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SPECIAL FOCUS

# Holiday HEALTH

FEATURED PROFESSIONALS



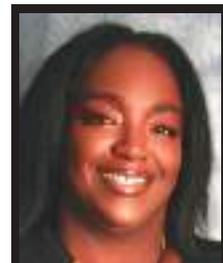
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## Meet Your Local Health Professionals

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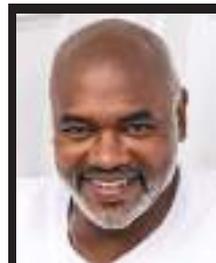
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FEATURED PROFESSIONALS



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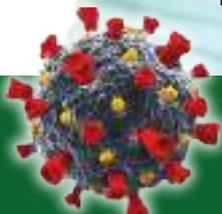


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From Your Health Magazine & the CDC



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# Do You Have Gum Disease? Read This To Find Out If You Are At Risk

By Harold Packman, DMD

Gum disease, not old age, is the primary reason for tooth loss. Gingivitis, the early stage of gum disease, is an inflammation of the gums caused by the buildup of plaque.

## Risk Factors For Gum Disease Include the Following:

- Smoking and tobacco use increase the chances for gum disease and decrease the chances for successful treatment.
- Hormone changes in females often make the gums more sensitive and increase the likelihood of gingivitis.
- Diabetes increases risk for many infections, including gingivitis.
- Certain diseases, such as cancer or AIDS, as well as their treatments, can negatively affect the gums.
- Genetics may make some people more prone to gum disease.
- Medications can reduce the flow of saliva, leaving the mouth vulnerable to gum infections and can cause the gum tissue to grow abnormally, making it difficult to keep the gums and teeth clean.

If your gums are swollen, if they bleed when you brush or floss, or if you have persistent bad breath, you definitely have gingivitis.

If caught early, the damage can usually be reversed by proper professional cleanings, preventing loss of bone or tissue that holds the teeth in place.

If plaque is not removed from teeth, gingivitis can progress to periodontitis, which can irreversibly damage bone that hold your teeth in place.

If the gum line has receded, your teeth may look longer and you may notice changes in your bite. As the pockets deepen, periodontitis can advance to the stage where bone and tissue can no

longer anchor teeth in place, and they may fall out.

Brushing, flossing, antibacterial mouthwash and visiting a dentist for cleanings and check-ups can help keep plaque and gum disease under control.

**If your gums do not stay healthy in spite of doing all this, then you should consult a periodontal specialist.**



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# Bariatric Surgery and Medical Expenses



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

Bariatric surgery is the field of surgery that specializes in metabolic and weight loss procedures, such as gastric bypass and sleeve gastrectomy. The procedures serve as a tool to assist patients who are morbidly obese achieve a healthy weight and reverse obesity-related medical conditions. Bariatric surgery is indicated for persons that are 100 pounds or more over their ideal weight.

## Medical Expenses Associated With Obesity

Obesity is a disease state that affects the entire body and its organ systems. Individuals suffering from obesity may have a range of medical conditions such as hypertension, heart failure, diabetes mellitus, high cholesterol, sleep apnea, acid reflux and arthritis, to name a few. These individuals are also at increased risk of having acute events such as heart attacks and strokes. When undergoing surgical procedures, these patients are at increased risk for complications such as blood clots, wound infections, pneumonia and formation of hernias.

When considering the cost of healthcare, individuals that are suffering from obesity tend to be on multiple medications that need to be refilled on a monthly basis. They are more likely to be seen in their physicians' offices several times per year and even monthly in some cases.

Please see "Expenses," page 62

# Holiday Reflection



By Beth Albaneze, CTRS, CPRP  
House Calls Total Wellness

created emotional trauma and unrest around the globe unlike anything most of us had seen before. Before that, the 2016 presidential election caused an uptick in mental disorders, according to *STAT*, a national health, science, and medical publication that published an article before the election noting:

"Mental health professionals say this year's campaign has brought a marked increase in patients presenting with anxiety and other disorders, like OCD, avoidance, sleep disruption, irritability, drinking problems, and depression."

No matter the cause, mental health issues can range from inconvenient to devastating for everyone in their path.

It is a bit foolhardy of us to think we won't be touched by a mental health concern in some way. Not only do many of us have elderly parents, but half of our 8-15 year-old children will receive mental health services

No one really plans to deal with mental health issues. Sometimes they are preceded by warning signs, but often, the symptoms just seem to crop up out of nowhere. They can be rooted in an underlying genetic predisposition or triggered by unforeseen circumstances (such as a car accident or a house fire), or a combination of both. Sometimes events in the news can affect our well being, even if they don't affect us directly.

The 2020 coronavirus pandemic

Please see "Holiday," page 62

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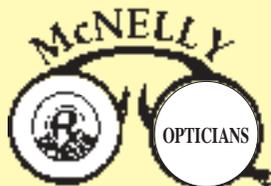


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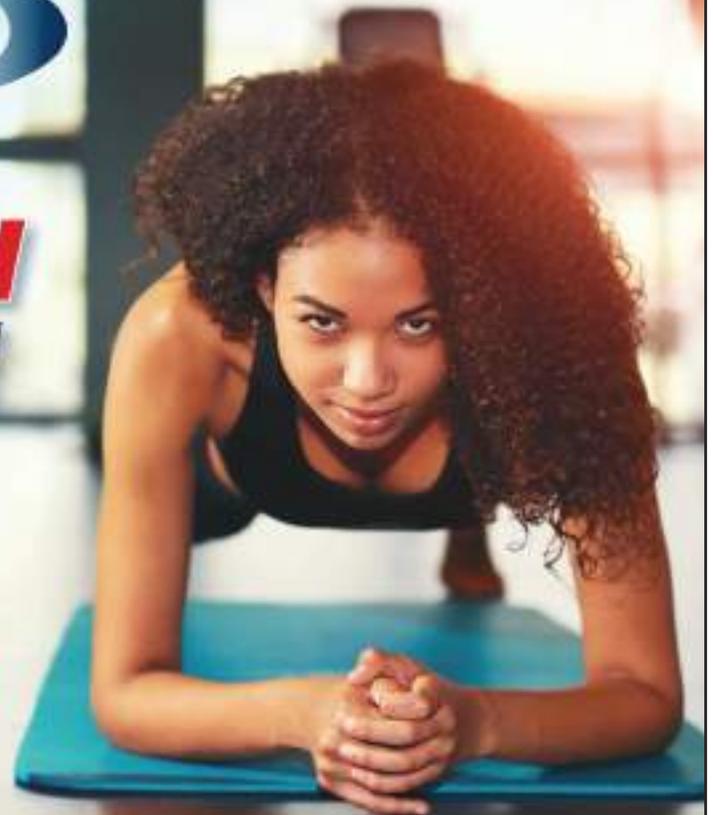
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In the next edition of Your Health Magazine...

## Meet Your Local Health Professionals

Biographical profiles to help people learn more about their local health professionals.

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**CHIROPRACTIC AND NUTRITION**  
Thomas K. Lo, DC, MA

A leader in his field, Dr. Lo has been serving the Crofton/Rowe community since 1984 and is 2016 named Best Health Care Provider from the National College of Chiropractic in Crofton, Va. in 1983. Dr. Lo is a member of The Maryland Chiropractic Association and The American Chiropractic Association. He is a graduate of The American Academy of Chiropractic Management, a Fellow of The International Academy of Clinical Acupuncture and Release of The American Association of Acupuncture Teachers. He is currently the attending chiropractor for the Ridge Theater of Maryland and has been the attending chiropractor for the Mount Airy Medical Center since the 2004 Chapter Fall.

Over 35 years of his job practice, he has received numerous proficiency certifications, including sports medicine, advanced massage methods, environmental stress management, low level cold laser therapy, and an advanced certification in clinical nutrition.

In the past few years, Dr. Lo has been active in the community. He volunteers at his church and is a member of the Potomac Club Back Neck VACA. On the weekends he shows things, seminars, and daily tips. He has published several 3000 word articles in the office that are available based on local readings and dreams of saving the world.

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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.

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

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

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

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

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

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

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

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# Acupuncture For PCOS



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

Polycystic Ovarian Syndrome (PCOS) is a disorder in which the ovaries produce excessive amounts of male hormones and develop many small cysts.

It is a common gynecologic endocrinopathy and affects 6-8% of reproductive women. The pathogenesis of PCOS is associated with both heredity and environment; however, the exact pathogenesis remains uncertain.

It has been demonstrated that

PCOS can impact the women's reproductive health, leading to 75% of anovulatory infertility and contributing to the increased rate of early pregnancy loss. PCOS has additional metabolic derangements, such as insulin resistance (IR), impaired glucose tolerance, and dyslipidemia.

PCOS is defined not only as a gynecologic endocrinopathy but also as a kind of metabolic disorder. Its impacts can emerge during puberty and last up to postmenopause, which makes it a nightmare persisting throughout a woman's life.

Therefore, we should not only focus on the complaints of PCOS patients but also pay more attention to their long-term health consequences, especially for the ones with obesity and/or IR. To prevent against the adverse consequences, early effective interventions are crucial for PCOS patients.

The current conventional medical treatments for women with PCOS are prescription medications, surgery, and

lifestyle changes.

Non-randomized acupuncture studies in PCOS have suggested a low associated adverse events rate, no increased risk of multiple pregnancies, and it is inexpensive.

Given that acupuncture has an impact on beta-endorphin production, which may affect gonadotropin-releasing hormone (GnRH) secretion, it is postulated that acupuncture may have a role in ovulation induction and fertility.

Recent studies demonstrated that traditional Chinese medicine could regulate the gonadotropin-releasing hormone to induce ovulation and improve the uterus blood flow and menstrual changes of endometrium.

In addition, it also has impact on patients with infertility resulting from polycystic ovarian syndrome, anxiety, stress and immunological disorders. However, it is vital to select a well-trained professional acupuncturist for ideal outcome.



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# Natural Skin and Hair Health Tips For 2022



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

Every celebrity we know has rigorous skin, hair and beauty regimens, yet claims their ageless look is due to healthy eating and living! Of course, it's a necessity to look good, even under the harsh glare of studio lights and high-definition cameras. Celebrities aren't always the best example, as they can look unnatural and "overdone" if they had drastic surgery. Those who look as if they are aging gracefully are using state-of-the-art strategies

that help reverse the effects of aging without surgery. It's the new way – natural-looking results, a great value, no scarring and minimal down time. A healthy lifestyle is equally important, as our skin is the mirror of everything happening within our bodies.

How can we take our cue from the stars while avoiding extremes, and look as healthy, youthful and energetic as we feel inside?

The first tip is to find a board certified dermatologist – you can ask to see their American Board of Dermatology certification – who prioritizes safety during these challenging times. This article by an independent journalist has excellent information:

<https://www.realf.com/news/plastic-surgery-dermatology-appointments-post-covid19>

Safety-conscious doctors offer virtual as well as in-person consultations, and maintain stringent safety measures in-office.

Please see "Natural Skin," page 42



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

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# The Effects Of CBD Hemp Extract On Opioid Use

By Andrea Grant, Owner  
Bethesda Health and Wellness

Most of the industrialized nations around the world. About 20% of U.S. adults experience chronic pain, according to a study. Opioids are a class of drugs naturally found in the opium poppy plant. They work in the

brain to produce a variety of effects, including pain relief. Typically the pain may be caused by inflammation or dysfunctional nerves. Opioids can be prescription medications often referred to as painkillers, or they can be street drugs, such as heroin.

Many prescription opioids are used to block pain signals between the brain and the body and are typically pre-

scribed to treat moderate to severe pain. In addition to controlling pain, opioids can make some people feel relaxed, happy or “high,” and can be addictive.

In recent years, there has been a dramatic increase in the acceptance and use of prescription opioids for the treatment of chronic, non-cancer pain, such as back pain or even osteoarthritis, according to the CDC. Opioid

abuse is a serious national crisis that affects public health as well as social and economic welfare.

In a study published by the NIH, the context was that cannabinoids, and specifically cannabidiol (CBD), were proposed as an opioid alternative, having comparable efficacy with better safety profile. The objective of the study was to investigate the impact of full hemp extract cannabidiol (CBD) on opioid use and quality of life indicators among chronic pain patients. An initial sample of 131 patients was recruited from a private pain management center. Ninety-seven patients completed the eight-week study – the patients were between 30-65 years old with chronic pain and have been on opioids for at least one year. The results were that over half of chronic pain patients (53%) reduced or eliminated their opioids within eight weeks after adding CBD-rich hemp extract to their regimens. Almost all CBD users (94%) reported quality of life improvements.

