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 **Integrative &
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By Deeni Bassam, MD, DABPM
The Spine Care Center

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

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

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

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

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

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

Diabetic Peripheral Neuropathy – Oh, My Burning Feet

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

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

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

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

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

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

Back Pain?

Back and neck pain *can* be treated.

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

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Genicular Ablation For Knee Pain



By Madhavi Chada, MD
Synergy Spine and Pain Center

Genicular ablation is an innovative option for treating knee pain without surgery. Usually it is preceded by a diagnostic block with local anesthetic agent. If adequate pain relief is confirmed, patients may proceed for radiofrequency ablation (RFA) or neurotomy.

The Genicular RFA procedure is

performed with specialized RF needles which will be placed on the target, the genicular nerve branches of the knee. After confirming the placement of needles with fluoroscopic guidance, RFA will be performed where the tips of the needles will be heated to 80°C (176°F) for 90 seconds. This will disrupt the nerves which transmit pain from the joint. This procedure is performed under mild sedation with local anesthesia.

The pain relief from this procedure may last anywhere from 6-12 months.

Risks and Side Effects

There are few risks associated with genicular RFA, but they tend to be rare. The potential risks include, immediate or delayed allergic reaction to anesthetics /contrast, infection, bleeding, temporary increase in pain and transient facial flushing.

Look and Feel Your Best *New Lasers and the Latest No-Downtime Procedures*



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

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

Recent scientific studies have shown that first impressions matter, not only personally but also professionally. Of course, our skin is the first thing that everyone sees. Our skin is the largest organ in our body and the mirror of everything inside. It's natural – and a good personal and professional

strategy - to want our skin to reflect externally the youthful vigor and vitality we strive for internally. This life philosophy is redefining midlife, and revolutionizing skin health and cosmetic dermatology. We are especially inspired by our patients in their 90's who are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are!

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

In recent Academy teachings for dermatologists and plastic surgeons, we have focused on the science and research behind state-of-the-art techniques and technology. The key con-

Please see "Feel Your Best," page 41

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What Is Diabetic Eye Disease?

By Jacqueline D. Griffiths, MD
New View Eye Center

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

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

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

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

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

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



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

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

promptly if you experience blurred vision and floaters that:

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

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

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

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



Jacqueline D. Griffiths, MD

Selected as a
“Super Doctor”
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Voted
“Top Ophthalmologist”
*Washingtonian Magazine
& Northern Virginia Magazine*

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

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

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

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

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



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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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What Is Neuropathy?



By Daniel Kline, MD
Integrated Neurology
Services, PLLC

Neuropathy is a disease that affects your peripheral nervous system, which consists of the nerves that run throughout your body. When most people use the term neuropathy, they're referring to peripheral neuropathy. But there are several types of neuropathy, including:

- Median neuropathy, also known as carpal tunnel syndrome
- Ulnar neuropathy, also known as cubital tunnel syndrome
- Cervical and lumbar neuropathy, also known as pinched nerves in the neck and back
- Peripheral neuropathy most often affects the nerves in your hands and feet, but it can occur in other parts of your body.

What Are the Symptoms Of Neuropathy?

Every nerve in your peripheral nervous system serves a specific purpose. The symptoms you experience depend on the type and location of the affected nerve(s). Common signs and symptoms of neuropathy include:

- Gradual onset of numbness or tingling in your hands or feet
- Feeling like you're wearing socks when you're not
- Stabbing or burning pain
- Extreme sensitivity to touch
- Coordination and balance issues
- Muscle weakness

If you experience any of these symptoms, call your doctor right away. Neuropathy is most treatable when it's caught early.

What Causes Neuropathy?

