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Diabetes, Stroke & Cardio Health



Plus **Exercise & Nutrition**

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Mental Health Awareness

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Daphne King, EdD
Mental Health Therapist

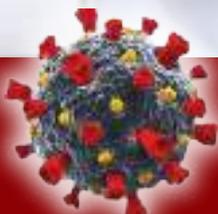


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Diabetic Peripheral Neuropathy – Oh, My Burning Feet

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

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 nutritional

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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By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

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 new article "The 6 Buzziest Treatment Launches of 2022": <https://www.>

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

Our skin is the largest organ in our body and the mirror of everything

Please see "Feel Your Best," page 47

WELLNESS

Tiffany Daniel

Degrees, Training and Certificates: BS in Psychology, Certificate in Behavioral Health and Nutrition, Personal & Small Group Fitness Instructor, Certified Health & Wellness Coach

Areas of Interest: Healthy Eating and Regular Exercise

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

Practice Philosophy: Your Health is Your Wealth

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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.



Normal Vision Diabetic Retinopathy

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.

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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By Jay Cho, DC, FIAMA
Active Care Chiropractic
& Acupuncture

Ms. Hill, a 50-year-old female, has been under rehab care for two months due to multiple injuries caused by an auto accident. Her overall physical symptoms have remarkably recovered and she should be able to perform all her daily activities without any limitation; however, Ms. Hill is still complaining of a headache, neck pain, and right-hip pain.

Weirdly, she stated that one day she felt much better, but another day she felt very symptomatic as she mentioned. Whenever she experiences physical symptoms, she also has difficulty breathing, a severe headache with dizziness, excessive stomach tightness and soreness, insomnia, and she feels afraid to drive.

She tried to return to her work yesterday for the first time since her injury because she felt much better without any physical restriction; however, she was too afraid to drive, and she had to rest at home due to the sudden aggravation of symptoms again. The symptoms and problems she has been experiencing are related to PTSD (post-traumatic stress disorder), so she has been referred to a psychiatrist.

Not all patients experience PTSD after an accident or trauma, but patients with PTSD experience their physical symptoms much longer with delayed and slow recovery, brought on

Dr. Jay Cho

Dr. Cho, A Doctor of Chiropractic & Qualified to Practice Acupuncture, is an expert in the proper treatment and documentation of soft tissue injuries resulting from automobile accidents and other injury cases.

Since he graduated from Life University in Marietta, GA with a Doctor of Chiropractic degree, he has helped many patients who had suffered with posture problems, unexplained symptoms, disc problems, sports injury, adhesive capsulitis, and other extremities symptoms.

Currently he is working at Active Care Chiropractic & Acupuncture in Fairfax as a specialist for Auto Accidents, Posture Analysis, and Pain Management.

PTSD After an Auto Accident

by this emotional problem.

PTSD is a mental health condition that is triggered by a terrifying event. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better.

If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD. PTSD symptoms

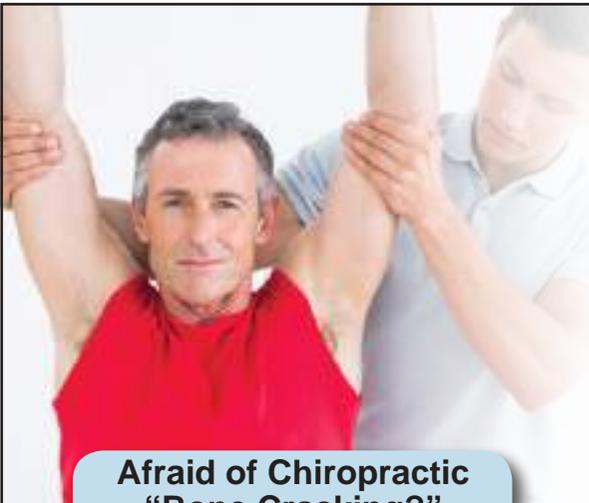
may cause significant problems in social or work situations and in relationships. They can also interfere with your ability to go about your normal daily tasks.

PTSD symptoms may include:

- Trying to avoid thinking or talking about the traumatic event.
- Avoiding places, activities or people that remind you of the traumatic event.
- Negative thoughts about yourself, other people, or the world
- Hopelessness about the future

- Difficulty experiencing positive emotions
- Being easily startled or frightened
- Trouble sleeping and concentrating

If you have disturbing thoughts and feelings about a traumatic event for more than a month, if they are severe, or if you feel you are having trouble getting your life back under control, talk to your doctor or a mental health professional before it gets worse. Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.



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Sleep-Mouth Issues and Your Baby



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

Did You Know That Breastfeeding Affects How Well Your Child's Face and Jaws Grow, and Sets Them Up For Good Sleep?

You waited nine months for the arrival of your precious baby. But what happens if you find out you are

experiencing excruciating pain during breastfeeding? After all, this powerful instinct is meant to help create the bond between mother and child. Mothers in this situation either power through, supplement with bottle feeding, or they give up altogether, only to suffer from mom guilt.

Many babies have restrictions that make it difficult, sometimes impossible, to breastfeed. Typically, these situations involve anatomic,



Lynda Dean-Duru, DDS

functional, and sometimes neurological issues with the baby.

When babies are not able to easily breastfeed, this impacts the growth of their face and jaws. The tongue acts as a natural pump while breastfeeding and drives the development of the face, jaws, and airway. When tongue function is compromised, breastfeeding, breathing, sleep, and the growth of the face and jaws are adversely affected.

We are born as obligate nose breathers, which means that nature intended that our tongues lay on the roof of our mouth and that we breathe exclusively through our nose. Open mouth posture and subsequent mouth breathing, noisy breathing, snoring, frequent nose congestion, teeth grinding, allergies and sometimes asthma-like symptoms can occur in the absence of good nasal breathing and often lead to breathing-related sleep disorders.

As the baby grows, non-restorative sleep generally shows as restlessness, lack of focus, attention issues, anxiety, sensory issues, and other behavioral issues seen in many toddlers and young children. Often many of these children are misdiagnosed as having ADHD.

Other symptoms include:

- Development of a narrow or long face
- Gummy smile
- Crooked teeth and misaligned jaws
- Difficult toothbrushing and gagging
- Sleeping with head and neck hyper-extended or with "butt" in the air
- Picky eating
- Bedwetting beyond potty-training
- Sleepwalking

If you notice any of these problems with your child, ask your pediatrician for a referral to a specialist or dental professional who is familiar and educated on the connection of sleep-mouth issues to overall health.



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Dr. Lynda Dean-Duru



Dr. Krystle Dean-Duru

Got the Winter Blues?



By Sarah Shores
Warrenton Wellness

very much alive, as if it breathes like leaves waving in the wind.” To stay healthy, especially this time of year we need sunlight which in turn keeps our vitamin D levels up.

Sunlight helps with the symptoms of SAD, as has been shown in several studies. The UVB in sunlight and how it protects against severe respiratory disease has also been studied at the Trinity College in Dublin and the University of Edinburgh. This

landmark study found that individuals with regular ambient UVB exposure had a three times stronger immune response that protected them against respiratory disease and death. So, despite the cold, getting outside and enjoying the sun is a healthy pastime. If that is not possible, the UVB light that shines inside the Blu Room is also an option.

The Blu Room utilizes UVB light and sound to achieve the benefit of

vitaly important vitamin D levels in a relaxed environment. In one session the Blu Room UVB light can generate up to 10,000 IU's of vitamin D and a new state of mind. Users have reported Blu Room sessions helped them to experience elevated mood, improved sleep, increased energy, and relief from physical pain.

There are over 55 Blu Rooms worldwide. Warrenton Wellness has the only Blu Room on the east coast.

The cold weather and short days are here and that can negatively impact individuals as the ability to produce vitamin D naturally from the sun is not as easy as in the summer months.

There are two common maladies this time of year – seasonal affective disorder (SAD) and the flu. SAD can be identified as depressive symptoms and while experts don't know the exact cause, the research shows that lack of

There are two common maladies this time of year – seasonal affective disorder (SAD) and the flu.

light is the main contributor to SAD condition.

SAD can affect up to 10 million Americans a year, with women four times more likely to be diagnosed with it than men.

The flu season also corresponds to shorter days with lesser sunlight. Some researchers also tie the lower levels of vitamin D due to less sunlight with rising levels of the flu.

The importance of sunlight makes sense since scientists, such as physicist Fritz Albert Popp, believe that “incredible as some may think, there is light in our cells. It pulsates and acts in a way

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By Sherry L.H. Maragh, MD, FAAD
Maragh Dermatology,
Surgery & Vein Institute

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

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

SmartLipo Laser Body Sculpting

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

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

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

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

You Don't Have To Suffer With Leg Veins

Spider veins are small superficial blood vessels that appear red or blue in the skin. They commonly occur on the legs, but can occur on other areas of the body. Larger dilated blood vessels,

Feeling Beautiful Is Not Only Skin Deep

called varicose veins, may appear raised above the skin surface. Varicose veins may occur with spider veins.

Sclerotherapy: The injection method for treating leg veins. One of several kinds of sclerosing solutions is injected directly into the vein with a very fine needle. The solution irritates the lining of the vein causing it to swell, stick together, and the blood to clot. Over a period of weeks, the vein

turns into scar tissue that fades, eventually becoming barely noticeable.

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

Endovenous Laser Ablation

The newest technology available for the treatment of varicose veins. A small single needle incision is made in

the leg and a fiber is inserted into the varicose vein. The laser is activated and the vein is safely closed as the fiber is moved through the vein, gently heating it.

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

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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 – perio-

dontists – are experts in the treatment of oral inflammation, plaque and bacteria as they receive extensive training in these areas during their three additional years of education beyond dental school. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease, 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 prevalent 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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The Serious Side Effects Of TMJ Disorder



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

Although there is a connection between TMJ disorder and other disease processes, the explanation of how this works may take a little time. When a person has displaced or slipped discs in their jaw joints, this can and will cause head and neck pain, tremors, tinnitus (ringing in the ears), vertigo, and sleep disordered breathing. The SDB (Sleep Disordered Breathing) often comes about due to the pain caused by the slipped discs. This is just like if you found out about a slipped disc in your lower back and how this can be the source of so much pain. So many people suffer from slipped discs in their jaw joints, yet they are not aware that this can be the cause of so many other problems.

Oftentimes, by the time the person meets up with the right TMJ doctor, they have already been to many specialists – the ENT, DO, PT, PCP, etc. and have been told that all is well, all is good. In order to really figure out if there is a TMJ problem, it is necessary to do an MRI of the jaw joints and view what those discs – the articular discs – are doing. In almost all cases of head and neck pain, those pesky little discs are slipped out of place, and they are pinching upon the nerves that are prominent in the joint. The temporomandibular joint is amazingly full of nerves and blood vessels, in fact so much that the slightest displacement can cause severe pain in a person.

One of the problems with this TMJ pain is that sleep is often compromised because the person wakes up frequently and this disrupts the normal cycle of recuperative sleep. Deep sleep is critically important to the healing process of our bodies. Without it, inflammation sets in, and this leads to a lack of ability for the cells to repair

and this leads to more pain which leads to less sleep, and you get the picture.