Another equally compelling study was conducted by seven pain clinics in Southern California. A total of 253 participants were recruited for a study about the effects of Cannabidiol (CBD) as treatment for chronic pain. The majority of the respondents reported using CBD for back and neck pain; however, others used it for limb and nerve pain as well as for Fibromyalgia and migraines. In a 32-question survey, the findings were as follows:

- 19.9% say that CBD “completely” helped their chronic pain while 39.1% reported CBD helped “a lot” or a total 59% responded favorable.
- 67.6% “strongly agree” or “agreed” that CBD enabled them to reduce the amount of pain medication while taking CBD products.
- 53.7% of the respondents “strongly agreed” or “agreed” that CBD enabled them to reduce the amount of opioid medication they were taking.

According to the CDC, between 1999–2019, nearly 500,000 people died from opioid overdose. Another 2 million people are addicted. Until recently, opioid addiction treatment was limited to Methadone, Buprenorphine and Naltrexone. These findings suggest that CBD can offer an alternative for people who have chronic pain and rely on medications, such as opioids, that can be habit-forming and cause more side effects. CBD has no recorded history of addiction partly because our bodies naturally produce a type of cannabinoid.

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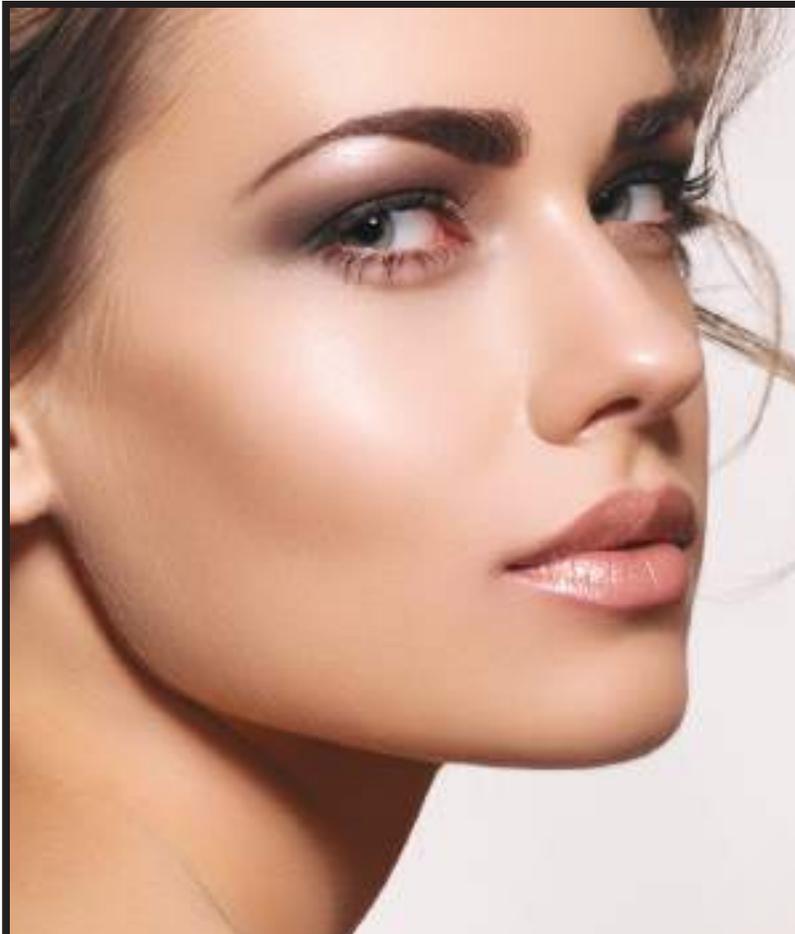
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# Improve Your Health This New Year: Take Care Of Your Teeth and Gums

By Karl A. Smith, DDS, MS

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

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

## The Causes and Symptoms Of Gum Disease

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

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

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

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

## Diagnosing Periodontal Disease

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

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

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

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

flossing cleans the spaces between teeth.

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

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

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

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

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

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

Improving your dental health and preventing tooth decay can have a large health impact than just a healthy mouth and brighter teeth. Take control of your dental health and make an appointment with an experienced periodontist today.

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

# New You For 2022

from skin to muscle through the fat. When the bands pull downward on the skin, the fat pushes upward. But there is more to the story...

Emtone simultaneously emits both radiofrequency and targeted pressure energy. Combined there is a synergistic effect that neither technology can achieve on its own.

### How Long Does an Emtone Treatment Last?

During the first visit, your provider helps design your individual

treatment plan. Most patients undergo four treatments, scheduled once or twice a week. A treatment typically takes about 20 minutes depending on the treated area.

### What Does an Emtone Treatment Feel Like?

Revolutionary Emtone technology is based on a simultaneous delivery of thermal and mechanical energy. The most common perception of the therapy is that it is similar to a hot stone massage with intense

mechanical vibrations. The treatment is performed in a relaxing lying-down position.

### How Fast Will I See Results From Emtone Treatments?

Patients have reported improvements after a single treatment session. The results typically continue to improve over the next few months. With no downtime, you may resume normal activity immediately after the treatment.

After the New Year when the holidays are over, it's time to do something for yourself, like improving those areas you may be self-conscious about: your stubborn body fat or veiny legs.

A beautiful new 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

SmartLipo laser body sculpting is minimally invasive treatment that helps to eliminate those stubborn areas of fat 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 cannula (or tube) inserted into the skin. A laser fiber inside of the cannula delivers energy directly to fat cells, causing them to rupture and drain away as a liquid, which 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.

### Emtone – New Treatment For Cellulite

Emtone is the first and only device that simultaneously delivers both thermal and mechanical energy to treat all major contributing factors to cellulite.

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# Shockwave Therapy For Pain Relief



By William A. Cox, DC  
Allegiance Chiropractic

These high-energy waves have been shown to stimulate healing in soft tissues and to trigger the creation of new blood vessels thus increasing circulation.

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

### What Is the Treatment Like?

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

After a prescribed number of waves have been delivered by the physician, the patient is then instructed to follow up for subsequent treatment

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

### What Is ESWT?

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

Please see "Pain Relief," page 62

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# Simplify Your Life and Health – Try a Medical One Stop Shop

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

Everything seems to be getting more convenient these days, from one-click shopping on Amazon, to being able to watch the latest movies from your couch with the push of a button. Everything sure is convenient...except for when it comes to going to the doctor. And going to the specialist. And going back to your primary care doctor for a follow up. And on and on and on.

If every other business is trying to make things more convenient for consumers, isn't it time for healthcare to catch up?

Good news, local medical one-stop shops can make quality care accessible and convenient for everybody.

Whether you're looking for a new physician for chronic condition management, or looking to lose a few (or more) pounds for the new year, there are many benefits to having all of your medical care under one roof.

For starters, it's convenient for you. You don't have to worry about driving all over town to see different specialists or make multiple appointments. One-stop shops often have all the care you need right under one roof.

Another reason that a one-stop-shop style of healthcare office is so attractive to patients is having a provider that is familiar with your entire health history. When you visit a one-stop shop healthcare center, you're gaining a partner in your health. This also makes it easier for your wellness team to customize wellness and treatment plans for you.

**One-Stop Medical Care For Pain:** Debilitating pain can make everyday living hard to endure. Access to chiropractic treatment, physical therapy, massage therapy, acupuncture, natural pain management, and medical pain relief for musculoskeletal conditions, injury rehabilitation and chronic pain all under one roof certainly can make one's life easier. The most advanced chiropractic and physical therapy treatments from a team of medical providers at a one-stop shop practice seeks to address your symptoms and develop custom treatment plans that ensure long-term solutions for pain relief and various ailments.

Eliminating the need to run across town to various appointments is not only convenient, it's the difference between patients in pain complying with recommended medical treatments, or not.

**Management of Chronic Conditions:** Chronic conditions are challenging and can be difficult to manage. When left untreated or properly managed, it can lead to costly and painful complications. Another attractive benefit is when offices combine conventional medical approaches with other integrative healing modalities under one roof they can better help patients be proactive in their health, especially

when it comes to managing their chronic conditions, such as diabetes.

**Preventive Care:** Unfortunately, doctors see it all the time; many patients "feel" fine and only see doctors when they're visibly ill. However, preventive care is crucial, and it is so important to us. When you go to a one-stop style healthcare office, your health team will work with you through education and personalized wellness plans to ensure

you stay healthy year-round.

**Wellness:** A variety of wellness initiatives are available that you may not even know are options to helping you live healthier and feel better on a daily basis, ranging from IV supplemental therapy to bio-identical hormone pellets, to medical weight loss, to massage services. One-stop medical shops have all the treatments available so you look and feel your best every day.



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# Low Back, Neck and/Or Knee Pain Killing You?

*Solution: Relief That Lasts!*

By Rudjar Good, RDH, DC  
Highland Chiropractic and Patapsco  
Integrative Medicine and Rehab

Are you suffering from severe back, neck or knee pain? When your back, neck or knees are really killing



Rudjar Good, RDH, DC

you, you might worry that something is seriously wrong. The pain may seem unending. The good news is that while joint pain is a major inconvenience, it is rarely an urgent medical issue. In many cases, early treatment incorporating therapy and natural medicines can resolve your pain completely!

### What Exactly Is Knee, Low Back and Neck Pain and How Do They Correlate Together?

The most common form of arthritis is caused by the breakdown of cartilage. Your cartilage cushions the ends of your bones where they meet to form joints. Without this protective layer, the bones rub together, causing stiffness, pain and loss of joint movement. Arthritis is inflammation of one or more of your joints. Pain, swelling, and stiffness are the primary symptoms of arthritis. Any joint in the body can be affected by the disease.

Every part of your body has a special and unique function, but each part relies on others for optimal performance. When your body is functioning well, you feel invincible. When you are falling short due to an injury or illness, it's hard to function. The same is true with many interacting body parts. For example, one common connection is when back pain causes knee pain. Even though the back and knee aren't directly connected, there is a very real link that can help explain why, when your back hurts, your knees may hurt too. When one of the joints has broken down, the surrounding muscles become involved, causing your body to overcompensate. This is another contributing factor to triggering discomfort and pain!

There is a variety of medication available for knee pain. These medicines include both oral and injectable medication, depending on the source of your pain. A holistic, global approach with physical therapy, chiropractic, acupuncture, massage, and integrative medicine, which utilizes natural substances that are not harmful to your body is the best way to treat knee pain.

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# Carpal Tunnel Syndrome



By Ngozi Akabudike, MD  
Greater Maryland Orthopedics

Carpal tunnel syndrome is a common condition that causes pain, numbness, and tingling in the hand and arm. The condition occurs when one of the major nerves to the hand – the median nerve – is squeezed or compressed as it travels through the wrist.

In most patients, carpal tunnel syndrome gets worse over time, so early diagnosis and treatment are important. Early on, symptoms can often be relieved with simple measures like wearing a wrist splint or avoiding certain activities.

If pressure on the median nerve continues, however, it can lead to nerve damage and worsening symptoms. To prevent permanent damage, surgery to take pressure off the median nerve may be recommended for some patients.

## Cause

Most cases of carpal tunnel syndrome are caused by a combination of factors. Studies show that women and older people are more likely to develop the condition.

## Symptoms

Symptoms of carpal tunnel syndrome may include:

- Numbness, tingling, burning, and pain—primarily in the thumb and index, middle, and ring fingers
- Occasional shock-like sensations that radiate to the thumb and index, middle, and ring fingers
- Pain or tingling that may travel up the forearm toward the shoulder
- Weakness and clumsiness in the hand
- Dropping things

Many patients find that their symptoms come and go at first. However, as the condition worsens, symptoms may occur more frequently or may persist for longer periods of time.

## Doctor Examination

During your evaluation, your doctor will talk to you about your general health and medical history and will ask about your symptoms.

He or she will carefully examine your hand and wrist and perform a number of physical tests.

## Non-surgical Treatment

If diagnosed and treated early, the symptoms of carpal tunnel syndrome can often be relieved without surgery. If your diagnosis is uncertain or if your symptoms are mild, your doctor will recommend non-surgical treatment first.

