



YOUR HEALTH



Online & in Print for over 30 years!

WWW.YOURHEALTHMAGAZINE.NET • MARYLAND EDITION • JANUARY 2024

Health Professionals Near You



Paul V. Beals, MD, CCN
Conventional/Alternative



Toni Greene, Owner
Hypnosis/Yoga



Beth Albaneze, MA, CTRS
CPRP, Mental Health



Irene Cady-Harrington
Nursing Services



Sharron Sample, CEO
Medical Cannabis



Rami Makhoul, MD
Colon and Rectal Surgery



Matthew Skancke, MD
Colon and Rectal Surgery



Brent C. White, Jr.,
DDS, Dentistry



Tuesday Cook, MD
Bariatric Surgery



Suzan Ebrahimi, MD
Gastroenterology



Sivakumar Sreenivasan, DMD
Maxillofacial Surgery



Larry W. Bryant, DDS
PA, Oral Surgery



Jeffrey L. Brown, DDS
TMJ & Sleep Disorders



Mary B. Alexander, DDS
DMSc, Periodontics



Howard Horowitz
DPM, Podiatry



Pam Lauer
Optician



Gelareh Naenifard
DC, Chiropractor



Karl A. Smith, DDS
MS, Periodontist



Robin R. Robinson
AuD, Audiology



Janet V. Johnson, MD
Pediatrics



E. Taylor Meiser, Jr.,
DDS, Dentistry



Alan Weiss, MD
Integrative Medicine



Kim Weiss, RN
Registered Nurse



Judy Yu, DMD, MBA
Dentistry



Elizabeth "Andie" Shin
DDS, Pediatric Dentistry



Janay Taylor, CRNP
Integrative Health



Alicia Kovach, DC
Chiropractic



Aric Adlam, DC
Chiropractic



Megan Cloud, DC
Chiropractic



Dr. Melo Forchu
Wellness Solutions

Articles & Advice From Local Doctors!
PLUS: Beauty & Skin Care • Dental Implants
Weight Loss • Children's Health
Senior Living • & More! • Health Directory page 64



Shawn Samad, DDS
Cosmetic & Emergency Dentistry



Julia Brewer
Pet Nutrition



David E. Harmon, Jr.,
DDS, MSD, Orthodontics



Janice R. Trent
AuD, Audiology



Ming Xu, LAc, DAOM
Acupuncture



Marry Fetzner, MD, CPE
Hospice & Palliative Medicine



Patrick C. Winters
DC, Chiropractic



Paul J. Winters
DC, Chiropractic



Rashmi K. Parmar, DMD
Dental Sleep Medicine



Ross S. Myerson, MD
Occupational/Environmental



Lisa Thorne
Holistic Coach



Maureen Vernon, PhD
Psychological Counseling



Renee Bovelle, MD
Ophthalmology



Farhad Naseh, MD
Ophthalmology



Deana Moody, DDS
Dentistry



Burton Katzen, DPM
Podiatry



Susan Brennan, RN, BSN
IBCLC, Breastfeeding



Gwen Beverly, Non-
Surgical Hair Restoration



Angel Wood, DACM
LAC, Acupuncture



Monica Greene, Owner
Mental Health



Rachelle Polk, Owner
Wellness Coach



Nekia Staley-Neither
DDS, Dentistry



Ghassan Jacklis
DMD, Dentistry



Craig A. Smith, DDS
General Dentistry



Paul Bannen, MD
Medical Oncology



Frederick Barr, MD
Medical Oncology



Frederick P. Smith, MD
Medical Oncology



Betsy Paul
Yoga and Wellness



Ebere Azumah, MD
MPH, FACOG, OB/GYN



Lynda Dean-Duru, DDS
Children's Dentistry



Krystle Dean-Duru, DDS
Children's Dentistry



Graham Corby
ABOC, Optician



Janine Horne, MSN-Ed, RN
AHN-BC, Holistic Nurse



Joshua Thorp, DC
Chiropractor



Richard Cook, MD
Body Contouring



David Mazza, DDS
Implant & Cosmetic Dentistry



Alexander Pitts-Kiefer
MD, Pain Management



Netsere Tesfayohannes, MD
Pain Management



Alexander C. Nnabue
OD, PA, Optometry



IMPORTANT!
IN OUR NEXT EDITION:
Cardio Health, Diabetes & Nutrition

50 CENTS



New Technology



Hurt in an *Auto Accident*?



Don't Let Undiagnosed *Whiplash* Steal Your Quality of Life!

- Our DMX technology captures images of your spine in motion, where your symptoms are likely to appear.
- Traditional X-rays are designed to take pictures of patients standing still, missing whiplash and neck ligament injuries.
- Motion causes your symptoms, so it makes perfect sense that scanning during motion is more likely to reveal the problem.
- With DMX, you can get a more complete and accurate diagnosis, leading to better treatment outcomes.



- Our weight-bearing open MRI can scan your spine in its normal, weight-bearing posture.
- Patients can be positioned upright, allowing for a full range of motion to be captured.
- The scanner is fully functional inside the magnetic field, enabling unique patient positions.
- You can watch TV during your scan, and a loved one can accompany you for reassurance.
- Conventional "lie-down" MRI scanners can miss your whiplash diagnosis!



DMX – available exclusively at our Greenbelt location!

WASHINGTON
OPENMRI
WASHINGTONOPENMRI.COM

Greenbelt • Oxon Hill
Chevy Chase • Clinton
Rockville • Owings Mills

Don't suffer in silence – take control of your health and book an appointment today!

Call us today **1-866-674-2727**
or **301-220-3003**

Revolutionizing Whiplash Diagnosis

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

Submitted by
Washington Open MRI

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

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

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

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

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

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

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

But here's the problem: many

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

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

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

Keeping You IN MOTION

When you have an orthopedic problem, you can miss out on doing some of the things you love. GW Orthopedics wants to help you overcome your challenges and reclaim your quality of life.

Our Quality Services At-a-Glance

- Cervical & lumbar spine arthritis
- Cervical stenosis
- Myelopathy
- Shoulder arthritis
- Rotator cuff injuries
- Tendonitis of the shoulder and elbow
- Carpal & cubital tunnel syndrome
- Dupuytren's disease
- Trigger finger/thumb
- Hand arthritis
- Hip arthritis
- Avascular necrosis
- Anterior cruciate ligament (ACL) & other ligament injuries
- Meniscus
- Knee arthritis
- Patellar maltracking and dislocation
- Ankle/foot arthritis
- Bunions & hammer toes
- Ankle sprains & fractures
- Spinal stenosis
- Lumbar radiculopathy
- Fractures (broken bones)
- Complications of fracture surgery (infection, nonunion, hardware pain)

We provide nonsurgical treatments like casting, injectable medicines and physical therapy. If you need surgery, we offer minimally invasive spine and joint procedures that may lead to less pain, shorter hospital stays and quicker recoveries.

"GW Hospital got me back to bowling again."

- Joseph Brooks, GW patient

Joseph Brooks, an avid bowler, values his active life. After rotator cuff surgery, he's back rolling strikes – and sleeping better, too – pain-free. Learn why he chooses GW again and again to keep him doing the things he loves.

Watch
his story ▼



THE GEORGE WASHINGTON
UNIVERSITY HOSPITAL

To schedule an
appointment, call
844-528-1471.

Visit gwhospital.com/ortho for more information. ►

Find us in the heart of D.C., steps away from buses, Metro stops and parking garages.



*Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive or robotic surgery is right for you. Physicians are independent practitioners who are not employees or agents of The George Washington University Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 202301150-1431192 7/23

Conventional and Integrative care to help **YOU** achieve your Optimal Health.

At Annapolis Integrative Medicine, Dr. Alan Weiss combines the best of conventional treatments, natural approaches, and alternative strategies to effectively improve and maintain your well being.

Offered Services:

- **Comprehensive Medical Evaluations including Chronic, Complex, and Mysterious Medical Conditions**
- **Hormone Replacement Therapy featuring BioTE Hormone Pellet Therapy for men and women**
- **Intravenous Therapies: Myers Cocktails, Glutathione, Vitamin C.**
- **Peptide Therapy.**
- **Votiva and Morpheus Rejuvenation therapy**
- **HCG Weight Loss Therapy**
- **Weight Loss and Detoxification Therapies**



Annapolis INTEGRATIVE Medicine



Schedule Your Appointment Today!

410-266-3613

annapolisintegrativemedicine.com

Alan Weiss, MD

Board Certified,
American Board of Internal Medicine
American Board of Anti Aging Medicine

1819 Bay Ridge Ave, Suite 180 • Annapolis, MD 21403

A New Year, A New Start



By Alan Weiss, MD
Annapolis Integrative Medicine

The beginning of a New Year is a natural opportunity to take stock of many things, including our relationships, finances, goals and dreams, and our health. One of the most common resolutions is to exercise and lose weight.

Shifting to a plant based diet can help with weight loss and reduce inflammatory issues, which are the root of many of the chronic health issues of western society. Reducing intake of sugar and processed foods is one clear

key to greater health.

It is clear that people are under stress with financial issues and a 24/7 news cycle. I see patients every day who are chronically tired, in some degree of physical discomfort, often not sleeping well and cannot seem to lose weight. An effective approach to getting patients like this well includes working to restore the sleep cycle, promote digestive health, and investigate the health of the thyroid and adrenal glands.

The adrenal glands are the stress handlers of the hormone system, and produce cortisol and other chemical messengers in response to stress. Over time the adrenal glands can become over taxed and ultimately stop functioning correctly. Symptoms pointing to this issue include sugar cravings, afternoon slumps in energy, waking up suddenly in the middle of the night unable to get back to sleep, and inability to lose weight. Diagnosing and treating adrenal issues can make a big difference in energy, alertness

Please see "New Year," page 61



Chiropractic, Physical Therapy, Rehabilitation



Dr. Gela provides personal injuries and rehabilitation services. She works with a network of medical professionals and personal injury attorneys to ensure that you receive the highest quality of care and support. Most of her new patients are referred through this network; she has the experience they rely on, and so can you!

Our Services:

- | | |
|-------------------------|----------------|
| • Auto Injury | • Spinal |
| • Work Injury | Decompression |
| • CDL/DOT Physical Exam | Therapy |
| • Digital X-Ray | • Dry Needling |



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



By Graham Corby
Certified Optician
Annapolis Opticians

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

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

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

Please see "Eyeglasses," page 61

A warm caring home for Maryland's Heroes

USDVA funding to help with cost of care

No waiting list!

Serving those who served.



Providing Affordable, Comfortable and Trusted Care for Veterans and Eligible Spouses

- ★ Medicare Certified Rehabilitation ★ Secure Compassionate Memory Care
- ★ Long-Term Nursing Care for Veterans & Eligible Spouses
- ★ Income-Based Assisted Living
- ★ Fully Subsidized Nursing Care for Veterans with a 70%+ Service Connected Disability Rating
- ★ Physician Services on Premises: Primary Care, Audiology, Dental, Dermatology, Optometry and Counseling

Skilled Care 24-Hours a Day - Social & Fitness Activities - Barber & Beauty Shop - Multiple Dining Rooms
- Devoted Volunteer Program - FREE Transportation to VA Medical Center in Washington, DC



Visit our beautiful home today...

Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, Maryland 20622
Serving Those Who Served

www.charhall.org
 301-884-8171

See Your Best



We pride ourselves as experts in eye glasses, eyewear and building the exact right eyeglasses for YOU!

Call or Visit Today!
Annapolis Opticians
410-263-6655

Handcrafted Eyewear since 1967

1918 Forest Drive • Annapolis, MD
www.AnnapolisOpticians.com

See for yourself!
We will show you just how your glasses are made!



In This Edition...

The articles below are provided by local health professionals for the benefit of the public. Please contact them for advice and services.

- 2 | **Revolutionizing Whiplash Diagnosis** | Submitted By Washington Open MRI, Inc.
- 4 | **A New Year, A New Start** | By Alan Weiss, MD
- 5 | **A Clearer Perspective On Optical Health** | By Graham Corby, Certified Optician
- 7 | **Natural Skin and Hair Health Tips For 2024** | By Hema Sundaram, MA, MD, FAAD
- 7 | **New Year, New You!** | Submitted by New Day Vitality Hormone Center
- 8 | **Fluoride Use For Your Children's Dental Health** | By Elizabeth Shin, DDS
- 9 | **Embracing Time With Grace: The Role Of Botox In Aging Beautifully** | Submitted By MJ Luxe Medi Spa
- 10 | **Navigating Sobriety In the New Year** | Submitted By A+ Counseling Center
- 11 | **Healthy Mouth Equals Healthy Body** | By Karl A. Smith, DDS, MS
- 13 | **Finding Balance and Healing With MeTime** | Submitted by Me Time Healing
- 14 | **To a Happy and Healthy Holiday Season** | By Jeffrey L. Brown, DDS
- 15 | **Winter Oral Health Tips** | By Dawn L. Tyler, DDS
- 16 | **Dental Implants: A Lifesaver For Tooth Loss and Oral Health** | By Shawn Samad, DDS
- 17 | **Chiropractic Care and Exercise** | By Alicia Kovach, DC
- 18 | **The Real Cost Of Weight Loss Injections** | Submitted By BeBalanced Annapolis
- 20 | **Fostering Workplace Well-being** | By Janine Horne, MSN-Ed, RN, AHN-BC
- 22 | **Reasons For Choosing Weight Loss Surgery** | By Etwar McBean, MD, FACS
- 24 | **Foot Health: Neuromas** | By Howard Horowitz, DPM
- 25 | **All-On-Four Dental Implants** | Submitted By Sivakumar Sreenivasan, DMD, MDS
- 26 | **Chinese Medicine For Dysmenorrhea** | By Quansheng Lu, CMD, PhD, LAc
- 26 | **Missing Multiple Teeth? Full Arch Treatment Options** | By Judy Yu, DMD, MBA
- 28 | **Why Do I Have To Probate an Estate?** | By Steven M. Katz, Attorney

30-41 | Professionals Biographies

- 44 | **Employment and the Mentally Ill** | By Joyce Abramson, RNMS
- 44 | **Happy New Year!!! 2024 Yay...** | By Toni Greene, Owner
- 46 | **What Our Chief Medical Officer Wants You To Know About Hospice** | By Elizabeth Schuman
- 48 | **Adult Orthodontic Awareness** | By Jacqueline Brown Bryant, DDS, MS, PC
- 48 | **What Is Cupping Therapy?** | By Brittney de Vicq, MAC, LAc
- 50 | **Healthy Resolutions For Your Family** | By Janet V. Johnson, MD
- 52 | **What Is Gout?** | By Ademuyiwa Adetunji, DPM
- 52 | **In A Single Visit Natural-Looking Fillings and Crowns** | Submitted by E. Taylor Meiser, DDS
- 54 | **Caring For a Child Who Has Asthma** | Submitted By Kensington Pharmacy
- 56 | **What In the World Is Gastroparesis?** | By Thomas K. Lo, DC
- 56 | **Nurturing Holistic Wellness In Children** | By Lisa Boynes Sindass, MD
- 59 | **Weight No Longer: If Not Now, When?** | By Betsy Paul

Articles and information about health professionals is available at
www.YourHealthMagazine.net



Coming next month

Read About How **You + Your Family** Can Live Better, Longer & **Healthier!**

Articles and information from local Cardio Health, Diabetes & Exercise Professionals:

- ♥ Keep Your Heart Healthy
- ♥ Manage or Prevent Diabetes
- ♥ Prevent Heart Attack/Stroke
- ♥ Get Your Diet In Check
- ♥ Get Fit and Feel Great





Latest editions available online www.yourhealthmagazine.net

Health Professionals: Your information can Make A Difference! Reserve space today.
301-805-6805 • info@yourhealthmagazine.net



SERVING MARYLAND & VIRGINIA Since 1990

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.

MARYLAND & WASHINGTON, DC OFFICE
One Town Center
4201 Northview Drive, Suite 102
Bowie, MD 20716
Office (301) 805-6805 • Fax (301) 805-6808
info@yourhealthmagazine.net

VIRGINIA OFFICE
Office (703) 288-3130
production@yourhealthmagazine.net

© Your Health Magazine, 2024. The magazine and all of its contents are protected by copyright. For permission to reproduce any materials in this magazine, contact publish@yourhealthmagazine.net.

EDITOR-IN-CHIEF
Gregory Scott Hunter

MANAGING EDITOR
Heather L. Mahoney

SALES & MARKETING CONSULTANT
Mili Parra

PRODUCTION & DESIGN ADMIN ASSISTANT
Alison Doner – MD

Natural Skin and Hair Health Tips For 2024



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 skin health tip is to find a board certified dermatologist – you can ask to see their American Board of Dermatology certification – who prioritizes skin treatments that are based on listening to your unique concerns and making a customized plan.

A second tip is that you may want to select a dermatologist with European experience. Many new beauty technologies in North America were actually developed in Europe. The ideal philosophy

Please see "Tips For 2024," page 50

New Year, New You!

Submitted by New Day Vitality
Hormone Center

It's that time of year when everyone seems to stop to think about how they want to spend the new year – eating better, exercising, getting healthier. They're all very common goals.

If you're over 40 and thinking your body is starting to feel a little "old," you may want to have your hormone levels checked – your sex hormone levels, that is.

The sex hormones – estrogen, testosterone, and progesterone – not only affect your sex life, but also your energy levels, your capacity for maintaining muscle and keeping weight off (*Mayo Clinic Diagnosis and Treatment Guidelines*, 2016), and your ability to think clearly (*Physiology Review*, 2015).

You may think 40 is a little early to start worrying about your sex hormones, but our sex hormones start to decrease in our 30s!

With careful restoration of the three sex hormones through bioidentical hormone replacement therapy (BHRT), adults can rediscover the vitality they need to enjoy life.

The most recent research on hormone replacement supports not only its safety (*Journal of the American Medical Association*, Sept. 12, 2018) but also the fact that women and men replenishing their hormones live longer and suffer less incidence of cancer, Alzheimer's, osteoporosis and cardiovascular disease! (*Estrogen Matters*, Sept. 2018; *Journal of the American Medical Association: Internal Medicine*, Oct. 2017)

"Experts do agree that the benefits of hormone therapy outweigh the risks for healthy women younger than age 60 or within 10 years of their last period," according to *Mayo Clinic: The Menopause Solution*, published in 2016.

Women over 60 can be treated with HRT, writes the author, Stephanie Faubion, M.D., director of the Mayo Clinic's Office of Women's Health, but they must more carefully weigh the severity of their symptoms against any increased risks of health issues.

Bioidentical hormones can be administered via subcutaneous pellets, creams and injections. Unlike synthetic

Please see "New You," page 66

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

- Dermatitis (Eczema)
- Prurigo Nodularis
- Nonsurgical Jawline Contouring
- Nonsurgical Brow Lifting
- Nonsurgical Facial Rejuvenation
- Treatment of Skin Pigmentation and Fine Lines
- Treatment of Acne, Rosacea, & Pores



At the offices of

DR. HEMA SUNDARAM, MA, MD, FAAD

Board Certified Dermatologist and Dermatologic Surgeon
International Teacher and Researcher in Advanced Dermatology and Plastic Surgery Technologies

If you are in good health and interested to volunteer for any of these studies, call 301-984-3376/703-641-9666 or email us at dermdc@gmail.com with subject line "STUDIES".

**** New Year Makeover Packages ****

Call **301-984-3376** or **703-641-9666**

Interest-Free Financing Available

Follow us on Instagram: [@twicebornbeauty](https://www.instagram.com/twicebornbeauty) & [@drhemasundaram](https://www.instagram.com/drhemasundaram)

ARE YOU SUFFERING FROM:
LOW SEX DRIVE
MUSCLE LOSS
FATIGUE
IRRITABILITY
HOT FLASHES
SLEEP DISTURBANCES

Make Every Day
a **New Day**

Our bioidentical hormone replacement therapy is designed to restore your depleted hormone levels, which can help you regain your zest for life and revitalize your most valued relationships!



WE TREAT LOW T!
CALL
410.793.5212

NewDayVitality.com

1300 Ritchie Highway, Suite B, Arnold, MD
8133 Elliott Road, Suite #203, Easton, MD

Fluoride Use For Your Children's Dental Health

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

Ensuring your toddler's dental health involves careful consideration of fluoride use, a mineral renowned for preventing tooth decay but not without potential risks. Dental fluorosis, which alters tooth enamel appearance, and the risk of toxicity are valid concerns, prompting parents to be cautious when introducing fluoride toothpaste to babies and toddlers.

The American Dental Association (ADA) recommends caregivers to use water for brushing and consult a dentist or physician before introducing fluoride toothpaste to children under two years. For children aged 2-6, a pea-sized amount is advised. ADA recommends no toothpaste, including fluoride, for babies up to one year.

For non-teething babies, a damp cloth with warm water is sufficient for cleaning. Toddlers (12-36 months) with erupted teeth can use a trace amount of fluoride toothpaste, but parents must be

aware of the main reasons for fluoride overload in this age group.

Young children are prone to swallowing sweet, tasty toothpaste designed for them, and toddlers may struggle to spit properly, leaving more toothpaste in their mouths. The U.S. Food and Drug Administration (FDA) mandates warning labels on fluoride products for children under 6, emphasizing moderation and discouraging excessive ingestion.

Pros Of Fluoride Strengthening Tooth Enamel:

Fluoride stands out for its ability to strengthen tooth enamel, enhancing resilience against acid attacks from bacteria and sugars. This benefit significantly reduces the risk of cavities in toddlers, laying the groundwork for a lifetime of robust oral health.

Prevention Of Tooth Decay: Regular fluoride treatments play a crucial role in decreasing the likelihood of cavities in children. Early exposure to fluoride creates a formidable defense against tooth decay, promoting enduring dental health.

Community Water Fluoridation: Many communities incorporate fluoride into their water supply, providing a cost-effective and widespread method of dental protection. This communal approach is particularly beneficial for children who may not have consistent access to dental care, contributing to community-wide oral health.

Safe and Effective Application: When administered correctly, fluoride is considered safe and effective. Professional application by a pediatric dentist ensures controlled and targeted exposure to fluoride, minimizing potential risks associated with improper use.

Fluoride toothpaste for toddlers is safe if used in moderation, aligning with general toothpaste guidelines. The American Academy of Pediatrics advises starting fluoridated toothpaste at the eruption of the first tooth, using a smear or grain-of-rice-sized amount for children under three, and a pea-sized amount for most children starting at three years.

Supervision is crucial during brushing, with parents applying the toothpaste to ensure the correct amount. Observing the child and ensuring all teeth are covered, setting a positive example, and teaching proper spitting and rinsing habits contribute to effective and safe brushing practices.

For parents seeking fluoride alternatives, there are fluoride-free toothpaste options available. Consulting with a pediatric dentist is recommended to determine the most suitable toothpaste for a child's unique oral health needs, whether fluoride-based or fluoride-free.

When choosing fluoride toothpaste for kids, it's advisable to inform your dentist of your preferences, as they may have specific brand recommendations. Regardless of the toothpaste chosen, the key is to limit the amount, especially for children under three, ensuring a balance between dental health benefits and potential risks associated with fluoride ingestion. Always prioritize your child's dental health by consulting with your dentist to tailor a dental care routine that best suits their individual needs.



Leading The Way In Pediatric Dentistry!

We provide expert pediatric dentistry to help your child improve and maintain oral health and hygiene, repair and address problematic teeth, and treat teeth, tongue and gum issues that require immediate attention. Partner with our Pediatric Dentist in Bethesda and Chevy Chase to help your child achieve lifelong oral health.

Throughout life, good oral health has a very positive impact on your child's general health, self-confidence, and discipline. We believe early positive experiences with oral health and hygiene – at the dentist and at home – set the stage for a life filled with good health, love, and success.



Pediatric
Partial
Denture
to Replace
Missing
Teeth

4825 Bethesda Avenue, Suite #220, Bethesda, MD 20814

301-941-7374

smile@bccpediatricdentistry.com

BCCPediatricDentistry.com



Elizabeth Shin
DDS

Embracing Time With Grace: The Role Of Botox In Aging Beautifully

Submitted By
MJ Luxe Medi Spa

Aging is a natural part of life, and while the passage of time brings wisdom and experience, it also leaves its mark on our skin. In the pursuit of aging gracefully, many individuals turn to cosmetic procedures like Botox to enhance their appearance and maintain a youthful glow. Let's delve into the science behind Botox and explore how it can be a valuable tool in the journey of aging with grace.

Understanding Botox

Botox, short for Botulinum Toxin, is a neurotoxin produced by the bacterium *Clostridium botulinum*. While the term "toxin" may sound alarming, Botox has been used safely in cosmetic and medical settings for decades. When injected in small, controlled amounts, Botox temporarily paralyzes muscle activity, leading to a reduction in the appearance of wrinkles and fine lines.

The Science Of Aging Skin

As we age, our skin undergoes various changes. Collagen and elastin, the proteins responsible for maintaining skin elasticity, diminish over time, leading to the formation of wrinkles and sagging skin. Additionally, repetitive facial movements, such as smiling or frowning, contribute to the development of dynamic wrinkles. Botox addresses these concerns by targeting the muscles responsible for these movements.

The Benefits Of Botox In Aging Gracefully

- **Wrinkle Reduction:** Botox is highly effective in reducing the appearance of wrinkles caused by repetitive facial expressions. It smoothens lines around the eyes, forehead, and mouth, helping individuals achieve a more youthful and relaxed look.
- **Preventive Measures:** Beyond treating existing wrinkles, Botox can be used preventively to slow down the formation of new lines. By inhibiting muscle contractions, it prevents the skin from creasing and forming deeper wrinkles over time.
- **Non-Invasive Approach:** Unlike

surgical procedures, Botox is a non-invasive option for those seeking a more youthful appearance. The treatment is quick, virtually painless, and requires minimal downtime, making it a popular choice for individuals with busy lifestyles.

- **Boosting Confidence:** Aging gracefully is not just about physical changes but also about embracing

confidence at every stage of life. Botox can provide a subtle enhancement, allowing individuals to feel more self-assured in their appearance.

Aging is a personal journey, and there is no one-size-fits-all approach to maintaining a youthful appearance. Botox offers a safe and effective option for those looking to age

gracefully by addressing the visible signs of aging. It's essential to consult with a qualified Botox practitioner to discuss individual goals, expectations, and determine the most suitable approach. Embrace the journey of aging with grace, confidence, and the empowering choice to make decisions that align with your unique sense of beauty and well-being.



We Help You LOOK & FEEL Your Best!

Here at MJ Luxe, we are focused on providing nonsurgical aesthetic treatments as well as personalized facials for all skin types. We strive to ensure all of our clients leave feeling comfortable and confident! Experience one of our many medical treatments or spa treatments in a tranquil environment that will revitalize your spirit. Whether you are looking for a personalized facial or a custom-made treatment plan, we are here to meet your needs.

COSMETIC TREATMENTS

- B12 / Lipo B12 Injections
- IV Therapy
- Botox/Xeomin/Kybella Injections
- Dermal Fillers
- Laser Hair Removal
- Micro Needling
- IPL Photo Facial
- SmoothGlo
- Ultherapy
- Body Contouring
- Chemical Peels

AESTHETICS

- Waxing
- Facials
- Dermaplaning
- Eyebrow & Lash Tinting

AND MORE!

