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December 2023

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# New Technology



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## Revolutionizing Whiplash Diagnosis

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

Submitted by  
Washington Open MRI

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

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

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

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

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

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

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

But here's the problem: many

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

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

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



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SOURCES: Centers for Disease Control and Prevention (CDC), National Kidney Foundation®.

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# December A Time for Reflection and Renewal



By Toni Greene, Owner  
Happy Hour Yoga on Zoom!

December is the month of reflection and the holiday season. A time when we look back over the year (or years) and reflect. A time to plan and set intentions for the new year of 2024.

December can be cold, icy, sunny, and exciting. A time to prepare for the new upcoming year. A month when we can consciously be aware of who and where we are in the scheme of things. A time to reflect and let go of stuff. The stuff that we keep dragging with us from year to year. It is a time to eliminate unwanted stuff – physically, mentally, and emotionally.

December is a great month because it is the end of the year. With endings come new beginnings. New beginnings are about being new. Being who you want to be and not what others want you to be. New beginnings have a new exciting energy, a feel-good energy, an energy that resonates within your mind, body, and spirit (soul).

*Please see "December," page 62*

The holidays are already here; where has the year (or years) gone? Were we present this year, or were we in a trance? Most of us have been in a trance. A state of... whatever. There has been so much going on. December is waking us up from the trance we have been in for the past three years or so. Covid, Flu, RSV, and any of the old and new viruses we have been living with or dying from are now in our awareness and our concern.



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# Here's How Eyeglasses Work *A Clearer Perspective On Optical Health*



By Graham Corby  
Certified Optician  
Annapolis Opticians

Clear and precise vision is a gift that many people enjoy, thanks to eyeglasses. These marvels of optical engineering have been improving people's lives for centuries. In this article, we'll take a closer look at how eyeglasses work to correct various vision problems and enhance optical health.

## The Basics Of Eyeglasses

Eyeglasses are optical devices designed to correct vision problems caused by refractive errors, such as nearsightedness (myopia), farsightedness (hyperopia), and astigmatism. They consist of two main components: lenses and frames.

**Lenses:** Lenses are the heart of eyeglasses. They come in various types, including convex (for farsightedness), concave (for nearsightedness), and cylindrical (for astigmatism) lenses. These lenses work by bending and focusing light rays so that they converge at a specific point on the retina, providing a clear image. Convex lenses are thicker at the center, while concave lenses are thinner at the center, allowing them to achieve this bending of light.

*Please see "Eyeglasses," page 62*

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**CHIROPRACTIC AND NUTRITION**

**Thomas K. Lo, DC, MA**


A native of Hong Kong, Dr. Lo has been serving the Chiropractic community since 1984 and as 2016 moved into Fairfax, VA. He graduated from the National College of Chiropractic in Lombard, IL in 1985. Dr. Lo is a member of the National Chiropractic Association and the American Chiropractic Association. He is a diplomate of the American Academy of Pain Management, a Fellow of the International Academy of Chiropractic, and a Fellow of The American Association of Chiropractic Colleges. He is currently the Managing Chiropractor for the Kaiser Theater of the Grand and was the winning chiropractor for the World's Greatest Athlete Chiropractic Club in the 2004 Olympic Year.

Over 30 years of his own practice, he has assisted countless proficiency organizations, has been field head therapy and had advanced certification in Chiropractic.

In his spare time, Dr. Lo enjoys active in the community, he enjoys swimming and playing golf at the local Potomac YCCA. On the weekends he likes to enjoy his family, music and to help his loved ones having any amount of caring for them.

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Alison Doner – MD



# Forget the “New You” and Focus On the Real You



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

## Look Naturally Refreshed and As Good As You Feel

How do you view midlife? If you're like most members of this modern generation, you probably have every expectation that this stage of life will be fulfilling, inspiring and productive. This year, that goal may be even stronger as we emerge from recent challenges and into the future.

Today's 30- to 70-somethings and

beyond want to reflect externally the youthful vigor and vitality that they strive for internally. In doing so, they are redefining midlife and revolutionizing health and wellness for women and men of all ages. Even our clinic patients in their 90's are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are!

This positive life philosophy has led to the development of new, non-surgical makeovers that harness our skin's natural repair processes. Recent Academy teaching for dermatologists and plastic surgeons has focused on state-of-the-art techniques and technology that preserve our individuality and avoid the “done” look. The goal is to look as healthy and vibrant as we feel inside.

To achieve the best and safest results, it's critical to find a properly qualified doctor. The American Board of

Please see “New You,” page 66

## New Studies Starting This Month at our National Research Centers...

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# Sleep Hygiene

## *The Secret To Better Sleep*

Submitted by  
Me Time Healing

Although the quality and quantity of sleep directly impact our psychological and physical well-being, according to the WHO, at least 40% of the world's population suffers from some form of sleep disorder.

Good sleep hygiene refers to a set of practices and habits that promote healthy and restful sleep. Many people focus on determining the number of hours they should sleep each night when the truth is that restful sleep is a multifactorial issue. Therefore, there must be a balance between duration, timing, continuity, quality and efficiency. This is where sleep hygiene comes into play, that set of habits, techniques and circumstances that make sleep more adequate and better used.

### Importance Of Sleep:

Given its importance, we want to share with you some recommendations to achieve good sleep hygiene in your rest. Among the benefits of good sleep hygiene are the following:

- It strengthens cardiovascular, metabolic and immunological health and physical performance
- Improves information processing and retention
- Reduces fatigue, irritability and lack of motivation

These practices can help individuals fall asleep faster, sleep more soundly, and wake up feeling refreshed and energized.

Here are some recommendations to achieve good sleep hygiene:

**1. Stick To a Consistent Sleep Schedule:** Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock and promotes better sleep quality.

**2. Create a Comfortable Sleep Environment:** Make sure your bedroom is cool, dark, and quiet. Use comfortable bedding and a comfortable mattress that supports your body.

**3. Limit Caffeine and Alcohol Consumption:** Caffeine can disrupt your sleep, so avoid consuming it in the late afternoon and evening. Alcohol can also interfere with your sleep, so limit your consumption or avoid it altogether.

**4. Establish a Relaxing Bedtime Routine:** Engage in relaxing

activities before bed, such as reading a book, taking a warm bath, or practicing yoga or meditation. Avoid stimulating activities, such as watching TV or using electronic devices.

**5. Limit Exposure To Electronic Devices:** The blue light emitted by electronic devices can disrupt your sleep. Avoid using electronic devices before bed or use blue light filters.

**6. Exercise Regularly:** Regu-

lar exercise can help promote better sleep, but avoid exercising too close to bedtime as it can stimulate your body and make it difficult to fall asleep.

**7. Manage Stress:** Stress can interfere with your sleep, so practice stress-reducing techniques such as deep breathing, mindfulness, or yoga.

If you are experiencing difficulties falling asleep or cannot establish a routine that increases your sense of

well-being, it may be a good time to consult a wellness counselor, who can advise, support and help you.

Good sleep hygiene is essential in order for you to continue taking care of your emotional well-being. By simply following these recommendations, you can establish healthy sleep habits and improve the quality of your sleep and your emotions.

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

# Exploring the Vital Services Offered by Colon and Rectal Surgeons

Colon and rectal health is a crucial aspect of overall well-being, often overlooked until problems arise. Colon and rectal surgeons provide a range of services to address various issues affecting this part of the digestive system. These services are essential in maintaining good health and preventing more severe conditions. Here, we will explore some of the key services offered by colon and rectal surgeons and underscore the importance of prioritizing colon and rectal health.

**Robotic Surgery:** Advancements in technology have revolutionized the field of colon and rectal surgery. Robotic surgery allows for minimally invasive procedures with smaller incisions, shorter recovery times, and reduced postoperative pain. It's especially beneficial in the treatment of conditions such as colorectal cancer and inflammatory bowel diseases.

**THD Surgery:** Transanal Hemorrhoidal Dearterialization (THD) is a technique used to treat hemorrhoids. By locating and ligating the arteries that feed the hemorrhoids, THD can effectively alleviate the discomfort and bleeding associated with this common condition.

**Conditions Treated:** Colon and rectal surgeons are experts in diagnosing and treating a wide range of conditions, including anal pain and itching, anorectal abscesses and fistulas, cancers of the colon and rectum, fissures, fecal incontinence, hemorrhoids, inflammatory bowel diseases, polyps of the colon and rectum, pilonidal disease, rectal prolapse, and more. Seeking professional care for these conditions is crucial for accurate diagnosis and effective treatment.

**Colonoscopy:** A colonoscopy is a preventive screening tool recommended for adults over a certain age or individuals at risk for colorectal cancer. It allows colon and rectal surgeons to detect polyps, abnormal growths, and early-stage cancers, providing an opportunity for timely intervention.

**Colorectal Genetic Testing:** Some individuals have a higher

genetic predisposition to colorectal conditions. Genetic testing can identify this risk and inform screening and treatment plans.

**Inflammatory Bowel Diseases:** Conditions like Crohn's disease and ulcerative colitis require specialized care. Colon and rectal surgeons are

well-equipped to manage these diseases and improve patients' quality of life.

**Hereditary Polyposis Syndromes (FAP/HNPCC):** Hereditary polyposis syndromes are genetic conditions that increase the risk of colorectal cancer. Specialized care is necessary to monitor and manage these conditions effectively.

Colon and rectal health is a vital component of overall well-being. The

services offered by colon and rectal surgeons, such as robotic surgery, and the treatment of various conditions, play a crucial role in preserving and restoring health. Early detection and timely intervention are key to preventing more severe issues. It's essential to prioritize colon and rectal health and seek professional care when needed to maintain a high quality of life.

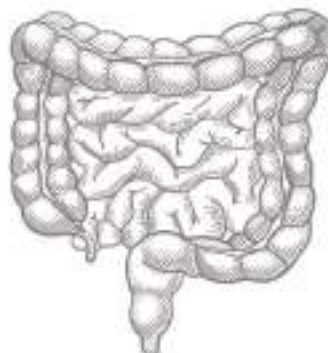


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# The Holiday Season and Mental Health

## *Managing Stress, Depression, and Addiction With Compassion*

Submitted By  
A+ Counseling Center

The holiday season is often described as a time of joy, togetherness, and celebration. However, for many individuals, it can be a period of heightened stress, depression, and even addiction. The pressure to create picture-perfect gatherings, the isolation felt by those who are alone,

and the temptations that come with festive occasions can all take a toll on mental health. This article explores how compassion can be a powerful tool in managing these challenges and promoting better mental well-being during the holiday season.

### **Understanding the Holiday Blues**

The holiday season can bring about a complex mix of emotions.

While some look forward to the festivities, others may experience heightened stress or depression due to various reasons. Financial burdens, family conflicts, and the pressure to meet unrealistic expectations can all contribute to the holiday blues. Recognizing that these feelings are common and valid is the first step in managing them with compassion.

### **Compassion For Yourself**

The foundation for managing holiday-related mental health challenges starts with self-compassion. It's essential to remember that it's okay to feel overwhelmed or sad during this time. Be kind to yourself, and don't compare your experience to others. Setting realistic expectations and boundaries is key to reducing stress.

### **Connecting With Others**

For those who may feel isolated or lonely during the holidays, reaching out to loved ones or support networks is crucial. Engage in open and honest conversations with friends and family about your feelings. It's also an excellent time to volunteer or participate in social events within your community, fostering a sense of connection and belonging.

### **Mindfulness and Stress Reduction**

Practicing mindfulness can help alleviate holiday stress. Engage in deep breathing exercises, meditation, or yoga to stay grounded and present in the moment. By focusing on your breath and being aware of your thoughts and emotions, you can better manage stress and anxiety.

### **Recognizing Signs Of Addiction**

During the holiday season, there may be an increase in the consumption of alcohol and other substances, often as a coping mechanism. If you or someone you know is struggling with addiction, it's crucial to address it with compassion and seek help from professionals or support groups. Addiction is a complex issue, and understanding and empathy are vital in the recovery process.

### **Supporting Loved Ones**

If you have a friend or family member who is experiencing mental health challenges or addiction during the holidays, offer your support with compassion. Listen without judgment, validate their feelings, and encourage them to seek professional help if needed. Remember, being there for someone in their time of need can make a significant difference.

### **Balancing Tradition With Self-Care**

While holiday traditions can be wonderful, they shouldn't come at the expense of your mental health. It's okay to make adjustments and prioritize self-care. Choose the traditions that bring you joy and minimize the ones that cause unnecessary stress.