Neuropathy may be due to another health condition, such as:

- Diabetes, which is the leading cause
- Physical trauma, such as a car accident injury
- Vascular problems, such as high blood pressure
- Autoimmune diseases, such as rheumatoid arthritis

- Nutritional imbalances, such as vitamin B-12 deficiency
- Kidney and liver disorders, such as kidney failure
- Infections, including the human immunodeficiency virus (HIV)
- Cancerous or benign tumors
- Hormonal imbalances
- Chemotherapy drugs
- Alcoholism

In many cases of neuropathy, there's no identifiable cause. This is

called idiopathic neuropathy.

How Is Neuropathy Diagnosed and Treated?

Your Integrated Neurology Services neurologist can often diagnose the type of neuropathy you have by reviewing your symptoms and medical history. They perform a comprehensive neurological exam and may take tests, such as:

- Blood test
- Nerve function test, such as electro-

myography (EMG)

- Imaging tests, such as a computerized tomography (CT) or magnetic resonance imaging (MRI) scan

Then, they create an individualized treatment plan. Neuropathy treatment usually begins with addressing the underlying cause. If there's no known cause, your neurologist may prescribe medications and/or physical therapy to alleviate the neuropathic pain.



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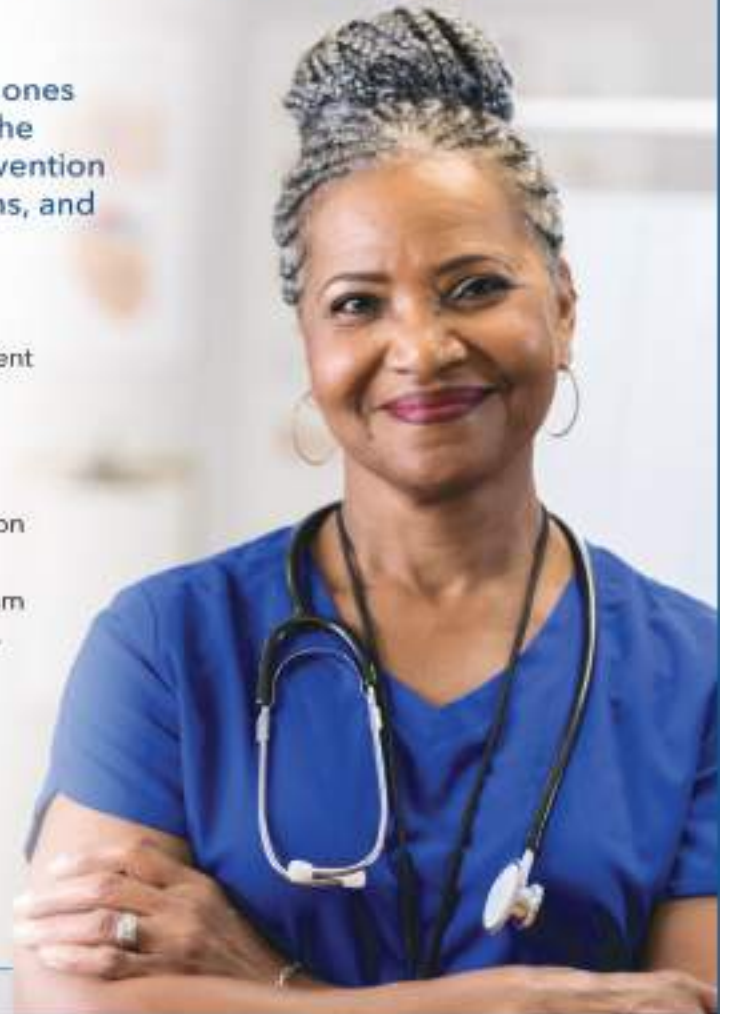
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Edward S. Parelhoff, MD is a board-certified fellowship trained ophthalmologist with specialized training in pediatric ophthalmology. He specializes in strabismus surgery for children and adults.



Haresh Ailani, MD

Haresh Ailani, MD is a board-certified fellowship trained cornea and anterior segment ophthalmologist specializing in cornea, cataract and refractive surgery. He specializes in refractive/laser cataract surgery with standard and advanced technology intraocular lenses, and in all forms of cornea surgery.



