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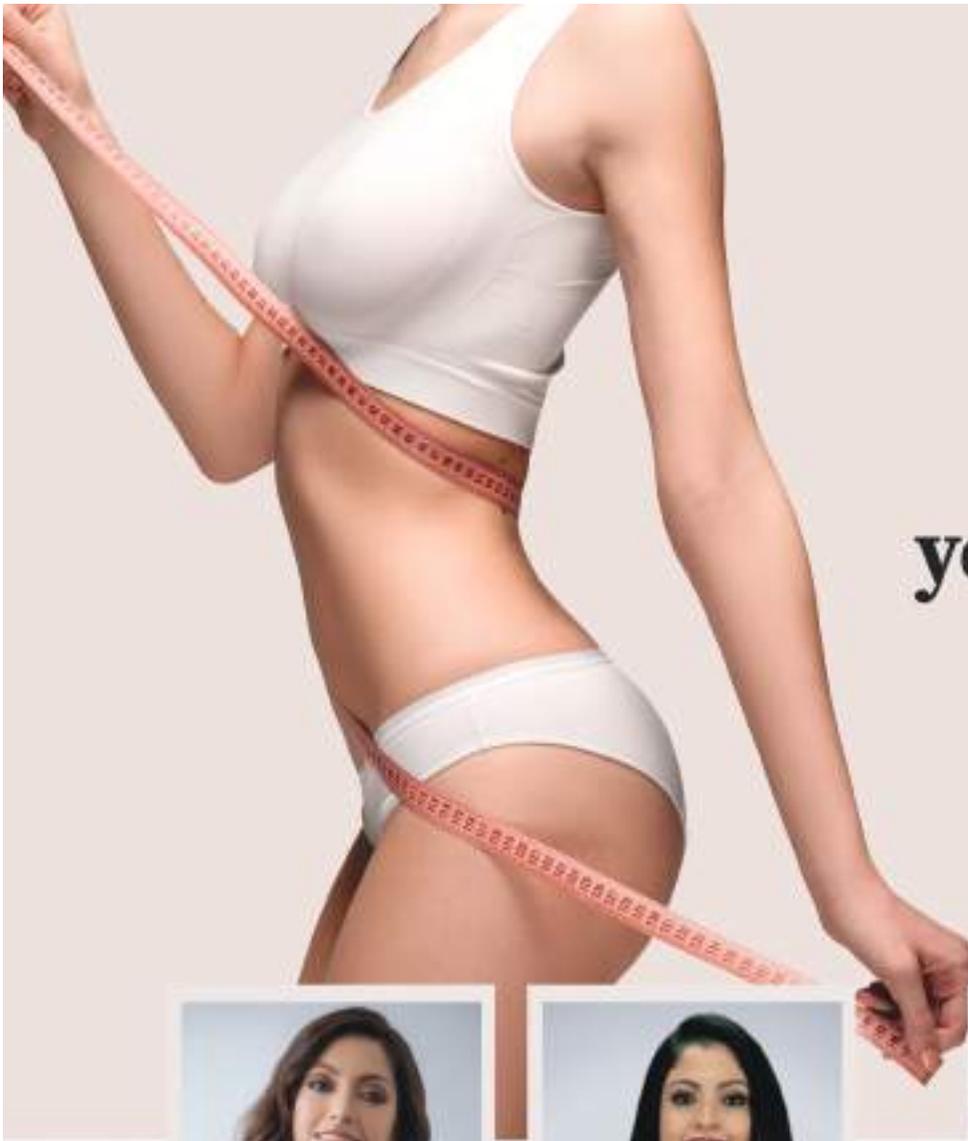
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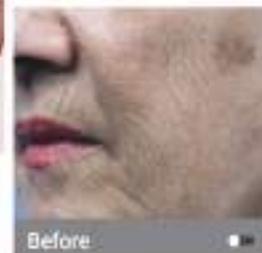
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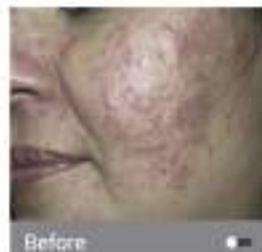


Before



After

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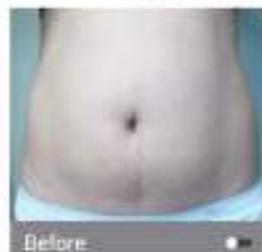


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Diabetic Peripheral Neuropathy – Oh, My Burning Feet



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.

Overtime, a pattern of constant burning pain in the feet develop 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 prevention for 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 the 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 prevention against the development of PDPN and its complications is tight control of your blood glucose level.

Back Pain?

Back and neck pain *can* be treated.

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

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Look Naturally Younger and Better

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By Hema Sundaram, MD
Sundaram Dermatology

hope for the future.

Today's 30- to 70-somethings and beyond want to reflect externally the youthful vigor and vitality that they strive for internally. In doing so, they are redefining midlife and revolutionizing health and wellness for women and men of all ages. Even patients in their 90's are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are.

This life philosophy has led to the development of new, non-surgical rejuvenation techniques that harness the skin's natural repair processes. Recent academy teaching for dermatologists and plastic surgeons has focused on state-of-the-art techniques and technology that preserve individuality and avoid the "done" look.

The latest concept is to renew

Please see "Look Naturally," page 46

How do you view midlife? If you're like most modern members of this generation, you probably have every expectation that the second half of your life will be fulfilling, inspiring and productive. This year, that goal may be even stronger as we emerge from the challenges of last year with

Diabetes and Tooth Loss

Are Dental Implants a Solution?



By Joseph M. Arzadon, MD, DDS
Northern Virginia Surgical Arts

tively common. Roughly 10 percent of American adults suffer from diabetes, and 25 percent of adults over the age of 65. What's important to understand is that diabetes affects your whole body. The increased levels of glucose in the bloodstream causes major circulation issues, and over time many other complications can – and often do – occur.

Diabetes and oral health are closely related, as plaque and oral bacteria are exponentially more likely to result in infection. For example, various gum diseases are often seen in patients who have diabetes.

Gum disease is the leading cause of tooth loss, which is why many diabetic patients experience tooth loss. This can often be prevented in patients who keep up a healthy oral hygiene and see their dentist regularly. However this is not always the case. If you have lost teeth due to diabetes, you may be wondering if dental implants can offer a solution.

Dental implants are replacement

Please see "Tooth Loss," page 24

Diabetes is a disease in which your blood glucose, or blood sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin. With type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood.

Diabetes, while serious, is rela-



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iDesign Advanced WaveScan Studio

By Jacqueline D. Griffiths, MD
New View Eye Center

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Vision is more than just seeing better or farther, it is about being surrounded in detail – immersed in each moment – captivated by every part, of every thing. The iDesign procedure gives your doctor the ability to deliver a truly personalized LASIK or PRK procedure, designed specifically for you.

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Jacqueline D. Griffiths, MD

Selected as a
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"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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The Importance Of Proper Posture



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

It is also important to understand that some conditions such as the ones above may prevent you from completely achieving complete ideal posture.

For example, if you have scoliosis, it may be difficult to achieve the most ideal posture but getting as close as possible is still advised. In this case, it may actually cause new symptoms if you try to straighten your body by yourself without a complete analysis and finding physical deviations.

Everyone's body works differently. Your body's physical deviations may be different than someone else's. This means that the way of repairing your posture can also be completely different.

It is crucial to identify postural issues early on, especially those with congenital anomalies. An early start can help identify what is going on exactly in the body and what to do to improve posture without giving the body further symptoms or strain.

As we get older it is much harder

to fix postural issues as some damage cannot be reversed and trying to fix that damage without the proper supervision of a health professional could make it worse.

Do not wait when concerning your postural health. Be aware of how you are sitting at your workstation, the posture you have when you are walking or even how you are sleeping at night in your bed. If you find that you need to mend your posture, consult with a proper health professional who can guide you along the way.

We all want to have good posture so that we sit straight and upright. There is plenty of information out there that aims to help us achieve better posture but some may overlook the actual importance of posture and what causes bad posture. Proper posture is important because it helps the body function more efficiently by reducing the stress on our spine, ligaments and muscles. This ultimately reduces fatigue and strain on the body.

Poor posture actually forces the body to use more energy. Ideally, the body's weight needs to be evenly spread so that we reduce the pressure on the joints and ligaments. Poor posture can make the body weak and change the way it moves.

Unfortunately, it is harder for some to achieve proper posture due to certain health conditions and causes such as:

- Workplace conditions (sitting at desk all day, lifting heavy objects, leaning and reaching)
- Congenital anomalies
- Scoliosis
- Abnormal spinal curvature
- Permanent physical change after injury
- Aging

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.

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How to Beat Heart Disease

With a Periodontist, You Can Win

By Karl A. Smith, DDS, MS

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

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

The Connection Between Your Mouth and Heart:

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

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

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

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

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

Diagnosis and Treatment

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

experts in the treatment of oral inflammation, plaque and 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.

A Healthy Mouth Equals a Healthy Body

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The Many Advantages Of Minimally Invasive Spine Surgery



By Mudit Sharma, MD, FAANS
Neurological Surgery
Virginia Spine Specialists

gery. This isn't the right solution for every patient, but it's something you should absolutely learn more about.

Here are some of the many advantages of minimally invasive spine surgery, as compared to a more traditional approach:

- Faster recovery time, allowing you to quickly return to your normal life

- Less time in the hospital, with an average of approximately two days
- Smaller incision, less scarring, and less blood loss
- Smaller chance of damage to surrounding muscle and tissue
- Less pain after the surgery, which helps aid the recovery process
- Reduced risk of infection

Along with all the above, some

people even find that they can have minimally invasive spine surgery in an outpatient center. With this, you may be surprised to find that you can return home within several hours of your surgery.

If nothing else, a focus on the benefits of minimally invasive spine surgery will put you in better position as you decide how to best move forward.

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- Spinal Fractures
- Spinal Trauma
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- Failed Back Surgery

Dr. Mudit Sharma

Dr. Sharma completed his neurosurgical training at Georgetown University and is a board certified neurosurgeon. He's a Fellow of both American Association of Neurological Surgeons and American College of Surgeons. As a founder of Virginia Spine Specialists, Dr. Sharma has successfully treated thousands of patients with spinal problems with minimally invasive techniques. He routinely lectures about these new techniques at conferences around the world. He has been asked to train other spine specialists in these techniques all over the United States.



Dr. Mudit Sharma
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"I came to see Dr. Sharma after undergoing an unsuccessful spinal operation elsewhere. After carefully reviewing my history and doing an assessment on me, he offered a minimally invasive procedure to fix my spine. I was home the next day after the procedure and I've been pain free ever since."

- Pt. J.O.