## Surgical Treatment

If non-surgical treatment does not relieve your symptoms after a period of time, your doctor may recommend surgery.

The decision whether to have surgery is based on the severity of your symptoms – how much pain and numbness you are having in your hand. In long-standing cases with constant numbness and wasting of your thumb muscles, surgery may be recommended to prevent irreversible damage.

## Surgical Procedure

The surgical procedure performed for carpal tunnel syndrome is called a “carpal tunnel release.” There are two different surgical techniques for doing this, but the goal of both is to relieve pressure on your median nerve by cutting the ligament that forms the roof

of the tunnel. This increases the size of the tunnel and decreases pressure on the median nerve.

The transverse carpal ligament is cut during carpal tunnel release surgery. When the ligament heals, there is more room for the nerve and tendons.

In most cases, carpal tunnel surgery is done on an outpatient basis. The surgery can be done under general anesthesia, which puts you to sleep, or under local anesthesia, which numbs just your hand and arm. In some cases, you will also be given a light sedative through an intravenous (IV) line inserted into a vein in your arm.

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- Shoulder Tendonitis
- Gamekeeper's Thumb / Skier's Thumb
- DeQuervain's Tendonitis
- Finger Injuries
- Upper Extremity Lacerations
- Cubital Tunnel Syndrome
- Fractures & Dislocations (Hand/Wrist/Elbow/Shoulder/Clavicle)
- Sport Injuries
- Trigger Finger-Adult and Pediatric
- Rotator Cuff Injury
- Ganglion Cysts
- Elbow Tendonitis
- Wrist Tendonitis
- Tendon and Nerve Lacerations
- Carpal Tunnel Syndrome
- Other Nerve Entrapment Conditions
- Dupuytren's Disease



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By Aazaz Haq, MD  
McLean Neuropsychiatric  
Treatment Center

# Offering New Hope For Treatment Of Depression

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

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

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

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

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

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

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

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

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

## We Treat Depression When Medications Don't Work.

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We offer state-of-the-art treatments to individuals whose conditions are not responsive to medications and/or psychotherapy alone.



### Transcranial Magnetic Stimulation (TMS)

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

### Esketamine (Spravato)

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



### Electroconvulsive Therapy (ECT)

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

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# Aging and Your Dental Health



By Judy Yu, DMD, MBA  
Dental FX

impairments associated with aging may make home oral health care and patient education/communications challenging. Dental conditions associated with aging include dry mouth (xerostomia, root and coronal caries, and periodontitis).

Furthermore, 19% of seniors no longer have any natural teeth, and a Massachusetts survey revealed that 34% of seniors are in some dental discomfort. More than half (53%) of seniors have moderate to severe periodontal disease.

## Tooth Loss

Seniors who have lost all or most of their teeth often end up avoiding basic elements of a healthy diet, (fresh fruits and vegetables). Relying on soft foods results in a decline in nutrition and health. Often these seniors have pain and difficulty speaking, and embarrassment and loss of self-esteem, which

The demographic of older adults is growing. The typical aging patient's health can be complicated by comorbid conditions (high blood pressure, diabetes, etc.). Additionally, older adults may regularly use prescription medications that could make them more vulnerable to medication errors, drug interactions and adverse drug reactions.

Physical, sensory and cognitive

*Please see "Dental Health," page 62*

# The Anatomy Of Dental and Medical Acquisitions

By A. Shane Kamkari, Esq.  
DentalMedicalAttorney.com

The process of acquiring or buying dental and medical practices starts with locating a suitable practice that is a good fit for you. The suitability of a practice depends on various factors from the location of the practice, the size of the practice, the purchase price, etc.

After locating a suitable practice, sellers usually offer some documents in exchange for a non-disclosure agreement. Some sellers, however, would rather receive a letter of intent ("LOI") before offering any documents. So soon after locating your desired practice you should be ready to offer a LOI. A properly drafted LOI should include both binding and non-binding provisions.

The non-binding provisions of the LOI should be drafted so that your initial offer will not bind you into

purchasing the practice without first receiving the appropriate documents that will allow you to learn more about the practice such as the practice's gross revenues, annual increase or decrease in gross revenues over the last 2-4 years, net profits, lease terms, rent and annual escalation of rent, payroll costs, existing contracts, debts, liens, judgments, and other obligations and liabilities.

The binding parts of the LOI should be drafted so that the seller will not continue to shop and sell the practice to another potential buyer while you are negotiating a deal with the seller and conducting your due diligence. You do not want to be in a position where you are incurring costs to conduct due diligence or other costs to acquire the practice only to find out that the seller has decided to accept another offer from another buyer. You also want to make sure that there are no major changes in how the practice

*Please see "Anatomy," page 62*



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# A New Foundation For the New Year



By Alan Weiss, MD  
Annapolis Integrative Medicine

As we head towards the end of 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.

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 remark-

*Please see "Foundation," page 63*

## Need an MRI?

# Is Claustrophobia (Fear Of Confined Spaces) Real?

Submitted by  
Washington Open MRI

The simple answer is yes.

The most common experience of claustrophobia is a feeling or fear of losing control. Your heart begins to beat faster, your senses are heightened and if uncontrolled a real fear of panic is experienced.

Although most people have no problem being in a confined space, there are a significant number who – in addition to the stress of a medical exam – just can't endure the "older technology" MRI. They describe it as an awful experience of being squeezed into a small dark tube and a sometimes uncontrollable urge to run away.

In a study involving an MRI diagnosis and claustrophobia, up to 20% of patients receiving an MRI reported having a panic attack during their procedure in the older technology "closed" MRI.

Some individuals just avoid being scanned at all, which significantly reduces their doctor's ability to provide the best care.

*"Sit-down, stand-up" MRIs are the ultimate in MRI, as most patients can sit or stand (depending upon your doctor's prescription) and relax while watching TV."*

"Open" MRI scanners were developed in part to address this issue.

As advancements have been made in MRI technology reading radiologists report that open MRI equipment is just as effective of a diagnostic tool as the "older technology" MRI using a confining tube.

"Sit-down, stand-up" MRIs are the ultimate in MRI, as most patients can sit or stand (depending upon your doctor's prescription) and relax while watching TV. Your loved one can also be with you to ensure that it is a pleasant experience for you.

And in many cases it's the only MRI that can most effectively visualize issues with your back, neck or knees due to the force of gravity while

*Please see "Claustrophobia," page 63*

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# Tongue Rejuvenation Permanently Cures Chronic Bad Breath

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

*“...anyone can maintain this cure.”*

The tongue contains the single largest area that accumulates bacteria in the mouth and it does so day in and day out. The coating on the tongue is like a living organism, called a biofilm, with its own food supply and a sheltered living area. It is made up of millions of layers of bacteria, food,

dead skin cells, dead blood cells and other items that the bacteria use for their food supply.

The result of these bacteria digesting their “foods” is the production of their waste products – gasses that we call the odors of bad breath. The three most abundant bad breath gasses

are H<sub>2</sub>S or hydrogen sulfide, the smell of rotten eggs; CH<sub>3</sub>SH or methyl mercaptan, the smell of feces (yes, it is possible that someone’s breath can smell like poop); and (CH<sub>3</sub>)<sub>2</sub>S, dimethyl sulfide, the smell of raw cabbage or gasoline. Together, these odors make up the majority of bad



Richard A. Miller, DDS

## EMBARRASSED BY YOUR BREATH?



### Do People . . .

- Turn Away When You Get Close?
- Rub Under Their Nose?
- Offer You Gums or Mints?
- Talk Behind Your Back?
- Exclude You From Social Activities?

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breath and are what we smell when we are near someone with bad breath.

In addition, the coating also consists of microscopic food debris, containing undigested proteins from the food we eat and the mucous in our throats and sinus passages, which are easily digested by the bacteria leaving behind the odors of bad breath. The debris also contains dead skin cells from the insides of our mouths that are sloughed off like the skin of our bodies as well as dead blood cells from gums that bleed microscopically. These then become an excellent source of protein for the bacteria. In fact, the thicker the coating, or biofilm, the more odorous and destructive it is.

Because a biofilm is interwoven among the anatomy of the tongue and among the taste buds, of which we have approximately 9,000 on our tongues, Tongue Rejuvenation® is the only technique that can remove it. Once removed, the tongue is restored to its natural balance and no longer causes halitosis. And what’s more, anyone can maintain this cure with just a few minutes a day.

So why don’t mouthwash, gums, mints, or tongue cleaners work? Here’s why. Biofilms actually attach to the surfaces of the tongue and can only be removed by mechanical means. Many dentists prescribe a tongue cleaner or scraper to remove this biofilm, however, due to the thickness of this coating, a tongue scraper or tongue cleaner can only remove the top layers of coating. Tongue Rejuvenation® is a painless technique that removes the coating down to the base of the tongue. Tongue Rejuvenation® can only be performed with Biofilm Removal Instruments®, invented and patented at the National Breath Center. Over the past 30 years, this technique has been 100% successful in eliminating chronic and severe halitosis. So, if you are embarrassed by your breath Tongue Rejuvenation® can eliminate your problem, guaranteed.

# Chiropractic Can Help With Stress



By Alicia Kovach, DC  
Kovach Chiropractic

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

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 54*

# Sex Hormones Impact COVID-19



By Molly Rogers, FNP-BC  
New Day Vitality Hormone Center

Both estrogen and progesterone play a role in fighting COVID-19, according to an article in the January 2021 science journal *Trends in Endocrinology & Metabolism*.

As early as the 1940s researchers identified a sex bias in our immune systems, with women showing a more aggressive and more effective immune response, especially with viral infections. That sex bias became strikingly more evident during the

recent COVID pandemic, with men's risk of fatality at three times that of women.

Female sex hormones encourage increased levels of viral antibodies, boost immune cell ability – including the "repair response" – and strengthen anti-inflammatory actions. More specifically, estrogen helps with the initial detection and resulting signals to our immune system to kick it into gear. Estrogen also helps monitor the immune response, keeping it proportionate to the level of infection. Progesterone has a similarly strong role in regulating the anti-inflammatory response to infection.

These powerful inflammation-regulating functions are critical in fighting COVID-19, in which "cytokine storms" often lead to the complications that prove fatal to COVID patients. Cytokines are specialized white blood cells that enter the blood stream, circulating throughout our

*Please see "Hormones," page 65*



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# Keeping Maryland Residents Connected

By Maryland Relay/  
Telecommunications Access of MD

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 revoices 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 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 difficulty 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](http://mdrelay.org).

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Now's the time to dial in on your family's communication needs! The Maryland Accessible Telecommunications (MAT) program allows family members to apply for assistive telephone equipment—so no one misses out on important conversations. Calling solutions—like amplified phones, Captioned Telephones, and tablets—help grandparents actively participate in phone calls, parents successfully telecommute, and children engage in distance learning.

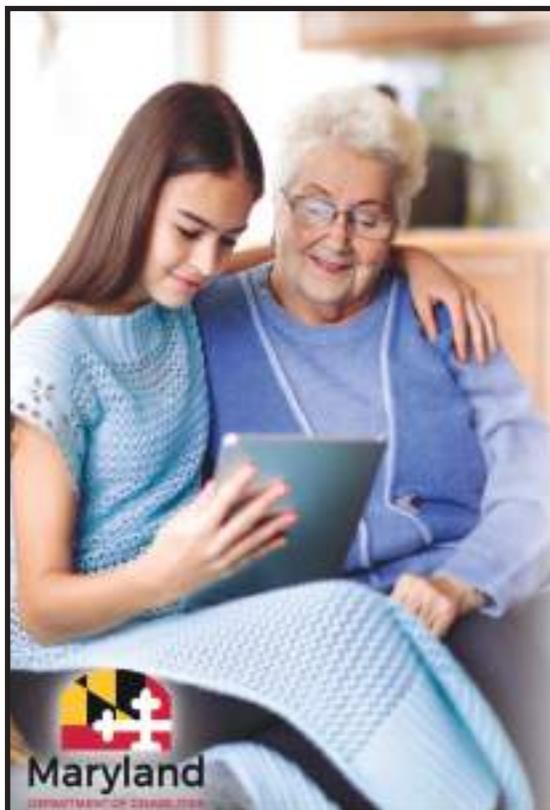
\*The MAT program benefits Maryland residents ages three and older who are Deaf, hard of hearing, DeafBlind, or are living with limited speech, mobility, or cognitive abilities.