Marissa Albano, MD

Marissa Albano, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. She specializes in the latest glaucoma lasers and surgeries, as well as cataract surgery.



Jennifer Dao, MD

Jennifer Dao, MD is a board-certified fellowship trained ophthalmologist who specializes in pediatric ophthalmology and strabismus. Dr. Dao specializes in amblyopia, pediatric glaucoma, cataracts and performs an adjustable suture technique for adult strabismus.



Leah Fuchs, MD

Leah Fuchs, MD is a board-certified general ophthalmologist. She specializes in comprehensive medical ophthalmology for adults, including medical eye exams, urgent and emergency eye care.



Jessica Van Looveren, MD

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

By Karl A. Smith, DDS, MS

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

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

The Connection Between Your Mouth and Heart:

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

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

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

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

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

Diagnosis and Treatment

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

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

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

determining whether bone loss is prevalent in the upper and lower jaw.

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

and keep your body healthy.

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

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Heather Callahan, PA-C

Heather Callahan is a Dermatology Physician Assistant certified by the National Commission on Certification of Physician Assistants (NCCPA) and holds a medical license in the state of Virginia. She is passionate about all facets of Dermatology with extensive training and experience in general Medical Dermatology, Surgical Dermatology, and Cosmetic Dermatology.

Heather is a graduate of George Mason University in Fairfax, Virginia, where she received a Bachelor of Science degree in both Biology and Psychology. She then earned her Master of Science in Physician Assistant Studies from Seton Hill University in Greensburg, Pennsylvania.

Prior to joining Dermesthetics, Heather worked in a private dermatology office in which she was instrumental in growing both the medical and aesthetic aspects of the practice. After she joined the practice in 2016, and each year for the following five years she practiced there, the clinic earned Best Dermatology Practice in the county. Heather herself was nominated for *Lifestyle Magazine's* 16th Annual Best Physician in 2021.

In 2020 Heather earned the highly prestigious honor of becoming a

SDPA Diplomate Fellow. The Society of Dermatology Physician Assistants Diplomate Fellowship™ program is an all-encompassing, didactic training program for physician assistants working in the field of Dermatology. The SDPA worked with testing industry experts and dermatology professionals to build this standardized program from the ground up. All content was validated by the Dermatology community to ensure it includes the skills, tools and knowledge set a Dermatology Physician Assistant needs to perform their job with excellence. The program covers all aspects (Medical, Surgical, Cosmetic) of dermatology. There are only 22 SDPA Diplomates in Virginia, and less than 1,000 nationwide.

Heather is a member of the following professional organizations, including:

- American Academy of Physician Assistants (AAPA)
- Society of Dermatology Physician Assistants (SDPA)
- Virginia Academy of Physician Assistants (VAPA)
- Cellular Medicine Association (CMA)

As a Dermatology Physician Assistant, Heather is licensed to perform comprehensive skin cancer screenings, identify, and treat skin cancers. She is also trained to diagnose and treat numerous other dermatological conditions, including but not limited to acne, eczema, psoriasis, warts, and rashes. She is well-versed in skin cancer prevention, delivers and manages acute and chronic skin conditions. She often incorporates exosomes and platelet rich plasma in her treatments, confident in their medical and aesthetic benefits. With an artistic eye and skilled hands, Heather is especially enthusiastic about aesthetic medicine and is passionate about injectables, i.e. Botox and filler, as well as enjoys working with a multitude of laser platforms and medical devices.