The research on this is quite clear. If you do not sleep well, your body breaks down at a faster rate which leads to cardiovascular problems, diabetes, and even other disease processes like cancer. Unfortunately, if this vicious cycle is not identified and

broken, it just keeps getting worse as the years go by. Even obesity is directly correlated to poor sleep – sleep apnea prevents our bodies from making the hormones we need to control our eating habits and we lose control and end up terribly overweight. Again – this is a vicious cycle that is very difficult to break unless you identify

it early enough.

The message here is that if you think you might have a TMJ problem – jaw clicking/popping, headaches, neck pain, dizziness, or even an unbalanced bite – get it checked by someone who understands TMJ disorders and can help you get a handle on the problem. Do it early and do it right.

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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.



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

Jeffrey L. Brown, DDS



For more reviews, search "Sleep & TMJ Therapy" on Google!

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

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

Should You Replace Your Old Silver Fillings?

By April Toyer, DDS
Lifetime Dental Care

Dental technology has changed dramatically over the last few decades and no doubt will continue to improve in the future. Many patients are concerned about the silver fillings that they or their children have had for years.

Dental amalgam is a mixture

of mercury, silver, tin, and copper. Mercury makes up about 50% of the compound and is used to bind the metals together and to provide a durable filling.

The current position of the ADA and FDA is that amalgam is a safe, restorative material and should not be removed due to health concerns regarding mercury content. When mercury is combined with other materials

in dental amalgam, its chemical nature changes, so it is essentially harmless.

The amount of mercury released in the mouth under the pressure of chewing and grinding is minuscule. It is less than what patients are exposed to in food, air and water.

In fact the highest exposure of mercury to patients is due to amalgam placement and removal. High-speed suction should be used when remov-



April Toyer, DDS

ing mercury-containing fillings to reduce excess mercury inhalation by the patient.

White (or composite) fillings are aesthetically appealing, but require a longer time to place the restoration and may come with an additional cost. Composites bond to the tooth to support the remaining tooth structure, which helps to prevent breakage and insulates the tooth from excessive temperature changes. Although not as strong as amalgam, the advances in composite resins make these restorations a durable option.

Composite fillings, which are more technique sensitive, require a saliva free environment. Your dentist may suggest amalgam in areas that are difficult to keep dry, such as molars (back teeth) or cavities below the gumline.

When To Consider Replacing a Silver Filling

Decay is present under filling. If decay is left untreated long term it could lead to further complications, such as fracture or potentially infection.

Filling is fractured or leaking. A chipped or fractured filling can lead to further breakage of the filling or of the surrounding natural tooth structure. Fillings that extend on multiple surfaces of a tooth may require a crown.

It was placed in a high cosmetic zone. Let's face it – in 2022, no one wants to see silver in his/her front teeth. If you have a silver filling that is visible in an anterior region, replacement may be an option.

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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.

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Stephanie Okparaekke-Nurse Injector & Aesthetic Provider | Jessica Mapes-Medical Aesthetician
Judy Chang-Medical Aesthetician | Mars Saddat-Medical Aesthetician | Tania Sevilla-Medical Assistant & Laser Technician



Andrea is The SkinBarre's founder and creator. She is from Caracas, Venezuela, and is fluent in both English and Spanish. She was inspired to pursue skincare health after her mother was diagnosed with a brain tumor. She cared for her mother during this trying time and saw firsthand how her mother's health improved by having someone dedicated by her side.

This caring touch was what laid the foundation for what she did next.

In 2004, Andrea followed her passion by graduating from the Esthetic Institute. Since then she has grown as a Licensed Medical Aesthetician, Medical Assistant, Surgical Tech, and Oncology Aesthetician.

Andrea is always looking for ways to enhance her skill set and grow her team with ongoing education and training. She wants to make a difference with every client she touches and teaches the same to her team.

What started with one treatment room 17 years ago has now grown to a building with 6 busy treatment rooms. The SkinBarre is located in the heart of Mclean, VA. We offer high-quality Botox Treatments, PRP for Facial Rejuvenation, Hair Loss, Dermal Fillers such as Radiesse, Restylane, Juvederm, and Versa.

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What Are The Signs Of Sleep Apnea?

By Shari Salartash, DDS, MAGD
Dynamic Dental Wellness

Sleep apnea is a serious sleep disorder in which a person's breathing is interrupted while asleep. People with undiagnosed sleep apnea stop breathing repeatedly while sleeping, sometimes hundreds of times. This is a dangerous condition because the body and brain do not get adequate oxygen supply.

Some of the signs of sleep apnea include: waking up with a headache, high blood pressure, snoring, awaking gasping for air, severely worn teeth, acid reflux, clenching and grinding teeth.

Is Sleep Apnea Dangerous?

Sleep apnea is considered a serious medical problem. If left untreated, it can lead to high blood pressure and an increased risk for heart failure and

stroke. The ongoing state of fatigue caused by sleep apnea may lead to problems at school or work as well as danger when driving or operating heavy machinery. Sleep apnea can also cause complications with medications or surgery.

Why Is Sleep Apnea Is Dangerous?

Sleep apnea puts a lot of stress on your body, mainly your heart.



Shari Salartash, DDS, MAGD

Your blood oxygen levels start to drop because you stop breathing so much. This results in high blood pressure and increases your risk of having a stroke or heart attack.

If you already have heart problems, sleep apnea can make your condition much worse. If an already strained heart experiences multiple



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Sleep apnea is considered a serious medical problem. If left untreated, it can lead to high blood pressure and an increased risk for heart failure and stroke.

episodes of low blood oxygen, it can lead to heart arrhythmias.

Other Complications Include:

- Type 2 diabetes
- Metabolic syndrome
- Post-surgery complications
- Liver problems
- Daytime fatigue

What Are The Latest Treatments Options For Obstructive Sleep Apnea?

- Positive airway pressure therapy and CPAP
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- Surgery
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Dr. Sheri Salartash
DDS, MAGD, NMD, IBDM, AIAOMT, FICOI, FAAIP
Board of Dental Sleep
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“ SHE GAVE ME MY LIFE BACK

Local clinic has a modern,
medical solution to treat your
Peripheral Neuropathy
and is seeing incredible results!

“It started out as a normal outing. My wife and I had to run to the grocery store. We were driving down the road casually going over our shopping list when the car ahead of me started to slow down anticipating the yellow light. I started to move my foot from the gas to the brake as any normal person would do when they see brake lights in front of them but I couldn’t. I couldn’t feel my foot. The car kept moving forward and I just couldn’t get my foot on the brake. And CRUNCH! I finally came to a stop when I hit the car in front of me.”

This tragic story was shared with us by Dan S. an Ashburn resident who has peripheral neuropathy. And while no one was hurt in this accident, Dan S. had suffered almost everyday of his life with tingling and burning in his feet until numbness set in and he could no longer feel even the brake pedal beneath his foot.

“The first stage is pain.” shares Rachal Lohr, Acupuncturist of FIREFLY Acupuncture & Wellness. “You feel burning, tingling, sharp pains, or you feel like you’re walking on tacks or marbles. This pain eventually subsides and the numbness sets in. Unfortunately the numbness brings with it a whole other host of problems.”

This was the case with Dan. “I said I wasn’t going to drive again. What if that had been a pedestrian?”

It is terribly common that peripheral neuropathy and its debilitating symptoms interfere with a person’s ability to live their life. Dan was now reliant on his wife to drive him around, even the simple pleasure of cruising down to play golf or taking her out to dinner was outside his capabilities. And even more common, Dan’s general practitioner and several specialists told him there was nothing they could do other than prescribe him pills that would ease the pain of his neuropathy.

That’s where Rachal Lohr and her staff at FIREFLY come in. “About 75% of our current patients come to us suffering from the same condition as Mr. Dan,” tells Rachal.

“They’re in constant pain from neuropathy and it prevents them from not only living their lives but more importantly, it prevents them from enjoying it. Depending on the severity of their nerve damage, we typically see tremendous progress in 3-4 months of treatment. I like to say we’re in the business of making your golden years golden.”

“I can’t lie,” confides Dan.

“I was skeptical at first. The folks down at my pain center told me there was nothing that could be done and then there’s a doctor right here in Loudoun who tells me she can help. Turns out she was right! About three months after treatment I was able to confidently drive myself to my appointments! My wife and I celebrated by buying ourselves a new car! It’s hard to put into words how incredible this is, quite frankly [Rachal] gave me my life back.”

While FIREFLY specializes in acupuncture and it’s definitely part of their protocols in treating neuropathy, the real secret is in a more modern medical solution called ATP Resonance BioTherapy™. “This technology was originally developed by NASA to expedite healing and recovery” shares Terri, a Senior Patient Care Coordinator at the clinic. “It’s like watering a plant. ATP Resonance BioTherapy™ stimulates the blood vessels to grow back around the peripheral nerve and provide them the proper nutrients to heal and repair.”

You can learn more about Rachal Lohr and FIREFLY By visiting FIREFLYAcuAndWellness.com. If you’re ready to schedule a consultation call (703)263-2142 and do so quickly. FIREFLY is a very intimate clinic and the staff takes pride in their ability to take their time with each patient so they are very limited in their ability to take on new patients.

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Jhett Arzadon Epp – Practice Administrator | **Jackie Martinez** – Licensed Esthetician/Skin Care Specialist
Delia Pomeroy, RN – Cosmetic Injector/Skin Care Specialist | **Catherine P. Arzadon, MD** – Skin Care Specialist

The Spa Clinic has a plethora of options for help in restoring your skin. This may be the boost of confidence one needs as healthy skin is a huge part of any individual's radiance. Skin damage that results from aging can benefit from neuromodulators, such as Dysport, to relax the muscles that cause wrinkles and result in a refreshed, rested appearance. With the goal of skin rejuvenation, there are chemical peels, laser and micro needling with radio frequency treatments that are specifically designed to improve laxity, pigment balance, texture, discoloration, acne scars/breakouts, lines and other concerns for you face and body. Hair removal, intense pulsed light treatments, body/face contouring, skin tightening, microdermabrasion, HydraFacial, medical facials, non-invasive fat reduction and photo facials can all be customized to the individual's needs. Dermal fillers like Restylane restore a youthful shape for anti-aging purpose as well as enhance one's natural features with a collagen stimulating plumping effect to improve symmetry. The most important part of restoring and maintaining a healthy glow is daily skin care. ZO medical-grade skin care has proven to provide skin care solutions for any type of skin or concern.

To achieve your goal of skin rejuvenation, the staff at the Spa Clinic will recommend skin and facial rejuvenation to restore a vibrant, healthy look that complements your natural appearance and features.

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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 cardio-

vascular 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.

What does this mean to you?

Please see "Diabetes," page 49

Mouth-Body Connection



By Richard Hughes, DDS
Board Certified, American Board
of Oral Implantology

half to two times more at risk for fatal cardiovascular disease. The bacteria from gum infections can easily enter the bloodstream and ultimately wind up in the heart.