- Weight Loss Program
- Medical Cannabis Evaluation



Breton Bay Marketplace
25450 Point Lookout Rd, Suite 1
Leonardtown, MD 20650

Fox Run Profession Center
205 Steeple Chase Dr, Suite 308
Prince Frederick, MD 20678

Call Today: 240-808-0013

Or schedule online:
www.mjluxemedispa.com

Navigating Sobriety In the New Year

Strategies For Maintaining Resolutions and Overcoming Triggers

Submitted By
A+ Counseling Center

As we usher in the New Year, many individuals embark on a journey towards sobriety, seeking positive change and improved mental health. Navigating this path requires resilience, commitment, and a strategic approach to overcoming triggers that may threaten one's resolve. In this ar-

ticle, we will explore effective strategies for maintaining resolutions and navigating the challenges of sobriety.

Understanding Triggers

Identifying and understanding triggers is a crucial first step in maintaining sobriety. Triggers can be environmental, emotional, or social cues that prompt the desire to engage in substance use. By recognizing these triggers, individuals can develop coping mechanisms to

mitigate their impact and bolster their commitment to sobriety.

Build a Support System

Establishing a strong support system is instrumental in navigating the challenges of sobriety. Surround yourself with friends, family, or support groups that understand and encourage your journey. Share your goals and concerns openly, and seek help when needed. Connecting with others who have

similar experiences can provide invaluable insights and a sense of community.

Set Realistic Goals

Resolutions should be realistic and achievable to avoid setting oneself up for failure. Break down long-term goals into smaller, manageable steps, creating a sense of accomplishment along the way. Celebrating these milestones reinforces commitment and motivation, making the journey towards sobriety more sustainable.

Develop Healthy Coping Mechanisms

Replacing unhealthy coping mechanisms with healthier alternatives is essential in maintaining sobriety. Engage in activities that bring joy, relaxation, and fulfillment, such as exercise, meditation, or creative pursuits. These positive outlets not only distract from triggers but also contribute to overall mental well-being.

Create a Structured Routine

Establishing a structured daily routine can provide stability and reduce the likelihood of succumbing to triggers. Plan activities, meals, and sleep patterns to create a sense of order and purpose. A well-organized routine minimizes idle time, decreasing the chances of succumbing to cravings or triggers.

Mindfulness and Stress Reduction

Practicing mindfulness and stress reduction techniques can significantly contribute to maintaining sobriety. Mindfulness exercises, such as meditation and deep breathing, help individuals stay present and manage stress without resorting to substance use. Incorporating these practices into daily life fosters resilience and emotional balance.

Seek Professional Guidance

Professional guidance is invaluable in the journey towards sobriety. Therapists, counselors, or support groups provide a safe space to explore underlying issues, develop coping strategies, and receive ongoing encouragement. Seeking professional help is a proactive step towards a healthier, more fulfilling life.

Navigating sobriety in the New Year requires a multifaceted approach, incorporating self-awareness, support systems, and healthy coping mechanisms. By understanding triggers, setting realistic goals, and embracing positive lifestyle changes, individuals can overcome obstacles and foster lasting change in their lives. Remember, the journey towards sobriety is a continuous process, and every step forward is a triumph worth celebrating.



Guiding You On the Road To Wellness and Recovery

Anger Management Counseling • Assessments • Case Management
Behavioral Disorder Counseling • DUI/DWI Education
Domestic Violence Counseling • Early Intervention • Primary Care
Individual and Group Counseling • Family Counseling (ATOD) Life Coaching
Same-Day or Next-Day Appointments • Telemental Health
Medication Management • Supportive Solutions

Don't Wait! Call and Schedule Your Appointment Today!

10905 Fort Washington Rd., Suite 105
Fort Washington, MD 20744

240-766-4194

LEARN MORE ONLINE AT
ACounseling.org



Healthy Mouth Equals Healthy Body

By Karl A. Smith, DDS, MS

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

The Connection Between Mouth and Body

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

Periodontal Linked Diseases

Periodontal disease is linked to diabetes, as both a cause and exacerbating factor. Studies have shown that treating periodontal disease can improve blood sugar, and just going in for regular cleanings improves diabetic control. There is also a strong association between periodontal disease and low birth weight babies. Studies have found periodontal bacteria in amniotic fluid. When bacteria get into the mouth and travel to the bloodstream they elevate prostaglandins, the same inflammatory markers that stimulate uterine contractions, causing early labor. Since pregnant women are more likely to get gingivitis because of elevated hormone levels, it's crucial that they pay attention to dental care. Periodontal disease can be a factor in lung disease as well. Bedridden elderly patients who don't or can't take good care of their teeth can breathe in bacteria, which can cause pneumonia. People with COPD need to be especially careful to avoid periodontal disease since their lungs have a reduced capacity to fight off infection.

Dentists With Super Powers

Periodontists are dentists who specialize in the treatment and prevention of periodontal (gum) disease.

They are experts in the treatment of oral inflammation, plaque and bacteria as they receive extensive training in these areas during their three additional years of education beyond dental school, plus continuing education throughout their careers. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease, and are trained in performing cosmetic periodontal procedures, and dental implants.

How to Get a Healthy Mouth and Body

Remedying gum disease may help

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

- Have a high risk for periodontal diseases.
- Have heart disease, diabetes, respiratory disease or osteoporosis, or are thinking of becoming pregnant.
- Have a family member with periodontal disease. Research suggests

that the bacteria that cause periodontal disease can pass through saliva, which puts children and couples at risk for contracting the periodontal disease of another family member.

- Have a mouth sore or irritation that does not get better within two weeks.
- Take control of your preventative dental health. Make an appointment for a periodontal evaluation with an experienced periodontist today. Taking care of your teeth and gums will not only help enhance your smile, but will help you maintain your overall health.



Meet Your Smile's New Best Friend!

Dr. Karl A. Smith, Periodontist
A Dentist with Super Powers





- Dental Implants To Restore Your Beautiful Smile
- Caring & Kind Dentist & Team
- State-of-the-Art Equipment
- Laser Periodontic Therapy
- Affordable Gum Treatment
- Insurance Accepted & Filed
- Ultra-Sterile Environment
- No Referral Needed
- Comfortable Sedation Dentistry

\$209 **New Patient Special**

Includes Initial Exam, Full Mouth Digital Film, Consultation with Dr. Smith (Reg. \$328)



601 Post Office Road, Suite #1-B, Waldorf, MD 301-638-4867
2500 N. Van Dorn Street, Suite #128, Alexandria, VA 703-894-4867

www.Dr.KarlSmith.com

Our patients mean the world to us (and they love to refer to us as friends and family). My team works together to ensure your visit is enjoyable, and that your treatment is gentle and pain-free. We are deeply committed to help you prevent and treat periodontal (gum) disease, and to enhance your smile to improve your overall health.

New Patient appointments available daily!



Our Experienced Teams Will Help You **SUPERCHARGE YOUR HEALTH!**



MILLERSVILLE 410-729-2200

CROFTON 410-451-4640

LANHAM 301-577-6556

Effective Integrative Healthcare provides a wide variety of services that make them a **one-stop shop** for healthcare:

Immune + Energy Boosting – Effective Vitamin IV Therapy

NEW – Triple Immune Boost Shot

Vitamin Shots • Medical Weight Loss

Chiropractic • Physical Therapy

Acupuncture • Massage

Bio-Identical Hormone Pellets

& more – all under one roof!



EIHMD.COM



REPAIR • RECOVER • REJUVENATE

**CROFTON 410-451-2653
(INSIDE GOLD'S GYM)**

Maryland Cryotherapy utilizes cutting-edge therapy technology to **improve performance** and **boost** your body's natural recovery processes!



**Decreases Inflammation
Recover Quicker From Injuries**

Reduces Pain

Improves Performance

Feel Rejuvenated

Improves Sleep

Reduces Fatigue

Produces Collagen

Boost Metabolism

MDCRYO.COM

Finding Balance and Healing With MeTime

Submitted by
Me Time Healing

FOMO (Fear Of Missing Out)

FOMO, or the fear of missing out, has become a prevalent phenomenon in today's society. With the rise of social media and constant connectivity, people are constantly bombarded with images and updates of others' lives, leading to a fear that they are missing out on something important or exciting.

Social media platforms like Facebook, Instagram, Twitter, and Snapchat provide users with constant updates and glimpses into the lives of others. This constant exposure to the activities, events, and experiences of others can trigger feelings of anxiety, envy, and inadequacy in individuals who fear missing out on something exciting or important. Social media platforms often showcase the highlights of people's lives, such as vacations, parties, achievements, and social gatherings. Seeing these curated and idealized versions of others' lives can create a sense of pressure to keep up, leading to FOMO. People may feel compelled to attend every event, try every new trend, or constantly be connected to their social media feeds to avoid feeling left out.

Video game addiction can also lead to FOMO as individuals may feel anxious or fearful of missing out on in-game events, rewards, or social interactions with other players. This can create a strong compulsion to constantly play and stay connected to the gaming world, even at the expense of other activities or responsibilities.

Seeing others' achievements, progress, or social interactions in games can trigger feelings of inadequacy or the fear of being left behind, leading to an increased desire to play and keep up.

Both video game addiction and FOMO can have negative impacts on mental health, including increased levels of stress, anxiety, and social isolation. It is important for individuals to be aware of these potential risks and to establish healthy boundaries and habits when it comes to gaming and social media use.

It can be helpful to:

1. Set limits on gaming time and establish a healthy balance between gaming and other activities.
 2. Practice self-care and engage in offline activities that bring joy and fulfillment.
 3. Seek support from friends, family, or mental health professionals if addiction or FOMO becomes overwhelming.
 4. Practice mindfulness and self-reflection to understand the underlying motivations and triggers for excessive gaming or FOMO.
 5. Consider taking breaks from social media or gaming to reduce exposure to triggers and to focus on personal well-being.
- It is important to remember that everyone's experience with video game addiction and FOMO is unique, and seeking professional help may be necessary for some individuals.

dividuals.

MeTime Healing Platform provides a space for individuals to disconnect, recharge, and prioritize their own well-being. By embracing JOMO (Joy of Missing Out) and finding joy in missing out, individuals can find healing, personal growth, and a sense of balance in their lives.

Happy MeTime Healing!

Healing Without Borders Is Our Global Promise!



MeTime Healing provides fast access to mental well-being in an affordable & convenient virtual setting by expert mental health professionals!

EXPERT CARE PROVIDERS YOU CAN TRUST!

Tap into a large network of compassionate, accredited, and experienced Care Providers, who can help you with a range of issues including depression, anxiety, worries, stress, self-compassion, relationships, sleep deprivation, grief, and more. Our client centered approach ensures the best quality and ethical online therapy and counseling at all times!



301-200-2397

info@metimehealing.com

www.MeTimeHealing.com

To a Happy and Healthy Holiday Season

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It is the time of year when we wish our friends and family all the best. We do, however, tend to overindulge and this can be a trying time for those people who want to improve their health and wellbeing.

An invitation to a buffet dinner can most certainly undermine your efforts to lose weight and improve your health. You can still stay healthy by paying attention to your surroundings and by being aware of what is put in front of you.

For the person suffering from TMD (Temporomandibular Disorder)

it's even more difficult to stick to the required dietary plan of soft foods. It is really critical that you do not eat things that could put undue pressure on those damaged or displaced discs. Although you are eating the soft cookies, mac and cheese, and mashed potatoes, they really are not going to keep you in good shape. The diet plan



Jeffrey L. Brown, DDS

we provide at our office is the ideal way to go. The recipe book is chock full of foods that provide good nutrition while protecting the joints from over exertion.

Another aspect of staying healthy during the holidays is to make sure you exercise. Sure, the holidays mean it's time to take a break, relax, eat, and enjoy! But, for so many people who suffer with TMD, exercise is an essential part of maintaining their health and wellbeing. All you need to do is get out there and walk at least once a day. Getting fresh air and moving around is what our bodies are designed to do, so just do it! This walk also helps those patients who are trying to get their sleep cycles back on track. Getting sun exposure helps your circadian rhythm. A BIG must for sleep issues.

Lest we forget, being healthy also means keeping hydrated during the holidays. This means that whatever your body weight is in pounds, you need half that amount in ounces to determine your daily water intake. Water is ideally a good choice but milk and milk alternatives, fruit and herbed infused water, or sports drinks are also hydrating. Hydration is a key component to avoiding symptom flare-ups of TMJ, your joints and muscles to function and avoid inflammation and pain. For sleep issues, extreme fatigue or just plain discomfort makes it harder to sleep. Remember, sleeping in itself is dehydrating.

Best of all and the easiest, a smile. Did you know that a smile really does make you happier? That's right, if you can put on a smile and really mean it, this stimulates the endorphins in your body to help you feel better. Better yet, you are also making someone else feel good. Maybe this is why the holidays help us. Family and friends and having some fun with all positive emotions.

From all of us at Sleep and TMJ Therapy, to all our friends, families, and patients out there, we wish you a Safe, Happy, Healthy Holiday Season!

We Are NOT Your Typical Dental Office

We Can Help With:

- Jaw Pain, Clicking or Popping
- Head, Neck and Shoulder Pain
- Migraines
- Craniofacial Pain
- Sleep Apnea
- Orthodontics

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

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

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



Jeffrey L. Brown, DDS

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



Schedule Your Appointment Today: 703-821-1103

2841 Hartland Road, Suite #301, Falls Church, VA 22043 • www.sleepandtmjtherapy.com

Winter Oral Health Tips



By Dawn L. Tyler, DDS
Magnolia Dental

Winter is here and with it, comes the drastic change of weather! The cold temperatures are fun in theory, but what about the toll it takes on your oral health? Often times cold weather brings on a variety of pesky problems, like dry skin and irritated throats. But, the problems don't stop there. In fact, your oral health is also affected by the change of weather. That's why this season, we put together the ultimate guide on how to keep your oral health in perfect condition this winter season!

Your oral health is also affected by the change of weather

Tip #1 – Tooth Sensitivity

Many find that they experience increased tooth sensitivity to cold temperatures. This can not only come from foods, but the chilly air outside too! If you find that you are experiencing tooth sensitivity, there are tons of tricks you can do to help avoid discomfort. These include using a toothpaste specially formulated for sensitive teeth, or even rinsing out your mouth with salt water!

Tip #2 – Cold Sores

Cold sores can appear for a variety of reasons, including cold weather and a weakened immune system. To prevent a cold sore breakout, start by keeping your hands off of your mouth area! If you do feel a cold sore coming on, immediately apply a topical treat-

ment to the area to stop the infection in its tracks.

Tip #3 – Chapped Lips

Chapped lips is one of the most common ailments of the winter season. To avoid painful cracked lips this season, invest in a good lip salve with SPF+ to keep them protected. In addition, it's important to mention that your body moisturizes from the inside out, so remember to keep up with your daily water intake to help to keep your

lips moisturized.

Tip #4 – Cavity Care

Let's face it, the best part of the winter season is all the delicious foods! It's fine to give into temptation and indulge in sweet treats, but just be sure to properly brush and floss afterwards to avoid cavities. In addition, always remember to drink plenty of water to help rinse away food particles and bacteria from your mouth. Incorporating dental friendly

foods into your winter diet to help with cavity prevention will also benefit you. Foods such as crunchy fruits and vegetables, cheese and other foods high in calcium, are all perfect for keeping your teeth and gums healthy this winter.

Taking care of your oral health is important. That's why we want to ensure that your oral health is in tip top shape this season. In the mean time, stay warm out there!



Dentistry Designed for Kids and Special Needs

**Making Visits Fun! • Partnering With Parents
Stress-Free For All • Extended Hours**

Is your little one scared or anxious about visiting the dentist? At Magnolia Kid Friendly Dental, we work exclusively with children and special needs patients. Their smiles have unique needs, and we're here to help at every stage. Our approach is simple. We take our time, listen to their needs, and make sure to have fun along the way!

**Preventive Dentistry • Restorative Dentistry • Orthodontics • Cosmetic & Laser
Education • Prevention • Modern Technology • and More!**

Together, we can solve small problems before they turn into big ones and start healthy dental habits young. Call today to schedule your child's appointment!

301-494-8656
10208 Lake Arbor Way • Mitchellville, MD 20721
Learn More: MagnoliaKidFriendlyDental.com



By Shawn Samad, DDS
Laurel Pines Dental Group

Dental Implants: A Lifesaver For Tooth Loss & Oral Health

Losing a tooth can have more far-reaching consequences than just the gap in your smile. The specialized bony process that houses a tooth begins to reabsorb when a tooth is lost,

leading to a decrease in bone width and height in the affected area. This can lead to several issues, including neighboring teeth shifting, food lodgment, decay, gum disease, and even abnormal forces on other teeth that can result in fractures, potentially necessitating root canal treatment or extraction. Furthermore, tooth loss can cause the cheeks and lips to sag, prematurely aging your appearance. However, the good news is that the

consequences of tooth loss can be prevented with timely action.

When it comes to replacing lost teeth, dental implants are the number one choice. Dental implants are tiny titanium screws or posts that are surgically placed in the bone, acting like roots onto which small posts are attached, protruding through the gums to provide stable anchors for replacement teeth. These implants not only maintain bone height by stimulating

it but also prevent the unnecessary trimming of adjacent teeth, which may be required for bridge placement. Since implants are made of titanium, there is no risk of decay. With regular professional cleaning and proper home care, implants can serve you for many years.

Many people who lose a single tooth consider fixed bridges, but this solution may require the cutting down of healthy, adjacent teeth. Additionally, bridges may need replacement multiple times during a lifetime due to issues like decay or gum problems affecting anchor teeth.

Another option for replacing missing teeth is removable partial dentures or complete dentures, depending on the number of teeth missing. However, dentures significantly reduce chewing efficiency, and the teeth that support partial dentures can weaken due to excessive loads, eventually leading to their loss. Dentures can also lead to tissue abrasion and bone loss, causing discomfort and embarrassment due to slipping or clicking sounds while eating or speaking.

Research indicates a failure rate of up to 30% within five to seven years for teeth adjacent to fixed bridges or removable partial dentures.

Dental implants are a suitable option for most people, including those with existing medical conditions like high blood pressure and diabetes, as well as those with a history of gum disease or decay. Even smokers can consider implants, though they might experience a lower success rate. Bone loss, a common issue for individuals with missing teeth or a history of periodontal disease, can be addressed with bone grafting, making implant placement safe and permanent.

The implant placement process typically involves two surgical appointments. During the first appointment, the implant site is prepared, the implant is placed, and the gum tissue is sutured over it. The implant takes four to six months to fuse with the bone. In the second appointment, the implant is uncovered, and a post for the replacement tooth is attached. An impression is taken and sent to a lab to create the implant crown. A temporary crown is placed during this period, and once the final crown is ready, it is cemented with permanent cement.

Dentistry is All About

healthy smiles

Having a confident, healthy, beautiful smile is important!



We take great satisfaction in helping you maintain optimal oral health. Our practice is devoted to comprehensive and preventive patient care. Our patients are our most important asset, and we strive to develop long-lasting, trusting relationships with all of our patients.

Our Services with Restorative Dentistry



GENERAL DENTISTRY

COSMETIC DENTISTRY

ONE-VISIT DENTISTRY

EMERGENCY & COSMETIC DENTIST

ENDODONTICS

We are a modern, state-of-the-art practice offering patients a full-range of general and cosmetic dental services, from routine check-ups to complete smile makeovers. Dr. Samad practices conservative, proactive dentistry utilizing the latest in dental technology.

Your comfort is always a primary concern.

Bethesda Dental Group – 7508 Wisconsin Avenue, Ground Level, Bethesda, MD
301-951-9500 – www.BethesdaDentalGroup.com

The Bowie Dental Group – 4373 Northview Drive, Bowie, MD
301-464-8707 – www.TheBowieDentalGroup.com

Laurel Pines Dental Group – 14333 Laurel Bowie Road, Suite #100, Laurel, MD
301-953-3081 – www.LaurelPinesDental.com

Chiropractic Care and Exercise



By Alicia Kovach, DC
Kovach Chiropractic

For many, the concept of regular exercise is like a distant echo, a piece of advice echoed so often that it's lost its impact. The trouble arises when attempting to translate this advice into action. It's a familiar cycle—signing up for various training programs, investing in gym memberships, purchasing trendy workout gear—all to stumble and falter due to a lack of direction and understanding of effective exercise.

Returning to the realm of fitness after years, even decades, of inactivity is fraught with risks. Pushing beyond limits too soon or engaging in exercises unsuitable for one's fitness level often leads to injuries, becoming a discouraging setback. It's disheartening for those who reluctantly ventured into exercise, only to face injuries that make quitting seem the most sensible choice.

Nevertheless, the importance of exercise in preserving overall health and wellness cannot be overstated. For those committed to their long-term well-being and that of their families, vigorous exercise is paramount. Fortunately, there exists a simple starting point for those stepping back into fitness: walking. It's a low-impact, equipment-light activity that sidesteps most exercise-related injuries. Walking outdoors in nature's embrace not only provides physical benefits but also nourishes the soul with fresh air and sunlight.

Please see "Exercise," page 62



Why Suffer If You Don't Have To?

Offering a Full-Range of Chiropractic and Wellness Services:

- **Spinal Decompression** - Non-surgical treatment for chronic low back pain sufferers
- **Aqua Massage** - Provides a relaxing and therapeutic massage, while fully clothed
- **Cold Laser Therapy** - A non-intrusive alternative to acupuncture and surgery, can help many pain conditions
- **Physical Therapy Modalities**

Technique Specialties:

- Activator Method
- Thompson Technique
- Myofascial Release
- Massage Therapy
- Ultrasound
- Custom Orthotics
- Infrared Light Pad



Now Offering Massage Therapy

Ruth Eaddy, Licensed Massage Therapists

Accepts Most Insurance Policies

Now Accepting New Patients – Call now to schedule your appointment:

410-697-3566

959 Annapolis Road, Gambrills, MD 21054
www.kovachchiropractic.com



Anne Arundel County wants you to

Protect Yourself and Your Medicare



Protect your Medicare and Social Security numbers; never give them to a stranger.



Be cautious of calls from "Medicare" or "Social Security" as these are often scams.



Review your Medicare statements regularly for suspicious charges.



Call your local Senior Medicare Patrol (SMP) if you have concerns about your Medicare. All calls are confidential. 410-222-4257



This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$32,162 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Providing the Finest
Eyewear &
Personalized Service
Since 1929



Superior Quality • Outstanding Selection

EMERGENCY REPAIRS

Lab on Premises*

ZEISS
PENTAX
SHAMIR
INDO
VARILUX
HOYA



CONVENIENT LOCATIONS:

703 Giddings Avenue • West Annapolis*

410-263-2571

2002 Medical Parkway, Suite 615 • Annapolis

410-573-2822

Visit us at www.mcnellyoptical.com for online specials

The Real Cost Of Weight Loss Injections

Submitted By
BeBalanced Annapolis

Unless you are one of the few people whose insurance covers weight loss injections and other similar medications, you could be paying thousands (and thousands) of dollars to reach your weight loss goals.

Plus, these medications could be costing you more than just your hard-earned income.

First, the side-effects can be devastating.

Aside from the widely known common side effects such as nausea, diarrhea, and vomiting – to name a few, serious digestive complications have been reported, and those statistics continue to rise.

Second, you aren't just losing body fat...

According to trial results, of the 15% of weight participants lost over

68 weeks, close to half of it was lean body mass. And what is lean body mass? It's muscle, organs, and bone. What it isn't is body fat.

Data shows that weight loss from taking GLP-1 medications like Ozempic and Wegovy can cause a decrease in muscle mass, lessen bone density, and lower your resting metabolic rate, leading to sarcopenia (the gradual loss of muscle mass, strength, and function and is typically associated with aging).

Third, the chances of gaining weight back, once you stop taking these medications, is alarmingly high.

Research published in the journal *Diabetes, Obesity and Metabolism* indicates that once people stop using the medication semaglutide any weight they've lost is likely to return. This study found that after a year, injection users had regained two-thirds of the

Please see "Injections," page 62

BettyCENTER

Join Us!

Therapy for adults, children, couples & families

Group Therapy & Support Groups

Workshops & Seminars

Inviting & inspiring generations of women to realize their authentic selves

BC

www.bettycenterconnect.com

301-615-1117

Call us now for a free 15-minute consultation

Are Weight Loss Injections Worth it?

	Average weight lost and timeframe (200 lb. person)	Common Side Effects	Addresses Natural Hormone Balance	Address Adrenal Support	Addresses Gut Health	Addresses Thyroid Support
BeBalanced	15-21 pounds in the first 30 days*	None**	Yes	Yes	Yes	Yes
Semaglutide	30 pounds in 68 weeks (15.5 months)	Nausea Diarrhea Vomiting Constipation Abdominal pain Headache Fatigue Dyspepsia Dizziness Flatulence/Gas And more	No	No	No	No

Balance Hormones Naturally
Lose 15-21 lbs in 30 days
and experience improvement in:

- ✓ **Mood**
- ✓ **Sleep**
- ✓ **Energy**
- ✓ **Hot flashes**
- ✓ **Libido**
- ✓ **And more!**

Deanah Lost 16 lbs in 30 days!*

*Actual BeBalanced Client. Results may vary.



SCHEDULE A FREE CONSULTATION
 1667 Crofton Center Suite 8A, Crofton, MD
 (410) 923-7200
www.BeBalancedCenters.com



Fostering Workplace Well-being

The Significance Of Corporate and Employee Wellness Programs

By Janine Horne, MSN-Ed,
RN, AHN-BC, Zen Well Studio

In today's fast-paced corporate landscape, the importance of cultivating a workplace that prioritizes employee well-being cannot be overstated. Corporate and Employee Wellness Programs offer a structured approach to enhancing the physical, mental, and emotional health of your team. While various organizations may provide services such as workshops, team building activities,

biometric screenings, and more, the focus should always be on education and empowerment rather than promotion.

1. Strengthening Team Bonds With Workshops and Team Building:

Effective communication and positive team dynamics are essential for a thriving workplace. Wellness workshops and team-building activities play a crucial role in fostering collaboration, improving communication, and creating a positive work environment. By prioritizing these initiatives, com-

panies can contribute to the overall well-being of their employees while simultaneously enhancing productivity.

2. Identifying Health Risks Early With Biometric Screening:

Biometric screenings are instrumental in early detection of health risks among employees. Rather than promoting a specific service, it is crucial to emphasize the importance of early identification. These screenings provide valuable health insights that enable individuals to make informed decisions



Janine Horne

about their well-being. Tailored wellness strategies can then be implemented, promoting healthier lifestyle choices and long-term health benefits.

3. Reducing Stress and Enhancing Mental Well-being With Guided Meditation:

In the face of mounting workplace stress, guided meditation offers a simple yet powerful solution. It aids in stress reduction, enhances focus and creativity, and promotes mental well-being. Employers should encourage the incorporation of such practices into the workplace, emphasizing their role in maintaining a balanced and resilient workforce.

4. Valuable Insights With Employee Health Risk Assessment Surveys:

Employee Health Risk Assessment Surveys are essential tools for collecting valuable insights into the overall health and well-being of the workforce. Rather than being promotional, the emphasis should be on utilizing these surveys to customize wellness plans, track employee progress, and continuously improve the wellness program based on real-time feedback.