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# Improve Your Health This New Year: Take Care Of Your Teeth and Gums

By Karl A. Smith, DDS, MS

While we know eating right and tossing out the cigarettes are all part of our typical New Year's resolution to lead a healthier lifestyle, many of us are not aware of the overall health benefits of taking good care of our teeth and gums.

Tooth decay, plaque and periodontal (gum) disease is a health problem that doesn't normally get a lot of New Year's resolution attention. In fact, many adults with gum disease are not aware of the diagnosis, symptoms or its lasting effects. Medical evidence concludes that poor oral health, gum disease, cavities, plaque buildup, etc., can contribute to other problems in the body.

## The Causes and Symptoms Of Gum Disease

Periodontal disease is an inflammatory disease that affects the soft and hard structures that support your teeth. In its early stage, called gingivitis:

- gums become swollen and red due to inflammation
- teeth and gums often bleed while brushing

In the more serious form of periodontal disease — called periodontitis:

- gums pull away from the tooth as infection settles in
- supporting gum tissues are destroyed
- supportive jaw bone can be lost
- your teeth will loosen and eventually fall out

## Diagnosing Periodontal Disease

Periodontists are dentists who specialize in the treatment and prevention of periodontal (gum) disease. They are experts in the treatment of oral inflammation, plaque and bacteria as they receive extensive training in these areas during their three additional years of education beyond dental school. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease.

Make it your New Year's resolution to take better care of your mouth and teeth.

**Brush twice daily:** Your mouth is the front line for battling the bacteria.

**Floss daily:** Your toothbrush can't reach between your teeth. Daily

flossing cleans the spaces between teeth.

**Have at least two dental cleanings a year:** Your dental hygienist supplements your daily brushing and flossing.

**Get a regular annual dental checkup:** Preventative dentistry is better for your health.

**Visit a periodontist for gum evaluation:** All adult patients should have a full periodontal exam with

charting accomplished once a year. This provides you and your Dentist with a baseline measurement to record the pocket depth (space between your teeth and gums), the presence of gum disease, gum recession, bleeding, tooth mobility and plaque buildup.

**Eat, drink and be wary:** The enemy of oral health is the group of natural bacteria that thrive on sugar and dissolve the protective enamel covering the teeth.

**Consider a new and stronger smile:** Getting dental implants and crowns for missing or broken teeth isn't a luxury; these problems may leave you with shifting teeth and a vulnerability to gum disease.

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# Embracing Holistic Health and Wellness For a Balanced Life

By Janine Horne, Owner  
Zen Well Studio

In a world that often emphasizes quick fixes and isolated treatments for health issues, holistic health and wellness stand out as a comprehensive and sustainable approach to well-being. Holistic health goes beyond the mere absence of disease; it encompasses the physical, mental, emotional, and spiritual dimensions of a person. In this

article, we will explore the concept of holistic health and wellness and why it is gaining momentum as a path to a balanced and fulfilled life.

## Understanding Holistic Health and Wellness

Holistic health and wellness view the human body as an interconnected system, recognizing that physical health is deeply intertwined with mental, emotional, and spiritual well-being. It focuses

on achieving harmony and balance within these interconnected aspects of life.

## Key Components Of Holistic Health and Wellness

**Physical Health:** This aspect includes maintaining a balanced diet, regular exercise, adequate sleep, and proper hydration. Holistic health also encourages natural remedies and alternative therapies alongside conventional medicine.

**Mental Health:** Holistic wellness



Janine Horne, Owner

emphasizes the importance of mental health through practices like mindfulness meditation, stress management, and cognitive therapy. It seeks to alleviate anxiety, depression, and other mental health challenges.

**Emotional Health:** Acknowledging and addressing emotional well-being is crucial in holistic health. Techniques like journaling, counseling, and emotional release practices help individuals process and manage their emotions.

**Spiritual Health:** This component is about nurturing a sense of purpose, connection, and inner peace. People often find spiritual fulfillment through meditation, yoga, prayer, or engaging in activities that align with their values and beliefs.

## The Benefits Of Holistic Health and Wellness

**Balanced Well-being:** Holistic health promotes balance in all aspects of life, reducing the risk of chronic illnesses and improving overall quality of life.

**Improved Mental Health:** By addressing mental and emotional health, holistic wellness helps individuals better manage stress, anxiety, and depression, leading to greater mental clarity and happiness.

**Enhanced Immunity:** A strong, well-balanced body is more resilient to illnesses, making it easier to fight off infections and diseases.

**Increased Energy and Vitality:** Holistic practices often result in higher energy levels, improved sleep, and increased vitality, enabling individuals to lead more active and fulfilling lives.

**Prevention and Longevity:** By taking a proactive approach to health, holistic wellness aims to prevent health issues before they arise, promoting longevity and a higher quality of life.

Holistic health and wellness offer a transformative approach to living a balanced, fulfilling life. By recognizing the interconnectedness of physical, mental, emotional, and spiritual well-being, individuals can make informed choices that support their overall health and happiness. Embracing holistic health is not a one-time fix but a lifelong journey toward a harmonious existence that leads to lasting well-being.



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# Oral Myofunctional Therapy For Children, Including Special Needs Kids



By Dawn L. Tyler, DDS  
Magnolia Dental

Every parent dreams of their child having a radiant smile and enjoying good oral health. However, certain habits like tongue thrusting, thumb sucking, nail biting, teeth grinding, and reverse swallowing can contribute to crooked teeth and improper facial development in children. But there's hope!

Oral myofunctional therapy is a specialized form of therapy designed to address and correct improper oral and facial muscle function. It focuses on eliminating detrimental habits that can affect your child's dental health and overall well-being:

**Tongue Thrusting:** This is the habit of pushing the tongue against or between the teeth when swallowing, which can lead to dental misalignment. Oral myofunctional therapy teaches your child proper swallowing techniques, reducing the pressure on teeth.

**Thumb Sucking:** Thumb sucking may seem harmless, but it can lead to open bites and other orthodontic issues. Oral myofunctional therapy can help break this habit gently and effectively.

**Nail Biting:** This behavior can exert unnecessary pressure on the teeth and jaw, potentially causing misalignment. The therapy assists in identifying triggers and redirecting nervous energy towards healthier habits.

**Teeth Grinding:** Also known as bruxism, teeth grinding can lead to worn enamel and other dental problems. Oral myofunctional therapy can help children relax their jaw muscles, reducing the likelihood of grinding.

**Reverse Swallowing:** This can result in tongue thrusting, contributing to dental issues. The therapy helps children relearn the proper way to swallow.

Oral myofunctional therapy offers several benefits for all children, promoting proper facial movement and overall health:

**Improved Facial Development:**

By addressing harmful habits early, the therapy can aid in proper facial and dental development, reducing the need for costly orthodontic treatments in the future.

**Enhanced Speech:** Correcting tongue thrusting and other oral habits can lead to improved speech development in children, helping them communicate more effectively.

**Better Breathing:** Proper tongue posture and oral muscle function can

improve breathing patterns, especially for children with allergies or asthma.

## Oral Myofunctional Therapy For Special Needs Children

Children with special needs, such as down syndrome, cerebral palsy, mobility issues, anxiety, and autism, can also benefit immensely from oral myofunctional therapy. Here's how:

**Individualized Approach:** Trained therapists can create personalized therapy plans to accommodate

the unique needs and challenges of children with special needs.

**Enhanced Quality Of Life:** By addressing oral habits and promoting proper muscle function, therapy can help special needs children speak more clearly, eat comfortably, and enjoy a better quality of life.

**Increased Confidence:** A beautiful smile and improved oral health can boost a child's self-esteem, regardless of their special needs.



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# So, What Is ‘Healthy Eating’?

By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

We are all told by our doctors that we need to eat “healthy” in order to have a good life. So, what does that really mean? Ideally you should make sure to take in the right amounts of carbohydrates, protein, minerals, etc. The list of ‘ideal’ food intake requirements is huge! Depending on the doctor or nutritionist you talk to, it could vary

greatly depending on their beliefs and your needs.

When it comes to healthy eating for a TMJ disorder person, it’s a bit of a different story. In almost all cases, when a person is wearing a TMD appliance, they need to be on a bit of a soft food diet. This immediately negates things like beef jerky, hard raw vegetables, and many other items. The soft food diet is for two reasons. First, the displaced discs in the jaw

joints will heal faster if there is less stress on them, i.e., soft food means less stress to the joints. Second, when wearing a splint for example, it cannot handle hard foods because the acrylic might break. This makes a healthy diet more interesting.

With all of our TMD cases, we provide an actual recipe book to help with the dietary needs while in treatment. When a patient is in appliance therapy, they need to be aware of their



Jeffrey L. Brown, DDS



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

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

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

healthy eating requirements. This does take some planning and preparation for the 12-18 months in therapy to comply with the program. In almost all cases, however, the person can manage both the appliances and a healthy diet just by paying attention to the details.

Once treatment has been completed, it becomes much easier to maintain a healthy diet for the long term. A simple thing that is quite obvious to good health is good sleep. And part of good sleep involves the proper levels of Vitamin D. Did you know that Vitamin D is not really a vitamin? It is actually a hormone that regulates sleep. If your D levels are too low, then the B vitamins cannot be manufactured in the gut. Good D levels are critical to good sleep and to proper B levels. This is why our patients are counselled in healthy D levels.

Another key to being healthy is hydration. That’s right, you need enough water to keep your cells active and healthy. Think of proper hydration when you think of proper eating – they are both critical to your good health. As a general rule of thumb, whatever your body weight is in pounds, cut that number in half and you should consume that number of ounces of water per day. This is the bare minimum. For example, a 200-pound person needs about 100 ounces of water per day. If you drink coffee/tea/soda/etc., then that number is higher due to the dehydrating effects of caffeine.

So healthy eating means healthy thinking and healthy planning!



Jeffrey L. Brown, DDS

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

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# Lipotropic B12 Injections: Your Path To Weight Loss and Energy Boost

Submitted By  
MJ Luxe Medi Spa

In the quest for a healthier lifestyle, people often explore various methods to achieve their weight loss and energy-boosting goals. Lipotropic B12 injections, a popular option, have gained attention for their potential benefits in promoting weight loss and increasing energy levels. In this article, we will delve into what these injections are, how they work, and their potential role in enhancing your beauty and skincare health.

## Understanding Lipotropic B12 Injections

Lipotropic B12 injections consist of a combination of essential nutrients, including B vitamins (such as B12), amino acids, and lipotropics, which are compounds that help break down and metabolize fat. This potent blend can be a valuable addition to your beauty and skincare regimen, as it targets two key areas: weight management and increased energy.

### Weight Loss Benefits

**Fat Metabolism:** Lipotropic B12 injections can boost your metabolism, aiding your body in processing fat more efficiently. This can be especially helpful for those looking to shed excess pounds.

**Appetite Control:** These injections may help control your appetite by enhancing the brain's regulation of hunger and satiety signals, potentially reducing cravings and overeating.

**Improved Liver Function:** The lipotropic components in the injections support the liver in detoxifying and breaking down fat, which can lead to a healthier liver and overall improved body function.

### Increased Energy Levels

**B12 Boost:** Vitamin B12 plays a crucial role in energy production by helping the body convert food into fuel. Lipotropic B12 injections ensure that your body gets a potent dose of this vital nutrient, leading to increased energy levels.

**Enhanced Mood:** B vitamins, including B12, are known to promote a positive mood and reduce symptoms of fatigue and stress, which can further contribute to improved energy and overall well-being.

**Improved Mental Clarity:** Many individuals report heightened mental clarity and focus after receiving lipotropic B12 injections, which can positively impact your daily activities and productivity.

## Incorporating Lipotropic B12 Injections into Your Beauty and Skincare Routine

To experience the full benefits

of lipotropic B12 injections, consider the following tips:

**Consult a Professional:** Always consult a healthcare professional before starting any new treatment, including lipotropic B12 injections. They can assess your individual needs and create a personalized plan.

**Follow a Healthy Lifestyle:** Combining these injections with a

balanced diet and regular exercise can maximize their impact on weight loss and energy levels.

**Stay Hydrated:** Adequate hydration is essential for the body to process the injected nutrients effectively.

**Monitor Progress:** Keep track of your weight loss and energy levels over time to determine the injections' effectiveness.



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# A Reason To Smile Again

## All-on-Four Dental Implants



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

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

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

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

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

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

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

*Please see "All-On-4," page 62*

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Dr. Greene was featured on the Oprah Winfrey Network mini-series Unfaithful, working with couples who have had infidelity issues to heal and save their marriages.