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

Feeling Beautiful Is Not Only Skin Deep

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

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

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

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

Endovenous Laser Ablation

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

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

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

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

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

SmartLipo Laser Body Sculpting

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

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

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

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

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

You Don't Have To Suffer With Leg Veins

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

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Whiten Your Child's Teeth Naturally

By April Toyer, DDS
Lifetime Dental Care

Permanent teeth have a naturally more yellow hue than their baby predecessors. Tooth whitening is generally not recommended for children until their adult teeth are fully erupted. At about the age of 14, the nerve tissue in a child's permanent teeth has finally developed and bleaching is safer at this time.

Bleaching too early can lead to tooth sensitivity and is often contra-

indicated due to concerns with cavity control and hygiene concerns. In some circumstances bleaching in children may be permitted with low carbamide peroxide concentrations and only under a dentist's care.

Although bleaching may not be in the cards for your child check out these natural tips and tricks to keep that smile looking bright.

- **Avoid dark foods and drinks:** The first few weeks after your whitening procedure your teeth are more susceptible to picking up

stain. Anything that can stain your shirt can also stain your teeth. Red wine, teas, dark sodas, dark juices and cigarettes can all seep into the newly opened tubules of your teeth and cause them to discolor rapidly.

- **Eat teeth cleansing foods:** Teeth can be naturally cleansed by foods that are firm and crisp such as apples, carrots and celery. When you cannot get to a toothbrush this is a great alternative.
- **Don't forget to rinse:** Water is nature's great neutralizer. After



April Toyer, DDS

consuming dark substances rinse with water to clean your mouth of dyes and other food debris.

- **Eat more strawberries:** The malic acid contained in strawberries has natural properties that contribute to tooth whitening.
- **Gargle with apple cider vinegar:** This can be done before brushing. Vinegar is a natural cleansing agent that can help remove stains, kill bacteria and also whiten your teeth.
- **Brush with baking soda:** In addition to normal brushing, using baking soda once a week to brush your teeth can help keep your teeth sparkling. The abrasives in baking soda can help remove surface stain and maintain your pretty white smile. Make sure you do not swallow the baking soda or brush too harshly.
- **Attend regular check-ups:** Sometimes the plaque or build up on your teeth can harden and form tartar. Additional debris on your teeth can be magnets for stain. Discoloration can often be signs of injury, decay or an altered internal make of the tooth structure. Make sure that you attend your check up every six months to remove excess build up and evaluate your whitening success.

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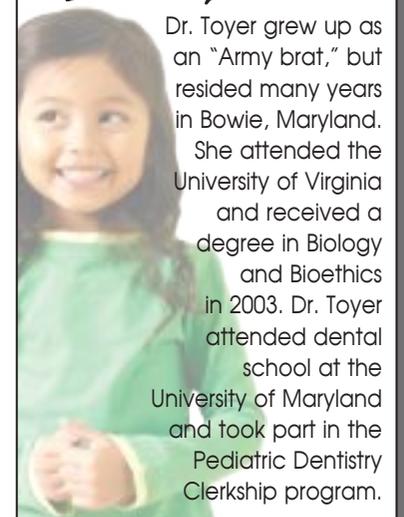
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April Toyer, DDS



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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COVID and Children

Helping Your Child Navigate the Challenges Of the Pandemic



By Candice McKinney, MA, LPC
Beyond Counseling, Inc.

Parents and children are experiencing worsening mental health problems during the pandemic. Anxi-

ety and depression are on the rise and are often exhibited in children by sleep problems, irritability, changes in eating habits, or a decrease in school workload output. Worry and anxiety are expected and normal emotional responses for our children when it comes to starting a new school year. But with the current changes to the school format, whether that is distance learning or hybrid instructional models, that anxiety may steadily increase if they are not able to seamlessly make that adjustment due to their temperament or learning style.

With that being said, there are a

Please see "Children," page 46

Diabetic Foot Care



By Edward S. Pozarny, DPM
Arlington Podiatry Center

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

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

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

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

Three Basic Steps For Proper Foot Care For the Diabetic

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

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.

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Dr. Sultan is trained in gastrointestinal diseases. He is board certified in internal medicine and Gastroenterology and Hepatology. His field of interest is therapeutic endoscopy including large polyp removal, endoscopic ultrasound of the gastrointestinal organs, ERCP (biliary tract endoscopy) as well as treating and managing various liver diseases. He encourages screening colonoscopies to detect colon polyps and early stages of colon cancer.

Dr. Sultan is nationally recognized as a top expert in the diagnosis and treatment of digestive system disorders. While patients with digestive tract conditions often suffer for years before conditions are accurately diagnosed, Dr. Sultan utilizes advanced endoscopic procedures to accurately diagnose complex digestive diseases and conditions.

Dr. Sultan graduated from medical school in 2004 and has over 16 years of experience. He is dedicated to improving quality of life for patients through interventional endoscopy. He is also trained in the Transoral Incisionless Fundoplication Procedure (TIF 2.0 Procedure) as a treatment for GERD.

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By Zahra Kavianpour, DDS
Brighter Smile Family
Dentistry & Orthodontics

Gum Disease May Relate To Heart Attack Risk

to be at least as strong as the linkage of heart disease to cholesterol, body weight, or smoking.

Are You At Risk For Periodontal Disease?

This quick quiz can tell you:

- Do you smoke?
- Is your diet low in important nutrients?
- Are you currently taking medications such as heart medications, antidepressants, or oral contraceptives?
- Do family members have gum disease?
- Are you under a great deal of stress?
- Are your gums pulling away from your teeth and receding?
- Noticed changes in the way your teeth fit together?
- Do you have bad breath?
- Are you pregnant?
- Do you have diabetes?
- Do you grind or clench your teeth?

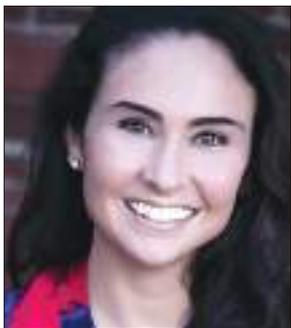
- Do your gums bleed when brushing or flossing?
- Do you have teeth that appear to be loosening?

• Have you recently lost any teeth?
If you have checked off two or more disease indicators you may be at
Please see "Gum Disease," page 47

Previous studies have found the incidence of heart disease is about twice as high in people with periodontal (gum) disease, but until recently no plausible cause had been suggested. Now studies indicate that the most common strain of bacteria in dental plaque may cause blood clots. When blood clots escape into the bloodstream, there is a relation to increased risk of heart attacks and stroke.

People with periodontal disease (over one half of the adult population) have an infection that causes chronic inflammation of the gums. A recent study describes the association between heart disease and gum disease

Relieving Neck and Shoulder Pain



By Sarah Faggert Alemi, DAc, LAc
Eastern Root Wellness, PLC

number of those who are experiencing neck and shoulder pain.

Luckily, acupuncture can help effectively and safely relieve neck and shoulder pain, whether it is from working at home or due to an injury.

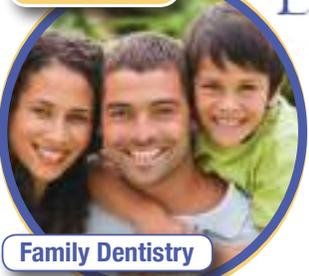
Contrary to certain opinions that acupuncture is a pseudo-science or bases its' goal on harmonizing an intangible force known as "qi," acupuncture is an effective and proven medical therapy for the treatment of pain. It can treat muscular and neural system dysfunctions of the body.

Acupuncture works by causing a cascade of biophysiological reactions in the body from the insertion of thin, filiform needles into the body. This may then relieve pain by causing the production and release of endorphins, the body's natural pain-killing chemicals, and by affecting the part of the brain that regulates serotonin, a brain chemical involved with good mood.

Specific points may be used according to acupuncture theory; however, local points may also be used. At its' most basic, acupuncture needles can stimulate and increase microcir-

Please see "Shoulder Pain," page 46

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Diabetes and Dentistry

Submitted by the
Center For Dental Anesthesia

With more than 30.3 million diabetics and 57 million pre-diabetics in the United States, the connection between dental health and diabetes has never been more critical.

Diabetes is the fastest growing malady in the U.S., with someone being diagnosed every 21 seconds. One in eight households contain a diabetic. And the Centers for Disease Control predicts that one in three children born after the year 2000 will become diabetic in their lifetime.

The list of health implications from diabetes is long – from increased risk of heart attack and stroke to blindness and kidney failure.

But did you know that diabetics are also twice as likely to develop gum disease, especially if their diabetes is not under control? Gum disease and diabetes can twist each other into a tight downward spiral of increasingly negative health effects. Through the automatic inflammatory response that the body uses to fight infection, gum disease can make it more likely that someone with pre-diabetes will become diabetic and can worsen existing diabetes.

These effects can continue to

compound unless you, your physician, and your dentist work together as a health care team. People with diabetes and severe gum disease are nearly eight times more likely to die prematurely and more than three times as likely to die of combined heart and kidney failure. In people who have type 2 diabetes, gum disease is a predictor of end-stage kidney disease.

But the link between diabetes and dentistry can be positive and work in reverse as well. Clinical studies

confirm that treatment of gum disease reduces oral inflammation, the factor that triggers the body's inflammatory response, which plays a major role in compounding the effects of diabetes. Treatment of gum infections has also been shown to help control blood sugar levels in diabetics. In many instances, through the use of treatments such as perio-protect, non-surgical gum care, weight loss, and nutritional and supplementation programs, the damage to teeth and gums can be

reversed, while also helping to manage the metabolic elements of diabetes.

So if you have gum disease whether you are diabetic, pre-diabetic, or asymptomatic – a trip to the dentist could save your life. Through treatment, your dentist may be able to help prevent the onset of diabetes and/or help you keep your diabetes under control – improving your quality of life while also avoiding potential health complications and reducing the risk of premature death.

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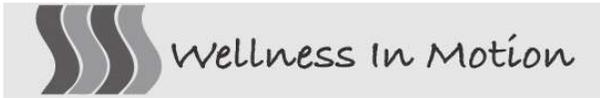
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The Knee and the Canary In the Coal Mine



By Maureen McHugh,
Feldenkrais Practitioner
Wellness In Motion

to reflect the health of the air in the mine. Then in the mid-1980s they were retired, officially replaced by "digital noses." The knee, though, carries on. It reflects the health of the whole body.

The knee is a joint, one of many, important because they are the place where movement occurs.

What kind of movement do joints allow?

Since we live in a three-dimensional world, there are three possibilities: forward/back, left/right and up/down.

The type of joint determines which possibility takes place. The knee, for instance, has a single possibility. Functioning like a hinge, with the hinge set horizontally, it allows movement forward and back. And nothing more. In Engineer Speak, the

Please see "Coal Mine," page 46

What is shared by the knee and the canary in the coal mine?

Both are small. Both are delicate. And both give a warning of danger in the environment.

For most of the 20th century, canaries were used by coal miners

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Diabetes and COVID-19

The Benefits of Physical Therapy



By Zamir Ahadzada, DPT, PT
Bodies In Motion

is one of the major challenges to human health in the 21st century" according to the ADA.

