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TO OUR NEW PATIENTS
TOWARDS NON-SURGICAL
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By Deeni Bassam, MD, DABPM
The Spine Care Center

Diabetes is an unfortunate affliction, which plagues the lives of millions of Americans. Most of us are already familiar with the basic understanding of diabetes as a problem in the regulation of glucose (sugar) in our bloodstreams. This simple problem of too much sugar, over time, leads to a cascade of secondary effects ultimately wreaking havoc on organ systems across the body.

It would be an overreach to attempt to discuss, or even to list, all of the end organ effects of diabetes in such a humble article so, instead, we focus on only one such complication of diabetes known as painful diabetic peripheral neuropathy (PDPN).

Although several theories for the origin of PDPN exist there is significant evidence that PDPN is the consequence of dysfunctional nerve endings in our feet, which in turn is the consequence of damage to the most delicate of arteries which supply nourishment to these nerve endings. Relentless hyperglycemia in poorly controlled diabetics leads to the destruction of the micro-vascular system and an asphyxiated peripheral nervous system responds with signals of distress we know all too well as pain.

Over time, a pattern of constant burning pain in the feet develops along with loss of sensations and even changes in the overlying skin. The pain can become severe enough to interfere with simple activities of daily living and is described as "suffering" by many. In severe cases, progression of the blood flow limitation leads to dead and gangrenous tissues necessitating around two thirds of the amputations done in our country.

Thankfully, treatments do exist for both the primary causes and secondary effects of PDPN. The single greatest way to prevent the development of PDPN is tight control of blood sugar.

Your primary physician can help you with the tools to manage your diabetes effectively and evaluate you for one of several new FDA approved medications for the symptoms of

Diabetic Peripheral Neuropathy – Oh, My Burning Feet

PDPN. These medications have been shown to make a positive difference in pain levels, sleep quality, and functional capacity. It is unclear at this time if these medications will have an effect on the natural progression of PDPN.

For more advanced cases of PDPN, which do not respond to trials of readily available medications, referral to a pain specialist could be

considered to review other treatment options. In Europe, there is extensive experience with implantation of small devices in the body, which electrically stimulate certain nerve fibers, which in turn cause a significant improvement in blood flow to the feet.

This treats primarily the pain of PDPN and does so presumably by improving the blood flow and nutri-

tional state of the nerve endings. In many European countries this is used in lieu of amputation.

If you are a diabetic you should work closely with your physician in managing all that comes with this chronic condition. Remember that the best way to prevent the development of PDPN and its complications is tight control of your blood glucose level.

Back Pain?

Back and neck pain *can* be treated.

Back and neck pain are among the most common reasons for doctor visits, and are major causes of disability, lost work days, and high healthcare costs. Back or neck pain is a symptom, not a disease. That means the pain is likely being caused by something that can often be relieved when treated by the board certified physicians at The Spine Care Center.

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Look and Feel Your Best

New Lasers and the Latest No-Downtime Procedures



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

How do you view midlife? If you're like most, you have every expectation that this stage of life and beyond will be active, fulfilling and productive.

Recent scientific studies have shown that first impressions matter, not only personally but also professionally. Of course, our skin is the first thing that everyone sees. Our skin is the largest organ in our body and the mirror of everything inside. It's natural, as well as a good personal and professional strategy, to want our skin to reflect externally the youthful vigor and vitality we strive for internally. This life philosophy is redefining midlife, and revolutionizing skin health and beauty. We are especially inspired by our patients in their 90's who are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are!

The idea of looking and feeling good at any age has inspired groundbreaking non-surgical strategies that naturally rejuvenate you, while preserving your individuality and avoiding the "done look." For the latest thinking from the world's cosmetic experts, read the recent article "*Injectables of the Future*" in *Harper's Bazaar* linked here: <https://www.harpersbazaar.com/beauty/skin-care/a42100260/injectables-of-the-future/>

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In recent Academy teachings for dermatologists and plastic surgeons, we have focused on the science and research behind state-of-the-art techniques and technology. The key concept is to rejuvenate your skin layer by layer by harnessing your body's own capacity to renew itself. This approach is based on advanced understanding of the aging process and, if started in time, can save you from ever having to go under the surgical knife.

The American Board of Medical Specialties recognizes four types of specialists as being appropriately qualified and trained to perform cosmetic procedures – board certified dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons. It's important to ask your doctor not only if they are board certified, but in what specialty.

The uppermost layer of your skin can be treated to fade discolorations, spider veins, prominent pores, acne and rosacea and give your skin a beautiful glow, with Elos Plus photofacials, VBeam pulsed dye laser, micro-laser and chemical peels,

These treatments can be alternated with DermaSweep MD, a more effective, crystal-free alternative to microdermabrasion, which painlessly polishes your skin with silk and other brushes and then infuses it with customized therapies to fade discolorations, tighten pores and make your skin radiant and youthful. The finest silk brushes in the DermaSweep MD treatment can even be used to revitalize the delicate skin around the eyes.

The upper and middle skin layers

can be stimulated to create new collagen and elastin with fractional resurfacing lasers like the new eMatrix Sublative, eTwo, Co2RE or Fraxel. These are exciting technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Fillers like Voluma, Juvederm, Restylane, Sculptra and RHA are pure, lab-made forms of natural hyaluronic acid to precisely replace the support that your skin has lost with time. Radiesse is a natural calcium-based filler. Sculptra is another effective volumizer. These fillers, as well as your own natural fat containing stem cells, can fill "smoker's lines" around the mouth, gaunt cheeks and under-eye hollows, shape your brows, and sculpt your profile. Truly expert technique doesn't just fill wrinkles – it actually reshapes your face, to restore ideal contours and lift your face subtly and beautifully with no scarring or down time. Recent research shows that expert filler placement can also stimulate your skin to produce new collagen and elastin, for longer term results.

A recent addition is platelet-rich plasma (PRP) with microneedling – the so-called "vampire face lift" – that harnesses the regenerative power of your body's own healing processes to restore smooth, radiant skin. Studies show that PRP is also effective for hair restoration. Exosomes are now being used for skin rejuvenation but it's important to use skin formulations with proper science and regulatory approvals.

The lowest layer of your skin can be treated with Ultherapy, Exilis Ultra or Sublime lasers, the newest no-downtime, no-surgery face and body lifting and tightening. These treatments tighten col-

lagen and elastic tissue, to lift your brows and cheeks, define your chin and jawline, and tighten and lift your neck, chest, abdomen, buttocks, arms and elsewhere. You will see prompt results that improve even more over time. Stimulation of your skin's self-tightening is long lasting and can take years or decades off you.

These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on areas such as your stomach, arms, buttocks and legs.

Kybella injections or Laser Lipo can remove unwanted fat with no down time and no anesthesia to chisel your jawline. You can also melt fat away painlessly from your hips, abdomen, waistline, buttocks, arms and other areas.

Precise doses of neuromodulators like Botox, Dysport, or Xeomin can be injected in the right places to gently and safely relax overactive muscles, smooth frown lines, worry lines, crow's feet, lines around the mouth and neck wrinkles, while preserving your natural facial expressions and avoiding a telltale frozen look.

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

This highly sophisticated approach doesn't change you into the cliché of a "new you." Better yet, it empowers you to re-discover the Real You, balancing how you feel inside with how you look outside. A youthful and harmonious appearance gives the best first impression to those who see us, and can maximize our personal and professional success at any age.



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What Is Diabetic Eye Disease?

By Jacqueline D. Griffiths, MD
New View Eye Center

Approximately 20.8 million Americans have diabetes. More than half of these individuals are at risk for vision loss and other health problems, because they don't know they have the disease.

Diabetic eye disease, a group of eye problems that affects those with diabetes, includes diabetic retinopathy, cataracts and glaucoma. The most common of these is diabetic retinopathy, which affects 5.3 million Americans age eighteen and older.

Diabetic retinopathy is a potentially vision threatening condition in which the blood vessels inside the retina become damaged from the high blood sugar levels associated with diabetes. This leads to the leakage of fluids into the retina and the obstruction of blood flow. Both may result in vision loss.

The National Eye Institute (NEI), the Federal Government's lead agency for vision research, urges all people with diabetes to have an eye examination through dilated pupils at least once a year.

Blurred vision may occur when the macula – the part of the retina

that provides sharp, central vision – swells from the leaking fluid. This condition is called macular edema. If new vessels have grown on the surface of the retina, they can bleed into the eye and block vision. But, even in more advanced cases, the disease may progress a long way without symptoms. That is why regular eye examinations for people with diabetes are so important.



More than one third of those diagnosed with diabetes do not receive the recommended vision care and may be at risk for blindness. Because there are often no symptoms in the early stages of diabetic retinopathy, your vision may not be affected until the disease becomes severe.

Once diagnosed with diabetes, schedule a complete dilated eye examination with your eye doctor at least once a year. Make an appointment

promptly if you experience blurred vision and floaters that:

- Affect only one eye
- Last more than a few days
- Are not associated with a change in blood sugar

In advanced cases of diabetic retinopathy, laser treatment has been shown to reduce the loss of vision. This surgery does not cure diabetic retinopathy, nor does it prevent future vision loss, especially if diabetes or blood pressure is not well controlled.

Diabetes can also affect your vision by causing cataracts and glaucoma. If you have diabetes, you may get cataracts at a younger age and your chances of developing glaucoma are doubled.

Early diagnosis of diabetes and effective control of blood sugar and hypertension through proper diet, exercise and medication can help reduce your risk of developing eye diseases associated with diabetes. Finding and treating the disease early, before it causes vision loss or blindness, is the best way to control diabetic eye disease. So, if you have diabetes, make sure you get a dilated eye examination at least once a year.



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"
Washington Post Magazine

Voted
"Top Ophthalmologist"
*Washingtonian Magazine
& Northern Virginia Magazine*

Jacqueline D. Griffiths M.D. earned her undergraduate degree at Yale and her medical degree from the University of Michigan. Her Ophthalmology residency was completed at Georgetown University Medical Center.