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# Amniotic Fluid Allograft Therapy

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

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

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

damaged cartilage and numerous other foot and ankle conditions.

### What Is Amniotic Fluid?

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

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

### How Does It Work?

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

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

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

### Safety and Controversy

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

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

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

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

### How Many Treatments Will Be Needed?

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

### Are Amniotic Fluid Injections Covered By Insurance?

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

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### Dr. Burton J. Katzen, DPM

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Director, Annual Alumni Surgical Seminar TUSPM  
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# Foot Health: Neuromas



By Howard Horowitz, DPM  
Bowie Foot & Ankle

by stopping their walk, taking off their shoe, and rubbing the affected area. At times, the patient will describe the pain as similar to having a stone in his or her shoe. The vast majority of people who develop neuromas are women.

Biomechanical deformities, such as a high-arched foot or a flat foot, can lead to the formation of a neuroma.

Trauma can cause damage to the nerve, resulting in inflammation or swelling of the nerve.

Improper footwear that causes the toes to be squeezed together are problematic. Repeated stress, common to many occupations, can create or aggravate a neuroma.

#### What Can You Do For Relief?

- Wear shoes with plenty of room for the toes to move.
- Wear shoes with thick, shock-absorbent soles.
- High heels should be avoided whenever possible.

*Please see "Neuromas," page 63*

A neuroma is a painful condition, also referred to as a "pinched nerve" or a nerve tumor. It is a benign growth of nerve tissue frequently found between the third and fourth toes that brings on pain, a burning sensation, tingling, or numbness between the toes and in the ball of the foot.

The principle symptom associated with a neuroma is pain between the toes while walking. Those suffering from the condition often find relief



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# Do You Need a Smile Makeover?



By Brenda E. Howard, DMD  
Blissful Dental

Smiling with confidence makes you feel great. A beautiful smile is also an important social and professional asset. Yet there are many people who avoid showing their teeth in public or in photographs because they don't like what they see. If that describes you, then why not start the process of getting the smile you've always wanted with a smile makeover?

A smile makeover is a comprehensive smile-rejuvenation plan

that's uniquely suited to your own facial features and aesthetic preferences. The results can be quite dramatic — both in terms of how you will look and how you will feel.

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**Take a look.** The makeover process is all about giving you the smile of your dreams. So take a good look at your smile and note what you like and don't like about it. Some questions you can ask yourself are:

- Are your teeth as white as you'd like them to be?
- Are any teeth chipped, cracked or worn?
- Does your smile have a gummy appearance?
- Do your teeth seem too large or small?
- Do you like the alignment and spacing of your teeth
- Are you self-conscious about crookedness or gaps?

Please see "Makeover," page 63



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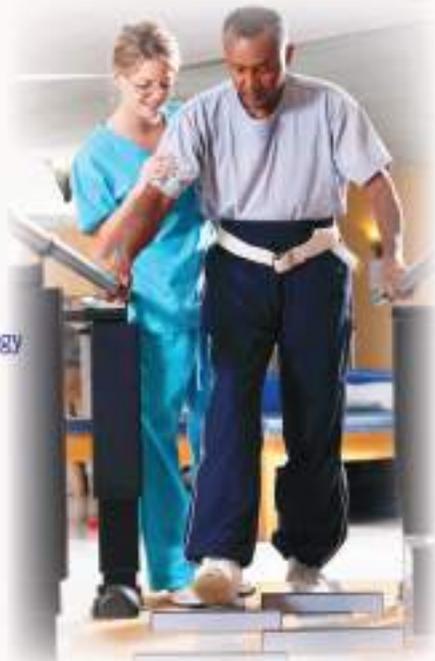
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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Jay Gonchigar, MD

**Pain  
Management,  
Anesthesiology**



3581 Old Washington Road  
Suite F  
Waldorf, MD 20602

**301-638-4400**

### 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.



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## Sina Davari, MD

**Pain  
Management,  
Anesthesiology**



80 Sherry Lane  
Suite #101  
Prince Frederick, MD 20678

**410-414-9229**

### 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.



**Newbridge  
Spine & Pain Center**

**NewbridgeSpine.com**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Aaron McPeek, DO

***Pain  
Management,  
Anesthesiology***

3581 Old Washington Road  
Suite F  
Waldorf, MD 20602

**301-638-4400**



### Meet Dr. McPeek

Dr. McPeek is a native of NJ. He received his undergraduate education at Rutgers University. After completion of college, he received a master's degree and began his career as an Anesthesiologist Assistant. After working briefly in this role Dr. McPeek returned to medical school and received his medical degree from Rowan University in NJ.

He completed his residency in Anesthesiology at Thomas Jefferson University in Philadelphia. He then completed fellowship training in Chronic pain management at Thomas Jefferson. Dr. McPeek is trained in a wide array of interventional pain management procedures to help alleviate patient's pain and improve their quality of life. He also specializes in medical management of chronic pain with a focus on non-opioid pain management.

In his spare time Dr. McPeek enjoys the outdoors. He is an avid hiker, golfer, and is looking forward to enjoying the watersports and activities of the Chesapeake Bay and southern Maryland.



**NewbridgeSpine.com**

## Chirag Singhvi, MD

***Pain  
Management,  
Anesthesiology***

196 Thomas Johnson Drive  
Suite #215, Frederick, MD

**301-668-9988**

161 Fort Evans Road, NE  
Suite #340, Leesburg, VA

**703-443-8000**



### Meet Dr. Singhvi

Dr. Chirag Sanghvi is board certified in Anesthesiology and Pain Management. Dr. Sanghvi completed his fellowship in Pain Management at the Cleveland Clinic in Cleveland, Ohio, after fulfilling his residency at Loma Linda University, in Loma Linda, California, where he served as an anesthesia and trauma clinical research specialist.

Dr. Sanghvi obtained his Masters of Public Health at the University of North Texas Health Science Center in Fort Worth, Texas, and recently served as a member of Rainer Anesthesia Associates at Good Samaritan Hospital in Puyallup, Washington. He is an active member of the American Society of Anesthesiologists and a Diplomate of the American Pain Society.

Dr. Sanghvi predominantly sees patients in Frederick and Leesburg.

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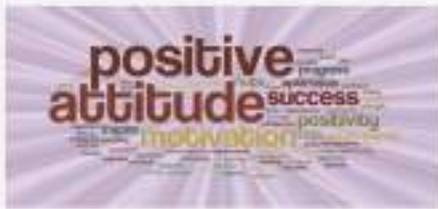


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House Calls Total Wellness is an award-winning program in the metro Maryland, DC area including nationwide online resources that arranges a variety of specialized behavioral health services designed for children to senior citizens starting in the comfort 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.

## Rishi R. Sood, MD

6915 Laurel Bowie Road  
Suite #101  
Bowie, MD 20715

**301-622-5360**

**Satellite Office:**  
7610 Carroll Avenue  
Suite #360  
Takoma Park, MD 20912



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

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

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

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

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

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



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## Tara White, President



1201 N. Orange Street  
Suite #7581  
Wilmington, DE 19801

**302-295-0511**



### Meet Tara White

Cardiac arrest occurs when the heart suddenly stops beating and can lead to death if immediate action isn't taken. When a person is in cardiac arrest, blood is no longer able to flow to the brain and other vital organs. This can be caused by certain heart conditions and many other risk factors. According to the American Heart Association, over 70% of those cardiac arrest take place outside of the hospital, of which a staggering 90% of the victims die.

Tara White knows the devastating effects of cardiac arrest all too well. While traveling to Disney World with her family, her uncle choked on a hot dog, which led to him going into cardiac arrest and needing CPR and defibrillation. After five days in the hospital, he passed away. This was the catalyst for a crusade for Tara to learn CPR and then teach as many people as she possibly could, so they would never have to feel the feeling of helplessness that overcame her.

In a time when 47% of Americans have high blood pressure, 42.4% are obese, 21 million Americans have some sort of substance abuse issues, the overdose rates have tripled over the past thirty years, and heart disease is the number one leading cause of death in this county; it is more important than ever that citizens are CPR trained, have access to and know how to use an AED. The likelihood that a person who experiences cardiac arrest will be at home, in their community, or anywhere other than the hospital is great.

Recognizing that there are communities that Socioeconomics impacts the chance of surviving a cardiac arrest in lower income communities, Tara founded the Touching Hearts Project, a nonprofit established to address this issue. The Touching Hearts Project's mission is to raise the percentage of lay-responders who are CPR trained and provide equal access to AEDs in every community. The organization provides AED units to at-risk communities and free CPR training to those who can't afford it and, most likely, need it the most. Their website, [www.thetouchingheartsproject.org](http://www.thetouchingheartsproject.org), provides information about their initiative and opportunities for citizens to contribute any size donation to help save lives by ensuring that everyone is trained.

#### Certifications:

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



[www.TheTouchingHeartsProject.org](http://www.TheTouchingHeartsProject.org)

## Chika Lillian Ojukwu, OD

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### Meet Dr. Chika Lillian Ojukwu

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

#### Certifications and Associations:

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

#### My Inspiration:

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

#### My Best Health Advice:

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

#### Family/Hobbies/Interest:

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

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

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### Meet Dr. Sreenivasan:

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

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

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

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

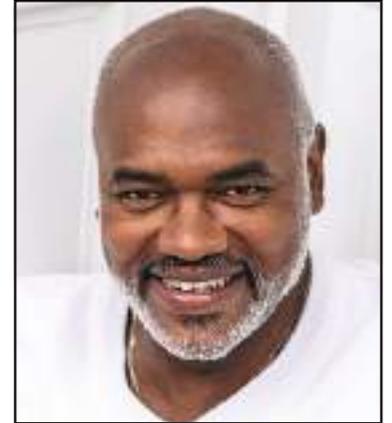
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Dr. Paul Thesiger was born in the beautiful island of Jamaica and attended Campion College, a top rated Catholic high school. He graduated with distinction and was accepted at the Johns Hopkins University, majoring in Natural Sciences with a minor in Biophysics. Dr. Thesiger was accepted to Columbia University's College of Physicians and Surgeons in 1989 and earned his doctorate in medicine.

With a desire to blend art and science he sought a residency in Surgery with a focus on further specializing in Plastic Surgery. After doing an internship at Columbia Presbyterian in New York he came to Washington, DC to study general Surgery at Howard University. He went on to the University of Miami where he completed a residency in Plastic Surgery in 2002.

Then, he was chosen to be the third Jerome Webster Fellow in Pediatric Plastic Surgery by Interplast Inc., a philanthropic organization based in Mountainview, CA. This fellowship took Dr. Thesiger to nine countries in the space of a year spanning from South America to the Far East, performing cleft lip and palate as well as hand surgery for poor children.

In January 2000, after working as an associate in private practice outside of Cleveland, Ohio, Dr. Thesiger opened his own specialized center of excellence in Washington, DC.

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### Meet Tongela Williams

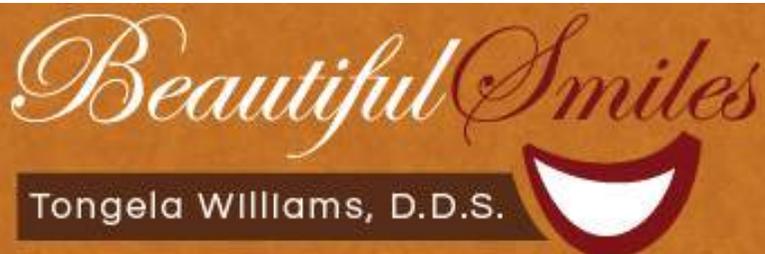
Originally from Richmond, Virginia, Dr. Tongela Williams began her dental career in 1987, when she enlisted in the army. She served four years as a dental specialist, then left active duty to study dental hygiene at Old Dominion University. After completing her Bachelor of Science, she practiced as a hygienist for six years, then earned her DDS from Howard University.

Dr. Williams is a member of the:

- American Dental Association
- Academy of General Dentistry
- American Academy of Implant Dentistry

Everyday, Dr. Williams brings a patient-centered approach to care, providing quality, comprehensive care to those in and around Clinton, MD. She's passionate about creating beautiful, healthy smiles, and about helping patients make wise choices about their care.

When she's not at the office she enjoys crossword puzzles, reading motivational materials, kickboxing, hiking, and spending time with her friends and family.