Heather's favorite medical device lately is the AviClear laser to treat acne. AviClear is the first and only FDA-cleared laser treatment for the treatment of mild, moderate and severe acne. AviClear has been proven safe and effective for all skin types and tones. What makes AviClear so unique is it targets acne at the source. This revolutionary laser treatment uses a 1726nm wavelength to selectively target and down regulate the sebaceous gland, reducing active acne safely and effectively without the need for prescription medications. There is minimal downtime and side effects with AviClear. Heather is thrilled to currently be the only practitioner in the state of Virginia offering the AviClear laser treatment. Acne is the most common skin condition in the United States, affecting up to 50 million Americans annually. Heather understands that for many people who have acne, the skin disease affects more than their appearance. Acne can take a toll on one's emotional health. She firmly believes the mind-body connection is powerful and that improved self-perception can positively impact one's well-being.

Heather is an advocate for her patients and loves to be a positive part of their self-improvement journey. Her philosophy that everyone has their own sense of what beauty is helps her develop individualized treatment plans customized to each's own aspiration, comfort level and budget. She feels we must allow every person the opportunity to express beauty without judgment. Heather feels safety is paramount, while striving to deliver exceptional and natural outcomes.

Heather strives to develop long-lasting relationships with her patients. She is a patient favorite, and it shows when you read her reviews on Google and social media. She takes a very gentle, considerate and extremely thorough approach in her practice of medicine.

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By Yeji Lee, LAc
Active Care Chiropractic
& Acupuncture

Carpal Tunnel Syndrome and Acupuncture

treat carpal tunnel syndrome with acupuncture is by targeting the wrist, arm, hands, and fingers. One treatment may already help, but it may take time to completely heal. The duration of treatment varies per person and situation.

Other acupuncture options for this syndrome include electric acupuncture, moxibustion acupuncture (also called warm acupuncture), and magnetic acupressure. Moxibustion

with acupuncture is highly recommended. Patients can receive acupuncture from an acupuncturist in a clinic and perform moxibustion at home for convenience.



Today, we rely heavily on electronic devices such as smartphones and computers, leading to an increase in pain related to daily activities. One of these conditions is nerve pain in the wrist area, known as carpal tunnel syndrome.

In Western medicine, a syndrome often indicates a complex disease with no direct cause, making it difficult to find an exact treatment. However, acupuncture is a treatment option that can help manage this syndrome.

Before seeking treatment for carpal tunnel syndrome, it is important to understand the symptoms and how to diagnose the disease.

Symptoms

Tingling: Carpal tunnel syndrome may start with mild pain and gradually intensify. The most common initial symptom is tingling in the fingers, especially from the wrist to the middle finger. The tingling may feel like an electric shock and can spread to the arm as the symptoms worsen.

Numbness: Patients may also experience numbness while using their smartphone or holding objects such as a phone, book, or newspaper.

Weakness: In severe cases, patients may also feel weakness while holding objects, leading to dropping them when trying to pick them up.

Diagnosis

The most common physical tests for carpal tunnel syndrome are Tinel's sign and Phalen's maneuver, which doctors can perform. If these tests are positive, they can strongly suspect carpal tunnel syndrome. Ultrasound and MRI can also assist in the diagnosis and show if the median nerve and surrounding soft tissues are swollen or compressed. However, before making a diagnosis, doctors must rule out other possible diseases.

Treatment

Traditional oriental medicine offers several options for treating carpal tunnel syndrome, including acupuncture and moxibustion.

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Don't Let Sleep Apnea Ruin Your Life, Your Relationships, and Your Health

By Rashmi K. Parmar, DMD,
D-ABDSM, Sleep Better Maryland

Sleep apnea is a very serious condition, yet more than 80% of people who have it are undiagnosed. This means out of the 24 million plus people that have it, approximately 19.2 million don't even know they have it.

This is tragic in many cases as they develop life-threatening health issues. They don't even know that

their health problems are tied directly to their lack of sleep due to sleep apnea.

Your body needs sleep in order to reboot and repair itself. Lack of sleep causes oxygen levels to decrease and carbon dioxide levels to increase. Your brain signals your body to wake up and start breathing again.

These micro-awakenings have a severe impact on your quality of sleep and overall health.

