teen suicide. Teen suicide prevention requires diligence on the part of guardians, as well as a willingness to seek professional help when it is needed.

One of the most important aspects of teen suicide prevention is support. The teenager needs to know that you support and love him or her, and that you are willing to help him or her find hope in life again. One of the most effective ways to prevent teen suicide is to educate your self and recognize the signs of suicidal thoughts and feelings, and seek professional help.

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.

life. Taping helps keep the foot in a normal position, thus reducing 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.

# COVID END

FROM PAGE 50

answer is simple, even for the simplest of minds. COVID will end when everyone is vaccinated, and not until.

It is very unclear why there isn't a federal mandate for EVERYONE to get vaccinated. Literally, Congress could pass a law today and the President could sign it, and it would probably go through quickly. So, why doesn't that happen?

Well, back to a whole bunch of

people who, for whatever reason, want to put the whole country through the never-ending COVID crisis. They have something to prove. Maybe they want to see COVID be treated like the flu – life goes on even though people die. As unrealistic as that is, that's all I can think of.

When will COVID end? If every single eligible person got vaccinated today, then COVID would end quickly. That's when COVID will end.

# AGING

FROM PAGE 18

mones decline. Areas to focus on are thyroid issues, which can produce fatigue and dulling. A phenomenon called “adrenal fatigue” is becoming more recognized as a real issue and testing and treating this can make a big difference for people. Finally optimizing hormone levels in men and women can afford great changes in energy and vitality.

The health and functioning of our gastrointestinal (GI) tract is critical to our aging well. About 80-90% of our immune and neurotransmitter system reside in our GI system. You simply cannot be well or age opti-

mally if you have a digestive issue. While some people have very difficult issues to deal with like inflammatory bowel disease, many people are afflicted with what are called functional bowel issues such as small intestinal bacterial overgrowth and leaky gut that are easily remedied when under the right care.

Being evaluated and treated by a doctor trained in functional and integrative medicine can support you in uncovering and treating issues that will then allow you to age gracefully and leading an active and fulfilling life as long as possible.

# REHAB

FROM PAGE 54

ticed. 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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or family history of skin cancers or pre-cancers. Your dermatologist can show you how to perform regular skin 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 Mask-ne

Mask-ne – acne, skin redness or other skin breakouts due to mask-wearing – is due to the trapping of skin perspiration, breath droplets, skin oils, and make-up. Changing masks at least once a day and washing them daily will help, as will avoidance of make-up beneath your mask. Hanging up your mask to dry in the sunlight exposes it to UV light, which helps to kill bacteria.

A board-certified dermatologist can examine you fully and recommend a holistic plan including prescription creams, plus oral medications if needed for severe mask-ne. 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. Beauty Above/Below the Mask

For true beauty above the mask, your doctor needs to know how to analyze your whole face in 3D with advanced understanding of your facial anatomy. Highly-skilled procedures are individualized for your

own skin type and concerns such as under-eye circles, wrinkles, bumpy skin or sagging. Ultherapy is FDA approved for nonsurgical brow, face and jawline lifting; delicate doses of Botox or natural fillers like Restylane and Juvederm can relax crow's feet and forehead wrinkles, shape your brows and widen droopy eyes. 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 elastic tissue can take years off your face.

Double chins show 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 re-define 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 can examine you medically to identify

underlying causes such as polycystic ovarian syndrome (PCOS). 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 the 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.

# HOLIDAY GOODIES

FROM PAGE 52

**Digestive Bitters** – Low stomach acid can cause food to stagnate and rot in your stomach causing bitter smells, gas, bloating, and belching. Digestive bitters can help by initiating the secretion of HCL from your parietal cells to help denature proteins and help release iron and calcium from foods.

**Probiotics and Prebiotics** – The gut flora or microbiome as it is currently called is critical to the health of the gut and immune system. These friendly microbes also help to create vitamins and keep bad bacteria under control thus keeping gas and belching in check.