Dr. Griffiths has been in private practice since 1994. She started her own practice and laser center, NewView Laser Eye™ in 1999 where she serves as the Medical Director. NewView's Mission is to provide Excellence in Ophthalmologic services by giving personalized attention to every patient.

Dr. Griffiths is Board Certified and began performing laser vision correction practically from its inception in this country. She has performed thousands of cases and participated with the CRS-USA LASIK trials to get the LASIK procedure approved by the FDA.

In addition to offering CustomVue LASIK and EpiLase, NewView offers CKSM, no-stitch cataract surgery, annual eye exams, contact lenses, glaucoma and diabetic screening exams, and cosmetic services including Botox, Restylane, Radiesse, Juvederm, and eyelid surgery. NewView Optical offers affordable high quality frames and lenses for the entire family (ages 5 and older).

Dr. Griffiths is the immediate past Ophthalmology Section Chief of Reston Hospital Department of Surgery, the former Chief of Ophthalmology for the Reston Ambulatory Surgical Center in Reston, VA as well as Loudoun Hospital in Leesburg, VA, Diplomate of the American Board of Ophthalmology, a Fellow of the American Academy of Ophthalmology, a member of the American Society of Cataract and Refractive Surgery, the Washington National Eye Center and others.



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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Embrace the Power Of Positive Affirmations In the Workspace!

Submitted by
Me Time Healing

As we step into the canvas of a new year, the essence of mindfulness and self-care takes center stage. In 2024, let's embark on a transformative journey of nurturing positivity through the daily practice of affirmations, embracing a mindset that prioritizes self-discovery and well-being.

The modern workplace can be stressful, as the advantages of modern technology, such as virtual desktops, make us available 24/7, whether we like it or not. Positive affirmations can help employees stay optimistic and avoid letting workplace stress get them down.

Positive affirmations are phrases that we repeat to ourselves that help us to visualize our best selves or our ideal situations. The theory behind positive affirmations is that they shift our thinking into positive patterns that allow us to remain upbeat in tough situations and make the most of opportunities that present themselves to us.

The following are a few positive affirmations that can help members of your organization see the silver lining even in the darkest clouds:

- I strive each day to do the best job that I possibly can.
- Today's activities are stepping stones to tomorrow's big goals.
- I enjoy communicating with all of my colleagues at work. I find getting along with others to be easy.
- Completing tasks on time is fun and rewarding.
- It's a pleasure to help customers resolve their problems.
- Contributing to the success of the team is something I find personally rewarding.
- I enjoy mastering the new challenges that my work presents to me.

By integrating these affirmations into the workspace, members of your team can experience improved focus, increased creativity, and enhanced overall well-being.

In 2024, let daily affirmations become a mindful practice, a moment of self-care that guides you through the ebbs and flows of the year. Celebrate your successes, big or small, and acknowledge your resilience through the lens of mindful reflection. The power of positive af-

firmations lies in their ability to craft a mindful narrative, one that uplifts, nurtures, and leads to a more intentional and joyous life

In 2024, let positive affirmations be a cornerstone of your personal development journey. Embrace the potential for growth, welcome love into your life, and cultivate a mindset that empowers you to face the future with resilience and joy.

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als can provide guidance counseling for your team members, who are seeking to find the best approach to positive thinking, emotional wellbeing and support in pursuit of creating a growth focused, successful and productive work environment.



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Cold Winter Air and Skin Health: A Plastic Surgeon's Perspective

By Mark Domanski, MD
Bluemont Plastic Surgery

Cold dry winter air can have various negative effects on the skin. Dryness and irritation are common issues leading patients to wonder if they should postpone their facelift, microneedling, or laser treatments. Winter is otherwise an ideal time for plastic surgery as people tend to travel less and the sun is less intense. So here is how I help guide my patients.

Winter air has lower humidity levels which can decrease the natural

protective oils of healthy skin. Without this protective barrier, skin can become itchy, flaky, and cracked.

Cracking and chapping can allow bacteria to enter the skin, increasing the risk of infection. Cold air can also trigger redness and irritation. Cold air can exacerbate conditions such as rosacea and eczema. Windburn adds insult to injury. All of this is not ideal prior to any surgery, laser, or microneedling treatment.

To mitigate the effects of dry, cold

winter air on the skin, I recommend my patients consider the following:

Hydrate: Drink plenty of water to maintain skin hydration on the inside and out. This may be especially important before bedtime to give the skin time to recover at night. I personally enjoy a warm cup of chamomile tea with a dash of honey many evenings this time of year.

Moisturize: Use a rich, hydrating moisturizer to replenish lost moisture to the skin. Apply regularly after



Mark Domanski, MD

washing one's face and hands. For nighttime, I favor a thick moisturizer which may be unsightly during the day but promotes maximal recovery. More on this below.

Protect: When I am out jogging, my go to winter combination is a baseball hat and a neck warmer. I can pull up the neck warmer for more protection as needed. Protection is key to healthy skin.

Humidify: Adding a humidifier to an indoor space increases air moisture, preventing excessive dryness.

Gentle Cleansing: Consider changing to lighter cleansers for the winter months.

Sunscreen: I cannot emphasize this enough. I routinely apply sunscreen each day after I shave in the morning. This locks in moisture and prevents the worst aspects of UV radiation.

When all else fails: I go back to basics. I recommend a skin holiday and have patients apply petroleum jelly at night, every night, for one week. The results are dramatic.

Petroleum jelly was patented in 1872 in Pennsylvania by a chemist named Robert Chesebrough. Mr. Chesebrough marketed his product by intentionally burning himself and then spreading the petroleum jelly onto his injuries. Startled observers would then be shown Mr. Chesebrough's prior burns that had healed, with the help of his new product. Mr. Chesebrough opened his first factory in 1870, using the name Vaseline.

There are not many things from the 19th century that are still for sale in your local drugstore. One of them is Vaseline, because when all else fails, it works.

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Sleep Apnea: CPAP Is Not the Only Option



By Michael Rogers, DDS
Fairlington Dental

Sleep apnea, a serious condition characterized by brief periods of no breathing during sleep, is most often treated with CPAP (continuous positive airway pressure) also known as "the mask." While the mask is quite effective in treating sleep disordered breathing initially, about half the patients who try it end up not using it because it can be inconvenient and

uncomfortable. Alternatives to CPAP include surgery to remove excess tissue, implanted stimulation devices, weight loss, and oral appliances.

Oral appliances, originally designed to reduce snoring, are now being prescribed for mild and moderate cases of sleep apnea, and also for patients who can't tolerate the CPAP machine. They are reported to be effective up to 85% of the time, and are generally much more comfortable for the patient.

There are many different oral appliances designed to reduce sleep apnea, and the most common ones work by pulling the lower jaw and tongue forward. This creates more space at the back of the throat, where the obstruction most often is located. The original appliances were quite bulky, as are most of the over-the-counter varieties, but modern technology has allowed

Please see "Sleep Apnea," page 46

Fulfilling Your Exercise Resolution This Year



By Erik A. Ward, DC, CSCS, CCSP
NOVA Pain & Rehab Center

Probably one of the most made resolutions, and toughest to fulfill, is the one 'to exercise'. For back and neck pain sufferers, exercise is crucial to easing chronic pain symptoms and preventing future pain related problems.

This article outlines some tips for really making 'to exercise' a part of your life this year.

One of the most difficult things about exercise is just getting started. It's easy to come up with reasons to put exercise off for just another few weeks, but your back will thank you if you just do it.

Hook Up With a Professional Who Understands "Exercise"

Often, a person wants to start exercising, but just doesn't know how to begin. For example, going to a gym for the first time can be somewhat intimidating if you don't know your way around all the machines and weights.

A personal trainer, physical therapist, or athletic chiropractor can get you comfortable with the various apparatus.

More importantly, they can help to design an exercise program that is right for your unique situation (including any back and neck problems) and demonstrate proper technique.

Please see "Resolution," page 46

Starting an Exercise Program

Optimum Health Begins With Oral Health



At Fairlington Dental, we understand the connection between a healthy smile and a healthy body. As a result, we look at the whole person to discover the reasons a patient may have gum disease or a bad bite. A number of studies link heart disease and other serious conditions to the presence of periodontal (gum) disease. This research makes it vital that we take a Complete Health approach to your dental care. Dr. Rogers will listen to you, conduct a careful assessment, and carefully explain your proposed customized wellness plan. He will then take the time to answer all of your questions. You become a partner in your oral health goals!

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How to Beat Heart Disease: With a Periodontist, You Can Win

By Karl A. Smith, DDS, MS

February is American Heart Month. Heart disease is the leading cause of death in the United States. You can fight back by eating healthy; becoming physically active; controlling your high blood pressure or cholesterol; and getting a clean bill of health from your periodontist.

Periodontal disease, heart disease and stroke may seem to have an unlikely connection, but researchers have found that gum disease sufferers are nearly twice as likely to also suffer from coronary heart disease. Research studies have discovered that oral infection is indeed a risk factor for certain types of cancer, stroke and other serious heart and health problems.

The Connection Between Your Mouth and Heart:

There are several theories, which may explain the link between heart disease, stroke and periodontal disease, which include the following:

Bacteria In the Mouth – There are many different strains of bacteria. Researchers assert that some of these strains of bacteria enter the bloodstream through your mouth and attach to the fatty plaques in the blood vessels of the heart. This attachment then contributes to clot formation, causing grave danger to the individual.

Inflammation – Periodontal bacteria causes severe inflammation in the gum tissue, which elevates the white blood cell count.

Immune System Deficiency – Individuals who experience particularly high levels of oral bacteria may have weaker immune systems. These factors may induce specific vascular effects, which have previously been shown to contribute in the onset of certain forms of heart disease.

There is little doubt that the presence of periodontal disease can worsen existing heart conditions. In fact, for many patients periodontists and cardiologists work as a team in order to treat individuals experiencing both conditions.

