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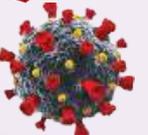
In Our Next Edition ...

Meet Your Local Health Professionals

Biographical Profiles of Your Favorite Local Doctors and Practitioners

Maryland Edition
December 2020

COVID-19 Updates



Info From Your Health Magazine and the CDC

Featured Professionals



Netsere "Dr. Net" Tesfayohannes, MD, ABA, ABAP, Pain Management



Beth Albaneze, MA, CTRS, CPRP, Mental Health



Paige Gaznavi, DDS, Dentistry



Craig A. Smith, DDS, Dentistry



Alicia Kovach, DC, Chiropractic



Brittany Harris, DC, Chiropractic

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Holiday Gatherings in 2020

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A New Foundation For the New Year



By Alan Weiss, MD
Annapolis Integrative Medicine

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 though 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

Please see "New Year," page 62

As we head towards the end of this difficult year and into the holiday season which is unlikely to resemble previous ones, 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 often outweighs our commitment to create a foundation of well-being.

Attitude Of Gratitude Thrive During Stressful Times



By Jeff Kucine, DO
Back To Balance
Osteopathic Wellness

and even thrive during these challenging times is a daily practice of gratitude. A gratitude practice is especially appropriate as we approach the holiday of Thanksgiving. Even this is stressful for many as they contemplate whether or not to get together for the Thanksgiving meal or practice social distancing so as not to put our elder family members at risk for catching COVID-19.

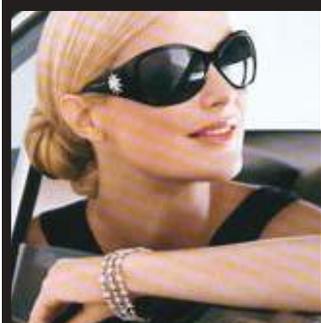
It's a huge challenge to be grateful when you find yourself newly unemployed, not visiting with friends and family, juggling your time with kids at home, not being able to travel, and the list goes on and on. Easy to focus on what's wrong, but like the saying goes "the grass is always greener, where you water it!" When we stay focused on what's wrong in our lives it "fertilizes" that perception and expands its presence in our lives. This serves to add more stress and anxiety in a snowball-like effect.

It's not easy but we can choose to focus on what's right and good in our

Please see "Gratitude," page 63

We're all in this together. None of us foresaw it's coming and no one could have predicted the far-ranging and stressful effects of the global pandemic in our midst. With business closings and perhaps our favorite restaurant closing, canceled sporting events, changes in school attendances, facing difficulties financially, socially, and psychologically, we are all under a new burden of stress causing anxiety.

One thing we can do to survive



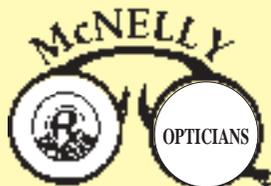
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Sleep Apnea: How Dentists Can Help

With COVID-19 it has become more important than ever to be tested and treated for Sleep Apnea. It could save your life.



By Ekaterina Tomenko, DDS, LLC
Advanced Sleep Treatment

Obstructive sleep apnea (OSA) is a chronic condition in which your muscles relax during sleep and your soft tissue collapses and blocks your airway. As a result, repeated pauses in breathing occur, ranging from just a few seconds to more than a minute. A person with OSA may have these episodes hundreds of times over the course of one night, which subsequently reduces the oxygen levels in the body. These pauses in breathing send signals to your brain that disturb your sleep and often cause you to wake up. In the U.S. alone, about 25 million adults have OSA.

It is common for people who have sleep apnea to not be aware of it. Despite clear signs and symptoms people can go undiagnosed with OSA for an average of seven years. When OSA goes undiagnosed or is left untreated, people can begin to experience a range of worsening symptoms and health conditions.

Severe, untreated sleep apnea can even increase your risk of death without existing comorbidities.

Sign and symptoms of OSA often include snoring, gasping, and/or choking sounds during sleep. OSA can affect both men and women, but is more common in men.

While many people will visit an ENT specialist for treatment, dentists are the first line of defense against sleep apnea. People are likely to visit their dentist at a regular six-month dental appointment before a physical exam with their physician. Dentists work closely with physicians to treat snoring and OSA.

Oral Appliances and Their Advantages

Many patients prefer using a sleep apnea appliance to a CPAP machine. In comparison with a CPAP

machine, oral appliances are quiet, comfortable, portable and easy to use and maintain. If you have been diagnosed with mild to moderate sleep apnea, an oral appliance is usually the best choice for you. In some severe cases of sleep apnea, if compliance with a CPAP machine is low, an oral appliance can be a great option.

Your dentist can recommend the type of appliance that is best for you. A custom-fit oral sleep appliance can drastically improve your sleep, which

will restore your day time alertness. Patients often report that this can be a life changing treatment. In addition, oral appliance therapy is covered by many medical insurance plans.

Oral appliances are custom made for each individual patient using digital or physical impressions and models of your teeth. These models are sent to a specialized dental lab where the appliance will be made. Once it is ready, you will return to your dentist to adjust the appliance to maximize

its comfort and effectiveness.

Treating snoring or OSA with oral appliance therapy can help you feel like a new person. You will most likely find that your symptoms and quality of life can improve dramatically when you commit to your treatment nightly. Through better sleep, patients experience more energy and feel sharper throughout the day. Oral appliance therapy promotes a healthier heart, body, and mind. You may find that your partner begins to sleep better too.

Is Snoring a Problem? It Could Be Sleep Apnea

Sleep Apnea is a dangerous condition that can affect your health – and you may not even know that you or your partner have it.

Complications of Sleep Apnea:

- Impotence
- Memory Loss
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- Stroke
- Headache
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- Drowsiness
- Hypertension
- Obesity



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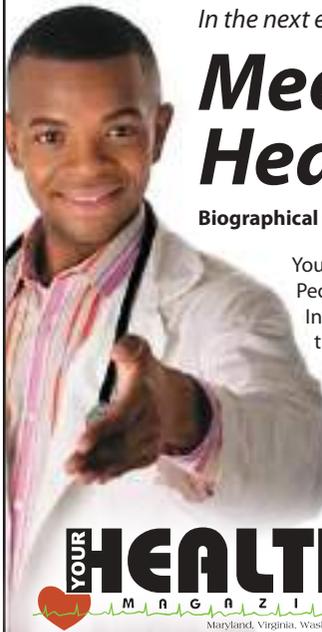
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Jeffery Dormu, DO

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Five Keys To Holiday Skin and Hair Health

By Hema Sundaram, MD
Sundaram Dermatology

This year, the holiday season will be different to those we have experienced previously. However, there will still be opportunities to spend time with our loved ones, and to fill our days with seasonal hope and light. The holidays are an excellent time for us to review our health goals for the New Year and beyond, and to decide if we want to make a few changes.

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

Here are five keys to building good skin and hair health for the holi-

days and beyond.

1. Get a Skin Check

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

2. Don't Forget the Sunscreen

We are still vulnerable to sun damage in fall and winter, even though

Please see "Skin/Hair Health," page 63

Feed Your Mood During the Pandemic

By Laura Kucine, RN, OCN
Back To Balance
Osteopathic Wellness

You know that saying, "You are what you eat?" Here's a twist to it: "Your mood is what you eat." So go ahead, feed your feelings. But don't feed them junk food. On your next trip to the grocery store put some healthy ingredients on your list. Here are a few we suggest:

What to eat if you're experiencing mental fogginess: Folate helps you think more clearly. Commonly known as Vitamin B9, folate (aka folic acid) is needed to help your body produce neurotransmitters that include serotonin, norepinephrine and dopamine. These three natural mood stabilizers can enhance your sense of pleasure and provide mental clarity. Low folate levels are a known risk factor for depression. Load up on leafy greens, avocado and citrus fruits.

What to eat if anxiety is getting to you: Choline affects several vital body functions. These include liver function, muscle movement, healthy

brain development and your nervous system. Studies have even suggested that choline can protect you from dementia and cognitive decline. Your body produces some, but many people are deficient. It's found in commonly consumed foods, including eggs, seafood, beef and Brussels sprouts.

If you're frustrated, annoyed and irritable: Magnesium is an essential mineral in the human body, contributing to more than 300 enzymatic reactions that range from nerve and muscle function, blood pressure regulation and supporting immune function. Magnesium deficiency is common in the U.S. Studies show that low magnesium levels are linked to increased levels of anxiety. Try eating magnesium-rich foods including almonds, spinach, peanut butter, cooked edamame, avocado, oatmeal or bananas.

What to eat when you're feeling apathetic: Iron is an essential mineral for your body. It carries oxygen from your lungs in hemoglobin within the

Please see "Pandemic," page 63

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Healthy Mouth Equals Healthy Body

By Karl A. Smith, DDS, MS

Do you have bleeding gums, a sore mouth, loose teeth or bad breath? If so, you may be among the majority of Americans who have gum disease, also known as periodontal disease. And if you have it, you should take it seriously (by making an appointment with a periodontist today) not just because of the problems it can cause in your mouth, but because it may increase your risk of developing a range of full-body diseases, from heart disease to cancer.

The Connection Between Mouth and Body

Just like bacteria, which invades the body through cuts or other breaks in the skin, germs can gain access to the bloodstream when they get far enough under the gums. Periodontal disease causes pockets between the teeth and the gums, which are ideal breeding ground for some bacteria. And, unlike external bacteria that invade through obvious routes and cause obvious infection and swelling, periodontal bacteria are silent invaders, traveling from the mouth to all the crucial organs of the body undetected until they cause or contribute to a number of deadly diseases. There may be few symptoms and no pain,

until your gums start to bleed and your teeth loosen and actually fall out.

Periodontal Linked Diseases

Periodontal disease is linked to diabetes, as both a cause and exacerbating factor. Studies have shown that treating periodontal disease can improve blood sugar, and just going in for regular cleanings improves diabetic control. There is also a strong association between periodontal disease and low birth weight babies. Studies have found periodontal bacteria in amniotic fluid. When bacteria get into the mouth and travel to the bloodstream they elevate prostaglandins, the same

inflammatory markers that stimulate uterine contractions, causing early labor. Since pregnant women are more likely to get gingivitis because of elevated hormone levels, it's crucial that they pay attention to dental care. Periodontal disease can be a factor in lung disease as well. Bedridden elderly patients who don't or can't take good care of their teeth can breathe in bacteria, which can cause pneumonia. People with COPD need to be especially careful to avoid periodontal disease since their lungs have a reduced capacity to fight off infection.

Dentists With Super Powers

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, plus continuing education throughout their careers. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease, and are trained in performing cosmetic periodontal procedures, and dental implants.

How to Get a Healthy Mouth and Body

Remedying gum disease may help lower these overall health risks. When an inflammatory condition is suspected or diagnosed, it is important to quickly consult with a periodontist, as sometimes the only way to detect periodontal diseases is through a periodontal evaluation. A periodontal evaluation may be especially important if you:

- Have a high risk for periodontal diseases.
- Have heart disease, diabetes, respiratory disease or osteoporosis, or are thinking of becoming pregnant.
- Have a family member with periodontal disease. Research suggests that the bacteria that cause periodontal disease can pass through saliva, which puts children and couples at risk for contracting the periodontal disease of another family member.
- Have a mouth sore or irritation that does not get better within two weeks.
- Take control of your preventative dental health. Make an appointment for a periodontal evaluation with an experienced periodontist today. Taking care of your teeth and gums will not only help enhance your smile, but will help you maintain your overall health.

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A Periodontal Evaluation Should Be Part Of Your Prenatal Care

By Tongela Williams, DDS
Beautiful Smiles, LLC

Women may experience increased gingivitis or pregnancy gingivitis beginning in the second

or third month of pregnancy that increases in severity throughout the eighth month. During this time, some women may notice swelling, bleeding, redness or tenderness in the gum tissue.

In some cases, gums swollen by pregnancy gingivitis can react strongly to irritants and form large lumps. These growths, called pregnancy tumors, are not cancerous and are generally painless.

Studies have shown a relationship between periodontal disease and pre-term, low-birth-weight babies. Any infection, including periodontal infection, is cause for concern during pregnancy. In fact, pregnant women who have periodontal disease may be seven times more likely to have a baby that is born too early and too small. If you're planning to become pregnant, be sure to include a periodontal evaluation as part of your prenatal care.

If you experience any of the following symptoms below, contact a periodontist right away:

- Bleeding gums during brushing



Tongela Williams, DDS

- Red, swollen or tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath
- Pus between the teeth and gums
- Loose or separating teeth
- A change in the way your teeth fit together when you bite
- A change in the fit of your dentures

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Hiatal Hernia: A Common Cause For Heartburn

Many hiatal hernias have no symptoms. However, the most common symptom is heartburn. Other symptoms include acid taste in the mouth, regurgitation of food, choking sensation in the throat, coughing especially at night, or vague upper abdominal pain.