5. Wellness Plans, Nutritional Guidance, and Lifestyle Coaching:

Corporate wellness programs should offer personalized wellness plans, nutritional guidance, and lifestyle coaching tailored to individual needs. This approach empowers employees to take charge of their health, emphasizing education over promotion.

6. Encouraging Physical Activity With Fitness Programs:

Physical fitness is a cornerstone of overall well-being. Corporate fitness programs should aim to encourage physical activity, improve fitness levels, and ultimately reduce absenteeism. The focus should be on fostering a culture of movement rather than solely promoting a specific fitness service.

The integration of Corporate and Employee Wellness Programs into the workplace is a pivotal step toward creating a healthier, happier, and more productive workforce. By prioritizing education, customization, and employee empowerment, companies can contribute to the long-term well-being of their teams, fostering a positive and sustainable work environment.



Healing Your Mind, Body, & Soul

Zen Well Studio is an inclusive, one-stop health and wellness haven dedicated to providing our communities with essential tools necessary to promote healing of the mind, body, and soul. We curate Soul Care Sessions by using a variety of approaches including activation coaching, laser skin care, yoga, sound healing, Reiki, IV Hydration and Employee Wellness Programs and more. Schedule your free 30-minute consultation to see how our team can help you achieve overall health.



Mobile/Concierge Services Available
4475 Printers Court White Plains, MD 20695

301-848-3791

www.ZenWellStudio.com

Easy Ways To Lose Weight

Why We Are Unique

- Customized Plans
- Affordable
- No Contracts
- No Hidden Fees
- Programs Run By Doctors
- Long-term Weight Loss
- Feel & Look Younger
- FDA Approved Medications
- Control Appetite
- Eliminate Cravings
- Burn Fat
- More Energy

Who We Are

Just Lose Weight MD is a multifaceted weight loss center providing a comprehensive medical weight loss programs designed to assist patients in losing significant amounts of weight quickly and safely. Besides helping our patients lose pounds, we also provide them the support, education and resources that are necessary to maintain a healthy weight for the rest of their lives. We are all about getting healthy and staying healthy!



Our Services

Here are some of our Weight Loss Medications:

Appetite Suppressants – Semaglutide – Ozempic – HCG – Mega Injections

B12 Complex Injections – Lipo Fat Burner Injections – B5 Injections

Please check our website for individual plans!

Mention YourHEALTH Magazine and get 10% off all Initial Plans



PLUS IV HYDRATION & VITAMIN THERAPY

OPTIMAL WELLNESS IV THERAPY INFUSION

- Brain Fog/Mental Clarity
- Glowing Skin/Acne
- Energy/Get Up and Go
- Detox/Meyer's
- Immune Boost/Migraine Relief
- IBS
- High Dose Vitamin C
- Quench/Hydration
- Super Immune/Post COVID

EFFORTLESSLY CHANGE YOUR WAISTLINE

BODY CONTOURING

PERMANENT – NON-SURGICAL

FAT REMOVAL

NO DOWNTIME

BTL VANQUISH+ME™



Just
LOSE WEIGHT MD

Takoma Park Office:

7513 New Hampshire Avenue
Takoma Park, MD 20912

301-434-0075

Tues.-Fri. 10am-6pm; Sat. 8am-2pm

Rockville Office:

12250 Rockville Pike, Suite #208
Rockville, MD 20852

301-603-2811

Mon., Wed., Thurs., & Fri. 11am -7pm

Chevy Chase Office:

5530 Wisconsin Avenue, Suite #800
Chevy Chase, MD 20815

240-750-3635

Call For Opening Days and Hours

Visit Our Website: www.JustLoseWeightMD.com

Dentures & Denture Repairs



ThunderBird Dental Office affectionately known as the ThunderBird, has been providing dentures and denture repairs for over 40 years.

Our dental lab is on our premises which allows us to deliver same day repairs and relines. We also perform extractions for immediate dentures.

Our service is prompt and personalized and our price is right, so come on in!



301.843.6171

thunderbirddentaloffice.com

**6 Post Office Road
Suite #104, Waldorf, MD 20602
Monday-Thursday: 8:00 am-2:30 pm**

Reasons For Choosing Weight Loss Surgery



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

Millions of Americans suffer from obesity and struggle with weight management over their lifetime. Effective weight management usually includes a combination of diet, exercise and lifestyle modifications.

Weight loss surgery offers another tool to assist with weight management. In fact, studies show that

weight loss surgery offers the best long-term results in weight reduction. Common reasons that patients decide to undergo weight loss surgery are discussed below.

Sustainable Weight Loss

Many weight loss efforts result in temporary weight loss of a few pounds. Patients generally regain the weight and sometimes more once they stop the diet or exercise program that was started. Weight loss surgery offers an opportunity for weight loss of over 100 pounds that can be maintained over a lifetime based on a combination with lifestyle modifications.

Improvement In Health

Many patients with obesity suffer from a number of medical problems including diabetes, hypertension, sleep apnea, heart disease, joint disease, among other things. Weight

Please see "Weight Loss," page 61



Considering Weight Loss Surgery?

Take the first step to improve your overall health.

Learn more by attending one of our **FREE** educational information seminars OR schedule your first appointment today!

240.206.8506

www.tbhinstitute.com



**The Bariatric & Hernia
INSTITUTE, PC**

Greenbelt and Silver Spring, Maryland



One Month Rent free SPECIAL!

*Mention this ad and live rent free for
your first month!*



The Gardens of
ANNAPOLIS
Premier Independent Senior Living

TOUR AND APPLY TODAY!

WEB TheGardensofAnnapolis.com **PHONE** (410) 973-6252

931 Edgewood Road | Annapolis, MD 21403





Howard Horowitz, DPM
Medicine & Surgery of the Foot

Gentle Care for You and Your Feet

- | | | |
|----------------------|---|--|
| • Bunions | • Orthotics | Serving Area
for over 20 Years
Board Certified
Evening
Appointments
Most Insurance
Accepted |
| • Hammer Toes | • Computerized
gait & balance analysis | |
| • Ingrown Nails | • Sports Medicine | |
| • Heel Pain | • Joint Pain/Instability | |
| • Diabetic Foot Care | • On-site X-Rays &
soft tissue imaging | |
| • Fractures/Sprains | | |
| • Plantar Warts | | |

Location: 14999 Health Center Drive, Suite #112 • Bowie, MD • 301-464-5900

Appointments/Info at www.bowiefootandankle.com

800-593-0139

BE IN FRONT OF YOUR CUSTOMER ON EVERY SEARCH

Let Google, & Bing suggest your company
to every potential customer searching online.

**DON'T WAIT - FIND OUT HOW SEARCH BOX
OPTIMIZATION CAN HELP YOUR
BUSINESS EXPLODE.**



- Capture your customers before they have a chance to see any competitors.
- Claim the entire first page of organic results
- See great organic page ranking benefits
- Increase traffic and conversions
- Decrease SEO and PPC costs over time

www.Slimmediamarketing.net



Healthy Teeth & Gums for the Whole Family!

Dr. Craig A. Smith • Family Dentistry

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

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



**Whitening Special
ONLY \$339**

*A \$500 Value.
Limited time offer.*

**New Patient Special
ONLY \$139**

• Examination • X-Rays
• Cleaning* • Consultation
*A \$265 Value. Limited time offer.
Unless gum disease is present.

301-446-1784

7201 Hanover Parkway, Suite A, Greenbelt, MD

Foot Health: Neuromas



By Howard Horowitz, DPM
Bowie Foot & Ankle

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 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.
- 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

Please see "Neuromas," page 61

Services Offered:

Primary Care for Children and Adults
Gynecology
Weight Management
DOT Physicals
Substance Abuse (Suboxone and Vivitrol)



Janay Taylor, MSN, CRNP and
Maurice Taylor, NREMT-P



**Call and Schedule an Appointment:
443-708-3958**

2300 Garrison Boulevard, Suite #200, Baltimore, MD 21216

A Reason To Smile Again

All-on-Four Dental Implants



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

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

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

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

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

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

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

Please see "All-On-4," page 61



ST. MARY'S
Nursing & Rehabilitation
Center

Services Include:

- Regular Physician Visits
- Nursing Services
- Private Rooms Available
- Semi-Private Rooms
- Dementia/Alzheimer's Care
- Resident Choice Dining
- On-site Access Lab & Radiology
- Activities Program
- Registered Dietitian
- Podiatry Services
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- IV Therapy
- Wound Care
- Respite Care
- Religious Programs
- Wifi Services



To schedule a tour or speak to admissions,
please call 301-475-8000 ext. 125

21585 Peabody Street • Leonardtown, MD 20650 • 301-475-8000 • www.smncl.org

All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

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

Courtesy 3D Planning For Implants

When patients bring a 3D scan with them to or
have one taken in the office.

Appointment needs to be scheduled
before January 15, 2024

CALL TODAY TO GET YOUR OLD SMILE BACK!

301.294.8700



DENTAL IMPLANT CENTER OF ROCKVILLE
Dr. Sivakumar Sreenivasan & Associates
OMFS MD, P.A.

Dental Implant Center of Rockville
77 South Washington Street, Suite #205
Rockville, MD 20850 • www.DrSreeni.com



Wholelife Acupuncture & Fitness Center

Quansheng Lu, CMD, PhD, L.Ac

www.wholelifeherb.com • luquansheng@gmail.com

301-340-1066 • fax: 301-340-1090

Guest professor, Henan University of Traditional Chinese Medicine (TCM)
Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM
PhD in integrated medicine, China Academy of Chinese Medical Sciences
Fellowship, Georgetown University & Children's National Medical Center
3 patents, 8 books of TCM, 30 papers, 30+ years of experience in TCM

Low back pain • eczema • arthritis • allergies • cough • insomnia • paralysis
obesity • nephritis • hepatitis • infertility • PMS • side effects of cancer treatment

416 Hungerford Drive, #300
Rockville, MD 20850

5022 Dorsey Hall Drive, #101
Ellicott City, MD 21042

Your Care. Your Way.

Since 1977, AT HOME CARE, INC. has helped thousands of persons enjoy the pleasure and peace of staying at home.



Our Services are designed to make life safer and more enjoyable:

- Personal care and hygiene
- Meal Preparation
- Shopping
- Light Housekeeping
- Laundry
- Activity and Appointment Assistance
- Companionship
- Medication Reminders
- Exercise assistance

Call today to discuss your personal situation. 301-421-0200
Visit us online at AtHomeCareInc.com

- Children's Dentistry
- Cosmetic Dentistry
- Crowns and Bridges
- Dental Implants
- Dentures
- Extractions
- General Dentistry
- Invisalign
- Periodontal Treatment
- Tooth-Colored Fillings



Dental Care for Patients of All Ages

We Look Forward to Meeting You

DENTAL FX

Dentistry by Dr. Judy Yu

Schedule an Exam Today!

410-360-0440 | dentalfxmd.com

8667 Fort Smallwood Rd., Pasadena, MD 21122

Chinese Medicine For Dysmenorrhea



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

Dysmenorrhea, a condition characterized by recurring pains before, during, or after menstrual periods, is a widespread health concern affecting women globally. The discomfort typically manifests in various forms such as cramping, lower abdominal pain, lower back pain, or a sensation of tension in the inner thighs. Accompanying symptoms might encompass

headaches, dizziness, nausea, vomiting, diarrhea, or constipation, making it a challenging experience for many women.

There are two primary classifications of dysmenorrhea: primary and secondary. Primary dysmenorrhea, which emerges within three years of the onset of menstruation, generally lacks physical abnormalities and is often attributed to factors like allergic reactions, unhealthy diet, excess estrogen, obesity, smoking, and stress. Experts believe that in primary dysmenorrhea, prostaglandins, substances involved in pain and inflammation, trigger uterine muscle contractions.

On the other hand, secondary dysmenorrhea is associated with gynecological conditions such as endometriosis, fibroids, or pelvic inflammatory disease (PID). Treating dysmenorrhea in Chinese medicine

Please see "Dysmenorrhea," page 61

Missing Multiple Teeth? Full Arch Treatment Options



By Judy Yu, DMD, MBA
Dental FX

implants, people who were missing many teeth and needed a full arch replacement had few options aside from unstable, ill-fitting and uncomfortable dentures. Dentures often require adhesives, which can be unpleasant and fail to come close to initiating the form and function of natural teeth.

The upside is that dentures are relatively inexpensive, and they are easy to remove and clean.

Four Implant Overdenture (Snap On/Removable)

Stabilized overdentures look like traditional, removable dentures. However, there are four locators on the under-side of your "plate," which attach on top of implant abutments. Snap on dentures essentially clip into place. There's no rocking, shifting, or rubbing, because your implants keep the appliance secure.

Overdentures improve stability and functionality to 60% compared to natural teeth, they are relatively

A dental arch is either the top or bottom set of teeth in your mouth. When all or many teeth are missing or get to a stage where substituting them is recommended, then a full arch replacement becomes necessary. This can replace a full arch, either in the lower or upper jaw. There are more options available now than ever for full arch treatment.

Removable Dentures

Before the introduction of dental

Please see "Multiple Teeth," page 65



HOME

Where The Seasons Change, But The Traditions Remain The Same

Home is warm, welcoming, cozy and safe. A place where the sounds of laughter fill the halls and our hearts as we enter the holiday season.

Home is drinking hot cocoa and enjoying freshly prepared comfort foods without having to worry about who will do the dishes. Home is **Discovery Commons At Wildewood**, where we're all family.

CALL TO LEARN MORE ABOUT YOUR NEW HOME TODAY!


**DISCOVERY
 COMMONS**
 AT WILDEWOOD
 By Discovery Senior Living

301.245.6470
DiscoveryCommonsAtWildewood.com
 23185 Milestone Way, California, MD 20619
 Assisted Living | SHINE® Memory Care



©2022 Discovery Senior Living. All Rights Reserved. Plans, plans and programs are subject to change or withdrawal without notice. Violations prohibited by law. Managed and Operated by Discovery Senior Living. 4/22



Probating an Estate

Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

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

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

What Is Involved In

Probating an Estate?

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

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

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

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

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

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

Do I Need an Attorney?

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

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

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

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

LAW OFFICE OF STEVEN M. KATZ, P.A.

Suite 208 | 401 East Jefferson Street | Rockville, Maryland 20850

Telephone: (301) 738-8441

Fax: (301) 294-9484 | www.stevenmkatz.com

ESTATES AND TRUSTS

Will & Trust Preparation | Estate & Trust Planning

Estate & Trust Administration | Asset Transfers | Probating Estates

BUSINESS

Formation - Corporations (Non-Profit and For-Profit)

Partnerships, LLC's | Planning & Structuring

Business Succession Planning & Asset Protection Strategies

Mergers & Acquisitions | Contracts & Business Agreements

Leases | Employee Fraud & Theft

TAX

Representation Before IRS | Offers-in-Compromise

Unfiled Returns | Payroll Tax Penalties

Start Losing Weight In 3 Easy Steps!



Complete Medical Intake
so your Medical Doctor can develop the best treatment plan for you.



Meet with Doctor
a licensed Doctor with weight loss experience will review your information.



Receive Medication
Receive your GLP-1 medication in the mail every month. Free shipping directly to your door.

WITH OUR SEMAGLUTIDE PROTOCOL

4 Month Supply – Self Injections Supplies – Initial Consultation

Only **\$396.00** per Month (\$99.00 per Week)

No Hidden Fees – No Insurance Needed



**Suppress
Appetite**



**Improve
Health**




**Lose
Weight**

CALL FOR RISK-FREE APPOINTMENT!

301-472-4290

richard cook. md & betty siu. md
BOARD CERTIFIED INTERNAL MEDICINE

3450 Old Washington Road
Suite #103, Waldorf, MD 20602
CookandSiuMD.com 

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



ACUPUNCTURE

Angel Wood, DACM, LAC

Doctor Of Natural Medicine, Specializing In Eastern Medicine Gut Health

Board Certified Natural Health Practitioner, Voice BioAnalysis - Let your voice tell you what your body knows.
Degrees, Training and Certificates: Doctor of Acupuncture and Chinese Medicine, Pacific College of Oriental Medicine. Graduated from the University of Maryland Medical School in Bio-Genetics Engineering/Medical Research Technology. Holds a Masters Degree in Acupuncture and a 2nd Masters Degree in Oriental Medicine and Chinese Herbs. A graduate of Tai Sophia Institute of Natural Healing. Board Certified Natural Health Practitioner.

Conditions Treated By Dr. Wood: Specialize in Natural Gut Health, building the immune system through rebalancing the intestinal tract. Pain management, fertility, female medical conditions (fibroids, painful menstrual cramps, etc.), male medical conditions, impotence, high blood pressure, diabetes, high cholesterol, vertigo, stroke, assist cancer patients, stress management, preventative medicine, weight management, nutrition, foot & heel pain, many more medical conditions. For more information see my website and the World Health Organization. Most major health insurances accepted.

Natural Healing-Also offering colorpuncture, reflexology, acupressure and Chinese Herbal consult. Facial rejuvenation & cosmetic makeup. Also offering Light Therapy & Sound Therapy. Call me for details. Treat all ages - elderly, infants, children and adults

Mission Statement: There are many parts to the human body, not just physical. The human body consists of the physical part, the mental part, and the soul part. The body can not and will not heal properly if the whole person is not receiving balance. All areas of the person's body must be addressed for overall healing to take form naturally. My training, skills and expertise in Western and Eastern medicine will offer you a unique approach in Mind, Body and Soul Healing.

Dr. Angel and NP Milca are offering a holistic approach to hormone therapy for women and men. We are utilizing eastern and western medicine to correct your metabolic hormonal imbalances to improve your symptoms and quality of life - thus allowing your inner child to shine through. Our program consists of a complete and comprehensive holistic evaluation including labs, and personalized treatment plan.

7525 Greenway Center Drive, Suite #213
Greenbelt, MD
240-755-5925
AngelOfColonics.com



AUDIOLOGY

Janice R. Trent, AuD

Hearing Healthcare Services, LLC

Dr. Trent has a passion for helping people. She has practiced Audiology since 1984, in a number of clinical settings. Her diverse career has included 16 years of teaching and clinical supervision at Howard University, Washington, DC and Temple University, Philadelphia, PA. Dr. Trent has also worked as a clinical audiologist in hospital settings and private ENT practices.

Education:

Clinical Doctoral Degree - Audiology - University of Florida, Gainesville, FL

Master of Education - Audiology - Northeastern University, Boston, MA

Bachelor of Science - Communication Sciences and Disorders - Hampton University, Hampton, VA

Dr. Trent holds her Maryland State Licensure in Audiology. She is a Certified Clinical Audiologist (CCC-A) through the American Speech-Language-Hearing Association (ASHA). Presently, she serves on the Board of Directors for ASHA as Vice President for Audiology Practice.

Hear the Sweet
((Sounds))
of Life



10111 Martin Luther King Jr.
Highway, Suite #102
Bowie, MD

6196 Oxon Hill Road
Suite #240, Oxon Hill, MD

301-429-2920
HearingHealthcareServices.com



ACUPUNCTURE

**Ming Xu, LAc,
DAOM, Founder/CEO**

Monterey Institute of Natural Medicine

Our goal is your well-being, harmonizing your mind and body through holistic methods such as acupuncture, cupping, and Tai Chi. We focus on your unique needs, addressing root causes, not just symptoms, to provide you with balanced, comprehensive relief from pain and mental health concerns.



8885 Centre Park Drive
Suite #2F
Columbia, MD
240-810-4262
www.MIONM.org



BARIATRIC SURGERY

Tuesday Cook, MD

Adventist HealthCare Fort Washington Medical Center

Tuesday F. A. Cook, MD, is a Board Certified, Fellowship-Trained Bariatric Surgeon. Performing a variety of minimally invasive foregut and weight-loss operations since 2008, Dr. Cook has also lectured on metabolic and bariatric procedures, care of the bariatric patient and diseases of the gastrointestinal tract. Dr. Cook received her medical degree from the Howard University College of Medicine and completed a general surgery residency at Howard University Hospital. She subsequently did a fellowship in Minimally Invasive and Bariatric Surgery at the Pennsylvania State University Milton S. Hershey Medical Center and is also board certified in Obesity Medicine. Along with her focus on the treatment of obesity, she is active on many local, state, national and international committees focused on decreasing health disparities. She has been featured on nationally syndicated radio shows and social media platforms as a proponent of increased access to care and health equity, discussing the social and political determinants of health in minority communities. Dr. Cook is passionate about the treatment of metabolic diseases by management of obesity through a multi-disciplinary, patient-centered approach and is dedicated to ensuring health equity for people of color throughout the world.



10709 Indian Head
Highway, Suite D
Fort Washington, MD
240-724-6018
www.AdventistHealthCare.com



AUDIOLOGY

Robin R. Robinson, AuD

Hearing Solutions Audiology Center

Dr. Robinson founded Hearing Solutions Audiology Center to provide the excellence that patients deserve when it comes to their hearing health. With emphasis on diagnostics and aural rehabilitation with advanced technology instruments, Dr. Robinson has been practicing for over 20 years and is Board Certified by the American Board of Audiology. She received her doctoral degree in Audiology from the Arizona School of Health Sciences and her Master's and Bachelor's of Science degrees from Radford University in Virginia, graduating with Magna Cum Laude honors. As an audiologist, Dr. Robinson has worked for large medical hospitals, as well as, ENT specialists, but she enjoys the personalization and patient care she is able to provide in a private practice like Hearing Solutions.

As a native Virginian, Dr. Robinson still enjoys outdoor activities such as boating and kayaking on the weekends. When Dr. Robinson and her husband aren't attending their children's sporting events, they can usually be found enjoying the waterways of Maryland.



ODENTON
410-672-1233

SEVERNA PARK
410-672-1244

EDGEWATER
410-956-2555

CATONSVILLE
410-788-1266
HearSolutions.com



BODY CONTOURING

Richard Cook, MD

Cook & Siu, PC

Dr. Cook attended Howard University for his undergraduate education and received his Bachelor of Science in Biology with a minor in Chemistry. He graduated from the Howard University School of Medicine, and completed his Internal Medicine residency at the Union Memorial/University of Maryland program.

UltraSlim: Lose 2 inches 1st Treatment Guaranteed, with UltraSlim - INSTANT fat reduction and younger-looking skin!

UltraSlim® is "Entire" Body non-invasive/nonsurgical, side-effect free reductions in the Fat Layer and Body Contouring such as:

- Breast reduction for women (reduce a full cup size)
- Neck and décolleté skin tightening
- Legs, knees, and ankles
- Gynecomastia for males
- "Bingo wings" aka. Upper Arms and elbows
- Age spots (Solar Lentigo)
- Non-invasive Anti-aging Face Lifts
- Lipomas
- Atopic Dermatitis
- Skin Rejuvenation (UltraSlim's first FDA Clearance)
- Neck Reduction



**SEMAGLUTIDE
PROTOCOL**
4 Month Supply
Self Injections Supplies
Initial Consultation
Only **\$396.00** per Month
(\$99.00 per Week)
No Hidden Fees
No Insurance Needed

3450 Old Washington Road
Suite #103, Waldorf, MD
301-472-4290
www.CookandSiuPC.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



BREASTFEEDING

Susan Brennan, RN, BSN, IBCLC
Metropolitan Breastfeeding

Susan is our full-time, in-office Registered Nurse and International Board Certified Lactation Consultant. She has experience in the hospital post-partum and NICU units, out-patient and home settings and providing prenatal breast feeding education.

Susan is passionate about helping mothers feel supported, overcome challenges and achieve their individual breast feeding goals.

She is the proud mother of three boys (who she breast fed) and enjoys cooking, traveling and time with her toes in the sand.



4927 Auburn Avenue
Suite #100, Bethesda, MD
301-943-9293
MetropolitanBreastfeeding.com



CHIROPRACTOR

Aric Adlam, DC

Kovach Chiropractic and Wellness Center

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

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

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

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



959 Annapolis Road
Gambrells, MD
410-697-3566
www.KovachChiropractic.com



CHILDREN'S DENTISTRY

Krystle Dean-Duru, DDS
Ashburn Children's Dentistry

Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn Children's Dentistry, I spent many summers as my mother's mentee. Watching what seemed like magical healing art she deployed while treating her patients and knowing the need and the power of proactive preventive dental health for children, I chose a career specializing in pediatric dentistry.

It is an honor to join my mother in practice at Ashburn Children's Dentistry where I get to fulfill my commitment to helping each child and parent have a positive and transformative dental experience, with compassion and fun! Having matured as an integrative laser pediatric dental surgeon and absorbing the ethos of Ashburn Children's Dentistry, I work tirelessly to stay abreast of emerging research, and improve the quality of life for children by learning from the world's leading researchers and clinicians. Through these means, we are continually integrating critical aspects of oral structure, craniofacial development, and its impact on the pediatric airway in the service of providing optimal patient outcomes. Caring for children is so powerful and rewarding and with that, understanding the importance of utilizing gentle and minimal intervention therapies. Treating the source of their issues—instead of the symptoms—and focusing on early prevention, has been critical to my role in educating parents and assisting their blossoming child's development into a healthy and resilient adult.

I hold an undergraduate degree from Columbia University in New York, where I studied Psychology. I received a Doctorate of Dental Surgery from Virginia Commonwealth University in Richmond, VA and completed my Pediatric Residency at Interfaith Department of Dental Medicine in Brooklyn, NY, where I served in a leadership role as Chief Resident. Board Certified, I am a proud Diplomate of the American Board of Pediatric Dentistry.

When not helping my young patients get happy smiles, I enjoy spending time with family and friends, growing in my faith, improving my dancing skills, learning boxing moves, traveling—and cheering on Washington sports teams! "Dr. Krystle," as she is known by her patients, is thrilled to join her mom, Dr. Lynda, in practice. Patients and parents compliment her fun, compassionate approach. They are also impressed by her commitment to helping each child and parent have a positive dental experience. Having matured as a dental surgeon, she is constantly working to enhance her capabilities in the field.



44025 Pipeline Plaza
Suite #225, Ashburn, VA
703-723-8440
www.KidzSmile.com



CHIROPRACTOR

Megan Cloud, DC

Kovach Chiropractic and Wellness Center

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

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

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

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



959 Annapolis Road
Gambrells, MD
410-697-3566
www.KovachChiropractic.com



CHILDREN'S DENTISTRY

Lynda Dean-Duru, DDS
Ashburn Children's Dentistry

Dr. Lynda Dean-Duru over the last twenty years has built one of the most progressive pediatric dental practices in Northern Virginia. Based in Ashburn, her Ashburn Children's Dentistry practice serves thousands of families and stays on the cutting edge of Integrative wholistic airway-focused preventative dentistry.

For Dr. Dean-Duru, the pathway to dentistry stemmed from her childhood experience with a dentist in her native Nigeria. As the eldest of nine children (including seven brothers), she witnessed a total transformation in the health of one of her little brothers after his aches and pains were totally resolved under the care of a well-trained dentist. She determined, as a result of that experience, to extend that kind of care to others as her life's calling.

Her decades of study and practice have led Dr. Lynda to this focus. She holds her dentistry degree from the University of Benin, her General Practice residency from Howard University Hospital, her Pediatric Dentistry Specialty Training from Children's National Medical Center, her Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry. She has undertaken numerous continuing education courses in Orthodontic training and is a fellow of the United States Dental Institute and a member of the prestigious Gnathos Orthodontic education group in Atlanta, GA. She holds a Certification in Orofacial Myology from the International Association of Orofacial Myology (IAOM). She has completed all 3 levels of the ALF Education Institute (Advanced Light Force Functionals (Quantum ALF) program, ALF Interface Academy Foundations, Genesis, Grow, Smilease (Oralase / Babyase), Airway Collaborative Mini Residency, Pediatric Airway Mini Residency and other courses.