Be sure to read Dr. Williams' article about  
Heart and Gum Disease on page 52

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

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Renee Bovelle, MD

Ophthalmology



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## Meet Dr. Bovelle

Board Certified, Ophthalmology  
by the American Board of Ophthalmology

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

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

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

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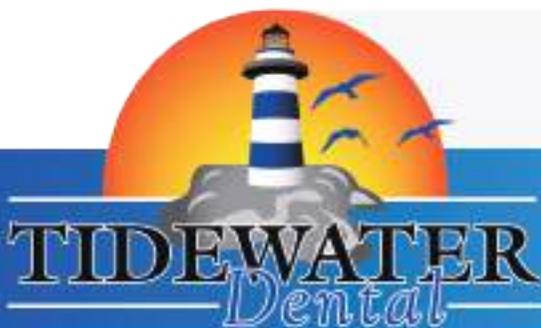
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# Helping Children Cope With Loss During the Holidays



By Amy Stapleton, MS, LCPC, NBCC, Manager of Bereavement Services, Chesapeake Life Center

Adults play an important role in helping children grieve, especially during the holidays when emotions and reminders of a loss can feel more intense. The way families approach the holiday season when grieving can make a difference. There are many well-intentioned ideas that do little

to help in the grieving process. Let's explore some of the myths of how to help children cope with grief during the season.

**Myth:** Don't talk about the loss. Try not to bring up the person who died and past holidays.

**Truth:** The idea that if you ignore it, children will "get over it" or forget is confusing to children, as if the person they love who died never existed. Christmas, Hanukkah or Kwanzaa traditions will never be quite the same. Encourage children to share their feelings and stories by sharing your own good memories of that loved one, especially during this season.

**Myth:** Expect a grieving child to always be sad.

**Truth:** Children need to take breaks in their grieving and will not grieve continuously, every day, all day long. Let them laugh and play. Play is essential to a child's well-being and just because children do not look like they are grieving doesn't mean they aren't.

**Myth:** Holiday crafts and activities will only make them sadder.

**Truth:** Creativity is a good outlet for expressing all the emotions that come with loss. Encourage them to draw, color and paint by making an ornament, candle or a collage. Create together a craft that honors the memory of their loved one.

**Myth:** You're the adult. You need to decide how the family will celebrate this holiday season.

**Truth:** Choice is important to children especially when grieving and children feel even less control. Ask children to be part of decisions and holiday planning. If they don't want to bake cookies because it was something they did only with Mommy, that's okay.

**Myth:** It's hard, but children will eventually get over their loss.

**Truth:** There is no such thing as getting over the death of someone you cherish. Grief becomes a part of you and looks different for each person. Encourage kids to honor and remember their loved one and acknowledge that their grief changes over time and may feel different each year.

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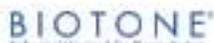
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By Raju Mantina, NCBTMB and Piret Tuisk, LMT, Microtrauma Maintenance Therapy

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The right therapy can enhance soft tissue health for our clients, be it an elite athlete or a weekend warrior, so that they can function and perform at their peak level without discomfort, pain, and injury.

For more than 25 years as a sports massage therapist working with Olympic athletes as well as regular individuals, combined with the increased awareness of the importance as well as the scientific research extolling the virtue of exercise and stretching as fundamental to a healthy person,



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we have found that a combination of exercise, Active Isolated Stretching (AIS) and massage can create the space in the soft tissue and maintain its suppleness to allow our clients to live without discomfort and pain.

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Please see “Microtrauma,” page 63



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# NATURAL SKIN

FROM PAGE 7

A second tip is to select a dermatologist with European experience, whose philosophy is to be subtle and preserve your individuality so that you still look like yourself – just a more healthy, rested and relaxed version. Ask your dermatologist if they serve as principal investigators on FDA studies to bring the newest treatments to our country, teach at the Dermatology and Plastic Surgery Academies, and publish scientific papers. These are all indicators of a true expert.

Healthy skin and hair begin with at-home treatment with proven science. Better to invest in what's actually in a skin cream or hair lotion than to pay for fancy packaging and expensive celebrity endorsements. Leading dermatologists are researchers who identify key ingredients that can truly turn the clock back, by stimulating new skin collagen and elastin or reducing hair shedding. Dermatologist-dispensed skin care includes medical-grade antioxidants, growth factors, retinoids, peptides, DNA repair, vitamins A/C/E, hyaluronic or glycolic acid, and other scientifically proven actives.

Broad-spectrum sunscreen is essential for skin health – even in winter.

Some damaging ultraviolet rays can pass through car or house windows. Year-round sun protection helps prevent skin cancers and pre-cancers, and also sunspots, wrinkles and premature skin aging. Modern sunscreens from your Dermatologist include “chemical-free” formulations with natural minerals, brush-on powders, and added skin repair ingredients.

The next step can be to consider non-surgical procedures.

**Ultherapy Non-Surgical Face, Neck and Body Lifting** is a unique micro-focused ultrasound with no recovery time that lifts and tightens your jawline, neck, forehead, cheeks, chest, arms, buttocks, abdomen and knees. Featured on Dr. Oz and The Doctors, Ultherapy is the only FDA-approved treatment for non-surgical lifting. Christie Brinkley considers Ultherapy a secret to her youthful beauty in her mid-60's.

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Please see “Natural Skin,” page 52

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# Immediate Mini Dental Implants



Submitted by E. Taylor Meiser, DDS  
Lighthouse Family Dentistry

**Mini Dental Implants** have revolutionized dentistry with the introduction of a minimally invasive treatment plan for denture stabilization. These small-diameter implants (around 2mm diameter) enable your dentist to broaden the spectrum of patients who can be treated.

**The Mini Dental Implant Procedure** is a much less involved

process than the conventional dental implants. For this reason, the procedure can usually be completed in one simple dental appointment. In addition to saving time in the dental office, you will have far less discomfort following this procedure due to the minimally involved dental procedure (usually requiring no surgical flaps or sutures). Because the mini dental implants are so time efficient, your dentist is able to perform these procedures at a fraction of the cost associated with the larger old style dental implants.

### Benefits Of Mini Dental Implants

- Simple, gentle, non-surgical procedure
- Immediate results
- Restored confidence with speaking and eating
- 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.

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- Post Herpetic Pain
- Pelvic Pain
- Abdominal Pain
- Cervicogenic Headaches
- Osteoarthritis
- Spinal Cord Injuries
- Cancer Pain
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- Neuropathic Pain



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# Genetics and Reproductive Lifespan



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

women is the time from the onset of puberty until the onset of menopause.

Several genetic factors contribute to variation in traits and diseases influencing female fertility. Scientists are now able to reveal shared biological pathways linking puberty timing, fertility, reproductive aging, and health outcomes. This genetic difference can result from mutations in specific genes, as well as variation at many sites within the human genome.

The onset of menstruation occurs with maturation of the reproductive endocrine system and results in the onset of sexual maturity for women. It occurs between the ages of 9-14. It

*Please see "Genetics," page 65*

The reproductive life span in women has been shown to be intimately associated with some genetic factors. The reproductive life span in

# What In the World Is Gastroparesis?



By Thomas K. Lo, DC  
Advanced Chiropractic Center

cancer treatments like radiation therapy on your chest or stomach area, or if you have had surgery on your esophagus, stomach, or small intestine, which may injure the vagus nerve.

The vagus nerve controls the muscles of the stomach and small intestine. If the vagus nerve is damaged, or stops working, the muscles of the stomach and small intestine do not work normally. The movement of food through the digestive tract is then slowed or stopped.

Gastroparesis can also show up in people with scleroderma, hypothyroidism, nervous system disorders, such as migraine, Parkinson's disease, multiple sclerosis and in people with gastroesophageal reflux disease (GERD), eating disorders, and amyloidosis.

Gastroparesis more commonly affects women than men.

## What Are Some Of the Symptoms?

The symptoms of gastroparesis may include feeling full soon after starting a meal, feeling full long after eating a meal, nausea, vomiting, excessive bloating and belching, pain in your upper abdomen, heartburn, and poor appetite.

*Please see "Gastroparesis," page 63*

Gastroparesis, also called delayed gastric emptying, is a disorder that slows or stops the movement of food from your stomach to your small intestine. Normally, after you swallow food, the muscles in the wall of your stomach push the food into the small intestine to continue digestion. When you have gastroparesis, your stomach muscles work poorly or not at all, and your stomach takes too long to empty its contents. Gastroparesis can delay digestion, which can lead to various symptoms and complications.

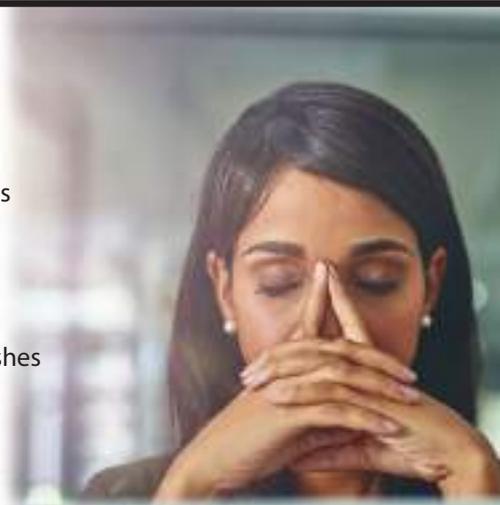
## Who Is More Likely To Get Gastroparesis?

You are more likely to get gastroparesis if you have diabetes, had certain

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- Headaches
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- Itchy scalp, hair loss
- Irregular periods, hot flashes
- PMS symptoms
- Sleep problems
- Difficulty tolerating cold
- Constipation
- Allergies
- Brain fog
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# Healthy Resolutions For Your Family



By Janet V. Johnson, MD  
Loving Care Pediatrics

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

### Eat a Healthy Breakfast

Please see "Resolutions," page 65

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

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

### Wash Your Hands

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

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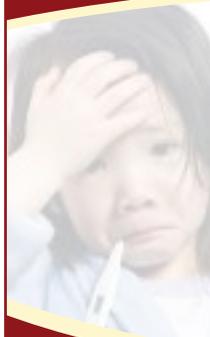
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# Have a Happy Holiday Gut



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

What is it about gluten that makes it so troublesome for some people? There are two main proteins: glutenin and gliadin. Gliadin is responsible for most of the adverse health effects. "Glue," the root word in gluten, implies that it acts like a binder, which holds flour-based products together because of its sticky, stretchy quality of dough to easily form bread and biscuits, allowing baked products to rise. These naturally occurring proteins are found in common grains such as wheat,

barley, and rye. There are other grains that contain gluten, such as spelt, durum, emmer, semolina, farina, farro, graham, and einkorn.

During this Christmas season focus on eating gluten-free products to prevent the "gut blues" which manifest in varying degrees of symptoms such as constipation, abdominal pain, diarrhea, decreased appetite, gas, bloating, nausea, and vomiting. Get to know the foods that inherently contain gluten or are produced in a manufacturing plant that handles gluten. Here is a small list of sources of gluten:

**Vegetable soups and stews:** choose options that are free from creams, bouillon, and yeast.

**Bolognese, gravy, or rue:** Creamy sauces which are flour-based and are used to make Alfredo sauces, gravy for mashed potatoes, creamy vegetable dishes and rich meats.

**Imitation, fake mock meat:**

*Please see "Gut," page 65*

# What Is Cupping Therapy?



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

Cupping is a treatment method that uses glass, plastic or silicone cups to create suction to pull the skin and muscles.

The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, alleviate stagnation, reduce pain and sedate the nervous system. Cupping is used to relieve back and neck pain, shoulder pain, stiff muscles, fatigue, and a variety of other musculoskel-

etal injuries.

There are two different types of cupping methods commonly used. The first type is "retained" or "stationary cupping"; this is when the cups stay in one location for the duration of the treatment.

The second type of cupping is "sliding" or "running cupping"; this is when the cups are moved over certain affected areas. Running cupping can feel more intense but has the ability to move out more stagnation, resolve pain, and affect change in a shorter period of time.

Depending on the cupping style being used and the conditions being treated, cups will stay on a patient anywhere from 5-15 minutes.

In order to receive the best possible cupping treatment make sure that your acupuncturist has received certification from a nationally recognized organization in cupping therapy such as the International Cupping Therapy Association.