How Is a Hiatal Hernia Diagnosed?

Many hiatal hernias are found incidentally during investigation for another problem, eg., doing a CT scan for abdominal pain and finding a hiatal hernia. For the individual that has symptoms, a hiatal hernia may be diagnosed by an upper GI study or an endoscopy performed by a gastroenterologist.

What Is the Treatment For a Hiatal Hernia?

Treatment for a hiatal hernia is often focused on controlling the symptoms. Since the most common symptoms are related to acid reflux then treatment is often aimed at reducing episodes of acid reflux.

General measures involve eliminating any predisposing factors, avoiding spicy foods and other foods that contribute to acid reflux, avoid-

Please see "Hiatal Hernia," page 61



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

What Is a Hiatal Hernia?

A hiatal hernia is a type of hernia that occurs when the stomach migrates from the abdominal cavity into the chest cavity through the diaphragm. Other organs may also migrate into the chest but most commonly it is the stomach that is involved. The stomach migrates through a natural opening in the diaphragm. The occurrence of a hiatal hernia may be precipitated by a weakness in the diaphragm and by factors that cause high pressure in the abdomen, eg., repeated straining, chronic coughing, obesity and pregnancy.

What Are the Symptom Of a Hiatal Hernia?

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

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

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

- **Traditional Relay (TTY)** for those who are deaf, hard of hearing, late-deafened or have difficulty speaking. Also known as a text telephone, a TTY has a keyboard, which allows the user to type his/her side of the conversation, and a text screen to read the other person's responses.
- **Hearing Carry-Over (HCO), Speech-to-Speech (STS), and Visually Assisted STS** for those who can hear clearly, but have difficulty speaking or being understood over the telephone. With HCO, the user types his/her side of the conversation on a TTY or HCO phone. With STS, the user speaks with his/her own voice, and a Maryland Relay Operator voices everything he/she says, as needed, to the other person. With Visually Assisted STS, Maryland Relay Operators are able to use both speech and visual cues to facilitate conversations for users via a live video connection.
- **Voice Carry-Over (VCO)** for Relay users who have difficulty hearing but prefer to use their own voice in phone conversations. VCO callers use a VCO phone or TTY to speak to the other person while a Maryland Relay Operator types the other person's response.

- **Captioned Telephone**, which allows users who are hard-of-hearing to read captions of phone conversations while they listen to what the other person says.
- **Remote Conference Captioning (RCC)**, which provides captions of what all participants are saying during conference calls.
- **Braille TTY** for Relay users who are DeafBlind. A Braille TTY includes a keyboard, which allows the user to type his/her side of the conversation, and a Braille display for reading the other person's responses.

In addition to the services available through Maryland Relay, people in Maryland who have difficulty using a telephone may also qualify for assistive telecommunications equipment, provided by the State through the Maryland Accessible Telecommunications (MAT) program. Qualified

Please see "Connected," page 61



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

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How Telemedicine Saved a Life



By Darryl A. Hill, MD, FACP
Laurel Medical Associates

vent, diagnose and manage symptoms now almost a year into the fight.

In the early days we all were told to stay home and avoid the hospital in anticipation of incredible numbers of sick people flooding the hospital similar to what was happening in Europe. Many wondered how they could receive needed care and what they could or would do to receive health care. We did not have to look far for a way to receive access and healthcare safely. It was and is telemedicine, and with a few executive actions was ready to go.

Telemedicine is a convenient and safe service for you to receive health care services remotely with your phone, computer or other digital device. The service has been covered by some insurance companies and is very useful for many health care services. In addition to the safety, it is very convenient and easy to use. We have seen the 80-year-old use the service along with the 20-year-old. It truly has made a difference in the

The COVID virus has infected close to 10 million people across the world. Here in the U.S. 47 million people have been infected as the death toll continues to increase. Here in our state of Maryland 148,000 people have been infected and over four thousand people have been killed. As we reach further into winter and the flu season it is concerning that we have reached a level of 100,000 cases per day. It is helpful that we have a better understanding of the virus and how to pre-

Please see "Telemedicine," page 63



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Chiropractic Can Help With Stress



By Alicia Kovach, DC
Kovach Chiropractic

heart rate increases, blood volume and blood pressure increase, blood is directed away from digestion and the extremities. Vision becomes more focused, hearing more acute.

In response to the messages from the SNS, the adrenal glands secrete corticoids, including adrenaline, epinephrine and norepinephrine. All of this is very useful if we're running from a prehistoric raptor, or confronting a more modern threat. However, the long-term effects of this state can be disastrous to good health.

People who have chronic stress are more likely to experience high blood pressure, diabetes, damage to muscle tissue thru prolonged muscle tension and contraction, damage to immune response, nerve irritation and slowed healing from disease and injury.

You may be asking yourself how chiropractic can help with stress.

Adjustments of a chiropractor release muscle tension, and that helps the body return to a more balanced,

Please see "Stress," page 61

In today's society we are all running here and there and are busy, busy, busy. We have the stress of work, family, and financial stress. Do you know how the stress is affecting your body?

Stress, whether physical or perceived, triggers a fight or flight response. This is a systemic physical reaction, affecting almost every part of the body. The hypothalamus is a part of the brain that stimulates the sympathetic nervous system (SNS). The

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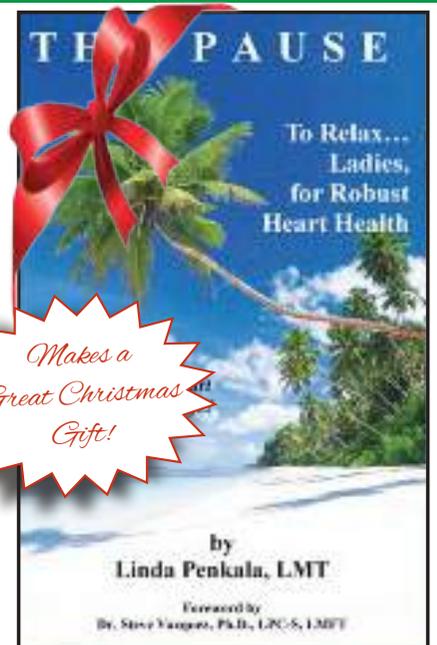
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Makes a Great Christmas Gift!



By Sheilah A. Lynch, MD

When Diet and Exercise Are Not Enough

Abdominoplasty, or “Tummy Tuck,” is a commonly performed surgical procedure that addresses excess skin, muscle weakness and fatty “adipose” tissue in the mid and lower abdominal wall. Many of life’s changes including weight loss or multiple pregnancies may leave you feeling frustrated with excess hanging skin or a low abdominal pouch that is many times resistant to diet and exercise.

Increased abdominal girth from weight gain or pregnancy also weakens the abdominal musculature and allows laxity to persist even after the weight has been lost. Because the muscle and tissues may have been stretched beyond their ability to recover naturally, attempts at muscle tightening with sit-ups may be futile.



About the Procedure

An abdominoplasty is performed under general anesthesia so the muscle is relaxed and can be tightened by special suturing techniques. Excess skin and fat are removed and the resulting scar is hidden in the low abdomen and around a more youthful appearing belly button.

The procedure takes 2-3 hours and is usually performed as an outpatient procedure, meaning you go home the same day. The recovery is approximately two weeks, but many patients return to work as quickly as five days.

Lipo360° and Brazilian Butt Lift (BBL)

If you don’t have excess skin or weak abdominal muscles and want to improve your waistline, a 360° degree

approach with liposuction may restore your hourglass figure. Circumferential liposuction of the abdomen, flanks and low back can dramatically change the contour of your midsection. The surgery is performed as an outpatient and the recovery is less than a week.

BBL or Brazilian butt lift is an additional surgical procedure to consider

along with Lipo360°. This procedure transfers the fat removed by liposuction to the buttocks to enhance the shape and give a firmer, more lifted appearance. This procedure is completely natural using your own fat for the enhancement.

To find out if a tummy tuck, Lipo360° or BBL are right for you contact a board certified plastic surgeon.



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Invisalign



By Judy Yu, DMD, MBA
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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.”

Please see “Invisalign,” page 61

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

- Overcrowded teeth
- Twisted teeth
- Overlapping teeth
- Bite issues

Additionally, these aligners are virtually invisible and do not detract from your smile. If you – like most of us – can’t picture yourself in metal and wire braces, change the picture.

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By Sherry L.H. Maragh, MD
Maragh Dermatology,
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Feeling Beautiful Is Not Only Skin Deep

the legs, but can occur on other areas of the body. Larger dilated blood vessels, called varicose veins, may appear raised above the skin surface. Varicose veins may occur with spider veins.

Sclerotherapy: The injection method for treating leg veins. One of several kinds of sclerosing solutions is injected directly into the vein with a very fine needle. The solution irritates the lining of the vein causing it to

swell, stick together, and the blood to clot. Over a period of weeks, the vein turns into scar tissue that fades, eventually becoming barely noticeable.

Lasers: Lasers can also be used to eliminate leg veins. Wavelengths of light are absorbed by the blood in the vein to destroy them. There are many types of lasers that can be used.

Endovenous Laser Ablation

The newest technology available for the treatment of varicose veins. A

small single needle incision is made in the leg and a fiber is inserted into the varicose vein. The laser is activated and the vein is safely closed as the fiber is moved through the vein, gently heating it.

Once the vein is closed, the blood that was circulating through this vein is simply rerouted to other healthy veins and the varicose vein vanishes. Endovenous laser is minimally invasive and performed in your doctor's office.

You don't have to live with stubborn fat areas or ugly leg veins. There are solutions available that will eliminate the need to hide those imperfections.

A beautiful you begins with a consultation with your dermatologic surgeon and vein specialist to see what treatments and options are best for you.

SmartLipo Laser Body Sculpting

A revolutionary, minimally invasive treatment that helps to eliminate those stubborn areas of fat including that tummy pouch, the extra roll on your thighs, love handles, turkey neck, bra fat and back fat just to name a few areas that many people are frustrated by.

SmartLipo Laser Body Sculpting works by permanently destroying fat cells. This allows you to create the curves and contours ideal for your body without the concern of fat returning in areas treated if you maintain a healthy diet and exercise. You can finally have the body you've always wanted.

SmartLipo Laser Body Sculpting is a laser-assisted lipolysis (fat destruction) procedure performed using a one millimeter canula (or tube) inserted into the skin. A laser fiber inside of the canula delivers energy directly to fat cells, causing them to rupture and drain away as liquid that is removed during the procedure.

Simultaneously, tissue around the area coagulates, resulting in overall skin tightening. It is a minimally invasive procedure which usually requires only local anesthesia.

Results can be seen within a week, with continued improvement over three to six months. A compression garment is worn for a short period after treatment, depending on the body area treated.

You Don't Have To Suffer With Leg Veins

Spider veins are small superficial blood vessels that appear red or blue in the skin. They commonly occur on



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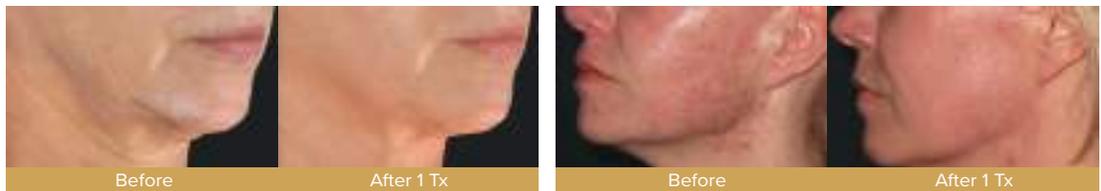


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Sherry L.H. Maragh, M.D. is the founder and director of our centers. She is Board Certified in general, surgical, cosmetic and laser Dermatology by the American Board of Dermatology. Dr. Maragh is recognized as a leader and expert in the field by both her peers and patients in offering the most advanced laser technology and minimally invasive surgical techniques for facial reconstruction and body rejuvenation.



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Understanding Ketamine

Hope For Anxiety Sufferers

By Ladan Eshkevari
PhD, CRNA, FAAN
Avesta Ketamine and Wellness

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year. However, with the onset of the COVID-19 pandemic and the resulting increased job stress, financial insecurity, and social isolation, the prevalence of anxiety has risen sharply since March. In fact, a report released in June by the U.S. Census Bureau indicated “a third of Americans show signs of clinical depression and anxiety [indicating] these and other mental conditions are becoming ampli-

fied during the recent pandemic.”

With more and more Americans suffering from anxiety, there is a real need for effective treatment options. While many prescription drugs and therapy approaches prove beneficial for many patients, there is a growing number of sufferers who find that they do not respond to common treatment options.