Diagnosis and Treatment

Since periodontal disease appears to be a risk factor for both heart attack and stroke, it is extremely important to seek immediate treatment with an experienced periodontist. Dentists who specialize in the treatment and prevention of periodontal (gum) disease – periodontists – are experts in the treatment of oral inflammation, plaque and bacte-

ria as they receive extensive training in these areas during their three additional years of education beyond dental school. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease, and are also trained in performing cosmetic periodontal procedures, and dental implants.

Initially, the periodontist will conduct thorough examinations to assess the exact condition of the teeth, gums and jawbone. X-rays can be helpful in determining whether bone loss is prev-

alent in the upper and lower jaw.

The periodontist is also able to conduct deep cleaning treatments to remove hardened calculus (tartar) deposits from the gum pockets. An antibiotic may be prescribed to ensure that the bacteria is completely destroyed and the periodontal infection does not spread to the rest of the body. Antibiotics alone are not enough to treat periodontal conditions but dental treatment along with antibiotics can have the power to get

and keep your body healthy.

Fortunately, you can fight back against heart disease. Visiting a periodontist today to remedy gum disease may be one of the best things you can do to help lower these overall health risks. If you are over the age of 45, have any health compromise, experience bleeding gums, or are interested in keeping your natural teeth for your lifetime call a periodontist right away. Get the answers to your questions about how good dental care might just save your life.



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TMD and Sleep the Connection

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It may be hard to believe, but when you have a TMJ disorder (otherwise called TMD), this can correlate to sleep-disordered breathing (SDB). The way this works is that when the jaw joint discs are displaced – just like a kneecap can slip out of place – you get pain. Pain and inflammation are quite common with a displaced jaw

disc. When you are hurting, you just cannot sleep all that well. Also, the quality of sleep is compromised because it is now harder to get the good, deep, non-REM sleep that helps our body to heal.

It is unfortunate that TMD is so poorly understood because so many people really do need help in this area. It is actually fairly easy to get a handle on this disorder, however. One of the first signs of TMD is that you have

clicking and/or popping in the jaw joints. This is often a clear sign that the articular discs (jaw joint discs) are displaced and causing an inflammatory reaction.

Another very clear sign of TMD is that you cannot open your jaw widely. The “normal” range of motion is generally considered to be around 50 mm. This means measuring from the tip of the upper front teeth to the tip of the lower front teeth when opening wide,



Jeffrey L. Brown, DDS

you should get around 50 mm. Some practitioners say that 35mm is around normal, but in general most agree that 50mm is a healthier way to be. This measurement can readily be done when you see your dentist or hygienist but most of the time it is not done.

So, now let's get back to the link to sleep problems. If and when the articular discs in the jaw joints are displaced, they are going to rub around in the jaw sockets and will quite literally pinch or rub against nerves and blood vessels in the joint. Diagnosis: It just plain hurts. In the human body when a bone rubs against bone or other vessels, it just hurts, simple as that. This in turn begins an inflammatory reaction in which the body releases the mediators of inflammation called “cytokines”. Now these cytokines are floating around inside your body causing a chronic irritation. It's kind of like being chronically sick all the time.

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

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

“My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children's hospital. She was on medications for tics and associated muscle pain, OCD/repertive 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)



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When you are hurting, you just cannot sleep all that well.

When the body is running in inflammation mode, it hurts, and this leads to sleep difficulties. What happens in so many people are the jaw joints ache, which in turn leads to the neck being irritated, and then it travels down the back as well. This makes the deep sleep – called non-REM III – unable to happen the way it should. Now you are sleep deprived and not able to heal the body like your body intended. This cycle just gets worse and worse over time. In so many people, this will lead to OSA – obstructive sleep apnea. So be safe, be smart, learn about TMD and how to treat it for a good night sleep.

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By April Toyer, DDS, FAAPD
Lifetime Dental Care

Flossing and Your Health

floss hasn't been used in weeks. There are significant benefits to flossing your teeth every day that you're missing out on. After reading these four benefits to flossing, you may reconsider waiting "just another day" to floss.

Flossing Is An Effective Defense Against Gingivitis

Inflammation can occur in gum tissue that contains bacteria, plaque, and tartar build-up. Gums that are swollen and bleed when they're brushed are a natural result of improper dental hygiene. Adding flossing

to your regimen ensures that the debris from between your teeth, as well as any hidden bacteria, plaque, or tartar, is cleared away. Having eliminated the bacteria, your teeth become protected from gingivitis.

Stop Halitosis With Regular Flossing

Food particles hidden in between your teeth can allow bacteria to build up, adding to your bad breath. Tartar, in particular, contributes heavily to halitosis and often can be found hiding between your teeth. Brushing,

mouthwash, and flossing every day will go a long way towards protecting your teeth.

Flossing Helps Control Diabetes

This comes as a significant surprise to most dental patients. Research has shown that making brushing a regular part of your daily hygiene practices can actually have a huge positive impact on your battle with diabetes. Oral bacteria have been shown to elevate the level of glucose in your blood, making stabilization difficult. Flossing, brushing, and mouthwash combined eliminate bacteria and reduced their effect on your glucose levels.



Restrict Respiratory Disease With Flossing

Your mouth and oral tissues are a direct pathway to many of the organs in your body, including your lungs. This can cause a serious problem when oral bacteria transfer into your lungs. Once seated in your lungs, they can begin causing health concerns related to breathing as you develop respiratory disease.

By making brushing, flossing, and the use of mouthwash a regular part of your daily routine, you're protecting yourself from a host of issues. If you want to learn more about how flossing can help you preserve your good health, contact your dental provider and get on the road to battling gingivitis, bad breath, and even heart disease.

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April Toyer, DDS



Dr. Toyer grew up as an "Army brat," but resided many years in Bowie, Maryland. She attended the University of Virginia and received a degree in Biology and Bioethics in 2003. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program.

Aids To Daily Living



By Amer Mian, CEO
Rio Medical Supplies

Aids to Daily Living (ADL) equipment encompasses a diverse range of tools designed to support individuals in their day-to-day activities, fostering independence and improving overall quality of life. Unlike traditional medical equipment, ADL equipment focuses on enhancing routine tasks without necessarily addressing specific medical conditions.

One essential category of ADL equipment includes adaptive tools for eating and drinking. These can range from specialized utensils and ergonomic cups to plate guards, making mealtime more accessible for

individuals with dexterity challenges or physical limitations. These simple yet effective adaptations enable people to enjoy their meals independently.

Dressing aids are another crucial aspect of ADL equipment. Devices like button hooks, zipper pulls, and dressing sticks assist individuals in managing clothing items, promoting autonomy in getting dressed. These tools are particularly beneficial for those with limited fine motor skills or joint mobility.

To facilitate personal grooming, ADL equipment includes a variety of aids such as long-handled brushes, combs, and nail clippers. These tools enable individuals to maintain personal hygiene without relying on external assistance, preserving a sense of dignity and self-sufficiency.

In the realm of household activities, reaching aids and extended grabbers become invaluable tools for individuals with mobility challenges. These devices allow users to access items on high shelves or pick up objects from the floor without the need for physical strain or assistance.

Please see "Daily Living," page 46

Link Between Oral Health and Diabetes



By Marvette Thomas, DDS
The Dental Spa

Diabetes is a group of chronic inflammatory diseases that affect the body's ability to process sugar. It is important for diabetics to maintain oral health because they are more prone to oral infections such as periodontal (gum) disease. Conversely, the presence of gum disease can make it harder for diabetics to control blood sugar levels.

Periodontal disease is a chronic ailment associated with elevated levels of systemic (whole-body) inflammation. It may increase a

person's chance of major cardiovascular events (heart attack or stroke) or adverse pregnancy outcomes (low birth weight and pre-term delivery). It's not surprising that a growing body of evidence suggests the two diseases are related.

Two Diseases With a Lot In Common

Diabetes is a risk factor likely to increase the severity of periodontal disease because diabetes reduces the body's resistance to infection, making diabetics more susceptible to bacterial and fungal infections. Having serious gum disease (periodontitis) is likely to result in worsening blood glucose control in diabetics. It can also increase the risk of diabetic complications. So, what's the connection?

Both diseases are associated with the process of inflammation and immune response, attempting to fight, repair, and prevent disease from spreading. Prolonged inflammation can lead to serious problems.

Please see "Diabetes," page 47



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By Dr. Sheri Salartash, DDS
MAGD, NMD, IBDM, FIAOMT
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Dynamic Dental Wellness

Dental health isn't just important to keep your teeth in good shape, but it's vital for keeping your whole body in good shape. It isn't a secret in the holistic community that your teeth are connected to your whole body but science has proven that bacteria in the oral cavity can have detrimental consequences, especially to heart health and diabetes.

The Science

Periodontitis is a chronic inflammatory disorder that when untreated can lead to irreversible damage to tissue and bone – which can lead to the loss of teeth. There are roughly 800 different species of bacteria that is present in human dental calculus. Bacteria in the plaque not only has the ability to break down the tissues in the gums, but also can trigger noxious inflammatory responses and send toxins into the bloodstream. The most reputable and highest risk (for cardiovascular disease, diabetes, and stroke) pathogens are *Aggregatibacter actinomycetemcomitans*, *treponema denticola*, *tannerella forsythia* and *porphyromonas gingivalis*. Ask your holistic dentist about testing for periodontal bacteria to find out if you are at risk!

Link To Diabetes

Diabetes is an inability to produce insulin, whether inherited and/or acquired. The link between diabetes and periodontal bacteria has been explored and although there hasn't been a pinpoint on the exact mechanism that connects the two, studies have suggested that patients with diabetes have favorable microenvironments for bacteria to thrive. Oxidative stress also appears to be a link between diabetes and periodontitis because it can activate pro-inflammatory pathways. Research and studies are still continuing to work towards confirming the link between periodontitis and diabetes.