Diabetes can increase risks for complications such as peripheral neuropathy, cardiovascular accident, such as strokes and heart attacks, retinopathy, and renal disease. Physical therapy can help patients with diabetes by providing health care guidance to better quality of life through safe daily exercises, and reducing risk for falls for those with complications such as retinopathy and diabetic peripheral neuropathy.

According to the *Journal of Orthopedic and Sports Physical Therapy*, "Benefits of physical activity include improved glucose control, insulin sensitivity, maximum rate of oxygen consumption, and blood pressure" which, in turn, lowers the risk for cardiovascular accidents, such as stroke.

Although the ADA recommends 150 minutes of moderate to vigorous intensity aerobic activity per week, many people do not know where to start or how intense is "moderate to vigor-

Please see "COVID-19," page 46

By now, due to extensive media coverage, everyone has heard of COVID-19 or the coronavirus. There are multiple symptoms associated with it that include: fever, cough, and shortness of breath. Many people who have it will recover, but some people with comorbidities such as diabetes, lung disease, and heart disease are considered higher risk for severe illness.

Although COVID-19 is an emergent pandemic, "the emergence of type 2 diabetes (T2D) as a global pandemic

The Evolution Of Medical Massage



By Mary Wilkerson, CMT
Vienna Massage Therapy

Massage therapy in the U.S. has evolved over decades as intuitive practitioners in a previously unregulated profession increasingly moved toward greater self-education and self-regulation. The result is that most states have now passed legislation governing the practice of massage therapy throughout the country.

In addition, the discoveries of

innovators, such as John F. Kennedy's personal physician Dr. Janet Travell (who acquired the ability to define trigger points and apply deep pressure techniques to a specific point), revolutionized the world of injury-rehab and pain management and brought greater medical attention to the benefits of hands-on therapy.

As the effectiveness of massage and other specific soft-tissue manipulations were proven to improve patient outcomes, the medical community began to see that such specific treatments not only felt good, but also helped to restore the health of medical patients.

The practice of massage therapy seemed to further evolve into two basic choices: Wellness massage (such as relaxation, aromatherapy, etc.) to maintain health and wellness, and medical massage (clinical work viewed as a specific medical treatment for a specific complaint).

While some therapists were

Please see "Evolution," page 47

NightLase Laser Snoring Treatment



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

We all know some of the issues of snoring such as: sleep deprivation, negative impact on overall health and quality of life, tiredness, headaches, irritability, dry mouth and relationship difficulties.

Studies have shown a link between snoring and an increased risk of heart attack and stroke. NightLase® is a noninvasive way of treating snoring with a laser.

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

NightLase does not require surgery of the soft palate or uvula. The treatment takes usually three office visits over two months. An examination and radiographs are required prior to treatment for your evaluation. Dental and medical insurance does not cover the cost of the treatment.

NightLase works by rejuvenation of the fibroblasts in the soft palate thus stimulating the formation of collagen. Each treatment takes from 15 to 20 minutes and no anesthesia is required. The procedure is comfortable and you can resume your daily routine immediately afterwards. Results are often seen after the first session.

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- Do you want to eat the foods you like and look and feel better about yourself?



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Peripheral Artery Disease

Submitted by
Capital Cardiology Consultants

Peripheral artery disease (PAD), occurs when your extremities (often your legs) don't receive enough blood flow. This causes symptoms such as leg pain when walking (intermittent claudication). PAD is a common circulatory problem in which narrowed arteries reduce blood flow to your limbs. PAD is also likely a

sign of a more widespread accumulation of fatty deposits in your arteries (atherosclerosis). This condition may be reducing blood flow to your heart and brain, as well as your legs.

Symptoms

- Pain and cramping of your hip, thigh or calf muscles after activity, such as walking or climbing stairs (intermittent claudication)
- Leg numbness or weakness
- Cold feeling in your lower leg or

- foot, may be worse on one side
- Non-healing sores on your toes, feet or legs
- Change in the color of your legs
- Hair loss or decreased hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- Erectile dysfunction in men

If PAD is severe, pain can occur at rest or when you're lying down.

This is also called ischemic rest pain. It may be severe enough to disrupt sleep. Hanging your legs over the edge of your bed or walking around your room may temporarily relieve the pain.

Prevention and Treatment Of PAD

Treatment for PAD focuses on reducing symptoms and preventing further progression of the disease. In most cases, lifestyle changes, exercise and claudication medications are enough to slow the progression or even reverse the symptoms of PAD.

Physical Activity. The most effective treatment for PAD is regular physical activity. Your doctor may recommend a program of supervised exercise training for you.

Diet. Many PAD patients have elevated cholesterol levels. A diet low in saturated fat, trans fat and cholesterol can help lower blood cholesterol levels, but cholesterol-lowering medication may be necessary to maintain the proper cholesterol levels.

Smoking Cessation. Tobacco smoke greatly increases your risk for PAD and your risk for heart attack and stroke. Stop smoking. It will help to slow the progression of PAD and other heart-related diseases.

Medication. You may be prescribed high blood pressure medications and/or cholesterol-lowering medications.

Procedures. Minimally invasive procedures consist of angioplasty or stent placement, as is done in the heart for coronary artery disease (CAD, or clot-removal treatment). They are non-surgical and are performed by making a small incision through which a catheter is inserted to reach the blocked artery. A tiny balloon is inflated inside the artery to open the clog. A stent — a tiny wire mesh cylinder — may also be implanted at this time to help hold the artery open. Sometimes a medicine can be given through the catheter or a special device can be inserted through it to remove a clot that's blocking the artery.

If there's a long portion of artery in your leg that's completely blocked and you're having severe symptoms, surgery may be necessary. A vein from another part of the body can be used to "bypass" and reroute blood around the closed artery.

Your healthcare professional will discuss your options and help choose the best procedure for your situation.

Capital Cardiology Consultants Where Your Cardiovascular Health Is Our #1 Priority.



Peripheral Arterial Disease (P.A.D.) is a common circulation problem in which the arteries that carry blood to the legs or arms become narrowed or clogged.

When left untreated, it can lead to serious consequences; loss of a limb or an increased risk of heart attack or stroke.

Some patients may experience leg pain while walking or exercising which disappears at rest. Others experience numbness, tingling and coldness in their lower legs and feet or may have a sore that will not heal. *Whether you have symptoms or not, it is important to consult with your physician even if you have no other risk factors.*

According to the National Institutes of Health, P.A.D. affects 8-12 million Americans each year. Don't let yourself or your loved one fall into this category. Your health is of the utmost importance.

Women's Heart Health. Heart disease causes at least 4 times more annual deaths than breast cancer. Heart disease death has decreased for men, but not women. The Symptoms of heart disease in women includes:

- Fatigue
- Chest discomfort, especially with stress or exercise
- Shortness of breath
- Rapid or irregular heart beat
- Swelling in feet or ankles

Call our office or visit our website to find out if you are at risk and how you can take action to prevent heart disease.

Who is at risk for P.A.D.?

Patients at risk for P.A.D. could have one or a number of the following medical conditions

- People over the age of 50
- High cholesterol
- High blood pressure
- Current or former smokers
- Diabetes
- Are of African American ethnicity
- A family history of peripheral arterial disease, heart disease or stroke
- Obesity



How We Can Help.

At Capital Cardiology Consultants, our mission is to take the best possible care of our patients by maintaining a standard of cardiovascular excellence and fostering healthy lifestyles. We are caring providers with deep roots in the Washington DC metropolitan community, and a commitment to service that spans more than 30 years. We prioritize customer satisfaction and promote wellness and quality of life.

Whether you need a vascular test performed or have the need for a minimally invasive procedure, our staff will make sure you have the information you need to make an informed decision. Please don't hesitate to ask, we are here to take care of all your cardiovascular needs.



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Importance Of Having All Of Your Teeth – Natural Or Artificial



By Garima K. Talwar, DDS, MS
Board Certified Prosthodontist
Specializing in Reconstructive
and Implant Dentistry

A healthy smile can truly transform our visual appearance, the positivity of our mind-set, as well as improving the health of not only our mouth but our body too.

But what exactly is the importance of having all of our teeth?

Facial Aesthetics

The teeth help to hold the cheeks and the lips in place giving us a younger and fuller look to our faces. Without teeth the cheeks are able to “sink” in to the face more and we begin to look like we have a different appearance than we did with teeth. This happens in the back of the mouth with the cheeks just as much as it does in the front with the lips. You can imagine that as we remove teeth in the front of the mouth not only will our smile be lacking the teeth, but the lips will “sink” back into the mouth giving us a more pronounced chin and nose.

Replacing Teeth

However, if you have lots of bad, broken, painful, infected, loose or decayed teeth then sometimes the best or only way to deal with them is to have them removed. They can be a constant source of pain and infection. But losing all your teeth is losing a unique and important part of yourself. You use them every day and it is going to affect the quality of your life.

Dentures

Dentures are probably the most common replacement for a full arch of missing teeth. Understand though that dentures are a prosthetic and issues can be summed up as problems in comfortably wearing them, loss of bite strength, and problems with retention (too much movement or loose fit). Well-fitted dentures and a well-adjusted patient with the right attitude can overcome some of these problems.

Dental Implants

A dental implant is an artificial tooth

root that is surgically anchored into your jaw to hold a replacement tooth or bridge in place. The benefit of using implants is that they don't rely on neighboring teeth for support and they are permanent and stable.

Implants are a good solution to tooth loss because they look and feel like natural teeth.

Implant material is made from different types of metallic and bone-like ceramic materials that are compatible with body tissue. There are different types of dental implants: the first is placed directly into the jaw bone, like natural tooth roots; the second is used when the jaw structure is limited, therefore, a custom-made metal framework fits directly on the existing bone.

Latest In Implants

- Implant restoration can be done in a day (Teeth-In-A-Day)
- Procedures can be done with sedation or local anesthesia

How Do Dental Implants Work?

Strategically placed, implants can now be used to support permanently cemented bridges, eliminating the need for a denture. The cost tends to be greater, but the implants and bridges more closely resemble real teeth.

Can Anyone Receive Dental Implants?

Talk with your dentist about whether you are an implant candidate. You must be in good health and have the proper bone structure and healthy gums for the implant to stay in place. People who are unable to wear dentures may also be good candidates.

What Is The Cost Of Implants?

Since implants involve surgery and are more involved, they cost more than traditional bridgework. However, some dental procedures and portions of the restoration may be covered by dental and medical insurance policies. Your dentist can help you with this process.