Understanding Ketamine

Developed in the 1960s and approved for use in the U.S. in 1970, ketamine has been deemed by the World Health Organization as one of the most essential medications due to its therapeutic effects and wide margin of safety. Ketamine works by inducing both hypnotic (sleep-inducing) and analgesic (pain-relieving) effects. Ket-

amine is deemed a complete anesthetic with minimal effects on cardiovascular function, respiratory drive, and airway reflexes. It is used extensively for pediatric and adult treatment in surgery, emergency departments, trauma medicine, and war zones.

Ketamine works on several brain areas involved in symptoms of depression, anxiety, suicidal ideation, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), postpartum depression (PPD), and numerous pain syndromes. It helps with shuttling needed neurotransmitters to where they are depleted, and has been shown to grow new neuronal connections in animal models of depression and anxiety.



By Ladan Eshkevari
PhD, CRNA, FAAN

Is Ketamine Safe?

Ketamine IV infusion treatments for mood disorders and chronic pain are very safe when administered by clinicians, like highly trained anesthesia providers with board certifications. Additionally, ketamine has a strong body of evidence-based research supporting its use. In fact, researchers have found that ketamine can be highly effective and safe in depression and anxiety, and unlike opioids is physically non-addictive. These are three of the most critical factors supporting its clinical use for mood disorders and chronic pain.

Hope for Anxiety Sufferers

IV ketamine therapy has a calming effect on the nervous system and has a demonstrated history of helping anxiety sufferers get the help they need. The ideal candidate for ketamine IV infusion treatments is typically a patient that has tried many other forms of treatment without success. Ketamine can often be the difference in a patient resuming a normal and healthy lifestyle, which usually they had not thought possible because of a history of successive treatment failures. For many, ketamine IV infusion treatments restore hope. The goal is to add ketamine IV infusions to the patient's current treatment protocol, which will give patients the best chance at finding relief.

How IV Ketamine Therapy Works

With ketamine IV infusions, all treatments are done by a licensed practitioner. The standard treatment includes six 45-60 minute sessions spread over a 2-3 week period. Research has shown that this regimen is the most effective for the treatment of mood disorders. In general, patients feel effects within the first 4-5 treatments, and are recommended to continue their regular care with a mental health practitioner, as well as their current drug regimen.

If you are considering ketamine for the treatment of anxiety, patients should schedule a consultation with a licensed provider and come prepared with questions.

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Minimally Invasive Foot Surgery

Permanent Cure For Bunions, Hammertoes and Calluses

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

You only get one pair to last a lifetime, and most people will clock over 70,000 miles on a pair of feet in a 70 year life span. Mechanically, the feet are one of the most complex parts of the body. There are 26 bones, 30 joints, 19 muscles, and 107 ligaments in each foot. These structures

work together to allow the foot to move in six different directions to produce each complete step.

It has been estimated that 80-85% of the general population will suffer from a foot problem at some time in their life. In the past, many foot pain sufferers have avoided permanent cures, opting for periodic palliative care. In the long run, for the active person in pain, this may not be the treatment of choice. These visits

may be time consuming, expensive, and will not permanently cure a problem that may worsen.

How Minimally Invasive Surgery Differs From Traditional Foot Surgery

Minimally Invasive Surgery (MIS) is a technique which enables a specially trained and certified surgeon to eliminate most bunions, hammertoes, corns, calluses, and spurs through a small incision often

requiring only one stitch, so no big scars. The procedures are performed with small specialized instruments with a diameter about the same size as a pen point. The bony structures are viewed during surgery by use of a Fluoroscope, so even though the incision is small, the surgeon can visualize the structures he/she is working on at all times during the surgery.

Unlike other surgeries, major factors associated with MIS are different. There is no hospitalization or deep general anesthesia required. The surgery is performed in a certified Ambulatory Surgical Center under local anesthesia with IV sedation administered by an anesthesiologist or a certified nurse anesthetist, so the patient will experience no pain before or during the surgery. Following the surgery, the patient will leave walking, be instructed to go directly home and remain off the foot other than ambulating to the bathroom for 2448 hours. The recovery time, and post-operative pain, swelling, and risk of infection is usually diminished with MIS due to the small incision, less exposure time, and lessor amount of soft tissue dissection and trauma to the structures. With some procedures, patients are often able to return to sedentary jobs in 23 days.

Etiology The most common cause of bunion deformities is believed to be a combination of hereditary tendencies and biomechanical imbalances. For example, excessive pronation, commonly referred to as flat-feet, places excessive stress on the inside of the big toe during toe-off forcing it into a valgus direction toward the smaller toes. As the bunion develops, the head of the metatarsal bone enlarges, becomes more prominent, and is irritated by the shoe. This can be demonstrated with the hand by holding the palm flat against a table and slowly bending the hand and watching the knuckles become more prominent.

Treatment The first choice in the treatment of bunion deformities is to discover them early in life so a conservative, mechanical approach may be used. This may include orthotics or a minimally invasive flatfoot correction, which will be discussed in a later issue. However, once the great toe is deviated and the metatarsal bone becomes prominent enough to be symptomatic in shoes, the only permanent cure is surgical correction, which in the majority of the cases can be done through the minimally invasive technique.

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Dr. Burton J. Katzen, DPM

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President, Temple University School of Podiatric Medicine Alumni Board
Director, Annual Alumni Surgical Seminar TUSPM
Vice President and Board Member American Academy of Ambulatory Foot and Ankle Surgeons
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Should Cortisone Be the Gold Standard?

Submitted By Pain
Arthritis Relief Center /
I Hate Knee Pain

The old adage “all things in moderation” has long been a staple American mantra, yet for many, our fast-paced lifestyles now demand more quick fixes than ever before. Cultural factors lend to packed schedules which are also implicated in adverse social trends such as sedentary professional lifestyles, leaving healthy aspirations and convenience at odds – stressors that are having major effects on our well-being, specifically joint health.

In traditional Western medicine, when joint pain or injury first occurs it is habitually addressed with some form of a steroidal fix to lessen inflammation so we can quickly return to our active lifestyles, which often leads to further injury or ongoing arthritic changes.

For the last 50 years, intra-articular injections of corticosteroids have been used for the treatment of arthritic joint pain. Long touted the most effective anti-inflammatory drug on the market regardless of potential degenerative qualities following intra-articular injections. Yet the medical industry still considers it the gold standard, why?

Corticosteroids are the man-made version of the hormone cortisol, which can substantially reduce swelling and pain that is associated with inflammation, but the long-term latent side effects are hugely disconcerting. Serious damage can happen to the bones of the large joints called avascular necrosis, or the death of bone tissue due to a loss of blood supply. Many medical journals will confer the side-effects as “rare, but serious,” when in fact these symptoms are not infrequent at all – this adverse reaction can occur with minimal treatments at high doses causing the erosion of critical joint tissue.

Cortisone as a gold standard for knee pain and arthritis needs a more in-depth look. The literature all points to long-term deleterious effects. Clinicians must question the standards and do the best for our patients.

In recent years there have been several highly respected and controlled case studies that have proven the rapid progression of degenerative arthritis following intra-articular hydrocortisone injections, yet the medical industry is still wildly prescribing them in droves. About 54 million U.S. adults have arthritis and are expected to reach more than 78 million in 2040; that’s an increase of almost 49% with about half of those reported are working age adults – age 18-64 years. Additionally, an estimated

34 million adults will be limited in their usual activities because of their arthritis in 2040, an increase of 52%.

Although osteoarthritis prevalence has increased over time, today’s high levels of the disease are not, as commonly assumed with an increase in sedentary lifestyles in recent decades.

Leading a sedentary lifestyle can lead to weakened joints and surrounding muscles – the solution should be in the prevention of these ailments. More studies need to be done to understand the factors that put people at risk for joint pain; but taking on a holistic ap-

proach to slow or even halt its effects should begin by identifying risk factors and beginning a preventative plan. Physical therapy works much better on knee osteoarthritis when the joint is cushioned with viscosupplementation – it’s like Dorothy putting oil on the Tinman in *The Wizard of Oz*, it gets the joints mobile and moving.

Pain affects not only our immediate physical health, but our overall well being. The interdependent parts of the body work as a whole, and treating them as one cyclical running system is critical, which can be done

largely without surgery or drugs. This dynamic approach to patient care is much like the body itself: interconnected, taking into account posture, nutrition, sleep, exercise habits and movement overall.

After working through a mindful holistic approach, patients not only find their joint pain solved, but report weight loss, increased energy, and greater self-confidence. The answer is in integrating regenerative medicine, physical therapy and chiropractic care to inspire overall health and well-being. Western medicine with an Eastern approach to care.

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Choosing an Orthodontist



By Jacqueline Brown Bryant
DDS, MS, PC

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

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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?

Orthodontists are dentists who receive an extra 2-3 years of specialized education and training beyond dental school to learn the proper way to diagnose, and treat by straightening malalignment of teeth, muscles and jaws to improve function and 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

Please see "Orthodontist," page 61

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Keep the Happy In Your Holidays

By Meg Kabis
New Day Vitality

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.

Please see “Holidays,” page 63

Dermatoses: Hair and Scalp Care Tips

By John Kiely, MD

The most common scalp dermatoses conditions are scalp psoriasis, seborrheic dermatitis and atopic dermatitis (eczema).

Those affected often have a combination of these problems. If you have any of these scalp conditions, you are one of millions of affected Americans.

In the never ending search for ways to improve our hair and scalp health, we have come across some useful information. Here are some common sense tips to follow when it comes to hair and scalp care:

- Unless otherwise directed by your physician, apply your scalp hair medication to towel-dried hair before using any styling products, like gels or mousses. Once you have applied the medication go ahead and style as usual.
- Do not use hair spray too often; it tends to suffocate the hair. Hair gel and mousse are fine, but don’t apply them directly on areas with scalp dermatoses. Put these styling aides elsewhere and then comb them through your hair.
- It is good to massage your scalp

while shampooing and rinsing. Massage uniformly to make sure that the blood is circulated on your entire scalp. Don’t focus just on the area with scalp dermatoses; massage your whole head.

- It is okay to blow dry your hair. Just don’t overheat the scalp, especially the area with scalp dermatoses.
- Any hair length is fine. However, with certain treatments (such as those that are greasy and difficult to put on), you may find it more convenient to wear your hair short.
- Use a wide-tooth comb or a flat brush. Round brushes are okay for styling while you dry your hair. Never pull hard to rid yourself of knots; you’ll break the hair and irritate the follicles.
- Alternate your shampoo and conditioner every few months. If you have dry hair, use a conditioner. But don’t feel that you have to use one if your hair is in good shape.

Feel free to use hair dyes, permanents, gels and other products. To make sure they don’t cause irritation, test these products on one area before applying them to your entire scalp.



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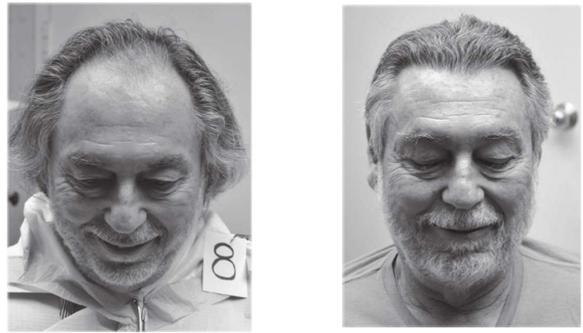
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Traditional Chinese Medicine For Epilepsy



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

Traditional Chinese medicine has been used therapeutically in China for thousands of years and is growing in prominence in Europe and the United States. More and more people search the health care from Chinese medicine and other complementary and alternative medicine (CAM). The National Center for Complementary and Alternative Medicine (NCCAM) showed that about 38% of all adults, 44% of adults from 50-59 years old, and 12% of children reported using

CAM in 2007. At least 24-44% of epilepsy patients appear to already be using CAM in some form.

Epilepsy had been described in the book, Chinese Medicine Classic (Huang Di Nei Jing), which was written more than 2,000 years ago. Chinese herbal medicine and acupuncture are the main professional methods of Chinese medicine. Recent studies indicate that Chinese medicine therapy including herbal medicines and acupuncture for epilepsy are promising.

Herbal remedies have been used in traditional Chinese medicine and other traditional medical systems since ancient times for the treatment of epilepsy. For example, tian ma, the root of Gastrodia, is commonly used in China for epilepsy and other conditions.

There have been three cases in which patients with refractory epilepsy showed substantial improvement with the use of the traditional herbal formulation Bu-yang-huan-wu-tang. Some reviewers cited several com-

Please see "Epilepsy," page 61

Fueling Power-LESS Into Power-FUL



By Patrice D. Perkins-Pratt
 Your Brighter Outlook
 Life Coach / President

During the coronavirus pandemic we have been inundated with important facts and news about precautions and information that should keep us safe. Our mental health may feel weighed down with news reports,

statistical numbers and possibilities that are always seemingly dire – this constant input of information will cause us to feel power-LESS.