Link To Cardiovascular Disorders and Events

Different cardiovascular events that have links to periodontal disease include myocardial infarction (heart attack), peripheral artery disease, and stroke. Myocardial infarction and

Oral Health, Diabetes and Cardiovascular

periodontal disease have several risk factors in common like smoking and inflammation which suggests the two are connected. A study done in the 1980s observed that the patients with history of heart attacks had worse dental health than the control group. Studies done on mice have proven the link between certain periodontal pathogens and heart attacks, but because both periodontal disease and myocardial infarction are multifactorial, there is ongoing work being done to confirm the relationship between the two. A recent study also demonstrated that patients with peripheral artery disease

(PAD) have presented a higher risk of developing periodontal disease versus a patient who does not have PAD. The study evaluated patients who have undergone bypass surgery and found that a majority also had periodontal infection, specifically *Porphyromonas gingivalis*. Worldwide, one of the most common fatality causes is stroke. Several studies have been done that suggest periodontal disease to be a potential cause of stroke. One group observed elevated serum levels of *Aggregatibacter actinomycetemcomitans* and *Porphyromonas gingivalis* with strokes. More specifically, the group

observed that stroke patients had deep pockets contaminated with *Porphyromonas gingivalis* – solidifying the connection between this particular bacteria and stroke. Despite the evidence from these studies, studies are continually being done to strengthen the evidence of periodontitis with cardiovascular disorders.

With new studies and research, it is important to understand the connection between oral health and whole-body health. Make an appointment with a holistic minded dentist for an exam and consultation today to learn more.

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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 remark-

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

Here’s where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on the top of your mouth, and four on the bottom, to restore your full smile. That’s the beauty of the all-on-four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

Besides ensuring that your implants are permanently fixed in place,

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

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

It can be scary to get implants for 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 implants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

Next, they will begin the implantation process. This means they will

insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of your mouth and two towards the back of your mouth so the “anchors” can evenly bare the force of the denture.

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

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

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

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.

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Couples Therapy

Does Your Relationship Sound Like This?

Submitted By
Brookside Family Therapy

One of you gets home and heads straight to change your clothes. No hello, no hugs, no kisses, the dog gets more attention than you do. What about bringing home flowers once in awhile or filing up the other persons gas tank?

No date nights. When you do go to dinner its with the kids or other couples or there is no conversation because you spend the evening on your phones.

You never say nice things to one another let alone please and thank you. Common courtesy has gone out the window. The little things like holding hands don't happen any more either. Do you snuggle on the couch watching a movie or is that time with the dog again? Do arguments or disagreements happen more often and last longer than good times? Is someone throwing the "D" word around? Maybe what you

are arguing about isn't even the real problem!

Bad Communication

In couples it can look like:

- attacking each other with insults and name calling
- shutting down and not talking at all
- bringing others into the relationship by sharing with friends or family
- giving each other ultimatums
- being defensive when the other person is trying to talk to you
- purposefully giving someone the silent treatment

If this sounds like you it may be time for a marriage tune up!

A healthy relationship is....

- Support
- Cooperation
- Accountability
- Trust
- Honesty

Please see "Couples Therapy," page 47

Mental Health

is a journey, not a destination.



We Get It!

You may be feeling overwhelmed or hopeless. You may have talked to family and friends, read books, or listened to podcasts. We understand that adding ONE more thing to your calendar or to-do list may not be what you had in mind right now. We are all trying to figure out what to do to get back to normal or at least exist in the new normal we've been dealt and when you add in stress from a job or family, staying in bed starts looking pretty good! But you are just surviving and is that good enough?

- Self care is as important as taking care of others.
- Mental health is just as important as medical or financial health
- Having a safe place is the most important thing



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By E. Richard Hughes, DDS

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Studies have shown a link between snoring and an increased risk of heart attack and stroke.

It does not treat sleep apnea, specifically, which is usually treated with a CPAP device or oral appliances, but can reduce the effects of sleep apnea and decrease the amplitude of snoring by means of a gentle, laser-induced tightening effect caused by the contraction of collagen in the oral mucosa tissue.

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By Monica Restrepo, DDS
Perfect Sonrisa Dental

As we step into the dawn of a new year, many of us are motivated to make positive changes in our lives, whether it's adopting healthier habits, setting new goals, or simply enhancing our overall well-being. One area that often goes overlooked in our quest for self-improvement is our dental health. A bright, radiant smile not only boosts confidence but also contributes significantly to our overall appearance. This new year, consider embracing a fresh approach to dental aesthetics with tooth whitening and veneers.

The Power Of Tooth Whitening: Illuminate Your Smile

Tooth discoloration is a common concern that can result from various factors such as aging, tobacco use, consumption of certain foods and beverages, and poor oral hygiene. Fortunately, tooth whitening procedures offer a simple yet effective solution to restore the brilliance of your smile.

Professional teeth whitening, conducted under the supervision of a dental expert, utilizes advanced technologies to break down and eliminate stubborn stains. The procedure is safe, quick, and provides noticeable results, often lightening teeth by several shades. Patients can choose between in-office treatments for immediate effects or at-home kits for a more gradual transformation.

In addition to professional treatments, adopting good oral hygiene practices, like regular brushing, flossing, and routine dental check-ups, can help maintain the longevity of your newly brightened smile.

Revitalize Your Smile With Veneers: The Ultimate Smile Makeover

For those seeking a more comprehensive transformation, dental veneers offer a versatile and lasting solution. Veneers are thin, custom-made shells that are bonded to the front surface of teeth, masking imperfections and creating a flawless appearance. They are an excellent option for addressing issues such as discoloration, chipped or misshapen teeth, and gaps between teeth.

Unveiling Your Best Smile For the New Year **A Guide To Tooth Whitening and Veneers**

The veneer placement process typically involves a consultation, tooth preparation, and the bonding of the veneers. Patients can choose the shade, shape, and size of their veneers, ensuring a personalized and natural-looking result.

One of the advantages of veneers is their durability and resistance to staining. With proper care, veneers can provide a stunning smile for many

years, making them a worthwhile investment in your dental aesthetics.

Maintaining Your Radiant Smile

To preserve the effects of tooth whitening and veneers, it's crucial to adopt a diligent oral care routine. Regular brushing and flossing, along with routine dental check-ups, will help keep your smile healthy and vibrant.

As we embark on a new year, let's not forget the transformative power of a bright, confident smile. Whether you choose professional tooth whitening or veneers, taking steps to enhance your dental aesthetics can contribute to a more positive self-image and leave a lasting impression on those around you. Embrace the new year with a radiant smile that reflects the best version of yourself.



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Dr. Restrepo

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Barbara J. Brown, PhD



Dr. Brown is a seasoned psychologist and business owner who has developed an Executive Coaching practice to assist business owners and executives to create a life they love. Born out of experience and training, Dr. Brown believes that investing in the creation and implementation of one's life vision re-shapes one's personal life and business practices. The resulting shift in perspective, habits, and use of time is transformative.

Dr. Brown is the Founder and Owner of Unicorn Health Care, LLC (Unicorn) which was launched in 2022 as the

sister organization of her other company, Capitol Hill Consortium for Counseling & Consultation, LLC (CCCC) which was established in 2009. CCCC was founded as a private group mental health practice to provide accessible health care for all ages through public and private health insurance. The core principle of Unicorn is also accessibility. It was founded to serve individuals, groups, and organizations that require a higher level of discretion and those who require non-traditional mental health interventions. Unicorn is a boutique practice designed to be flexible and agile to meet the evolving needs of those we engage.

Dr. Brown is a licensed psychologist who completed undergraduate work at Wellesley College double majoring in Psychology and Sociology and completed her master's and doctoral degrees in Clinical/Community Psychology from Boston University. Dr. Brown has worked in public and private mental health agencies, hospitals, and universities for over 30 years and has mastery in professional roles such as therapist, clinical supervisor, researcher, author, consultant, speaker, educator, trainer, and business leader. Dr. Brown's clinical specialties include trauma, anxiety, mood disorders, and couples therapy. Dr. Brown's career has been dedicated to normalizing and elevating the importance of mental health care in the community.

In 2019, Dr. Brown was honored as leading a top 100 Minority Business Enterprise in the Washington, D.C. region and received an Enterprising Women of the Year Award in 2021. In 2022, she was accepted into the Women Business Leaders organization which targets thought leaders in health care. In January 2023, Dr. Brown received the coveted designation as one of the Ernst and Young Entrepreneur Access Network cohorts. She serves on the Advisory Council for the Boris L. Henson Foundation established by Taraji P Henson, the Board of the Episcopal Center for Children, and the Chairperson for the Board of Directors for the Black Women's Health Imperative. She intends to continue to grow her companies and leave a legacy to her dedicated staff to continue the mental health improvement of the communities we serve.



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Jessica Barry, PsyD, BCBA



1307 Vincent Place
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Meet Jessica Barry

Are you or a loved one in need of finding answers? Do you wonder what might be causing you (or your loved one) to have difficulty navigating the day to day tasks? Or perhaps you are looking to speak with someone who can provide a safe and understanding place to explore questions that you may have in order to find solutions, support, or a direction. Whether you are seeking a psychological evaluation or counseling services, the events that have brought you to where you are now may be addressed.

As a Licensed Clinical Psychologist and Board Certified Behavior Analyst, and over a decade of experience, my scope of practice includes the provision of psychotherapy as well as comprehensive psychological evaluations. Whether you are looking to evaluate giftedness/school readiness and placement, or if your concerns are related to learning difficulties and psychiatric conditions, I am committed to identifying your personal strengths and pinpoint potential weaknesses in order to formulate a unique plan for growth and achievement.

Additional areas in which I provide evaluation and therapeutic support include Autism (ASD), ADHD, Mood Disorders, Anxiety, Addiction, Abuse, OCD, Disruptive Behavior, Impulse-Control, Self-Image, Life Transitions, Intimacy, Sexuality, Gender Identity, LGBTQ+ concerns, Stress/Anger Management, Conflict Resolution, Social Skills, Trauma, and Grief/Loss.

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Meet Kalkidan Ayalew

Have you faced the challenges of anxiety, depression, ADHD, or any other mental health issues? I'm a psychiatric nurse practitioner to guide you through personalized and compassionate care, tailored to your unique journey to mental well-being.