She is a member of numerous professional and civic associations and provides tens of thousands of dollars in pro bono screenings and procedures along with other community service in Northern Virginia every year.

Dr. Dean-Duru and her family live in the Ashburn/Leesburg area. Her daughter, Krystle, followed in her footsteps as a Pediatric Dentist.



44025 Pipeline Plaza
Suite #225, Ashburn, VA
703-723-8440
www.KidzSmile.com



CHIROPRACTOR

Alicia Kovach, DC

Kovach Chiropractic and Wellness Center

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

Associations: Maryland Chiropractic Association, International Chiropractic Pediatric Association

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

Hobbies: Dr. Kovach enjoys spending time with her son, Colton, and her family and friends. She also enjoys staying active running and is an avid sports fan.

Inspiration: Helping people restore their health naturally on a daily basis.

Most Memorable Moment: Through the use of the chiropractic care and other wellness modalities, she has seen patients go from extreme back and/or neck pain to little or no pain and the ability to return to a productive life. Patients injured through automobile accidents or work related accidents that could hardly function daily in their jobs have been able to return to work and daily activities pain free.

Best Health Advice: Pay attention to your body and don't ignore the subtle signals. Those subtle signals can lead to a quicker recovery.



959 Annapolis Road
Gambrells, MD
410-697-3566
www.KovachChiropractic.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



CHIROPRACTOR

Gelareh Naenifard, DC
Pain & Rehab Center, LLC

Dr. Gela Naenifard has been a practicing chiropractor now for over 10 years. Dr. Gela is a chiropractor who serves Washington, DC North East, Fairmount Heights, Camp Springs and surrounding communities in MD. She takes pride in the fact that her offices have helped countless individuals with back pain, neck pain, headaches, dizziness, stiffness, etc. Dr. Gela specializes in car accidents, sport injuries, work injuries, muscular injuries and overall health.

An Array Of Certifications:

A believer in lifelong learning, Dr. Gela currently holds many certifications including:
Medical Examiner for National Registry of Department of Transportation, DOT, FMCSA, NRCME, National Registry # 9380714400
Certified Chiropractic Sports Practitioner®
Dry Needling Certification
MRI Spine Interpretation
Full Body Active Release Technique (ART)®
Spinal Biomechanical
Lumbar Rehabilitation
Accident Reconstruction
Whiplash Analysis, Head Trauma and Brain Injuries
Auto Accident Sciatica Injuries
Personal Injury Specialty Evaluations and Diagnostics
Full Body Kinesio Taping Technique
Graston® Technique
Spinal Decompression



525 Eastern Avenue, NE
Suite B2
Fairmount Heights, MD
5855 Allentown Road
Unit 19
Camp Springs, MD
301-925-2013
www.PainRehabCenterMD.com



CHIROPRACTOR

Paul J. Winters, DC
Winters Chiropractic and Physical Therapy

Dr. Winters earned his Doctorate of Chiropractic in December 1996. After graduating from NWCC, he moved to Northern Virginia and practiced in a multidisciplinary office. In 1998, he moved to Waldorf, MD and teamed up with HEALTHSOUTH®. Today, he co-owns Winters Chiropractic & Physical Therapy.

Dr. Winters holds licenses to practice in MD, VA, PA, and MN, and is licensed to practice Chiropractic & Physical Therapy. This licensure allows him to perform joint manipulation of the spine and extremities. He is also licensed to perform Commercial Driver License Physicals, venipuncture, x-rays, and refer for any diagnostic test which may help determine a patient's diagnosis such as an MRI and CT scan. He has achieved a variety of post-graduate certifications including:

- The prestigious American Medical Association Impairment & Disability Evaluation Certification
- The National Academy of Disability Evaluating Professionals Certification-CDE 1 Certified Disability Examiner
- The National Board of Forensic Chiropractors Certification - Impairment/Disability/Functional Capacity Evaluations
- The National Board of Chiropractic Examiners Certification - Parts I-IV and Physical Therapy
- Maryland Board of Chiropractic & Massage Therapy Examiners
- The Federal Motor Carriers Safety Administration - Certified Medical Examiner (CME)

Winters Chiropractic
& Physical Therapy

29770 Three Notch Road
Suite #205
Charlotte Hall, MD
301-884-3423
101 Centennial Street
Suite A, LaPlata, MD
301-934-9762
www.DocWinters.com



CHIROPRACTOR

Joshua Thorp, DC
Odenton Chiropractic

Dr. Joshua Thorp joined the Odenton Chiropractic family in 2023. He is passionate about injury prevention and conservative treatment of musculoskeletal pain. As a wellness advocate, he is a believer of functional movement and rehabilitation as a component of traditional chiropractic care.

Dr. Thorp believes that conservative musculoskeletal pain management consists of addressing the joint, muscle/connective tissue, individualized exercises and patient education to achieve effective results.

Dr. Thorp graduated from Palmer College of Chiropractic in Port Orange (Florida), and he has practiced in Michigan, New Jersey, Virginia, and Washington, DC. He completed a certificate from the University of Pittsburgh to become a Certified Primary Spine Practitioner (PSP). Dr. Thorp completed courses in Mulligan technique, McKenzie technique, Active Release Technique (ART), Selective Functional Movement Assessment (SFMA), Functional.



1350 Blair Drive, Suite HH
Odenton, MD
410-674-8605
OdentonChiropractic.com



COLON AND RECTAL SURGERY

Rami Makhoul, MD, FASCRS, FACS
Metro Colon and Rectal Surgery, PC

After completing his fellowship in Colon and Rectal Surgery at the prestigious Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Hospital in 2014 to serve patients in the DC Metropolitan area. In January 2018, he joined Metro Colon and Rectal Surgery, PC.

Upon graduating from medical school, Dr. Makhoul first completed his internship in General Surgery at the University of Massachusetts Medical School. He then completed his Residency training in General Surgery at the George Washington University Hospital in Washington, DC.

During his Residency training at GW, Dr. Makhoul spent a year in clinical research where he published much of his work in colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures. He continued with his passion for research and published peer-reviewed articles during his Fellowship training. Several of his works were presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American and Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotics, laparoscopy, transanal total mesorectal excision and transanal endoscopic microsurgery.

As part of his commitment to surgical training and education, Dr. Makhoul serves as a Clinical Instructor of Surgery at the George Washington University. Dr. Makhoul holds the position of Cancer Liaison Physician for Holy Cross Health, where he manages and oversees clinically related cancer activities in collaboration with the Commission on Cancer and American Cancer Society.

When he is away from the office, Dr. Makhoul may be found spending time with his family. He also enjoys skiing, running, scuba diving, tennis, and traveling.



19529 Doctors Drive
Germantown, MD
4701 Randolph Road
Suite #203, Rockville, MD
10215 Fernwood Road
Suite #102, Bethesda, MD
301-681-6437
ColonRectalDocs.com



CHIROPRACTOR

Patrick C. Winters, DC
Winters Chiropractic and Physical Therapy

Dr. Winters earned his Doctorate of Chiropractic in December 1996. After graduating from NWCC, he moved to Northern Virginia and practiced in a multi-disciplinary office. Today, he co-owns Winters Chiropractic & Physical Therapy.

Dr. Winters holds licenses to practice in MD, VA, MN, and ND, and is licensed to practice Chiropractic & Physical Therapy. This licensure allows him to perform joint manipulation of the spine and extremities. He has achieved a variety of post-graduate certifications including:

- The prestigious American Medical Association Impairment & Disability Evaluation Certification
- The National Academy of Disability Evaluating Professionals Certification-CDE 1 Certified Disability Examiner
- The National Board of Forensic Chiropractors Certification - Impairment/Disability/Functional Capacity Evaluations
- The National Board of Chiropractic Examiners Certification - Parts I-IV and Physical Therapy
- Maryland Board of Chiropractic & Massage Therapy Examiners

Winters Chiropractic
& Physical Therapy

29770 Three Notch Road
Suite #205
Charlotte Hall, MD
301-884-3423
101 Centennial Street
Suite A, LaPlata, MD
301-934-9762
www.DocWinters.com



COLON AND RECTAL SURGERY

Matthew Skancke, MD
Metro Colon and Rectal Surgery, PC

Dr. Matthew Skancke is a colon and rectal surgeon serving Maryland, Virginia and Washington, DC. Dr. Skancke grew up in Great Falls, VA earning his undergraduate degree in electrical and biomedical engineering at the University of Virginia's engineering school. After engineering school he spent three years working for a Swiss based GPS company U-blox America while going to night school to finish his pre-medical degree. He then attended medical school at the University of North Carolina at Chapel Hill where he did basic science research of mesenchymal stem cells to progress the field of regenerative medicine. Dr. Skancke continued his General Surgery training at the George Washington University Hospital and subsequently did his Colon and Rectal Surgery Fellowship at the Cleveland Clinic.

During his training, Dr. Skancke has published over 24 peer reviewed publications, authored three book chapters, and presented over 45 times at national conferences in medicine and surgery. He has participated in clinical trials of bench top and mechanical sciences and is a member of the American College of Surgeons and the American Society of Colon and Rectal Surgeons. Dr. Skancke is Board Certified in General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons Quality and Safety National committee.

Outside of work, Dr. Skancke has found a new love for French cooking and North Carolina barbecue. To offset these vices, Dr. Skancke also enjoys running and powerlifting in his free time.



15001 Shady Grove Road
Suite #100, Rockville, MD
240-702-0122
301-681-6437
10215 Fernwood Road
Suite #102, Bethesda, MD
240-858-6764
ColonRectalDocs.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



CONVENTIONAL/ ALTERNATIVE MEDICINE

Paul V. Beals, MD, CCN

Dr. Paul V. Beals, MD, CCN is a family physician and certified clinical nutritionist whose sole aim is to care for his patients to the best of his ability at ALL times.

Dr. Beals is a member of ILAD, the International Lyme & Associated Diseases Society and uses ILADs protocols and complementary medicine to treat Lyme Disease. Another area of his expertise is non-toxic, non-invasive therapies for cancer and cardiovascular disease.

Dr. Beals is dedicated to help patients who are in dire need of medical attention in one aspect or the other. His team approaches patients who are looking for holistic, non-toxic options and adopt a lot of medical strategies ranging from self-motivation, nutrition, and some other therapies to improve the mental, physical and emotional well being of the patient.

Dr. Beals strongly believes in educating the individual on the treatment options available and appropriate to the individual's needs and health. He draws on his experience as an alternative medicine doctor and integrated family physician to give his patients the very best medical care.

His specialties include: Chronic Lyme Disease, Heart Disease Treatment, Holistic Cancer Therapy, Hormonal Issues, Diabetes, Chronic Fatigue Syndrome, Autoimmune Diseases and Arthritis. Dr. Beals utilizes, but doesn't limit himself to, conventional medicine like drugs and surgery. Rather he offers his patients "the best of both worlds."

120 Sallitt Drive, Suite F
Stevensville, MD
410-604-6344
DrPaulVBeals.com



DENTISTRY

Ghassan Jacklis, DMD

White Flint Dental Associates

Ghassan Jacklis is a warm, respectful dentist serving his patients in Washington, DC. Dr. Jacklis is originally from Syria, and he is Arabic-bilingual. He is a member of the District of Columbia Dental Society. Dr. Jacklis graduated and obtained his Doctor of Dental Medicine from the University of Pennsylvania's Dental School. He then completed his Residency in General Practice at the Johns Hopkins University, where he also completed his Fellowship in Hospital Dentistry and Oral Surgery.

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

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

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

White Flint Dental
Associates

WE MOVED!!!

11200 Rockville Pike
Suite #125, Rockville, MD
301-881-6666
www.WhiteFlintDental.com



COSMETIC AND EMERGENCY DENTISTRY

Shawn Samad, DDS

*Bethesda Dental Group – The Bowie Dental Group
Laurel Pines Dental Group*

Dr. Shawn Samad, raised in Severna Park, MD, hails from a modest background with parents Fred and Mary. He grew up passionate about sports, particularly soccer and is an enthusiastic Ravens supporter.

His academic journey includes a Bachelor of Science in Biology and Chemistry from a college in Westminster, MD, with a focus on Physics. Furthering his education, he pursued a Master's degree in Biology at UMBC before attaining his Doctor of Dental Surgery (DDS) degree from the University of Maryland School of Dentistry.

Despite achieving a high educational level, Dr. Samad remains committed to continuous learning through regular Continuing Education (CE) courses, staying abreast of the latest techniques and technologies. He holds expertise in Cosmetic Dentistry, Endodontics, Oral Surgery, Implantology, and Invisalign Orthodontics, emphasizing the importance of knowledge for success.

His dental office boasts cutting-edge technology and a sophisticated layout, reflecting his dedication to modern dentistry. Dr. Samad's professional motto revolves around "Changing lives, one tooth at a time," inviting individuals to experience his exceptional dental care firsthand.

7508 Wisconsin Avenue
Ground Level, Bethesda, MD
301-951-9500
www.BethesdaDentalGroup.com
4373 Northview Drive
Bowie, MD
301-464-8707
www.TheBowieDentalGroup.com
14333 Laurel Bowie Road
Suite #100, Laurel, MD
301-953-3081
www.LaurelPinesDental.com



DENTISTRY

E. Taylor Meiser, Jr., DDS

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

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

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



37 Old Solomons Island
Road, Annapolis, MD
410-224-4411
www.LighthouseFamilyDentistry.com



DENTAL SLEEP MEDICINE

Rashmi K. Parmar, DMD, D-ABDSM

Sleep Better Maryland

Dr. Rashmi Parmar is a Diplomate of the American Board of Dental Sleep Medicine. She has a practice devoted to treating snoring, sleep apnea and temporomandibular disorders. She received her professional degree from University of Pennsylvania School of Dental Medicine. She completed the Comprehensive General Practice Residency at Carolinas Medical Center in Charlotte, NC and has been in practice in the Columbia/Clarksville area since 1991. She speaks on sleep related topics nationally and internationally. She has done several publications on sleep.

Member of Organizations:

American Board of Dental Sleep Medicine-AADSM

American Academy of Sleep Medicine-AASM

Academy of General Dentistry-AGD

American Dental Association-ADA

Maryland State Dental Association-MSDA

Howard County Dental Association-HCDA

Practice Philosophy: Dr. Parmar is passionate about her profession and believes in providing optimum care to each and every patient. Her goals are to treat each patient's individual needs with compassion and competency in a comfortable and trusting environment using state-of-the-art technology and the latest techniques.



12620 Clarksville Pike
Clarksville, MD
410-531-5639
www.SleepBetterMaryland.com



DENTISTRY

Deana Moody, DDS

White Plains Comprehensive Family Dentistry

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

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

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

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

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

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



4255 Altamont Place
Suite #204
White Plains, MD
240-349-2158
www.AConfidentSmile.net

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



DENTISTRY

Nekia Staley-Neither, DDS *Special Care Dentistry*

Dr. Nekia Staley-Neither, DDS, a Washingtonian native and dedicated mother of six, is a compassionate dentist deeply involved in the special needs community. Initially pursuing a Pre-Med Biology major at Spelman College, she shifted to dentistry, earning her Doctor of Dental Surgery degree from Howard University. Driven by a philosophy of inclusive care, she became a DECOD Fellow at the University of Washington, specializing in treating mentally and physically challenged individuals.

Since 2004, Dr. Nekia has owned and operated three successful dental practices in Prince George's County, MD, providing oral health services and employment opportunities to the local community. Beyond her practices, she expanded her business and clinical skills, delving into oral surgery, cosmetic dentistry, and more. In 2017, she founded the nonprofit Special Care for Special Needs Dentistry, addressing oral health disparities by offering mobile services and organizing health fairs.

Actively involved in professional associations and community organizations, Dr. Nekia is a member of the American Dental Association, the National Dental Association, and the International Academy of Facial Aesthetics. She also contributes to Delta Sigma Theta Sorority, Incorporated, and co-chairs the Health Equity Committee at the Prince George's County Chamber of Commerce. Dr. Nekia's commitment to community health is evident through her participation in health fairs and community service projects in the Washington Metropolitan area.



8700 Central Avenue
Suite #100
Landover, MD

301-850-5015
www.MySpecialDentist.com



GASTROENTEROLOGY

Suzan Ebrahimi, MD

Training, Degrees:

- UCLA (University of California – Los Angeles) – Internal Medicine Residency
- Georgetown University – Gastroenterology Fellowship

Dr. Ebrahimi specializes in the diagnosis and treatment of the digestive tract:

SCREENING COLONOSCOPY, Esophagus, Stomach, Small Intestine, Colon/Rectum, Liver, Pancreas, Nutrition, Weight Loss, Obesity, Hemorrhoids, Gallbladder and Biliary Tree, and Gastrointestinal Malignancy

7247 Hanover Parkway
Suite A, Greenbelt, MD
301-345-5877



DENTISTRY

Brent C. White, Jr., DDS *ThunderBird Dental Office*

ThunderBird Dental Office, affectionately known as the ThunderBird, has been providing dentures and denture repairs for over 40 years. Our dental lab is on our premises which allows us to deliver same day repairs and relines. We also perform extractions for immediate dentures. Our service is prompt and personalized and our price is right, so come on in!

Education: Graduate of Howard University College of Dentistry in Washington, D.C.

Completed General Practice Residency at Saint Elizabeths Hospital in Washington, D.C.

Served as a Civilian Dentist at Ft. Meade Army Base, Ft. Meade, MD
Served as Clinical Director at Oak Hill Juvenile Detention Center, Laurel, MD

Member Of: ADA American Dental Association and MSDA Maryland State Dental Association



6 Post Office Road
Suite #104, Waldorf, MD
301-843-6171
ThunderbirdDentalOffice.com



GENERAL DENTISTRY

Craig A. Smith, DDS

Degrees, Training, and Certificates: Doctor of Dental Surgery (DDS) – Howard University College of Dentistry; 2 Year General Practice Residency; Chief Resident – Harlem Hospital Center (Affiliate of Columbia University)

Professional Memberships/Associations: National Dental Association

Areas of Interest: Root Canal Therapy, Implants, Crown and Bridge, and Cosmetic Bonding

Hobbies: Motorcycling, boating and spending time with family and friends.

Additional: The vast majority of the general public do not understand that some diseases first manifest in the mouth. That's why patient information is so crucial. Stressing the importance of healthy teeth and gums through regular recall visits is a good start.

Practice Philosophy: Your smile is very important. It is my mission to give my patients the smile they desire through education, dedication and a gentle touch.

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



DENTISTRY

Judy Yu, DMD, MBA *Dental FX*

Dr. Judy Yu is an artist with a passion for perfecting smiles and boosting confidence. She is a true advocate of education. Dr. Yu strives to educate herself and her team in our ever-changing field.

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

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

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

A humanitarian at heart, Dr. Yu truly enjoys giving back to the community. She currently chairs the Northern Anne Arundel County Chamber of Commerce Health/Wellness Committee. She is also a board member of the Alumni Association of Goucher College. Dr. Yu also chaired the McDonogh Parent Association's Parent Education Committee. She was involved with the Healthy Anne Arundel Coalition to "Make Health Happen." You will often find Dr. Yu volunteering for Missions of Mercy, donating dental services to the public or volunteering at her church by cooking for Heaven's Kitchen.



**NOW OFFERING
DERMAL FILLERS**



8667 Fort Smallwood Road
Pasadena, MD
410-360-0440
www.DentalFXMD.com



HOLISTIC COACH

Lisa Thorne *Holistic Wellness Coach*

As a holistic wellness coach, I help you access your inner knowing, as you strengthen trust in yourself. One client describes me as her "general contractor for her life". I help you navigate your journey for improved:

Nutrition • Career • Wellness • Relationships
Gut Health • Lifestyle • Finances

As a coach, author, and photographer, I blend expertise from both Western Medicine and alternative/non-traditional health.

Throughout my life, I've traveled extensively, nurturing a deep connection to nature. Experiencing nature, or even watching videos of beautiful nature scenes, can reduce negative feelings such as anger, fear, and stress. Exposure to nature can induce pleasurable feelings and make you feel better emotionally by reducing blood pressure, lowering your heart rate, relieving muscle tension, and lowering the production of stress hormones.

I invite you to join the Monday Mindset series – a year-long offering of serene nature videos and insightful writings to add tranquility to your weekly routine, as my gift to you.

No matter where you are on your journey, let's work together to achieve JOY in all areas of your life. Are you ready?



lisa@LisaThorne.me
www.LisaThorne.me

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



HOLISTIC NURSE

Janine Horne, MSN-Ed, RN, AHN-BC
Zen Well Studio

I am a Board Certified Advanced Holistic Nurse with a Master's in Nursing Education, dedicated to nurturing holistic well-being across physical, mental, and spiritual realms, drawing from over 20 years in healthcare. Originating from NY, my transition from an esthetician and makeup artist into nursing was fueled by a commitment to address unique dermatological needs in diverse communities.

My career encompasses community health, focusing on vulnerable populations, nursing leadership, and clinical research. I've led staff development in Federally Qualified Healthcare Centers, emphasizing education as an adjunct professor in Pediatrics & Community Health while mentoring nursing students.

Personal adversity, including the loss of my brother Jahmar in 2018, compelled a shift towards self-care for myself and my family. Embracing holistic healing, I now emphasize self-care in mind, body, and soul. As a mother and professional, this journey informs my mission at Zen Well Studio: fostering holistic well-being through physical and creative movement, mindfulness, clinical education, and the ENLIVEN method—Educating, Healing, and Empowering our communities. At Zen Well Studio, we prioritize making you feel Seen, Heard, and Enlivened.



4475 Printers Court
White Plains, MD

301-848-3791

www.ZenWellStudio.com



IMPLANT AND COSMETIC DENTISTRY

David Mazza, DDS

Chew & Smile Like a Pro!

From 1994 to 1996, completed Certificate of Advanced Graduate Study at Boston University focusing on Restorative/Esthetic and Operative Dentistry. Holds Master and Diplomate titles at the International Congress of Oral Implantologists and has been a faculty member at the University of Maryland Dental School since 2000. Trained at the Misch International Implant Institute in Detroit, MI, and awarded First Place at an International Conference. Recognized with an Honorary Alumnus Award for exceptional service at the University of Maryland Dental School.

Additionally trained by DOCS in Oral Conscious Sedation, presents nationwide at study clubs and meetings, and is affiliated with ADA, and Maryland State Dental Association. Dr. Mazza is Board Certified Diplomate at the American Board of Aesthetic Dentistry. He is also Board Certified Diplomate at ICOI (International Congress of Oral Implantologists).

At the Mazza Center for Implant and Aesthetic Dentistry, the team prioritizes patient comfort and dental health. Offering diverse dental services with a caring approach, they personalize treatment plans for each individual's smile goals. Understanding dental anxiety, they provide sedation options for a more comfortable experience, serving Bethesda and surrounding communities with a friendly and compassionate approach to achieve optimal oral health. They also offer finance options for convenient access to quality care without financial strain.

**Mazza Center For
Implant And
Aesthetic Dentistry**

4300 Montgomery Avenue
Suite #101
Bethesda, MD

301-812-4789

www.MazzaDental.com



HOSPICE AND PALLIATIVE MEDICINE

Marny Fetzer, MD, CPE, HMDC, FACEP
Hospice of the Chesapeake

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

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

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

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

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



90 Ritchie Highway
Pasadena, MD

9500 Medical Center Drive
Suite #250, Largo, MD
2505 Davis Road
Waldorf, MD

877-462-1101

410-987-2003

www.HospiceChesapeake.org



INTEGRATED HEALTH

Janay Taylor, CRNP

Taylor Integrated Health

Education: Coppin State University, Walden University

Conditions Treated: Acne, Allergies, Arthritis, Asthma, Attention Deficit Disorder (ADD), Chronic Diseases, Diabetes, Heart Disease, High Cholesterol, Hypertension, Menopause, Obesity, Osteoporosis, Sexually Transmitted Diseases (STDs), Substance Abuse

Procedures: Abscess Incision and Drainage, Birth Control, Breast Exam, Electrocardiogram (EKG), Family Counseling, Family Planning Services, Gynecological, Examination, Immunization, Pap Smear, Pelvic Exams, Physical Examination, Urinalysis, Vaccination, Well Baby Care, DOT Physicals

Taylor Integrated Health

2300 Garrison Boulevard
Suite #200, Baltimore, MD

443-708-3958



HYPNOSIS/YOGA

Toni Nandini Greene, Owner
Happy Hour Yoga

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

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

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

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

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

**Toni's
Happy
Hour Yoga**

6504 Old Branch Avenue
Temple Hills, MD

301-449-8664



INTEGRATIVE MEDICINE

Alan Weiss, MD

Annapolis Integrative Medicine, LLC

Degrees: Bachelor of Arts - University of Virginia, Doctor of Medicine - McGill University.

Post-Graduate Training: University of Hawaii Internship in Medicine, St. Elizabeth's Hospital (Boston) Residency in Internal Medicine, Board Certified Internal Medicine, Fellow American Academy of Anti-Aging Medicine

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

Areas of Interest:

- Expert treatment of chronic fatigue syndrome and fibromyalgia
- Nutritional strategies and weight loss, including HCG protocol
- Bio-Te Hormone Replacement
- Addressing thyroid problems and adrenal fatigue using natural and holistic therapies
- Intravenous therapies
- Combining the best of conventional and holistic therapies to address chronic and complex health care issues
- Anti-Aging protocols using Botox, Dysport and Peptide Therapy



1819 Bay Ridge Avenue
Annapolis, MD

410-266-3613

AnnapolisIntegrativeMedicine.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



MEDICAL ONCOLOGY

Paul Bannen, MD

Specializes in Medical Oncology and is Board Certified. He received his medical degree from University of Missouri-Columbia School of Medicine and completed his internal medicine residency at University of Texas Health Science Center. He then went on to complete his fellowship at Georgetown University.

Board Certification: Internal Medicine and Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor



18111 Prince Phillip Drive
Suite #327, Olney, MD

301-774-6136

9715 Medical Center Drive
Suite #221, Rockville, MD

301-279-7510

22616 Gateway Center
Drive, Suite C
Clarksburg, MD

301-685-6300



MEDICAL ONCOLOGY

Frederick Barr, MD

Specializes in Medical Oncology and is Board Certified. He received his medical degree from Northwestern University Feinberg School of Medicine and completed his internal medicine residency at Northwestern Memorial Hospital.

Board Certifications: Internal Medicine and Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor



5454 Wisconsin Ave.
Suite #1300
Chevy Chase, MD

301-657-4588

MEDICAL ONCOLOGY



Holly Dushkin, MD

Specializes in Medical Oncology and is Board Certified. She received her medical degree from Temple University School of Medicine and completed her residency at Temple University Hospital. She went on to complete her fellowship at Fox Chase Cancer Center.

Board Certification: Internal Medicine and Medical Oncology

5454 Wisconsin Ave.
Suite #1300
Chevy Chase, MD

301-657-4588

MEDICAL ONCOLOGY



Chitra Rajagopal, MD

Specializes in Medical Oncology and is Board Certified. She received her medical degree from Madras Medical College and completed her internal medicine residency and fellowship at Georgetown University.