Why is that? Because of the seemingly unknown result. The unknown during the coronavirus pandemic wreaks havoc on our mental health, making us feel anxious, stressed or even scared. We get programmed into tunnel vision, and then it becomes hard for us to take a step back and review all of our options, because in this state of mind, we don't feel like we have any options. It can be incredibly challenging to realize through this form of conditioning how much power and influence you actually do possess in your life.

While we are all practicing social

Please see "Power-FUL," page 65



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MD, MBA, FACS

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Over the last few years, there has been a shift in the desired outcomes for our clients. Weight loss has come to the forefront of many people; therefore, we have added multiple non-invasive services to address weight release. Most of our services address the lymphatic system which may be sluggish. The lymphatic system is an organ system in vertebrates that is part of the circulatory system and the immune system. Its primary functions are the removal of excess fluids from body tissues, absorption of fatty acids and subsequent transport of fat, chyle, to the circulatory system, and production of immune cells.

We have listed the following services to address excess weight loss, fluid reduction, body sculpting, increase energy, and fewer major health issues such as heart disease, diabetes, hypertension, high cholesterol, and osteoporosis.

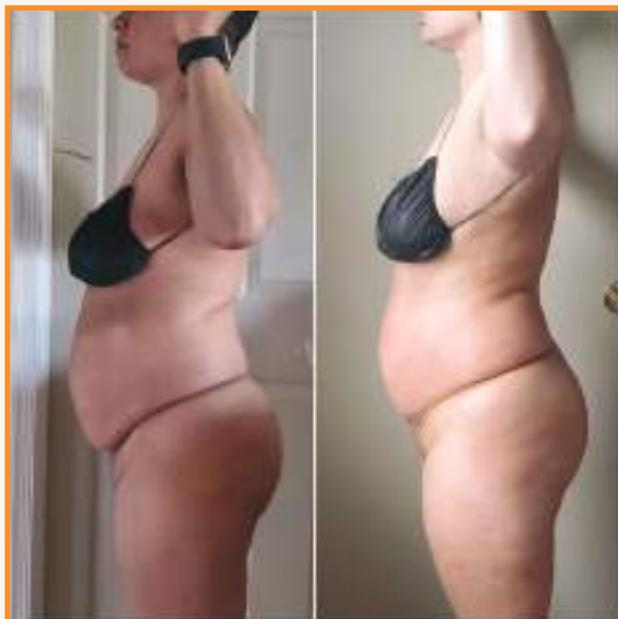
Wood Therapy is a vigorous massage technique that utilizes wooden, handheld tools, such as rolling pins and vacuum-suction cups. The technique is design to reduce/eliminate cellulite. It is also designed to increase lymphatic circulation, reduce wrinkles, and alleviate stress.

Cavitation is a non-invasive fat reduction treatment relies on ultrasound energy to heat targeted areas under the skin to reduce fat cells and to stimulate new collagen regeneration. It is the preferred option for anyone who does not want to undergo extreme options such as liposuction, as it is does not involve any needles or surgery.

Cupping is an entirely natural treatment that uses the body's own responses to accelerate weight loss and improve the immune system and metabolism. Cupping creates negative or reverse pressure and uses vacuum suction to lift blood capillaries and muscles towards the surface of the skin. When cupping the digestive area, it is possible to reach up to four inches below the surface of the skin, bringing fresh blood, platelets and growth factors to the soft tissue and organs in need of stimulation and healing. Ultimately, cupping on belly fat will increase peristaltic action and secretion of digestive fluids, improving digestive function and helping to provide relief from anxiety and tension.

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

The 2020 Holiday Season: Get Out Of the COVID Slump

feeling it?!), most aging men and women will begin to notice physical and emotional changes as a result of a decrease in natural hormone levels compared to early adulthood. If you're left with the feeling you just aren't your old self, or you experience symptoms such as feeling chronically tired, lacking a sex drive, packing on extra weight, or struggling

to focus through a mental fog, you might be experiencing hormone deficiency-related symptoms.

You can feel healthier and look younger again with bio-identical hormone replacement therapy (BHRT) pellets. BHRT pellets utilize hormones that are identical to those created by your body naturally. This type of therapy has helped transform

health care for both men and women as they grow older.

If you feel chronically tired, lack a sex drive, are packing on extra weight, or are struggling to focus and think clearly BHRT may be right for you. BHRT patients report a boost of energy, enhanced libido, improved mental clarity, and other positive effects.

2020 has felt like the longest year ever for most of us. One thing is for sure, the pandemic has affected all of us one way or another – aren't we all ready for the joy of the holiday season?

The lockdown has probably forced you to neglect your normal health and wellness routines throughout the year, but fret not – you can still look and feel your best for Thanksgiving, Christmas, and New Years. Here are some tips to get you going.

Boost Your Immune System

No matter how small your holiday gatherings may be this year, it is a good idea to ensure your immune system is being supported. IV vitamin therapy can give your immune system the boost it needs.

Like most people, you probably aren't getting the nutrients you need through diet alone. This means your body is going without vital nutrients, which directly affects your overall health. IV vitamin therapy solves this problem by delivering key nutrients to your body through an IV drip.

The simple procedure is as easy as being hooked to an IV that then provides the body with a custom series of vitamins that can help with everything from easing a hangover to supporting an active lifestyle, to giving your immune system a much needed boost during the 2020 holiday season.

Oral supplements are less effective, because they break down in the digestive tract, and it's not possible to take the high dose that is administered through IV therapy. Receiving supplements through IV therapy means that your body may receive up to 100% of the supplement, and your cells begin to receive the benefits almost immediately. IV vitamin therapy can help give you a fighting chance against colds, flu, COVID-19, and can even help with the fatigue and stress that are such common complaints through the holiday season.

Hormone Replacement

Speaking of fatigue and stress (and, let's face it, it's 2020, who isn't

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Meet Beth Albaneze

Beth Albaneze is the founder, owner and operator of House Calls, LLC, an award-winning program in the metro Maryland DC area including nationwide online resources that arranges a variety of specialized behavioral health services designed for children to senior citizens starting in the comfort of one's home or location that the client chooses. The aim of House Calls is to provide a one-stop shop for whatever mental health-related service a client may need.

Whether your child has severe anxiety, a parent is moving to a senior facility or needing to remain safe with supports or your family member has a relative that is isolated for a variety of reasons, House Calls can help. Our team of specialists provide counseling and/or coaching, act as an advocate on your behalf when preparing for school accommodations and acquiring resources, the team creates specific recreation/socialization objectives and help individuals with organization challenges to name a few. Clients don't have to travel to a bunch of locations, identify and enroll in a variety of unrelated programs, and wonder how to pay for them. Whatever the need, House Calls' team of professionals can help clients navigate these complex, emotional paths with fees negotiated just for that client. Beth and her team of specialists assist family members in making difficult decisions about their loved ones and strive to keep the family stabilized by reducing fears with creative alternatives.

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MEET DR. GAZNAVI

Dr. Gaznavi is committed to quality, individualized dental care and patient comfort. She understands that some patients are apprehensive about dental treatment and will offer options to help alleviate these concerns, and help the patients achieve their dental goals. Dr. Gaznavi is committed to dental excellence and continuing dental education and advanced studies in cosmetic dentistry.

Our dental practice aims to build a healthy community and improve our society by improving the health of everyone we meet and treat here at Rock Creek Dental Center. We believe in educating patients during the treatment process goes a long way in improving their dental and overall health. Our expertise in treatments such as natural looking porcelain crowns and veneers, composite tooth colored fillings, dental implants, and many other cosmetic dentistry procedures ensures sound dental health and a beautiful smile for our patients. Our team is extremely supportive and gentle when it comes to our patients and their dental treatment and dental health. Our dental procedures are smooth and painless as we have developed techniques that help patients relax and be comfortable while having their treatments completed in a supportive environment.

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Assistant professor-Georgetown University Hospital
Medical Director-Georgetown Pain Management
Associate Member in Washington Metro Pain Institute

Meet Dr. Net

Dr. Tesfayohannes, popularly known as "Dr. Net", is a board certified anesthesiologist by the American Board of Anesthesiologists, specializing in pain management. He is licensed in Maryland and Washington, DC. Dr. Net received his medical degree from the University of Wisconsin-Madison in Madison, WI and completed his residency in anesthesiology at Hospital of the University of Pennsylvania in Philadelphia, PA. He completed his interventional pain management fellowship at the Cleveland Clinic Foundation in Cleveland, Ohio.

Dr. Net worked as an Attending Anesthesiologist and Pain Management Physician at the Washington Hospital Center in Washington, DC and in 2006 was selected to become the Program Director of the Interventional Pain Management Center at Georgetown University Hospital, where he is currently serving as a Section Chief and Assistant Professor of Pain Medicine.

Dr. Net is proud to serve his patients as Medical Director of Georgetown Pain Management and as Managing Partner of Hanover Parkway Surgery Center.



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Dr. Smith's Philosophy:

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Degrees, Training, and Certificates:

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

Professional Memberships:

National Dental Association

Areas of Interest:

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

Hobbies:

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

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Meet Dr. Alicia Kovach:

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.



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Meet Dr. Brittany M. Harris:

Dr. Brittany M. Harris is a Chiropractor, certified by the National Board of Chiropractic Examiners and licensed by the states of Maryland, Virginia, and Washington, D.C. In 2010, she received her Bachelor of Science degree with honors from Spelman College in Atlanta, Georgia.

She continued her education at Life University in Marietta, Georgia, the largest chiropractic program in the country. During her education, she learned a variety of contemporary Chiropractic techniques including Activator, Applied Kinesiology, Thompson Terminal Point and Sacro-Occipital techniques. In addition, she invested over 100 hours learning advanced physiotherapeutic protocols for spinal and extremity conditions. In addition to her formal education, she has completed extensive post graduate training in perinatal and pediatric care.

She is certified in the Webster Technique, a technique designed to reduce the effects of sacral and pelvic dysfunction during pregnancy. In 2012, she earned an Advanced Proficiency rating in the Activator Methods technique, a low force, instrumental technique.

Dr. Harris takes a "whole person" approach to patient care, and enjoys educating her patients about how to achieve their personal health goals. Her method involves a comprehensive analysis of physical factors, nutrition and lifestyle considerations that influence health and function. She prides herself on her ability to connect with patients and looks forward to serving the community, providing people with an opportunity to discover true "health care."

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Jay Gonchigar, MD



Pain Management,
Anesthesiology

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Meet Dr. Gonchigar

Degrees, Training and Certifications:

Anesthesiology residency and fellowship in Pain Management at Beth Israel Deaconess Medical Center at Harvard Medical School in Boston, MA. Diplomat and board certified in Anesthesiology and Pain Medicine through the American Board of Anesthesiology. Privileges at Civista Medical Center in La Plata, MD, and Montgomery General Hospital in Olney, MD.

Professional Memberships/Associations:

Founder, Newbridge Spine & Pain Center. Member; American Society of Pain Management. Diplomat; American Society of Anesthesiology. Member; American Society of Regional Anesthesia. Affiliate; American Pain Society. Member; North American Spine Society. Chairman, Board of Anesthesia

Areas of Interest:

Diagnostic and Therapeutic Spinal Interventions, Neuromodulation Therapies and Medication Management.

Sina Davari, MD



Pain Management,
Anesthesiology

80 Sherry Lane, Suite 101
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410-414-9229

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Meet Dr. Davari

Sina Davari, MD joined Newbridge Spine & Pain Center after completing his fellowship in Pain Management at Case Western Reserve University and residency in Anesthesiology at University at Buffalo where he was awarded as the chief resident in 2018. Dr. Davari is a member of the American Society of Anesthesiologists, American Society of Regional Anesthesia and Pain Medicine, North American Neuromodulation Society, American Academy of Pain Medicine, and the American Society of Interventional Pain Physicians.

With both of his parents being physicians, Dr. Davari has been surrounded by the medical profession his entire life and was taught from an early age to be devoted to and passionate about his work.

Dr. Davari brings his multidisciplinary philosophy and experience in unique treatment techniques, such as Neuromodulation, Peripheral Nerve Stimulation, and Targeted Drug Delivery, making him a well-suited addition to the Newbridge team.



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Oral Cancer Linked To Human Papillomavirus (HPV)



Abiodun Adesanya, DDS, PC

Submitted by Abiodun Adesanya, DDS, PC

The human papillomavirus (HPV) is the most common sexually transmitted infection in the United States, and according to the Centers for Disease Control and Prevention (CDC), approximately 20 million Americans currently are infected. There are more than 100 strains of HPV, and more than 40 of them are

capable of infecting the mouth and throat. Ten years ago, 40% of oral cancer biopsies were HPV-positive; today, that figure is closer to an astounding 80%, according to an article published in the June 2010 issue of *AGD Impact*, the Academy of General Dentistry's (AGD) monthly news magazine.

HPV is so common that at least half of sexually active males and females will contract it at some point

in their lives. In 90% of the cases, the body's immune system clears HPV within two years; however, while the majority of HPV infections do not lead to oral cancers, there's no escaping the fact that some of them do.