In my practice, empathy and compassion are at the forefront. I believe that effective mental health treatment is not a one-size-fits-all solution; it's a journey that requires understanding, patience, and a personalized approach. I am committed to delivering comprehensive care tailored to each individual, whether that involves medication management, psychotherapy, or a combination of both. I treat variety of conditions from ADHD to spectrum of anxiety disorders and mood problems. Trauma and autism spectrum are other areas of my focus.

I am dedicated to staying informed about the latest treatment modalities, ensuring that I provide the highest quality of care with the most current and effective approaches. I am here to hear your full story and offer help from effective psychotherapy to judicious use of medications.

At our clinic, you will find a safe environment where your mental health and well-being are the top priority. Our clinic includes a team of professionals with variety of backgrounds enables us to offer varieties of treatment solutions. Together, we'll work towards achieving not just symptom relief but also a path to a healthier, more fulfilling life.

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Meet Periodontist, Karl A. Smith, DDS, MS

Dr. Smith is a dentist who also specializes in treatment of gum disease, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the dentist, he strives to make your visits as comfortable and pleasant as possible. He strongly believes that value and comfort is an important part of quality dental care.

The right to choose a dentist and provider of care is an important freedom. Referrals from patients and friends of the practice are welcome. We also work closely on referral from your family dentist, but a referral is not required to visit our office. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist for screening.

Dr. Smith's colleagues describe him as a gentle, easy-going person that provides expert care to patients. People come from near and far to experience the comfort of his office and patient-oriented team. He has been consistently voted by his peers a Top Dentist in *Washingtonian Magazine*, and *Northern Virginia Magazine*.

WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

Dr. Smith says that "From the first phone call you will be treated with care and concern for your unique dental condition. Every question you have ever had about your dental health will be covered as well as any financial considerations you may have. It is my goal to care for each and every person that comes through my doors and to exceed your expectations from a dental office. I promise to always give you honesty and accuracy when it comes to your treatment. I will never start treatment without your full knowledge, understanding, and acceptance of your condition."

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Degrees, Training and Certificates:

Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. 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 in 1996. Fellowship in the Academy of General Dentistry and in DOCS, a sedation organization for dentists.

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Meet Sylvie Lam

Dr. Sylvie Lam is dedicated to delivering high-quality, personalized care, influenced by her military and civilian training, emphasizing excellence and integrity. With 13 years of experience in government and private practices, patients appreciate her genuine commitment, upbeat personality, and energy. She graduated from the University of Maryland School of Dental Surgery in 2008 and completed an Advanced Education General Dentistry (AEGD) Residency at Wright Patterson Air Force Base in 2009, followed by service as a dental officer at the Pentagon Tri-Care Clinic. Dr. Lam has spent the last ten years in private practice, focusing on cosmetic, restorative, and rehabilitation treatments.

Before becoming a dentist, she was a licensed CPA, working for national and regional accounting firms. Dr. Lam holds dual B.S. and B.A. degrees in Biology and Accounting from the University of Richmond. She also earned an MBA and a DDS from the University of Maryland College of Dental Surgery in 2008.

In 2019, Dr. Lam received the Fellow Distinction from the Academy of General Dentistry (FAGD), achieved by only 5% of dentists nationwide, signifying her commitment to lifelong learning. She is passionate about enhancing oral health and creating beautiful smiles as an art, as seen in her portfolio of cosmetic and restorative cases.

Dr. Lam is a member of the Academy of General Dentistry (AGD), American Dental Association (ADA), Academy of Cosmetic Dentistry (ACD), and Northern Virginia Dental Association (NVDA). She volunteers her time with dental missions and not-for-profit organizations, including Operation Smile, HOPE for Tomorrow, and the Northern Virginia Dental Clinic.

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TMJ & Sleep Apnea Treatment



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703-821-1103



Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

Dr. Brown is a diplomate of the American Academy of Craniofacial Pain, a member of the American Academy of Dental Sleep Medicine, American Academy of Gnatological Orthopedic, Academy of Integrative Pain Management American Dental Association, a Fellow of the American Academy of Craniofacial Pain, and Legacy Provider for the ALF Interface Academy.

Do you have TMD or Sleep Apnea?

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

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

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

Ginger Delph, Founder/CEO



108 Elden Street
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DRIPS

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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Alexandre Gauthier, MD

19500 Sandridge Way
Suite #240, Leesburg, VA
703-443-0015

45 North Hill Drive
Suite #202, Warrenton, VA
540-349-1882

18462 Crossroad Parkway
Culpeper, VA
800-859-0334



Meet Alexandre Gauthier

Dr. Gauthier received his undergraduate degree in Computer Science from the George Washington University. He received the Curtis E. McCalip scholarship and was selected as the graduation speaker for the School of Engineering and Applied Science.

He then obtained his Doctorate in Medicine, graduating in the top quartile of his class from the George Washington University School of Medicine. Subsequently, Dr. Gauthier undertook a year of general surgery training at Stanford Hospital, before returning to George Washington University to complete his Residency training in Ophthalmology. He then pursued a medical and surgical retina fellowship under the mentorship of Bert M. Glaser at the National Retina Institute (NRI).

After completing his training, he practiced as the solo retinal specialist for a large multispecialty group in Palm Beach, Florida. As of 2018, Dr. Gauthier and his family returned home to the Washington D.C. area, where he provided retinal services for multispecialty practices in Maryland, Virginia and Pennsylvania.

Dr. Gauthier has presented his clinical research at various conferences such as the International Society of Retinal Lasers and the Association for Research in Vision and Ophthalmology.

In addition, his research on VEGF levels Diabetic Macular Edema was published in the Journal of Investigative Ophthalmology and Visual Science.

Dr. Gauthier's clinical interests include age-related macular degeneration, diabetic retinopathy, retinal vascular diseases, and diseases of the choroid. Dr. Gauthier is a native of Northern Virginia, where he currently lives with his wife and children. In his free time he enjoys fishing, hiking, cooking, reading biographies and running.



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Michael Rogers, DDS

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Meet Michael Rogers:

Michael Rogers, DDS, is pleased to be able to offer beautiful smiles to his neighbors in Arlington and the surrounding communities.

Dr. Rogers earned his dental degree from UCLA after graduating cum laude from Harvard University. Prior to entering private practice, he served a general practice residency at Sepulveda Veteran's Hospital. Dr. Rogers has invested significant time into ongoing education, seeking to learn emerging dental technologies and techniques in the areas of cosmetic dentistry, implant dentistry, sleep apnea treatment, orthodontics, temporomandibular joint (TMJ) disorders, and safe amalgam replacement. His most recent training in airway management has allowed him to offer a cure for sleep apnea using an intraoral device known as the DNA appliance.

He is a member of the International Academy of Oral Medicine and Toxicology, American Academy of Dental Sleep Medicine, American Academy of Craniofacial Pain, and also of Mercury-Free Dentists. He has served as a guest author for *TMJ News & Views*, and when that publication ceased, began his own quarterly newsletter. You may have seen one of his television interviews on "A New Me" or the local PBS station, or seen his articles and features in *Ladies' Home Journal*, *Arlington Magazine*, and *New Beauty*.

Dr. Rogers is an active participant in the community as a sponsor for Encore Theater, Little League of Alexandria, Abingdon Elementary, and the local Fairlington Farmer's Market. He and his wife Terri enjoy spending time with their daughter Megan and her husband Corey traveling around the country and the Caribbean.



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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Garima K. Talwar, DDS, MS

Board Certified Prosthodontist

Specializing in Reconstructive and Implant Dentistry



Dr. Garima Talwar specializes in Full Mouth Reconstructive and Implant Dentistry.

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Tesfaye Tetemke, MD

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Meet Tesfaye Tetemke:

Dr. Tesfaye Tetemke is Board Certified in Internal Medicine by the American Board of Internal Medicine. He has a successful and remarkable professional career with more than 24 years of experience providing medical care.

He is a Federal Aviation Administration designated Aviation Medical Examiner, a Department of Transportation (DOT) Certified Medical Examiner, highly experienced in inpatient care as a hospitalist, and a U.S. Citizenship and Immigration Services Designated Civil Surgeon.

Degrees, Training & Certifications: Dr. Tetemke received his Doctor of Medicine (MD) at Addis Ababa University in Ethiopia. He completed his Internal Medicine residency at Howard University Hospital in Washington, DC. He studied Aerospace Medicine at the GAF Institute of Aviation Medicine in Germany and completed his Physician Pilot Training at Ethiopian Air Force Flying School in Ethiopia.

He is a member of the American College of Physicians, Aerospace Medical Association, American Medical Association, and International Society of Travel Medicine.

Areas of Expertise: Primary Care & Internal Medicine (Preventive Care, Comprehensive Clinical Care), Aviation Medical Examinations & Flight Physicals, DOT Commercial Vehicle Driver Fitness for Duty Medical Exams, Immigration Medical Exams, Immunizations, Travel Health, Disability Medical Exams, School Health Physicals, Workers Compensation Exams, and More!

Practice Philosophy: "We are committed to providing our patients with the best healthcare possible, and assisting them in making informed health decisions. We believe that patients should be educated about the major health conditions and leading causes of death so that they can evaluate their risk, seek proper preventative care and get professional advice to help them make informed decisions about their health."

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Meet Marvette Thomas

Dr. Marv Thomas established the Dental Spa in 2002. She earned an undergraduate degree in Chemical Engineering and later worked as a Nuclear Systems Engineer for three years. Driven towards her passion, she graduated from Howard University College of Dentistry with honors and did an internship at Sloan Kettering Cancer Center in Manhattan, New York in Oral Cancer Reconstruction.

PROFESSIONAL MEMBERSHIPS

Fellowship in Sedation Dentistry, The American Dental Association, The Academy of General Dentistry, The Virginia Dental Association, The Northern Virginia Dental Society, The American Orthodontic Society, The Dental Organization of Conscious Sedation.