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# Chiropractic Can Help With Stress



By Alicia Kovach, DC  
Kovach Chiropractic

In today's fast-paced society, we find ourselves constantly on the move, grappling with the hustle and bustle of life. The burdens of work, family, and financial concerns add to the chaos. Have you ever considered how this relentless stress affects your well-being?

Stress, whether it manifests physically or mentally, sets off a primal fight-or-flight reaction within us. This response triggers a cascade

of physiological changes that affect virtually every corner of our bodies. At the core of this response is the hypothalamus, a brain region that ignites the sympathetic nervous system (SNS). Heart rate escalates, blood volume and pressure surge, and blood flow diverts away from digestion and extremities. Our senses sharpen, with vision becoming more acute and hearing more finely tuned.

In response to these SNS signals, the adrenal glands release a cocktail of corticoids, including adrenaline, epinephrine, and norepinephrine. Such a response is incredibly valuable if you're running away from a prehistoric predator or confronting a modern-day threat. Nevertheless, the long-term consequences of prolonged stress can wreak havoc on your overall health.

Individuals enduring chronic stress are more susceptible to conditions like high blood pressure, diabe-

*Please see "Stress," page 62*



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# A New Foundation For the New Year



By Alan Weiss, MD  
Annapolis Integrative Medicine

As we head towards the end of another challenging (for many) year and into the holiday season, there is an opportunity to recalibrate, reverse a trajectory and set new goals and create new habits. Despite the best of intentions, it seems that the pull of our habits and the pressures of life often displaces our commitment to create a foundation of well-being.

So what can you do to accomplish two of the most common health desires, which are to lose weight and

just feel better? First thing is to choose moving in the direction of health.

One of the most powerful avenues available to accomplish both is to go through a detoxification process, a cleansing from the inside out. The western medical model does not deal much with detoxification although almost all other paradigms of health do regard detoxification as important, even critical.

## So What Does This Mean From a Western Medical Standpoint?

The human body has a remarkable capacity to produce hormones and other compounds as well as to interact with the environment. Every compound created by the body and what is allowed into the body by the skin, respiratory tract and the gastrointestinal tract must be dealt with so that the body does not get poisoned by the waste products that are generated by our metabolism.

The world we live in presents us with an ever-increasing burden of poisons, toxins, chemicals, and compounds that the human body has never had to deal with before. The rise

*Please see "Foundation," page 62*

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# Medical Cannabis A Safe and Effective Tool For Chronic Pain



By Sharron Sample, CEO  
Dispensary Works

For most patients medical cannabis has proven to be an effective and safe tool for chronic pain.

One of the significant advantages is its potential to provide relief from chronic pain with minimal side effects. Traditional pain medications, like opioids, can lead to addiction and a range of adverse reactions. In contrast, medical cannabis is non-addictive and has a lower risk of dependency with fewer

side effects. Some patients find it to be a viable alternative, especially when other treatments have proven ineffective.

Medical cannabis' effectiveness varies from person to person, and it may not be a guaranteed solution for everyone. However, it can be particularly beneficial for conditions such as neuropathic pain, arthritis, and cancer-related pain. Patients should work closely with their healthcare providers and dispensary experts to determine the most suitable treatment plan, including appropriate strains, dosages, and delivery methods.

## The Connection Between Medical Cannabis and Opioid Use

The relationship between medical cannabis and opioid use has been well-documented in recent research. Paul Armentano, the Deputy Director of NORML, notes that scientific evidence suggests that marijuana is a relatively safe and effective pain reliever. Moreover, studies indicate that patients

*Please see "Cannabis," page 66*

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# Protecting Your Child's Dental Health During Cold and Flu Season

By Elizabeth Shin, DDS  
Bethesda Chevy Chase  
Pediatric Dentistry

As the cold and flu season approaches, it's essential to take extra precautions to protect your child's health. While most parents focus on general hygiene and immune-boosting strategies, it's equally important to

consider your child's dental health during this time. Good oral hygiene is a crucial component of overall health, and it can help reduce the risk of illness.

**Maintain a Consistent Oral Hygiene Routine:** Encourage your child to brush their teeth at least twice a day with fluoride toothpaste. Proper brushing helps remove harmful bacteria and

plaque that can weaken their immune system. Don't forget to replace their toothbrush regularly, especially if they've been sick.

**Stay Hydrated:** Proper hydration is key to a healthy immune system and strong teeth. Ensure your child drinks plenty of water to keep their mouth moist and wash away bacteria and food particles. Avoid sugary and

acidic beverages that can weaken tooth enamel.

**Balanced Diet:** A well-balanced diet rich in fruits, vegetables, and whole grains provides essential vitamins and minerals necessary for a robust immune system and healthy teeth. Limit sugary snacks and opt for tooth-friendly choices.

**Teach Proper Cough and Sneeze Etiquette:** Show your child how to cover their mouth and nose when they cough or sneeze to prevent the spread of germs. This can help protect their oral health by reducing the chance of harmful bacteria entering their mouth.

**Hand Washing:** Emphasize the importance of proper hand washing to your child. Clean hands can prevent the transfer of harmful bacteria from their fingers to their mouth.

**Avoid Sharing Utensils and Cups:** During cold and flu season, it's best to discourage your child from sharing eating utensils, cups, and other personal items to minimize the risk of infection.

**Regular Dental Check-ups:** Maintain your child's regular dental appointments. Dentists can detect early signs of dental issues and provide preventive treatments like sealants or fluoride applications. A healthy mouth is more resistant to infections.

**Encourage Sugar-Free Cough Drops:** If your child has a sore throat or cough, opt for sugar-free cough drops or lozenges. Many over-the-counter cough drops contain high levels of sugar, which can contribute to tooth decay.

**Monitor Medication Usage:** Some medications, such as liquid antibiotics, can have a sugary taste. Ensure your child follows the medication guidelines, and consider having them rinse their mouth with water afterward to minimize the impact on their teeth.

**Promote Good Habits:** Educate your child about the importance of maintaining good oral hygiene and overall health. When they understand the connection between the two, they are more likely to take responsibility for their well-being.



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# Keep the Happy In Your Holidays

Submitted by New Day Vitality Hormone Center

Instead of “Ho! Ho! Ho!” do you sometimes feel more like “boo-hoo-hoo” around the holidays? All year round, both peri- and postmenopausal women are more susceptible to anxiety and depression than premenopausal women. With the additional work the holidays bring, the stress can really take a toll on women over 40.

That’s because estrogen plays a major role in how women experience stress, anxiety and depression. In fact, women’s risk for anxiety and depressive disorders is about twice that of men! Those same hormone fluctuations that cause PMS throughout a woman’s menstruating years only get more drastic during menopause, and intensely affect mood and mood disorders.

Two parts of the brain, the amygdala and hippocampus, are particularly sensitive to estrogen fluctuations AND essential to mood regulation. Science

has shown that a form of estrogen – estradiol – supports blood flow in the brain. Estradiol also has a positive effect on the development of nerve cells in the brain. The synthesis of the feel-good brain chemical serotonin is tied to estradiol, and it impacts several other neurotransmitters closely tied to mood, including dopamine (which is linked to depression).

While estrogen fluctuates during perimenopause, it ultimately decreases dramatically. Postmenopausal women have only 10% of the estrogen of their younger, premenopausal selves. This is believed to contribute to the uptick in diagnoses of anxiety and depression in postmenopausal women.

But relief is available. Research shows that replenishing estradiol levels can reinvigorate the brain. Two studies have revealed that postmenopausal women using hormone therapy (HT) have larger hippocampi than non-HT-users and men. Another study demonstrated that women using HT for at least

Please see “Holidays,” page 66

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# Effects Of Obesity On Health



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

Obesity is a disease of excess fat deposition throughout the body. It is caused by a complex interaction of genetics, individual metabolism, lifestyle, behavior and environmental factors.

Most individuals that suffer from obesity have a long history of gradual weight gain over many years that has

been difficult to manage. The excess weight affects most organ systems of the body over time. Most people know about the common effects such as diabetes and high blood pressure but there are many other effects.

Cardiovascular disease can manifest as high blood pressure, heart failure, coronary artery disease with chest pains and a risk of early heart attacks, and leg swelling from disorders of the veins.

Respiratory disease is one of the most overlooked problems associated with obesity. Many individuals who are struggling with their weight also struggle with shortness of breath when active. They get winded if they walk long distances, run, or even climb a flight of stairs. Others have problems such as sleep apnea that is often undiagnosed.

There are many metabolic ef-

*Please see "Obesity," page 65*

## Invisalign



By Judy Yu, DMD, MBA  
Dental FX

Invisalign clear aligners are designed to correct mild to moderate alignment issues, including:

- Overcrowded teeth
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- Bite issues

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Imagine instead your teeth straightening over time, and most people not even aware that you're undergoing orthodontics. With Invisalign, you live your best life during treatment, and after – it does not have to be one or the other.

### How Invisalign Works

The first part of the process calls for a friendly chat and exam with your Invisalign dentist, who will examine your teeth, take x-rays, and talk to you about your smile. Your dentist will want to know what you hope to achieve, and this exam and chat helps determine whether Invisalign is the best option for you.

If Invisalign is the right choice, impressions are taken of your smile, and the Invisalign lab uses these models to design your Invisalign clear aligners. Every couple of weeks, you change to a new aligner until you have exhausted the supply, and your new smile is ready for the world. You will be given an accurate estimate of how long you will need Invisalign therapy.

Following therapy, you are supplied with a custom retainer to remind your teeth that "straight is their new normal."

### The Benefits Of Invisalign

Aside from straight teeth and renewed confidence, Invisalign contributes to better oral health. Brushing and flossing are more productive. A straight bite helps eliminate wear on your teeth that can lead to cavities.

During therapy, you can remove your aligners when brushing and flossing, or eating and drinking. This approach contributes to better oral care throughout treatment. With traditional metal braces, you have to work hard to clean around brackets and wires.

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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 – 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

*Please see "Plantar Warts," page 62*

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# Chinese Acupuncture For Your Neck Pain



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

Chinese acupuncture has a rich history spanning over 3,000 years, forming an integral part of traditional Chinese medicine (TCM). Acupuncture entails the delicate insertion of fine needles into specific points on the skin, aiming to induce therapeutic benefits.

### The Mechanism Behind Acupuncture

Within the framework of Chinese medicine, acupuncture is rooted in the belief that it acts by clearing the blockages in the flow of energy along pathways known as “meridians.” The underlying theory suggests that when these energy channels are obstructed, discomfort ensues.

### Understanding Neck Pain Origins

The primary causes of neck pain often stem from extended periods of maintaining a fixed posture, leading to increased neck tension. Injuries can also trigger neck pain. Among adults, cervical spinal stenosis, which involves the narrowing of the spinal canal in the neck, is a prevalent factor. In the context of Chinese medicine,

*Please see “Neck Pain,” page 63*

# Hair Loss and Your Thyroid *Plus Autoimmune Disorders and Other Skin Conditions*



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

Hair is not only a prominent aspect of our appearance but also an indicator of our overall health. It is a well-known fact that thyroid issues, such as hypo- and hyperthyroidism, can significantly impact hair growth patterns. This article delves into the various causes of hair loss and its connections to overall health, without endorsing any specific solution.

### Thyroid Issues:

Thyroid disorders, whether the thyroid is underactive (hypothyroidism) or overactive (hyperthyroidism), affect the body's metabolism. These imbalances can disrupt the natural hair growth cycle, leading to changes in hair thickness, texture, and even hair loss. Maintaining proper thyroid function is crucial for healthy hair.

### Autoimmune Diseases:

Alopecia areata is an autoimmune disease that triggers the immune system to mistakenly attack hair follicles, leading to sudden hair loss. While the exact cause of autoimmune diseases remains a topic of research, it is essential to manage these conditions to prevent further hair loss.

### Skin Conditions:

Skin conditions like psoriasis and dermatitis can cause inflamma-

*Please see “Thyroid,” page 63*

# Jaimi

Certified Trichologist  
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Owner, Beyond The Strandz  
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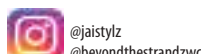
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# Environmental Needs Analysis

## Help Ensure a Healthy Home



By Vinny Gigliotti, CEO  
Environmental Solutions, Inc.

Does your home have stale or stuffy air, musty odors, or excessive humidity? Have you experienced nose, throat, or eye irritation in your home? These are all symptoms of poor indoor air quality. Environmental awareness has become more popular over recent years, and people are looking for assurance regarding health and comfort issues within their own homes. Mold can lurk behind wallpaper and under flooring and is not always able to be detected visually. However, mold spores and other contaminants can be in the air that you breathe in your home and could cause adverse health effects.