Oral cancer is typically hard to diagnose because it is not noticed by patients in its early stages. Warning signs include white or red lesions, soreness or feeling that something is caught in the throat, difficulty chew-

ing or swallowing, ear pain, difficulty moving the jaw or tongue, hoarseness, and numbness of the tongue or other areas of the mouth.

While the incidence of oral cancers among Americans in general has decreased, probably due to reduced tobacco use, certain kinds of oral and oropharyngeal cancer have increased, especially in younger populations. We are seeing more and more people who have never smoked or taken a drink in their lives and are astonished to learn that they've developed oral cancer from HPV.

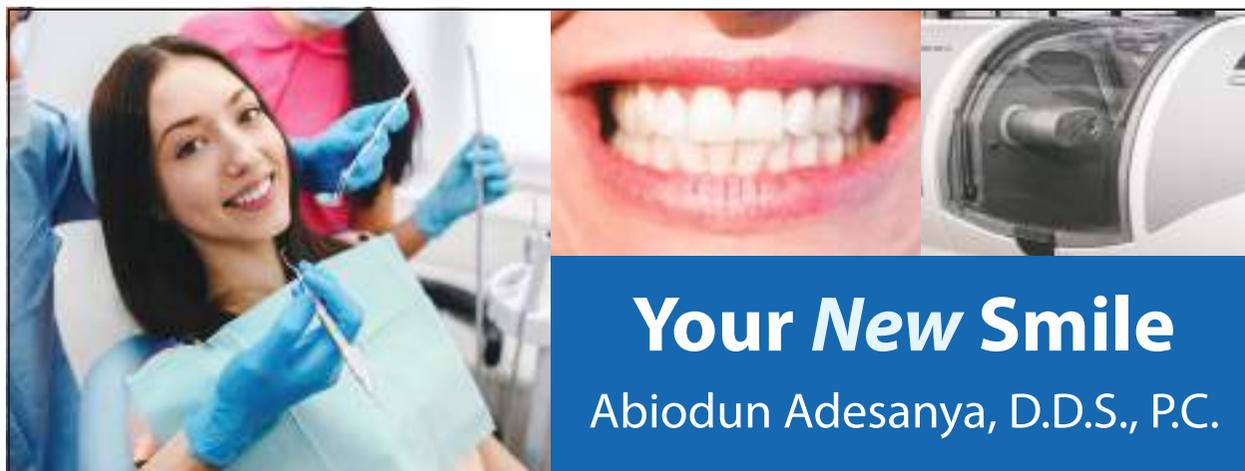
HPV is primarily transferred by skin-to-skin contact. Risk factors involve the number of sexual partners (the more partners, the greater risk of infection) and age and gender (genital HPV infections are most commonly diagnosed in sexually active girls and women under the age of 25).

It's imperative that all sexually active females see their general dentist to be screened for oral cancer on a regular basis. Your OB-GYN doesn't look in your mouth to check for sexually transmitted diseases or oral cancer. Only your dentist is doing that for you.

In addition to an HPV-related infection, other risk factors for developing oral cancer include tobacco or alcohol use, age, gender (oral cancer strikes men twice as often as it does women), and race (oral cancer occurs more frequently in African Americans than it does in Caucasians). Oral cancer is the eighth most common cancer among men and the fourteenth most common cancer among women.

Although HPV's mode of transmission to the oral cavity is less understood and less defined at this time, researchers believe that changing behaviors in tobacco and alcohol use and sexual practices in the United States may indicate that specific mechanisms are responsible for the origination of cancers at particular locations in the body.

Information obtained from the AGD



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Panic Disorders



By Joyce Abramson, RNMS
Charles County Freedom Landing

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.

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 imbalances, 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

*Approximately
three million people
have a panic
disorder at some time
during their lives.*

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

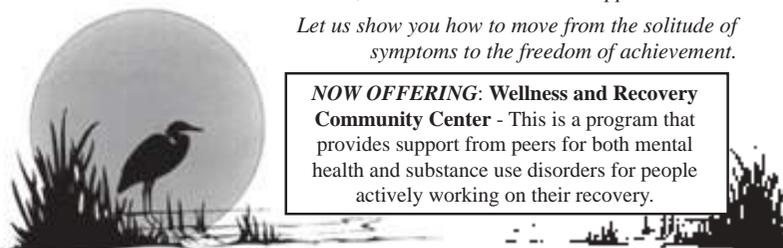
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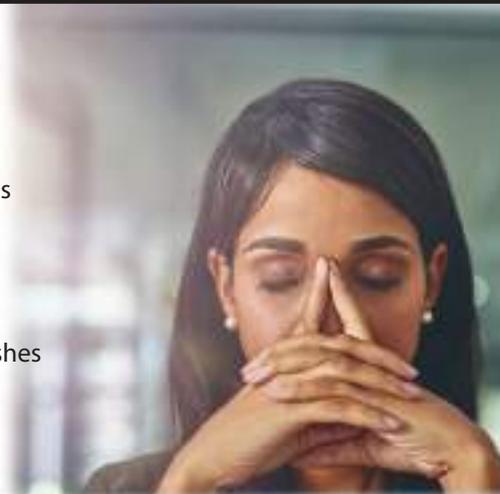
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The Dangers Of Gluten



By Thomas K. Lo, DC
Advanced Chiropractic Center

much of the typical American diet. It is responsible for the "light and airy" texture we love in our breads. Unfortunately, for the many who suffer from celiac disease, as well as others who don't even have the disease, gluten is also responsible for a slew of poor health conditions and a higher risk of death.

Sadly, many people live with a gluten allergy or intolerance and don't even know it. They may go from doctor to doctor searching for why they feel so ill all the time. Some just don't know that it's possible to feel better and they continue to live in a state of mediocre health.

What's sadder is many doctors don't even know to test for it, or what signs may accompany it. Some of the most prevalent symptoms of gluten intolerance are digestive upsets, like gas, constipation or diarrhea. This is because gluten tends to irritate the digestive track, causing foods to not be properly digested and eliminated.

Taking a stroll through the local grocery store, you may notice many products that now boast that they are gluten-free. Not even 15 years ago, labels like this did not exist and it was rare to find someone with a diet that restricted gluten. Why is it so bad and what is gluten anyway?

Gluten is a type of protein found in many grains, including wheat, barley, oats, and rye. Therefore, it is in almost every food we eat, from bread to pasta, to the cereals that make up

Please see "Gluten," page 62

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What Is A Vaginal Steam?



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

Vaginal Steam?

Women's bodies bear a heavy burden monthly, weekly, or on a yearly basis with the rigors of menstruation, the pleasures of sexual intercourse, and at times, through the process of childbirth. In addition, with the hormones changing as we age causing dryness at times, muscle and hip issues at other times, the entire groin and vaginal area withstands a lot and can become less than comfortable.

What Are the Benefits Of Steaming the Vaginal Area?

This age-old natural remedy used primarily after birth to cleanse the vagina and uterus has recently become popular as a detox treatment, an after-sex cleanser, an emotional regulator, a facial for the lady parts, or part of a girl's trip. It is also used to help regulate menstruation, ease period cramps, calm bloating, tighten

A vaginal steam, popularly known as a V-Steam, is an ancient Korean, African, Asian, Indian, and Mayan feminine regimen used to cleanse the vagina and uterine lining in a safe, relaxing, and gentle way. The warm herbal steam delivers natural essential oils that nourish the vagina and uterine tissues.

Why Do Women Engage In a

Please see "Vaginal Steam," page 61



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Ensure You Are Quarantined In a Healthy Home



By Vinny Gigliotti, CEO
Environmental Solutions, Inc.

and are not always able to be detected visually, which is why environmental inspections and testing are important.

Why Should You Get Environmental Testing?

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, indoor air quality environmental testing is recommended. It will help determine if any contaminants are present in the home.

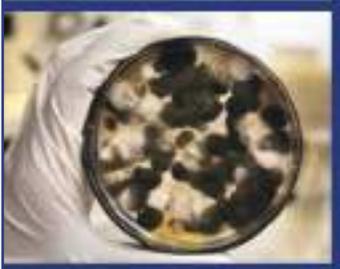
If there are any children, elderly people, or anyone with a weakened immune system in your home, indoor air quality environmental testing is very important. These people are at a higher risk of environmental harm.

If you are concerned at all regarding the quality of the air in your home,

Please see "Quarantined," page 61



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More than ever, our homes have become places of refuge and safety. Assurance that our homes are safe indoor environments and are not causing adverse health effects is crucial during this uncertain time. Environmental testing can provide insight to the composition of the indoor air quality in your home, uncovering potential exposure to microbial and biological hazards. Mold and other biological contaminants can lurk behind wallpaper and under flooring

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- Radiculopathy
- Knee (Genicular) Pain
- Post Herpetic Pain
- Pelvic Pain
- Abdominal Pain
- Cervicogenic Headaches
- Osteoarthritis
- Spinal Cord Injuries
- Cancer Pain
- Failed Back Surgery
- Neuropathic Pain



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Osteoarthritis: A Major Cause Of Disability



By Benjamin Carr, PT
La Plata Physical Therapy

Osteoarthritis (OA) is a major cause of disability with estimates of up to 80% of those over 75 years old showing radiological signs of OA. Increasing longevity, inactivity and

obesity are leading to increased prevalence of OA. By 2020, OA will be the fourth leading cause of disability worldwide.

The key features of OA are:

- thinning of cartilage
- bone thickening
- swelling
- stiffening of the joint
- weakening of the muscles

However, there is strong evidence to support the benefits of participation in regular exercise in the management of osteoarthritis. We know that exercise and regular physical activity decreases pain, increases function, enhances a sense of well-being and

Please see "Osteoarthritis," page 61

What Is Wellness?



By Ronda Sharman, DC
Life Care Chiropractic
& Wellness Center

you can do to focus on that dimension of wellness.

1) Physical – encompassing all the behaviors to keep your body healthy...nutrition, rest, exercise, but also abstaining from harmful habits.

Some things you can do:

- Get adequate sleep
- Eat a varied diet
- Maintain a healthy weight
- Stay active
- Proactively deal with any health issues

2) Emotional – being aware of and managing your emotions, maintaining a mostly positive view of yourself and others and feeling equipped to deal with life's challenges.

Some things you can do:

- Search out support
- Manage feelings during stressful times
- Express feelings honestly but appropriately
- Seek the positive
- Be open to self-improvement

3) Spiritual – holding a guiding set of principles that provide a sense of purpose or direction to your life

Some things you can do:

- Spend time alone to reflect, pray or meditate

Please see "Wellness," page 65

Many people think of wellness as simply one's physical health. While this is important, it is not the only aspect of wellness. True wellness is a complex integration of components. When one component is out of whack, it can affect how you feel both physically and mentally.

The Seven Dimensions Of Wellness

The model of wellness was originally developed in 1976 by Dr. Bill Hettler, co-founder of the National Wellness Institute in the U.S. Hettler's model included six dimensions, with a seventh dimension (environmental) added later by researchers.

What Are the Dimensions?

Here is a quick explanation for each dimension and some tips for what

Joy Of Learning



By Janet V. Johnson, MD
Loving Care Pediatrics

As parents, teachers and anyone involved in the teaching of children we must look first to ourselves and then to our environment to be sure that we create a learning climate that encourages investigation and collaboration. We foster a love of learning not so much by the special materials or activities, but through a responsive, inquisitive attitude.

It's important to note that it is not just children's engagement in activities that is important; it is our skillful and conscious interactions with children that constructs knowledge and

builds a love of learning.

Simple Strategies To Foster a Joy Of Learning

Reading Stories. Children are never too young to enjoy a story. Start reading to them when they're babies and you'll foster a lifetime of love for the subject. Encourage your children to read more, regardless of their age or topic of interest, as long as it's age-appropriate. Take trips to the library and obtain a library card for your child.

Get Excited About New Things. Maintain a certain excitement about the things your child discovers. When they're babies, cheer when they learn to walk or roll over. Cheer as they learn to skate or ride bikes. Continue to show excitement every time they start something new.

Be Inspired Yourself. If your children see your personal love of learning, they'll be inspired, too. Remain inspired and continue to go after your own wants and dreams. In life you never stop learning.

Give Your Child a Choice. When a child is given an opportunity to have a choice, they feel like what they think

Please see "Learning," page 62

Doesn't Your Child Deserve the *Best*?



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Janet V. Johnson, MD

Board Certified in Pediatrics and Adolescent Medicine by the American Academy of Pediatrics

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Hysteroscopy: Looking Inside the Uterus



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Hysteroscopy is a way to look inside the uterus. A hysteroscope is a thin, telescope-like device that is inserted into the uterus through the vagina and cervix. It may help a doctor diagnose or treat a uterine problem.