Who Is At Risk For Developing Sleep Apnea?

There is no one that is immune to sleep apnea. However, there are some who are at risk more than others. Here is a list of factors and a brief explanation:

- **Excess weight.** Most but not all people with obstructive sleep apnea are overweight. Fat deposits around the upper airway may obstruct breathing. Medical conditions that



Rashmi K. Parmar,
DMD, D-ABDSM

are associated with obesity, such as hypothyroidism and polycystic ovary syndrome, also can cause obstructive sleep apnea.

However, not everyone with obstructive sleep apnea is overweight and vice versa. Thin people can develop the disorder, too.

- **Narrowed airway.** You may inherit naturally narrow airways. Or your tonsils or adenoids may enlarge, which can block your airway.
- **High blood pressure (hypertension).** Obstructive sleep apnea is relatively common in people with hypertension.
- **Chronic nasal congestion.** Obstructive sleep apnea occurs twice as often in those with consistent nasal congestion at night, regardless of the cause. This may be due to narrowed airways.
- **Smoking.** People who smoke are more likely to have obstructive sleep apnea.
- **Diabetes.** Obstructive sleep apnea may be more common in people with diabetes.
- **Sex.** In general, men are twice as likely as premenopausal women to have obstructive sleep apnea. The frequency of obstructive sleep apnea increases in women after menopause.
- **A family history of sleep apnea.** If you have family members with obstructive sleep apnea, you may be at increased risk.
- **Asthma.** Research has found an association between asthma and the risk of obstructive sleep apnea.

How Do You Know If You Might Have Sleep Apnea?

There are several signals you might have sleep apnea, but two of them are prominent. One is daytime sleepiness. You don't sleep at night so you are tired and fatigued all day. The other is snoring. It is a sign that your airway is obstructed.

The way to know for sure is to have a sleep study. This will tell you whether or not you have it and how severe it is. Call a sleep apnea specialist today and be on your way to a better nights rest and better health.



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Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

Alzheimer's disease starts with mild memory loss. What if there was a pill to prevent the disease from getting worse?

Studies of an investigational drug are underway to see if it may be effective in slowing the progression of Alzheimer's disease in people who carry two copies of a certain gene (APOE/4) that increases the risk of developing it and other dementias.

While one in four people carries one copy of the gene, only 2 to 3% of the population carries two, and hence are at greatest risk.

Results in a small, ongoing phase II trial of the drug in early Alzheimer's patients with two copies of the gene showed "significant improvement" on memory tests after six months, according to Alzheon, a Massachusetts-based company developing it and a number of potential drugs for Alzheimer's.

Phase three clinical trials of the drug, named ALZ-801, are getting underway. These constitute the final step before the FDA reviews the drug for possible approval. The company's nationwide study is called ApolloE4.

Volunteers Being Sought

In our area, people can participate in the study via Re:Cognition Health – a clinic in Fairfax, Virginia.

Anyone age 50-80 with a diagnosis of mild cognitive impairment (memory loss) is eligible to volunteer. Free genetic testing and testing for Alzheimer's will be done, and participants will be reimbursed for their time.

Participating is also an opportunity to help future Alzheimer's patients, pointed out Monica Bland, operations manager at Re:Cognition Health. "They would be contributing to science and helping people in the future," Bland said.

The 18-month, randomized, doubleblind study requires nine in-person visits to Re:Cognition Health. Participants will also undergo three MRIs or CT scans (their choice).

Half of participants will receive the study drug, and the other half will receive a placebo. Each will take one pill in the morning and one in the evening.

The drug has already been proven safe in phase 1 trials. It has been well tolerated in studies so far when taken twice a day with food. Alzheon is hopeful the treatment will eventually save millions from suffering from Alzheimer's disease.

Currently there are no approved drugs that stop or prevent the clinical decline typical of Alzheimer's disease.