Board Certifications: Internal Medicine and Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor

9715 Medical Center Drive
Suite #221, Rockville, MD

301-279-7510

18111 Prince Phillip Drive
Suite #327, Olney, MD

301-774-6136

22616 Gateway Center
Drive, Suite C
Clarksburg, MD

301-685-6300



MEDICAL ONCOLOGY

Frederick P. Smith, MD

A Board Certified Medical Oncologist who completed his oncology training at Georgetown University's Lombardi Cancer Center. A native of Burma, Dr. Smith attended Niagara University in New York and later attended St. Louis University Medical School. Following medical school, he completed residency and oncology fellowship at Georgetown University. Dr. Smith has been in practice in the D.C. metropolitan area for many years and has been an integral advocate in the community to promote access to clinical research.

Board Certification: Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor



5454 Wisconsin Ave.
Suite #1300
Chevy Chase, MD

301-657-4588

WHEN CANCER HITS HOME, YOU'RE NOT ALONE.



Regional Cancer Care Associates, one of the nation's largest networks of oncology specialists, takes a uniquely personal, community-based approach to cancer care.

The highly trained, capable and experienced oncologists of RCCA provide the highest-quality treatment of solid tumors, blood-based cancers and noncancerous blood disorders.

To schedule an appointment near you,

call **844-346-7222** or visit **www.RCCA.com**

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



MAXILLOFACIAL SURGERY

Sivakumar Sreenivasan, DMD

Dental Implant Center of Rockville

Dr. Sreeni came to the United States as an Oral and Maxillofacial Surgeon from India in the year 1990 and put himself through dental school again at Boston University and an Oral and Maxillofacial Surgery Residency at the 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 graduated from dental school in India in the year 1984. 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, NY in 1994 and has worked as an Attending, providing anesthesia services for children and adults in the ambulatory out-patient center at Mount Sinai 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 providing anesthesia for both adults and children in state of the art office settings with advanced monitoring for your safety. Dr. Sreeni's staff are well trained in assisting with IV Sedation/General Anesthesia. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.



77 South Washington Street, Suite #205
Rockville, MD
301-294-8700
www.OMFSMD.com



MENTAL HEALTH

Monica Greene, PhD

Certifications: Licensed Psychologist, Certified Life Coach - Alliance Coach Training, Spiritual Life Coach - Inner Visions Institute for Spiritual Development.

Speciality: Individual, couples and family psychotherapy

Professional Activities and Memberships: Alpha Kappa Alpha Sorority Incorporated, Board of Directors for Gabriel's House/Domestic Violence Center, N.A.A.C.P., Board of Directors for Excell Eldercare Management, Inc., Board of Directors for Premiere Health Express

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

7905 Belle Point Drive
Greenbelt, MD
dmgreene.awesomethoughts@gmail.com
240-297-9940
www.ItsAllAboutUsTherapy.com



MEDICAL CANNABIS

Sharron Sample, CEO

Dispensary Works, LLC

Sharron Sample, CEO of Dispensary Works in White Plains, MD, retired from the position of Chief Information Office, Earth Science, NASA in 2008 after a long and rewarding career. She never envisioned the legalization of cannabis for medicine and that she might play a role in making it available to others.

In 2014, son, Robert and nephew, Steve, made Sharron aware of the plans for legalization and began to educate her on the science of cannabis as medicine. She was particularly impressed with the ways it was helping to reduce or eliminate seizures in children and adults. Together, they opened Dispensary Works on May 10, 2018, and have found it to be one of the most gratifying accomplishments of their careers.

"We are committed to providing the best cannabis product to patients as part of their overall health plan, ensuring their needs continue to be met as we enter into the adult-use market on July 1, 2023."

Native to Maryland, Sharron, Rob, and Steve continue to be "greatly rewarded by patient reports of improved relief for medical conditions, from minor improvements to life-changing transformations."



10766 DeMarr Road
Unit 3A, White Plains, MD
240-585-5220
DispensaryWorks.com



NON-SURGICAL HAIR RESTORATION

Gwen Beverly

Studio 5 Hair Gallery

Gwendolyn Bonifant Beverly is the Owner/Stylist and Non-Surgical Hair Loss Specialist at Studio 5 Hair Gallery, with 20 years of experience in her field.

Gwen acquired her education, licenses and certifications across the United States and Europe. She provides the community with non-surgical solutions to every stage of hair loss and thinning.

Hair Loss Issues: Alopecia, Genetic Hair Loss/Scarring, Stress, Weight Loss Surgery, Chemotherapy, Radiation, Chemical Burns, Auto Immune Diseases.

She has mastered the technique of bonding medical grade adhesive and tapes to attach a hair system to the head for a natural grow appearance that is applied and reapplied and removed in salon every 4-5 weeks for maintenance and hygiene purposes.

She also provides other methods for less progressive hair loss solutions: Clip In Hair Toppers/Wigs and various extension methods.

She also provides Epigenetic testing through Cell well being (hair follicle strand test) for hair, skin and nail health. As well as, Tricology Testing for hair regrowth (Tricology is the study of scalp and hair).

Gwen's mission is to provide the most progressive solutions to this ever growing problem of hair loss in our society with GMO's, Cancer chemicals and life stressors.

More and more people are desperate to find solutions to this devastating problem of hair loss.

We are here to help and give you back your life.



30051 Point
Lookout Road
Mechanicsville, MD
301-884-3553
www.Studio5Salon.com
studio5hairgallery@gmail.com

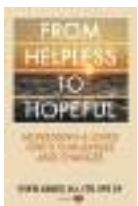


MENTAL HEALTH

Beth Albaneze, MA, CTRS, CPRP

*Certified Therapeutic Recreation Therapist
Certified Rehabilitation Practitioner*

Help for Navigating Mental Health Challenges During Nationwide Crisis
New book offers guidance for weathering life changes, no matter when they happen



Studies have shown that the U.S. is in the middle of a mental health crisis, and experts say there is an immediate need for integrated mental health services. In her new book, *From Helpless to Hopeful: Addressing a Loved One's Challenges and Changes*, respected Maryland recreation therapist Beth Albaneze explains how to navigate both mental health challenges and the system that treats them.

"It's such an important time for people to have a tool like this," Ms. Albaneze says. "Mental health issues are so widespread right now that even people who haven't experienced such challenges themselves know someone who is having a hard time."

The book is designed to help laypeople find appropriate resources to help a loved one who is experiencing an emotional and/or life shift. The guidance is delivered alongside Ms. Albaneze's personal anecdotes as well as case studies from her many decades of helping clients find creative and effective ways to help someone they care about.

To order a copy of *From Helpless to Hopeful: Addressing a Loved One's Challenges and Changes*, go to: HouseCallsTotalWellness.com

Go to Amazon For
More Information



Headquarters in
Montgomery County
PO Box 776, Olney, MD
301-346-6732
HouseCallsTotalWellness.com
info@housecallstotalwellness.com



NURSING SERVICES

Irene Cady-Harrington

At Home Care, Inc.

At Home Care, Inc. provides private duty nursing services in the Metropolitan Washington area and was founded in 1977 by Irene Cady-Harrington. Her background prior to At Home Care, Inc. was with an agency that screened and referred Administrative & Sales personnel to employment opportunities. She worked in that position from 1963 until 1977. Home care was in it's formative beginnings in 1977 and Irene decided to specialize in health care placement. Her Liberal arts education with an emphasis in Psychology together with the experience of growing up with a Nurse Grandmother who owned a rest home (today's assisted living) made for an easy segway into healthcare agency administration.



15304 Spencerville Court
Burtonsville, MD
301-421-0200
AtHomeCareInc.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



OBSTETRICS AND GYNECOLOGY

Ebere Azumah, MD, MPH, FACOG *Love Your Menses*

Ebere Azumah, MD, MPH, FACOG is a Board Certified Obstetrician and Gynecologist trained DONA Doula whose interest is in high-risk Obstetrics, Perinatal Anxiety, and Mood Disorders, and providing holistic care to female patients to provide hope during their pregnancy to ensure care is individualized.

Dr. Azumah received her Bachelor of Science with a dual degree in General Biology and African American studies from the University of Michigan, Ann Arbor. She attended Wayne State School of Medicine in Detroit, MI for her Medical degree. She completed her OB/GYN training at Long Island Jewish Hospital in New York City, NY. She also completed her Master's in Public Health from Harvard T. H. Chan School of Public Health.

She is a Life and Executive Coach, an Organizational Consultant, Professional Speaker, Author, and Blogger. She has authored books: *Jonathan and the Hole in his Shoes*, and *The Warrior Women Project*. She is currently working on three other books that will be released soon.

Dr. Azumah has many interests but one mission is to empower and motivate people, especially the youths, to thrive and flourish as they journey through life.



857-246-9710
www.LoveYourMenses.com



OPHTHALMOLOGY

Farhad Naseh, MD *Maryland Eye Institute*

Dr. Farhad Naseh, an accomplished Ophthalmologist, graduated with honors from Temple University School of Medicine in 1994, earning an Alpha Cum Laude degree. He pursued his medical journey with an internship in General Surgery at Georgetown University Medical School and completed his Ophthalmology Residency at Mount Sinai Medical Center in New York by 2000.

Recognized as one of America's Top Ophthalmologists by the Consumer's Research Council of America, Dr. Naseh is affiliated with prestigious organizations like the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery. His extensive experience includes thousands of successful micro-surgical eye procedures covering various conditions such as cataracts, cornea transplants, Lasik, PRK, glaucoma, and retinal detachments. He also specializes in laser treatments for diabetic retinopathy, macular degeneration, and other eye pathologies.

As a Diplomate of the American Board of Ophthalmology, Dr. Naseh is committed to providing compassionate care, emphasizing his passion for surgery to enhance his patients' vision, well-being, and self-confidence. He established his private practice in the Washington metropolitan area, dedicated to serving the community.



6 Montgomery Village Avenue
Suite #103, Gaithersburg, MD
301-840-2208
www.Naseh2020.com



OCCUPATIONAL AND ENVIRONMENTAL MEDICINE

Ross S. Myerson, MD, MPH *30+ Years / Board Certified*

Dr. Myerson, President of Myerson Occupational & Environmental Medicine, brings over 30 years of experience in clinical occupational medicine and corporate medical consulting to Fortune 500 companies.

A Board Certified Occupational Medicine Physician, he graduated from Washington University and received his Medical degree from the George Washington University School of Medicine. Dr. Myerson is a Diplomate of the American Board of Preventive Medicine and a Fellow of the American College of Occupational and Environmental Medicine.

His academic roles include positions at institutions like Harvard School of Public Health and the Medical College of Wisconsin. As past president of the Metropolitan Washington College of Occupational & Environmental Medicine, he served as Medical Director at the MedStar Washington Hospital Center.

Dr. Myerson specializes in toxicology, environmental health, risk communication, and fitness-for-duty assessments, with expertise in evaluating various occupational and environmental exposures.



Washington, DC
Metropolitan Area
301-434-0332
MyersonOEM.com



OPTICIAN

Graham Corby, ABOC *Annapolis Opticians*

Graham Corby, second-generation optician and owner of Annapolis Opticians, leads a close-knit family devoted to distinctive eyewear. For 52 years, their Gardner Center shop on Forest Drive has blended traditional craftsmanship with fashion flair. Uncommonly, their in-house finishing lab, managed by ABOC Optician Adam Johnson, meticulously cuts and polishes lenses. ABOC Optician Jeannie Butler and Assistant Terri Trudo-Tinajera curate the showroom's frames, prioritizing handcrafted pieces from independent global manufacturers known for quality and ethics. Annapolis Opticians deliberately distinguishes itself from industry giants, emphasizing fair pricing and superior craftsmanship. Committed to problem-solving, they've earned a reputation for enhancing clients' vision and look forward to another half-century serving Annapolis.

Discover eyewear with a personal touch at Annapolis Opticians, where Graham Corby and his dedicated team craft more than just glasses—it's a statement of style and quality. Come see for yourself at Annapolis Opticians, where your vision is our craft!



1918 Forest Drive
Annapolis, MD
410-263-6655
www.AnnapolisOpticians.com



OPHTHALMOLOGY

Renee Bovelle, MD *Envision Eye & Laser Center*

Board Certified, Ophthalmology by the American Board of Ophthalmology

Board Certified Ophthalmologist who has performed thousands of laser, ophthalmic, cataract, cornea and BOTOX procedures. Owner and Medical Director of Envision Eye and Laser. Trained at Wellesley College, UCLA School of Medicine, Yale University and the LSU Eye Center. Named a 2021 Washingtonian TOP DOCTOR by her peers. Selected as the Millennial EYE Outstanding Female Leader in Ophthalmology for the March/April 2021 issue.

A commitment to excellence in ophthalmic training and surgical technique, coupled with her expertise with state-of-the-art technology, has enabled Dr. Bovelle to earn her patients' confidence and trust. Her practice emphasizes disease prevention, overall wellness, and patient education. She is committed to treating all of her patients with compassion and caring. She offers each patient an individualized treatment plan, and is dedicated to helping patients make informed decisions about medical, surgical, and aesthetic treatments.

Served as assistant professor of Ophthalmology at Louisiana State University, and worked at the National Institutes of Health. Current Director of the Cornea Service at Howard University Hospital Department of Ophthalmology.

Her work has been published in medical textbooks and ophthalmology journals in the U.S. and internationally. Donates her time to caring for the poor by participating in health fairs and medical mission trips. She holds academic appointments at Howard University Hospital, Ross University School of Medicine and University of Maryland Capital Region Medical Center. Holds leadership positions in ophthalmic and other medical associations. Currently, she represents the Maryland Society of Eye Physicians and Surgeons (MSEPS) as a counselor to the American Academy of Ophthalmology and is on the MedChi legislative council. Under her leadership, MSEPS received the 2021 Star Award for innovative delivery of education and value to society members.



12200 Annapolis Road
Suite #116
Glenn Dale, MD
301-805-4664
www.EnvisionEyeandLaser.com



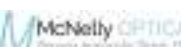
OPTICIAN

Pam Lauer *McNelly Optical, Inc.*

As manager of McNelly Optical in the Sajak Pavilion, my goal is to set our store apart from other optical outlets through the quality of the customer experience and our attention to detail. Our boutique caters to clients that desire quality eyewear that doesn't look like everyone else's. My staff and I will consult one-on-one in frame selection offering advice both in fashion and suitability to the patient's prescription. We will make recommendations for the best results. As independent opticians, we depend upon our expertise to attract referrals from local eye specialists who often send us their most challenging cases.

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

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



703 Giddings Avenue
Suite #L6
West Annapolis, MD
410-263-2571
Sajak Pavilion
2002 Medical Parkway
Suite #615, Annapolis, MD
410-573-2822
www.McNellyOptical.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



OPTOMETRY

Alexander C. Nnabue, OD, PA

Visual Eyes

Degrees, Training, and Certificates: Educated in both Africa and the United States, Dr. Nnabue holds two degrees as Doctor of Optometry. Graduating from Imo State University (1988) and then from Pennsylvania College of Optometry (1994). Dr. Nnabue has received numerous awards and citations for the excellence he brings to the optometry industry. Board Certified in treatment and management of ocular disease in Maryland, Washington, DC and Pennsylvania.

Professional Memberships and Associations: He is a member of the American Optometric Association and Maryland Optometric Association.

Practice Philosophy: Dr. Nnabue's passion for providing quality eye health care to all including the underserved, has lead him to lead bi-annual "Medical Mission" trips to Africa. These "Medical Missions" are life changing not only for the people receiving care, but for the medical team that take part in these missions.



Clinton: 301-877-1770
Greenbelt: 301-614-3937
Hyattsville: 301-434-3937
Mitchellville: 301-324-9500
Silver Spring: 301-681-9797
Frederick: 301-694-7557
www.VisualEyesGroup.com



PAIN MANAGEMENT

Alexander Pitts-Kiefer, MD

Degrees, Training, and Certificates: I am the attending physician at Georgetown Pain Management. I was a Clinical Fellow in Pain Medicine at Massachusetts General Hospital / Harvard Medical School and completed training in acute and chronic pain evaluation and diagnosis, medication management, fluoroscopic- and ultrasound-guided interventional techniques, and advanced implantable therapies. I completed anesthesiology residency at Georgetown University Hospital in Washington, DC and received my medical degree from Weill Cornell Medical College in New York City. My professional interests include the clinical care of patients with chronic pain through a balanced, multidisciplinary approach, as well as medical education, humanism in medicine, and medical humanities.

Professional Memberships/Associations: Board Certified, Anesthesiology. American Academy of Pain Medicine, American Medical Association, American Society of Anesthesiologists, American Society of Regional Anesthesia and Pain Medicine, District of Columbia Society of Anesthesiologists, International Anesthesia Research Society, Massachusetts Society of Anesthesiologist, North American Neuromodulation Society Spine Intervention Society



7300 Hanover Drive
Suite #204, Greenbelt, MD
7500 Greenway Center Drive
Suite #940, Greenbelt, MD
2021 K. Street, NW
Suite #605 Washington, DC
301-718-1082
www.GTPain.com



ORAL AND FACIAL SURGERY

Larry W. Bryant, DDS, PA

Bryant Oral & Facial Surgery

Oral and Maxillofacial Surgeon practicing in Bowie Area for the past 30 years
Oral and Maxillofacial surgery encompasses the area and science of diagnosis, surgical and related treatment of disease, injuries, defects and esthetics aspects of mouth, jaw and face.

Degrees, Training, & Certifications: Howard University College of Dentistry - DDS; Oral and Maxillofacial Surgery Residency - Woodland Medical Center, Brooklyn, NY; Fellowship in Orthognathic Surgery and Dental Implantology - Montefiore Medical Center, Bronx, NY.

Professional Memberships: Diplomate, American Board of Oral and Maxillofacial Surgery; Chief, Division of Oral and Maxillofacial Surgery at the new state-of-the-art hospital University of Maryland Capital Region Medical Center in Largo; Fellow, American Association of Oral and Maxillofacial Surgeons; American Dental Association; National Dental Association; Maryland Dental Association; Maryland State Dental Association; Southern Maryland Dental Society; Robert T. Freeman Dental Society. Certified by the American Board of Oral and Maxillofacial Surgery and the National Board of Dental Anesthesiology.

Additional: Presently a Clinical Assistant Professor at the University of Maryland School of Dentistry in the Department of Oral and Maxillofacial Surgery.

- Dental Implants & Reconstructive Surgery
- General Anesthesia & Sedation
- Extractions & Wisdom Teeth
- Facial Injuries
- Orthodontic & Orthognathic Surgery
- Comprehensive TMJ Therapy

12200 Annapolis Road
Suite #236-240
Glenn Dale, MD
301-249-0553
LWBryant@comcast.net



PAIN MANAGEMENT

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

Bringing you university quality care with private practice efficiency and compassion.

Degrees, Training, and Certifications: MD - University of Wisconsin-Madison 1997. Completed his training at Hospital of the University of Pennsylvania, with specialized training in Interventional Pain Management at the renowned Cleveland Clinic Foundation.

Medical Director - Georgetown Pain Management

Professional Memberships/Associations: Selected to become the Program Director of the Interventional Pain Management Center at Georgetown University Hospital, where he is currently serving as a Section Chief and an Assistant Professor of Pain Medicine at Georgetown University Hospital. Associate Member in Washington Metro Pain Institute.



7300 Hanover Drive
Suite #204, Greenbelt, MD
7500 Greenway Center Drive
Suite #940, Greenbelt, MD
2021 K. Street, NW
Suite #605 Washington, DC
301-718-1082
www.GTPain.com



ORTHODONTICS

David E. Harmon, Jr., DDS, MSD

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

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

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

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



10264 Lake Arbor Way
Mitchellville, MD
301-333-3900
www.HarmonOrtho.com



PEDIATRIC DENTISTRY

Elizabeth "Andie" Shin, DDS

Bethesda Chevy Chase Pediatric Dentistry

Dr. Shin is the founder and president of BCC Pediatric Dentistry. She is a Board Certified Pediatric Dentist with more than 20 years of practice experience. Among other awards and recognitions, Dr. Shin has been selected by her peers as a *Washingtonian* Top Pediatric Dentist and a *Bethesda Magazine* Top Pediatric Dentist.

Dr. Shin's experience spans a diverse range of locations, settings, and organizations. She was Associate Professor of Pediatric Dentistry for the Advanced Post-Graduate Pediatric Dentistry Residency at the University of Southern California (USC). Dr. Shin practiced pediatric dentistry at a Native American Reservation in Montana. After 9/11, she joined the Army and served as an active-duty military officer and pediatric dentist at Walter Reed Army Medical Center, in Washington DC. Dr. Shin was also the first Korean-American female to hold the position as the division head of the Pediatric Dentistry and Orthodontic Dental Clinic at the Children's Hospital of Los Angeles. These and other positions throughout the years have provided Dr. Shin with invaluable pediatric dentistry experience and unique expertise.

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



4825 Bethesda Avenue
Suite # 220, Bethesda, MD
301-941-7374
BCCPediatricDentistry.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



PEDIATRICS

Janet V. Johnson, MD *Loving Care Pediatrics*

Dr. Janet V. Johnson was born in Brooklyn, NY. She received her undergraduate degree in Biology at Hunter College in Manhattan, NY. She pursued a career in research medicine as a research assistant at Downstate Medical School in the Department of Gastroenterology. Obtaining her masters degree in Physiology at Long Island University in Brooklyn, NY. Dr. Johnson received her medical degree from State University of New York at Buffalo School of Medicine in 1991. She completed her internship and residency at Howard University/DC General Hospital in 1994.

After becoming Board Certified by the American Board of Pediatrics, Dr. Johnson worked as an Emergency Room Pediatric Physician at DC General Hospital and for a local pediatrician before she began her practice: Loving Care Pediatrics in Hyattsville, MD in 1998. She is continuing to pursue CME credits to maintain board certification. Concurrently, she serves as a Clinical Instructor to nursing students at Howard University Family Nurse Practitioner (FNP) Program; John Hopkins Family Nurse Practitioner (FNP) Program; Maryland Family Nurse Practitioner (FNP) Program; and University of Maryland Baltimore Family Nurse Practitioner (FNP) Program. She also serves as a Clinical Instructor for medical assistant students at Stratford University; Fortis College, Brightwood College and Career Technical Institute. She is a Fellow of the American Academy of Pediatrics (FAAP). Dr. Johnson is also a member of the Prince George's Community Advisory Group (CAG), Washington Adventist Health Ministry Network and the Medical Advisory Committee for Amerigroup Insurance. Dr. Johnson has given lectures on Teen Suicide and Teen Awareness on HIV/AIDS to youth groups in Washington, DC and continues to publish articles in *Washington Woman's Journal* and *Your Health Magazine* in Prince George's County. She served as Medical Director of the Mid-Maryland Mission of Mercy and Health Equity Festival, which provides free dental care. She annually gives talks "Suicide Is Not an Option" and "Teen HIV/AIDS Awareness" to a group for youth summer program in Washington, DC. She integrates Christian prayer into her practice when appropriate and regularly incorporates social justice topics into her magazine articles.

Practice Philosophy: I am committed to serving my patients, parents and community by providing excellent and compassionate health care service to a culturally diverse population that promotes the dignity and well-being of the people we serve.

Loving Care Pediatrics
3311 Toledo Terrace
Suite #C-201
Hyattsville, MD
301-403-8808



PET NUTRITION

Julia Brewer, Owner *Crunchies Natural Pet Foods*

- Voted "Best Pet Food Store" by the *Washingtonian*, *What's Up Magazines*, *Bay Weekly's Best of the Bay*, *Capital Gazette* and *Bowie Blade* newspapers.
- Specific recommendations for your pet based on age, weight, lifestyle and health concerns.
- Over 30 lines of natural foods and treats to choose from.
- Vitamins, toys, beds, grooming supplies, flea & tick natural repellents and more!

Philosophy: Giving your pet the best health possible for a long & healthy life through natural nutrition.



2421 Crofton Lane
Suite #11, Crofton, MD
410-721-5432
www.Crunchies.com



PERIODONTICS

Mary B. Alexander, DDS, DMSc *Total Dental Care*

Dr. Mary Alexander, periodontist, obtained a Bachelor of Science degree in Biology from the University of South Carolina and continued her education in dentistry at the University of Maryland School of Dental Surgery where she received her DDS degree. Prior to and during her dental studies, Dr. Alexander received funding and support from the National Institutes of Dental Research for her involvement in the periodontal research.

After obtaining her DDS degree Dr. Alexander spent one year at the Veteran's Administration Hospital, in general practice residency focusing her training in the area of anxiety patient management. She then attended Harvard University and earned her clinical specialty in periodontics and a doctorate in medical science. Her doctoral research was focused in the study of bone function and metabolic disease of the bone.

Dr. Alexander received extensive training in dental implantology, periodontal plastic surgery, bone regenerative procedures and sedation dentistry. All aspects of Dr. Alexander's training are incorporated in her periodontal practice assuring patient's thorough and comprehensive periodontal treatment.



20680 Seneca Meadows
Parkway, Suite #218
Germantown, MD
240-813-9111
www.TotalDentalCareMD.com



PODIATRY

Howard Horowitz, DPM *Bowie Foot and Ankle*

Dr. Horowitz has been practicing in the Bowie area for over 25 years. He graduated from the Illinois College of Podiatric Medicine with a Doctorate of Podiatric Medicine and did his postgraduate training in podiatric medicine and surgery in association with the Podiatry Group of Greater New York and the New York College of Podiatric Medicine. Dr. Horowitz remained in New York for an additional two years to practice with several of his training program's attending doctors in order to further hone his medical and surgical skills.

Dr. Horowitz enjoys the general nature of his practice and sees patients of all ages with a variety of foot problems. He especially enjoys dealing with the orthopedic nature of many podiatric problems, whether they be of recent onset or long standing. He has found that chronic problems affecting the ankle, knee, hip or back, can often be traced to recent symptoms within the foot, or vice versa. Dr. Horowitz continues to expand his knowledge in podiatric medicine, in an effort to bring advances in treatment and technology to his patients.

Professional Affiliations: American Podiatric Medical Association, Maryland Podiatric Medical Association and American Academy of Podiatric Sports Medicine

Special Interests: Biomechanical Gait Analysis, Orthopedics, Surgery

Board Certifications: Podiatric Surgery - American Board of Medical Specialties in Podiatry; Podiatric Orthopedics - American Board of Podiatric Orthopedics and Medicine



14999 Health Center Drive
Suite #112, Bowie, MD
301-464-5900
www.BowieFootandAnkle.com



PERIODONTICS

Karl A. Smith, DDS, MS *Periodontal Care can save your life!* *Let me help you live healthier than ever before.*

As a periodontist, Dr. Karl Smith specializes in periodontics and implantology. Periodontists are experts in treatment of gum disease, establishing and maintaining periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one really likes to go to the dentist, we strive to make your visits with us as comfortable and pleasant as possible. Patients' comfort is an important part of quality dental care. If you aren't safe and comfortable you won't go and going is just a good thing for your body!