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# Heart Disease and Gum Disease

## The Devastating Link



By Tongela Williams, DDS  
Beautiful Smiles, LLC

Several theories exist to explain the link between periodontal disease and heart disease. One theory is that oral bacteria can affect the heart when they enter the blood stream, attaching to fatty plaques in the coronary arteries (heart blood vessels) and contributing to clot formation. Coronary artery disease is characterized by a thickening of the walls of the coronary arteries due to the

buildup of fatty proteins. Blood clots can obstruct normal blood flow, restricting the amount of nutrients and oxygen required for the heart to function properly. This may lead to heart attacks.

*“Researchers have found that people with gum disease are almost twice as likely to suffer from coronary artery disease.”*

Another possibility is that the inflammation caused by periodontal disease increases plaque build up, which may contribute to swelling of the arteries. Periodontal disease can also exacerbate existing heart conditions.

*Be sure to See Dr. Williams’ feature on page 37*

# Ingrown Toenails



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

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

Ingrown toenails may be caused

by the following:

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

The following symptoms may be present with ingrown toenails

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

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

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

Other “do-it-yourself” treatments, including any attempt to remove any part of an infected nail or the use of over-the-counter medications, should be avoided. Nail problems should be

*Please see “Toenails,” page 54*

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## NATURAL SKIN

FROM PAGE 42

ing Kim Kardashian, Bar Refaeli and Rupert Everett, have spoken out about their use of PRP to maintain youthful skin and hair.

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**Liquid Face Lifting:** Natural fillers such as Voluma, Juvederm, RHA, Restylane and Sculptra remove under-eye hollows and bags, restore youthful cheeks and lips, and lift your jaw line. They can also improve bony,

veiny hands and sun-damaged necks and chests. French cannula techniques stimulate new collagen for better and longer-lasting results. The most expert Dermatologists have early access to the newest fillers, and know how to reshape your whole face. They also offer fat grafting using your own natural fat with stem cells. Cindy Crawford and Joy Behar are among those who describe fillers as a key to ageless beauty.

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*Please see “Natural Skin,” page 65*



## FOOT PROBLEMS?

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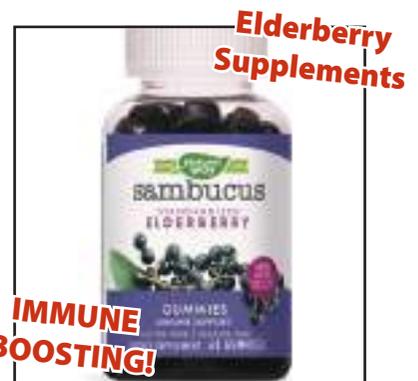
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# Medical Marijuana

## An Alternative Treatment

By M. Johnson, MPH, FNP-C, PMHNP, Cannaculture Wellness

Even in the midst of a national pandemic such as COVID, opioid abuse continues to be a national health crisis. In 2018, the National Institutes of Health reported that there were approximately 67,367 deaths related to drug overdose in the United States. While this number demonstrates a slight decline of 4.1% from the previous year, it is still an alarmingly high number.

Interestingly in 2018, Maryland estimated 90% of drug-related overdose deaths were attributed to opioids. During this time the death rate from opioids, including fentanyl but excluding methadone, witnessed a steady rise with greater than 28,400 drug overdose related deaths. Conversely, there was a significant decrease in the number of deaths involving prescription opioids and heroin; 14,975 and 14,966 respectively.

On a positive note, in 2018, Maryland providers prescribed 45.1 opioid prescriptions per 100 patients, which was significantly below the national average of 51.4 per 100 patients.

Opioids originated in the form of opium extracted from the poppy

plant. Opioids have been utilized for centuries to treat chronic pain related to medical conditions, surgery, and serious physical injury. No matter the cause of chronic pain, having to live with it on a daily basis can significantly impede one's quality of life – physically or mentally.

In short, opioids mechanism of action is that it blocks the sensation of pain. While opioids of any kind are meant to be used on a short-time frame, they are known to become highly addictive, very quickly, so there is often a high rate of diversion. For these reasons, the use of opioids often results in dependence, abuse, and addiction.

There is a strong debate among some experts as to whether medical marijuana could potentially be used to safely and effectively replace opioids to combat the war on opioid addiction. Research continues to find a correlation between the legalization of marijuana and the decrease of opioid use and opioid prescriptions. One study revealed that in states that enacted medical cannabis laws there was a 24.8% decrease in opioid overdose deaths. According to another research study, opioid prescriptions, under the

*Please see "Marijuana," page 56*

## TOENAILS

FROM PAGE 52

evaluated and treated by your podiatrist, who can diagnose the ailment, and then prescribe medication or another appropriate treatment.

### When To Visit a Podiatrist

You should see a podiatrist immediately if any drainage or excessive redness is present around the toenail. Also, if a short trial of home treatment has not resulted in improvement of the condition, see your podiatrist. If you have diabetes or poor circulation, you should seek immediate treatment at the first signs of an ingrown toenail, as it

can lead to more severe complications.

### Diagnosis and Treatment

A podiatrist will remove the ingrown portion of the nail and may prescribe a topical or oral medication to treat the infection. If ingrown nails are a chronic problem, your podiatrist can perform a procedure to permanently prevent ingrown nails. The corner of the nail that ingrows, along with the matrix or root of that piece of nail, are removed by use of a chemical, a laser, or other methods.

## STRESS

FROM PAGE 25

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 pos-

ture 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.

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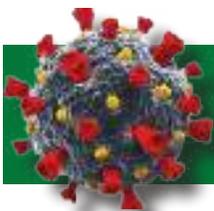
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# COVID-19 Update

## Therapeutics Are a Game Changer

*If People Won't Take the Vaccine Will They Take the Drugs Developed To Treat COVID?*

We got a vaccine developed in record speed which should have put an end to the COVID-19 pandemic, but it hasn't. This writer couldn't wait to get the vaccine and believed that every single person would line up for it.

It was and is one of the greatest and most remarkable scientific victories of all time to prove a vaccine could be developed that fast – but I am a scientist. If people understand science and the way it works, they know the vaccine is just like getting a flu shot, or a measles vaccine, or many other vaccinations and medications we have in our medical arsenal. If they aren't scientists they can talk to their own doctor for advice. It's really that simple.

Now we have therapeutics that have been developed to treat COVID-19 that will make it possible to treat COVID like many other diseases. Merck and Pfizer should gain emergency use

authorization very soon for medicine that will reduce the impact of COVID by 80-90%. That's amazing, right?

One of the obvious and diabolic things people should have noticed is that the very same people who refuse the COVID vaccine are still getting the vaccines that have been around for a long time, they are still taking the drugs (with the associated side-effects) that they have been taking for a long time. Not only that, people are taking new medications that come online to treat everything from the common cold to cancer.

So, will they mount the type of resistance to the COVID drugs developed by the same companies that developed the vaccine? The same government funded research and development that created the vaccine are creating the therapeutics, and now seem on the brink of victory against this horrible contagion.

What do we do about this? The number of deaths is declining, but it's still high, too high. The unvaccinated represent 99% of the deaths among healthy adults. Around 1,200 deaths per day is roughly 438,000 deaths per year. That's a lot of deaths.

The vaccine itself could reduce that number by 90% if everyone would get it. But, for reasons only those people who refuse it will understand, a lot of people won't get it.

Now, if the therapeutics will reduce that number by 80%, will people take the pills? Are the same people who refuse the vaccine also going to refuse the new medicine?

With the vaccine and the therapeutics, the US will be at a point to very soon to declare ultimate victory over the coronavirus. What will happen? The next few months are going to be very interesting to watch!

# MARIJUANA

FROM PAGE 54

Medicaid Program between 2011-2016 was found to have decreased by 5.88% in states with medical marijuana laws compared with states without any medical marijuana laws.

Another study examined opioid prescriptions under the Medicare Part D Program between 2010-2015, in states with medical marijuana dispensaries witnessed 3.742 decreased in opioid prescriptions. Similarly, there was a decrease of 1.792 million opioid prescriptions in states that permitted home cultivation. There is also evidence of decreased hospital admissions for opioid-related treatment.

With an astounding 37 states already having enacted medicinal marijuana laws, there is increasing discussion about the efficacy of marijuana as an alternative treatment to opioids. There is definitely a need for more research as it relates to the marijuana science and the effects of current marijuana policies. There are a few hospital-sponsored and government-sponsored evidence-based research studies that are underway to research the efficacy of marijuana as an alternative to opioids for acute and chronic pain.

## Panic Disorders



By Joyce Abramson, RNMS  
Charles County Freedom Landing

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 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.

Please see "Panic," page 63

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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/

# Choosing an Orthodontist



By Jacqueline Brown Bryant  
DDS, MS, PC

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

What services do you offer? Do you treat all orthodontic cases or just minor cases? What about complex cases involving compromised teeth and bone? Do you treat adults, children or both? Do you treat periodontal cases? Implant cases? Jaw surgery cases? TMD cases?

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

Has your clinical staff had any orthodontic training? Is your administrative staff familiar with insurances and flex-

*Please see "Orthodontist," page 65*

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.

# The Holiday Season and Colds

Submitted by  
Kensington Pharmacy

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

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

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

## To Lessen Your Risk

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

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

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

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

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

*Please see "Holiday Season," page 66*



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# Acupuncture and Erectile Dysfunction



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

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

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

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

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

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

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

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

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

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



Young C. Yi, "One of the best practitioners of Oriental Medicine in the U.S."  
LAc, DOM  
VA, MD, DC  
- Parade Magazine in 2001, 2002, 2004

Yi's Acupuncture & Oriental Medicine  
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**Livers:** Cirrhosis, Digestive Disorders

**Others:** Allergies, Asthma, Bronchitis, Chronic Fatigue, Frozen Shoulder, Joint Pain, Back Pain, TMJ, Arthritis, Sports Injuries, Car Injuries, Menopause, Infertility, PMS, Erectile Dysfunction



### Testimony:

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

- DC Resident, Mrs. Zhang

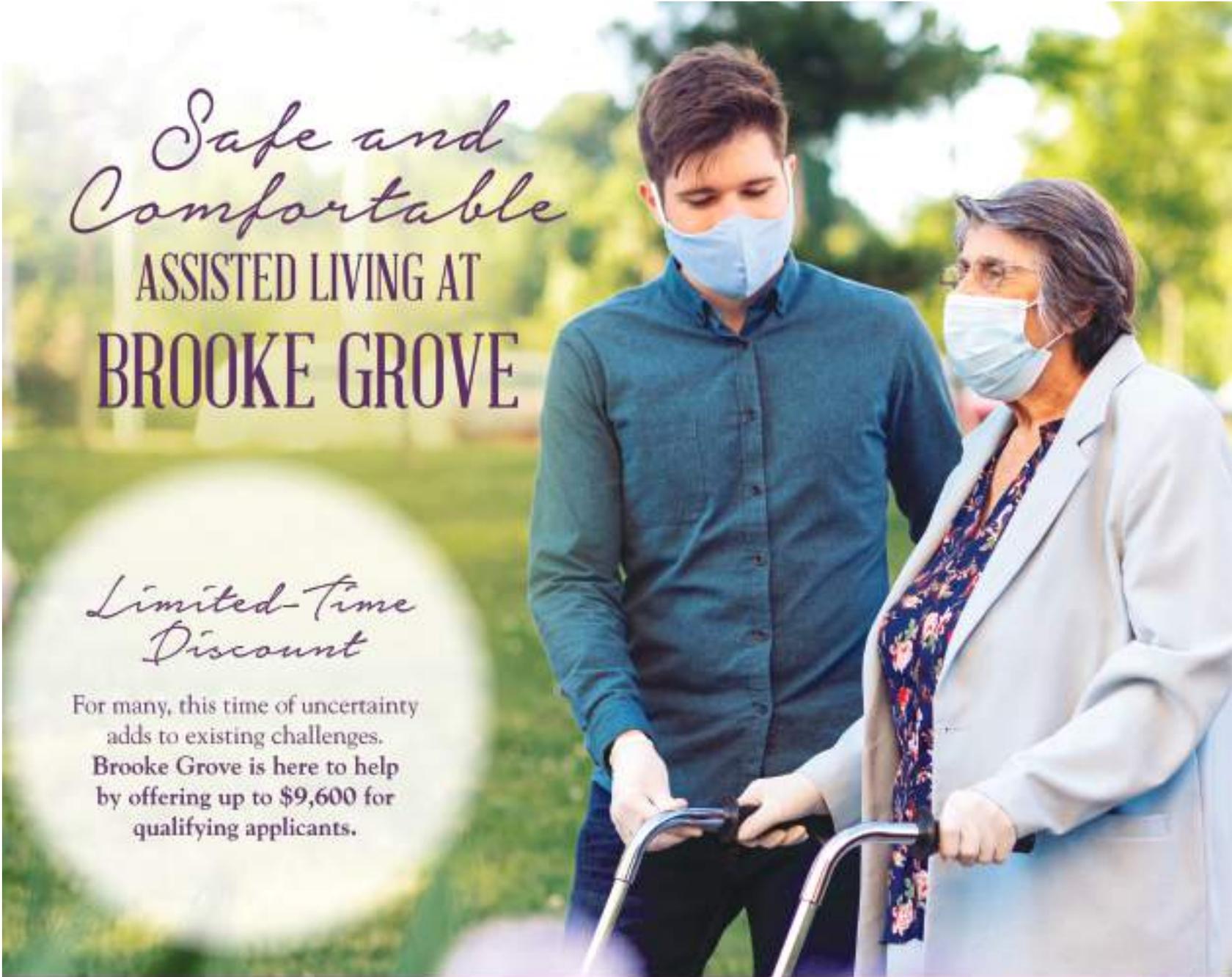
For more testimonies, please visit: [www.eyecure.net](http://www.eyecure.net)