People with non-insulin dependent diabetes (diabetes type 2) are three times more prone to develop destructive periodontal disease.

There is a direct correlation with patients with periodontal disease and rheumatoid arthritis. Periodontal disease precedes rheumatoid arthritis.

There is a clear relationship between obesity (upper body obesity) and periodontitis. Recent studies show how people with normal weight that exercise have a lower incidence of periodontitis and better blood glucose control.

There is a correlation between advanced Alzheimer's disease and poor oral health. Scientist at the School of Medicine and Dentistry, University of Central Lancashire in

The belief of the mouth-body connection (oral systemic connection) is not new. Benjamin Rush, MD and a signer of our Declaration of Independence, noticed that people's health improved after the extraction of diseased teeth. Today we know that infected teeth and gums can severely effect people's health in ways that were once unthinkable.

People with periodontitis (gum infection with bone loss) are one and a

Please see "Mouth-Body," page 49

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Embarrassed By Bad Breath? The Permanent Cure For Halitosis

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

When you are close, do people rub their fingers under their nose? Cover their mouth? Cover their nose? Slightly turn their head? Offer you gum or mints? If you have seen these gestures, chances are you suffer from bad breath. And if the mouthwashes, mints, and gums don't work well any

longer, finally, there is a cure.

As you may already know, breath odor can smell like "rotten eggs," "feces," or even "dirty socks" and is caused by odors produced by bacteria that live in the coatings on the tongue. These bacteria form biofilms (coatings) that can only be removed by specialized and unique oral instruments invented at the National Breath Center. These Biofilm Removal Instruments® remove

the coating that causes bad breath – a painless process – and the odor-causing bacteria that go with it.

A biofilm is like a living organism with its own ecosystem – with live bacteria, food, debris, dead skin cells, and its own waste management system – your mouth. This biofilm attaches itself into the nooks and crannies on the top of your tongue, filling up the spaces between taste buds and in many cases,



Richard A. Miller, DDS

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covering them over. Even antibiotics cannot penetrate it so they are not an option to eliminate bad breath. The only way is removal of the biofilm coating.

So, why don't mouthwashes, toothbrushes, or tongue cleaners work for serious bad breath? The reason is that the biofilm coating on the tongue is too thick to remove by scraping and too thick to be penetrated by mouthwashes. No matter the instrument used, it cannot reach into those microscopic nooks and crannies on the tongue surface leaving millions of bad breath bacteria to cause odors. In fact, the biofilm can be more than ¼ inch thick and doesn't cause any discomfort.

Since 1993 a professional cure has been available that eliminates long standing and/or severe bad breath – a cure for the millions of people who have tried everything to no avail. If you have tried everything and are still embarrassed by your breath, consider Tongue Rejuvenation®.

One last thing. Most people cannot smell their own breath. It's just nature's way of allowing us to function without being aware of odors and some smells. And you might think that friends and family would tell you if there was a problem. Don't count on it. The closer you are to a person the more they get used to your breath. And most people are too polite to hurt your feelings. Halitosis sufferers get their cues from other people's actions, not their words.

So, if people react to you in close situations, you probably have noticeable bad breath. And morning breath that comes back later means your breath is bad enough to need treatment. Either way, Tongue Rejuvenation®, available exclusively at the National Breath Center for 30 years, is a painless technique that removes all the tongue biofilm and the odor. It will make you say goodbye to bad breath forever.

When Diabetes Hits Home



By Soheila Rostami, MD
Ophthalmic Plastic & Reconstructive Surgeon

personally deal with this disease.

According to the American Diabetes Association (ADA), 20.8 million children and adults in the United States have some type of diabetes.

Type I is an autoimmune disorder and usually develops in children/young adults. A person with type I does not produce insulin. One in every 400-600 children has type I diabetes.

Type II (insulin-resistant diabetes) is more common in adults. In recent years, there are even children being diagnosed with type II, due to a lack of regular exercise, poor diet, and obesity. Genetics plays a large role in those with type II. It goes highly undiagnosed, since the human body can tolerate type II easier than type I.

Please see "Hits Home," page 49

Two years ago, someone within my home was diagnosed with diabetes mellitus, type I. Even though I was educated as a physician about diabetes, I had no idea that it could be so hard to

What Is Periodontal Disease?



By Maryam Avin, DDS
Avin Dental Care

and eventually tooth loss.

Periodontal disease is the leading cause of tooth loss among adults in the developed world and should always be promptly treated.

When left untreated, gingivitis can spread to below the gum line. When the gums become irritated by the toxins contained in plaque, a chronic inflammatory response causes the body to break down and destroy its own bone and soft tissue. There may be little or no symptoms as periodontal disease causes the teeth to separate from the infected gum tissue. Deepening pockets between the gums and teeth are generally indicative that soft tissue and bone is being destroyed by periodontal disease.

Treatment For Periodontal Disease

There are many surgical and non-surgical treatments a dentist may choose to perform, depending upon the exact condition of the teeth, gums and jawbone. A complete periodontal exam of the mouth will be done before any treatment is performed or recommended.

- **Scaling and Root Planing** – In order to preserve the health of the gum tissue, the bacteria and calculus (tartar) which initially caused the infection, must be removed. The gum pockets will be cleaned and treated with antibiotics as necessary to help al-

Please see "Periodontal," page 49

Periodontal disease (also known as periodontitis and gum disease) is a common inflammatory condition that affects the supporting and surrounding soft tissues of the tooth, eventually affecting the jawbone itself in the disease's most advanced stages.

Periodontal disease is most often preceded by gingivitis, which is a bacterial infection of the gum tissue. A bacterial infection affects the gums when the toxins contained in plaque begin to irritate and inflame the gum tissues. Once this bacterial infection colonizes in the gum pockets between the teeth, it becomes much more difficult to remove and treat. Periodontal disease is a progressive condition that eventually leads to the destruction of the connective tissue and jawbone. If left untreated, it can cause shifting teeth, loose teeth,

Joseph Davidson, MD



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Rostami Oculo Facial Plastic Consultants is pleased to welcome the newest addition, Dr. Joseph Davidson to our qualified team!

Dr. Davidson brings a blend of excellent clinical and surgical experience, education, and enthusiasm with a strong passion for natural looking results and the safety and satisfaction of our mutual patient's needs!

Dr. Davidson is a board certified ophthalmologist and ophthalmic plastic and reconstructive surgeon. He completed three subspecialty fellowships (medicine's highest form of formal education).

He distinguished himself at several of North America's most prestigious institutions, including Harvard University, Georgetown University, McGill University, and the Armed Forces Institute of Pathology.

Harvard University: B.A degree (1988)

Georgetown University Medical School: M.D. degree (1992)

Armed Forces Institute of Pathology: Fellow, Ophthalmic pathology (1993)

Georgetown University Hospital: Resident, Transitional/Medicine (1994)

McGill University: Resident, Ophthalmology Chief Resident (1997)

McGill University: Fellow, Oculoplastic Surgery (1999)

Dr. Davidson has over 20 years of experience specializing exclusively in cosmetic and non-cosmetic surgery of the eyes and upper face. He has performed tens of thousands of successful surgeries.

In addition to experience handling unique and difficult situations, Dr. Davidson continues to perfect new techniques. These include new procedures for watery eye correction and cosmetic eyebrow lifting with quick recovery and minimal downtime.

In his free time, Dr. Davidson enjoys traveling, computer programming, walking and reading.

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Do You Know About Dental Savings Plans?



By Rishita Jaju, DMD
Smile Wonders

Dental savings plans are even a better value than dental insurance. With rising costs of activities and daily needs, proactive care can fall by the wayside. As parents, we want our children to be happy and healthy. This is no small task.

Pediatric dentistry has come a long way since the 1960's when dental insurance plans were first introduced in the United States. Insurance plans have not advanced with the technology and treatment philosophies of modern dentistry. Approximately 59% of Americans do not use their full insurance benefits, in large part because the plan benefits are not tailored properly to standard treatment recommendations (especially for children).

Dental savings plans are even a better value than dental insurance.

Children often do not require the amalgam (silver) fillings, bridges or dentures that most insurance call "covered benefit." On the other hand, insurances do not cover the services that children often need. Children may require extra time, or additional visits to the dentist based on their level of cooperation, age, special needs, and anxiety related concerns. This leads to unused benefits and wasted dollars.

Some local dental offices, including Smiles Wonders, have taken the initiative to offer a customized pediatric dental savings plan for their patients. For example, Smile Wonders offers

four different levels of care specifically tailored for your child's age and preventive care needs: 1) their toddler plan is ideal for children under three to establish a great oral hygiene routine as soon as those teeth start coming in; 2) their child complete plan is geared to those patients who have established good homecare and want to receive the best preventative care in the office; 3) their child preferred plan is extra

helpful for kids who need additional in-office cleanings to help with plaque build-up and difficulties with homecare; 4) and finally their teen complete plan is specifically tailored for teens, starting at age 13, to make sure they are receiving the best preventative care and getting help with managing homecare and plaque build-up.

All the plans include various levels of age-appropriate doctor exams, clean-

ings, diagnostic x-rays and carries risk appropriate fluoride varnish treatments. This is the best value approach to putting your child's pediatric dental visits on autopilot. Additionally, their savings plan members receive 15% off all other services provided at the office.

If you are looking for a plan to get your child's dental care needs addressed, consider the Smile Wonders pediatric dental savings plan.

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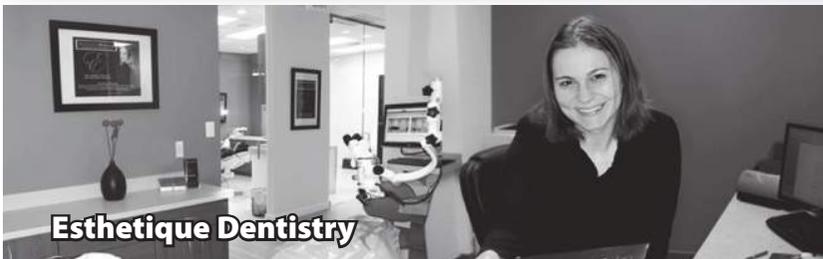
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Meet Periodontist, Karl A. Smith, DDS, MS

Dr. Karl Smith specializes in periodontics and implantology. As a periodontist, Dr. Smith specializes in treatment of gum disease, the maintenance of periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the doctor or dentist, we strive to make your visits with us as comfortable and pleasant as possible. We strongly believe that our patients' comfort is an important part of quality dental care.

Dr. Smith believes that your right to choose a dentist is an important freedom. We work closely with your dentist, but a referral by a dentist is not required to visit our office. We also welcome referrals from patients and friends of the practice. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist.