Uses Of Hysteroscopy

Hysteroscopy is minor surgery that may be done in a doctor's office or operating room with local, regional or general anesthesia. In some cases, little or no anesthesia is needed. The procedure poses little risk for most women. Hysteroscopy may be used for diagnosis, treatment or both.

Diagnostic Hysteroscopy
Hysteroscopy can be used to diagnose some problems in the uterus. It also can be used to confirm the results of other tests, such as hysterosalpingography (HSG).

The hysteroscope is sometimes used with other instruments or techniques. For instance, it may be done before dilation and curettage (D&C) or at the same time as laparoscopy. In a D&C, the cervix is widened (dilation) and part of the lining of the uterus is removed (curettage). In laparoscopy, a slender, telescope-like device is inserted into the abdomen through a tiny incision (cut) made through or just below the navel. Hysteroscopy also may be used for other

gional or general anesthesia. In some cases, little or no anesthesia is needed. The procedure poses little risk for most women. Hysteroscopy may be used for diagnosis, treatment or both.

Please see "Hysteroscopy," page 62



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Coping With COVID-19 Grief During the Holidays



By Susan M. Coale, LCSW-C
Chesapeake Life Center Director
Hospice of the Chesapeake

Christmas, or bringing in the New Year, the focus is on family, love and togetherness. Traditions and rituals are important touchstones of our lives that ground us in the face of difficulty.

The pandemic will impact many traditions this year. We generally suggest that griever decide what traditions they may want to keep the same, modify, or even skip, giving them some control over how, or if, they celebrate. Now, a sense of control is lacking for many. Gatherings will be challenging due to safety restrictions on travel and inside gatherings. This is particularly difficult for grievers. Grief is naturally isolating, and current circumstances increase this isolation. The inability to gather to tell stories and share comforting hugs adds to the grief. Also, many grievers feel that the pandemic has upstaged their grief, as all conversations turn to COVID-19. Their grief seems forgotten by others.

So, what to do? How to both grieve and celebrate during a pandemic? These times require us to think deeply about what we most need and find ways to meet those needs. Is there one ritual or tradition that is especially meaningful to you that can be adapted? For example, if forced to avoid travelling, maybe you can make a special family dish and share it with a nearby friend. Maybe ask your closest sibling to video call with you to reminisce about your deceased loved one. Or perhaps send a card or text to family members who you won't see and share a special memory of your loved one. Or try making a collage about your loved one to share with others via a photo of it. Many find comfort in writing a letter to their deceased loved one about how they are faring and placing it somewhere special.

Each person requires something different when grieving. It is helpful to ask for what you need, which could include not talking about COVID-19. This season, give yourself the gift of taking time to consider what you need for this journey, adapting traditions as you are able, and asking others for their support in meeting your needs.

The changing season reminds us that there are many holidays looming. For grievers, there are many significant dates throughout the year, such as birthdays and anniversaries, which others may not notice or acknowledge. But the special days ahead are shared by the community around us. Whether Thanksgiving, Hanukkah, Kwanza,



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Foot Health: Steps For People With Diabetes



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

at risk for it have never seen a podiatrist as part of their health care.

The leading cause of hospitalization among people with diabetes, regardless of ethnicity, is foot ulcers and infections, but most of those problems are largely preventable. It's important for those with the disease to "knock their socks off" and receive regular foot exams by today's podiatrists.

While ulcers (open sores on the foot) are the most common diabetes-related foot problem, several others are also serious and prevalent, including neuropathy, skin changes, calluses, poor circulation, and infection.

The nerve damage that diabetes causes may mean a person with an ulcer or injury may be unaware of it until it becomes infected. Infection can lead to partial or full amputation of the foot or lower leg.

The good news is regular care from a podiatrist can help reduce am-

Please see "Foot Health," page 62

Healthy feet are essential for overall good health, no matter your age, fitness level, or physical challenges.

For people with diabetes, however, taking care of their feet is especially vital. More than 60% of all non-traumatic lower-limb amputations worldwide are related to complications from the disease.

Hispanics with diabetes are particularly in danger, because more than 90% of those with the disease or

Immediate Mini Dental Implants



Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

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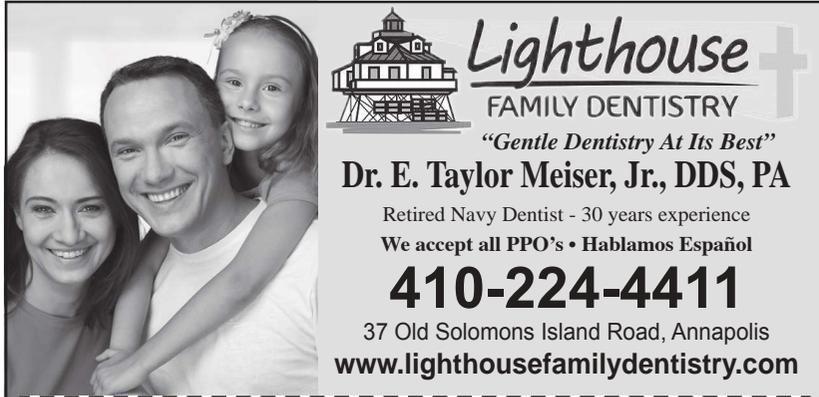
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Please see "Dental Implants," page 63

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Terence Bertele, MD

Dr. Bertele is the Medical Director of Chesapeake & Washington Heart Care. He graduated from New York University and trained in medicine at George Washington University Hospital and Georgetown University Hospital. Dr. Bertele has been a board certified cardiologist since 1985.



Awail U. Sadiq, MD

Awail U. Sadiq, MD is Board-certified in Cardiology and interventional cardiology. Originally from Brooklyn, NY, Dr. Sadiq completed his training in Cardiology and Interventional Cardiology at University of Nebraska, Omaha. He completed his training in Internal Medicine at Drexel University in Philadelphia, Pennsylvania.



Roquell E. Wyche, MD

Dr. Wyche is a board-certified cardiologist and a native Washingtonian. She received her M.D. from George Washington University, and trained in Internal Medicine at the Washington Hospital Center. Dr. Wyche completed a Cardiology Fellowship at Howard University Hospital and advanced training in cardiovascular imaging at the Washington Hospital Center.



Samuel B. Itscoitz, MD

Dr. Itscoitz is a board-certified Cardiologist, with a special interest in hypertension and cholesterol disorders. He studied medicine at George Washington University. Dr. Itscoitz completed a Cardiology Fellowship at Harvard University after training in Internal Medicine at what is now Brigham and Women Hospital in Boston.

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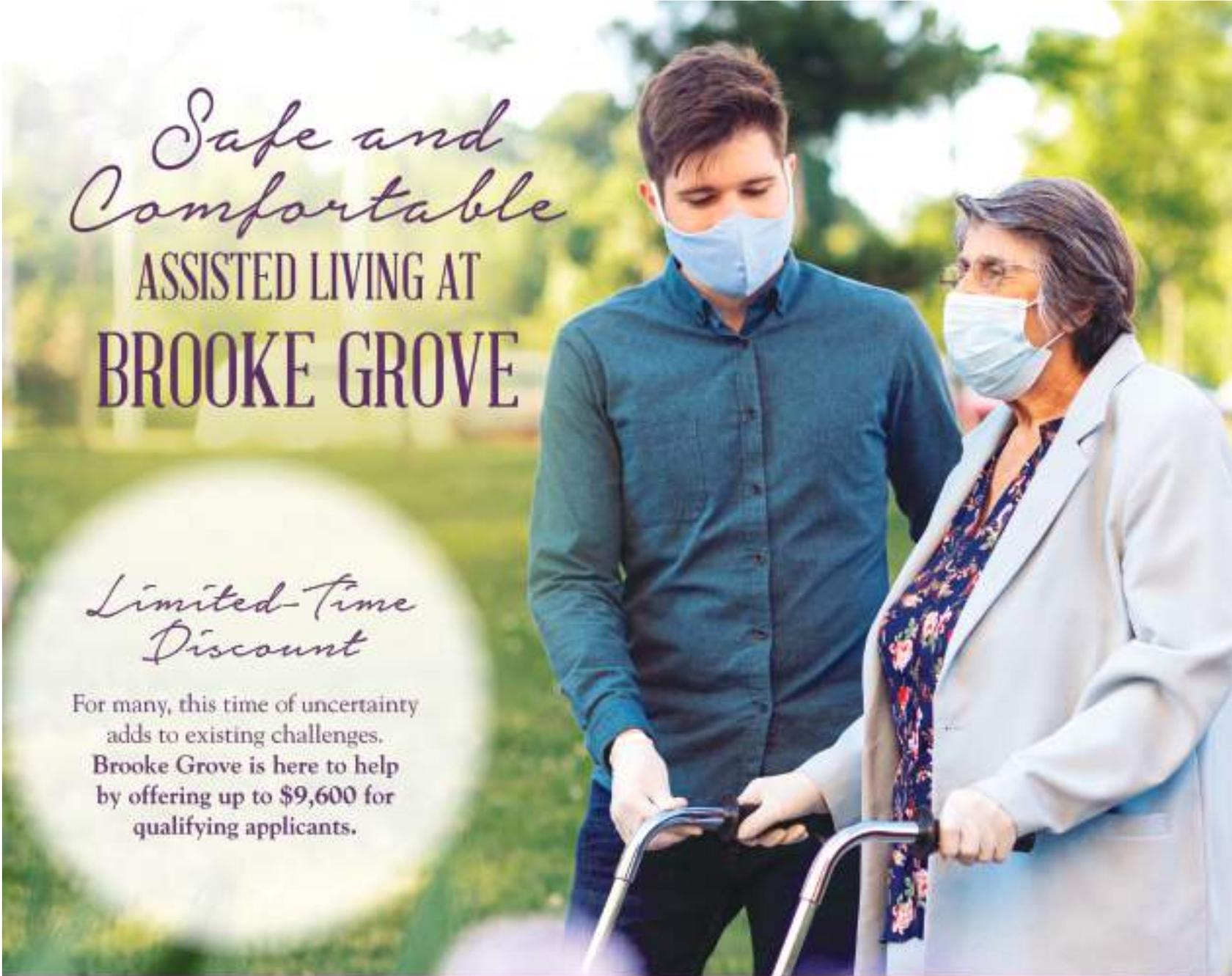
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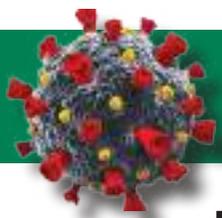


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COVID-19 Update

The 2020 Holidays Are Here

How To Stay Safe With Gatherings and Family Celebrations

The year 2020 will be remembered for a lot of things – the pandemic, the shutdown, the election. Not to mention, how many birthday parties and weddings have either been canceled or postponed? Now we have the major holidays to consider. What to do now?

Holiday and family gatherings will be remembered for being different than any other year in our memory, with more concerns about the coronavirus pandemic as cases surge across the country, and for that matter, the whole world.

And, people are just sick of the whole thing. COVID fatigue has set in, and many people feel like there is no way to stay safe, and many people have lost their will to even try to exercise caution. That can lead to some very bad outcomes, for sure!

How Can You Have a Safe Holiday Celebration?

There is a lot of guidance available from the CDC and U.S. Public Health Service to help you plan an event or gathering.

If you're planning to be around your own family, without additional members coming in, then you should be pretty safe. You should know if the people you are spending time with have symptoms or have tested positive. You should also know who they have been around. Either way, don't let your guard down. Stay vigilant to help control the spread of COVID-19.

Reasonably speaking, if no one coming to a family gathering has the virus, then there is a very good chance no one will contract it. So, one thing you can do is quarantine for a period of time (7-14 days) prior to a gathering in order

to have confidence that you're not the one bringing the virus with you.

You could all get tested and then maintain your distance prior to the event. It makes sense to get tested anyway if you're going to be around family and friends during the holidays. But, you must also realize, that after a negative test, you need to keep your distance, if not quarantine to be sure that negative test doesn't turn positive in the meantime.

If You're Sick, Everyone Will Understand If You Don't Show Up

If you do have symptoms, if you're sick, if you have a fever, then for all intents and purposes, isolate



yourself from others, and call the doctor if you get worse. Everyone will understand if you feel like you might be a carrier and don't want to attend and put everyone else at risk. In fact, people will respect your sensitivity and caring if you think you might

Please see "COVID-19 Update," page 65



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

A Reason To Smile Again

All-on-Four Dental Implants

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

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

Second, the dentist or surgeon will prepare your mouth for the implants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

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

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

anesthesia.

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

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

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 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

All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

Thanks to advances in dental implant technology, just **four implants** can replace all of the teeth on the top or the bottom of your mouth.

CALL TODAY TO GET YOUR OLD SMILE BACK!

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Fit Into Your Holiday Clothes

Easy Weight Loss With Epigenetics



By Jennifer Robin Musiol, C-RNP
Epigenetics and Advanced Hormones

Tired of trying to lose weight? Do an epigenetic test to find out, once and for all, what you need to do to lose weight.