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

A comprehensive ENA will address and test potentially harmful environmental variables such as:

- Mold & bacteria
- Allergens
- Volatile Organic Compounds (VOC's)
- Asbestos
- Water cleanliness as it is related to bacteria and heavy metals

### Why Should I Get Environmental Testing?

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

- If you have experienced flooding or a

water leak, mold growth is highly possible. Testing can determine if there is mold in the breathable air, what type of mold it is and how detrimental it is, and what can be done to eliminate it.

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

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## Pilates A Holistic Approach To Fitness and Well-being



By Eshael Johnson, Owner  
Ischyra Soma Fitness

In recent years, Pilates has gained immense popularity as a form of exercise that not only strengthens the body but also promotes mental and emotional well-being. Developed by Joseph Pilates in the early 20th century, this unique fitness method focuses on core strength, flexibility, and body awareness. With its emphasis on controlled movements and proper alignment, Pilates offers a holistic

approach to fitness that can benefit people of all ages and fitness levels.

One of the key principles of Pilates is the activation of the body's core muscles, including the deep abdominal muscles, pelvic floor, and lower back. By strengthening these muscles, Pilates helps to improve posture, stability, and overall body alignment. This, in turn, can alleviate back pain, prevent injuries, and enhance athletic performance.

Unlike many other forms of exercise, Pilates is low-impact and gentle on the joints, making it suitable for individuals recovering from injuries or with physical limitations. The controlled movements and focus on breath also contribute to increased body awareness, allowing practitioners to develop a better understanding of their bodies and how they move.

Another significant aspect of Pilates is its emphasis on flexibility.

*Please see "Pilates," page 65*



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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Ghassan Jacklis, DMD

**Experienced, Highly  
Skilled Family and  
Cosmetic Dentistry**

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11200 Rockville Pike  
Suite #125, Rockville, MD

**301-881-6666**



### Meet Ghassan Jacklis

Ghassan Jacklis is a warm, respectful dentist serving his patients in Washington, DC. Dr. Jacklis is originally from Syria, and he is Arabic-bilingual. He is a member of the District of Columbia Dental Society. Dr. Jacklis graduated and obtained his Doctor of Dental Medicine from the University of Pennsylvania's dental school. He then completed his Residency in general practice at the Johns Hopkins University, where he also completed his Fellowship in hospital dentistry and oral surgery.

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

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

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

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ASSOCIATES**

**www.WhiteFlintDental.com**

## Shawn Samad, DDS

7508 Wisconsin Avenue  
Ground Level, Bethesda, MD

**301-951-9500**

www.BethesdaDentalGroup.com

4373 Northview Drive  
Bowie, MD

**301-464-8707**

www.TheBowieDentalGroup.com

14333 Laurel Bowie Road  
Suite #100, Laurel, MD

**301-953-3081**

www.LaurelPinesDental.com



### Meet Dr. Shawn Samad

Raised in Severna Park, MD, Dr. Shawn Samad is the proud son of Fred and Mary Samad, a working class couple that raised their children in a humble household. Dr. Samad grew up to be an avid sports fan. He still plays soccer regularly and is a HUGE Ravens fan!

He went to college in Westminster, MD, where he received his Bachelor of Science degree with majors in Biology and Chemistry with a special focus on Physics. He then continued his education at UMBC where he worked on a Masters degree in Biology. And finally attended University of Maryland School of Dentistry where he received his Doctor of Dental Surgery (DDS) degree.

Although he has achieved one of the highest educational degrees, he still continuously partakes in Continuing Education (CE) regularly to learn about all of the newest, latest, and greatest techniques and technology. He has received extensive training and experience in Cosmetic Dentistry, Endodontics (Root Canals), Oral Surgery, Implantology, and Invisalign Orthodontics. His belief is Knowledge is Success!!

And it must be mentioned that his office is filled to the teeth (Pun intended) with world class, state of the art, technology in a modern and sophisticated office layout. Dr. Samad's motto in his work is, "Changing lives, one tooth at a time." Come on in and meet him. You won't be disappointed!

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# Featured Health Professionals

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## Chika Lillian Ojukwu, OD

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"Our Focus Is On  
Your Vision"

122 Smallwood Village Center  
Waldorf, MD 20602

**240-419-3846**  
**240-419-3852**



### Meet Dr. Chika Lilian Ojukwu

Dr. Chika L. Ojukwu, popularly known as "Dr. Chika" has been in practice as an Optometrist for more than 15 years. After graduating from Optometry School, she practiced in Africa for about 4 years where she was involved in the treatment and management of tropical ocular diseases. She served as an Assistant with Kaiser Permanente Vision Center in Washington, DC before joining WalMart Vision Center in Waldorf, Maryland where she was an Independent Doctor of Optometry for 8 years prior to opening Chika Eye Care, one of the leading optical outfits/eye care centers in Southern Maryland.

#### Certifications and Associations:

Certified in the Treatment and Management of Ocular Diseases  
Maryland Optometric Association  
American Optometric Association  
National Optometric Association

#### My Inspiration:

The primary aim is provision of the best eye care to my patients.

#### My Best Health Advice:

Maintaining healthy eyesight is vital to a high quality of life.

#### Family/Hobbies/Interest:

A dedicated wife and mother of four beautiful children (two boys and a set of identical twin girls), she enjoys shopping, playing table tennis (ping-pong), church activities and spending time with her family.

Most vision insurances such as VSP, Spectera, Davis Vision, Block Vision (MD Physicians Care, Priority Patners, Tricare through Johns Hopkins, Ameri Group), EyeMed, United Health Care Medical Assistance (March Vision), Advantica, MEDICAID, MEDICARE, Superior Vision, etc. are accepted.

**www.ChikaEyeCare.com**

## Marny Fetzer, MD CPE, HMDC, FACEP

Hospice and Palliative Medicine



#### Practice Locations:

John and Cathy Belcher Campus  
90 Ritchie Highway, Pasadena, MD  
9500 Medical Center Drive Suite 250, Largo, MD  
2505 Davis Road, Waldorf, MD  
**877-462-1101 - 410-987-2003**

**Degrees, Training and Certificates:** Board Certified in Hospice and Palliative Medicine.

Northwestern University Feinberg School of Medicine, Fellow; University of Illinois, Chicago, Emergency Medicine, Chief Resident; Loyola University Chicago Stritch School of Medicine, MD; Loyola University Chicago, BA.

**Professional Memberships and Associations:** American Academy of Hospice and Palliative Medicine, American Association for Physician Leadership, American Board of Emergency Medicine, American College of Emergency Physicians, Center to Advance Palliative Care, National Hospice and Palliative Care Organization, National Partnership for Hospice Innovation.

**Family, Hobbies and Interests:** My daughter, husband, and two dogs keep me busy! In any free time that is left I enjoy being outside, pilates, cooking and reading.

**Practice Philosophy:** A person's wellness journey is informed by their own unique priorities. I work to meet patients where they are, and honor what is important to them. Care planning and symptom control work best when there is a shared understanding of what is important to the patient. I love what I do!

**www.HospiceChesapeake.org**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



## Alicia Kovach, DC

**Degrees/Training:** Graduate of Palmer College of Chiropractic, DRX Training, Activator, Myofascial Release, Board Certified Physical Therapy and Webster Certification. Trained in the Thompson Technique, as well as in the latest evidence based Chiropractic treatments for Pediatric and Pregnancy Care

**Associations:** Maryland Chiropractic Association, International Chiropractic Pediatric Association

**Areas of Interest:** Maternity Care, Pediatric Care, Worker's Compensation, Personal Injury, Spinal Decompression for Herniated Discs

### Pregnancy and Chiropractic

Regular chiropractic care is an integral part of the prenatal and postpartum care during pregnancy. It helps keep mom feeling good and assists her in coping with the physical stresses of an ever changing body.

### Infants and Chiropractic

Chiropractic is a holistic approach to the treatment and management of health conditions. Chiropractic care encompasses a wide variety of safe, natural and noninvasive treatments. This includes chiropractic spinal adjustments, exercise and stretching programs, diet and nutritional counseling, soft tissue techniques, to name a few. In experienced hands, chiropractic care can provide your infant, child or adolescent with a lifetime of health and happiness.

### Scoliosis in Children

Scoliosis is the lateral deviation of the spine and affects not only adults, but more commonly affects children and adolescents. The goal is to eliminate discomfort and prevent progression of the lateral curvature. If the curvature continues to progress severe spinal deformity can occur resulting in physical disability and cardiovascular compromise.

### Sports and Children

Sports and regular physical activities not only serve as fun-time for children and teens, but more importantly, improves their overall health and wellness status while promoting a healthy lifestyle which they can carry into their adulthood years.

### Nutrition and Children

The rate of childhood obesity has been rising significantly over the last 30 years. Studies have shown that obesity in childhood dramatically increases the odds of obesity in adulthood, a condition which compromises health and overall well being. Obesity is a difficult condition to treat as it requires a very high level of self-discipline in order to overcome. It is thus especially important to prevent obesity from occurring during childhood or seeking immediate and effective treatment if it does exist.

### Children and Chiropractic Care

Dr. Kovach works collaboratively with the care team for the youngest of patients, and takes great pride in ensuring that they receive the best treatment. She has completed training with the International Chiropractic Pediatric Association (ICPA) and is truly passionate about treating the whole family at all stages of life. If you have any questions or would like more information on the services Dr. Kovach provides, please feel free to contact the office at 410-697-3566.



## Aric Adlam, DC

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

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

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

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



## Megan Cloud, DC

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

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

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

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

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959 Annapolis Road, Gambrills, MD 21054

**410-697-3566**

KovachChiropractic@comast.net

**www.KovachChiropractic.com**



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### Dr. Paul J. Winters

**BS, DC w/PT Privileges, CME**

**Degrees, Training, and Certifications:** Doctor of Chiropractic, Northwestern College of Chiropractic; Bachelor of Science, North Dakota State University; Certified Medical Examiner, FMCSA (Federal Motor Carrier Safety Administration). Doctor of Chiropractic w/Physical Therapy Privileges, FMCSA DOT/CDL Certified Medical Examiner.

**Professional Memberships/Associations:** Maryland Chiropractic Association, Maryland Board of Chiropractic & Massage Therapy Examiners.

**Techniques:** Diversified, Thompson, SOT, Active Release Technique, Passive Release Technique, Trigger Point Therapy

**Expertise:** Personal/Work/Sports Injuries, DOT/CDL Medical Certifications, Musculoskeletal Disorders, Nutrition.

**Personal Interests:** Family and Vacationing, Motorcycling (Harley Davidson), Snowmobiling, Target Shooting, Computers



### Dr. Patrick C. Winters

**DC w/PT Privileges**

**Degrees, Training, and Certifications:** Doctor of Chiropractic, Northwestern College of Chiropractic; Bachelor of Science, Human Biology Minnesota State University. AMA Guides to Evaluating Permanent Impairment, Certified Disability Examiner, Manipulation Under Anesthesia Certified.

**Professional Memberships/Associations:** Maryland Chiropractic Association

**Techniques:** Diversified, Thompson, SOT, ART/PRT, TPT, MUA

**Expertise:** Personal, Work and Sports Injuries, Spinal and Extremity Conditions, Musculoskeletal Disorders and Nutrition

**Personal Interests:** Family, Home, The Great Outdoors, Motorcycles, Snowmobiles

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## Tuesday Cook, Bariatric Surgeon

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#### Meet Tuesday Cook

Tuesday F.A. Cook, MD, is a fellowship-trained Advanced Laparoscopic and Bariatric Surgeon. She is a Metabolic and Bariatric Surgery Accreditation Quality Improvement Program Verified Surgeon, certified by the American College of Surgeons. She is Board Certified by the American Board of Surgery and is a Fellow of the American College of Surgeons. Dr. Cook is also obesity medicine Board Certified as a Diplomate of the American Board of Obesity Medicine.

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

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

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

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



**www.AdventistHealthCare.com**

## Kerryann Gross, CRNP, FNP-BC

### My Goals Are Your Goals

7112 Darlington Drive  
Parkville, MD

1321A Bedford Avenue  
Pikesville, MD

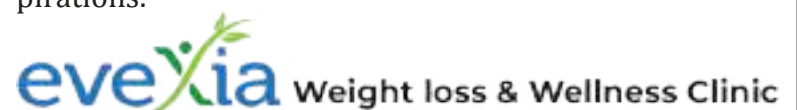
**410-670-9063**



#### Meet Kerryann Gross

Kerryann Gross is a Certified Registered Family Nurse Practitioner and a Master Certified Nutrition and Wellness Coach, and the CEO and founder of Evexia Weight Loss and Wellness Clinic. With her wealth of experience, she is dedicated to helping individuals achieve optimal wellbeing and live a happy, healthy life. Kerryann provides personalized recommendations and proven strategies to motivate her clients toward reaching their weight loss and wellness goals. Under her expert guidance, clients have achieved remarkable success and have been inspired to continue their journey to a healthier lifestyle. Leveraging her years of medical expertise, Kerryann ensures that the path to wellness is founded on sound principles and steadfast beliefs.