THE DENTAL SPA

The Dental Spa of Virginia has received several awards over the years and was one of the first Dental Spas worldwide and Dr. Thomas has helped other Dental Spas globally in becoming established. Dr. Thomas created this concept to take the fear out of dentistry and to transform the traditional ideas and perceptions of dentistry into a pleasant experience. The Dental Spa concept was written about on the front page of the Business section of the *Washington Post* in May 2007 for the unique services that it gives.

The Dental Spa is not only known for its tranquil environment and anti-anxiety atmosphere, but it is a state of the art modernized facility. It is where Feng Sui and technology comes together. When visiting our office, you will be greeted with sights, sounds, smells, taste and the feel of natural elements. But the operation of the facility does include many of the latest technology devices known in dentistry today to diagnose and treat our patients.

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Local Professionals Empowering and Encouraging People To Live Healthier

Gregory Cardinal, DPM

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Meet Gregory Cardinal:

Degrees, Training & Certifications: Dr. Cardinal is a Midwest native and finished his undergraduate studies at the University of Minnesota. He pursued his doctoral education at Scholl College of Podiatric Medicine in North Chicago, IL and graduated with a dual degree of Doctor of Podiatric Medicine and Master of Science in Healthcare Administration and Management. Dr. Cardinal went on to complete a 3-year medical and surgical Residency with the VA Maryland Healthcare System with a focus in wound care, general podiatry and surgery. Dr. Cardinal is Board Certified by the American Board of Podiatric Medicine and is a Fellow of the American College of Foot and Ankle Orthopedics.

Special Interests/Services: Podiatrist in Motion is a unique practice whose primary focus is house calls for foot and ankle concerns. Dr. Cardinal will come to you, to your home or office; meaning no waiting rooms, no traffic and no rushed visits. He treats all ages specializing in many general podiatric concerns such as heel pain, medical pedicures, ingrown nails, warts and pediatric podiatry. He performs biomechanical exams and casting for custom orthotics. Dr. Cardinal also offers cutting-edge treatments such as laser therapy for fungal nails and musculoskeletal pain.

Personal Interests & Hobbies: In his free time, Dr. Cardinal enjoys playing tennis, running, spending time with family and friends and playing the guitar.

Practice Philosophy: Podiatrist in Motion's mission is to bring the foot care clinic to you, in the comfort of your own home, office or wherever you may need care. Private-pay only.



www.PodiatristInMotion.com

Jean Ann Beaton, MD

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CONCIERGE INTERNIST

Jean Ann Beaton, MD, is a Board Certified Internal Medicine physician at Dupont Private Health, a concierge medicine practice located in Washington, D.C. She is also part of the Castle Connolly Private Health Partners (CCPHP).

Dr. Beaton received her undergraduate degree in Biology from the University of Nebraska, after which she earned her medical degree at Mount Sinai School of Medicine. While at Mount Sinai she was recognized for her academic and clinical achievements and received both The James Felt Memorial Prize for Highest Overall Academic Achievement and the Florence J. Oppenheimer Prize for Excellence in Surgery. After completing her Residency at New York-Presbyterian/Weill Cornell Medical Center and obtaining Board Certification in Internal Medicine in 1998, Dr. Beaton worked as a Biotech Consultant.

She considered the experience to be particularly mind-opening as she was able to delve into medical therapeutics and diagnostics. However, Dr. Beaton's early and true passion for the practice of clinical medicine led her back to Internal Medicine. She practiced as an Internist in both Virginia and Maryland until joining and partnering with the independent GW MFA-affiliated group practice: Kaufman, Greenlee, Wheaton, and Beaton.

Dr. Beaton is passionate about promoting wellness for her patients and helping them develop a healthy lifestyle. In 2020 along with her partners, Dr. Lisa Kaufman and Dr. Allen Greenlee, she transitioned to a concierge-style internal medicine practice. Dr. Beaton believes that quality healthcare requires more than 15-minute visits, and prioritizes spending the necessary time to deliver more comprehensive patient care with a focus on lifestyle and wellness.

In Dr. Beaton's free time she enjoys cooking with her friends, and her two grown children. She also loves traveling and is inspired by her early years in New York City, she particularly enjoys city life and all that D.C. has to offer.



JEAN ANN
BEATON, MD



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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



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BEFORE



AFTER

I'm back to riding my horses' multiple times a week and believe me they appreciated a lighter me too!

I am excited to have the women of Northern Virginia join me on this journey to better health and wellbeing. If you or someone you know has been using weight loss medication, and aren't seeing the results you are looking for BeBalanced can help!" - Jan

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Laura Deter, Sobriety Coach



9610 Waterline Drive
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Meet Laura Deter

Our culture is all about feeling good. We are "promised" unparalleled fun and adventure, amazing relationships and happy endings around every corner! Reality is more challenging - and mental health issues often develop in trying to meet impossible standards.

So we often turn to the magic elixir of alcohol to feel better just the way we were taught.

DOES DRINKING HELP?

The answer is complex - the short version is yes (for a short time). We may start to feel that self-medicating with alcohol leaves us in worse shape than before. We've been misled by our society, the alcohol, and ourselves. The lies are pervasive enough that it's almost impossible to see the trap until deep within the pitcher plant.

The shame surrounding the term "alcoholic" keeps many of us trying harder and harder to "drink responsibly". When that doesn't work, hopelessness can set in and we're trapped in the cognitive dissonance of our higher brain wanting desperately to stop drinking and our lizard brains believing we need it to survive. Increasing dependence on alcohol is NOT your fault.

I know because I've been there. I've learned from my personal experience, education, and the stories of my clients. I tried weekly meetings but didn't like claiming powerlessness and ran out of willpower pretty fast. Feeling as though I failed only led to me drinking more.

Freedom came from dealing with the reasons behind my drinking and learning how the brain is wired to deal with the artificially high dopamine any addictive substance provides. Our brains are doing exactly what they are supposed to when we ingest alcohol and we can teach our brains something new. It's NOT your fault - AND there is hope and help available.

Your life can be vibrant and full despite challenges. I've had 4 knee surgeries and my mom's terminal illness to deal with in the last two years with NO desire to drink.

I want to be able to pay it forward and make your journey easier.

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Ready for Change? Create Your New Path In Three Months!



By Lisa Thorne, Coach
 Lisa Thorne Holistic Wellness Coach

We humans are always wanting something more. It's pretty universal, that innate desire for the next good thing. There is nothing wrong with "wanting more", and in fact, it's what keeps us motivated to continue on life's journey. But, when we want something—maybe more money, a career change, a new relationship— or maybe something we can't even name — to feel different, to have more peace or

happiness—but we don't know how or can't seem to find our way to making change, we can feel really stuck in a rut.

Feeling "stuck" is a common experience describing feeling frustrated, unmotivated, or unfulfilled. Acknowledging that if you have the desire to change, you also have the power to break free and embark on a journey toward a life of happiness and fulfillment.

Life coaching is a great way to have an accountability partner as well as someone who likely has tools and tips for breaking through barriers that could be holding you back, to ultimately help you get "unstuck".

Many tangible/identifiable goals can be accomplished in as little as three months.

Think of it like going to the gym - if you have a very specific goal of gaining muscle or increasing your endurance, dedicating yourself to a gym routine will result in significant changes head-

Please see "Ready For Change?," page 46

Orthodontic Consultation What To Expect



By Swathi Reddy, DMD
 All Smiles Orthodontics

If you believe that you or your child could potentially benefit from orthodontic treatment, the first step would be to schedule an appointment for a consultation with an orthodontist. Orthodontists are simply dentists who have received an extra 2-3 years of specialized education beyond dental school to learn the proper way to straighten teeth and correct bite

problems.

Children, teenagers, young adults, middle-aged men and women as well as seniors are taking advantage of the simplicity that distinguishes today's orthodontics.

Although many patients are referred by their family dentist, you can still make an appointment without a referral from your dentist. During this first consultation appointment the doctor will conduct a thorough examination of teeth, bite, TMJ and facial soft tissue. This information is used to outline the problems that are present.

The doctor also presents you with a tentative treatment plan, an estimate of the length of treatment and any alternative treatment options such as Invisalign. If you have any further questions or concerns they may also be discussed at this appointment.

When all your questions have been

Please see "Orthodontic," page 47



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- Herniated Discs
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- Leg Pain
- Lumbar Stabilization
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- Rotator Cuff Injuries
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The Transformative Power Of Laser Dentistry



By Lida Varga, DDS
Virginia Dental Group

In recent years, advancements in dental technology have paved the way for innovative and less invasive treatments, and one such groundbreaking development is laser dentistry. Laser technology in dentistry is not just about cutting-edge tools but also about transforming the patient experience. This article explores the fascinating realm of laser dentistry, shedding light on painless dental pro-

cedures and therapeutic applications.

Painless Dentistry With Laser Precision:

Gone are the days of anxiety-ridden dental visits. Laser dentistry introduces a revolutionary approach to painless procedures. The primary advantage lies in the precision of lasers, allowing dentists to target specific areas with minimal impact on surrounding tissues. Lasers are employed in various dental treatments, including cavity detection, gum reshaping, and even teeth whitening. Patients can now undergo dental work with reduced discomfort, quicker healing times, and less need for anesthesia.

Laser Therapy For TMJ, Bell's Palsy, and Mucositis:

Beyond painless dentistry, lasers are making waves in therapeutic applications. Temporomandibular Joint

Please see "Laser Dentistry," page 47



Lida Vargas, DDS

Virginia Dental Group

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- Plantar Fasciitis
- Foot Ulcers
- Warts
- AND MORE!



MEET DR. BRYAN LEVAY

Dr. Bryan Levay is originally from Fresno, California. He attended CSU Fresno obtaining a Bachelor's of Science in Biology followed by attending Western University in Pomona, CA for his podiatric medical education where he graduated top of his class. Dr. Levay completed his Podiatric Surgical Residency through INOVA Fairfax Medical Center as the Chief Resident. Since graduating Residency he has worked and lived in Virginia. He has a strong surgical focus in deformity correction, trauma repair, and reconstruction. In his spare time, Dr. Levay enjoys hiking, reading, and outdoor adventures with his family and dogs.