### Reference:

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

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

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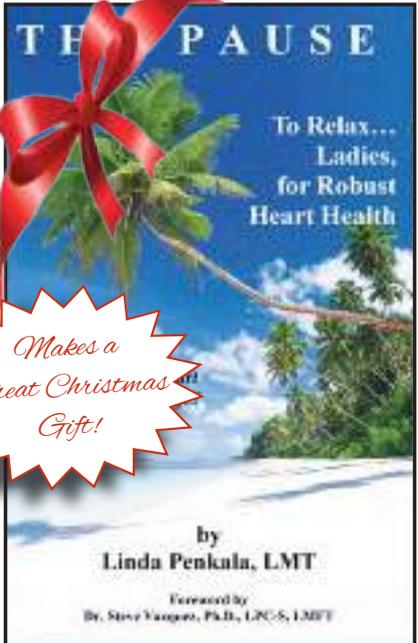
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# Peace, For the Holidays/New Year

## With Grit, Grace, and Gratitude



By Linda Penkala, Author, LMT Wellness Catalyst

There was no shortage of human grit while making it through the 2020-2021 Pandemic, whether in your family, business or globally. The courage and bravery we witnessed for the health and wellness of communities became far reaching. As we close 2021 can we offer a poised state of grace, with loved ones, co-workers, and faith families, to ease the burden of this difficult year? Digging deep to

access a soft spot to find the reasons to be grateful, is the antidote to stress, anxiety and upset. Making choices with heart, mind, soul and spirit to have the intention to live a life with purpose, joy and harmony by adapting a new wellness tool box for Christmas, the holidays, and New Year.

### Holiday Wellness Tool Box

**Plan** – having targeted lists for meals, social engagements, kid’s games, gratitude box to have all fill out.

**Purpose** – knowing the reason to gather together with family to celebrate, eat, embrace love, reconnect, laugh, thank God, and share joy especially with the elders.

**Play** – not simply watching football all day! Try playing games with relatives and kids to connect with a soccer ball, football, or walk, to be outside for fresh air and fun.

*Please see “Peace,” page 66*

## Is Heel Pain Affecting Your Life?



- Plantar Fasciitis
- Achilles Tendinitis
- Heel Pain Syndrome
- Spurs

RSWT is a fast, gentle, non-surgical method of reducing heel pain, most often caused by plantar fasciitis, and Achilles tendinitis.

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Please visit Dr. Katzen's YouTube Channel "Burton Katzen" for more discussions on various foot conditions.

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For questions or requests for printed information on various foot topics, call the office or contact Dr. Katzen at [DrburtonK@aol.com](mailto:DrburtonK@aol.com)

# Why Choose A *Facial* Plastic Surgeon?



Before



After



Duane J. Taylor, M.D.

When you look in the mirror, what you see often affects how you feel. Signs of premature aging, a scar from an accident or a birth defect can cause unhappiness for some. A facial plastic surgeon can, in many cases, make you feel more comfortable and confident about your appearance. It's all about choosing the one that's right for you.

Dr. Taylor is an expert who is trained to perform cosmetic and reconstructive surgery and procedures on the face, head and neck. He has had six years of surgical training specializing in the face, head and neck, a fellowship in Facial Plastic and Reconstructive Surgery and 30 years of experience. Establishing a relationship, defining expectations ahead of time with his patients along with Dr. Taylor's skill and experience are all-important factors that ensure successful results and satisfied patients.

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Blepharoplasty (Eyelid lift)  
Facelift  
Browlift  
Facial implants: Chin/Cheek  
Otoplasty (for protruding ears)

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The Centers for Advanced ENT Care, the Mid-Atlantic's premier provider of comprehensive ear, nose, and throat services, offers patients the highest standard of professional medical care with state-of-the-art equipment at convenient and readily-accessible practice locations.

Frequent hospitalizations and longer hospital stays are also more likely for the person suffering from obesity. The expenses related to medical care are usually a function of the individual's health.

### Reversal Of Disease States With Bariatric Surgery

Bariatric surgery has been shown to provide long-term weight loss in 5- and 10-year studies. It has also been shown to reverse many medical conditions most notably hypertension, diabetes, high cholesterol and sleep apnea. There is also a reduction in the likelihood of complications such as diabetic neuropathy, or heart failure from heart disease, or need for joint replacements due to ar-

thritis, among others.

### Medical Savings Associated With Weight Loss

Weight loss and reversal of health conditions often translates to less need for medications, less need for frequent physician visits, less need for frequent hospitalizations, less frequent lab testing, less frequent diagnostic studies, and prevention of obesity related complications. This translates to less spending on healthcare that over time leads to significant cost savings.

The results from bariatric surgery are based on using the procedures as a tool and a commitment to lifestyle changes that promote weight loss and healthy living.

## PAIN RELIEF

FROM PAGE 14

in one week. A typical ESWT protocol consists of up to five treatments.

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

### What Conditions Are Treated With ESWT?

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

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

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

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

## ANATOMY

FROM PAGE 22

will be managed between the time you sign a contract and go to closing.

Once a fully executed LOI is in hand, your due diligence starts. Through the due diligence process, we want to review the financial, corporate, and legal documents of the practice. If for the most part you are satisfied that you are interested in purchasing the practice, then you will enter into an Asset Purchase Agreement or a Stock Purchase Agreement. In most cases, you want to structure your transaction as an asset purchase rather than a stock purchase.

Your Asset Purchase Agreement should have the proper terms and contingencies so that if during the course of due diligence we find that there are issues and concerns with the practice, you will not be obliged to buy the practice, at least not without offsetting and reducing the purchase price for the issues that you find during due diligence. If you are taking out a loan

for the purchase price, we also want to make sure you include a financing contingency in your Asset Purchase Agreement.

As part of our due diligence, we conduct a thorough review to determine if there are any outstanding liens, debts, and/or judgments that will affect the assets of the practice. There are many additional steps in the due diligence process that are beyond the realm of this article; for example, I usually include a provision that requires the buyer to have obtained proper credentialing from the insurance companies that the seller accepted patients. A lack of familiarity with these issues by an attorney who represents you could result in substantial losses for you.

If your due diligence is satisfactory and your financing is approved (if you are obtaining financing for the purchase price) the parties will proceed to closing.

contributes to loneliness and social isolation.

### Medical Considerations

Of people aged 65 and older, 39% reported using five or more prescription drugs. Problems are compounded by use of multiple healthcare providers and pharmacies. A regular review by the dentist of the aging patients' medical history and current medications should be done.

### Xerostomia (Dry Mouth)

Dry mouth affects 30% of patients older than 65 years and up to 40% of patients older than 80 years. It can be caused by over 400 commonly used medications, can lead to mucositis, caries, cracked lips and fissured tongue. It is recommend drinking or at least sipping water throughout the day, limiting alcoholic beverages and beverages high in sugar or caffeine (juices, sodas, coffee, etc.)

### Dental Insurance Coverage

Believe it or not, 50% of seniors do not see a dentist; in fact one in five Medicare beneficiaries have not visited a dentist in five years. Cost is the major reason, and approximately 70% of seniors do not have dental insurance. Traditional Medicare does not cover routine dental care; Medicare Part A covers very limited "medically necessary" benefits; and Medicare Advantage plans that have coverage provide minimal benefits.

### Tips To Maintaining and Improving Your Oral Health

- Brush twice a day with soft bristle toothbrush. An electric toothbrush may be beneficial for that with limited mobility
- Floss between your teeth at least once a day
- If you wear a denture or partial, remember to clean them on a daily basis
- Drink tap water; it contains fluoride to help prevent tooth decay
- Visit a dentist regularly

## HOLIDAY

FROM PAGE 4

in a given year. And, now, life itself has never been more stressful and unpredictable. Sure, we don't have to worry about being attacked by a wild boar while harvesting our crops like our ancestors, but we do have to worry about modern issues that they never faced, such as identity theft, gridlocked traffic, computer viruses, and 401(k)s, to name a few.

Given that nearly one in five adults in the U.S. – more than 43 million people – experiences mental illness in a given year, ignorance of the problem is only going to be blissful for so long. In fact, failing to address what might appear to be relatively minor stressors and anguish can lead to real, major behavioral challenges, such as anxiety or depression. Unrelenting angst or hopelessness should be treated with the same urgency as one might treat an anxiety or panic attack. Ignoring mental health issues does not make them go away, it compounds them.

You may be a caretaker who has tried many approaches to obtaining mental and/or physical support, but who still feels ill-equipped to handle the situation. You may be frustrated and resentful after exhaustively searching for resources for a loved one. It's not easy.

Everyone endures some kind of challenge at some point in their life. It is only by recognizing the commonality of life's challenges that we will

be able to help those in need, without judgment or stigma.

The goal of this article is to encourage people to discover the many health services available and find ways to access them. For many, the scope of available health services can be overwhelming (What kind of care is needed? Is there a specialist required?); the process can be frustrating (Do I need a referral? Which provider is on our insurance plan?); and the unknown terrifying (How are we going to pay for it? Do we have prescription drug coverage?). Trying to make all the parts work together can understandably provoke a lot of anxiety.

This article reflects the compassion I have for people experiencing the major life challenge of helping a loved one who is suffering from mental illness or undergoing a significant life change. My book, *From Hopeless to Helpful*, is coming out in the near future and will help guide families and caregivers through a process that I have experienced personally and navigated professionally for decades. And regardless of your situation's severity, the basic concepts are the same: take care of yourself, enjoy the little victories, seek professional help, and find creative ways to return meaning into your loved one's life.

Remember, don't lose hope, and never give up.

# GASTROPARESIS

FROM PAGE 46

More severe symptoms include pain or cramping in your abdomen, blood glucose levels that are too high or too low, red blood in your vomit or vomit that looks like coffee grounds, sudden, sharp stomach pains that don't go away, feeling extremely weak or fainting, and difficulty breathing. Other symptoms include dehydration, extreme thirst and dry mouth, urinating less than usual, feeling tired, dark-colored urine, sunken eyes or cheeks, light-headedness or fainting, malnourishment, losing weight without trying, loss of appetite, and abnormal paleness of the skin.

## Can Gastroparesis Be Treated?

Treatment of gastroparesis depends on the cause, how severe your symptoms and complications are, and

how well you respond to the different treatments. Sometimes treating the cause may stop gastroparesis. If diabetes is causing your gastroparesis, then controlling your blood glucose levels may help. When the cause is unknown, then the focus is on relieving symptoms and treating complications.

Changing your eating habits can also help control gastroparesis. Getting the right amount of nutrients, calories, and liquids will treat the disorder's two main complications of malnutrition and dehydration.

Emphasis is also placed on helping the muscles in the wall of your stomach work better and controlling the nausea and vomiting and reducing the pain.

# MICROTRAUMA

FROM PAGE 42

in the clinical massage therapy world as well." More and more experts are telling their clients that massage can help delay and even avoid surgical intervention.