Kim, a 54-year-old physician lost 30 pounds in four months after she listened to the results of her epigenetic test. "I can now see why I have struggled so much. Now I am less hungry, and the weight is naturally coming off at about a pound a week."

A simple epigenetic mouth swab

test can tell you:

- The best diet for you (no more guessing)
- Why you are always hungry
- Which exercises will help or hinder weight loss
- How to prevent diabetic weight gain
- Your salt, gluten, and sugar sensitivity, and more

Stop Yo-Yo Dieting

Epigenetic testing is to provide you with a customized path to your weight loss. Each person has a unique genetic code that can show you what you need, or don't need, to lose weight. Stop wasting your time and money.

Who Needs This DNA Epigenetic Test?

This simple mouth swab test is for people who:

- Have made dietary improvements and are not seeing results

Please see "Epigenetics," page 62



Protect Yourself and Your Medicare



- Protect your Medicare and Social Security numbers; never give them to a stranger.
- Be cautious of calls from "Medicare" or "Social Security" as these are often scams.
- Review your Medicare statements regularly for suspicious charges.
- Call your local Senior Medicare Patrol (SMP) if you have concerns about your Medicare. All calls are confidential. **410-222-4257**



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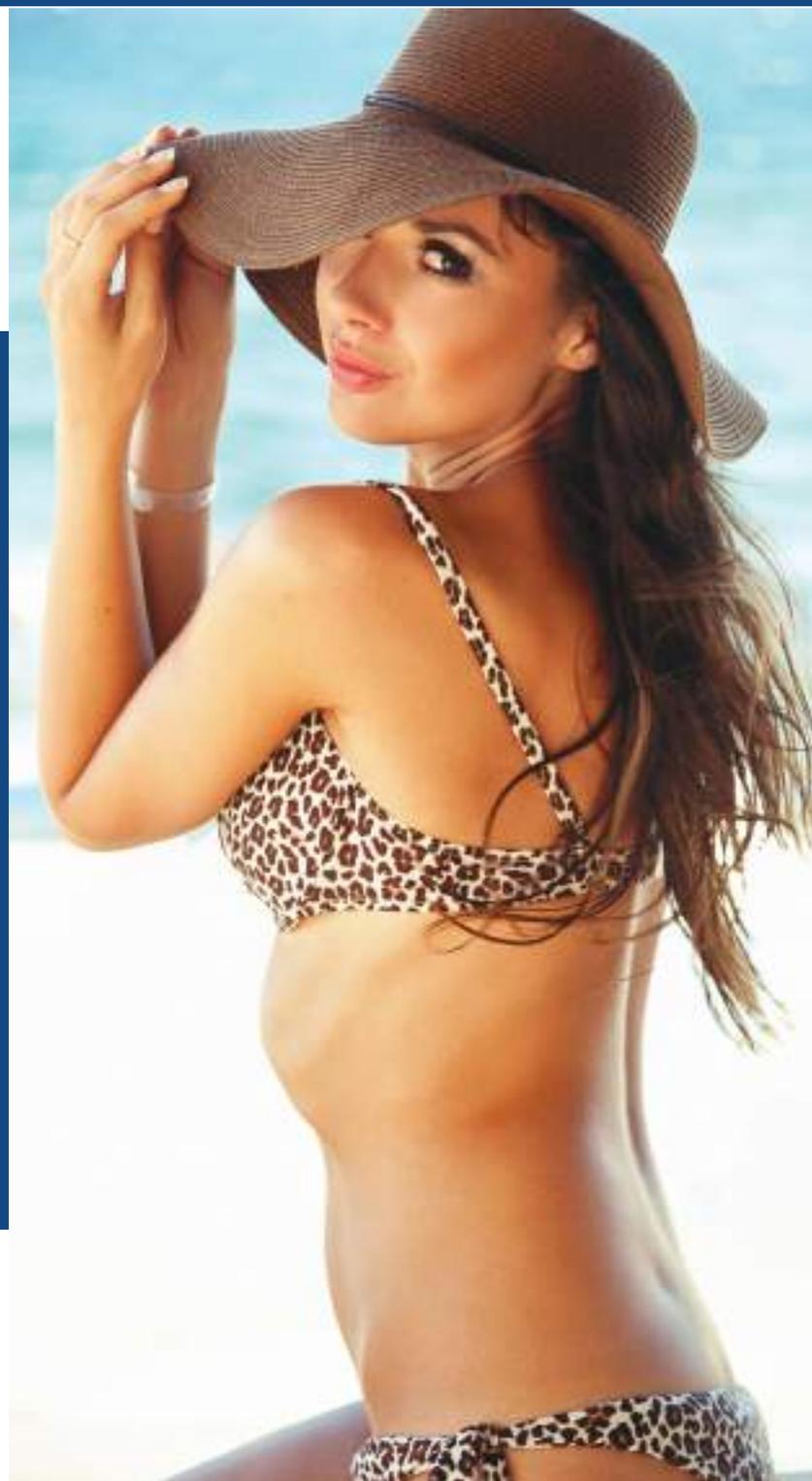
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HIATAL HERNIA

FROM PAGE 12

ing alcohol and caffeine, avoiding large meals especially before going to bed, and sleeping with the head propped up on multiple pillows.

Medications used to control acid production in the stomach can manage the symptoms for many patients. Many of these medications are available over the counter while some require prescription.

Surgery is generally reserved for patients that have persistent symptoms unresponsive to general measures or medications. Surgery

is aimed at taking the stomach out of the chest cavity and returning the stomach to its natural position in the abdominal cavity. The opening in the diaphragm that allowed the hernia to occur is closed to prevent the stomach from going back into the chest cavity. The stomach is frequently wrapped around the esophagus to help manage symptoms.

Discussing symptoms with your doctor is the first step to determine if a hiatal hernia may be present.

CONNECTED

FROM PAGE 13

MAT program applicants must meet specific financial requirements and will participate in a free evaluation to ensure they receive the best equipment for their individual needs.

If you, or a loved one, have dif-

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

STRESS

FROM PAGE 16

relaxed state. Adjustments also reduce spinal nerve irritation, and improve blood circulation.

These changes may be enough, in many cases, to convince the brain to turn off the fight or flight response, beginning the process of healing. A healthy and balanced spine is one key to effectively managing stress. A doctor of chiropractic may also recommend relaxation techniques, and discuss posture and environmental

changes to help recovery from chronic stress.

A chiropractor cannot make a job less stressful, or create a quieter, calmer world. What chiropractic treatment can do is help you develop healthy responses to stress, reducing potential physical damage.

If you know someone who has stress make sure you ask them if they have visited their chiropractor recently.

QUARANTINED

FROM PAGE 44

testing is recommended. Length of exposure is often the most important factor regarding the severity of health effects.

If you have had exposure to COVID-19 or an individual who had tested positive resides in the home. After cleaning, surfaces can be tested to ensure the virus is no longer present.

Having environmental sampling

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.

OSTEOARTHRITIS

FROM PAGE 46

ultimately improves an individual's quality of life.

If you are having difficulty managing the symptoms of your OA it is advised that you arrange an appointment to see a physical therapist. Many patients find physical therapy an essential part of arthritis treatment. With their expertise they can help an individual cope with pain and disabil-

ity caused by arthritis.

Once the symptoms of OA are better managed, a transition to appropriate, progressive exercise is advised. Trained professionals with experience managing people with osteoarthritis can create personalized exercise programs based on each individual's needs and abilities to help you achieve your rehab goals.

ORTHODONTIST

FROM PAGE 28

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.

EPILEPSY

FROM PAGE 30

elling open-label studies of Chinese herbal remedies, including Qingyangsen and Zhenxianling, suggesting that these medications may have anticonvulsant effects, with fewer side effects than standard antiepileptic drugs.

Along with herbal remedies, acupuncture is used in traditional Chinese medicine to treat epilepsy. Case reports have demonstrated the potential efficacy of acupuncture in patients with epilepsy, and mouse studies have shown that acupuncture may inhibit kainic acid-induced epileptic seizure and hippocampal cell death.

In one Norwegian trial, 29 patients with intractable epilepsy were randomized to receive acupuncture or sham acupuncture. Seizure frequency was reduced in both groups, but the reduction did not reach a level of statistical significance and a larger sample size may have been needed to see differences.

Generally, the combination of herbal medicine with acupuncture is needed to treat epilepsy and usually the treatment is about 3-6 months depending on the severity of the condition.

VAGINAL STEAM

FROM PAGE 44

the vaginal tissue, rid vaginal odors, relieve itchiness, calm the nerves, help with stress and depression, and give a feeling of being clean.

What Happens During a Visit?

During the 30 or 60 minute V-Steam process, clients are covered from the waist down and kept modest while sitting on the v-steamer, which is a cushioned seat with a hole in the middle to release the steam. The herbal steam created by the steamer makes contact with the vaginal tissues. It is as simple as that. All you do is relax and let the steam do all the work.

What Herbs Are Used?

There are many different herbs in different combinations that can be used based upon the spa. The primary herbs used have different properties that research shows helps with balancing the hormones, calming the nerves, relieving stress, sanitizing the body, increasing relaxation, delivering nourishment, softening the skin, balancing the pH, healing the body,

and much more. However, the most common herbs used for V-steams are: calendula, mugwort, motherwort, lavender, chamomile, thyme, wormwood, myrrh, rose, red raspberry, and the list goes on based upon the preferences of the practitioner.

How Often Should One Steam?

That depends upon the problem that is being addressed. A bacterial, yeast, or odor problem will require a series of V-steams close together to adequately address the problem. However, if there are no problems, to get that feeling of clean may require less steams and sessions that are further apart.

What Is the Bottom Line On Getting a V-Steam?

A V-steam is good to try at least once for yourself. With the V-steam, you cannot take another person's word for it because your body is your own and you will feel and get something different that is uniquely for you. Try it – you may like it.

INVISALIGN

FROM PAGE 18

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.

So, why do we hear about gluten intolerance so much now? Most of us never had any friends who couldn't eat gluten, but most of our children have several friends who are sensitive to it. One reason is the over-processing of grains in America, which denatures their normally, health-giving components.

When prepared properly and not stripped of certain vital nutrients, gluten works synergistically with other parts of the grain, to make a nourishing food, rather than an irritant. Another reason for the sudden increase in gluten sensitivities is the genetically modified wheat being

produced in America today.

The wheat being produced in America has been modified to have a higher gluten content in order to produce a lighter, fluffier bread product.

When the delicate balance of nutrients found in grains, as well as any plant, is disturbed, it almost always leads to a damaging end result, such as celiac disease.

This is why it is best to eat food in its most natural state, with very little processing. With proper treatment and good food preparation, living with gluten intolerance doesn't have to be intolerable. It is possible to have an enjoyable, healthy life.

HYSTEROSCOPY

conditions.

Operative Hysteroscopy

When hysteroscopy is used to diagnose certain conditions, it may be used to correct them as well. For instance, uterine adhesions or fibroids often can be removed through the hysteroscope. Sometimes hysteroscopy can be used instead of open abdominal surgery. Often it will be done in an operating room with general anesthesia.

The hysteroscope is used to perform endometrial ablation – a procedure in which the lining of the uterus is destroyed to treat some causes of heavy bleeding. After this is done, a

woman can no longer have children. For this procedure, the hysteroscope is sometimes used with other instruments, such as a laser or a resectoscope. The resectoscope is a specially designed telescope with a wire loop or a rollerball at the end. Using electric current, any of these tips can be used to destroy the uterine lining. Endometrial ablation is done in an outpatient setting in most cases.

What To Expect

Hysteroscopy is a safe procedure. Problems such as injury to the cervix or the uterus, infection, heavy bleeding or side effects of the anesthesia occur in less than 1% of cases.

NEW YEAR

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 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 kidney and liver.

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).

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.

makes a real difference, and it does. Let them choose their own books, hobbies, and so on.

Stay Involved with School.

Stay on top of the topics that your children are learning in school. Children like the attention and they'll appreciate that you're involved in their life. Go over assignments at home and you can even have frequent meetings with your child's teachers.

Show Your Support. Be a cheerleader for you children, even if they've chosen a subject/topic to pursue that you don't enjoy, as long as it's appropriate, it's important to be there for your child. If they suspect that you're unhappy with their personal decisions, they may be less likely to continue with their studies.

EPIGENETICS

- Have cholesterol or sugar sensitivity issues
- Are confused about which diet would work best for them
- Are frustrated by lack of results
- Want to solve their weight issues once and for all

Genetics Is 60% Of Weight Control

Your unique genetic makeup (from Dad and Mom) defines the biochemical process, which determines the body's energy utilization and fat stores. Knowing your specific genetic "flaws" identifies what you need to focus on and what won't help you lose weight.