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By Edward S. Pozarny, DPM
Arlington Podiatry Center

Diabetic Foot Care

body, especially the feet. It is very important that a person who is diabetic pays special attention to the care of their feet.

Diabetes is a disease caused when the body does not produce enough insulin, or in which the body's insulin is incapable of performing its action. Insulin is a substance produced in the pancreas gland. It helps us turn food into energy.

Four Major Effects That Diabetes Can Have On the Feet

Infections – Infection is one of the most common complications affecting the diabetic foot. Diabetes impairs the immune response of the body. Simple foot infections can turn into major problems if not treated at an early stage.

Gangrene and amputation can be the final results of untreated infections. More hospital days are spent treating diabetic foot infections than any other complication of diabetes. Thirty-five to forty thousand major amputations occur in this country every year due to diabetes.

Peripheral Vascular Disease (PVD) – Peripheral vascular disease refers to poor blood flow due to the constricting of blood vessels. Vascular insufficiency is an important contributor to infections of the lower extremities.

Neuropathy – Neuropathy or

inadequate nerve supply is a complication of diabetes that causes decreased sensation to pain and temperature. This can cause the patient to underestimate the seriousness of their foot problem.

Ulcerations Of the Skin – Ulcerations of the skin are at an increased risk in diabetic patients. An ulcer is a localized skin defect with inflammation or infection. A crack or break in the skin can become an ulcer if not properly treated. Ulcers can be caused by poor circulation, lack of soft tissue protection, excessive callus tissue, pressure from other deformities, and improperly fitted shoes.

Three Basic Steps For Proper Foot Care For the Diabetic

- Regular preventive foot care by your podiatrist
- Avoid injuries to the feet
- Wear properly fitted shoes

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By Lynda Dean-Duru, DDS
Ashburn Children's Dentistry

Pediatric OSA, a condition where the airway is partially or completely blocked during sleep, is often caused by enlarged tonsils or adenoids and a lack of tongue space. It differs from adult OSA, as it may manifest alongside behavioral issues and daytime sleepiness in children.

The Importance Of Proper Sleep and Open Airways For Children

During the first 18 months of a child's life, crucial growth and developmental milestones occur, many of which are related to facial development. Ensuring proper breathing is essential for a child's health and development, impacting facial features, jaw development, and overall growth. Mouth breathing can set off a chain reaction of issues, altering the growth of the lower and upper jaws, midface, and nasal bones, ultimately affecting the child's facial balance.

Pediatric Sleep-Related Breathing Disorders (SRBD) and OSA Symptoms

Children with SRBD may present a range of symptoms, including:

- Difficulty falling or staying asleep
- Sleepwalking, night terrors, and other parasomnias

Please see "Healthy Smiles," page 46

Proper breathing during sleep is crucial for the overall well-being of children, yet many parents may not be fully aware of potential issues related to Sleep-Related Breathing Disorders (SRBD), which includes pediatric obstructive sleep apnea (OSA).

SRBD refer to disturbances in normal breathing patterns during sleep, ranging from common snoring to more severe pauses in breathing known as apnea events. These interruptions can lead to sleep deprivation and a variety of health complications. In the case of children, untreated SRBD can result in developmental, behavioral, and emotional challenges, potentially leading to conditions like allergies, ADD/ADHD, and depression.

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Considering A Neck Lift ?

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Liposuction may be performed alone or with surgical removal of the fat under the chin through a small hidden incision. Sometimes a chin implant is recommended to improve the overall contour.

In patients with vertical bands in the neck, platysmaplasty can be performed to reduce the appearance of the bands. Excess or sagging skin in the lower face and neck or jowls may require incisions following the contour of the front of the ear. This procedure is also called a lower face and neck lift.

Return To Your Youthful Appearance

A neck lift is an excellent way to correct an abundance of hanging skin under your chin, wrinkles, jowls, and other aesthetic problems that affect your lower facial appearance.

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What Is CEREC Dentistry?



By Zina Alathari, DMD
Tysons Dental Corner

CEREC stands for “chairside economical restoration of esthetic ceramics” and is a computer-aided design and manufacturing system for dentists. CEREC combines a camera, computer, and milling instrument into one machine allowing tooth restorations to be created in the dentist office, all within a single visit.

In 1985 Serona launched CEREC, which marked the beginning of digitalization in dentistry.

CEREC crowns are more efficient and technologically advanced and have become the preferred option. While it can take weeks to receive a traditional dental crown, a CEREC crown uses computer-aided design (CAD) and computer-aided manufacturing (CAM) to create crowns in a single appointment. Not only that, but they allow for a better bite and more natural teeth for patients.

CEREC crowns fit perfectly. They look and feel like a real tooth thanks to computer-aided technology.

At your appointment, your dentist will use a small camera to create a 3D digital impression of your mouth. A milling unit is then utilized to create the ceramic crown. The dentist will then paint and glaze each tooth to match the rest of your mouth. Once this is complete, the dentist can bond the tooth into your mouth in a matter of minutes. It's that quick and easy.

The entire process should only take about two hours. The CEREC crowns are created with advanced accuracy and precision, look and feel like a real tooth, and every step of the process is much more comfortable for the patient.

You won't need to wear a temporary crown or have uncomfortable impressions of your mouth taken. Plus, you will experience much less post-operative sensitivity. And don't forget, you only need to schedule a single appointment.



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ZINA ALATHARI, DMD

Dr. Zina Alathari is a graduate of Tufts University School of Dental medicine. In addition to her general dentistry training, Dr. Alathari takes continuing education each year in advanced clinical procedures and technologies. Her wide range of service to the public has given her experience to understand each patient's individual needs.

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SLEEP APNEA

FROM PAGE 10

dentists to create very light, very comfortable custom fitted oral appliances that are effective and durable. Many patients prefer these newer devices, such as the Panthera, to the older bulky devices and the CPAP machine.

Recently, another oral appliance called the DNA (day and night) appliance, can actually cure sleep apnea in some cases. This oral appliance works by stimulating the upper jaw to grow and create more space for the tongue, which in turn creates more space at the back of the throat. At the upper jaw grows, the roof of the mouth tends to flatten out a bit, giving more room in the nose to breathe (the roof of the mouth is the floor of the nose.) Since DNA treatment can be quite lengthy, another version of the DNA call the mRNa (mandibular repositioning night

appliance) can be used to hold the jaw forward until the upper jaw is wide enough to accommodate the tongue.

I have personal experience with all of these appliances. I wore one of the old bulky appliances for many years to treat my snoring. When I later developed sleep apnea I treated it with a more modern appliance similar to the Panthera, and found it comfortable and effective. When I learned of the DNA appliance, I went through the required training and tried the appliance for myself. Although it took over a year, I was able to eliminate my sleep apnea with just moderate growth of my upper jaw.

As with any medical condition, it is important to know all the options, and to understand the while one option may be perfect for one patient, it may not be appropriate for the next patient.

RESOLUTION

FROM PAGE 10

Start With Low Impact Aerobic Exercise

For many people looking to start an exercise program, not only are their muscles out of shape, but also their cardiovascular systems.

These individuals can be particularly prone to frustration (or intimidation) when they become easily winded from just a few minutes of brisk exercise.

These individuals, as well as many with back and neck problems, are better off starting out with low impact aerobic exercise that creates less jarring on the joints.

Equipment like an exercise bike or exercise ball gives a good workout with low stress. There are many techniques that require some initial training but that can provide excellent results for many patients with back and neck problems, including relaxation: Pilates, for example.

Learn Simple Exercises That Go Anywhere

When starting to exercise, it's easy

to get thrown off by schedule changes and use them as an excuse to not start and/or stop exercising. Getting busy at work, going out of town, holidays, extreme weather -- these all can cause disruptions in a new exercise routine.

Patients should have some simple exercises in their fitness toolkit that can weather these disruptions and allow some amount of exercise to continue.

Many basic exercises and mobility movements can be done using only a theraband and lacrosse ball.

Get a Health Exam

For many people, a major limiting factor in starting a new exercise program is pain; it is not fun to exercise when it hurts.

Get your problems checked out by a health professional. Chiropractors and Physical Therapists specialize in many symptoms that people complain about every day.

Resolving these problems first might make looking forward to becoming active a reality.

the practical challenges individuals may face in their daily routines. These tools empower people to actively engage in activities that might otherwise be challenging, fostering a sense of self-reliance and contributing to an improved overall quality of life. As advancements in design and technology continue, the landscape of ADL equipment will likely expand, offering even more innovative solutions for individuals seeking to navigate daily life with greater ease.

DAILY LIVING

FROM PAGE 17

from others.

In the digital age, adaptive technology has become a crucial component of ADL equipment. Voice-activated assistants, magnifiers, and ergonomic keyboards cater to individuals with vision or motor skill impairments, making technology more accessible and inclusive.

In essence, Aids to Daily Living equipment plays a pivotal role in promoting independence by addressing

READY FOR CHANGE?

FROM PAGE 38

ing you on the path to your ultimate goals in as little as 90 days. It doesn't mean that you have to stop going to the gym or working with a coach once you meet the first initial goals or see some positive change. Many people discover that as their lives begin to take the shape of their desires, that continuing on the journey with a coach keeps them very motivated, much like sticking with a gym routine that is working.

Here are some strategies that can be used to get unstuck and achieve a life of great joy:

Practice Authentic Self-Care. Taking care of not only your physical body, but your emotional and mental well-being is crucial. Understand that you are ultimately seeking ways to feel better with your choices. To make the best choices for your optimal well-being, ensure that you are getting adequate rest, eating well, and finding downtime from life's demands. Learning mindfulness techniques to reduce and manage stress and anxiety can be wonderful tools to use as part of a routine, or during the day when stress or anxiety heightens.

Being Self Aware. Examine what current practices and habits you currently have, and reflect on whether they are true to who you are today. Often we develop habits based on someone's recommendation or old, out-dated beliefs. As we as individuals grow and change, so too do our needs for fulfillment. Define what happiness, purpose, and fulfillment mean to you, and look honestly at what achievable

goals would help them manifest. Are your current practices and habits in keeping with your ideal vision of what you desire for your life?