Degrees, Training and Certificates: Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. After graduation immediately entered General Practice in the U.S. Air Force Dental Corps. Successfully completed three additional years of advanced training in the specialty of Periodontics, Dental Anesthesia and Implants in 1992 at the University of Texas Health Science Center, San Antonio and Wilford Hall USAF Medical Center. Retired from the U.S. Air Force as a Lieutenant Colonel after four years of reserve and fifteen years of meritorious world-wide active duty service in 1996. Fellowship in the Academy of General Dentistry and in DDCS, an organization for sedation dentistry.

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and safety of his office and patient-oriented team. He is consistently rated by his peers as a Top Dentist 2010-2022 in *Virginia Living*, *Washingtonian Magazine*, and *North Virginia Magazine*.

His patient's say: "I'd give 10 stars if I could. Dr. Smith is so kind, caring and explains everything so that you understand. His assistants are thorough, knowledgeable and gentle."

601 Post Office Road
Suite #1-B, Waldorf, MD
301-638-4867
2500 N. Van Dorn Street
Suite #128, Alexandria, VA
703-894-4867
www.DrKarlSmith.com



PODIATRY

Burton Katzen, DPM *Metro Foot Care Center*

Education: Dr. Katzen attended The Bullis Preparatory school where he served as captain of the baseball team, the George Washington University, and the Temple University School of Podiatric Medicine graduating in 1971. Following graduation, he served a surgical residency at the prestigious Grand Community Hospital for special surgery in Detroit, Michigan.

Dr. Katzen has served as Chairman of the Department of Podiatric surgery at The Southern Maryland Hospital Center and The Greater Southeast Community Center. He has served as President of the Academy of Minimally Invasive Foot and Ankle surgery. He also is a fellow and associate professor of the academy and a clinical lab instructor at the biannual LSU Medical Center seminar for minimally invasive surgery. He was honored in 2023 to receive The Temple University Gallery of Success award awarded to a Temple graduate each year for his innovations in minimally invasive foot and ankle surgery and his many years of service to the alumni association including as its president from 2018-2022.

Dr. Katzen is Board Certified in Minimally Invasive Foot and Ankle Surgery, procedures which allow many common foot and ankle procedures to be performed with the use of a fluoroscope through a small incision with minimal trauma, scarring and down time.

Personal: Dr. Burton J. Katzen is a native Washingtonian who comes from a medical family. His father, Dr. Bernard Katzen practiced family medicine for 50 years in Southeast Washington. His brother is an oncologist, his nephew is a radiologist, and he has cousins who are oncologists, dentists, and hematologists.

Dr. Katzen has coached many different youth sports, but his first love has always been baseball. He coached baseball for 18 years, including 8 years as the head coach of American Legion Post 105. He's been married to his wife, Wendy for 50 years and has two grown children. His son Adam graduated and played baseball at Lehigh University, and his daughter was The Washington Post athlete of the week while in high school and was a unanimous all Ivy softball player while attending the University of Pennsylvania. He is also a competitive tennis player, but his number one hobby at this time is his budding 5 athletic granddaughters, Blake, Brynn, Charly, Bryce, and Emery.

Like us on Facebook at www.facebook.com/KATZENPODIATRY and follow us

**Marlow Heights
Diagnostic Center**
4302 St. Barnabas Road
Temple Hills, MD
301-423-9494
www.MDFootDr.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



PSYCHOLOGICAL COUNSELING

Maureen Vernon, PhD
The Care Practice

Dr. Maureen Vernon has been helping adults, children, couples, and families learn positive coping strategies to address their emotional needs. As a Board Licensed Psychologist for 25+ years, she continues to offer her services as a private therapist; divorce/child custody evaluator and mediator; parenting coordinator; conducting forensic and abuse assessments; and conflict resolution consulting.

Degrees & Training: PhD in Psychology and Evaluation – Catholic University of America, Washington, DC; Master of Science in Counseling/Clinical Psychology – Loyola University of Maryland.

Professional Memberships: American Psychological Association; Maryland Psychological Association; Association of Family & Conciliation Courts; Professional Academy of Custody Evaluators; Anne Arundel County Psychological Association

Interests & Hobbies: Movies, college sports (Notre Dame & Villanova), her yellow lab Keenan, studying history, and travel.

Volunteer Highlights: Beans & Bread; Boy's Town; St. Mary's Annapolis; AA County Social Services Holiday Sharing; St. Vincent DePaul; AAMC Pediatric ER; and Backpacks for Kids.

Professional Statement: Life can be challenging and there are times when we could all use a little extra help... If you are feeling anxious, alone, struggling to manage all the demands of your life, or experiencing problems with your spouse, child, parent, sibling, friend, or coworker – you can trust that I will listen and offer the tools to improve those relationships.



116 Defense Highway
Suite #210
Annapolis, MD

410-266-0019

www.TheCarePractice.com



WELLNESS COACH

Rachelle Polk, Owner
BeBalanced – Annapolis

Hi there, I'm Rachelle, Owner of BeBalanced Annapolis. BeBalanced has been life-changing for me. First as a client in 2017 after years of searching for answers to what I thought was perimenopause. Insomnia, hot flashes, night sweats, digestive issues, and stubborn weight gain, to name a few. The answer? All-natural hormone balancing! Our Becoming Balanced program taught me how to naturally balance my hormones through supplementation, nutrition, stress management, and other techniques. The outcome, I lost 30 lbs., felt healthier than I had in years, and I've kept it that way! And now as an Owner and Wellness Coach, I have the honor of joining other women and men on their journey to Becoming Balanced! I'm looking forward to joining you on your journey!



1667 Crofton Center
Suite #8A, Crofton, MD 21114

410-923-7200

BeBalancedCenters.com/location/Annapolis/



REGISTERED NURSE

Kim Weiss, RN

Annapolis Integrative Medicine, LLC

Kim has had a wide variety of experience as a nurse, from ICU service to Oncology nursing, and is an expert with IV therapies and is committed to her patients being comfortable, safe and well informed.

Kim has been utilizing IV therapies very safely and therapeutically with over 25 years as an IV Nurse, has been administering nutritional and integrative IV's in many different settings and practices throughout Maryland and Massachusetts. She is able to tailor these therapies to meet individual needs and requirements. Many people can benefit from these therapies and they can jumpstart your road to recovery and health.

Treatments Offered Include:

- IV Therapies: Vitamin C Drips, Meyers Cocktails, Glutathione, Mineral IV's,
- Alpha Lipoic Drips, B12/MIC injections
- Botox/Dysport
- Morpheus8, Votiva (vaginal rejuvenation, especially for urinary incontinence)
- Traditional Microneedling treatments
- VIPeels including NEW BODY PEELS
- Heidelberg PH Capsule Testing



1819 Bay Ridge Avenue
Annapolis, MD

410-266-3613

AnnapolisIntegrativeMedicine.com



WELLNESS SOLUTIONS

Dr. Melo Forchu

We are here to assist you to "Treat the cause... not the symptom." Melo Rejuvenation Laboratories, is a group of dedicated scientists, researchers, doctors and chemists who are committed to serving the wellbeing of humankind. That means going the extra mile in taking the complexity out of self education and spending the time with any individual who genuinely wishes to learn living a balanced life, what we call Omnistasis.

For nearly two decades, our company has done this by researching and producing products that get powerful results in your balanced and healthy lifestyle. We maintain the highest safeguards to ensure that all of our customers receive the highest quality, yet affordable, nutritional support products for the results they desire. Through our web sites, numerous distribution outlets, and distribution partners, we specialize in and proudly offer the finest anti-aging products to not only Internet consumers, but also traditional health food stores as well as specialty item stores. We provide our customers the choice of using advanced Internet ordering, or conveniently calling our state-of-the-art calling center.

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

We can help you remain young, physically and mentally sound with a strong body and mind!

- Weight Loss Products & Solutions –
- 100% Safe, Doctor Recommended
- Hormone Evaluation – Cortisol, Testosterone, and More
- HGH – Hormone Growth Hormone – Anti-Aging, Sports Performance
- Complete Reference Lab – CBC, Vitamin D Level Testing, and More
- Medical Center, Pharmacy, and X-Ray on-site
- Adrenal Gland Evaluation • Autoimmune Disorders

Visit or Call us Today to find out how we can help you!



Laboratory • Pharmacy
Best Medical Center • X-Ray
Weight Loss & Rejuvenation
Stem Cells

BEST PHARMACY
6495 New Hampshire Avenue
Suite B130, Hyattsville, MD

NEW LOCATION:
6869 New Hampshire Avenue
Takoma Park, MD

800-710-0917
301-494-2146

MeloRejuvenation.com



TMJ & SLEEP DISORDERS

Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

Dr. Jeffrey Brown grew up in the state of Maine and went to Bowdoin College, where he graduated Magna Cum Laude in 1982. He accepted early decision into the Georgetown School of Dentistry, and graduated from there in 1986. While at Georgetown, Dr. Brown worked in the Neurology Department as an assistant on a project that involved studying the regeneration of nerve tissue in the spinal column after major trauma.

Upon graduation from Georgetown Dental School, Dr. Brown worked for a short time as an associate in a practice in Falls Church, VA. From there, he moved on and built his own practice in the Fairlington neighborhood in Arlington, VA, creating one of the largest practices ever seen on the East Coast.

Dr. Brown took a short sabbatical to help raise his four young children and to continue his education. It was then that he began the process of understanding sleep apnea and how it correlates to TMJ treatment. His knowledge in the combined fields of TMJ, sleep and orthodontics has given him a perspective unlike most other practitioners who perform basic dentistry. In addition, Dr. Brown has also learned the advanced techniques involved in expanding an airway so that both children and adults can breathe better. His training continued over time at the famous Sleep Medicine Center near the Emory University Hospital. He is a certified Fellow of the American Academy of Craniofacial Pain, awarded the Level of Legacy with the ALF Interface Academy and holds memberships with many academies.

In 2013, Dr. Brown met Dr. Brendan Stack and was immediately impressed with the success Dr. Stack had in treating TMJ cases and being able to repair so many damaged lives. For Dr. Brown, helping people by dealing with their debilitating TMJ issues became his second calling. And, as they say, the rest is history!



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103

SleepandTMJTherapy.com



YOGA AND WELLNESS

Betsy Paul
Just "B" Yoga with Betsy Paul
Peace in Body, Mind and Spirit

I've been a yoga instructor and a health coach in Gaithersburg, MD since 2013. I believe in living a life full of joy, gratitude, and free of judgement. These feelings inform and guide my teaching and practice, which is focused on helping my students better connect to themselves and with their surroundings. I offer small group yoga classes and private yoga sessions to women, as well as health and nutrition coaching to help my clients achieve healthier bodies and minds. I believe in making big changes through small steps that we can take everyday to feel better in our bodies and our minds. Please join me in a journey to health and wellness as a lifestyle. With the right mind-set, this can be fun!!

Just "B" Yoga
with Betsy Paul

24305 Empress Court
Gaithersburg, MD

301-482-2433

www.JustBYogaWithBetsyPaul.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



Melo Rejuvenation

800-710-0917

301-366-8848

MeloRejuvenation.com



OFFERING THE FOLLOWING, ALL UNDER ONE ROOF:

Best Laboratory

Reference Lab
Walk-Ins Welcome
COVID Testing

Best X-Rays

Get results within
10 minutes!

Best Pharmacy

Refills
Transfer your prescriptions

Best Medical Center

Weight Loss & Rejuvenation
Stem Cells
All treatments, including
complete physical
Immunizations
Travel Vaccinations

***We accept cash
or most insurances***

BEST PHARMACY

6495 NEW HAMPSHIRE AVE.
#B130, HYATTSVILLE, MD 20783

NEW LOCATION:

6869 NEW HAMPSHIRE AVE.
TAKOMA PARK, MD 20912

Laboratory

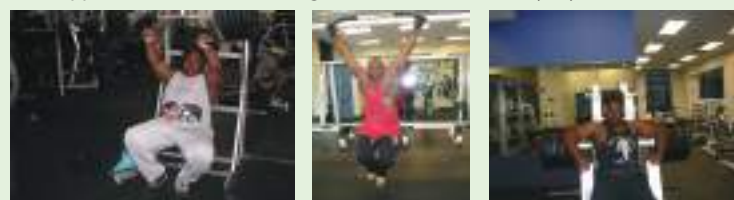
Best Medical Center

X-Ray • Pharmacy • Weight Loss
& Rejuvenation • Stem Cells

We are here to assist you to "Treat the cause... not the symptom." Melo Rejuvenation Laboratories, is a group of dedicated scientists, researchers, doctors and chemists who are committed to serving the wellbeing of humankind. That means going the extra mile in taking the complexity out of self education and spending the time with any individual who genuinely wishes to learn living a balanced life, what we call Omnistas.

For nearly two decades, our company has done this by researching and producing products that get powerful results in your balanced and healthy lifestyle. We maintain the highest safeguards to ensure that all of our customers receive the highest quality, yet affordable, nutritional support products for the results they desire. Through our web sites, numerous distribution outlets, and distribution partners, we specialize in and proudly offer the finest anti-aging products to not only Internet consumers, but also traditional health food stores as well as specialty item stores. We provide our customers the choice of using advanced Internet ordering, or conveniently calling our state-of-the-art calling center.

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



We can help you remain young, physically and mentally sound with a strong body and mind!

- Weight Loss Products & Solutions – 100% Safe, Doctor Recommended
 - Hormone Evaluation – Cortisol, Testosterone, and More
- HGH – Hormone Growth Hormone – Anti-Aging, Sports Performance
- Complete Reference Lab – CBC, Vitamin D Level Testing, and More
 - Medical Center, Pharmacy, and X-Ray on-site
- Adrenal Gland Evaluation • Autoimmune Disorders

***Visit or Call us Today
to find out how we can help you!***



UltraSlim

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

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

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

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

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



**"Patients Lose an Average
Of 3.5 Inches From Your
Waist, Hips and Thighs
(In 32 Minutes...")
(Non Invasive Body Sculpting)**

**50-70%
OFF!**

- No Pain • No Surgery
- No Downtime • No Dieting
- No Exercise

(Lose 2" on Your First Visit OR You Don't Pay!)

richard cook. md & betty siu. md
BOARD CERTIFIED INTERNAL MEDICINE

CALL FOR RISK-FREE APPOINTMENT!

301-472-4290

**3450 Old Washington Road, Suite #103
Waldorf, MD 20602**


CookandSiuMD.com



Charles County
Freedom Landing
400 Potomac Street
A psychiatric rehabilitation program offering a day component, residential, vocational and in-home support services.
Let us show you how to move from the solitude of symptoms to the freedom of achievement.

NOW OFFERING: Wellness and Recovery Community Center - This is a program that provides support from peers for both mental health and substance use disorders for people actively working on their recovery.

PO Box 939, La Plata, MD • 301-932-2737 • 301-870-3969 • Fax 301-932-2803



HAPPY HOUR YOGA
on
"ZOOM"
Your Space, Your Energy, Your Sacredness
Yoga on a more relaxed, deeper level at home.
Monday and Wed 10:30am-11:30am
Tuesday and Friday 6pm to 7pm
Wednesday Yoga Nidra Meditation 6pm to 7pm
Saturday Morning 8:30am to 9:30am

CERTIFIED ASTROLOGER - CHARTS INTERPRETED FOR AS LITTLE AS \$49. THE BIG 3: SUN, MOON, RISING ASCENDANT
JOIN TODAY - \$59.00 UNLIMITED FOR THE MONTH - INCLUDES MEDITATION CALL FOR MORE INFORMATION - 301-535-9787

3 Yoga Classes for **\$33⁰⁰** per person for 3 Months.
New Members Only
On Zoom or In Person

Total Knee & Hip Replacement, and Traumatic Surgeries of the Shoulder, Hand and Foot
Bringing new innovative technology and sophistication for improved outcome



Dr. Uchenna R. Nwaneri and the team of orthopedic surgeons at the Spine & Joint Center use proven and sophisticated technology in knee and hip replacement, as well as traumatic surgeries of the shoulder, hand, and foot. Utilizing minimally invasive knee and hip replacement surgery, with superior precision during the entire process, allowing perfect alignment and balance of the joint, giving you better outcomes in range of motion and function.

The results are:

- Perfect Alignment and Balance of the Joint
- Superior Precision
- Less Trauma Surrounding Tissue
- Less Blood Loss versus Conventional Method
- Smaller Incision
- Quicker Recovery
- Shorter Rehab Duration
- Improved Outcome

For more information or expedited appointment scheduling call **301-446-1634**
7300-B Hanover Drive • Suite 103 • Greenbelt, MD 20770

THE SPINE & JOINT CENTER

Employment and the Mentally Ill



By Joyce Abramson, RNMS
Charles County Freedom Landing

Employment, for most of us, has a practical and symbolic significance. Work is a mechanism used to provide basic needs of food, shelter, and clothing. Work often satisfies intangible needs as well. It offers structure, a way to meet people and an opportunity to contribute to society.

Unfortunately, those labeled mentally ill have in many cases not been able to benefit from employment. Obstacles occur for this group both as

individuals and in society. The unemployment rate among persons with severe psychiatric illness is estimated to be 85%. There are employers who have a negative perception of work ability when a person experiences a mental illness. Many people fear or misunderstand symptoms of the illness.

The barriers on an individual level depend on the person's limitations and the demands of a specific work setting. While it is necessary to take caution with generalizations, certain areas of functional limitations can occur. There may be difficulty with duration of concentration, screening out environmental stimuli, managing time pressures and deadlines, initiating interpersonal contacts, and responding to negative feedback.

Although there are some barriers, many people successfully pursue employment. Some obstacles can be eliminated or reduced with simple workplace accommodations. Minor work modifications in work patterns

Please see "Employment," page 62

Happy New Year 2024! Yay...



By Toni Greene, Owner
Happy Hour Yoga

We have navigated through challenges, obstacles, and various kinds of blocks over the past year, and we still stand resilient. Can you believe the COVID-19 epidemic was three years ago? We acknowledge that the COVID virus and many others will be part of our lives for an extended period. However, we have also acquired the skills to coexist with the virus and safeguard ourselves from future threats.

2024 is a year to express yourself

genuinely and uphold your intentions. It marks a period of reflection, a Sankofa, where you glance back just enough to appreciate how far you've come. It's a time for introspection, projecting into the new year, a new life, and a new you – a year and a time where you can be the person you aspire to be.

Imagine the transformation when you decide to be your best self. A time when you realize you've cultivated patience, understanding, love, and empathy. It's a moment when you recognize your strengths and learn how to leverage them, as well as identify what hinders you from becoming your best self.

This is the time for personal introspection, delving into yourself to discern what prevents you from achieving your desires. Examine your motivations, inspirations, and intentions toward your new self.

Consider eliminating a habit, perhaps an unconscious one like

Please see "2024 – Yay," page 62

A rechargeable
hearing device for
**morning news
to late night tv**



Dr. Robinson



Dr. Kostkowski



Dr. Lilly



Dr. Muzii



410-672-1233

2654 Brandermill Boulevard
Gambrills

410-672-1244

479 Jumpers Hole Road, Suite #203A
Severna Park

410-956-2555

9 Lee Airpark Drive, Suite #500B
Edgewater

www.hearsolutions.com

Call to schedule your Personal Listening Demonstration with our Doctors Of Audiology



With Oticon Opn S, you can enjoy speech
understanding on par with normal hearing.**



What Our Chief Medical Officer Wants You To Know About Hospice



OASIS WOMEN'S CENTER
ADVANCED GYN SURGICAL CARE

AT OASIS WOMEN'S CENTER, OUR MISSION IS TO IMPROVE LIVES THROUGH EDUCATION, PERSONALIZED MEDICINE AND ADVANCED SURGICAL OPTIONS



Our Services Include:

- Minimally Invasive Surgery
- General GYN
- Cancer Risk Assessment
- Contraception
- Menopausal Medicine
- Adolescent Care

Offering same day or next day appointments. Request a consultation with Dr. Baxi.

Schedule an Appointment Today | 240-616-3934 | owcmd.com
7500 Greenway Center Drive, Suite 1120, Greenbelt, MD 20770



By Elizabeth Schuman
Hospice of the Chesapeake
Senior Donor Relations Manager

At its core, hospice isn't as much about endings as it is about living, said Chief Medical Officer Dr. Marny Fetzer. Admittedly, choosing hospice is a big decision. But, considering hospice earlier in the process helps people facing serious illness make the most of the time they do

have, to embrace life as fully as possible.

Hospice addresses a patient's discomfort and symptoms, as well as social, emotional and spiritual needs. Here, Dr. Fetzer tackles three misconceptions about living with serious illness and choosing hospice care.

Hospice Is Not About Giving Up.

Hospice is not about stopping everything. It's about providing the best care possible, giving patients and families choices in what comes next.

The question is, how do you want to live the rest of your life? We meet patients where they are and administer care based on goals our patients have. That could mean everything from seeing a grandchild get married to bringing in medical equipment for a patient to watch the sunrise from a cherished window view. It's different for every patient and family.

Hospice Is About More Than the Patient.

Life doesn't stop for caregivers. Our team can help with logistical issues—managing paperwork, obtaining durable medical equipment, caring for someone with a specific medical condition, and changing medical regimens. Through education and anticipatory guidance, we help caregivers address complexities of serious illness. Every person is an eco-system with family, friends, community groups, even pets. Those relationships amplify with a health issue.

Hospice Is More Than a Place.

Hospice is wherever you call home. For most of us, it would mean our residence, or perhaps a nursing home, assisted living facility or hospital.

When warranted, patients with profound medical requirements or whose caregivers need respite care turn to our inpatient care centers in Pasadena or Waldorf. Hospice is a medical benefit covered by Medicare, Medicaid, and most private insurance plans. In addition to physicians, there are nurses, certified nursing assistants, social workers, spiritual care providers (often called chaplains), grief counselors and volunteers, all of whom believe in this life-affirming work. We provide the right level of care for patients based on medical needs and personal goals.



there.
when the options aren't so easy.

410-987-2003 | HospiceChesapeake.org
443-837-3376 | ChesapeakeSupportiveCare.org

Advanced illness care decisions
are overwhelming,
but you have a choice.

We are your hometown advanced illness care
team that has served our community and your
families and friends for over 40 years.

We are there when you need us.

Winters® Chiropractic & Physical Therapy

Back pain is the second most common reason people visit physicians in the US, with neck pain close behind. The spine and adjacent tissues are pivotal in nearly all major bodily movements.

Chiropractic services are used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches.



DOT/CDL Physicals

\$120



Our Doctors are Nationally FMSCA Certified.

**Done by appointments only.
Call today to schedule!**

Drug and Alcohol Testing also Available.

Since opening in 2003, Winters Chiropractic & Physical Therapy has remained dedicated to providing expert chiropractic, physical therapy, and DOT/CDL services. Our doctors provide tailored treatments that ensure you make the most gains at a comfortable, steady pace. The ultimate goal of any chiropractic or physical therapy program is to restore your physical health to its previous form. With our small practice, we have the advantage of maintaining personal relationships without compromising our ability to provide advance care.

Choose from one of our two convenient locations.

Charlotte Hall

29770 Three Notch Road

Ph: 301-884-3423

Monday-Thursday 10AM-7PM

Friday 9:30AM-5PM

La Plata

101 Centennial Street, Suite A

Ph: 301-934-9762

Monday-Thursday 10AM-7PM

Friday 9:30AM-5PM

www.docwinters.com

Longing For A Beautiful Smile?

Call for a Complimentary Consultation



Orthodontics for Adults & Children

We Specialize in: Damon Braces, Damon Clear, Invisalign, Invisalign Teen, Clear Aligner Therapy, STb (Lingual Braces), Insignia, Early treatment & growth modifications, and Minor Tooth movement for periodontal patients.



301-587-8750

8737 Colesville Road, Suite #301 • Silver Spring, MD 20910
www.smileconstructors.com • info@smileconstructors.com

West Annapolis ACUPUNCTURE

Committed to Healing to Achieve Lasting Well-Being

BRITTNEY DE VICQ, MAC, LAC
WWW.WESTANNAPOLISACUPUNCTURE.COM
410-375-9716

TREAT HEALTH CONCERNS WITH ACUPUNCTURE

- CHRONIC FATIGUE • BACK PAIN • ASTHMA
- DEPRESSION • JOINT PAIN • STRESS

NOW ACCEPTING AETNA, AND BLUE CROSS/CARE FIRST.
 PRACTICING IN MARYLAND SINCE 2004.
 703 GIDDINGS AVENUE
 SUITE U3, ANNAPOLIS, MD 21401



PHYSICAL THERAPY

10 years working and serving the community

EZ Rehab SOLUTIONS






***FCE**
***Work Hardening**
***Personal Injuries**
***Auto Accidents**
***Workers comp**
***Industrial Rehab**

Physical Therapy for:
 -Work Injuries
 -Auto Injury
 -Orthotics
 -Sports Injury
 -Geriatric PT
 -FCE/Work Hardening

Private Payors & All Major Health Insurances Accepted

301-446-1724 - Greenbelt, MD

Adult Orthodontic Awareness



By Jacqueline Brown Bryant
 DDS, MS, PC

Healthy teeth can be moved at almost any age. Millions of people in the United States and Canada are currently being treated by members of the American Association of Orthodontists (AAO). One in five patients is an adult. Orthodontic treatment moves teeth in the same way for a 75-year old as it does for a 13-year old. Orthodontists are trained to spot abnormalities and develop a treatment solution to address the problems and create a healthier dental environment. Keep in

mind, those considering orthodontic treatment, healthy teeth and bone can be moved at any age.

Adults need not shy away from treatment because of their ages or past dental problems. If someone is self-conscious about their smile, orthodontic treatment can provide adults with the same benefits younger patients enjoy. Less visible orthodontic materials have made adult orthodontic treatment increasingly popular in recent years. Understand that some malocclusions (bad bites) may get worse if left untreated.

If treatment is recommended, there are a number of options available today that make it less noticeable than it was in the past. Thanks to today's technology, the materials we orthodontists use to move teeth can be almost imperceptible.

Recently, the AAO has launched a national campaign, "My Life, My Smile" aimed at promoting orthodontic awareness specifically to prospective adult patients. Look for TV com-

Please see "Orthodontic," page 62

What Is Cupping Therapy?



By Brittney de Vicq, MAC, LAC
 West Annapolis 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.

NEW YEAR NEW YOU

**Fresh, Local, Certified,
Organic Produce**

**Best Natural Market
For 21 Years**

Area's Largest Gluten-Free Selection

Natural Foods • 100% Organic Produce
Diet & Nutrition • Vitamins & Supplements



\$5⁹⁹/lb. raw walnut halves

reg. \$6.99/lb. • limit 5 lbs

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 01/31/24

10% off equal exchange
bulk coffee

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 01/31/24

\$7⁹⁹/lb. mixed nuts

reg. \$9.95/lb. • limit 5 lbs

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 01/31/24

20% off shampoo, body lotion,
& other beauty products

excludes sale items

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 01/31/24

10% off produce

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 01/31/24

20% off vitamins, herbal remedies &
homeopathic supplements

excludes sale items

David's Natural Market • Gambrills • 410-987-1533

With this coupon. Not valid with other offers.

Offer expires 01/31/24

**Elderberry
Supplements**



**IMMUNE
BOOSTING!**

CBD Products



871 Annapolis Rd. Gambrills (Rt. 175) • 410-987-1533

Store Hours: Mon.-Fri. 8-8 • Sat. 9-7 • Sun. 10-7

www.davidsnaturalmarket.com

Doesn't Your Child Deserve the **Best**?