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and professionalism of his office and patient-oriented staff. He is consistently rated by his peers as a Top Dentist 2012-2021 in *Virginia Living*, *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. After graduation immediately entered General Practice in the U.S. Air Force Dental Corps. Successfully completed three additional years of advanced training in the specialty of Periodontics, Dental Anesthesia and Implants in 1992 at the University of Texas Health Science Center, San Antonio and Wilford Hall USAF Medical Center. Retired from the U.S. Air Force as a Lieutenant Colonel after four years of reserve and fifteen years of meritorious world-wide active duty service in 1996. Fellowship in the Academy of General Dentistry and in DOCS, a sedation organization for dentists.

www.DrKarlSmith.com

Jeffrey L. Brown, DDS

**TMJ & Sleep Apnea
Treatment**



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Suite #301
Falls Church, VA

703-821-1103



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 Gnathological 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.

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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.

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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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Dr. Kenneth Blais grew up in Seattle where he completed undergraduate education at the University of Washington in 2002. In 2007, he received his D.M.D. from Tufts University School of Dental Medicine in Boston. His training in Oral and Maxillofacial Surgery was completed at Louisiana State University in Shreveport in 2014 where he also earned his M.D. in 2011 and completed an internship in general surgery. During his residency he was trained in full scope Oral and Maxillofacial Surgery including head and neck cancer, cleft lip and palate, facial cosmetics, and treatment of craniofacial deformities. His surgical interest are in dental implants with bone grafting, maxillofacial trauma, orthognathic, outpatient anesthesia, and treatment of oral and maxillofacial pathology. He enjoys travelling, camping, backpacking, road cycling and snowboarding. As an avid musician, he also enjoys watching live bands and jazz performances.

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Meet Dr. Raja Gupta

Dr. Gupta obtained his undergraduate degree in Neurobiology Physiology from the University of Maryland, College Park after high school. He stayed in the Baltimore area while attending the University of Maryland Dental School. Dr. Gupta furthered his training by spending one year at the Philadelphia Veterans Affairs Medical Center. There he received advanced training in all aspects of general and implant dentistry. Since that time, he moved to Virginia and now has a busy private practice in Springfield.

Dr. Gupta puts in a tremendous number of hours advancing his knowledge and stays current with advanced methods and materials through extensive continuing education, study clubs, and active association memberships.

Special Interests & Services

Invisalign (Certified Provider), Natural Looking Dentures, Partials and Dentures Relined and Repaired While You Wait, Bonding, Bridges, Crowns, Implants, Teeth Whitening and Veneers.

Professional Memberships

Dr. Gupta is an active member of the American Dental Association, the Virginia Dental Association, the Northern Virginia Dental Society, and the Virginia Millennium Study Club.

ginia Millennium Study Club.

Practice Philosophy

When you visit our practice, you'll find that our dental services extend well beyond the procedure itself. We try to educate our patients and provide all the necessary tools so that they are fully prepared to maintain their beautiful smiles for a lifetime.

As in any field, Dental technology and techniques change rapidly to become more efficient and comfortable. Dr. Gupta and his team are frequently attending continuing education courses and seminars to remain in touch with the newest advances in dentistry. All patients

deserve modern techniques, materials, and methods that are backed by research and clinical success! We believe that continually enhancing our education will allow for higher patient comfort, better preventive strategies, increased longevity of treatment, greater patient satisfaction, and a smile that is natural and healthy.

Hobbies & Personal Interests

Dr. Gupta was born and raised in Columbia, MD. He now lives with his wife Paroni in Northern VA and has twin boys. Away from the office, Dr. Gupta enjoys volunteer work and traveling.



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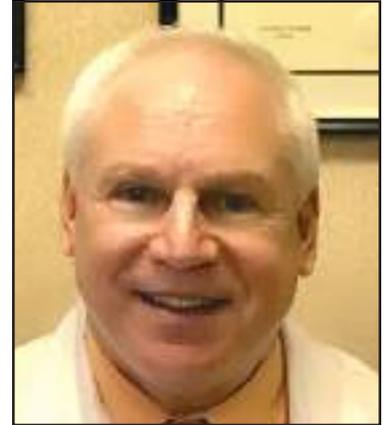
Diabetic Foot
Care, Podiatry



Arlington Podiatry Center

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Suite #512, Arlington, VA 22204

703-820-1472



Since 1984, Dr. Edward Pozarny has been working to provide the best podiatric care for patients in Arlington and throughout Northern Virginia. Dr. Pozarny's experience in podiatry and foot care is coupled with his genuine concern and fabulous bedside manner.

Training & Certifications:

BS Physical Therapy from Boston University, DPM Degree from California College of Podiatric Medicine, Residency at Monsignor Clement Kern Hospital Michigan. Faculty at Georgetown Medical School. Podiatry Speaker at National Health Explorers Exposition - NIH Bethesda, MD. Board Certified Foot & Ankle Surgeon since 1990.

Professional Memberships:

American Board of Foot and Ankle Surgery, American College of Foot & Ankle Surgery, Arlington Host Lions Club, Northern Virginia Podiatric Medical Association, American Podiatric Medical Association

Special Interests & Services:

Bunions, Fractures, Ankle Injuries, Corns, Hammertoes, Ingrown Toenails, Heel Pain, Calluses, Warts, Custom Foot Supports, Corrective Surgery, Flat Foot Conditions, Athletic Injuries, Children's Podiatry, Diabetic Feet

Practice Philosophy:

"Our staff at Arlington Podiatry is dedicated to your foot health as well as your overall health, making sure that you are treated with the best care possible. Our goal is that our patients have healthy feet and ankles and maintain those healthy feet and ankles to ensure that their quality of health is the best that we can provide."

Personal Interests & Hobbies:

Dr. Pozarny is a jazz guitar and piano musician who performs locally. He enjoys skiing, camping, and other outdoor activities.

GOT DIABETES?

Diabetes is a national epidemic and foot problems such as poor circulation, neuropathy, and weakened immune systems are common in people with this condition. **Taking care of your feet is extremely important if you wish to avoid risks of infection, gangrene, or even loss of limbs.** Studies have also shown that regu-

lar visits to your podiatrist lead to a significantly lower chance of needing amputation. Here are a few helpful tips to follow if you have diabetes:

- See your podiatrist for check-ups.
- Check & wash feet every day.
- Smooth corns & calluses gently.
- Trim toenails straight across.
- Wear shoes and socks at all times.
- Protect feet from hot & cold.
- Keep blood flowing to your feet.

www.ArlingtonPodiatry.com

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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Chirag Singhvi, MD

Pain Management, Anesthesiology

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Suite #215, Frederick, MD

301-668-9988

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

703-443-8000



Meet Dr. Singhvi

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

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

Dr. Sanghvi predominantly sees patients in Frederick and Leesburg.

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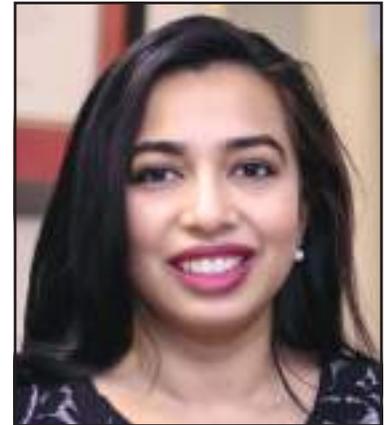
Swathi Reddy, DMD

Orthodontics



9010 Lorton Station Boulevard
Suite # 260
Lorton, VA 22079

703-337-4414



Meet Dr. Reddy, Your Local Orthodontist!

Dr. Reddy has been serving the Lorton area for over nine years as a full-time orthodontist. She graduated Dental School with high honors from Boston University School of Dental Medicine. She has a deep desire to learn and treat patients in the field of Orthodontics and has pursued further specialty training in the field of Orthodontics and Dentofacial Orthopedics.

Dr. Reddy was invited to join the clinic faculty at UNLV, School of

Dental Medicine. Before entering private practice, Dr. Reddy worked as a faculty member at UNLV, School of Dental Medicine, Orthodontics Residency Program.

Professional Memberships

Dr. Reddy is an active member of many organizations, including American Dental Association, Virginia Dental Association, American Association of Orthodontics, Southern Association of Orthodontics and Northern Virginia Orthodontic Study Club.

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We recognize that every patient has different needs, and we pride ourselves in the courteous service we deliver to each person who walks through our doors. We welcome children and adults to our office. Adults have become a larger percentage of our patient-pool in recent years.

Dr. Reddy and her staff are committed to helping you achieve the smile you deserve – a healthy, beautiful one that you will be proud of. We would welcome the opportunity to earn your trust and deliver you the best service in the industry.



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Local Professionals Empowering and Encouraging People To Live Healthier

Sarah Lascano, Energy Medicine



Contact:

540-235-6440

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Meet Sarah Lascano

Degrees, Training & Certifications

Sarah Lascano is founder of RayZen Energy, where she is an energy medicine practitioner, medical intuitive, and best-selling author. She has helped hundreds of clients around the world recover their health and reclaim their life. Sarah holds engineering degrees, is a certified BodyTalk Practitioner, an IET Master Instructor, and creator of the RayZen Lightwork Technique. She combines her skills with knowledge of the human body to bring powerful and precise healing. It is her passion to help people discover the root cause of their health problems and move forward in health freedom.

Areas of Expertise

Sarah specializes in helping people who have searched for answers but are still unwell. Have you been to many doctors, therapists or clinicians but still have no answers? Have you heard there are no solutions to your health problems? Focus your resources on the root cause of your symptoms. Efficiently move forward. Repair the Body. Reclaim your health.

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Practice Philosophy

The body innately knows how to heal. Energy Medicine removes the blocks that are keeping the body stuck. Access your body's wisdom and reclaim your health. Stresses accumulate from illnesses, traumatic events, physical & emotional stress, and more. Release these blocks and allow the body's organs and systems to repair quickly without invasive therapies.

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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Daphne King, EdD



21155 Whitfield Place
Suite #202
Sterling, VA 20165

703-539-2266



Meet Daphne King

Mental Health Therapist

EDUCATION:

Bachelors in Social Relations – Michigan State University
Masters in Social Work – Grand Valley State University
Doctor of Education in Counseling Psychology – Argosy University

CREDENTIALS: Licensed Clinical Social Worker-VA

SPECIALTY: Dr. Daphne King previously worked as a case manager in a mental health agency and as a school social worker. As a case manager, Dr. King has extensive experience working with families and adolescents, as well as those requiring hospitalization in psychiatric hospitals and residential facilities. As a social worker, Dr. King has extensive experience working with children and adolescents in the foster care system and those experiencing mental health concerns as well as providing crisis intervention to school age children. As a school social worker, Dr. King had various responsibilities including facilitating student groups, case management with families, individual counseling, special education counseling, and conducting assessments for students entering special education services. Dr. King also has experience conducting workshops and presentations on various topics ranging from self-esteem to healthy relationships to substance abuse awareness/prevention.