Dr. Talwar is available at the following locations and will be happy to respond to any questions or concerns. Please email her at garima.talwar@esthetiquedentistry.com

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EsthetiqueDentistryAshburn.com

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Suite 220, Ashburn, VA 20147

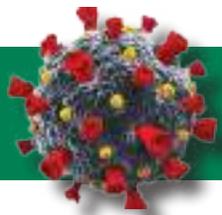
Advanced Dental Care

(571) 455-0466

AdvancedDentalCareLeesburg.com

1602 Village Market Blvd. SE

Suite 130, Leesburg, VA 20175



COVID-19 Update

Vaccines Are Taking Too Long To Distribute

The slow roll-out of the coronavirus vaccines is somewhat of a mystery to most people. With nearly 30 million doses available, as of this writing, only about 6 million have been administered.

Over a month ago the US FDA followed the UK with an emergency approval for distribution of the Pfizer COVID-19 vaccine, but to date, less than 25% of the vaccine available to the US has been distributed and administered to patients.

As a country, we have to understand that manufacturing literally billions of doses of anything is going to take time. Even though we have millions of doses available, there are not enough to get the job done. But, it does seem like the ones we have should be distributed and administered to protect as many people as possible. So why isn't that happening?

It is a disorganized effort that results in doses sitting in freezers rather than going into people's arms. I want my vaccine, but I'm not a front-line worker, I'm not old enough, I don't have the right position, and a host of other reasons why I can't get the vaccine.

The decisions of leaders in government over who should and shouldn't be first in line lead to confusion that causes the doses we do have to sit unused. The debate goes on and on, mostly because there isn't enough available for everyone, and we need to make sure we have the 2nd dose available to those who have gotten the 1st dose.

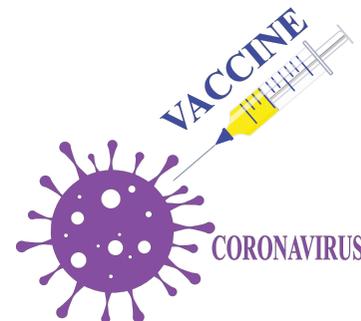
Having said that, you hear political leaders every day arguing over what to do. It appears at this time that this crazy political environment may be more responsible for the delay than anything else. The amount of energy

and confusion around the presidential election has its cost and the cost is delays in getting the doses out.

The need to keep the vaccine at subzero temperatures creates a unique logistical challenge. It will take leaders in healthcare and government to figure out how to get this moving.

On the current timeline, it will take months to get enough doses to go around, probably late summer or fall, if we're lucky. It could take much longer. But, what is shocking to me is that we as a country have the power to produce whatever we want through the Defense Production Act. The president can essentially require any company to stop what they're doing and produce the vaccine. But, no one seems to be addressing this.

This raises a serious question, "Why?" Doing research online doesn't



seem to provide any reason why this is not being done. Neither Trump nor Biden has mentioned it. If that is not the most confusing thing seen during this whole thing, what is? We needed a vaccine, now we have one, but we can't get it manufactured or distributed. Hopefully this will change!

As it stands now, this is just the beginning of the vaccination effort and surely, just as we have learned more about treatment of COVID patients, we will get better and better at producing and administering the vaccine to Americans and other countries, so we can put COVID-19 in our rear view mirror.

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TOOTH LOSS

FROM PAGE 4

tooth roots. Implants provide a strong foundation for permanent or removable replacement teeth that are made to match your natural teeth.

The answer to the question of whether dental implants are a good solution for diabetic patients is yes, and no.

If your diabetes is poorly controlled, your condition can certainly pose a risk for implants. The increased risk of infection can make healing difficult and delayed, which can prevent the implant-to-bone osseointegration.

For patients whose diabetic conditions are maintained, studies show that the risks are significantly lower and successful implants are indeed possible. If you're diabetic and considering dental implants, it's recommended to speak to an oral and maxillofacial surgeon who can evaluate your condition and decide if you're a candidate for the procedure. Make sure they know about your condition and discuss any concerns with them.

If you're diabetic and concerned about tooth loss, the best thing for you to do is keep up your oral hygiene and see your dentist regularly. And make sure you follow their advice.



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By Mariam Alimi, MSN, FNP, BC
Impressions Medispa

Facial Contouring

Beautification and Masculinization

areas and pull areas up that have lost elasticity. FDA approved fillers such as Restylane Lyft, Juvéderm Voluma and Radiesse help change the shape of the face. For example, an ideal face shape is heart shaped or contoured with strong cheekbones and jawline.

Cheek and Jawline Contouring: Masculinization and Beautification

One should always start with the cheeks when doing facial contouring because often when a person determines our age, we look at the eyes and the surrounding area, cheeks and under eyes. Celebrities that come to mind with strong jawlines are people like Angelina Jolie and Brad Pitt.

For men it is imperative to have a chiseled jawline as evolution has determined this is a sign of attractiveness. There are points on the face that can be contoured with dermal fillers including, the mid face, square chin and jawline to help achieve a more masculine,

rugged appearance.

On the other hand, for women there are areas of the face that we can highlight and make more feminine such as contouring the cheekbones and chin. These areas anchor the face and help tighten and pull it back, so using dermal fillers to restore volume loss will lift the lower face.

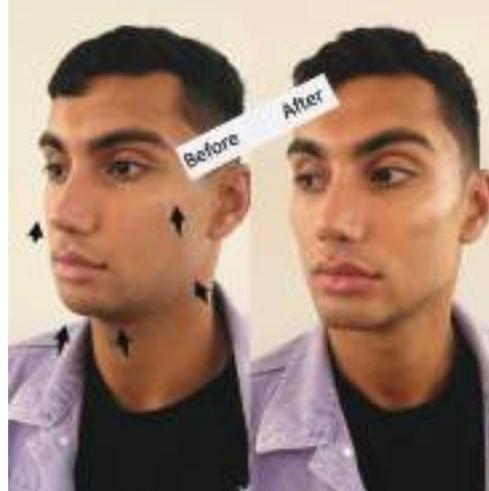
Dermal fillers are an amazing op-

tion to really make those cheekbones "pop". Using dermal fillers for facial contouring can also restore balance to the face. Whether it's a result of genetics or environmental factors, such as sleeping predominantly on one side of the face, fillers can correct asymmetry as well.

Consultations are available, usually at little or no cost, so you can see how dermal fillers can help you achieve your desired result.

Contouring has been a popular buzzword for years and it is often mentioned in the beauty/makeup industry to accentuate certain facial features. Contouring can show lifted, defined cheeks bones and it can also define other areas of the face including the nose, jawline and the chin. Contouring with makeup can include light and dark makeup to help create illusions and shadows and highlights. It is common for women to desire to highlight their cheekbones because it is a sign of youth and lifted face.

While makeup can do wonders, did you know that dermal fillers can help supplement and help change your existing bone structure. Facial contouring with dermal fillers can lift



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Daphne King, EdD

Mental Health

Dr. King is a therapist specializing in marriage/couples/relationship/family counseling, suicidal ideation, depression, self-esteem, adolescents and adults, PTSD, anxiety, and cognitive behavioral therapy. She focuses on helping others to live their most healthy lives with a holistic approach that looks at all factors of their environment. As a case manager, she has experience working with families and adolescents, as well as those requiring hospitalization in psychiatric hospitals and residential facilities. As a social worker, she 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. Dr. Daphne King received her BA in Social Relations from Michigan State University, MA in Social Work from Grand Valley State University, and Doctorate in Education in Counseling Psychology from Argosy University.

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Kami Patton, MA, LPC

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Kami Patton is a Licensed Professional Counselor who specializes in working with children and adolescents from 6 to 19 years old. She provides individual and family therapy, as well as, clinical mental health assessments for various entities who require a diagnosis and/or treatment recommendations. Her approach is strongly initiated by forming a therapeutic relationship with clients. She has a keen sense on connecting with others in therapy; as she believes that developing rapport is crucial to the therapeutic process and allows clients to feel safe and free to be themselves. Her expertise includes: depression, anxiety, mood dysregulation, anger management, behavior/oppositional problems, ADHD, emotional disturbance, grief, learning disabilities, peer/social relationships, self-esteem, trauma, suicidal ideation, self-harming and parenting/family conflict. Additionally, Kami has expertise in play therapy techniques, as she believes that children communicate not just verbally, but through their world in their first language. Her clinical focus is client centered and draws on family systems and cognitive behavior therapy; however, uses eclectic interventions to meet her clients at their levels of need. Call Kami at 703-828-5526 or email at patton@freedomcounselingcenter.com.

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Dr. Eshkevari has been a professor at Georgetown University for over 20 years. She earned her BS in nursing with Honors from the University of MD, her MS in Nurse Anesthesia from Columbia University, NY and earned her doctorate in Physiology and Biophysics from Georgetown University. She is an expert in the area of anesthesia, pain management, and alternative medicine, and holds a diplomate degree in Traditional Chinese Medicine and Acupuncture.

Dr. Eshkevari has expertise in central and peripheral mechanisms of pain and stress responses; and her specific area

of research involves identifying physiologic markers for chronic stress, and stress induced depression and anxiety that are modulated by acupuncture.

Dr. Eshkevari has been published in numerous journals, including *Experimental Biology and Medicine*, and *Endocrinology*. Her research has stimulated international interest in her work, which has been highlighted in numerous popular magazines such as *National Geographic*, *Time Magazine* and on NPR Boston. She was recently inducted as a Fellow in the American Academy of Nursing, the highest honor bestowed on nurses both nationally, and internationally.

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Dr. Rizwan attended high school in Maryland and completed medical school in Pakistan. She returned to the United States to be with her husband and completed her residency in Psychiatry at Sheppard Pratt. She was at Kaiser Permanente for 10 years before entering private practice.

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Local Professionals Empowering and Encouraging People To Live Healthier

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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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Ria Shirsolkar, MD, MS

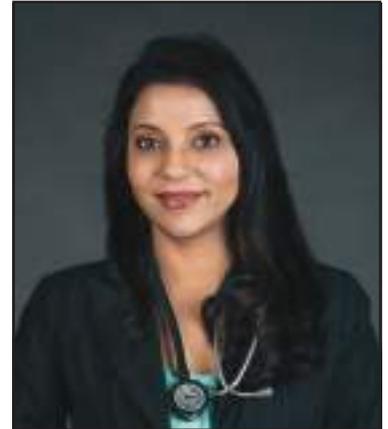
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At Stone Ridge Family Medicine, Dr. Ria Shirsolkar and her team believes in the power of personalized care and compassion for accelerating the healing process. She works closely with patients and builds a personal bond with their families to provide qualitative care that focuses on preventive lifestyle modifications for overall well-being. She specializes in chronic disease management like diabetic and cardiac care.

Dr. Ria is passionate about helping her diabetic patients and has achieved NCQA certification for high quality diabetes care. Dr. Ria and her clinic work with patients to maintain Hemoglobin A1C levels below 6 by not only using medications, but also by implementing weight management, diet control, and lifestyle changes. Rather than lead patients down a path towards a lifetime reliance on medication, their goal is to reduce dependency on medications such as insulin. They work with patients to provide the care they need while also helping them make important and sustainable changes to their daily routines in order to benefit their health.