Embrace Change. Though it often feels scary, remember that change is necessary for personal growth. Rather than feeling like a threatening unknown, learn to see change as a sign of expansion and an opportunity that can lead to new and wonderful experiences.

Seek Support from Others. You do not have to navigate your journey alone! Share your feelings and concerns, your hopes and desires, with friends and family you trust.

Connect with a therapist or coach who can provide different perspectives and emotional support. Seek out like-minded people (in real life or virtually) who inspire and motivate you, and who serve as examples of what you are striving for.

Remember that life is a continual learning process. As you embrace new knowledge and skills, accept that sometimes old habits and beliefs will still show up, but that does not mean you have "failed". Developing resilience as the inevitable, normal, expected setbacks occur is a crucial step to truly becoming unstuck and achieving the life of your dreams.

Everyone's path to happiness, joy, and fulfillment is unique, so be kind to yourself as you find your unique way. Embrace change, seek support, and prioritize self-care to unlock your full potential and create the life you desire.

HEALTHY SMILES

FROM PAGE 42

- Excessive daytime sleepiness
- Mouth breathing, dry lips, bad breath
- Dark circles under the eyes
- Tonsil and adenoid problems
- Snoring
- Teeth grinding
- Bed-wetting
- Inner ear infections
- Limited tongue/lip mobility
- Hyperactivity
- Difficulty concentrating
- Selective eating habits
- Bedwetting

In the case of pediatric OSA, symptoms may involve snoring, breathing pauses, restlessness, and coughing or choking episodes during sleep.

Dentist's Role

Contrary to conventional belief, pediatric dentists with specialized training are well-equipped to address symptoms related to sleep and air-

way conditions. The airway, mode of breathing, and malocclusion are closely interconnected and should be addressed early and holistically by dentists. Advanced technology, such as cone beam 3D imaging, allows dentists to effectively diagnose airway issues and guide proper growth and development. Early intervention is essential in guiding proper growth and development.

Convenient at-home sleep study tests are now available to diagnose pediatric sleep apnea and breathing issues. These tests provide comprehensive, accurate data for proper diagnoses.

Treatment goals encompass the elimination of detrimental habits, guiding optimal cranial, jaw, and facial development, preventing dental misalignment, and enhancing airway health and oxygen sufficiency. Various therapies, including oral appliances, myofunctional therapy and positive airway pressure therapy, can effectively alleviate symptoms.

DIABETES

FROM PAGE 17

What does this mean to you? According to one large study, the risk of dying from a heart attack is twice as likely for diabetics with severe periodontitis – and for kidney disease, your risk is 8.5 times higher. Uncontrolled periodontal disease makes it six times more likely that the ability to control blood sugar levels will worsen over time. Having both can cause a significant deterioration in your overall health.

A Two-Way Street

Diabetes can't be cured but is manageable. Diabetics who get effective treatment for periodontal disease also receive significant general health benefits. Many exhibit better blood glucose control

and improved metabolic functioning.

What kinds of treatments might be needed? Some typical procedures might include: scaling and root planing (deep cleaning that removes plaque bacteria from teeth, above and below the gum line), antibiotic therapy, and oral hygiene self-care instruction.

If you're at risk for diabetes you can prevent it. While there is a significant genetic component, a major risk factor is being overweight – weight control improves your chance of avoiding it. High levels of triglycerides or low levels of HDL (good) cholesterol are also risk factors. Cut out sugary drinks and eat healthier. Moderate exercise also helps.

ORTHODONTIC

FROM PAGE 38

answered a treatment coordinator will cover payment plans, insurance matters, and appointment scheduling. Some patients (especially kids) are not ready for treatment when examined. In those cases, the patients are placed on a recall program (observation) and the family is sent a reminder in the future to come back for an orthodontic re-evaluation.

If treatment is recommended and you would like to get started, the next step is to schedule an appointment for full diagnostic records. Diagnostic records comprise photographs, radiographs, bite registration and models of your teeth. These records will give the doctor all the information needed to develop a detailed custom treatment

plan that will give an optimal bite and smile for each patient.

Diagnostic records are also helpful in tracking the progress of treatment as the teeth move into their corrected positions. Mostly, records may be taken during the initial consultation appointment, if not you may choose to schedule a second appointment. Records appointments take about 20-30 minutes.

After the final diagnosis and treatment plan are developed, you will be ready to begin your orthodontic treatment. If you are interested in learning more about braces, or about your specific orthodontic needs, call us to schedule a free consultation appointment.

LASER DENTISTRY

FROM PAGE 40

Disorder (TMJ), Bell's Palsy, and Mucositis are conditions that can greatly benefit from laser therapy.

- **TMJ Treatment:** Lasers are utilized to reduce inflammation and pain associated with TMJ disorders. The precision of laser beams allows for targeted treatment, providing relief to patients experiencing jaw pain and restricted jaw movement.

- **Bell's Palsy Support:** Laser therapy has shown promise in the treatment of Bell's Palsy, a condition affecting facial muscles. By stimulating cellular activity and promoting blood circulation, lasers contribute to the recovery process, aiding in facial muscle rehabilitation.

- **Mucositis Management:** Cancer patients undergoing chemotherapy often experience mucositis, inflammation of the oral mucous membranes. Laser therapy offers a non-invasive way to manage mucositis by promoting tissue repair and reducing pain, enhancing the overall quality of life for patients undergoing cancer treatment.

Laser dentistry represents a paradigm shift in dental care, offering painless procedures and therapeutic solutions for a range of conditions. As technology continues to evolve, the future of dentistry looks brighter, promising even more comfort and efficiency for patients seeking oral health and overall well-being.

COUPLES THERAPY

FROM PAGE 23

- Safety

Couples therapy is all about communication.

A Cooperative Arrangement

Most of the concerns that couples bring to therapy all come down to how they communicate regardless of the issue. We work together to discover and correct communication patterns that aren't working for you as a couple which will in turn help to heal old wounds that have been caused by those poor communication patterns. We bring tough topics out in the open to practice communication skills in a safe

and nonjudgmental environment. We will help you work through matters of trust, infidelity, finances, addiction or in-laws just to name a few. If you are considering a divorce and are unsure we can help you discuss that topic open and honestly.

What You Should Expect


- Communication rules and tools
- Feel heard
- Safe space to get it all out

What We Expect

- Respect

"A marriage tune up is cheaper than a divorce."

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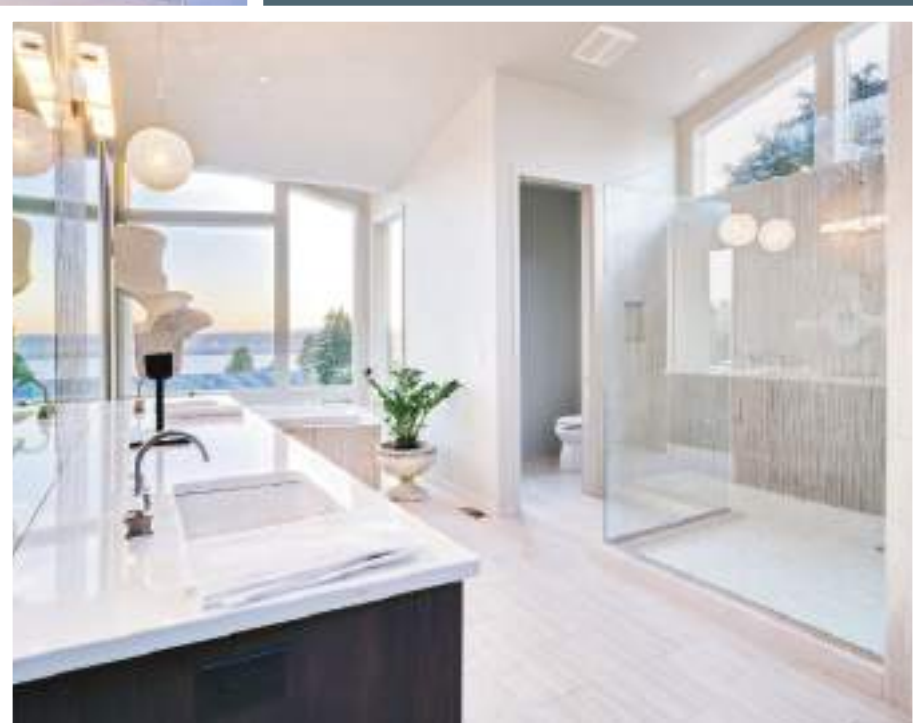
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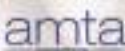
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Dr. Hema Sundaram, MA, MD, FAAD

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

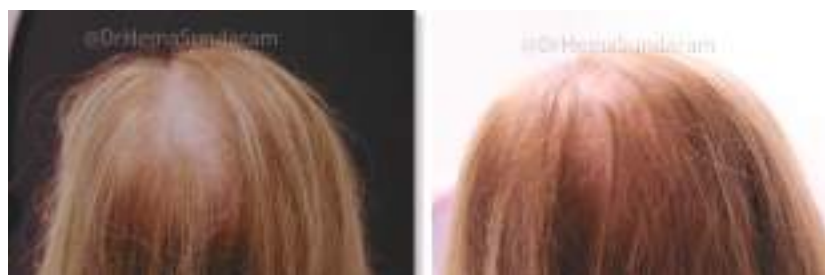
My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert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

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

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

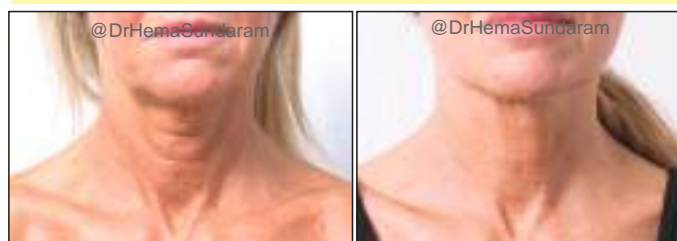
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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