Dr. King's practice specialties are: marriage/couples/relationship/family counseling, suicidal ideation, depression, self-esteem issues, adolescents and adults, anxiety, PTSD, and cognitive behavioral therapy approach. Dr. King can be reached directly at 703-539-2266 or DrDaphneKing@DrDaphneKing.com

LoudounCounselingCoaching.com

Susan D. Rich, MD, MPH, DFAPA

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Potomac, MD 20854

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Photo By Hilary Schwab Photography

Is your child or teen struggling at school, home or in the community? Dr. Susan Rich is a child/adolescent & adult psychiatrist specializing in diagnosis and treatment of complex neuropsychiatric and neurodevelopmental conditions, such as Fetal Alcohol Spectrum Disorder (FASD), childhood attention deficit hyperactivity disorder, high functioning autism, and anxiety in children, adolescents, and young adults. Neuropsychiatric conditions often co-occur with neurodevelopmental issues and childhood trauma leading to issues with emotional regulation, social interactions, and sensory systems.

Dr. Rich identifies strengths and challenges for children, adolescents, and young adults to help improve adaptive and executive functioning through tailored school, family and community supports. Her innovative and traditional approaches include use of medication/psychopharmacology, mindfulness, cognitive/dialectical behavioral and holistic approaches to promote health and well-being.

Book and Articles: Dr. Rich has authored several book chapters and articles, such as *"Executive Dysfunctions and the Sleepy Secretary of ADHD."* She is an internationally renowned speaker and book author of *"The Silent Epidemic"* - a book about the hidden pandemic of neurodevelopmental disorder associated with prenatal alcohol exposure affecting 1 in 20 US kids (www.prenatalalcohol.com).

Honors & Awards: Dr. Rich is recognized as Distinguished Fellow in the American Psychiatric Association; one of America's Top Psychiatrist's in 2014 and 15 by the Consumer's Research Council of America; *Washingtonian Magazine's* 2018 The Face of Child and Adolescent Psychiatry; and a 2020 Top Psychiatrist in Maryland by *Top Doctor's Magazine*. She served as past President of the Child & Adolescent Psychiatry Society of Greater Washington and was selected as 2015 Potomac Citizen of the Year for her community service related to environmental conservation and FASD prevention.

Subspecialties: Neuro-developmental Disorders, Anxiety Disorders, Prenatal Alcohol Exposure, Fetal Alcohol Spectrum Disorder, ADHD, and Early Childhood Mood Disorders.

Dr. Rich is a fee-for-service provider and does not participate with any insurance plans at this time.

www.SusandRich.com



Mental Health Spotlight:

Aazaz Haq, MD

We welcome Aazaz Haq, MD, of the McLean Neuropsychiatric Treatment Center, to our community in McLean, Virginia. Dr. Haq is a psychiatrist certified by the American Board of Psychiatry and Neurology in both Psychiatry and Geriatric Psychiatry.

Dr. Haq is a graduate of University of Michigan Medical School in Ann Arbor, where he also completed his psychiatric residency. Afterwards, he did a geriatric psychiatric fellowship at UCLA. He has worked in various clinical settings – including inpatient units, nursing homes, and academic centers. He is a former Clinical Assistant Professor of Psychiatry at Stanford University.

The primary focus of Dr. Haq's practice is the care and management of patients with treatment-resistant depression – that is persistent depression that does not improve with psychotherapy and/or medications alone. Dr. Haq prides himself on carefully evaluating the nature of each patient's depressive symptoms and arriving at an individualized plan of care. He recognizes the unique challenges that depression poses for patients and prioritizes forming a close therapeutic alliance with each of his patients.

Advanced techniques offered at the McLean Neuropsychiatric Treatment Center to treat depression are:

- **Transcranial Magnetic Stimulation (TMS)** – TMS uses targeted magnetic pulses to stimulate activity in parts of the brain that are underactive in individuals with depression.
- **Esketamine (Spravato)** – Esketamine is an FDA-approved nasal spray that is fast acting compared with conventional antidepressants. When prescribed with an oral antidepressant, response rates for depression are greater than 50%.
- **Electroconvulsive Therapy (ECT)** – The gold standard for severe depression. This misunderstood treatment has up to an 80% response rate in patients.

Other psychiatric issues that Dr. Haq treats include anxiety and bipolar disorders, schizophrenia, and PTSD. He is an expert in Geriatric Psychiatry. He has served as an expert witness in numerous cases involving elder financial abuse. Dr. Haq's practice accepts most insurance carriers, including Medicare and Medicaid. The clinic's website is www.mcleanntc.com

Dr. Haq has always had an affinity for the Washington, DC metropolitan area. He decided to make his roots here because of extensive family in the vicinity. Please welcome the newest star to the local medical community!

Oregon State University Research: Hemp Compounds Prevent Coronavirus From Entering Human Cells

By Andrea Grant, Owner
Bethesda Health and Wellness

Hemp is a dominant species in the cannabis plant, and it can be separated into both male and female plants. These plants have served a wide variety of purposes for more than 10,000 years. We get fiber from the plant's stems, protein from the seeds, oils from the leaves, and oils from the smokable flowers. Hemp

fibers can be used to make items including paper, clothing, textiles, rope as well as building materials.

Hemp Vs. Marijuana

Hemp and marijuana (THC) are both derived from the cannabis plant; however, while marijuana comes from both the cannabis indica or cannabis sativa plant, hemp belongs solely to the cannabis sativa family. The effects of sativa and indica vary – the sativa

effect is described as focused, uplifting, and energizing while the indica effect is described as ultra-relaxing, sedating, full-bodied, and high.

There are approximately 113 cannabinoids found in the cannabis plant. Cannabinoids are a class of molecules that interact with the body. CBD and THC are two of the most abundant cannabinoids. Plant cannabinoids are made from cannabinoid acids – the major can-

nabinoid acids include CBDA, THCA, CBGA, and CBCA. When cannabinoid acids are exposed to heat energy or time, they lose the "A" part of the compound and turn into neutral, rather than acidic, plant cannabinoids. Therefore, they become CBD, THC, CBG, and CBC.

Findings of the study led by Richard Van Breemen, a researcher with Oregon State's Global Hemp Innovation Center, College of Pharmacy and Linus Pauling Institute, were published on January 10th in the *Journal of Natural Products*. Van Breemen and collaborators, including scientists at Oregon Health and Science University, found that a pair of cannabinoid acids bind to the SARS-CoV-2 (COVID) spike protein, blocking a critical step in the process the virus uses to infect people.

According to the press release, the study analyzed a range of plant-derived compounds used as dietary supplements including red clover, wild yam, hops and licorice using a mass spectrometry-based screening technique developed at Oregon State University. The compounds were ranked by their affinity to bind with the spike protein, and the two hemp-derived acids came out on top. The compounds are cannabigerolic acid, or CBGA, and cannabidiolic acid, CBDA, and the spike protein is the same drug target used in COVID-19 vaccines and antibody therapy. A drug target is any molecule critical to the process a disease follows, meaning its disruption can thwart infection or disease progression. According to Van Breemen, research showed the hemp compounds were equally effective against variants of SARS-CoV-2, including variant B.1.1.7, which was first detected in the United Kingdom, and variant B.1.351, first detected in South Africa."

"The benefit for preventing viral infection of cells must come from cannabinoid acids, which are heat sensitive and must not be smoked, or it would convert them to CBD and so forth," Van Breemen said. "So that wouldn't work for the antiviral effect." The effective forms are oil tinctures, capsules, brewing a tea with fresh or dried hemp flower. This can be done by boiling hot water and filling up a cup and then adding hemp flower to steep for 4-5 minutes. Water helps to extract acidic cannabinoids; Using water boiled to 212°F (100°C) for this short period of time will not significantly decarboxylate the acidic cannabinoids.

Additional Ways CBDA & CBGA May Support Your Wellness:



- **Promote alertness and clear thinking**
- **Help with pain and inflammation after physical activity**
- **Improve mood, promote resilience to stress and relieve irritability**
- **Enhance performance and recovery from exercise**
- **Help with sleeplessness**
- **Promote a sense of calm and relaxation**
- **Relieve occasional nerve discomfort**
- **Reduce aches, discomfort, and inflammation throughout the body**



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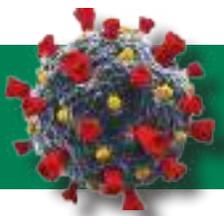
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COVID-19 Update

Managing COVID In 2022

We are living in the era of COVID and it's not likely to end. The coronavirus has ravaged people's health, businesses and lives since it was first discovered over 2 years ago. What we're seeing now is what we could have expected from the beginning.

We have reached a point of vaccines, natural immunity and therapeutics to manage the virus rather than being paranoid or fearful. Over 90% of the serious illnesses are among the unvaccinated who have multiple other health conditions. That leaves most people in a position to manage the virus rather than stop it. On a side note, the assertion by our political leaders and government scientists that we could actually stop the virus or end it was simply silly from the beginning. They should never have purported that.

As people learn more and more about prevention and recovery, it is the people themselves who are making the biggest difference. Armed with testing, vaccines, boosters and natural immu-

nity, people are beginning to manage the virus rather than even considering stopping it or having it come to an end.

A study of a group of friends reveals that they go about their daily lives pretty much as usual, attending gatherings, sporting events and other functions. They are sensitive to symptoms and where they are in proximity to other people to contact trace and take action. This is essentially what was needed from the beginning.

Out of 20 people in the group, 10 have tested positive in the past month. None have developed serious illness although all of them have had symptoms ranging from fever and headaches to cough and congestion. They all recovered in a few days with little time lost.

There still doesn't seem to be an answer to "Why" 10 people in close proximity to all the positive cases, never tested positive or developed symptoms. What makes these people immune? That answer I thought would be a critical factor from the beginning of all this, and we

still don't have an answer.

Testing has been the key. This particular group tests themselves and monitors the people around them to trace where it is and was and what to do about it. They are all vaccinated. A regimen of vitamins, anti-inflammatories and hydration is used to treat the symptoms. Self-quarantine is practiced in all positive cases. Then, in a few days, back to normal.

This is what the future looks like for COVID-19, and what comes after that – the new strains, which are inevitable.

Shutdowns

I can give you so many reasons why shutdowns are the worst choice in controlling the virus that it is too much to write here. Humans will find a way to congregate and socialize no matter what. When the structure of society gets shut down, the management of where people are and what they are doing is impossible. These are people. They will not be cooped up forever, but instead will figure out their own activities,

which in turn will result in the opposite of what shutdowns are intended to do.

Political leaders who opt for shutdowns demonstrate how out of touch they are with real people. Life is short and people are not going to give up years of their lives because someone told them to. It's just not a realistic solution. What is more productive is to encourage people to get vaccinated, teach people how to be responsible, test, trace and treat the illnesses caused by the virus. If you can't get people to do those things, no government order is going to work.

Omicron In Decline

As we are seeing across the globe, the omicron variant is in decline, as cases begin to fall off. That doesn't mean there won't be another variant to deal with. Learning to effectively deal with the virus is critical to living a normal life. If we have a consensus and unified approach to dealing with this virus, and the next one, we can live.

Please see "COVID," page 49

Senior Care: Benefits Of Selling Your Family Home



By Jennifer Wong, Owner, Principal Broker W Homes, Inc.