Loving Care Pediatrics

Janet V. Johnson, MD

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

3311 Toledo Terrace Suite C-201, Hyattsville, Maryland 20782
Mon–Fri, 9:00 am–5:00 pm | Office: (301) 403-8808 or Alt: (301) 403-1341

Our Vision is

to be recognized in the community it serves for compassionate patient service, and clinical excellence. To create a caring environment with a commitment to foster a work environment where individual diversity is valued and recognized, also where the satisfaction of all patients regardless of their background is the fundamental goal of our every action, with the practice of medicine being recognized and honored as a uniquely noble pursuit.



Call today to make an appointment! 301-403-8808

Healthy Resolutions For Your Family



By Janet V. Johnson, MD
Loving Care Pediatrics

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

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

Wash Your Hands

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

Please see "Resolutions," page 62

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

TIPS FOR 2024

FROM PAGE 7

is for your dermatologist to be subtle and preserve your individuality so that you still look like yourself – just a more healthy, rested and relaxed version. As a way of knowing if your dermatologist is truly on the cutting edge and aware of the best new treatments, ask them if they serve as a Principal Investigator on FDA studies to bring these treatments to North America, teach at the Dermatology and Plastic Surgery Academies, and publish scientific papers. These are all indicators of a real expert.

Healthy skin and hair begin with at-home treatment... but we need to look for 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 and E, hyaluronic or glycolic acid, and other scientifically proven active ingredients.


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

of the sun's 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. It's important for your sunscreen to be customized to your skin type and unique daily needs.

The next step can be to consider non-surgical procedures – with the key being to look natural at all times. This article by an independent journalist has excellent information on some new, no-down time treatment options and combinations that you can discuss with an expert dermatologist:

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 an FDA-approved treatment for non-surgical lifting. Christie Brinkley considers Ultherapy a secret

Please see "Tips For 2024," page 66




Face the Future

Arcadia: Moderate-to-Severe Eczema Study

If you are 18 years of age or older and have been living with **moderate-to-severe eczema** and itching for at least 2 years, you may be eligible to participate in a clinical study for a potential treatment.

Call our office at 703-641-9666,
email dermdc@gmail.com
or visit www.arcadiastudy.com



STUDIO 5

HAIR GALLERY

Non-Surgical Solutions for Thinning Hair and Hair Loss of Women, Men and Children.

RECOVER
with
Confidence

301.884.3553 • Studio5Salon.com

**Studio 5 Hair Gallery Specializing in Restoring & Enhancing
Your Hair's Natural Beauty**

Located in scenic Southern Maryland, Studio 5 Hair Gallery is well known in the medical community for customized solutions for hair loss. We provide the finest synthetic and human hair wigs, hair extensions, and top-of-the-head hairpieces. For over 12 years, Studio 5 Hair Gallery has served its clients with compassion and excellence.

CALL 301.884.3553 FOR YOUR APPOINTMENT TODAY!

Please mention this Flier when setting up your appointment.

Private Rooms Are Available For Your Convenience

Services Provided for Medical & Genetic Hair Loss

Wigs/Full Lace Wigs • Integration Systems
Custom Cranial Prosthesis • Lace Front Units
Men's & Women's Hair Systems • Extensions



GWEN BEVERLY
Owner, Medical Hair Loss Specialist

Whether your hair loss is temporary, due to medical treatment or long-term due to alopecia, hormonal or trichotillomania, we have a wide variety of solutions

Studio 5 Hair Gallery hair replacement specialists are empathetic to your needs at this difficult time and will do everything possible to make you feel comfortable.



30051 POINT LOOKOUT ROAD, MECHANICSVILLE, MD 20659



FOOT PROBLEMS?

Ade Adetunji, DPM

- Whirlpool Available
- Diabetic Foot Care
- Foot Exfoliation
- Orthotics
- Bunions, Hammertoes
- Ingrown Nails
- Warts
- Heel Spurs
- X-Rays
- PAD Test

Now offering **Dr. Remedy Enriched Nail Polish**, a healthier alternative to traditional nail polishes. Strengthen and protect your nails against fungus, discoloration, cracking and brittleness – problems that can be caused by the chemicals found in commercial nail polish. Great for fungus nails; brittle, discolored nails; if you have an allergy to chemicals in commercial nail polish, or if you're pregnant. Also great for children!

Most Insurance Plans Accepted • Visa, Mastercard and Most Cards Accepted
Out Patient Surgery, Ambulatory Surgical Center and Hospital Surgery
Evening Appointments Available • www.AdeAdetunji.com



Largo • 301-386-5453

1450 Mercantile Lane, Suite 151 • Largo, MD 20774
www.largofoot.com • feetforlife@largofoot.com



Dr. E. Taylor Meiser, Jr., DDS, PA

Retired Navy Dentist - 30 years experience

We accept all PPO's • **Hablamos Español**

410-224-4411

37 Old Solomons Island Road, Annapolis
www.lighthousefamilydentistry.com

Call For New Patient Specials



The best all natural
foods, treats, vitamins and more

Natural
Flea and
Tick
Solutions
Available

Offering over 25 lines of the best natural pet foods:

Raw Frozen and Freeze Dried lines including Steve's Real Food, K9 Kraving, Bravo, Primal, Answers, Natures Variety, Stella & Chewy's, Honest Kitchen & Sojos.

Dry and cans foods including sensitive stomach diets, limited ingredient foods, grain free foods, and even mixes to help you home cook a food for your happy, healthy furry best friend!



**Home
Delivery Now
Available**

Gift Certificates Available

410-721-5432

2421 Crofton Lane, Suite 11, Crofton, MD
MON-FRI: 10 am-7 pm, SAT: 10 am-5 pm, SUN: CLOSED
www.crunchies.com • pelfoods@aol.com



What Is Gout?



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

Causes, Incidence and Risk Factors

Gout is caused by having higher-than-normal levels of uric acid in your body. This may occur if:

- Your body makes too much uric acid
- Your body has a hard time getting rid of uric acid

If too much uric acid builds up in the fluid around the joints (synovial fluid/connective tissue), uric acid crystals form. These crystals are mainly formed as a result of a break down of purines found in the human tissue and many foods that we eat. These crystals cause the joint to swell up and become inflamed.

The exact cause is unknown. Gout may run in families. It is more common in men, in women after menopause, and those who drink alcohol. People who take certain medicines, such as hydrochlorothiazide and other water pills, may have higher levels of uric acid in the blood.

Most uric acid is carried through the bloodstream to the kidneys, which eliminate it from the body in

Please see "Gout," page 65

Gout is a kind of arthritis that occurs when uric acid builds up in blood and causes joint inflammation. An estimated 5.1 million people in the United States live with gout.

Gout is the most common form of inflammatory arthritis that affects approximately three times as many men as women. The number of newly diagnosed cases has increased over the past 40 years.

- Acute gout is a painful condition that typically affects one joint.
- Chronic gout is repeated episodes of pain and inflammation, which may involve more than one joint.

In A Single Visit Natural-Looking Fillings and Crowns



Submitted by E. Taylor Meiser, DDS
Lighthouse Family Dentistry

scheduled life.

The dental profession is evolving, and so should your experience. New technology helps diagnose problems earlier, allowing dentists to treat problems sooner and with less invasive techniques. The latest in comfortable and convenient dentistry is now available with CEREC® tooth restoration system. Using the CEREC equipment, your dentist can now complete a color-matched ceramic tooth restoration – filling, crown or veneer – in a single visit. This technology uses bio-compatible, tooth-colored material, so your dentition won't be discolored by silver-colored fillings.

What Is CEREC?

CEREC is an acronym for Chair-side Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single appointment using a high-quality

Please see "Fillings," page 65

ACTIVE PHYSICAL THERAPY

A STEP IN THE RIGHT DIRECTION

DON'T LET PAIN RUN YOUR LIFE

- **PHYSICAL THERAPISTS AND CERTIFIED HAND THERAPISTS**
- **WE ARE THE AUTO AND WORK INJURY SPECIALISTS**
- **ACCEPT MOST INSURANCES – CAREFIRST BCBS, CIGNA, UNITED, AETNA, AND MANY MORE!**





LEARN MORE BY VISITING US ONLINE AT
WWW.ACTIVE-PHYSICALTHERAPY.COM

Physical Therapy • Hand Therapy • FCE / Work Hardening

WASHINGTON METRO AREA



CLINTON (Piscataway Rd.)  
9135 Piscataway Rd., Suite 305
Clinton, MD 20735
Phone: 301-877-2323 • Fax: 301-877-2366

CLINTON (Woodyard Rd.)  
8887 Woodyard Rd.
Clinton, MD 20735
Phone: 301-877-5480 • Fax: 301-877-5483

GAITHERSBURG / GERMANTOWN  
211 Perry Pkwy., Suite 1
Gaithersburg, MD 20877
Phone: 301-916-8540 • Fax: 301-916-8476

GREENBELT*   
8717 Greenbelt Rd., Suite 101
Greenbelt, MD 20770
Phone: 301-552-8700 • Fax: 301-552-8751

HYATTSVILLE 
1535-D University Blvd.
Hyattsville, MD 20783
Phone: 301-434-1850 • Fax: 301-434-1853

LANDOVER  
7021 Martin Luther King Jr. Hwy.
Landover, MD 20785
Phone: 301-341-4600 • Fax: 301-341-4604

WASHINGTON, DC (Southeast) 
650 Pennsylvania Ave. SE, Suite 170
Washington, DC 20003
Phone: 202-544-4874 • Fax: 202-544-4875

*Accessible Physical Therapy Locations


LAUREL 
14405 Laurel Pl., Suite 102
Laurel, MD 20707
Phone: 301-498-1604 • Fax: 301-498-1608

ROCKVILLE  
3200 Tower Oaks Blvd., Suite 450
Rockville, MD 20852
Phone: 301-881-4610 • Fax: 301-881-4612

SILVER SPRING / WHEATON*  
9801 Georgia Ave., Suite 111
Silver Spring, MD 20902
Phone: 301-593-7300 • Fax: 301-593-1559

TEMPLE HILLS / OXON HILL 
5474 St. Barnabas Rd.
Oxon Hill, MD 20745
Phone: 301-505-0555 • Fax: 301-505-0558

WASHINGTON, DC (Northeast) 
Brookland Center, 3742 10th St. NE
Washington, DC 20017
Phone: 202-269-0358 • Fax: 202-269-0418

WASHINGTON, DC (Northwest) 
3 Washington Circle NW, Suite 110
Washington, DC 20037
Phone: 202-659-7625 • Fax: 202-659-7740

SOUTHERN MARYLAND

CALIFORNIA 
22599 MacArthur Blvd., Suite 106
California, MD 20619
Phone: 301-737-3400
Fax: 301-737-3403

PRINCE FREDERICK 
497 Main St., 1st Floor
Prince Frederick, MD 20678
Phone: 410-414-3580
Fax: 410-414-3563

WALDORF   
3165 Crain Hwy., Suite 100
Waldorf, MD 20603
Phone: 301-885-2500
Fax: 301-885-2501

WESTERN MARYLAND

FREDERICK  
405 S. Jefferson St., Unit B
Frederick, MD 21701
Phone: 301-662-9335 • Fax: 301-662-9337

HAGERSTOWN 
1101 Opal Court, Suite 306
Hagerstown, MD 21740
Phone: 301-790-3929 • Fax: 301-790-3926

BALTIMORE METRO AREA

BALTIMORE CITY 
809 N. Charles St., Suite 201
Baltimore, MD 21201
Phone: 410-837-4171 • Fax: 410-837-4348

COLUMBIA / ELK RIDGE 
6955 Oakland Mills Rd., Suite E
Columbia, MD 21045
Phone: 410-381-2999 • Fax: 410-381-3012

DUNDALK 
1515 Merritt Blvd.
Dundalk, MD 21222
Phone: 410-285-0920 • Fax: 410-285-7494

GLEN BURNIE 
7300 Ritchie Hwy.
Glen Burnie, MD 21061
Phone: 410-863-5939 • Fax: 410-863-5936

ROSEDALE / WHITE MARSH  
7106 Ridge Rd., Suite 150
Rosedale, MD 21237
Phone: 410-238-3030 • Fax: 410-238-3131

ESSEX & PIKESVILLE LOCATIONS – Coming Soon!

 Physical Therapy |  Aquatic Therapy |  Hand Therapy

Hours of Operation: Active Physical Therapy is open Monday through Friday from 7AM to 7PM with Saturday hours by appointment only. Hours vary by location. Please check with individual clinic if you have questions.

DReM's Legacy Holistic Wellness Center

(located inside of Hol-Body Yoga Studio)

Family Wellness Services

- Natural and Herbal Remedy Consults
- Family Planning
- Childbirth Education
- Natural Healing Education

Women's Health/Womb Wellness

- Birth/Postpartum Doula Services
- Fertility Support
- Womb Meditation
- Womb Massage
- Vaginal/Yoni Steams

Spiritual and Mental Wellness

- Etheric Touch Sessions
- Reiki Sessions
- House Blessings
- Divinations

Coming Soon:

- Doula Training begins January 2024 for In Person Classes

Shirleta Henson McKann
410-265-9393

319 Crain Highway, S.
Glen Burnie, MD 21061

Walk-In Hours Every Tuesday 4pm-7pm

Facebook: DReM's Legacy Holistic
Wellness Center

Instagram: @drems.legacy.holistic.wellness



Caring For a Child Who Has Asthma

Submitted by
Kensington Pharmacy

What Medications Are Available To Treat My Child's Asthma?

Asthma is a disease of your child's lungs and the tubes that bring air to the lungs. With asthma, your child's airways are constantly irritated and often become swollen and inflamed. Excess mucus forms in the airways. When your child's airways are swollen and full of mucus, breathing becomes difficult.

Children who have asthma often have these symptoms:

- Coughing
- Wheezing – a whistling sound as they breathe out
- Shortness of breath or trouble breathing
- Chest tightness

Asthma is a serious illness. A severe asthma episode that goes untreated can cause death. Asthma is a chronic disease. Asthma doesn't ever go away, but it can be managed.

For your child's doctor, prescribing medications for asthma is very complicated. Each case of childhood asthma has a unique combination of symptoms and responses to treatment. Each child's environment is unique. Each child's needs can vary with the season and a number of other factors. For example, how many respiratory infections does the child have? How much exercise does he or she get?

Your child's doctor may need several weeks or months to find the right medications to keep your child's asthma under control. You will need to be patient and work with the doctor during this process. You will also need to help your child understand that getting relief may take time. Your child's doctor will use two types of medicines to treat your child's asthma – (1) a controller medication and (2) a rescue, or quick-relief, medication. Your

Please see "Asthma," page 62



KENSINGTON PHARMACY

From Our Family To Yours

Owned by a local family of pharmacists

The Tunc Family: From Left: Melike, Pinar, Huseyin and Zeynep

Kensington Pharmacy Offers

At Kensington Pharmacy, in addition to having your prescriptions filled with speed and accuracy, you will experience one of the best services and notice the difference.

With 14 employees, Kensington Pharmacy gives a special attention to each customer that they deserve. Stop by and experience the difference.

- Prescription Refills via On-line or Phone 24 hours a day
- Flu Shots, Shingles and Pneumavac Vaccines
- Prescription Plans including Medicare Part-D and Part-B, CVS-Caremark
- Transfer Of Your Prescriptions
- Compounding Specialists
- Wide Vitamin Selection

- Blisterpacking For Assisted Living Facilities
- BOIRON Homeopathic Remedies
- Greeting Cards, Select Books and Gifts
- Wide Home Health Care Selection Wheelchairs, Canes, Walkers, Medical Legsupport, Arthritis and Sport Aids, Bath Aids
- Toys and Books for Children
- And More

301-933-6165

3737 University Blvd W., Kensington, Maryland 20895
<http://kensingtonrx.com/>
email: mypharmacist@kensingtonrx.com

OPEN HOURS:

Mon-Fri 8a-6p

Sat 9a-4p, Sun Closed

**Free
Prescription
Delivery**

TeethXpress

Full Mouth Dental Implants

TeethXpress can get you on track to smile with confidence again.

Why TeethXpress?

Are your teeth starting to negatively impact your life? TeethXpress can help individuals that have loose or missing teeth, or partial dentures or trouble eating certain foods.

You deserve to feel proud of your smile

– TeethXpress can get you on track to smile with confidence again.

The TeethXpress Dental Implant Advantage

Immediate results that leave a lasting impression

The TeethXpress full mouth dental implant procedure makes it possible to receive a complete set of beautiful, new teeth in as little as a few short hours.

An ability to have a healthy diet and boost self-confidence are major advantages of the TeethXpress method. And TeethXpress is more affordable than most people think.



**Get beautiful, secure teeth
in as little as one day.**



**Contact Dr. Bryant Today To Find Out If the
TeethXpress Procedure Is Right For You!**

BRYANT OMS ASSOCIATES

301-249-0553 | JawFacialSurgeons.com

12200 Annapolis Road, Suite #236, Glenn Dale, MD

Have you been tested for hypothyroidism?
Are your results in the "normal" range
but you're still feeling off?
WE CAN HELP!

**DO YOU SUFFER FROM
THESE SYMPTOMS?**

- Severe fatigue
- Low sex drive
- Difficulty losing weight
- Depression, mood swings
- Joint and muscle pain
- Headaches
- Dry skin, brittle nails
- Itchy scalp, hair loss
- Irregular periods, hot flashes
- PMS symptoms
- Sleep problems
- Difficulty tolerating cold
- Constipation
- Allergies
- Brain fog
- Puffiness in face & extremities

CALL FOR A FREE CONSULTATION & SEMINAR



**7310 GROVE ROAD, SUITE 107
FREDERICK, MD 21704
240-651-1650 • doctorlo.com**



What In the World Is Gastroparesis?



By Thomas K. Lo, DC
Advanced Chiropractic Center

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 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 amy-

Please see "Gastroparesis," page 65

Nurturing Holistic Wellness In Children A Comprehensive Approach to Health



By Lisa Boynes Sindass, MD
Trusted Medical MD

In the dynamic landscape of pediatric healthcare, the concept of holistic wellness has gained increasing recognition for its profound impact on a child's overall development. Holistic wellness entails caring for a child as a whole person, addressing not only physical health but also mental,

emotional, and social well-being. This approach recognizes the interconnectedness of various aspects of a child's life and emphasizes the importance of balance for optimal growth and development.

Physical Well-Being

Physical health lays the foundation for a child's overall well-being. Adequate nutrition, regular exercise, and sufficient sleep are fundamental elements. A balanced diet rich in nutrients supports the child's physical growth, cognitive development, and immune system. Encouraging outdoor activities not only fosters physical fitness but also enhances social skills and emotional resilience.

Mental and Emotional Health

Holistic wellness extends beyond physical health to encompass

Please see "Nurturing" page 65

Trusted Medical MD Care For Children & Families



Our Service Programs

- SPROUT Program
(NEWBORN Baby Care from a Pediatrician at Your Door!)
- Pediatrics (0 to 20)
- Holistic Wellness (for all ages)
- Homeopathy • Supplements
- Medical Cannabis



Lisa Boynes Sindass, MD

301.477.3151 • TrustedMedicalMD.com
7525 Greenway Center Drive, Suite #215, Greenbelt, MD 20770



... ❄ ...

TIS THE SEASON FOR *Warmth & Cheer*

Assisted Living at
Brooke Grove offers comforts
that feel like home along with a
vibrant lifestyle that encourages
residents to remain physically
and socially active throughout
the cold winter months.

Ask about our limited-time
discount of **up to \$9,600**
for qualified applicants.

OUR AMENITIES

- ❄ Private rooms filled with natural light from over-sized windows and skylights
- ❄ Live-in pets
- ❄ Secure courtyards and walking paths
- ❄ 24-hour on-site clinical support from licensed and caring nurses
- ❄ Warm, friendly staff members to assist with the activities of daily life

MEMORY SUPPORT PROGRAM

For residents with Alzheimer's or dementia, we offer a special assisted living option with:

- ❄ Specially trained memory support staff
- ❄ An interactive lifestyle that maximizes choice and independence
- ❄ Tailored LIFE® enrichment programming that connects each resident to his or her past
- ❄ Pianos, fireplaces, and game and craft rooms promote invaluable social experiences that stimulate memory



18100 Slade School Road
Sandy Spring, MD 20860
301-637-8928

www.bgf.org





TUESDAY COOK, MD, BARIATRIC SURGEON

IS WEIGHT LOSS SURGERY RIGHT FOR YOU?

To schedule a consultation or meet with a primary care doctor, call 240-724-6018

 Adventist HealthCare
Fort Washington Medical Center

AdventistFWMC.com

Weight No Longer: If Not Now, When?



By Betsy Paul
Just "B" Yoga with Betsy Paul

Have you been putting off your journey to a healthier, more vibrant you? You're not alone, but the question is, if not now, then when? The time to prioritize your well-being is now, and combining health and wellness coaching with mindful movement coaching and yoga can make all the difference.

Is your excess weight hindering your pursuit of a fulfilling life? If it's affecting your health, energy levels, enthusiasm for life, work, and the ability to enjoy yourself, it's time to

make a change.

When you're ready, you can take control and transform your life. Excess weight not only affects your physical well-being but can also have a significant impact on your mental and emotional health. It's a barrier to your full potential and happiness.

Did you know that shedding those extra pounds can contribute to a healthier you in numerous ways? Weight loss can alleviate joint pain, enhance your mobility, reduce the risk of heart disease, cancer, and diabetes, improve your sleep quality, regulate blood pressure, and positively influence your mood and relationships.

The power to change is within you, and when you decide to embark on a weight loss journey, the support of health and wellness coaching combined with mindful movement coaching and yoga can be invaluable. These approaches offer a holistic and sustainable way to address not just the physical aspects of weight loss but

Please see "Weight," page 65

Breathe In, Breathe Out

**BE IN THE MOMENT
WITH JUST "B" YOGA
WITH BETSY PAUL**

Join me in the Slow Yoga Revolution!

Slow Yoga for nervous system resilience is different from gentle yoga, yin yoga, restorative yoga or yoga Nidra.

SLOW YOGA SPECIAL!!

3 PRIVATE CLASSES FOR THE PRICE OF 1!

ONLY \$75.00

Using yoga to balance the nervous system and promote mental health and well-being is different from using yoga for exercise or fitness. It requires a different paradigm.

Many people want relaxation, as well as relief from stress, anxiety, depression and trauma from Yoga ... but most classes are fitness oriented. Discover something different!

E-mail or call or text me to contact me about signing up for your 3 private yoga classes for the price of 1 class today!

betsypaullyoga@gmail.com

301-482-2433

24305 Empress Court, Gaithersburg, MD

<https://www.facebook.com/betsypaullyoga>

VIRTUAL MEDICINE

TREATMENT PROTOCOL OVER THE PHONE

STOMACH/DIGESTION PROBLEMS?

Are You Suffering With:

Bloating? Colitis?
Constipation? Crohns?
Diarrhea? Gas?
Heart Burn? IBS?
Weight Issues?

If you answered yes to any of the questions, call Dr. Angel today for help

GOT GUT ISSUES?

SAY GOODBYE TO IMPOTENCE, AND SAY HELLO TO LASTING ERECTIONS!

We approach
Erectile Dysfunction
from an all-natural
perspective.

We incorporate
acupuncture with
other state of the
art energy support
systems to help
restore vitality in
your life.

Schedule with us
today to get the
natural support you
need!

Dr. Angel Wood

Dr. Angel Wood is a Chinese Medicine Doctor who specializes in Integrative Natural Medicine that deals with gastroenterological disorders. She has created a line of products that helps to re-balance the intestinal flora, while assisting in supporting the immune system.



I offer colon hydrotherapy in my private medical practice.

Board Certified Natural Health Practitioner
Licensed Acupuncturist, Certified Colon-hydro
Therapist (Colonics), Ionic foot bath, Spiritual Wellness

Better digestive health can help with many conditions, including:

Allergies/Asthma • Headaches • Acne and Rashes
Immune Health • Weight Loss Constipation/Diarrhea
Re-Balance Your Eating • Aching Joints
Food Allergies/Sensitivities

**Holistic Doctor Supervised Intestinal Support
that helps heal the root of your gut discomfort.**

ABSORPTION, ENDOCRINE, GUT FLORA SUPPORT FORMULAS



Eastern Medicine • Greenbelt, MD • 240-755-5925

Magnificent Body Personal Trainer • 240-423-4389

Natural Pain Relief • www.angelofcolonics.com

Accepts Most Insurances as well as HSA (FSA)

UNLOCK YOUR PERFECT SMILE

WITH SUPEROOTH'S
DSD CERTIFIED DENTAL CLINIC!

**FREE
CONSULTATION!**

Add Examination, X-rays and
Cleaning for \$129.00

* Some Restrictions may apply. Call for details.



Embrace the Power of Digital Smile Design (DSD)



Ben Manesh, DDS



Sean Bahrami, DDS



Christopher Drennen, DMD

At Superooth, we're thrilled to announce that we are now officially a DSD certified dental clinic, bringing you the latest in dental technology and smile transformation! What does this mean for you?

Imagine a smile that not only radiates beauty but also perfectly complements your unique facial features and personality. With Digital Smile Design (DSD), this dream becomes your reality!

Why Choose DSD at Superooth?

Personalized Perfection: DSD allows us to craft a smile that's tailored exclusively for you, enhancing your self-confidence and overall well-being.

Virtual Preview: With our advanced digital software, you can actually see and experience your new smile before any dental work begins, ensuring your complete satisfaction.

Seamless Transformation: DSD can work wonders on your smile by addressing key factors such as:

- Brightening the color of your teeth
- Adjusting the size of your teeth for a harmonious look
- Eliminating gaps between teeth for a flawless appearance
- Aligning your teeth to achieve that picture-perfect smile

***Don't miss the opportunity to transform your life with a stunning smile.
Schedule your Free Consultation with one of our experienced Doctors today!***



SUPEROOTH.COM

BETHESDA – 6831 Wisconsin Avenue, Suite 302: 301-986-8777
GERMANTOWN – 20528 Boland Farm Road, Suite 212: 301-972-4400
GAITHERSBURG – 237 Kentlands Boulevard: 301-987-5200
GERMANTOWN – 19851 Observation Drive, Suite 355: 301-799-2000



NEW YEAR

FROM PAGE 4

and over all well being.

The thyroid gland produces a hormone instrumental to cellular energy production. Sometimes thyroid issues are obvious, but there are many cases where it is not so clear. There are both natural and prescription methods for addressing thyroid problems, and when this does turn out to be an issue, treating it often makes a big difference very quickly for people.

Evaluating and treating digestive issues is also critical. Inflammation of the intestinal tract is very common, presenting as heartburn, bloating, pain, diarrhea and constipation. Often chronic infections can be at the root of this, including overgrowth of yeast, as well as deficiencies of digestive enzymes. Food allergies and intoler-

ances can also play a role in intestinal dysfunction. Addressing this from a systematic, functional medicine perspective can powerfully restore health.

Finally, most of us inherited a metabolism which is geared towards survival, and storing fat helped primitive humans survive, but in this modern world it makes it easier to gain than to lose weight. A new class of medicines called glucagon like peptides can make an enormous difference in weight loss for people who have been stuck, and it is worth discussing these with your doctor.

These are a few of the methods available to improve health in the new year. When accomplished, feeling well and having more energy can contribute to flourishing in the other important areas of life.