Volunteers Being Sought

In our area, people can participate in the study via Re:Cognition Health – a clinic in Fairfax, Virginia. Travel expenses are paid, for all visits.

"Our end goal is to help patients [by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland

said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 703-520-1000.



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We specialize in the diagnosis, treatment, and care of people with Alzheimer's disease, dementia, cognitive impairment or mental health concerns. Our international clinics are global-leaders in providing volunteers with access to new treatments for Alzheimer's disease, free of charge. We are delighted to be members of the Global Alzheimer Platform Foundation and are committed to providing excellent patient-centric care.

**Trials also available for healthy volunteers to stop them from getting memory loss in the first place.*

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Re:Cognition Health Fairfax opened its doors in May 2018 is led by Neurologist, Dr. Scott Turner. Currently, the clinic is specializing in phase 2 and 3 pharmaceutical trials focused on finding a disease-modifying medication to treat those suffering from Mild Cognitive Impairment and Alzheimer's Disease. The research team working under Dr. Turner is made up of a variety of professionals committed to the highest quality care and patient satisfaction.

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Should You Replace Your Old Silver Fillings?

By April Toyer, DDS, FAAPD
Lifetime Dental Care

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

Dental amalgam is a mixture

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

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

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

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

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



April Toyer, DDS, FAAPD

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

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

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

When To Consider Replacing a Silver Filling

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

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

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

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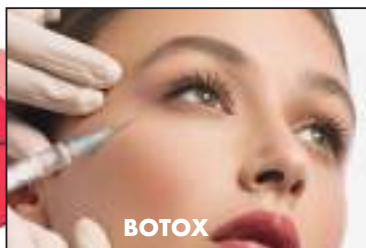
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April Toyer, DDS



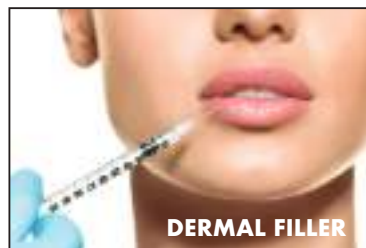
Dr. Toyer grew up as an "Army brat," but resided many years in Bowie, Maryland. She attended the University of Virginia and received a degree in Biology and Bioethics in 2003. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program.



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TMD and Sleep the Connection



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It may be hard to believe, but when you have a TMJ disorder (otherwise called TMD), this can correlate to sleep-disordered breathing (SDB). The way this works is that when the jaw joint discs are displaced – just like a kneecap can slip out of place – you get pain. Pain and inflammation are quite common with a displaced jaw disc. When you are hurting, you just cannot sleep all that well. Also, the quality of sleep is compromised because it is now harder to get the good, deep, non-REM sleep that helps our body to heal.

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

It is unfortunate that TMD is so poorly understood because so many people really do need help in this area. It is actually fairly easy to get a handle on this disorder, however. One of the first signs of TMD is that you have clicking and/or popping in the jaw joints. This is often a clear sign that the articular discs (jaw joint discs) are displaced and causing an inflammatory reaction.

Another very clear sign of TMD is that you cannot open your jaw widely. The “normal” range of motion is generally considered to be around 50 mm. This means measuring from the tip of the upper front teeth to the tip of the lower front teeth when opening wide, you should get around 50 mm. Some practitioners say that 35mm is around normal, but in general most

agree that 50mm is a healthier way to be. This measurement can readily be done when you see your dentist or hygienist but most of the time it is not done.

So, now let's get back to the link to sleep problems. If and when the articular discs in the jaw joints are displaced, they are going to rub around in the jaw sockets and will quite literally pinch or rub against nerves and blood vessels in the joint. Diagnosis: It just plain hurts. In the human body

when a bone rubs against bone or other vessels, it just hurts, simple as that. This in turn begins an inflammatory reaction in which the body releases the mediators of inflammation called “cytokines”. Now these cytokines are floating around inside your body causing a chronic irritation. It's kind of like being chronically sick all the time.