Evexia Weight Loss and Wellness Clinic is a distinguished establishment committed to enhancing the quality of life through a comprehensive and holistic approach to nutrition, health, and overall well-being. It stands as an innovative weight loss clinic that adeptly integrates the advantages of prescription medication and cutting-edge nutritional modalities. This fusion serves to cultivate healthier eating habits, accelerate metabolic function, and facilitate the attainment of individual wellness aspirations.



**EvexiaNP.com**



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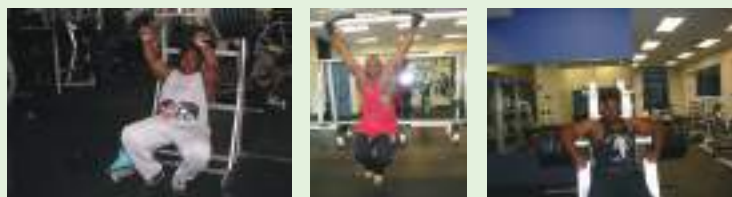
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At present, we have strategic partner alliances in place with doctors and researchers in many areas of nutrition science with a special focus on hormones, nutrition and balanced health. We are continually researching the very latest science and medical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



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**Improves Performance**

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## Toni Greene

### Toni's Happy Hour Yoga

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**301-449-8664**



#### HAPPY HOUR YOGA ON "ZOOM"

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#### Meet Toni Nandini Greene

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

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

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

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

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

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

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

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

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

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

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

## Paul V. Beals, MD, CCN

### Integrative Family Physician

120 Sallitt Drive, Suite F  
Stevensville, MD 21666

**410-604-6344**



#### Meet Paul V. Beals

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

**Degrees, Certifications and Professional Memberships:**

Board Certified in Family Practice

Certified Clinical Nutritionist (CCN)

MD, Temple Medical School, Philadelphia PA

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

Member of ILADS, International Lyme Associated Disease Society

**Others:**

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

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

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

35 years in practice

**We Go The Extra Mile By Giving You The Best Of Both Worlds:  
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**Holistic Medicine Nutrition**

We believe in eating healthy food as close to its natural state as possible for the best health for you and your family. Our holistic nutrition includes unrefined, unprocessed, and organic whole foods.

**Holistic Therapy Diabetes and Heart Disease**

Our committed and professional staff will provide medical care to a family as a whole, with the main aim of working towards excellence, sincerity and a quality health care services. Holistic Therapy is very effective amongst heart and vascular patients.

**Chronic Lyme Disease Treatment**

Chronic Lyme Disease is part of our most prized specialties. Lyme disease is a common underlying cause of chronic illness. Dr. Beals is able to test for and treat these root problems of illness using both conventional methods and complementary therapies.

**LabCorp On Site**

With our LabCorp services, you have opportunities as our patient to participate in tests that can improve the quality of your life. You are entitled to carrying out our lab test which ranges from routine tests such as cholesterol tests and blood tests. This helps to diagnose some genetic diseases such as cancer and some other uncommon diseases.

**Family Practice Medicine**

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

**Integrative Cancer Support**

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

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

**www.DrPaulVBeals.com**

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## E. Taylor Meiser, Jr., DDS

Light  
Up Your  
Smile

37 Old Solomons Island Road  
Annapolis, MD

**410-224-4411**



### Meet E. Taylor Meiser, Jr.

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

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

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



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

## Alan Weiss, MD and Kim Weiss, RN

### Annapolis Integrative Medicine



### Meet Alan Weiss:

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

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

#### Areas of Interest:

- Expert treatment of chronic fatigue syndrome and fibromyalgia
- Nutritional strategies and weight loss, including HCG protocol
- Bio-Te Hormone Replacement
- Addressing thyroid problems and adrenal fatigue using natural and holistic therapies
- Intravenous therapies
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# What Causes Varicose and Spider Veins?



By Thomas K. Lo, DC  
Advanced Chiropractic Center

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

Spider veins, or thread veins, are smaller than varicose veins. They are usually red. They may look like tree branches or spider webs. Spider veins can usually be seen under the skin, but

they do not make the skin bulge out as varicose veins do.

## What Causes Varicose Veins and Spider Veins?

Problems in the valves in your veins can prevent blood from flowing normally and cause varicose veins or spider veins.

Your heart pumps blood filled with oxygen and nutrients through your arteries to your whole body. Veins then carry the blood from different parts of your body back to your heart. Normally, your veins have valves that act as one-way flaps. However, if the valves do not close correctly, blood can leak back into the lower part of the vein rather than going toward the heart. Over time, more blood is stuck in the vein, building pressure that weakens the walls of the vein. This causes the vein to grow larger.

*Please see "Spider Veins," page 63*



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# The Holiday Season and Colds

Submitted by  
Kensington Pharmacy

Coming down with a cold during the holidays can turn your holiday season into drudgery.

You catch a cold when a virus invades your nose or eyes. You might breathe in airborne droplets, but far more often, you catch a cold by touching a germ surface or having direct contact with a person who has a cold and then touching your nose or eyes.

Your risk of catching a cold is greater when you are indoors most of the time, when the air is dry, and when you have close contact with other people. During the holiday season, people travel in trains, planes, and automobiles and are probably sharing the ride with some of the 200 viruses that cause the common cold.

### To Lessen Your Risk

**Avoid prolonged close contact with people who have colds.** Hand-shaking, hugging, and sharing meals

and good times are so much a part of the holiday season, exposure to cold viruses is probably inevitable.

**Keep your hands away from your nose and eyes** because cold viruses can live up to three hours on your skin.

**Wash your hands, with soap and water, often.** Scrub the backs of your hands, between your fingers, and under your nails – not just your palms – for a full 15 seconds and rinse well. Dry your hands with a disposable towel, and turn off the faucet using the towel. If soap and water are unavailable, use an alcohol-based hand sanitizer.

**Clean your personal items.** Cold viruses can live on surfaces (especially nonporous surfaces such as plastic, metal, or glass) for up to 48 hours. Use disinfectant wipes to clean the surfaces you regularly touch this holiday season – your laptop keyboard, your cell phone, your car's steering wheel.

Please see "Holiday Season," page 63



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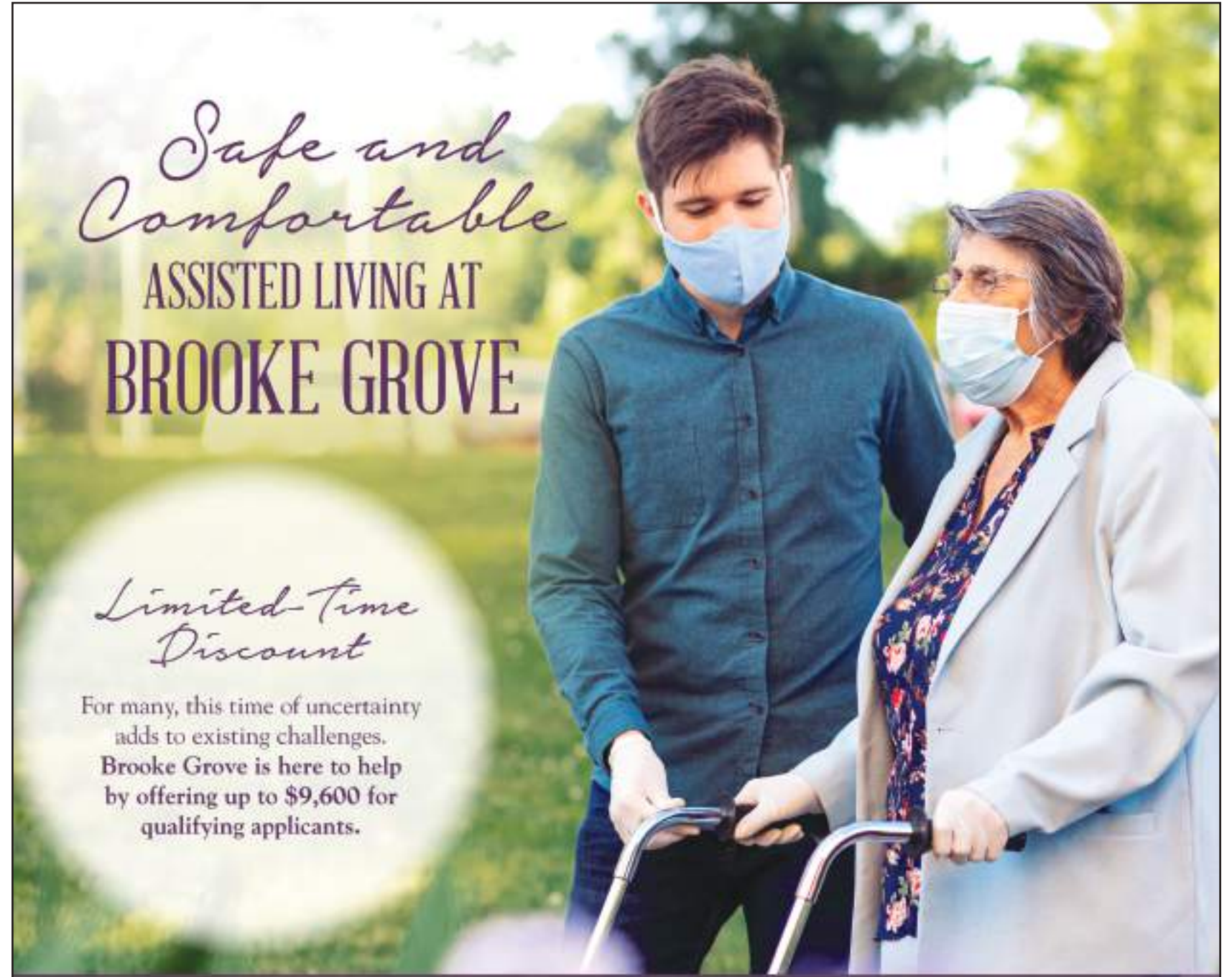
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# Probating an Estate

## Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

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

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

### What Is Involved In

### Probating an Estate?

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

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

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

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

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

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

### Do I Need an Attorney?

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

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

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

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

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# Choosing An Orthodontist



By Jacqueline Brown Bryant  
DDS, MS, PC

esthetics.

To aid the process of choosing an orthodontic specialist, here are some very important questions to ask to assure you are seeing the best smile designer expert.

Are you an orthodontist? What type of orthodontic training did you receive beyond dental school? How much training? What type (weekend or manufacturer's courses, or 2-3 years of orthodontic education beyond dental school)? Are you a member of the American Association of Orthodontists?

What services do you offer? Do you treat all orthodontic cases or just minor cases? What about complex cases involving compromised teeth and bone? Do you treat adults, chil-

Please see "Orthodontic," page 63

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# Ingrown Toenails

The following symptoms may be present with ingrown toenails

- Pain
- Redness and swelling
- Drainage
- Odor
- Prominent skin tissue (proud flesh)

If you suspect an infection due to an ingrown toenail, immerse the foot in a warm saltwater soak, or a basin of soapy water, then apply an antiseptic and bandage the area.

People with diabetes, peripheral vascular disease, or other circulatory disorders must avoid any form of self-treatment and seek podiatric medical care as soon as possible.

Other "do-it-yourself" treatments, including any attempt to remove any part of an infected nail or the use of over-the-counter medications, should be avoided. Nail problems should be evaluated and treated by your podiatrist, who can diagnose the ailment, and then prescribe medication or another appropriate treatment.

### When To Visit a Podiatrist

You should see a podiatrist immediately if any drainage or excessive redness is present around the toenail. Also, if a short trial of home treatment has not resulted in improvement of the condition, see your podiatrist. If you have diabetes or

Please see "Ingrown," page 65



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

Ingrown nails (onychocryptosis) are the most common nail impairment. An ingrown toenail occurs when the edge or edges of the nail grows down and into the skin of the toe. Usually, toenails grow straight out. Sometimes, however, nail corners or sides dig painfully into the soft tissue of nail grooves, often leading to irritation, redness, and swelling. The big toe is the most common location for this condition, but other toes can also become affected. Some people are more prone to ingrown toenails.