Selling your home is a big decision and one that requires careful thought and consideration, especially if you've lived there for a long time. However, there are many benefits to downsizing and moving into a different kind of home that may offer more care as you continue to age.

There comes a time for many seniors where it may be time to transi-

tion into a community that can offer additional assistance to ease every day life worries, for those people moving into a senior care community is often an ideal choice. No longer having to worry about home maintenance, physical limitations, property taxes and more can greatly assist in relieving the stress of seniors as they reach their later years.

While some may consider renting out a home to be an effective option, selling your home during this transitional phase can often be the better move. By selling your home you no longer need to worry about the upkeep of the home, finding and maintaining respectable tenants, and most importantly the potential ongoing burden that the upkeep may put on other family members should you choose to rent out your home as opposed to selling.

By choosing to sell your home, you can make the transitional phase as easy as possible for yourself and

Please see "Family Home," page 47

Seniors: Thinking About Your Next Move?



Senior Transition Specialist Jennifer Wong and her team at W Homes invites you to discover the many ways they have become the "go-to" Realtor when you're looking for a smooth, hassle-free move.

From the consultation and sale of your current residence to the search and closing of your new home, we will be by your side as your trusted advocate throughout the transition.



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Jennifer Wong & W Homes, Inc.
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- Radiculopathy
- Knee (Genicular) Pain
- Post Herpetic Pain
- Pelvic Pain
- Abdominal Pain
- Cervicogenic Headaches
- Osteoarthritis
- Spinal Cord Injuries
- Cancer Pain
- Failed Back Surgery
- Neuropathic Pain



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Boost Your Beauty This Valentine's Day



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Valentine's Day is coming up! That means it's time to look and feel your very best. Want some extra kissable lips? Or maybe lose the wrinkles but not your experience?

You can't turn the clock back but you can still look your best. If you're frustrated at the growing fat pads in your stomach, thighs, or hips and want to have the hourglass shape, there is a solution. There are lots of cosmetic technologies that are readily available to keep you in the latest fashions and stop you from feeling self-conscious on date night.

Local medical spas are now accessible for everyone, not just the upper echelon of society. They offer a variety of procedures that help us get that beautiful youthful appearance that may be fading with time. When deciding on the right medspa you want to be sure that they're on the cutting edge of innovation in the industry, with reputable employees that have experience in a variety of technologies and know just how to make you look your best.

Here are three non-invasive ways to take you back in time, or give you the look and shape you've always wanted this Valentine's Day:

1. Dermal Filler – Because it's nearly Valentine's day, perhaps it's time to get the kissable lips you've always wanted. Dermal fillers are made with hyaluronic acid and are proven to volumize your cheeks and have a plumping effect on your pout, as well as diminishing the signs of aging by smoothing out your fine lines and wrinkles.

2. Botox – Botox is becoming a commonplace cosmetic procedure that's as simple as teeth whitening. Its proven effect creates a beautifully youthful look that softens the worry lines and crows feet that everyone gets as the years go by, while at the same time, preventing new wrinkles from forming. And it's not just for women! Men are loving botox too as it softens

their forehead lines while keeping the sharp edge of their masculine features.

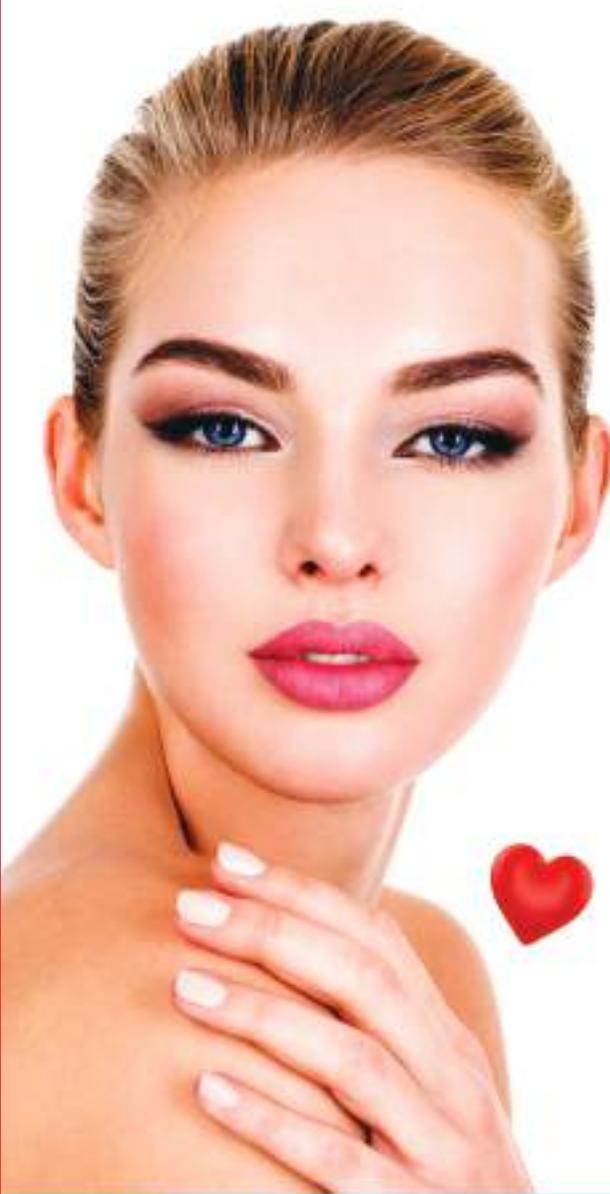
2. Coolsculpting – When we get older, we start to see fat pads form on our bodies, and diet and exercise alone often aren't enough to reduce them. Coolsculpting is a revolutionary technology that literally freezes away

the fat. Regain that beautiful feminine hourglass shape and look slim, fit, and utterly irresistible. Men often use it to minimize their beer bellies so they can look fit, powerful, and undeniably sexy to the people they love.

If when you look in the mirror you feel anything less than love, it

may be time to make a change. And because February is the month of love, after all, it's the perfect time to invest in yourself to start loving your appearance again. With the help of new technologies and advancements in cosmetic technologies, medical spas make this not only possible but easy.

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Hair Loss?

Time To Grow New Hair

By Craig E. Vigliante, MD, DMD
Virginia Hair Transplant, Lansdowne

Hair loss can be a very emotional part of the natural aging process, and seeking ways to curb this process is a challenge. There are many products on the market that claim to re-grow hair, but the results are mixed. Some work for some people, and for others, not so well.

Surgically transplanting hair has

come a long way over the past decade - to the point where follicular unit grafting (FUG) is now more widely accepted. It's not like the old-style plugs people used to get.

These grafts are indistinguishable from your natural hair and are probably more durable than your natural hair in the long run.

While your natural hair still present on the top and front of your scalp may continue to thin or fall out, the

grafted hairs from the sides and back of your head are more likely to be there permanently.

The latest procedure for hair transplantation is follicular unit extraction (FUE), where each hair is harvested and individually placed in a new location on your scalp. By doing this there are no scars to deal with, and the procedure is more tolerable and may even be a little safer.

One of the first FUE devices to



Craig E. Vigliante, MD, DMD

be cleared by the FDA for follicular unit harvesting and implantation is the NeoGraft® system, which delivers automation of the FUE technique, the most advanced technique in the hair transplant industry.

This system uses pneumatic controls to precisely extract complete individual hair follicles, which can be immediately transplanted to the selected areas of the scalp. This automated hair transplantation system is the only complete harvesting system on the market and has the only "no touch" implantation technology.

It provides exact harvesting and placement, delivering natural looking results. This advanced technology offers a discrete solution to hair loss, allowing patients to achieve natural looking results with no linear scarring, minimal downtime, and a shorter recovery period. Hair restoration with NeoGraft is unnoticeable, making it your secret to tell.

How the Procedure Works:

Step One: Donor Hair Removal

The procedure begins with hair being removed from the donor area in the back of your head where your hair is genetically programmed to resist testosterone.

Step Two: Separation of the Follicular Units

Each graft is extracted with the same consistency in diameter and length, resulting in a dramatically increased take rate.

Step Three: Creation of the Recipient Sites

The hair transplant surgeon creates recipient sites in the proper angle, direction and orientation according to the artistic hair transplant plan he or she has designed specifically for you.

Step Four: Placement of the Hair Graft

The follicular units are then carefully separated by size. Grafts are transplanted into the balding and thinning areas of your scalp. Each graft is meticulously harvested as it naturally occurs and implanted individually to ensure the best results.

Need Hair Restoration? YOU decide.



Virginia Hair Transplant is excited to announce our newest offering, NeoGraft®. NeoGraft® introduces the "state-of-the-art" solution for hair loss. This game changing technology automates the Follicular Unit Extraction (FUE) method to give patients more natural looking results with minimal downtime, no linear scarring and no stitches.

- It is the least invasive procedure for hair transplantation
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- No stitches or staples are used in the NeoGraft® procedure
 - No unsightly linear scar
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Hearing/Vision Loss, Alzheimer's and Acupuncture



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

Acupuncture is a technique in which practitioners stimulate specific points on the body – most often by inserting thin needles through the skin. It has been proven to be effective in the treatment of conditions such as back/neck/joint pain, headaches, anxiety, depression, nausea, and infertility. However, researchers are only beginning to understand whether acupuncture can be helpful for various other health conditions.

Hearing Loss

Sudden sensorineural hearing loss, commonly known as sudden deafness, occurs as an unexplained, rapid loss of hearing, either at once or over several days. This type of hearing loss is due to auditory nerve damage.

While research is still being conducted, studies have shown that acupuncture can be an effective solution for patients experiencing hearing loss of this nature. They suggest that the use of acupuncture in addition to drug therapy increases blood flow and the flow of oxygen to the ear, facilitating the recovery of nerve function.

Research published in the International Journal of Clinical and Experimental Medicine supports this theory, saying that acupuncture “can significantly improve the hearing of patients with nerve deafness, and the efficacy of acupuncture in combination with medication is superior to medication alone.”

Alzheimer's

A study conducted at Wellesley College in 2000 concluded that acupuncture could treat anxiety and depression for people who have Alzheimer's. The study involved 11 participants who were diagnosed with Alzheimer's or Vascular Dementia. Following treat-

ment, researchers evaluated the mood of participants and found substantial increases in mood, energy and pain from other ailments caused by aging.

A second study at the University of Hong Kong in 2000 administered acupuncture treatments to eight patients with mild to moderate Alzheimer's. The research team concluded that after treatments were finished, participants showed significant improvement in memory and attention, as well as increased motor and verbal skills.

These studies show promising results and lay the foundation for longer and more controlled studies which could drastically improve the lives of people living with Alzheimer's.

Vision Loss

Your eyes are a reflection of your overall health. Illnesses such as diabetes and cardiovascular disease can be

Please see “Alzheimer's,” page 47

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Licensed Acupuncturist

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Tumor: Breast Cancer / Non- Malignant Breast, Rump & Tumor, Thyroid & Skin Tumor/Cancer.