Dr. Ria also specializes in cardiac care and

strongly believes in the power of preventative care. She guides patients towards healthy lifestyle modifications to help prevent heart disease before symptoms even arise. Her clinic also emphasizes the importance of early detection of heart disease, as it is crucial to preventing the incidence of serious cardiovascular events such as heart attack, fibrillation, heart failure, or stroke. Cardiovascular risk assessments have progressed beyond the traditional lipid values and EKGs to include inflammation, lipoprotein subfractions, and apolipoproteins and genetic testing. At Stone Ridge Family Medicine, their skilled healthcare professionals utilize innovative technologies like Advanced Lipoprotein panels, Tag EKGs/Holter monitors, Sleep Apnea tests, and CT Heart Calcium scores to screen your heart's health. By taking advantage of recent advances in medical technology, they are able to more accurately analyze a patient's heart and identify problems if they are present.

Stone Ridge Family Medicine offers end-to-end treatment and ailment management plans for all chronic diseases, including Diabetes. For both her diabetic and cardiac patients, Dr. Ria and her team provides customized obesity and weight management programs tailored to their specific needs. Stone Ridge Family Medicine is deeply committed to providing high-quality personalized care for their diabetic and cardiac patients and helping them become the healthiest they can be.

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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 team. He is consistently rated by his peers as a Top Dentist in *Virginia Living*, *Washingtonian Magazine*, and *Northern Virginia Magazine*.

What to expect on a visit with Dr. Smith:

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

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Degrees, Training and Certificates:

Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. Specialty in Periodontics, Dental Anesthesia and Dental Implants at the University of Texas Health Science Center, San Antonio and Wilford Hall USAF Medical Center 1992. U.S. Air Force Dental Corps, Lt. Colonel, Retired, 1996 after years of meritorious world-wide service. Consistently voted by his peers a Top Dentist and Top Periodontist in *Washingtonian Magazine*, *Northern Virginia Magazine*, and *Virginia Living* 2012-2020.

Atoosa Kashani, DPM

Podiatrist

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Dr. Atoosa Kashani graduated from University of Houston in 1997 with B.A. degree in Biochemistry with Honors. She earned her DPM (Doctor of Podiatric Medicine) degree from the California College of Podiatric Medicine, San Francisco, California in 2004 with Honors. Following this, she pursued her residency training in Foot and Ankle Surgery at the INOVA Fairfax Hospital, Falls Church, Virginia 2004-2007. She has been in private practice in Annandale, Virginia since 2008-the present. Dr. Kashani is Board Certified in Foot Surgery by the American Board of Podiatric Surgery. She is currently on teaching staff at INOVA Fairfax Hospital Podiatric Residency Program. Fellowship in wound care management and complicated foot and ankle related injuries.

Services Offered

Adult and Pediatric related foot problems such as flat feet, painful arches,

heel pain, Bunions, ingrown nails, fungal nails. Sports medicine and related injuries. Orthotic evaluation. Trauma of the foot and ankle. Diabetic foot care and prevention. Wound care chronic or acute. Reconstructive Surgery of the Foot and Ankle. Arthroscopic Ankle Surgery.

Professional Associations

Dr. Atoosa Kashani is a Licensed Podiatrist in the Commonwealth of Virginia Department of Health Professions. She is also a professional member of the following committees: Fellow, American College of Foot and Ankle Surgeons; Diplomat, American Board of Podiatric Surgery; American Podiatric Medical Association; Virginia Podiatric Medical Association and Pi Delta National Honor Society.

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Dr. Joseph M. Arzadon is an Oral, maxillofacial and facial cosmetic surgeon. He was raised locally and is a graduate of Fairfax County Public Schools. He received his undergraduate degree from the George Washington University, graduated Summa Cum Laude from the University of Maryland School Of Dentistry, and received his Medical Degree from the University of Connecticut School Of Medicine. He completed his internship in General Surgery and residency in Oral and Maxillofacial Surgery from the University of Connecticut Health Center where he completed his training in 1996.

Certifications & Memberships

Dr. Arzadon is board certified by the American Board of Oral and Maxillofacial Surgery, a Fellow of the American Association of Oral and Maxillofacial Surgeons, a Fellow of the American Academy of Cosmetic Surgeons, and member of both the American Dental Association and the American Medical Association. He is licensed in both

Medicine and Dentistry, and certified in both Oral and Maxillofacial Surgery and Cosmetic Surgery.

Special Interests:

Dr. Arzadon's special interests are facial cosmetic, dental implants, and reconstructive surgery. In his 20 years of practice, he has performed hundreds of facial cosmetic procedures and placed thousands of dental implants along with major bone grafting as well as routine oral surgery and maxillofacial surgeries.

Dr. Arzadon serves as Chief Medical Officer of the Medical Mission of Mercy, USA (MMOM USA) since 2001. He has personally treated over 300 patients with cleft lip and palate. MMOM USA is a non-profit organization providing free medical, dental and surgical services to the Philippines and Guatemala.

Are you missing teeth due to diabetes, injury, or another reason? Dental implants may be a solution for you. Learn more by reading Dr. Arzadon's article on Page 4.

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Meet Dr. Sanghvi

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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Dr. Andrew S. Kim serves as our medical director of the Allergy & Asthma Center of Fairfax. He is active in many publications about allergy & asthma in both local and national levels. Dr. Kim has been featured by WebMD, *Good Housekeeping*, *Woman's Day*, Fox News, *Huffington Post* as well as Disney on various allergy topics. He also serves as the medical advisor for Alexandria Food Allergy Support Group.

Professional Awards

Dr. Kim has been recognized as one of the area's Top Doctors by *Washingtonian Magazine* and by *Northern Virginia Magazine*. He also received the Pillsbury Fellow Award at the Rush University

Medical Center in Chicago, IL.

Degrees & Training

After receiving his medical degree from the Medical College of Virginia, Dr. Kim has completed 6 additional years of residency and fellowship training in family practice, internal medicine and allergy, asthma and immunology. Dr. Kim is board certified by The American Board of Allergy & Immunology and The American Board of Internal Medicine.

Special Interests

Allergic Rhinitis (Hay Fever), Asthma, Atopic Dermatitis (Eczema), Urticaria (Hives), Food Allergy, Sinusitis, Insect Allergy, Drug Allergy, Immunologic diseases

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-Allyson S. (Patient Testimonial)

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Ahmed Butt, MD

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Dr. Ahmed Butt, a native of Northern Virginia, received his medical degree from West Virginia University. Upon completion of a 4 year dual residency program in Internal Medicine & Pediatrics, Dr. Butt spent 2 additional years training in an allergy and immunology fellowship at the University of South Florida. During his fellowship, he was actively involved in numerous research projects, some of which included advancements in the treatment of asthma, eosinophilic esophagitis and chronic hives. Dr. Butt has presented several of his publications at national, as well as international scientific conferences. He is board certified by the American Board of Allergy & Immunology and the

American Board of Internal Medicine. He serves as a medical advisor for the Allergy & Asthma Network and is an assistant clinical professor at Medical College of Virginia.

Special Interests

Allergic Rhinitis (Hay Fever), Asthma, Atopic Dermatitis (Eczema), Urticaria (Hives), Food Allergy, Sinusitis, Insect Allergy, Drug Allergy, Immunologic diseases

Practice Philosophy

We take pride in educating our patients and community. Starting with the staff at the front desk, to our specially trained allergy nurses, we will do our absolute best to make you feel at ease so you can experience the most comprehensive medical care.

"I was so impressed with your office from the front staff to the nurses, everyone was absolutely wonderful and made our visit much easier. Allergy testing was so much easier than I thought especially with the new plastic skin testing."

-Emily S. (Patient Testimonial)

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Terence Bertele, MD

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



Samuel B. Itscoitz, MD

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



Awail U. Sadiq, MD

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



Herman Gist, MD

Dr. Gist is an experienced Interventional Cardiologist. He completed his fellowship in Cardiology at Emory University, and Interventional Cardiology fellowship at the University of Maryland Medical Center. He is dedicated to improving clinical outcomes in patients with coronary artery disease, peripheral vascular disease, valvular heart disease, and hypertension.



Roquell E. Wyche, MD

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

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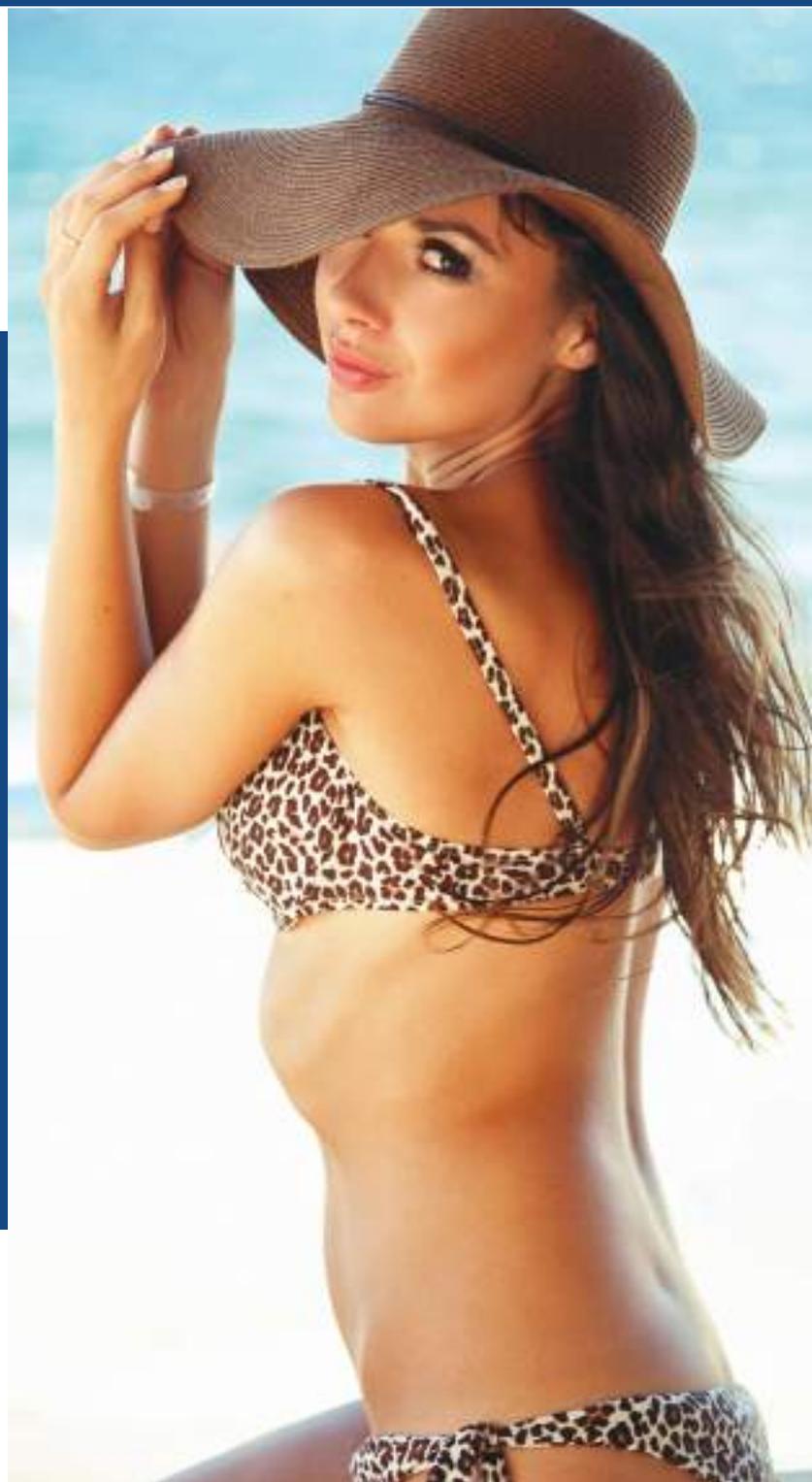
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By Colleen Blanchfield, MD
Full Circle Neuropsychiatric Wellness Center

In the United States, Major Depressive Disorder (MDD) is one of the most common mental health disorders. In any given year 16.2 million Americans suffer from depression. Patients dealing with depression may need several trials of antidepressant medications before they have a positive response. Of those who seek treatment for depression only 60% will respond to an antidepressant medication and this may not occur until after several medication trials.