Ingrown toenails may be caused by the following:

- Improperly trimmed nails
- Heredity
- Shoe pressure; crowding of toes
- Repeated trauma to the feet from normal activities

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## WELLNESS

### Tiffany Daniel

**Degrees, Training and Certificates:** BS in Psychology, Certificate in Behavioral Health and Nutrition, Personal and Small Group Fitness Instructor, Certified Health & Wellness Coach. MRT/CYT 200hr Yoga and SEL\*F Certified. She has also earned a BTh and MCE Degree in Education.

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

**Specialties:** Nutrition, Meal Planning, Weight Loss, Rehabilitation and Maintenance

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

**Hobbies:** Reading, Researching Preventive Measures for Autoimmune Diseases and other Health Conditions



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# New Year, New You 2024



By Tiffany Daniel  
Live To Day Wellness

A new year, leaving the past and looking toward the future, means being in the present, the gift of life. This article will discuss some important survival tips to help you along the way.

Let's begin with developing good eating habits. Remember when filling your plate to choose colorful fruits and vegetables, starting with the green. A variety of colors provide the broadest

range of nutrients.

Don't be distracted during meals as this will normally lead to consuming more and not paying attention to your portions. Also be alert while eating out. Restaurant portions are much larger than you would normally prepare for yourself. To further assist with mindless eating, when you are eating out ask for the doggie bag in advance.

You can apply these principles at home also. Check your pantry and be sure to stock up on free foods. Buy fruits and vegetables in small quantities that you plan to prepare or consume that week. This way you will look forward to eating them, and they won't spoil, causing a minor setback in your advanced planning.

There are other areas you can control by planning ahead. Know when you go what you want to eat.

*Please see "New Year," page 65*

## Cerec: Dental Crowns In One Hour



Submitted by E. Taylor Meiser, DDS  
Lighthouse Family Dentistry

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it is put under pressure and heat to make its qualities like that of enamel in hardness and wear. Second, there are no impressions to take and send to the lab. The Cerec crown is made with a CAD/CAM machine. CAD stands for Computer Assisted Design and CAM is for Computer Assisted Manufacture.

With the Cerec blue CAM, a photo is taken of the tooth and brought into the computer.

In the computer the dentist now designs the crown. Next, a block of porcelain is placed in a milling machine. The dentist then sends the crown design to the milling machine. The Cerec milling machine then takes that block of porcelain and mills out the crown. The milling process takes about 10-15 minutes.

Third, the porcelain crown is removed from the mill. The dentist cements the porcelain crown using a new generation of cements that bonds the tooth to the porcelain. This gives the new restoration additional strength.

Cerec crowns are very natural looking, have a very precise fit, are durable and can be made in one dental visit in about one hour.





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# Take 5 To Thrive!

## Through the Holidays and Beyond



By Linda Penkala, Author, LMT  
Wellness Catalyst

There are Take 5 oil changes, car washes and candy bars that you can experience in your life. But it is the precious intentional 5 minutes that can offer the best for your health if you know just what to do! These coming months of the holidays, family gatherings, and the New Year, all come with a host of added stress and pressure.

What I have felt as a massage therapist over 36 years, is that the palatable effects of holiday stress, is stored in the muscles, and affect the mental state. This consistency requires

us all to have a more comprehensive tool box to relax, de-stress, and handle impending situations, with grace, ease and a peace. It is POSSIBLE, as I have taught these techniques with awesome results! The Take 5 to thrive - is the easiest, so they do not become overwhelming! Adjusting them for more time when the 5 minutes fly by can be the beginning of your new wellness path!

### Tools To Take 5:

#### 1. Breathe Work:

- 3-5-8 inhale 3, hold 5, exhale thru pursed lips for 8.
- Stim Vn breathing (engaging the Vagus nerve) into the belly first, then lungs, exhaling AHHH or HMMM, at least 5 times.
- Alternate nostril breathing for focus, calm and to enhance mental clarity <https://www.medicalnews-today.com/articles/alternate-nostril-breathing#definition>
- Box Breathing taught to the Navy Seals in their training to relieve

Please see "Take 5," page 66

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# Healthy Resolutions For Your Family



By Janet V. Johnson, MD  
Loving Care Pediatrics

It should be everyone's goal to eat a healthy meal every morning. Whether you drink a fresh fruit smoothie or sit down with a bowl of oatmeal, make sure that every member of the family eats something sustaining before leaving the house.

Eating before you leave eliminates the temptation to stop at a fast food restaurant or grab a doughnut and coffee before work. Resolve to keep healthy foods and fruit stocked in the kitchen and readily accessible for the mornings to help the entire family stick to this goal.

### Wash Your Hands

Making a point to wash your hands before eating is a great way to get rid of germs, prevent some diseases and cut down on the number of illnesses each member of your family has to endure each year. There are germs on almost every surface your body comes into contact with and making a concerted, long-term effort to wash your hands helps to keep the

We all make resolutions at the beginning of the New Year; however it may be difficult to stick to our plans if we don't have constant support. That's why making resolutions we can stick to as a family is such an important part of creating lasting changes. We can support each other while everyone works toward becoming a happier, healthier, more united family unit.

### Eat a Healthy Breakfast

Please see "Resolutions," page 65



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# Spiritual Care

## What To Expect When the Hospice Chaplain Visits



By Faith Fitzgerald, DMin  
BCC, Director of Community  
Health Programs  
Hospice of the Chesapeake

Spiritual care providers are part of the interdisciplinary care team of medical professionals who meet weekly to share and discuss the progress of their patients. When you sign on to hospice, you'll get a call from your spiritual care provider to schedule a visit.

We come into your home with no set agenda. We're there to listen to you, learn from you and support you. We may ask some questions that will help us complete a spiritual assessment, a tool that helps us and the rest of the team know who you are. What's most important to you at this moment and how we can support that? Are there spiritual beliefs or practices that will help you at the end of life that we can nurture? Do you need someone to talk to about how you're feeling? Our goal is to come away from that first visit with answers to these and other questions.

While some people are religious, all people are spiritual. All people have things that bring us meaning and purpose. All people seek a path to peace. That is especially important at end of life and helping people find that path is the main role of a chaplain. For that reason, we are also known as "spiritual care providers".

*All people have  
things that bring  
us meaning and  
purpose.*

Even if the spiritual care provider is not meeting with you, we are still caring for you. We are connecting with other members of the care team and staying up to date with what's happening in your care. They might hear from the team that there has been a change in your journey. They would likely reach out to offer help navigating that change.

Rest assured that after you die, the spiritual care provider will call immediately to see how the family is doing. Hopefully, we had the time to help you plan a funeral. Often, we are involved in the actual service, especially for those who did not have a faith community to help properly memorialize your life.

When the services are done, the spiritual care provider can be a bridge to guiding the family to the grief care they need.

We hope you will keep this in mind when the spiritual care provider, or chaplain, calls. We have open minds and hearts whose only goal is to help you find peace as you prepare to say goodbye.

*there.*  
*when the options aren't so easy.*

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# UltraSlim

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

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

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

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

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



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# Panic Disorders



By Joyce Abramson, RNMS  
Charles County Freedom Landing

Imagine you are in an elevator and suddenly you feel flushed and short of breath. Your heart is beating rapidly and you begin to perspire. What's happening?

What could be occurring is a panic attack. Panic attacks involve an uncontrollable feeling of panic in response to ordinary non-threatening situations. Chemical or hormonal im-

balances, drugs/alcohol or stress can precipitate attacks, which frequently can be mistaken as heart attacks or breathing problems.

Symptoms often appear suddenly without apparent cause. Racing/pounding heartbeat, chest pain, dizziness, nausea, shortness of breath, tingling/numbness in hands, a sense of terror or losing control have been described as symptoms experienced during panic attacks. Typically, attacks last several minutes but can be longer. When someone has repeated episodes or feels great anxiety over the possibility of re-occurring attacks, it is diagnosed as panic disorder.

Approximately three million people have a panic disorder at some time during their lives. Women seem to be affected twice as often as men.

Once a panic attack occurs, irrational fears may develop about the situation and the person may avoid

*Please see "Disorders," page 65*

# How Not to Gain Weight During the Holiday Season



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

The holiday season is synonymous with festive cheer, family gatherings, and an array of delicious foods. While it's a time for merriment and relaxation, many dread the potential weight gain associated with indulgent holiday feasts. However, with a little mindfulness and planning, it's entirely possible to relish the festivities without adding extra pounds.

**1. Practice Mindful Eating:** Being present during meals can make a significant difference. Instead of mindlessly munching on every

treat in sight, focus on savoring each bite. This not only allows you to enjoy the food more but also helps in recognizing when you're full. Overeating often occurs when we eat too quickly or when we're distracted.

**2. Portion Control is Key:** It's not always about denying yourself your favorite holiday treats but rather enjoying them in moderation. Use smaller plates during meals, which naturally restricts the amount of food you can pile on. Sample a little bit of everything instead of loading up on just one dish.

**3. Stay Active:** Ensure you incorporate some form of physical activity into your routine. Fun activities like dancing at a holiday party, playing with kids, or taking brisk walks can burn calories and keep your metabolism active.

**4. Prioritize Hydration:** With the drop in temperature it's easy to forget about water. Staying hy-

*Please see "Gain Weight," page 66*





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# Newborn Physicals *In the Comfort Of Your Home*



By Lisa Boynes Sindass, MD  
Trusted Medical MD

Welcoming a newborn into the world is a momentous occasion, and as new parents, your baby's health and well-being are of utmost importance. Ensuring that your little one receives appropriate healthcare is crucial for their growth and development. One way to do this is through newborn baby physicals, which can now be conducted in the comfort of your own home.

Newborn baby physicals are an essential part of your baby's healthcare routine. These exams help pediatricians assess your baby's over-

all health and development. During these visits, your baby will undergo a full physical examination, including checks for weight, length, and head circumference. The healthcare provider will also measure vital signs such as heart rate and respiratory rate, which can provide valuable insights into your baby's well-being.

Metabolic screening tests may be administered depending on your state's guidelines. These tests are vital in detecting rare but serious metabolic disorders that can affect your baby's health if not addressed early.

Newborn baby physicals may also include the administration of the EPDS (Edinburgh Postnatal Depression Scale) to assess the birth parent's emotional well-being, as postpartum depression is a common concern.

Home-based pediatric wellness services also offer access to data via secure patient portals and telehealth visits, which can be invaluable for parents looking for ongoing guidance and support from healthcare professionals.

*Please see "Newborn," page 65*

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# FOUNDATION

FROM PAGE 19

in certain cancers and other conditions certainly is a function of poisons and toxins in the environment. Overtime, people become toxic, sometimes in a subtle way, sometimes not so subtle.

Some of the signs and symptoms of being burdened by toxins include fatigue, fogginess, moodiness, lethargy, headaches, difficulty losing weight, achiness, persistent allergic symptoms, and skin rashes. People often experience being newly sensitive to substances like caffeine and alcohol as well as medications and supplements.

The main organs of detoxification in the body are the kidneys and liver, as well as the skin. The liver is a complex organ of detoxification, having three phases of detoxification designed to take foreign and toxic compounds, render them harmless and excrete them.

The typical 2-4 week detoxification process begins with looking at each

person's current state of health. We must look at the diet and whatever else our bodies are routinely exposed to that may be harmful. Starvation is not necessary for detoxification. It does not have to be uncomfortable (though you may experience your body going through some changes). Simply removing known toxins from our routine including alcohol, sugars, processed foods is a good start. Exercise and sweating and consistent sleep are important. More formal detoxification programs are available through a knowledgeable health care provider.

Doing this process once or twice a year under medical supervision can make an enormous difference in a person's sense of well-being and longevity. People report an increase in energy, well being and lose nagging aches and pains, headaches, and extra pounds.

A detox program is one of the best things you can do for yourself.

# DECEMBER

FROM PAGE 4

What would it be like, feel like, sound like, smell like, or even taste like when you become who you truly are? How amazing you will feel when you embrace your new self.

Think of all the changes you can make in your life when you embrace and love yourself for who you are. Imagine what life would be like for you. Imagine, think about, daydream, and even pretend that you are the you that you want to be (not what others think you should be). Imagine, daydream, and even go into a trance about the new possibilities for your new year. 2024. A year of possibilities.

How to become a new you... Decide who you are and what you want in your new life. Look around, what do you see? Are you headed in the direction of your chosen path? Decide to take the

path that leads you into yourself. Make a conscious decision to become healthier, happier, and more aware.