Livers: Cirrhosis, Digestive Disorders

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



Testimony:

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

- DC Resident, Mrs. Zhang

For more testimonies, please visit: www.eyecure.net

Reference:

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

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

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By Sheilah A. Lynch, MD

When Diet and Exercise Are Not Enough

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

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

Abdominoplasty, or “Tummy Tuck,” is a commonly performed surgical procedure that addresses

Increased abdominal girth from

About the Procedure



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

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

Lipo360 and Brazilian Butt Lift (BBL)

If you don’t have excess skin or weak abdominal muscles and want to improve your waistline, a 360 degree approach with liposuction may restore your hourglass figure. Circumferential liposuction of the abdomen, flanks and low back can dramatically change the contour of your midsection. The surgery is performed as an outpatient and the recovery is less than a week.

BBL or Brazilian butt lift is an additional surgical procedure to consider along with Lipo360. This procedure transfers the fat removed by liposuction to the buttocks to enhance the shape and give a firmer, more lifted appearance. This procedure is completely natural using your own fat for the enhancement.

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




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WHEN DIET AND EXERCISE ARE NOT ENOUGH

If you currently suffer from loose skin and stubborn fat areas, combining a Tummy Tuck (Abdominoplasty) with LIPO 360 (Circumference Liposuction) can be a great solution. Tummy tuck surgery involves removal of excess skin and fat from the abdomen, often with tightening of abdominal wall muscles, combined with LIPO 360, removing fat from back, love handles and abdomen to achieve a beautiful hourglass shape.

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When Should My Child See an Orthodontist?



By Swathi Reddy, DMD
All Smiles Orthodontics

Many parents assume that they must wait until their child has all of his or her permanent teeth before they can see an orthodontist. The American Association

of Orthodontics recommends that all children get a check-up with an orthodontist no later than seven years of age.

Early consultation allows the orthodontist to identify any subtle problems associated with jaw growth and/or incoming permanent teeth.

As orthodontic treatment not only involves the teeth but also the surrounding bony structures, it is highly recommended to start treatment before the face and jaws have finished growing.

By age seven, the six-year molars (adult first molars) and incisors have usually erupted. After the first molars erupt the space available for the front teeth does not increase as a child grows. To the con-

Please see "Orthodontist," page 47

Diabetic Foot Care



By Edward S. Pozarny, DPM
Arlington Podiatry Center

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

The disease known as diabetes mellitus affects many parts of the 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

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Keep Hydrated This Winter

By Margarita Zorkina
Master Esthetician at
AlyA Salon & Spa

During the colder weather and being in places with central heating, our skin becomes more dry and often more sensitive. Make sure you keep hydrated during the day by drinking enough water and adding a hyaluronic acid serum to your skincare routine.

Gentle cleansing is a must. If your skin feels tight after cleansing, it's likely that the cleanser you are using has disrupted your skin barrier. Your skin should feel calm and hydrated after cleansing. So, if you are reaching immediately for your moisturizer, you may want to consider a gentle cleanser.

Be sure to use creams and serums

containing vitamin C. Vitamin C will keep your skin glowing during the colder months. It brightens, strengthens, and stimulates collagen production, which helps the skin retain its moisture better and helps protect it from external aggressors.

When choosing a moisturizer, pay attention to texture. Fluids and emulsions are not suitable for winter and lightweight moisturizers are ideal for most skin types in summer. Switching to creams will help your skin because the dense texture will seal the moisture inside and act as a winter coat for the skin.

Always make sure you're applying SPF and be sure to use SPF products even in cloudy weather. It's important that SPF is a part of your skin care

during winter because UV rays are still active during this time of the year.

Lip care is especially important in the winter. Get rid of those bad habits such as biting and licking your lips. Normalize your diet, and buy a lip balm that contains antioxidants – vitamins A, E, C, F and natural ingredients. Such a remedy will help to avoid drying of the lips because of wind and low temperatures. The use of a lip scrub will also help moisturize the lips, improve blood circulation, and remove dead skin cells. Be sure to do this at least once a week and you will notice the effect almost immediately.

Don't forget about your hands. Wear gloves every time you go outside during the winter and when doing



Margarita Zorkina

housework. Use a hydrating and soft lotion on your hands and legs every day in general and before going out into the cold. Don't forget to exfoliate your hands. Lowering the temperature of your shower or bath will help get rid of dry hands.

Winter skin is often dull. It's

Please see "Hydrated," page 49

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Fish and Vegetables Are Not Always Healthy Food



By Che Bong Cho, LAc
Chinese Acupuncture &
Herb Center, Inc.

as *Yang* and *Yin*.

Yang Body Types

Fish and green vegetables are very good foods for *Yang* body types. They normally have a hot temper and an aggressive, liberal personality. If they eat more meat, they can become ruder or behave wildly and easily get skin diseases or allergies, gout, constipation, hypertension, stomach ulcer, infertility, Parkinson's disease, Alzheimer's disease, and muscle inability.

Yin Body Types

Meats (beef, chicken, pork, etc.) and root vegetables are very good foods for *Yin* body types to improve the balance of *Qi*. They are more internal, conservative, and cautious. If they eat more fish and leafy vegetables, they can become more internal. Also, they can develop chronic digestive disease, chronic diarrhea, hypothyroidism, insomnia, cold or tingling in hands and feet, depression, alcoholism, and diabetes.

If people who have *Yang* body types eat meat all the time, we can quickly or easily recognize some side effects; however, when people who have *Yin* body types eat more fish and leafy vegetables, the side effects will appear very slowly over the years. Therefore, they (*Yin* body type) cannot realize that their diets contain foods

Please see "Vegetables," page 47

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Understanding Therapy



By Daphne King, EdD
Loudoun Counseling & Coaching, LLC

Mental health professionals often talk to individuals about seeking therapy when they are in some type of emotional or mental distress, or experiencing mental health issues or diagnosis of mental illness. However, talking about what therapy is to help individuals understand the therapy process is often not been included.

So, what is therapy? Therapy is a collaborative, professional relationship between the individual (client)

seeking services for some mental health related concern and the therapist providing those services. This relationship is collaborative as the client and therapist are working together to help the client develop healthy coping strategies to manage symptoms of mental illness and reduce distress, improve satisfaction with life and daily functioning, and gain insight into their situation.

In this collaborative relationship, the client has rights and responsibilities that include the right to receive competent services and a responsibility to be actively engaged in the therapy process; and the therapist has certain responsibilities to the client that are governed by the licensing board of their respective industry. During the first session, the therapist should clearly review these rights and responsibilities with the client in a way that the client can understand.

In addition to therapy being a collaborative relationship, it is also an

Please see "Therapy," page 47



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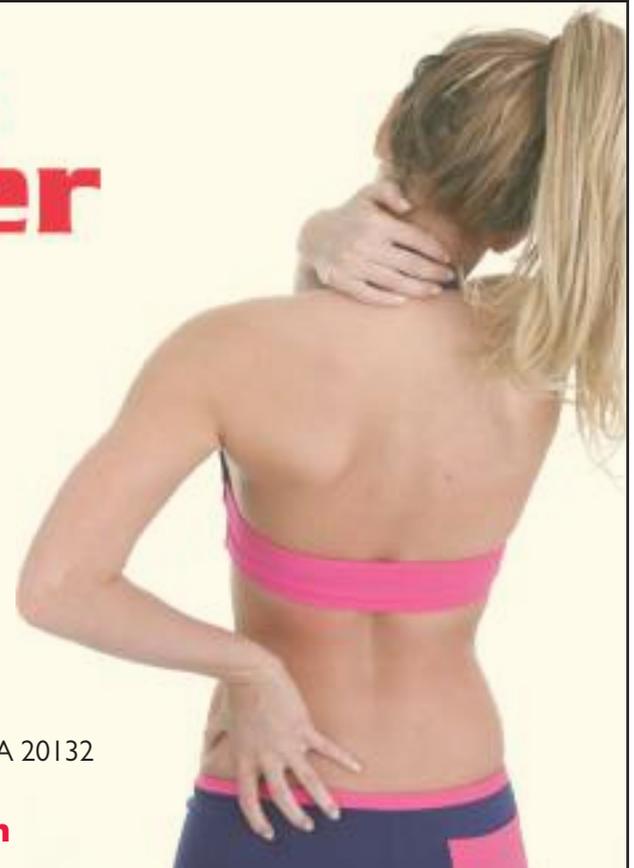
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ORTHODONTIST

FROM PAGE 43

trary, in most people after the permanent molars erupt, the space available for the front teeth decreases with age.

Early treatment can also regulate the width of the dental arches, gain space for permanent teeth, avoid the need for permanent tooth extractions, reduce the likelihood of impacted permanent teeth or the need for surgical procedures to realign the jaw.

A majority of children will not require orthodontic procedures until their teenage years, however an early exam allows the orthodontist to monitor the child's growth and development and if indicated begin treatment

at the most appropriate time.

If your child is nearing his or her seventh birthday, schedule an orthodontic consultation appointment. You don't need to have a referral to see an orthodontist.

Many pro-actively schedule a consultation appointment either as a new patient or to seek a second opinion.

However, you should see your family dentist for professional cleanings and check-ups every six months, or more often if recommended.

Early treatment may prevent more serious problems from developing and may make treatment at a later age less complicated.

FAMILY HOME

FROM PAGE 37

your family. In addition, at the end of the selling process you receive a nice lump sum that can assist with financing the move to your new community and assist in your ongoing care.

If you are considering selling your home to transition into a senior living community, it's important to understand the needs of the real estate market in your area. One of the best steps you can take is by speaking to a local expert to get their opinion on the value of your

home, any improvements that may need to be made and the most effective marketing tools for sellers. A realtor can answer any questions that you have in relation to the sale of your home and ensure the transition is an easy process.

Selling your home and moving into an assisted senior care facility is a big decision, however the process can be made much easier by speaking with a professional.

FEEL YOUR BEST

FROM PAGE 4

realfself.com/news/cosmetic-treatment-launches-2022.

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 reflects an 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.

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

Photofacials 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 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.

Voluma, Juvederm, Restylane, Juvederm and RHA resilient fillers are pure, synthetic 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

VEGETABLES

FROM PAGE 44

that are not healthy for their particular personality.

People with different body types require different foods in order to remain healthy. Acupuncturists and herbologists can treat health problems

with acupuncture and oriental medicine along with the appropriate diets for that patient's symptoms.

Fish and vegetables may not be appropriate for everybody, so people should know their body types.

THERAPY

FROM PAGE 45

active process. This means that both the client and therapist have things to do in the therapy process. The client should come to the therapy sessions and engage in the strategies/techniques employed by the therapist, as well as practice the skills and complete the homework outside of sessions. As a note, therapists will sometimes assign homework to clients outside of therapy sessions to help them build skills to manage their symptoms in a healthy manner and reduce distress.

In this active process, the therapist will use evidence-based strategies and techniques to address the mental health needs of the client.

If you are experiencing significant distress that is impacting your daily functioning, please seek help from a licensed mental health professional in your area. It is appropriate to ask for a telephone consultation prior to the first appointment with a therapist to help you understand their approach to the therapy process.