The 40% who do not respond are considered to have treatment resistant depression (TRD) and continue to experience symptoms of sadness, decreased motivation and energy levels, or persistent thoughts of death or suicide. TRD can often affect core aspects of life and give a person little desire to live. TRD can worsen the out-

Although we have come far in our understanding of the brain, much remains unknown. Through research and development, significant strides have been made to better understand mental health disorders and how to treat them.

Please see "Depression," page 47

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The Model Lift



By Dr. George Bitar, MD
Bitar Cosmetic Surgery Institute

solution, a variety of fillers are offered, such as Radiesse®, Juvederm® Voluma, Sculptra® and Bellafill®. These fillers are used to enhance the definition and add volume, which lifts the face. A younger patient may benefit from using a filler while an older patient who is trying to stop the aging process may benefit from a combination of fillers or even surgery.

Chin and Jawline

The chin and jawline are responsible for framing our facial features and play a pivotal role in shaping our face. Correcting a weak chin or soft jawline can improve the symmetry of the face and even decrease the

The Model Lift™ is a non-surgical facial contouring procedure for women and men of all ages. The ModelLift aims at achieving harmony between a patient's cheek, chin, nose, lips, and jawline. By combining different fillers and neurotoxins to each of these areas, we can achieve a harmonious contoured face. It is fully customizable to each patient.

Cheeks

One of the most prominent features a model has is high, defined cheekbones. As someone ages, they lose the volume in their cheeks and gain it where it is not wanted like the jawline or neck. For a non-surgical



appearance of sagging jowls. Non-surgical chin and jaw enhancement is a minimally-invasive way to smooth contours, balance inconsistencies, increase definition and provide a more feminine or masculine facial profile.

Please see "Model Lift," page 47



By Sheilah A. Lynch, MD

When Diet and Exercise Are Not Enough

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.

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



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

About the Procedure

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

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

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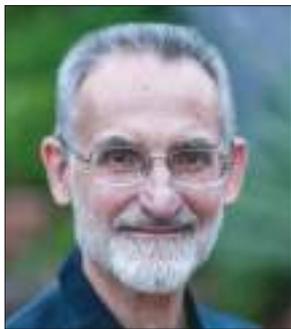
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Finding Joy, Creating Happiness



By David Trautmann, LCSW
New SpiritTherapy

It's easy to be happy in good times, when things are going well. But even then, we quickly get bored or want something new and more, the next thrill. That kind of happiness doesn't last, and depends on externals. Inevitably, life presents us with difficulties, hardship, and challenges. Joy fades. That's when happiness becomes a precious and rare commodity. But it's also when happiness is needed most.

Joy lights our fire and happiness gives us wings, enabling us to do most anything. But too often, we let trouble discourage us, which, prolonged, turns into depression, like being in a hole whose walls crumble around us as we try to dig ourselves out, leaving us stuck and trapped.

Few people realize we trap ourselves by the way we are thinking. Or that, just as surely as our circumstances can make us unhappy, we have the power to rise above them by doing things that inevitably make us happy. Did you know we can find and create our happiness under any circumstances? This is a valuable skill that can be learned. It involves:

- Finding the humor, ridiculousness, absurdity and irony in things and having a good laugh.
- Pausing to breathe - slowly, deeply and long.
- Accepting and embracing whatever challenges life sends our

Please see "Happiness," page 47

Hair Thinning Or Hair Loss?

*PRP Is an Exciting
New Treatment*



By Balvant Arora, MD, MBA
The Hair Loss Clinic

PRP (Platelet Rich Plasma) is an exciting treatment option for hair thinning and hair loss. A number of scientifically-based articles have shown its efficacy in increasing hair count, hair thickness, and the growth phase of the hair cycle. Just as PRP has been used for years in sports medicine for direct injection into injured areas to heal tendons and accelerate collagen production, it is used similarly in skin

and hair care to kick start the body's natural regenerative processes.

How Is PRP Done For Hair Loss?

A tube of blood is drawn from your arm, and immediately spun down in a centrifuge to isolate the plasma, rich in platelets, growth factors, and nutrient-rich proteins. Your doctor then injects the plasma directly into the scalp at the level of the hair follicles. The process is thorough – with injections beginning across the scalp, approximately at every half inch over the area of thinning and hair loss. The growth factors in your platelets and plasma play the role of messengers, signaling hair cells to function, stimulating the activity of the hair follicles, and promoting new hair growth and increase its thickness.

Who Is a Good Candidate For PRP Injections For Hair Loss?

Anyone experiencing hair thin-

Please see "Thinning," page 49



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What Type Of Curly Cut Is Right For You?

By Natalya Anderson, Owner, Stylist
Curly Hair Specialist
Alya Salon & Spa

A major problem for those with naturally curly hair has been the lack of knowledge on how to care for it and

what the best choices are for cut and style. Two women invented popular curly cutting techniques, one named Lorraine Massey and another named Ouidad. Each of them has their own method of cutting and caring for curly hair. Their techniques have simi-

larities and differences for caring for curls. So how different are they and which technique is the best for you?

Ouidad

Ouidad is a hair salon and product line that was founded by a commercially successful hair stylist, Ouidad who had curly hair. She has a few phrases when it comes to styling hair: “Rake and Shake” which refers to the method of setting the curl up just before it dries. And the other phrase is “Carve and Slice” and this refers to the unique hair cutting technique.

“I want everyone to see that curly hair is a gift to be celebrated and enjoyed, every day.”— Ouidad.

The Ouidad cut follows traditional hair styling methods. So first, the length and overall shape of the hair is worked by cutting layers into the hair, using the unique “Carve and Slice” method. This method gives the curls room and space to breathe. This method is similar to layering, but when the hair is dry. These layers are not visible and are blended in. And Ouidad recommends shampooing only once or twice a week.



Natalya Anderson, Owner, Stylist

DevaCurl

DevaCurl cut is very unique from the methods that most hair stylists are taught in beauty school. So in referring to the DevaCurl cut, method founder Lorraine Massey believes that curly hair should be cut “where it lives”. DevaCurl cuts are preformed dry. Massey also emphasizes the importance of moisturizing the hair.

“Curly hair is not a trend, it’s a lifestyle.”— Lorraine Massey.

A DevaCurl stylist will cut your hair dry, since this is the only way

Please see “Curl Hair,” page 49

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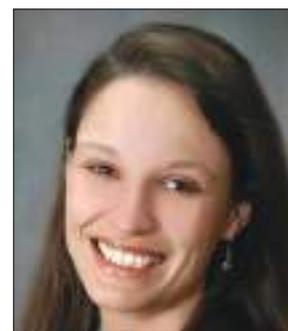
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Should I Feel Grateful?



Dr. Jessica L. Cardwell, PsyD
Licensed Clinical Psychologist

a healthy source of coping and relief into a source of guilt and a tendency to minimize or ignore uncomfortable feelings. Thus, forcing gratitude during a crisis does not work.

How can you tell if your gratitude is healthy or guilt based? Think about the tone of your gratitude. Is your tone accusatory? Do you feel as if you have failed when you struggle to find gratitude? Are you using the word *should* to tell you how to feel? When people try to guilt themselves into a grateful state by comparing their pain to others’ (e.g. “I should feel grateful because others have it so much worse.”) they can unintentionally believe they are not entitled to their thoughts and feelings, which can worsen rather than improve their mental health.

So how can we use gratitude in a healthy way during this period of crisis and in general when things feel overwhelming? Allow yourself to feel your feelings and validate your feelings before working on gratitude. You are allowed to be in pain even when

Please see “Grateful,” page 47

Improve Heart and Memory Health Naturally



By Lakita Conley-Ware, PhD
Naturopathic Health Consultant

As we age, our bodies cannot always withstand the side effects that so often come with the use of medications. Wellness can be covered by a broad spectrum of alternative specialties that provide provisions for many anatomical, physiological and mental healthcare supports. One area that supports a gambit of wellness needs is to provide alternative healthcare at the cellular level.

Additionally, as we age, our bodies slowly degrade which results in having less energy for many people. This degradation is impacted by environmental changes such as global warming and UV rays, the lack of appropriate exercise, general poor diets, and daily stress.

Research scientists in the fields of genetics and medicine believe that damage/changes to the cellular structure at the DNA level can also have a great impact on how fast one ages. This is because as one ages, a key cellular component that supports cellular energy decreases in number and in efficiency. This cellular component is called mitochondria.

Furthermore, on every chromosome in the body from skin to the brain, there exist what looks like microscopically a cap on the chromosome. These caps are known as telomeres. As we age, these telomeres decrease in length therefore, impacting the slowing of organ function. The research scientist, Dr. Elizabeth H. Blackburn won a Nobel Prize for her work, which revealed how telomeres protect the functioning of chromosomes. It was discovered that as telomeres breakdown, there is an

increased risk of heart disease and memory loss.

We hear 'drink red wine' to support heart health. However, its only red wine made from muscadine grapes. This is due to the content of resveratrol and the high concentrations of other polymers in these grapes, both have been linked to good heart health and even cognitive brain support.

Partnering with Dr. Blackburn, the naturopathic firm Shaklee developed a wellness alternative that can provide cellular health across all these areas discussed. It is a naturopathic supplement called Vivix® which contains resveratrol as a key factor. The supplement has patented components that have shown marked changes in the cellular degradation for hundreds of people globally. Vivix, over time, is thought to decrease the degradation/shortening of telomeres as well as an increase in cellular energy.