## The Three Elements Of Micro-Trauma Maintenance Therapy

**Exercise** – One has to honestly implement and do exercise regularly without exception and excuse for optimal results. The soft tissue will develop its basic foundation and can withstand and absorb healthy stress by

rearranging and strengthening itself.

**AIS Stretching (Active Isolated Stretching)** – During this form of stretching, the soft tissue opens up with the highest possible suppleness, which allows the tissue to function and perform at optimal state without discomfort, pain, or injury.

**Massage** – In combination with the AIS stretching, the massage provides additional suppleness and continues to allow the tissue to function and perform at optimal states.

# FOUNDATION

FROM PAGE 23

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

The world we live in presents us with an ever-increasing burden of poisons, toxins, chemicals, and compounds that the human body has never had to deal with before. The rise in certain cancers and other conditions certainly is a function of poisons and toxins in the environment. Overtime, people become toxic, sometimes in a subtle way, sometimes not so subtle.

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

alcohol as well as medications and supplements.

The main organs of detoxification in the body are the kidneys and liver. 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.

# CLAUSTROPHOBIA

FROM PAGE 23

in a sitting or standing position.

Even if claustrophobia is not a problem for you, there's no reason to submit to being squeezed into a confined, uncomfortable space when other options are available.

In most cases, with Open MRI

your doctor will have the results the same or next day.

If you suffer from claustrophobia, or just don't want to be squeezed into a tube, ask your doctor about an open MRI. Why endure the stress when there is a better alternative?

# MAKEOVER

FROM PAGE 31

There are lots of decisions to make, but don't worry — dentists are skilled at helping you sort it all out.

Communication is an extremely important part of the smile makeover process. At the first makeover consultation, it helps if you describe what you would like to change in as much detail as possible. Your makeover dentist will have some thoughts to share with you as well because dentists are trained to look at smiles in terms of facial balance.

**Make a plan.** An important part of planning a smile makeover is a comprehensive dental exam. Any conditions in your mouth that may jeopardize a good result must be taken care of.

**Try it out.** A smile makeover is an investment that is meant to last. That's why many of the procedures performed are irreversible. So if you are contemplating some changes, it's a great idea to try them out before you fully commit to them. There are many ways to preview the results: computer imaging, 3-D models, and even placing temporary restorations on your teeth so you can see what the final results will look and feel like in your own mouth. This also allows a fine-tuning of the makeover plan.

A "trial smile" is a great way to eliminate unknowns in the makeover process. But when it's all done, there's still one thing you may not be prepared for: how great it feels to flash your new smile to the world.

# NEUROMAS

FROM PAGE 30

- Resting the foot and massaging the affected area can temporarily alleviate neuroma pain.
- For simple, undeveloped neuromas, a pair of thick-soled shoes with a wide toe box is often adequate treatment to relieve symptoms. For more severe conditions, however, podiatric medical treatment or surgery may be necessary to remove the tumor.

Treatment options vary with the severity of each neuroma. Identifying the neuroma early is important to avoid surgical correction. Podiatric medical care should be sought at the first sign of pain or discomfort. If left

untreated, neuromas tend to get worse.

The primary goal of most early treatment regimens is to relieve pressure on areas where a neuroma develops. Your podiatric physician will examine and likely x-ray the affected area and suggest a treatment plan that best suits your individual case.

When early treatments fail and the neuroma progresses past the threshold for such options, podiatric surgery may become necessary.

The procedure, which removes the inflamed and enlarged nerve, can usually be conducted on an outpatient basis, with a recovery time that is often just a few weeks.

# PANIC

FROM PAGE 56

Caffeine or alcohol can also trigger panic symptoms in some people.

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

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## NEUROLOGY

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

## NUTRITION

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

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Isabella C. Martire, MD, AC, 301-498-5067, [www.isabellamartire-md.com](http://www.isabellamartire-md.com).

## ORAL SURGERY

The Maryland Oral Surgery Group, Dr. Sharon Russell. 301-967-0183. [www.THEMOSG.com](http://www.THEMOSG.com).

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## PAIN MANAGEMENT

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

The Kahan Center for Pain Management, Dr. Brian S. Kahan, DO, FAAPMR, DABP- [www.thekahancenter.com](http://www.thekahancenter.com), Annapolis

## PHYSICAL THERAPY/REHABILITATION

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Active Physical Therapy. Various Locations across Maryland and Washington, DC. [Active-physical-therapy.com](http://Active-physical-therapy.com).

## PLASTIC & COSMETIC SURGERY

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## PODIATRY

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Advanced Sleep Treatment, Ekaterina Tomenko

DDS, LLC. 10230 New Hampshire Ave., Suite 330, Silver Spring, MD 20903. 301-439-8333. [AdvancedSleepTreatmentCo.com](http://AdvancedSleepTreatmentCo.com).

## VETERANS

Charlotte Hall Veterans Home, 301-884-8171, Waldorf

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

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# NATURAL SKIN

FROM PAGE 52

CBS News and the Rachel Ray Show, rejuvenates all skin layers together, while fading sunspots, veins, wrinkles, scars and other blemishes.

**Expert Tip:** The American Board of Medical Specialties recognizes board certified dermatologists and plastic surgeons as the core aesthetic specialists who are appropriately trained to perform cosmetic procedures. Some European countries now have patient safety laws that allow only dermatologists and plastic surgeons to perform cosmetic procedures independently.

As we look with hope towards a new year, today's treatments in expert hands empower us to reflect outwardly

the good health, energy and vitality we strive for internally. Consulting a qualified expert removes the fear of looking unnatural or experiencing a complication after a procedure.

The final and very important health tip is to get a skin check. Skin cancer now affects one in five Americans. The key 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 personal or family history of skin cancers or pre-cancers. Your dermatologist can show you how to perform at-home skin self-exams in between your regular office visits.

# ORTHODONTIST

FROM PAGE 57

ible spending/health savings accounts?

Do you further your education by attending continuing education courses? Have you received additional training in state-of-the-art adjunctive procedures such as TADS, temporary anchorage devices, and gingival laser procedures?

Will you communicate with

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

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

# GENETICS

FROM PAGE 46

has long been observed that the age at which girls start menstruating has been declining in several countries. There is no evidence that this is linked to genetic mutation. Early menstruation is associated with early initiation of sexual activity, early pregnancy, high risk of sexually transmitted infections, increased risk for obesity, increased risk for type 2 diabetes, increased risk of breast cancer, and metabolic syndrome.

The timing of puberty between individuals is a highly poly-genetic trait with both rare and common variants contributing to the variation in age of menstruation. There are rare mutations in genes that disrupt the function of the sex hormone releasing pathway from the brain, the pituitary hormones, and air receptors. Some of these mutations can result in absence of puberty. Other mutations can cause a delayed onset of puberty and may contribute to population variability and age of menstruation.

Genome-wide population studies of healthy women in Europe and non-European populations have identified key genetic factors regulating puberty timing. In Japanese women, the mean age of menstruation was 13.9 years but there is a decreasing trend to a mean age of 12.3 years for women and newborn after 1965. Genomic studies

have revealed 10 significant signals associated with early age of menstruation in Japanese women in addition to two normal regions not previously reported in any appearing women and one novel Japanese specific signal.

With earlier age of onset of menstruation there is an association with higher risks for uterine fibroids, endometriosis, and earlier natural menopause. Menopause typically occurs between the ages of 40-60 with an average of 51 using western countries.

The age of menopause has a strong genetic component with more than 50% variation due to genetic factors. Recent results of genome-wide studies have implicated mutations in genes that are responsible for repair of DNA damage. Mutation of such genes is also associated with increased risk of cancer. The most widely known of these include mutation of the BRCA1 gene. Later age of menopause is associated with increased risks for breast, ovarian and endometrial cancer. Many of the genetic markers influencing menopause are related to DNA damage repair genes. In addition, later menopause age results in longer exposure to high levels of estrogen for women, thereby increasing the risk of estrogen receptor positive breast cancer.

# RESOLUTIONS

FROM PAGE 48

germs out of the house.

## Avoid Destructive Habits

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

## Exercise Together

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

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

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

## Find Purpose In Life

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

# HORMONES

FROM PAGE 25

bodies to fight infection and disease. If unchecked, this immune response causes too much cell inflammation, damaging organs. Some cytokines specifically affect blood vessels and an overproduction of these cytokines can cause drastic drops in blood pressure, decreasing blood flow and starving crucial tissues and organs of oxygen.

The author of the study published in *Trends in Immunology & Metabolism* theorizes that women fair better than men in the fight against COVID-19 because premenopausal women have higher levels of progesterone and estrogen than men.

Small observational studies also recognized the age-related increase in infection risk and disease severity begins earlier in women than men –

at 50-55 years, which coincides with menopause and its resulting decrease in sex hormone production. Men's age-related risk increase starts rising closer to 60.

Another small pilot study found that low testosterone levels were linked to worse outcomes, also supporting the theory that sex hormones may impact COVID-19.

Although there are vast quantities of data that point to the sex-biased severity and mortality in COVID-19, there is no consensus on treating it based on gender. Although some smaller studies have begun, large-scale trials are needed to gather the necessary information to develop an actionable plan for abating these discrepancies.

# GUT

FROM PAGE 50

These are meat-like products made from wheat gluten and soy. Look at the ingredients carefully to assure there is not vital wheat gluten contained in it.

**Grain-based hot drinks:** There are coffee substitutes and some flavored tea that might have gluten-based flavoring such as barley malt. Look at the tea ingredients for items that are not a leaf, flower, seed, or root.

**Alcoholic beverages:** Some wine may seem harmless, but the flavoring and colorings may be tainted with gluten. Also, some beer varieties such as bourbon, scotch and whiskey are made from gluten-containing grains.

**Oatmeal:** This versatile grain may be processed in manufacturing plants

that process gluten-containing grains.

If you are comfortable in the kitchen and cook your own food, here are some flours that can be used in substitution for gluten-based flours: almond flour, coconut flour, cassava flour, garbanzo flour, plantain flour, corn flour, rice flour

The best option to enjoy breaking bread stress-free with others during this festive season is to eat a wide variety of fruits, roots, leaves, and vegetable as close to their natural state as possible.

Protect your heart, protect your mind, protect your immune system, and protect your gut. Happy gut, happy life!



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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.



### DOCTORS: RESERVE SPACE

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# PEACE

FROM PAGE 60

**Pass On** – a task by asking for help to make a pie, bring a dish or help clean up.

**Pause** – take a moment after, to celebrate in peace with a prayer of gratitude, meditation, or schedule a massage, to relax and wind down.

#### New Year Wellness Tool Box

**Simple** – Pass, on the resolutions or to do lists, and have a simple to BE list – be more present, be a good listener, be more loving, be patient, and BEfriend YOURSELF!

**Stress** – Pause to pay attention to your rising levels emotionally and at work, keeping stress hormone of cortisol down, by meditating, deep breathing, praying, being with friends,

exercising, relaxing with breathwork and EFT Tapping.

**Sugar** – One unique detriment to health, its' impact on the immune system, especially chocolate or sweet drinks, and if alcohol, the effects it has on restless sleep and relationships.

**Sleep** – in REM before midnight, to restore, rest and rejuvenate, with chamomile tea, lemon balm, lavender, cedarwood oil, hot Epsom salt baths, and peaceful music.

**Save** – Time through the months to have fun, uplifting moments with friends to raise oxytocin levels, while lowering cortisol, raising your gratitude and joy.

**P/S** – Pause and Smile in Peace!

# HOLIDAY SEASON

FROM PAGE 57

#### Treating a Cold On the Road

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

#### Try Natural Ways To Feel Better:

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

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

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

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

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

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

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

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

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

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

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

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

Information obtained from American Pharmacists Association.



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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.

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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.

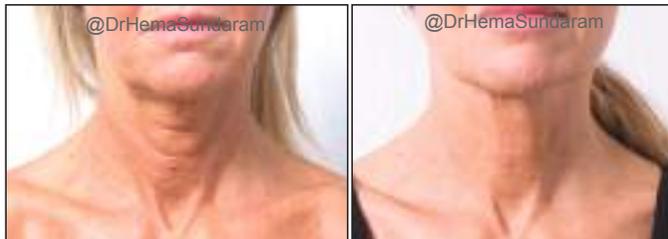
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- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural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