Ask yourself... what makes you happier, healthier, and what do you need to do to help you reach your goals? Find your path and then follow the steps to a new you.

How to become a new you... Meditate or just reflect consciously in a quiet place. Focus on your breathing. Listen to your soul. Ask the Universe to reveal to you what you need for yourself. Thank the Universe and go on as if it is happening because it is.

Remember that you become what you think about. Therefore, think about what you want, not what you don't want. You manifest yourself through thinking and believing.

# EYEGLASSES

FROM PAGE 5

**Frames:** Frames hold the lenses in place and are available in various styles, materials, and shapes. Choosing the right frame is essential for comfort and aesthetics. Frames also allow for the proper positioning of lenses in front of the eyes to ensure effective vision correction.

## How Eyeglasses Correct Vision

Eyeglasses work by altering the way light enters the eyes to compensate for the refractive error. When you have a vision problem, the light entering your eye does not focus correctly on the retina, causing blurry or distorted vision. Eyeglasses modify the path of incoming light, bending

it to match the eye's natural focusing ability, thus producing a clear image on the retina.

## Regular Eye Exams

To ensure that your eyeglasses continue to provide optimal vision correction, it's crucial to have regular eye exams. Eye health can change over time, and your prescription may need to be adjusted. A qualified optometrist or ophthalmologist can assess your vision and make the necessary adjustments to the prescription for your glasses. Also the fit and adjustment of your glasses should be frequently checked by a qualified optician.

# ALL-ON-FOUR

FROM PAGE 16

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

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

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

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

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

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

plants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

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

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

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

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

# STRESS

FROM PAGE 18

tes, and damage to muscle tissue due to ongoing tension and contraction. Their immune response can suffer, nerve irritation may occur, and the healing process from illnesses and injuries can slow down significantly.

You might be wondering how chiropractic care fits into this picture.

Chiropractic adjustments are effective at releasing muscle tension, thereby promoting a return to a more harmonious and relaxed state of being. These adjustments also alleviate spinal nerve irritation and enhance blood circulation.

In many instances, these changes can be sufficient to coax the brain into turning off the fight-or-flight response, initiating the healing pro-

cess. A well-aligned and balanced spine plays a pivotal role in effectively managing stress. Moreover, a chiropractor may suggest relaxation techniques and discuss posture and environmental adjustments to aid in the recovery from chronic stress.

It's crucial to note that chiropractic care cannot magically transform your job into a stress-free haven or make the world a quieter place. However, what it can do is equip you with healthier coping mechanisms for stress, ultimately reducing the risk of physical damage.

If you know someone grappling with stress, it's worth asking whether they've recently sought the support of their chiropractor.

# PLANTAR WARTS

FROM PAGE 25

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 surgi-

cal 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.



# THYROID

FROM PAGE 26

tion and itching on the scalp. The persistent inflammation can disrupt the hair growth cycle and lead to hair loss. Managing these skin conditions is vital not only for the skin's health but also for maintaining a full head of hair.

It is important to note that a variety of factors can contribute to hair loss, and it often relates to disruptions in the hair growth cycle. A holistic approach to address the underlying causes is crucial for individuals dealing with hair loss.

While some organizations offer comprehensive evaluations and treatments for hair loss, it is essential to consult with healthcare professionals to understand the specific causes of hair loss and develop tailored solutions. Thorough medical histories and scalp examinations are valuable tools to identify the root causes of

hair thinning and hair loss.

The scalp plays a critical role in maintaining healthy hair, as it serves as the foundation for hair growth. It is essential to keep the scalp clean, well-nourished, and balanced to promote hair health. Various treatments can help regulate sebum production, manage scalp irritation, and add volume to hair.

Understanding the various causes of hair loss, such as thyroid issues, autoimmune diseases, and skin conditions, is the first step in addressing this common concern. A holistic and individualized approach is key to managing hair loss and restoring health to both the hair and scalp. Consulting with healthcare professionals is recommended to identify and address the underlying factors contributing to hair loss.

# SPIDER VEINS

FROM PAGE 44

Also sitting or standing for a long time, especially for more than four hours at a time, may make your veins work harder against gravity to pump blood to your heart.

Being overweight or obese can put extra pressure on your veins. Women who have obesity are more likely to get varicose veins than women are with a healthy weight.

During pregnancy, the amount of blood pumping through your body increases to support your unborn baby. The extra blood causes your veins to swell. Your growing uterus also puts pressure on your veins. Varicose veins may go away within a few months after childbirth, or they may remain and continue to cause symptoms. More varicose veins and spider veins may

appear with each additional pregnancy. For some women, varicose veins shrink or disappear after childbirth. For others, varicose veins stay after childbirth, and symptoms continue to get worse.

As you get older, the valves in your veins may weaken and not work as well. Your calf muscles also weaken as you age. Your calf muscles normally help squeeze veins and send blood back toward the heart as you walk.

The hormone estrogen may weaken vein valves and lead to varicose veins. Using hormonal birth control with estrogen and progesterone, or taking menopausal hormone therapy, may raise your risk of varicose or spider veins.

# ORTHODONTICS

FROM PAGE 50

dren or both? Do you treat periodontal cases? Implant cases? Jaw surgery cases? TMD cases?

Are you utilizing state-of-the-art, self-ligating bracket systems, clear, metal, nickel-free and lingual braces, clear aligners and functional appliances for early treatment, space management and growth guidance?

Has your clinical staff had any orthodontic training? Is your administrative staff familiar with insurances and flexible spending/health savings accounts?

Do you further your education by attending continuing education

courses? Have you received additional training in state-of-the-art adjunctive procedures such as TADS, temporary anchorage devices, and gingival laser procedures?

Will you communicate with referring doctors and update them of my progress? Do you work with my doctors helping them set the stage for implants, crowns and bridges?

The answers to these questions will assist in making the right decision regarding your orthodontist. You must ultimately feel comfortable with who will design your resulting smile.

# NECK PAIN

FROM PAGE 26

it is believed that external factors like wind, cold, injuries, or excessive physical activities can disrupt the flow of qi and blood in the neck, ultimately resulting in neck pain.

## Notable Symptoms Of Neck Pain

Common symptoms associated with neck pain include the presence of knots, stiffness, or sharp pain in the neck region. This discomfort may radiate to the shoulders, upper back, or arms. In some cases, individuals might also experience headaches, difficulty in head and neck movement, as well as sensations of numbness, tingling, or weakness in the arms.

## Harnessing Acupuncture For Neck Pain Management

Acupuncture serves as a widely recognized approach for addressing neck pain and various musculoskeletal issues, with some compelling evidence to support its efficacy in both short-term and long-term pain relief. An Australian randomized controlled trial sought to compare the effectiveness of acupuncture with simulated acupuncture in individuals dealing with sub-acute and chronic whiplash-related disorders. The study involved a series of 12 acupuncture sessions over a six-week period, with follow-up

assessments at three and six months. The results revealed that those who received genuine electro-acupuncture treatment experienced significantly greater reductions in pain intensity at three and six months, as compared to the sham electro-acupuncture group (Spine, April 2011).

## Incorporating Traditional Chinese Medicine

Traditional Chinese medicine encompasses a diverse array of practices, including Chinese herbal medicine and acupuncture/moxibustion, among others. The use of Chinese medicine therapies, such as herbal remedies and acupuncture, for managing neck pain, has not only been widespread but also highly effective, extending its reach not just within China but also across Europe.

## Navigating Acupuncture Safety

While acupuncture is generally acknowledged as a safe therapeutic method, potential side effects may include dizziness, localized internal bleeding, dermatitis, nerve damage, or occasionally heightened pain—especially when administered by less experienced practitioners. Therefore, the role of a well-trained and seasoned acupuncturist is paramount in ensuring both safety and effectiveness.

# HOLIDAY SEASON

FROM PAGE 46

## Treating a Cold On the Road

The saying goes that there's no cure for the common cold, but even so, you can feel more comfortable – even when you're far away from home. Your goal is to relieve your symptoms.

## Try Natural Ways To Feel Better:

**Drink lots of water.** Doctors recommend eight glasses a day to keep your nose and throat moist and to loosen congestion. Avoid alcohol and caffeine drinks because they dry out – or dehydrate – your system. A salt-water gargle may soothe your sore throat.

**Get plenty of rest.** If possible, adjust the temperature and humidity of your sleeping area to be moist and warm, but not overheated.

**Eat right.** No scientific evidence backs the old adage, "Starve a cold; feed a fever."

**Don't smoke.** Smoking can dehydrate your body and make your symptoms worse.

Use over-the-counter medications to treat your symptoms.

Your regular pharmacy back home probably has a branch near your holiday travel destination. Find out the location of the nearest phar-

macy before you leave home. Some common products that may help include the following:

**Saline nasal sprays** can fight stuffiness and congestion.

**Decongestants and pain relievers** may relieve your symptoms, even though they will not shorten the duration of your cold. People sometimes complain of feeling feverish with a cold, but colds and fever don't usually go together. However, you may run a temperature of 100°F – enough to slow you down a bit.

Ask the local pharmacist about complementary or alternative treatments such as:

**Homeopathic remedies** (used within the first 24-48 hours of symptoms) such as zinc lozenges and intranasal zinc gluconate. Recent clinical studies have demonstrated that treatment with intranasal zinc nasal gel is effective in reducing the duration and severity of common cold symptoms within 24-48 hours of symptom onset.

**Vitamins and herbal supplements** such as vitamin C and Echinacea.

Information obtained from American Pharmacists Association.



# HEALTH DIRECTORY

## ACUPUNCTURE

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

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

## CHINESE MEDICINE & ACUPUNCTURE

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

## CHIROPRACTIC

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

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

## DENTISTRY

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

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

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

## DERMATOLOGY

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

## EYE CARE

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

## FERTILITY

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

## HEALTH AND WELLNESS

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

## HOME CARE

At Home Care, Inc. – 301-421-0200 – [AtHomeCareInc.com](http://AtHomeCareInc.com) – Since 1977.

## HORMONES

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

## HYPNOSIS

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

## INTEGRATIVE MEDICINE

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

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

## MEDICAL SPA

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

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

## MEDICAL SPACE

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

## MENTAL HEALTH SERVICES

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

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

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

## MRI

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

## NEUROLOGY

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

## NUTRITION

Nutritional Healing Center – Thomas K. Lo, DC, MA – 240-651-1650 – 7310 Grove Road, Suite #107, Frederick, MD 21704 – [DoctorLo.com](http://DoctorLo.com)

## ORTHODONTICS

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

## PAIN MANAGEMENT

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

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

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

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

## PODIATRY

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

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

## PRIMARY CARE

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

## PROSTHETICS

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

## SENIOR CARE

Chevy Chase Home Care. Help at a time you need it most. Any Ages. Any situations. Any shifts. MD, DC, VA – [www.CHCHHomeCare.com](http://www.CHCHHomeCare.com) – 202-374-1240.

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

## VETERANS

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

## WEIGHT LOSS

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

## YOGA

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

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

Schedule a free skin cancer screening by calling 703-641-966 or 301-984-3376 today.



# NEW YEAR

FROM PAGE 52

Monitor the bread intake provided before the meal so that you don't fill yourself with bread before the entre. With the salad, choose olive oil and vinegar dressings. And take advantage of the "free foods", foods very low in calories and carbs, but filling.

Now that we're on our way to mastering the weight loss program, let's add the other requirement the fitness plan. The workout has to be fun, fast and effective to think that one will stick with it or not. So the combination of meal planning with the right exercise will make it a lifestyle

# DISORDERS

FROM PAGE 58

similar circumstances i.e., panic while driving over a bridge may lead to a person refusing to drive over any bridge.

According to the National Institutes of Health it is reasonable to believe that there is some biological basis for panic disorder. Theories propose that there may be a malfunction or hypersensitivity in the autonomic nervous system. Initial attacks can be triggered by a physical illness, major life stress or medication side effect. Caffeine or alcohol can also trigger panic symptoms in some people.

Treatment should rule out other somatic illnesses. A combination of medication and a type of therapy called cognitive behavioral therapy often are

change and not just a fad diet.

So let's make it a priority to eat what your body needs and not what your eyes see. Listen to your body, as it always knows.

Remember, the food groups from the former basic food group triangle has been modified. Look at your plate to see how similar it is to MyPlate. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) and add the daily checklist to your daily routine. And just a side note, don't forget your water.