EYEGLASSES

FROM PAGE 5

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

How Eyeglasses Correct Vision

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

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

Regular Eye Exams

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

WEIGHT LOSS

FROM PAGE 22

loss surgery offers an opportunity to reverse many of these health problems and provide better health.

Reduced Risk Of Developing New Health Problems

Many younger patients see the effects of obesity on older family members and friends. They often worry about getting many of these health problems and the associated consequences. Obesity has been shown to reduce life expectancy by as many as 12 years. Weight loss surgery offers an opportunity to maintain health and offset the health consequences.

Elimination Of Medications and Medical Treatments

Patients suffering from the health consequences are often on multiple medications to treat conditions such as diabetes, hypertension, high cholesterol, back pain, depression. There

are often treatment devices such as CPAP machines for sleep apnea or steroid injections for chronic joint pain. Weight loss surgery offers an opportunity to improve health and eliminate many of the medications and treatment requirements. It also means less doctor and hospital visits.

Improved Quality Of Life

Many obese people have adjusted their life around the fact that they are overweight.

They don't do the things that they once enjoyed doing. They limit activities with friends and family. There is a physical strain to be active as obesity leads to fatigue, shortness of breath and joint pains with activity.

Weight loss surgery offers weight loss such that many patients regain control over their lives. They get more energy, they become more active and enjoy life more.

DYSMENORRHEA

FROM PAGE 26

involves identifying underlying patterns, whether they are classified as excess or deficiency patterns. These patterns encompass blockages of *Qi* and blood, retention of heat, dampness, or wind (considered excess) and deficiencies in *Qi*, blood, or imbalances in kidney and liver function (deemed as deficiencies).

Chinese medicine practitioners employ various strategies to alleviate dysmenorrhea symptoms. Acupuncture and herbal medicine are commonly utilized methods. Acupuncture aims to address pain by targeting specific points in the body, while herbal remedies like ginger and peach kernel have been traditionally employed for their anti-inflammatory and circulation-stimulating properties.

Recent reviews have highlighted the efficacy and safety of acupuncture

in managing primary dysmenorrhea. Studies included in these reviews demonstrated promising outcomes, indicating significant pain relief when compared to a placebo.

In Chinese medicine, ginger has been extensively used due to its anti-inflammatory and spasmolytic properties. It inhibits enzymes responsible for menstrual cramps, providing relief. Peach kernel, another staple in Chinese medicine, is recognized for its role in treating dysmenorrhea.

Understanding dysmenorrhea within the realm of Chinese medicine presents holistic approaches that aim not just to alleviate pain but also to address underlying imbalances. As research continues to explore these methods, they offer promising avenues for women seeking alternatives in managing menstrual discomfort.

ALL-ON-FOUR

FROM PAGE 25

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

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

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

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

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

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

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

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

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

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

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

NEUROMAS

FROM PAGE 24

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.

EXERCISE

FROM PAGE 17

However, physical health isn't merely about exercise; it encompasses more. Regular chiropractic care plays a pivotal role in ensuring our bodies are primed to harness the benefits of exercise. A well-functioning nervous system and a properly aligned spinal column are essential components, achievable through routine visits to your chiropractor.

As the new year beckons, consider a holistic approach to health. It's not just about starting an exercise routine; it's about integrating chiropractic care into your wellness regimen. By making this commitment, you're not just embarking on a fitness journey; you're prioritizing your health and setting the stage for a vibrant, wholesome life ahead.

ORTHODONTIC

FROM PAGE 48

mercials on national networks as well as cable such as HGTV, Style, Discovery Fit and Health, Bravo, TLC, and E! Entertainment Television. Print, radio, and online advertising is also included in the campaign such as More, Fit, and Ready Set, Grow. Online banner

ads are appearing on websites such as WebMd, Facebook, and Everyday Health. The purpose of the campaign is to not only target the adults but to maintain outreach to parents of teens as well. Remember, "Your career, your smile", "Your life, your smile."

EMPLOYMENT

FROM PAGE 44

or interpersonal communication can make a tremendous difference in utilization of job skills.

Often these modifications are very simple and may be free. Included are some examples to illustrate this point. Arranging for work requests to be in writing if verbal instructions are difficult; providing positive feedback along with comments for needed improvements and permitting flexibility in scheduling once or twice a month to permit attendance at doctor's or therapy appointments are examples of workplace accommodations for persons with a psychiatric diagnosis.

Another service is available through many programs. Following an assessment of a person's skills and

interests, supported employment services provide a job coach. When the person has the skills to work, and an appropriate job is available, the person applies for the position. If hired, the job coach can help with the transition into the workforce.

As the person becomes more comfortable with the job, the job coach reduces involvement. This is still an option that may enhance the opportunity for the employee to sustain successful employment.

Other people will need no special workplace modifications or supported employment. They will perform well with support from family and friends who say job well done.

2024 – YAY

FROM PAGE 44

nail-biting, gossiping, smoking, or any habit you're aware of. Now is the time to demonstrate that you are consciously in control of yourself.

When you prove to yourself that you can consciously direct your actions, it significantly boosts your self-esteem. Recognizing that you have the power to make decisions leads to better choices.

Look around you – your current situation is a result of the decisions you made to reach where you are, be it your home, school, job, or business. It was a choice you made.

2024 is a time for projection into the future, envisioning your ideal self. Picture yourself in your dream job, running your ideal business, attending your preferred school, or even

marrying the person of your dreams.

All of this and more can be yours; all you need to do is believe in yourself, be your best self, and work toward your dreams every day. Do not lose sight of your inner vision – only you can see it, feel it, hear it, taste it, touch it, and be it.

2024 is also a time to commit to maintaining a healthy lifestyle – continue to eat well, stay hydrated, practice yoga, meditation, or hypnosis, and go to the gym.

You love yourself, and it shows.

Happy New Year, Happy New You. Welcome 2024 – we are ready for you.

Bring it on!

ASTHMA

FROM PAGE 54

child will take a controller medication each day to prevent or reduce airway inflammation. For asthma episodes or symptoms, your child will use a rescue medication. Rescue medications relax the muscles that tighten around the airways during an asthma episode, and they make breathing easier.

What Else Can I Do?

Medications represent only a part of your child's asthma treatment. Three ways you can help your child manage his or her asthma are to:

- Learn as much as you can about childhood asthma and asthma medications. Your doctor or health care provider and your pharmacist can suggest sources of information.
- Know what triggers your child's asthma. Does your child have an asthma episode after running outside on a cold day? Does playing with Grandma's cat start your child wheezing? Write down anything associated with an episode and play detective until you have tracked down all the triggers – then try to avoid them.
- Monitor your child's symptoms every day. Keep an asthma diary to record all the details you can about each asthma episode. The diary will

be an invaluable resource for your child's doctor and will help the doctor manage your child's asthma.

In addition, if your child is over four years old, your doctor or health care provider might suggest using a peak flow meter to measure your child's ability to breathe each day.

What Are the Treatment Goals?

Even after your child has a routine to manage his or her asthma, it is still important to keep track of how he or she is doing. Here's what well-managed asthma looks like:

- Asthma symptoms are under control.
- Physical activities are normal for your child's age.
- Your child can sleep through the night.
- Your child doesn't miss school because of asthma.

Your child feels good about him- or herself and does not think of him- or herself as a sick person. After all, your child is so much more than the asthma. Encourage your child to be confident about confronting challenges and facing life. Talk to your doctor if you notice a change in any of these aspects of your child's life.

RESOLUTIONS

FROM PAGE 50

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 impor-

tant – 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

INJECTIONS

FROM PAGE 18

weight they had lost.

Because semaglutide decreases your appetite along with the potential loss of muscle, gaining weight after stopping the injections seems inevitable, unless you have addressed the underlying cause of weight gain in the first place.

At BeBalanced, we work with your unique body chemistry to balance hormones naturally for fast weight loss and improvements in symptoms of PMS and menopause naturally.

Plus, we provide the tools to help you keep the weight off for good.

Although our method is all-natural and medication free, our clients lose an average of 15-21 pounds in the first 30 days, and close to 80% reported improvements in symptoms related to mood, sleep, energy, and more.

We also work with clients who are on weight loss medications, enhancing their results, and helping them learn how to sustain their weight loss if and when they choose to stop taking medication.

CHESAPEAKE APOTHECARY MARYLAND'S 2 PREMIER CANNABIS DESTINATIONS



NORTH: 9135
PISCATAWAY ROAD,
CLINTON, MD

SOUTH: 4781
CRAIN HIGHWAY,
WHITE PLAINS, MD

**LARGEST VARIETY
KNOWLEDGABLE STAFF
BEST QUALITY ON THE MARKET**



scan to order

www.chesapeakeapothecary.com

Meet
"DELISH" TISH



@chaplifestyleshop
@chesapeakeapothecaryog
@chesapeakeapothecarynorth



HEALTH DIRECTORY

ACUPUNCTURE

Eastern Medical Holistic Healing Center – Angel Wood – 240-755-5925 – www.Acupuncture4Wellness.Webs.com.

West Annapolis Acupuncture – Brittney de Vicq, LAc, MAc – 410-375-9716 – BrittneyAcupuncture.com – Annapolis, MD.

ALTERNATIVE MEDICINE

Zen Well Studio – Janine Horne – 301-848-3791 – www.ZenWellStudio.com.

CHINESE MEDICINE & ACUPUNCTURE

Quansheng Lu, CMD, PhD, LAc – www.WholeLifeHerb.com – 301-340-1066.

CHIROPRACTIC

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

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

Winters Chiropractic and Physical Therapy – Paul Winters, DC and Patrick Winters, DC – 301-884-3423 – www.DocWinters.com

COUNSELING

A+ Counseling – 240-766-4194 – Fort Washington, MD – www.ACounseling.org.

DENTAL IMPLANTS

Dental Implant Center of Rockville – Sivakumar Sreenivasan, DMD, MDS – 301-294-8700 – www.DrSreeni.com.

DENTISTRY

Cosmetic Dental FX – Judy Yu, DMD, MBA – 410-360-0440 – www.DentalFXMD.com – Pasadena, MD.

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

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

Laurel Pines Dental Group – Shawn Samad, DDS – 301-953-3081 – www.LaurelPinesDental.com.

Craig A. Smith, DDS – 301-446-1784.

DERMATOLOGY

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

EYE CARE

McNelly Optical, Inc. – 410-263-2692 – www.McNellyOptical.com – Annapolis, MD.

FERTILITY

Montgomery Women's Fertility Center – 301-946-6962 – MontgomeryFertilityCenter.com – Rockville, MD.

HEALTH AND WELLNESS

Taylor4 Life Wellness, Inc. – Gregory Taylor, MS – 301-979-9010 – Taylor4LifeWellness.com – Largo, MD.

HOME CARE

At Home Care, Inc. – 301-421-0200 – AtHomeCareInc.com – Since 1977

HORMONES

New Day Vitality Hormone Center – 410-793-5212 – Arnold, MD and Easton, MD – NewDayVitality.com.

HOSPICE CARE

Hospice of the Chesapeake – 410-987-2003 – www.HospiceChesapeake.org.

HYPNOSIS & YOGA

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

INTEGRATIVE MEDICINE

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

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

MEDICAL SPA

Millennium MediSpa – 301-652-9005 – www.AnythingCosmetic.com.

MEDICAL SPACE

Charles L. Feitel Company – 301-571-9333 – www.MedicalandDentalSpace.com.

MENTAL HEALTH SERVICES

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

House Calls, LLC – 301-346-6732 – CallingOnBeth@gmail.com – www.CallingOnBeth.net.

Luminox Healthcare Services – 240-553-7970 – LuminoxHealth.com.

Me Time Healing – Feri Naseh, CEO – 301-200-2397 – www.MeTimeHealing.com.

MRI

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

NUTRITION

Nutritional Healing Center – Thomas K. Lo, DC, MA – 240-651-1650 – 7310 Grove Road, Suite #107, Frederick, MD 21704 – DoctorLo.com

ORTHODONTICS

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

PAIN MANAGEMENT

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

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

PEDIATRIC DENTISTRY

Bethesda Chevy Chase Pediatric Dentistry – Elizabeth "Andie" Shin, DDS – 301-941-7374 – BCCPediatricDentistry.com.

Magnolia Kid Friendly Dental – Dawn L. Tyler, DDS – 301-494-8642 – www.MagnoliaKidFriendlyDental.com.

PODIATRY

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

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

PRIMARY CARE

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

PROSTHETICS

Metro Prosthetics – 301-459-0999 – www.MetroProsthetics.com

SENIOR CARE

Chevy Chase Home Care. Help at a time you need it most. Any Ages. Any situations. Any shifts. MD, DC, VA – www.CHCH-HomeCare.com – 202-374-1240.

St. Mary's Nursing & Rehabilitation Center – 301-475-8000 – Leonardtown, MD – www.StMarysNursingCenter.com.

SLEEP & TMJ

Sleep & TMJ Therapy – Jeffrey L. Brown, DDS – 703-821-1103 – SleepandTMJTherapy.com.

VETERANS

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

WEIGHT LOSS

The Bariatric and Hernia Institute – Dr. Etwar McBean – 240-206-8506 – www.TBHIInstitute.com.

WOMEN'S HEALTH

BeBalanced Annapolis – Rachelle Polk – 410-923-7200.

Live Healthier

We make nutrition products with protein, fiber and vitamins to complement a balanced diet and support a healthy, active life. Herbalife is unique because of the one-on-one coaching and support that Herbalife Independent Distributors provide to their customers. Herbalife customers receive much more than a product, they get steady support and a plan to meet or exceed their personal nutrition, weight-management and fitness goals.

Our Products Help With

Healthy Weight • Balanced Nutrition
Energy & Fitness • Specialized Nutrition
Skin & Hair Care

lookfit.goherbalife.com

Call 240-412-7318

Ask for Michele!



Subscribe Today!

Your Health Magazine is available at local grocery stores, pharmacies, and convenience stores, including:

Giant • Safeway • Harris Teeter • CVS • 7-11 • & more



Now you can get the latest issues delivered directly to your home!

- Health articles and advice
- Doctors near YOU!
- Maryland & Virginia editions
- **Only \$24 for a year's subscription (12 issues)!**

CHECK EDITION (\$24 each edition):

☐ MARYLAND ☐ VIRGINIA

NAME: _____

STREET: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

SUBSCRIBING IS EASY:

1) Call **301-805-6805** with your name, contact info, and credit card payment for \$24, or

2) Simply mail this form along with your check for \$24:

Your Health Magazine
4201 Northview Dr. Suite 102
Bowie, MD • 20716

CHOOSE SKIN HEALTH: DR. HEMA SUNDARAM

Offering Free Skin Cancer Screenings in ROCKVILLE and FAIRFAX

In collaboration with the **CHOOSE SKIN HEALTH** program of the American Society for Dermatologic Surgery, local dermatologic surgeon and international educator, Dr. Hema Sundaram, has joined the fight against skin

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

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

FILLINGS

FROM PAGE 52

ceramic material that matches the natural color of other teeth.

How Does the Instrument Work?

CEREC uses CAD/CAM (Computer Aided Design/Computer Aided Manufacturing) technology, incorporating a camera, computer and milling machine in one instrument. The dentist uses a special camera to take an accurate picture of the damaged tooth. This optical impression is transferred and displayed on a color computer screen, where the dentist uses CAD technology to design the restoration. Then CAM takes over and automatically creates the restoration while the patient waits. Finally, the dentist bonds the new restoration

to the surface of the old tooth. The whole process takes about one hour.

What Does This Innovation Mean For a Patient?

A tooth-colored restoration means no more silver fillings discolored smiles. The filling is natural-looking, compatible with tissue in the mouth, anti-abrasive and plaque-resistant. Dentists no longer need to create temporaries or take impressions and send them to a lab. Because of this, the traditional second visit has been eliminated. CEREC has two decades of clinical research and documentation to support the technology. The restorations have been proven precise, safe and effective.

GOUT

FROM PAGE 52

the urine.

The condition may also develop in people with diabetes, kidney disease, obesity, sickle cell anemia and other anemias, leukemia and other blood cancers.

Symptoms of Acute Gout

- Symptoms usually involve only one or a few joints. The big toe, knee, or ankle joints are most often affected.
- The pain starts suddenly, often during the night and is often described as throbbing, crushing, or excruciating.
- The joint appears warm and red. It

is usually very tender (it hurts to lay a sheet or blanket over it).

- There may be a fever.
- The attack may go away in a few days, but may return from time to time. Additional attacks often last longer. After a first gouty attack, people will have no symptoms. Half of patients have another attack.

Some people may develop chronic gout. Those with chronic arthritis develop joint damage and loss of motion in the joints. They will have joint pain and other symptoms most of the time.

GASTROPARESIS

FROM PAGE 56

lidososis.

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.

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.

WEIGHT

FROM PAGE 59

also the mental and emotional aspects.

Remember, you are in control of your choices. Investing in your well-being today will yield benefits for a

healthier and happier future. So, why wait? Start your journey to a healthier you now, because there's no time like the present!

MULTIPLE TEETH

FROM PAGE 26

inexpensive, and easy to clean.

Some people find them uncomfortable, and they may cause sore spots on gum tissue. Although they are fairly stable they may still move when chewing or speaking, and may require relines to improve fit and comfort as bone in the jaw deteriorates.

All-On-4 Implant Fixed Bridge

Bridges are permanent restorations attached onto teeth or implants, supporting false crowns in the areas of missing teeth. The biggest difference between an All-On-4 appliance and an overdenture is that the All-On-4 appliance is permanent – you never have to take it out, and it improves functionality to 90% com-

pared to natural teeth versus 60%. Other benefits are that this appliance eliminates the need for bone grafting: your dentist can provide a temporary bridge the same day of your surgery; it preserves bone and soft tissue; they never decay (95% success rate over 30 years); they are very natural looking, allowing you to eat the foods you want; and you are able to clean fixed bridges like natural teeth – inside your mouth.

Traditional 6-8 Implant Support Fixed Bridge

Traditional fixed bridges replace root and teeth, preserve bone and soft tissue, improve functionality to 90% compared to natural teeth, and you can also clean them as you would natural teeth – inside the mouth.

NURTURING

FROM PAGE 56

mental and emotional well-being. Providing a nurturing environment that encourages open communication allows children to express their feelings and concerns. Recognizing and addressing any signs of stress, anxiety, or emotional distress early on is crucial. Mindfulness activities, such as deep breathing exercises and meditation, can empower children to manage their emotions effectively.

Social Development

Social interactions play a pivotal role in a child's holistic wellness. Encouraging positive relationships with peers and adults helps develop crucial social skills. Activities that promote teamwork, empathy, and com-

munication contribute to a child's emotional intelligence. A supportive community, both at home and in educational settings, fosters a sense of belonging and security.

Evidenced-Based Practices

Adopting evidence-based practices ensures that decisions regarding a child's health are rooted in scientific research and proven methodologies. Regular check-ups, vaccinations, and screenings are essential components of evidence-based pediatric care. Additionally, staying informed about the latest research on child development allows parents and caregivers to make informed decisions about nutrition, mental health, and overall wellness.

Charles L. Feitel Company

6701 Democracy Blvd., Suite 300
Bethesda, MD 20817

Direct: (301) 365-6940

Fax: (301) 365-6941

Email: cfeitel@medicalanddentalspace.com



CHARLES L. FEITEL

"The Medical Expert

In The Washington Metropolitan Area

Commercial Real Estate Market"

Let Charles Feitel help you with your next space requirement.

His professionalism and medical expertise are unsurpassed.

Call now!!

to her youthful beauty at the age of 69.

Platelet Rich Plasma (PRP): Sometimes known as the Vampire Face Lift, this harnesses your body's own restorative power to naturally treat wrinkles, scars, pigmentation – and also hair loss. Many stars, including Kim Kardashian, model Bar Refaeli and actor Rupert Everett, have spoken out about their use of PRP to maintain youthful skin and hair.

Body Contouring: Exilis Ultra, a state-of-the-art, no-downtime laser that combines radiofrequency and ultrasound, can painlessly melt away unwanted fat or cellulite on your chin, neck, arms, abdomen, waistline, hips, thighs, buttocks and other areas. Results are quick and effective, with skin tightening and lifting and a radiant glow. Kybella effectively dissolves away submental fullness (double chin). Laser Lipo permanently removes stubborn fat deposits that are resistant to exercise and a healthy diet, to recontour and tighten your chin, abdomen, arms, thighs, and other areas. Treatment is quick, comfortable, and requires only local numbing. Celebrity devotees include the Real Housewives of New York City, Omarosa from The Apprentice (who has tweeted about her body contouring

in our clinic), and Khloe Kardashian.

Liquid Face Lifting: This is a popular but not really accurate term! Natural fillers such as Voluma, Juvederm, RHA, Restylane and Sculptra remove under-eye hollows and bags, restore youthful cheeks and lips, and define your jawline. 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.

Botox and More: Expert treatment with muscle relaxers like Botox, Dysport, Xeomin, Jeuveau and Daxxify safely smoothes out your frown lines, forehead wrinkles, crow's feet, and lines around your mouth and neck. Gwyneth Paltrow, Vanessa Williams and Brooke Shields are among many who have publicly spoken about their positive experiences.

Advanced Lasers: The most dedicated clinics have the best technologies. GentleMax Pro offers rapid, effective

and pain-free removal of unwanted face and body hair in all skin types from lightest to darkest. The VBeam laser is the gold standard and a celebrity go-to for scars, facial and spider veins, leg veins, sunspots, scars, stretch marks and birthmarks. Elos Plus, featured on 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.

New You

FROM PAGE 7

hormones, these bioidenticals duplicate the molecular structure of the hormones made by the human body. Bioidentical hormones come in a wide range of dosage levels, allowing therapy to be better tailored to your biospecific needs. And the pellet inserts are particularly convenient: the pellets last about three

As we look with anticipation towards the 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 a 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.

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

Don't settle for feeling "old." By restoring your hormones to optimal levels with BHRT, you can reclaim your vitality and rediscover the many pleasures life has to offer! Contact a bioidentical hormone specialist to learn more TODAY!

Local Service Ads

Boost your practice's visibility!

Google

- TOP RESULT PLACEMENT
- CONVERT CLICKS TO LEADS
- PAY ONLY FOR RESULTS

Google Guarantee badge builds instant credibility!

Prospective patients contact you right from the ad!

Appear at the top of Google Search results!

You're charged only for legitimate leads!

LEARN MORE

Clint Bethea

800-593-0139

SLIMMEDIAMARKETING.NET

GET STARTED

Sign up day

Don't Let **PAIN** Control Your Life

Pain Conditions We Treat:

- Herniated Disc
- Facet Syndrome
- Spinal Stenosis
- Osteoarthritis
- Bursitis
- Knee Pain
- Hip Pain
- Myofascial Pain
- Fibromyalgia
- Complex Regional Pain Syndrome (CRPS)
- Occipital Neuralgia
- Vertebral Compression Fractures

Visit us online for a full list and descriptions of the treatments we offer.

SynergySpineMD.com

INTERVENTIONAL PAIN MANAGEMENT SPECIALISTS

Madhavi Chada, MD - Triple Board Certified Physician

ABIM certified in Internal Medicine; ABA certified in Anesthesiology and Pain Medicine

Glenn Dale: 240-929-6652 | Ft. Washington: 240-260-3828 | Silver Spring: 240-641-5922

12150 Annapolis Road, Ste 209, Glenn Dale, MD 20769

10709 Indian Head Hwy, MD-210, Suite D, Fort Washington, MD 20744

11233 Lockwood Drive, Silver Spring, MD 20901



NEW YEAR NEW YOU!

ASK THE EXPERT ABOUT

Acne Treatments	Miracle Cellular Renewal
Body Contouring	Muscle Sculpting
Botox	Non-Invasive Scar Treatment
Cellulite	Non-surgical Lipo Sculpting
Cosmelan Peel	Permanent Makeup
Chemical Peel	Pigmentation Treatments
Fillers	Powder Brows
Hair Loss Treatment	Skin Rejuvenating
Hydrafacial MD	Skin Resurfacing/Lifting
Laser Hair Removal	Stretch Marks Treatment
Laser Tattoo Removal	Vaginal Rejuvenation



MABIR RIVEROS

CEO & ESTHETIC
SCIENCE EXPERT

| NON-SURGICAL LIPO

| LASER HAIR REMOVAL



571 502 0202 | MYHEALTHYDERMIS.COM @HEALTHYDERMIS

2944 HUNTER MILL RD #201
OAKTON, VA 22124

7230 HERITAGE VILLAGE PLAZA
#201 GAINESVILLE, VA 20155



The Latest
Technology In Aesthetic
Science



WE ACCEPT
 CareCredit

\$300
AS A GIFT

TO OUR NEW PATIENTS
TOWARDS NON-SURGICAL
FACELIFT

Our Care for You Is More Than Skin Deep...

"I will never trust my face to anyone else. You are a true artist!" - NK, patient for 12 years

"Nobody else does fillers like you do" - HJ, patient for 17 years

**National
Research
Center**

**NOW OFFERING PRP
PLATELET RICH
PLASMA for
HAIR RESTORATION**

Discover VBeam
Perfecta, GentleMax Pro,
CO2RE and CO2RE Intima
- our Newest Lasers for
Pain-Free Hair Removal, Facial
and Leg Veins, Scars, Stretch
Marks, Sunspots &
Pigmentation and Birthmarks,
Facial Aging and
Total Body
Rejuvenation

Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

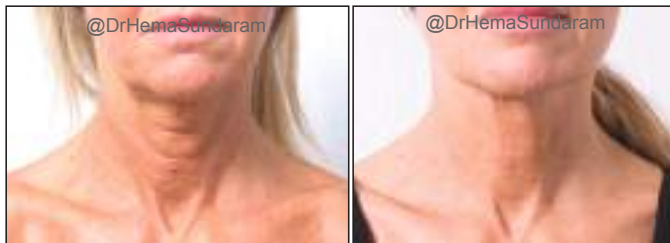
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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



Before & After 1st 2 sessions of PRP Hair Restoration

Expert French Cannulas for Safe and Bruise-Free Filler Injections



Before & After Nonsurgical Neck Restoration



Before & After Facial Contouring

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

Choose Skin and Hair Health

Join us for our New Year Specials

Call Now to Reserve Your Appointment

Additional special offers on all our services including:

Exilis Ultra, Botox, Dysport, Jeuveau, Xeomin, Juvederm, Restylane, Radiesse, Belotero, Sculptra, Platelet-Rich Plasma, Hair Restoration, Fat Grafting, Fraxel, Ulthera, eMatrix Sublative, Laser Lipo, all other Lasers, DermaSweep MD, Chemical Peels, Skin Care Products

Se Habla Español • Now Open Saturdays

Rockville/Bethesda Fairfax

Call: 301-984-DERM or 703-641-9666
(3376)

www.doctorhema.com

Follow us on Instagram: @twicebornbeauty and @drhemasundaram



HEMA A. SUNDARAM, MA, MD, FAAD
BOARD CERTIFIED DERMATOLOGIST
TIFFANY DINH, PA-C, CERTIFIED PHYSICIAN ASSISTANT
Dermatology, Cosmetic & Laser Surgery for Women and Men

Interest-Free Financing Available • FREE PARKING

SEE PAGE 7 FOR MORE INFORMATION