ALZHEIMER'S

FROM PAGE 41

revealed in the eyes. Conditions such as glaucoma, optic neuritis or vision loss are often associated with systemic health problems. It is this interconnection between your eyes and your health that acupuncture and oriental medicine

can tap into and utilize to treat eye and vision problems.

Common eye problems treated with acupuncture include glaucoma, cataracts, chronic dry eyes, macular degeneration, optic neuritis, and optic atrophy.

and beautifully with no scarring or down time. Recent research shows that targeted filler placement can also stimulate your skin to produce new collagen and elastin, for longer lasting 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.

The lowest layer of your skin can be treated with Ultherapy, Exilis Ultra or Sublime lasers, the newest no-downtime, no-surgery face lifting and tightening treatments. Ultherapy tightens collagen 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 LipoLite laser treatments 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 Botox, Dysport, or Xeomin or Jeuveau (Newtox) 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 cliched "new you." Better yet, it empowers you to re-discover the real you, balancing how you feel inside with how you look outside. Scientific studies show that a youthful and aesthetically harmonious appearance maximizes the first impression we make on others, and our personal and professional success at any age.

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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.

HYDRATED

recommended to have a professional facial about every four weeks. But during the winter, you may book sooner to make sure your skin barrier is always in tact. Regular facials will help to keep your skin clean, clear, and hydrated while maximizing your everyday skin care regime too.

Consider getting a professional skin treatment. Winter is a great time of the year for skin treatments like peels and laser treatment. In the summer months, because of sun exposure, getting one of these treatments puts you at a higher risk of unwanted post-inflammatory hyperpigmentation.

PERIODONTAL

leviate the infection. A prescription mouthwash may be incorporated into daily cleaning routines.

- **Tissue Regeneration** – When the bone and gum tissues have been destroyed, regrowth can be actively encouraged using grafting procedures. A membrane may be inserted into the affected areas to assist in the regeneration process.
- **Pocket Elimination Surgery** – Pocket elimination surgery (also known as flap surgery) is a surgical treatment which can be performed to reduce

the pocket size between the teeth and gums. Surgery on the jawbone is another option which serves to eliminate indentations in the bone which foster the colonization of bacteria.

- **Dental Implants** – When teeth have been lost due to periodontal disease, the aesthetics and functionality of the mouth can be restored by implanting prosthetic teeth into the jawbone. Tissue regeneration procedures may be required prior to the placement of a dental implant in order to strengthen the bone.

COVID

Let's all hope our leaders have learned enough to develop the reasonable consistent strategies we need in order to survive and live with this virus, because it isn't going away.

New Technology

How many people are even aware of the amazing vaccine technology that has been developed since the first coronavirus pandemic – SARS Coronavirus 1 or COVID-1. It has become almost an assembly line where they can, and we can as a society, sequence a virus and easily produce a vaccine. This is some pretty deep stuff, but it is important for people to understand the amazing advances made in the past 20 years. I have been a scientist

for 40 years and worked in a virology lab. These advancements are amazing.

Sequencing viral RNA that produces the spike protein that allows the virus to be injected into human cells and replicate practically renders any virus ineffective at doing what viruses do to severely injure or kill people. Viruses are designed to build an injection system, the spike proteins, to enter your cells and replicate. The RNA vaccines target that protein and alert your T-cells in a way to stop the virus before it can really get going on its mission.

The technology is brilliant and I encourage everyone to study it and learn about it because it will be a big part of our health future.

MOUTH-BODY

the UK, have discovered the presence of a substance (lipopolysaccharides) from the bacterium *Porphyromonas gingivalis* in the brains of those with Alzheimer's disease. This bacteria is present in people that have gum or periodontal disease.

Periodontal disease, tooth decay, uncleaned dentures, orthodontic and TMJ appliances may promote respiratory ailments such as chronic obstructive pulmonary disease, the sixth leading cause of death in the United States. The microorganisms from gum and tooth infections can be aspirated into the lungs and cause pneumonia.

Pregnant women due to hormonal changes are more prone to periodontal disease. Researchers at the University of Alabama School of Medicine, Birmingham, AL revealed pregnant women with periodontal disease are six times more likely to have a premature delivery and a low birth weight baby.

Researchers at Case Western University have found a link between periodontal disease and Human Immunodeficiency Virus (HIV). This explains why people with HIV infections and periodontal disease

have greater viral titers in the saliva than HIV patients with healthy gums.

A recent major discovery has exposed insights into a group of microorganisms called "microbial dark matter." Thus named because these microbes are or were uncultivable in the laboratory. This microorganism has a role in periodontal inflammation, gastrointestinal and vaginal inflammatory disease.

Periodontal and tooth infections, and infections in general, can cause fatigue. I tell my patients that their overall energy level will improve after the treatment of periodontal disease and the removal of tooth infections. All of them tell me they have improved health and increased energy levels after the treatment of such conditions.

Many times dentists are the first health care provider that picks up on diabetes, leukemia, scurvy, measles, cancer and other diseases. General health and oral health share similar causal and behavior mechanisms. Maintaining a healthy mouth and regular dental examinations, dental cleanings and practicing daily oral hygiene is essential and goes hand in hand with overall health.

HITS HOME

Gestation is related to pregnancy. Most women recover from this type after their babies are delivered.

Medications can sometimes also cause diabetes mellitus, as in the long-term systemic intake of steroids.

All types of diabetes can lead to serious complications and affect your nerves, kidneys, heart, eyes, and other organs. Diabetes, regardless of type, is a serious disease and should be properly treated.

My personal experience is with type I. Since this disease usually develops in children/adolescents, the diagnosis can be more difficult, and a delayed diagnosis may lead to life-long complications. Early detection is crucial. If any of the following symptoms are observed, the child's pediatrician should be contacted immediately:

- Bed wetting
- Polyuria frequent urination
- Polydipsia thirst/drinking more than usual
- Polyphagia eating more than usual/always being hungry
- Stomach aches, headaches, nausea, and vomiting
- Fatigue not wanting to play/com-

plaining of tiring very quickly,

- Unconsciousness

Initially, these symptoms can be hard to recognize, but as the disease progresses, the symptoms worsen, becoming more obvious. In my situation, I knew of the symptoms, but I ignored them, hoping that they would subside. My denial kept me from accepting a reality that I did not want to deem imaginable. Eventually, I took him to his pediatrician, prior to any serious complications.

In many cases, children get sick prior to being diagnosed with diabetes. Parents believe their child has the flu or a urinary tract infection, and they wait until the child goes into ketoacidosis, a serious condition where the body has dangerously high levels of ketones/acids that build-up in the blood and can lead to diabetic coma or even death. Children with this condition need immediate attention and should be taken to the emergency room.

Testing for diabetes is easy. A simple urine test can diagnose the disease. Besides, what's to lose if you're wrong and the test is negative?

For further information – visit www.diabetes.org or www.jdrf.org.



By Kenneth Blais, MD, DMD
Northern Virginia Surgical Arts

Orthognathic/Jaw Surgery

When the Jaws Don't Align Correctly

improper bites or jaws that are mal-positioned, orthognathic surgery might be a solution. As a child develops, sometimes the upper and lower jaws grow at different rates creating misalignment of jaws. This can affect chewing, speech, long-term oral health, and appearance.

Orthodontic treatment corrects bite problems involving the teeth; however orthognathic surgery will be necessary to re-position the jaw if the misalignment is too severe to be corrected by orthodontic treatment alone.

Certain conditions to evaluate if they persist are:

- Difficulty in chewing, biting, and swallowing
- Speech problems
- Chronic jaw or TMJ pain
- Open bite
- Protruding jaw
- Breathing problems

Preparation For Surgery

A team approach consisting of the general dentist, orthodontist, and oral and maxillofacial surgeon is essential to the successful outcome of the surgery. The general dentist will help maintain the health of the teeth and gums. The orthodontist will perform pre-surgical orthodontics to level the arches and align the teeth correctly in each jaw. By removing the dental compensations, the degree of skeletal defect is better realized and the surgical planning can then proceed. A post-surgical orthodontics is still required for final correction of the teeth positions.

The doctors at Northern Virginia Surgical Arts use the newest technology to assist with the planning and execution of the procedure. Three-dimensional imaging using an office CBCT and digital models are used to virtually plan the surgery. Surgical guides, splints, and even custom titanium plates can then be printed and used

in the operation for optimal results.

Surgical Procedure

Orthognathic surgery is performed in the hospital under full general anesthesia lasting 2-6 hours depending on the complexity of the surgery. After surgery, most patients are observed overnight and sent home the next day. The maxilla (upper jaw) is separated then moved as one or more pieces and fixated in the planned position using small titanium screws and plates. The mandible (lower jaw) is split or separated in the back (ramus) then moved forwards or backwards and fixated using titanium screws and plates. All the incisions are done inside the mouth so there are no scars on the face. The chin can also be moved to increase or reduce the prominence and fixated with titanium screws and plates. Pain is controlled with NSAIDs and mild opioid analgesics. Most patients require a one to two week recovery period.

Some patients have significant over and under bites that cannot be corrected with orthodontics alone. This is when orthognathic surgery is indicated to align the jaws correctly. Teeth are straightened with orthodontics and jaw surgery is performed to reposition and properly align the jaw. Most patients don't even have their jaw wired shut after surgery anymore. This helps to improve facial appearance, proper alignment of the jaws and functionality of the teeth.

Who Needs Orthognathic Surgery?

For those who may suffer from

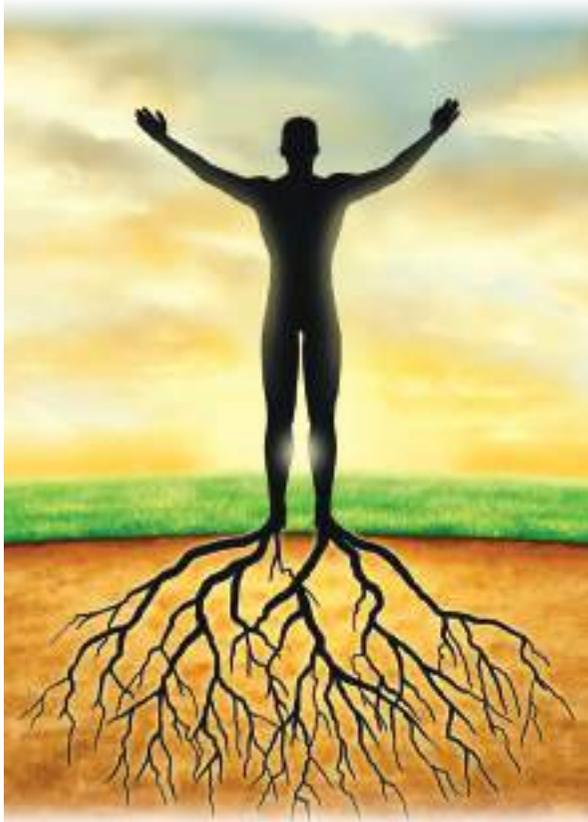
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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

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

- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural Safety.
- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
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