This mouth swab tests 28 genes and will tell you if:

- You have a defect in producing Leptin and need a supplement

FOOT HEALTH

putation rates between 45-85%.

People with diabetes need to inspect their feet daily and be vigilant for warning signs of ulcers, including irritation, redness, cracked or dry skin (especially around the heels), or drainage on their socks.

Although ulcers can occur anywhere on the foot or ankle, they are typically found on pressure points on the foot, like the ball of the foot or bottom of the big toe. If you discover an ulcer or have any symptoms, see a podiatrist immediately. In many cases, the foot can be saved with early treatment.

In addition to examining your feet every day, and keeping your blood glucose in your target range, make sure to follow these foot health tips:

- Discuss your diabetes and the risks

Provide Resources. Provide them with the necessary resources to allow them to fully pursue their interests. When they're toddlers and young children, it can mean just providing them educational and age-appropriate toys. When they're older, it may include books or craft sets for your children's hobbies. Remember, the Library, Recreational Centers and other resource centers are available for great learning experiences that may be free or low cost.

As a parent you only want what's best for your children. You'll soon realize that as long as you remain loving and accepting, your children will continue to come to you for guidance and advice. When you start learning with them while they're young, fostering a love of learning will come naturally.

- The Atkins diet is not for you
- If antidepressants are causing your weight gain
- If green coffee bean extract can help your emotional eating
- If low-dose naltrexone can help you lose weight, and more.

The results include a report of 28 weight-loss related genes and whether you have a flaw from your mother, father, or both. Diet, exercise that natural supplements that will help you are suggested. Also, this report includes suggested lab studies you may need.

Give yourself the gift of a precision plan to lose weight. Stop guessing how to lose weight and find out what you really need.

Turn suffering to joy.

with your family. Diabetes can be hereditary, so talk to your family members about monitoring blood sugar and foot health.

- Never go barefoot. Always protect your feet with the proper footwear and make sure socks and shoes are comfortable and fit well.
- Trim toenails straight across, and never cut the cuticles. Seek immediate treatment for ingrown toenails, as they can lead to serious infection.
- Keep your feet elevated while sitting.
- Wiggle toes and move your feet and ankles up and down for five-minute sessions throughout the day.

Successfully managing diabetes is a team effort, and today's podiatrist is an integral player on that team.

DENTAL IMPLANTS

FROM PAGE 52

- Improved attractiveness of your smile
- Cost effective
- Anchoring for dentures or cemented crowns and bridges
- Preserves bone and facial structure

Denture Stability

Mini Dental Implants were developed to provide greater stability for you when you:

- can't withstand the rigors of conventional implant surgery,
- don't have enough bone to allow for full-sized implants to be placed, or
- are seeking an option with a lower cost than traditional implant treatment.

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

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

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

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

Missing Teeth Replacement

Mini Dental Implants have been used for many years to hold denture plates into position, providing patients with the ability to eat, smile and speak with comfort and confidence.

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

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

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

PANDEMIC

FROM PAGE 7

red blood cells to oxygenate and energize your body. Without enough iron, you can feel lethargic and downright moody. When you get enough iron, it helps the neurotransmitters responsible for focus and pleasure – serotonin and dopamine. Your body can easily absorb iron from animal protein, but if you're a vegetarian, try adding fresh lemon juice to spinach, which is an iron-rich plant-based source. The acid in lemon juice can boost the absorption of iron significantly. In addition to spinach, iron is found in beef, dark meat poultry and lentils.

What to eat if you're having memory issues: If your memory isn't serving you well, it may be because

you're low in omega-3 fatty acids. Your brain needs omega-3s to function at its peak performance. Your body can't produce omega-3 fatty acids, so you must consume them dietarily. Omega-3s are abundant in fatty fish including salmon and sardines, but can also be found in plant-based foods such as chia and flax seeds, and also in cauliflower and kale.

When you incorporate healthy foods into your diet, you're giving yourself the best odds of feeling great despite dealing with the difficult situation we're all enduring. A delicious, healthy meal can have a significant impact on your mood and attitude.

HOLIDAYS

FROM PAGE 29

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 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?

GRATITUDE

FROM PAGE 4

lives to "fertilize" and expand these feelings serving to reduce stress and anxiety. It won't be easy at first, but think of at least three things you can be grateful about.

Did you wake up this morning? That's a miracle we take for granted. Did your loved ones wake up as well – wow what a gift! Did the sun rise? Are there birds singing outside your window? Did you just take a sip of your favorite coffee or juice? Sounds elementary and simple, because it is. Being aware of all the gifts in our lives is "fertilizing" all the beautiful and positive aspects of our lives and "grows" gratitude and happiness thereby decreasing discontent and anxiety. However, it is a practice that

takes just a little time and thought, but must be done daily to work.

Harvard Health has found that a gratitude practice creates a flow of positive emotions that leads to a decrease of anxiety and a happier life. Positive thoughts also create the release of certain neurohormones that can eventually lead to a stronger immune system, which we can all benefit from, especially during the current pandemic.

It may seem counter intuitive at first but give it a try – "water the garden of gratitude" in place of what's not right in your life and watch the weeds of anxiety and fear and discontent be pulled from the beautiful and bountiful garden of your life.

TELEMEDICINE

FROM PAGE 14

fight against COVID but sadly, not everyone may be taking advantage of this service.

There is one case that demonstrates how lives are being saved with telemedicine. A patient had worsening nasal congestion, runny nose, and cough that appeared to be related to his usually worsening seasonal allergy symptoms. This unfortunately was occurring at the time of COVID-19 and the peak of allergy season. Like many hard-working citizens, he was involved in a frontline profession that easily exposed him everyday to the virus we know as COVID-19.

As we looked at each other through the computer and went through a variety of questions it was not long before the magical question would help us make a very important

diagnosis. He described how when he walked the stairs in his home he felt a little short of breath. This mild symptom along with the dilation of his eyeballs that portrayed his real inner fear was all that was needed for me to order a chest X-ray. Importantly, this X-ray would show a classic COVID pattern pneumonia that would lead to appropriate treatment and help to avoid almost certain complications and even worse.

Telemedicine can help save lives as we continue to experience this unprecedented pandemic. Check with your doctor to confirm it is available. Telemedicine saves lives, provides access, maintains safety and is convenient. Continue to avoid the virus by following the three W's: Wash your hands, Wear a mask and Watch your distance.

SKIN/HAIR HEALTH

FROM PAGE 7

the days are colder and less bright. This includes while driving, as some components of ultraviolet light can pass through glass. Year-round sun protection helps prevent skin cancers and pre-cancers, and also sunspots, wrinkles and premature skin aging.

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

3. Tackle Mask-ne

Mask-ne – acne or other skin breakouts due to prolonged mask

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

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

Please see "Skin/Hair Health," page 65

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have the virus.

Considering we are in a pandemic, this advice also goes for other colds, like the flu. At this particular time, more than ever, if you're sick, from anything, people would most likely prefer that you stay home.

Contact Tracing Your Own Guests During A Pandemic. Honesty and Caution Are Keys To Maintaining Safety.

Now, on the other side of that, how many friends and relatives are coming to join you and you have no idea where they have been or who they have been in contact with? For example, do you have college age people returning from far away places on airplanes, trains, or even in cars?

This is where it gets a lot trickier. How do you know what to do? One thing that is really important is for people to be honest and forthright about where they have been and who they have been in contact with. This can help avoid the unintended super-spreader who unwittingly shows up and transfers the virus to everyone. If you have someone coming who might fall into this category, use caution!

Safety Recommendations To Help Keep You Safe

The CDC, and every scientific

body in the world, recommends hygiene, sanitizing, wearing masks and social distancing. If someone has the virus and you spend too much time too close to them, you will probably contract it as well. If they breath on you, you will probably get it. If you sit in the same chair they were sitting in, this too could result in contracting it. So, be careful! Do the things the CDC and others recommend to keep yourself safe – and keep your loved ones safe too!

Visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>.

This a very nice resource to help you understand what we are all up against and how to manage your way through it. We may not be able to completely avoid the virus, but we can put our thinking caps on and learn from the experts and people who have gone through this enough to know what we *can* and *cannot* do safely.

One last piece of advice: “An ounce of prevention is worth a pound of cure.” If you pay attention, you can do a lot to prevent the spread of the virus. There is no cure, so far, so a pound of cure might not even be enough.

Stay safe and have a happy holiday.

WELLNESS

- Seek an overall sense of peace
- Listen with your heart
- Allow yourself to be who you are
- Forgive yourself and others

4) Environmental – an awareness of your world, how you interact with it and your impact to it

Some things you can do:

- Care for and show respect for the environment
- Work towards a more eco-friendly lifestyle
- Educate yourself on environmental issues
- Reduce, recycle and reuse
- Connect with nature

5) Intellectual – using your mind, stimulating your brain, learning, being creative and actively seeking out new information daily

Some things you can do:

- Pursue mentally stimulating interests
- Seek out people who challenge you
- Learn new things through reading
- Commit time to self-development
- Set intellectual goals

Occupational – making use of your skills and talents in a profession that provides satisfaction, rewards, purpose and happiness in your life

Some things you can do:

- Explore a variety of career options until you find a good fit
- Map out a career vision for yourself
- Create a balance between work and home
- Be open to career changes
- Seek a career that suits your personality

Social – having relationships that allow you to feel connected, developing intimacy and creating a support network of family and friends. Right now this is especially challenging with COVID-19, however, at least virtually some of this can be done.

Some things you can do:

- Increase the amount of time you spend virtually connecting
- Communicate your thoughts courageously
- Practice respect and cultivate new relationships
- Join groups to create a sense of belonging

distancing many people are coming up with ideas to make their place of solitude a free space to do exactly what they want to do. How often have you had the time to relax your schedule, binge watch TV shows and movies, play with your children, stay up late and connect with your family in a way that has become “the new normal” without complaints, structure and outside requests and obligations? We are all at this point in charge of our days and how we spend them. We've learned that all of our comforts and socializing with others have been deemed “inappropriate” and actually forbidden by our federal, state and local governments.

We deserve our family space and time. We've been accomplishing our job responsibilities, paying bills, sitting in traffic, dealing with the day-to-day outside of the home and giving it our best. Our families have had to learn to take a back seat because we asked for them to do their part to help the family stay strong and together.

Now, we get to put all those other things to the side (cellphones, tablets, social media and emails) and concentrate solely on home life and

family and getting to the other side of this dilemma together. We get to commune, and talk to one another. We get to really lavish our loved ones with “us” face-to-face, one-on-one. Not in a text, not on FaceTime. You can engage in family breakfast, schedule time during the day for crafts, get out in your yard, watch your children play. Get that puzzle from under the bed and have a group puzzle party. Or, decide collectively on a new hobby.

Spending the time to entertain one another will be a joy in itself. You are now promoting the ability to motivate calmness and inspire broadness in the imagination of the family as a whole during our present situation by giving them tools to “overcome” this situation—not to wilt away because of it. You are fueling your family by introducing these outlets, you are tapping into their strengths and imagination, you are giving them permission to be a family by encouraging laughter and hugs now more than ever. We have now implanted power-FUL in our lives.

Ponder: Troubles don't last, but how you get through them could leave an indelible imprint forever!

SKIN/HAIR HEALTH

4. Beauty Above/Below the Mask

For true beauty above the mask, your doctor needs to know how to analyze your whole face in 3D with advanced anatomical understanding. Highly-skilled procedures are individualized for your own skin type and concerns such as under-eye circles, wrinkles, bumpy skin or sagging. Ultherapy is FDA approved for non-surgical brow, face and jawline lifting; delicate doses of Botox or natural fillers like Restylane and Juvederm can relax crow' feet and forehead wrinkles, shape your brows and widen droopy eyes. Expert, European-style techniques achieve a completely natural-looking result with no “frozen” look and little or no down time. Stimulation of new collagen and elastic tissue can take years off your face.

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

5. Hair Removal and Restoration

If you suffer from excess hair, a board-certified dermatologist can examine you medically to identify underlying causes such as polycystic ovarian syndrome (PCOS). The hair itself can be removed safely, quickly and painlessly from all skin types with the state-of-the-art Gentle YAG laser.

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

6. Feminine (Vaginal) Rejuvenation

The changes that women experience as they go through childbearing, hormonal shifts and aging include vaginal laxity, stress urinary incontinence, and uncomfortable vaginal dryness. The first step is a gyn exa,. If there are no underlying health problems, it can be transformative to treat these concerns with rapid, hormone-free non-surgical options such as the CO2RE Intima laser, which is gold standard treatment to remodel the tissue of the vagina and vulva by stimulating new collagen. Fillers can correct volume loss and improve the external shape and appearance of the vaginal lips or vulva.

In the next edition...

Meet Your Local Health Professionals

Next month's edition of *Your Health Magazine* will include a special section with **Biographical Profiles** to help people learn more about their Local Health Professionals.



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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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