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Orthodontic Consultation: What To Expect

By Swathi Reddy, DMD
All Smiles Orthodontics

If you believe that you or your child could potentially benefit from orthodontic treatment, the first step would be to schedule an appointment for a consultation with an orthodontist. Orthodontists are simply dentists who have received an extra 2-3 years of spe-

cialized education beyond dental school to learn the proper way to straighten teeth and correct bite problems.

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

Although many patients are referred by their family dentist, you can

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

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

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

If treatment is recommended and you would like to get started, the next step is to schedule an appointment for



Swathi Reddy, DMD

full diagnostic records. Diagnostic records comprise photographs, radiographs, bite registration and models of your teeth. These records will give the doctor all the information needed to develop a detailed custom treatment plan that will give an optimal bite and smile for each patient.

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

After the final diagnosis and treatment plan are developed, you will be ready to begin your orthodontic treatment.

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Link Between Oral Health and Diabetes



By Marvette Thomas, DDS
The Dental Spa

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

Two Diseases With a Lot In Common

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

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

What does this mean to you? Ac-

Please see "Oral Health," page 47

Diabetes is a group of chronic inflammatory diseases that affect the body's ability to process sugar. It is particularly 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) inflamma-



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Overview Of the Diabetic Foot Exam



By Gregory Cardinal, DPM, MS
Podiatrist in Motion, LLC

People with diabetes can make up a large number of the patient population in a podiatrist's office. Diabetes

can have dire consequences on a person's health through manifestations in the foot coupled with peripheral vascular disease and neuropathy which can lead to ulcerations, infections and possible limb loss.

It is prudent healthcare practice upon the diagnosis of diabetes that a visit to the podiatrist for a diabetic foot exam should be a top priority.

A diabetic foot exam essentially consists of a number of non-invasive components. The podiatrist will examine the skin and nails looking for wounds, dryness, changes in tempera-

Please see "Diabetic Foot," page 49

Improve Digestive and Reproductive Health



By Crystal Kaplan, LMT, BCST
The Teal Center

Many of us – men and women alike – suffer from dysfunction related to our abdominal health, whether that be from sub-clinical gastrointestinal discomfort or premenstrual symptoms such as cramping, bloating, or emotional distress.

While allopathic approaches are able to address some of these issues, complementary therapies, such as acupuncture or abdominal massage, may also be very effective. In particular, the Arvigo® Techniques of Mayan Abdominal Therapy (ATMAT) support abdominal health through the release of tension patterns in the soft tissue of the abdomen and through promoting the proper alignment of the digestive and reproductive organs.

Many osteopaths, physicians and other health care providers agree

that dysfunction begins when natural rhythms within our bodies are disrupted, either because of trauma, stress, or a foreign agent such as a virus or bacteria. The disruption creates stagnation in the body, leading to inflammation and pain, and eventually to protracted ailment. The Arvigo® techniques support the rebalancing of the natural flows through the abdomen, including the venous, arterial, and lymphatic flows, nervous system movement, and the flow of chi, thereby preventing the progression of chronic symptoms.

ATMAT has successfully alleviated conditions associated with chronic PMS, such as cramps, headaches, bloating, emotional distress, as well as chronic constipation or frequent urination, erectile dysfunction, irritable bowel syndrome and more. It combines modern science with Mayan traditional healing and wisdom to produce a holistic path to physical, emotional, and spiritual wellbeing.

An initial session involves an in-depth medical history intake, a massage and instruction on self-care techniques to be used at home. Self-care could include movement, meditation, herbal remedies, nutritional recommendations and massage. One recent client was amazed that, after years of almost daily menstrual cramps, she had been cramp-free for ten days between her first and second sessions.

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LOOK NATURALLY

FROM PAGE 4

your skin layer by layer. 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 uppermost layer of your skin can be treated with Elos Plus photofacials, micropeels, VBeam Perfecta pulse dye laser, and other advanced technologies, to fade discolorations, spider veins, acne and rosacea, minimize pores, and give your skin a beautiful glow. There is typically little or no recovery time.

Photofacials can be alternated with DermaSweep MD, a physician-strength, aluminum-free and more effective version of microdermabrasion, which painlessly polishes your skin and then infuses it with customized therapies to fade discolorations, tighten pores, improve acne, and restore skin radiance.

The middle skin layer can be stimulated to produce new collagen and elastin with lasers for fractional and skin tightening such as the new eMatrix Sublative, eTwo, CO2RE or Fraxel resurfacing laser. These are breakthrough technologies that

remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Fillers like Voluma, Volbella, Restylane and Juvederm are pure synthetic forms of the hyaluronic acid that naturally supports your skin and is lost with time. Radiesse is a natural calcium-based filler. Sculptra is another volumizing filler. The key to undetectable results with fillers is expert understanding of facial anatomy and dynamics. An expert dermatologist or plastic surgeon can also use your own natural fat with stem cells to fill lines around the mouth and gaunt cheeks to make thinning lips full again and to free you of under eye hollows. The stem cells create a dramatic improvement in skin elasticity and resilience.

Expert techniques don't just fill wrinkles...they can actually reshape your face, to restore your youthful facial contours and lift your face subtly and beautifully with no scarring and minimal down time. Recent studies show that precise and targeted placement of these fillers can also stimulate your skin to produce its own permanent collagen and elastin, for better

and longer lasting results.

A new addition is platelet-rich plasma (PRP) with microneedling the so-called "Vampire Face Lift" that harnesses the regenerative power of your body's own platelet cells to restore smooth, radiant skin. Advanced PRP techniques are also a successful treatment for hair restoration.

The lowest layer of your skin can be treated with Ultherapy micro-focused ultrasound, Exilis Ultra or Sublime lasers, the newest treatments for non-surgical skin lifting. Ultherapy stimulates collagen and elastic tissue, to lift your brows and cheeks, re-contour your chin and jaw line and tighten and lift your neck, chest, abdomen, buttocks arms and elsewhere. You will see prompt, long-lasting and completely natural-looking results that improve even further over time. These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on body areas such as your stomach, arms, knees, buttocks and legs.

Kybella injections or LipoLite laser treatment can remove unwanted fat with no down time and no anesthesia

to re-contour your jaw line. You can also painlessly melt fat away from your hips, abdomen, waistline, buttocks, arms and other areas.

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

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

This highly sophisticated approach does not morph you into a "new you." Better yet, it balances how you feel inside with how you look outside and allows you to re-discover the real you. Projecting to convey good health and energy can maximize personal and professional success as we move forward into 2021 and beyond.

CHILDREN

FROM PAGE 16

few things that can be done to help your child navigate through the emotional challenges they may be experiencing. Below are some suggestions:

- Have your child journal or verbally express their feelings. This is a good way to check in with your child and also provide some social connection they may be missing.
- Try to keep a positive attitude around your child and encourage them to focus on the positive. Point out ways you have noticed their growth throughout this pandemic. Positive reinforcement is a great tool to boost your child's self-esteem and outlook in difficult situations.

- Keep a routine in place with the option for flexibility. Structure is critically important for children in these times. But make sure you model ways to adjust quickly if things need to change. Monitor your own emotions and show your child that change does not always have to be met with a negative reaction.
- Seek professional help. There are several therapists in the area that specialize in working with children and teens. They can provide a clearer picture of what may work for your child and provide you support as you implement the needed changes.

COVID-19

FROM PAGE 20

ous intensity". Through blood pressure, heart rate, and oxygen level monitoring, physical therapy can provide a safe guided prescription on appropriate intensity for exercise to meet the ADA criteria of 150 minutes a week.

Physical therapy can also reduce the risk for falls for patients with complications of diabetes that include retinopathy and peripheral neuropathy (PN).

Since balance is primarily made up of somatosensory system, vestibular system, and visual system, retinopathy and peripheral neuropathy will affect two of the three systems that effects

balance. This means people who have difficulty seeing due to retinopathy or people who have decreased sensation in their feet due to PN are at increased risk for falls. Physical therapy can target these areas and improve ways through proprioceptive training, strength training, and vestibular training to reduce risk for falls with these patients.

Due to the influences physical therapy has in the overall well being, patients with diabetes can benefit from it by reducing risk for strokes, heart attacks, and reducing risk for falls through education and prescription for exercise.

SHOULDER PAIN

FROM PAGE 17

healing from the influx of repair cells and modulate pain by eliminating inflammation and producing endorphins. This allows for the inflammation that is created with injured or chronically tense muscles to be carried out of the area while allowing oxygen and repair cells into the area. It is this inflammation that can be the cause of pain.

Said differently, pain is relieved as acupuncture manages to stimulate the nervous system (including the immune system) to increase circulation to the area of pain, promote wound

healing from the influx of repair cells and modulate pain by eliminating inflammation and producing endorphins.

If you are experiencing pain, including neck and shoulder pain, consider seeing a licensed acupuncturist for treatment. You may be surprised at how effective acupuncture can be for relief of the pain, in addition to receiving other treatment modalities (like cupping) or lifestyle recommendations to complement treatment for the pain.

COAL MINE

FROM PAGE 20

knee has one degree of freedom. The wrist – if you place your hand right now on the table, you will see – can move so the fingers go side-to-side or up-and-down. But you cannot turn the hand around a central axis at the wrist. So, the wrist has two degrees of freedom. The hip joint gives all three possibilities; thus, it has three degrees of freedom. The ankle is similar to the wrist. The vertebrae of the spine are similar to the hip joint in having three degrees of freedom, though, depending on the location within the spine, usually two of the three are preferred.

Ha! It's complicated.

"Degrees of freedom" becomes significant when you reflect on all

the bumps and twists that the body goes through in any type of action, and the more so, in any type of rough action. This need-for-adjustments should be met by those versatile joints that have multiple degrees of freedom. But when those joints get gunked up and stiff – through lack of use – the demand for accommodation is channeled to the ever-faithful, single degree-of-freedom knee. And it suffers.

The way to improvement, with or without knee replacement, is to restore mobility to the rest of the body. Those other joints must be given opportunities to move so they can fulfill their own proper obligations. Then the knee can breathe freely.

GUM DISEASE

FROM PAGE 17

risk for periodontal disease. Please ask your dental professional to measure your gum pockets and check for infection.

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There is nothing more important to your dental health than maintaining a clean mouth. Prevention or absence of infection optimizes general health. A clean mouth will be disease, infection, and trouble free. A clean mouth will not be predisposed to developing either decay or periodontal disease. One of our very important functions in dentistry is to teach you how to properly maintain your teeth and gums, and to regularly remove anything that you are unable to remove yourself.

DEPRESSION

FROM PAGE 38

comes of other medical conditions and is known to reduce life expectancy. It is one of the leading causes of disability in the United States, as well as worldwide, and for years psychiatrists have struggled to help these patients.