Congratulations, as you are well on your way to a new year, new you.

successful in treating panic disorder. In treatment, the person is taught ways to decrease anxiety, techniques to refocus attention, or breathing exercises. Exposure to the fearful situation may slowly desensitize the person and relieve symptoms. The use of anti-depressants and anti-anxiety medications have been shown to help prevent panic attacks or reduce their frequency.

With effective treatment there is a good recovery rate, 75-90%, in a relatively short time frame. Having the support of family and friends during treatment can enhance the effectiveness of treatment and decrease anxiety related to the possibility of the panic attacks recurring.

Pilates can be practiced in various ways, including mat exercises and the use of specialized equipment such as the reformer, Cadillac, and Wunda chair. While mat exercises are accessible to most people and can be done at home, equipment-based Pilates classes offer additional resistance and support, allowing for a more challenging and dynamic workout.

Whether practiced in a group class or one-on-one with a certified instructor, Pilates offers a personalized approach to fitness. Instructors are trained to assess individual needs and tailor exercises accordingly, ensuring that each session is safe, effective, and enjoyable.

your baby receives the care they need in a comfortable and familiar environment. Regular newborn baby physicals are vital for your baby's health and development, and they provide an excellent opportunity for parents to address any concerns and seek guidance from healthcare professionals.

# PILATES

FROM PAGE 32

Through a series of stretching exercises, Pilates helps to lengthen and strengthen muscles, improving overall flexibility and range of motion. This increased flexibility not only enhances athletic performance but also reduces the risk of injuries and promotes better posture.

In addition to physical benefits, Pilates also offers numerous mental and emotional advantages. The mind-body connection is a fundamental aspect of Pilates, with practitioners encouraged to focus on their breath and be fully present in each movement. This mindfulness not only helps to relieve stress and anxiety but also promotes relaxation and a sense of well-being.

# NEWBORN

FROM PAGE 60

It's important to note that newborn baby physicals at home typically do not include vaccinations. Vaccines are typically administered at a healthcare facility.

These home-based services aim to make healthcare more accessible for parents and infants, ensuring that

# INGROWN

FROM PAGE 50

poor circulation, you should seek immediate treatment at the first signs of an ingrown toenail, as it can lead to more severe complications.

## Diagnosis and Treatment

A podiatrist will remove the ingrown portion of the nail and may prescribe a topical or oral medica-

tion to treat the infection. If ingrown nails are a chronic problem, your podiatrist can perform a procedure to permanently prevent ingrown nails. The corner of the nail that ingrows, along with the matrix or root of that piece of nail, are removed by use of a chemical, a laser, or other methods.

# RESOLUTIONS

FROM PAGE 54

germs out of the house.

## Avoid Destructive Habits

Develop healthy routines that can help you lead a healthy life. Avoid unhealthy habits such as alcohol abuse, smoking and drug abuse. Poor eating and exercise habits may lead to heart disease, cancer, and unhealthy weight gain or vitamin or mineral deficiencies.

## Exercise Together

Regular exercise can help prevent some diseases, increase your energy level, aid in managing stress and help you reach and maintain a healthy weight. Balanced exercise is important – do aerobic exercise to benefit your cardiovascular system, strength training to improve muscle tone and stretching to enhance flexibility. Get at least 30 minutes of moderate physical activity five days

a week or 20 minutes of vigorous activity three days a week.

Spending time with your kids seems like a great excuse for skipping a workout, but you can have quality time and workout at the same time. Playing basketball with your kids, going on a family hike, or racing around a track are all great ways to get in your exercise while bonding as a family and enjoying nature.

## Find Purpose In Life

We all have unique talents and abilities, interest and values. Encourage your children as well as yourselves to find purpose for your life in sharing your unique gifts with others. The things that give you joy or help you feel vital can increase your sense of purpose and ultimately will result in a satisfying relationship and interaction for everyone.

# OBESITY

FROM PAGE 24

fects such as a predisposition to diabetes mellitus that can be very difficult to control and at times requiring a combination of insulin and tablets. Other metabolic problems include high cholesterol and gout.

The gastrointestinal system can be affected with problems such as heartburn (reflux, GERD), gallbladder disease, and fatty liver disease.

The bones and joints are affected in the vast number of people with obesity. Many people have arthritis with complaints of pain in the knees or hips. Some folks will get severe back pain that limits their daily activities. Others are disabled by the severity of the arthritis.

Conditions in other body systems include menstrual irregularities,

infertility, polycystic ovarian disease, stress incontinence, depression, and fibromyalgia.

This partial list of health effects, along with others, combine to negatively affect quality of life. Many people with obesity require multiple medications, require frequent medical care or hospitalizations, they face higher health care costs and tend to have decreased productivity because of their health.

Effective weight management requires a committed, sustainable approach to lifestyle and behaviors that promote weight loss over time. Diets, exercise routines, medications, and surgery are all tools that can be used as a part of a long-term plan for weight management. Effective weight management will help avoid and even reverse many of the health effects of obesity.

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stress and anxiety along with mental balance. Inhale 4 deeply, pause 4, exhale deeply through the mouth 4, pause 4.

#### 2. Take \$5 bucks...

...to the Five Below store and buy 2 yoga blocks, and come home and do the supported fish pose in this 5-minute video: <https://www.youtube.com/watch?v=s6cSG0ebhkI>. Another yoga moment to find peace, and lessen anxiety, get on the floor or yoga mat, and do legs up the wall pose: <https://health.clevelandclinic.org/benefits-of-legs-up-the-wall/>

#### 3. Go Outside...

...for at least a 5-minute walk, if not longer, to see nature, get some sun if you can, de-stress without a phone, and do some breathing techniques

#### 4. Meditate in the AM...

...begin the day in a quiet, peaceful space and focus on your breath and if faith filled, in the presence of God

#### 5. Gratitude Journal...

...end the day with 3 moments from your day to be grateful for, and enter them in your journal

#### 6. EFT Tapping...

...a profound way to de-stress and find calm and peace with your fingertips. [www.thetappingsolution.com](http://www.thetappingsolution.com).

#### 7. Ask for Help...

...don't try to do it all alone, and delegate!

Sharing these simple tools with family, friends, and colleagues will offer hope and sanity daily today and into the New Year! So, TAKE 5 to THRIVE!

## HOLIDAYS

FROM PAGE 23

two years had increased blood flow in the hippocampus (and other areas of the brain) than the non-HT-users.

The October 2017 *Journal of the American Medical Association* article asserted the safety of hormone therapy

for almost all women, overturning the infamous findings of the late '90's Women's Health Initiative, so why not stop suffering and give yourself (and your family!) the gift of hormones this holiday season?

## CANNABIS

FROM PAGE 19

with legal access to medical cannabis consistently reduce their reliance on prescription opioid medications.

Recent research published in the same journal revealed that approximately one in three chronic pain patients incorporate cannabis into their pain management regimen, often us-

ing it as a substitute for opioids. This suggests that for many individuals, medical cannabis is a viable alternative to traditional pain medications.

Medical cannabis is a relatively safe and effective tool to include in a comprehensive overall health and pain management plan.

## GAIN WEIGHT

FROM PAGE 58

drated aids digestion, keeps you feeling full, and helps in flushing out excess sodium and toxins.

5. **Plan Ahead:** If you know you'll be attending a big holiday dinner, make lighter and healthier food choices during the day. This balances out your caloric intake and ensures you don't go overboard.
6. **Don't Skip Meals:** When you skip meals, you tend to be ravenous by the time you get to the main event, leading to overeating. Eating small, balanced meals throughout the day can keep your hunger in check.
7. **Limit Sugary and Alcoholic Beverages:** While a glass of eggnog or mulled wine epitomizes holiday cheer, these beverages are laden with hidden calories. Enjoy them in moderation and al-

ternate with glasses of water.

8. **Get Adequate Sleep:** Lack of rest can disrupt hunger-regulating hormones, leading to increased appetite and poor food choices. Despite the late-night festivities, ensure you get a good night's rest.
9. **Listen To Your Body:** Recognize the signs of hunger and fullness. Eat when you're genuinely hungry and not out of boredom or because of the clock.
10. **Enjoy the Non-Food Aspects:** Remember, the holiday season is about more than just food. It's about love, gratitude, family, and traditions. Engage in non-food-related activities, be it singing carols, decorating the tree, or exchanging gifts. These experiences provide joy without the added calories.

## New You

FROM PAGE 7

Medical Specialties recognizes dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons as being the only four specialists having the right qualifications to perform cosmetic procedures. If in doubt, ask your doctor what specialty they are board certified in. The most respected experts serve as principal investigators for the FDA studies that bring new technologies to our country, and write scientific publications about this important research. You can check your doctor's publications by Googling their name + "Pubmed".

The latest concept is to renew your skin layer by layer. This approach reflects an advanced understanding of the aging process and treats the root causes of aging. If started in time, this can save you from ever having to consider the surgical knife.

The uppermost layer of your skin can be restored with Elos Plus photofacials (actually a sophisticated combination of two lasers), micropneels, VBeam pulse dye laser, and other advanced technologies, to fade discolorations, spider veins, acne and rosacea, minimize pores, and give your skin a beautiful glow. There is typically little or no recovery time.

Photofacials can be alternated with DermaSweep MD, a physician-strength, aluminum-free and more effective version of microdermabrasion, which painlessly polishes your skin and then infuses it with customized therapies to fade discolorations, tighten pores, improve acne, and restore skin radiance.

The middle skin layer can be stimulated to produce new collagen and elastin with lasers for fractional and skin tightening such as the new eMatrix Sublative, eTwo, CO2RE or Fraxel resurfacing laser. These are breakthrough technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Fillers like Voluma, Juvederm, Restylane and RHA are pure synthetic forms of the hyaluronic acid that naturally supports your skin and is lost with time. Radiesse is a natural calcium-based filler. Sculptra is another effective volumizing treatment. Volite is the newest addition, to hydrate your skin from within for smoother, more elastic skin. The key to undetectable results with fillers is expert understanding of facial anatomy and dynamics. An expert dermatologist or plastic surgeon can also use your own natural fat with stem cells to fill lines around the mouth and gaunt cheeks to make thinning lips full again and to free you of under eye hollows. The stem cells create a dramatic improve-

ment in skin elasticity and resilience.

Expert techniques don't just fill wrinkles...they can actually reshape your face, to restore your youthful facial contours and lift your face subtly and beautifully with no scarring and minimal down time. Recent research shows that precise and targeted placement of these fillers can also stimulate your skin to produce its own permanent collagen and elastin, for better and longer lasting results.

A new addition is platelet-rich plasma (PRP) with microneedling the so-called "Vampire Face Lift" that harnesses the regenerative power of your body's own platelet cells to restore smooth, radiant skin. Advanced PRP is also a successful treatment for hair restoration.

The lowest layer of your skin can be treated with Ultherapy micro-focused ultrasound, Exilis Ultra or Sublime lasers, the newest no-downtime treatments for non-surgical skin lifting. Ultherapy stimulates collagen and elastic tissue to lift your brows and cheeks, re-contour your chin and jaw line and tighten and lift your neck, chest, abdomen, buttocks, arms and elsewhere. You will see prompt, long-lasting and completely natural-looking results that improve even further over time. These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on body areas such as your stomach, arms, knees, buttocks and legs.

Kybella injections or LipoLite laser lipo can remove unwanted fat with no down time and no anesthesia to re-contour your jawline. You can also painlessly melt fat away from your hips, abdomen, waistline, buttocks, arms and other areas.

Precise doses of Botox, Dysport, Xeomin or Jeuveau neuromodulators can be injected in the right places to safely rebalance overactive muscles, smooth frown lines, worry lines, crow's feet, lines around the mouth and neck wrinkles. Expert treatment preserves your natural facial expressions, gives you a beautiful skin glow, and avoids that telltale frozen look.

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

This highly sophisticated approach does not morph you into a "new you." Better yet, it balances how you feel inside with how you look outside and allows you to re-discover the real you. Projecting good health and energy can maximize our personal and professional success as we move forward into 2024 and beyond.





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*Dr. Hema Sundaram, MA, MD, FAAD*

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

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

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

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

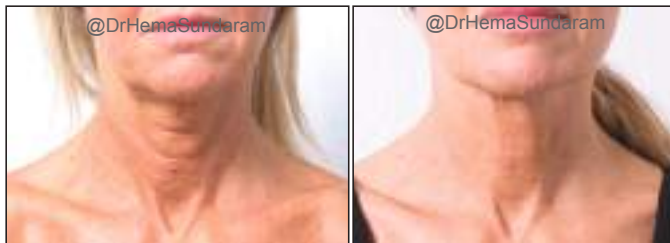
**Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology**  
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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



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

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