**Digestive Fiber** – Fiber is necessary to keep food moving through the small and large intestines while picking up toxins, bacteria, and wastes. Fiber keeps the intestines clean by assisting to increase the bowel transit time in the removing of wastes matter from the colon.

**Herbal Support** – Herbs such as ginger root is not only an anti-inflammatory for pains, but also good for digestion helping to ease an upset stomach and to reduce flatulence.

This is a short list of different types of digestive supplements that can be kept on hand for extra help with digestion making it possible to enjoy all the cookies, cakes, turkey, dressing, casseroles, and buffet items that are generally prevalent during this time of year. Think ahead and prepare to avoid those food items that are offensive and cause the discomfort.

Some foods that may offend are dairy, sugary foods, gluten, fried, salty foods, and bubbly drinks. Plan in advance to have substitutions that you can eat without problems and enjoy your holiday without any food-related stressors. If you need further help with your supplement choices contact a nutritionist.

# HORMONES

FROM PAGE 4

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

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

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# COVID RISK

FROM PAGE 50

in a bubble either. The CDC reports three children out of 100,000 were hospitalized in the past two months. According to the CDC, COVID is the 10th leading cause of death in children. Motor vehicle accidents, firearms, cancer, drowning, etc. are far more lethal to children.

We don't stop driving or going to the swimming pool, so why do we change everything for COVID? Is it fear? Is it government?

In addition to these statistics, the likelihood of dying from the vaccine is 100 times less than dying from COVID. So, logically, if people keep on doing these risky things and won't get a vaccine because of the fear of side effects, is it that they just don't understand that their lives are at risk every day?

Doctors will advise you to stop doing anything that will harm you. They have to, it's their job. But as free people we decide what to do, only taking the doctor's advice into account.

You're beginning to hear doctors say things like the risk of dying from COVID or even getting very sick from

it, is reaching very low levels. You're even hearing them say, it's time to go back to normal – that the risk is not as great as many other things.

The unvaccinated are still the big concern. Everyone is being forced to mold their lives around the lives of the unvaccinated. But, even at that, the risk to those people is decreasing as well.

The CDC reports that 75% of adults are fully vaccinated and another 18% have immunity from surviving the virus. That is 93% immunity. These Venn diagrams overlap some, and the government isn't providing those numbers, so it may be somewhat less, but still very high. So, what's the problem? Why doesn't everyone approach COVID as a normal risk, just like so many other risks we take every day?

The bottom line is, your life is at risk from many things. Stopping your life because of one doesn't make logical sense. Get advice from your doctor and then make up your mind which risks you can manage. It's really up to each person and family.

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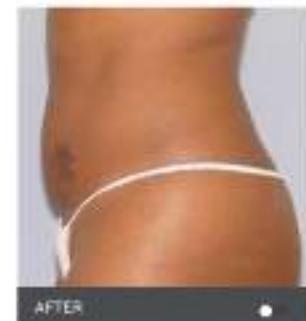
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Your skin is the largest organ in your body and, together with your hair and nails, the mirror of everything that's happening internally. After over twenty years as a fellowship-trained, Board Certified dermatologist and as a cosmetic surgeon, I am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

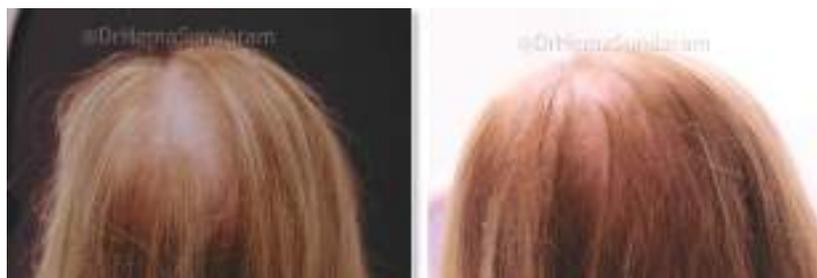
My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert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

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

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

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

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