In March 2019 the FDA approved Esketamine (Spravato) for patients with TRD. Most important, Esketamine has a novel mechanism of action offering patients relief from their depression. Esketamine is used for TRD and allows intranasal dosing that is noninvasive and self-administered in a doctor's office under the direct supervision of clinical staff and is to be used concomitantly with a patient's

The theory and practice of preventative dentistry has undergone revolutionary changes in recent years. We know now that preventative needs of every individual differ. The advantage of "see your dentist regularly" to get your teeth cleaned twice a year has changed too.

Your Personal Plan

The examination interval that we recommend for you is designed for your unique situation. And it, too, can change. The interval between regular prophylaxis (cleaning) appointments that is established for you is a function of many factors, including your personal health, age, dental history, etc.

current antidepressant.

To be considered for this medication, you must have tried and failed at least two anti-depressant medications.

Many of those who have decided to try Esketamine report that they feel as though they are themselves again. They are participating in more activities with friends and family, report that they are more focused and energized, and that their moods have significantly improved.

If you feel that you may have treatment resistant depression and would like to know more about esketamine treatments, reach out to a health professional today.

HAPPINESS

FROM PAGE 41

- way – instead of fighting them.
- Finding the hidden blessings and benefits.
- Learning the lessons, recognizing the higher reasons and purpose for things.
- Detaching from ego and getting a bigger perspective.
- Having empathy. Walking in the other person's shoes.
- Being happy for others, and taking pleasure in them.
- Finding companionship. Talking with a confidant.
- Doing something for someone else.
- Showing kindness. Being a friend. Learning to love.
- Seeking answers. Solving a problem. Striving toward a goal
- Taking a walk. Getting out into nature.
- Having a conversation with your Creator. Listening and watching

- for the answer.
- Taking time to relax. Getting some sleep.
- Noticing what's to appreciate and be grateful for. Finding the good.
- This isn't rocket science. It sounds easy, yet we rarely think to do these things or appreciate what powerful remedies these are.
- Being grateful for difficulty. Knowing we couldn't and wouldn't develop new skills without it.
- Dreaming a better world. Making a plan. Carrying it out.
- Working with a therapist or other wise person who can help us learn to do this.
- Saying a prayer, listening for the answer and noticing the results.
- Reading something inspiring.
- Making music, creating art, taking care of someone, forgiving a wrong...
- Don't you feel better already?

EVOLUTION

FROM PAGE 21

comfortable remaining in the wellness realm, others were drawn to the clinical, rehabilitative aspect of massage therapy and to the difference they could make in their clients' recovery. Some therapists practiced both kinds.

Many found, however, that basic massage school training, even with an assortment of continuing education courses, did not adequately prepare them for the more challenging injury-rehab and chronic pain issues their

clients would present. That growing need led to post (massage school) graduate medical massage classes offered in a structured cohesive manner by a number of continuing education providers.

Entire educational programs of study now exist to fill that need. Finding an experienced massage therapist trained in such programs may provide relief by tackling the tough problems to help you improve your quality of life.

MODEL LIFT

FROM PAGE 38

Nose Contouring

Although no one can argue with the superior results and permanency that surgery can afford a patient who seeks a surgical rhinoplasty, surgery is not for everyone. Some people prefer not to have surgery for a variety of reasons. If that is the case, a non-

surgical rhinoplasty could help address the patient's concerns. It could be a bump on the nose, an indentation, a scar, an irregularity from a previous nose surgery, or a flattened tip. All these conditions can be improved with a non-surgical rhinoplasty with fillers (injectables).

Lip Fillers

Whatever your lip enhancement desires are, the results can be achieved with a variety of non-surgical and surgical options. For non-surgical lip enhancement, a variety of fillers are available, including Juvederm® and Restylane®.



ORAL HEALTH

FROM PAGE 44

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.

GRATEFUL

FROM PAGE 42

others have it worse. Try to feel and work through your feelings instead of rushing to throw gratitude at them to make them go away and shaming yourself into feeling worse.

You can feel both pain and gratitude at the same time, gently allowing gratitude to be a supplement to replace pain over time. So it is

okay if you are feeling overwhelmed and cannot access gratitude. As your crises and stressors subside you can try to access gratitude again in a more healthy way.

So in the future, try to focus on using gratitude as a positive and gentle motivator and not in a way to induce shame and more pain.

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CDC Guidelines For COVID Vaccinations

When Vaccine is Limited, Who Should Get Vaccinated First?

Because the U.S. supply of COVID-19 vaccine is expected to be limited at first, CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first. CDC's recommendations are based on those from the Advisory Committee on Immunization Practices (ACIP), an independent panel of medical and public health experts.

The recommendations were made with these goals in mind:

- Decrease death and serious disease as much as possible.
- Preserve functioning of society.
- Reduce the extra burden COVID-19 is having on people already facing disparities.

While CDC makes recommendations for who should be offered COVID-19 vaccine first, each state has its own plan for deciding who will be vaccinated first and how they can receive vaccines. Please contact your local health department for more information on COVID-19 vaccination in your area.

Healthcare personnel and residents of long-term care facilities should be offered the first doses of COVID-19 vaccines (1A)

CDC recommends that initial supplies of COVID-19 vaccine be allocated to healthcare personnel and long-term care facility residents. This is referred to as Phase 1A. Phases may overlap. CDC made this recommendation on December 3, 2020.

The next groups who should be offered vaccination next are groups 1B and 1C.

CDC recommends that in Phase 1B and Phase 1C, which may overlap, vaccination should be offered to people in the following groups. CDC made this recommendation on December 22, 2020.

Phase 1B

- **Frontline essential workers** such as fire fighters, police officers, corrections officers, food and agricultural workers, United States Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the educational sector (teachers, support staff, and daycare workers.)
- **People aged 75 years and older** because they are at high risk of hospitalization, illness, and death from COVID-19. People aged 75

years and older who are also residents of long-term care facilities should be offered vaccination in Phase 1A.

Phase 1C

- **People aged 65-74 years** because they are at high risk of hospitalization, illness, and death from COVID-19. People aged 65-74 years who are also residents of long-term care facilities should be offered vaccination in Phase 1A.
- **People aged 16-64 years with underlying medical conditions** which increase the risk of serious, life-threatening complications from COVID-19.

- **Other essential workers**, such as people who work in transportation and logistics, food service, housing construction and finance, information technology, communications, energy, law, media, public safety, and public health.

As vaccine availability increases, vaccination recommendations will expand to include more groups

The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large enough quantities of vaccine are available. As vaccine supply increases but remains limited, ACIP will expand the groups recommended for vaccination.

CURLY HAIR

FROM PAGE 42

to see the curl as it lies. Each ringlet will get trimmed individually. This method makes each individual customer end up with a one-of-a-kind haircut.

Everyone has different hair textures. And the goal is to have a haircut that works for you and your

life. A stylist can make your hair look good in the salon, but styling at home is what matters. That starts with the right technique of cutting for your hair. Consider your face shape, hair goals, length, color, and texture.

Great hair doesn't happen by accident, it happens by appointment.

THINNING

FROM PAGE 41

ning and hair loss is a possible candidate for PRP treatments. Specifically those with early hair loss and thinning tend to respond the best, according to the studies. Some studies have shown that PRP is also beneficial in patients with androgenic alopecia: a genetically determined type of hair thinning and loss that typically occurs along the top of the head. In women, this might look like a widening part on top with normal hair at the back of the head.

How Long Does PRP Treatment Take?

Upon arrival, you are evaluated. Then, you are taken to the procedure room where your blood is drawn. Then

it is centrifuged. In the meantime, you are given local anesthesia to numb the scalp. Then plasma rich in platelets, growth factors, and nutrient rich proteins is extracted from the tubes and then it is injected into the scalp. The whole procedure takes about 45 minutes.

What Is the Downtime?

The numbness from the local anesthesia may last 45 minutes to an hour. You may also feel little bumps. These usually resolve within an hour. There are essentially no side effects associated with this treatment. Once you're home, you can shower, shampoo, and condition as normal from the next day.

DIABETIC FOOT

FROM PAGE 45

ture, color, nail thickness, length and other findings.

The patient's pulse in the foot and ankle will be assessed, sometimes with the aid of a device called a doppler to help "listen" for a pulse if one cannot be felt. The podiatrist will also assess the patient's threshold of protective

sensation using a specially weighted monofilament at various areas on the foot along with sharp/dull and vibratory sensation testing. The patient's reflexes, muscle strength, range of motion, foot type, any deformities of the foot and toes, gait, fall-risk and shoe-gear will also be examined.

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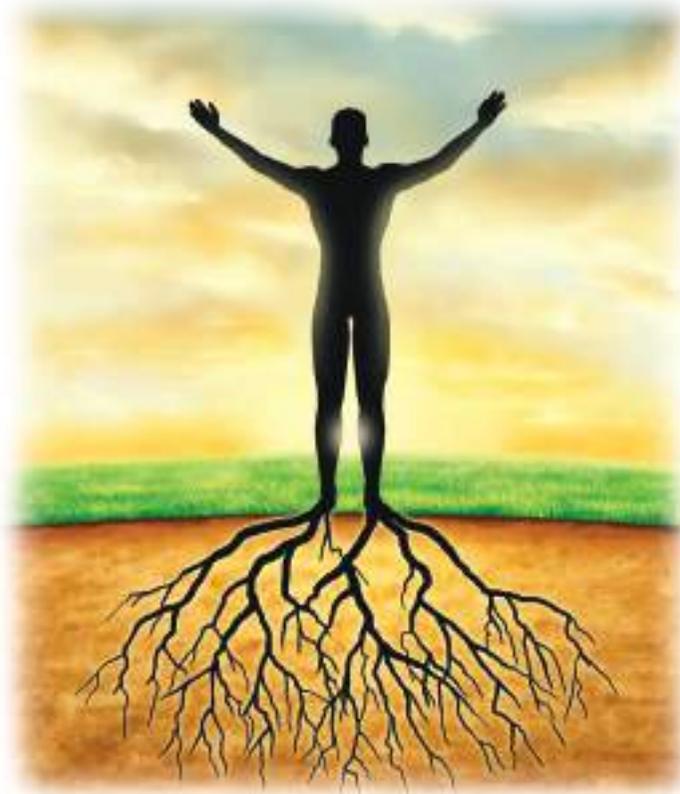
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Your skin is the largest organ in your body and, together with your hair and nails, the mirror of everything that's happening internally. After over twenty years as a fellowship-trained, Board Certified dermatologist and as a cosmetic surgeon, I am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

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

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

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

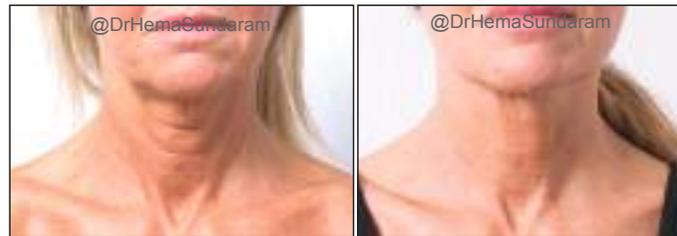
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