When the body is running in inflammation mode, it hurts, and this leads to sleep difficulties. What happens in so many people are the jaw

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

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

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

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



Jeffrey L. Brown, DDS

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



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You Don't Have to Live With Bad Breath Anymore

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

When you are close, do people rub their fingers under their nose? Cover their mouth? Cover their nose? Slightly turn their head? Offer you gum or mints? If you have seen these gestures, chances are you suffer from

bad breath. And if the mouthwashes, mints, and gums don't work well any longer, finally, there is a cure.

As you may already know, breath odor can smell like "rotten eggs," "feces," or even "moldy cabbage" and is caused by odors produced by bacteria that live in the coatings on the tongue. These bacteria form biofilms (coat-

ings) that can only be removed by specialized and unique oral instruments invented at the National Breath Center. These Biofilm Removal Instruments® remove the coating that causes bad breath – a painless process – and the odor-causing bacteria that go with it.

A biofilm is like a living organism with its own ecosystem – with live



Richard A. Miller, DDS

bacteria, food, debris, dead skin cells, and its own waste management system – your mouth. This biofilm attaches itself into the nooks and crannies on the top of your tongue, filling up the spaces between taste buds and in many cases, covering them over. Even antibiotics cannot penetrate it so they do not eliminate bad breath. The only way is removal of the biofilm coating.

So, why don't mouthwashes, toothbrushes, or tongue cleaners work for serious bad breath? The reason is that the biofilm coating on the tongue is too thick to remove by scraping and too thick to be penetrated by mouthwashes. No matter what is used, it cannot reach into the microscopic nooks and crannies on the tongue surface leaving behind millions of bad breath bacteria to cause odors. In fact, the biofilm can be more than 1/4 inch thick and doesn't cause any discomfort.

For the last 30 years a professional cure has been available that eliminates long standing and/or severe bad breath – a cure for the millions of people who have tried everything to no avail. *Original Tongue Rejuvenation*® at the National Breath Center has been available for 30 years and has a proven track record of curing bad breath.

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

So, if people react to you in close situations, you probably have noticeable bad breath serious enough to cause people to notice. *Original Tongue Rejuvenation*®, available exclusively at the National Breath Center for 30 years, is a painless technique that removes all the tongue biofilm and the odor. Then you can say goodbye to bad breath forever.

EMBARRASSED BY YOUR BREATH?



Do People . . .

Turn Away When You Get Close?

Rub Under Their Nose?

Offer You Gums or Mints?

Talk Behind Your Back?

Exclude You From Social Activities?

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By Christopher Rosenthal and Devin Rosenthal, Owners/Technicians, Sanctuary Hair Extensions & Hair Solutions

Whether you are in a long-term relationship such as a marriage, dating somebody or are still on the market, sex is a very important part of your relationship. We have been told that when having a great hair day, it doesn't matter if anything else is working – if your hair looks good you feel attractive. This applies to both women and men. How does this apply to your sex life? When the reflection in the mirror makes you feel happy and you look sexy, your sex life will be better. You will feel confident. You are your own worst critic, so if you like what you see so will others. Confidence in appearance = confidence in bed = better sex.

Hair is a very important aspect of how we both see and feel about ourselves. When you look in the mirror what do you see? Is the image reflecting back what you want to see? Do you feel attractive, sexy, healthy, powerful? Is the reflection what you want others to see when they look at you? Hopefully the answer is yes but what if it is no? And what if the reason is because of your hair? I think the goal in life is to have as many smiles as possible. If this reflection is diminishing your amount of smiles, what can you do about it?

There are choices when it comes to fixing your hair. Depending on your degree of hair loss, this helps determine what methods you should choose. In the beginning stages, you might try topicals, vitamin therapy and light therapy along with a healthy lifestyle, which includes exercise, hydration, proper nutrition and proper sleep. That might be enough to at least slow down the process or hold it steady. In more advanced stages this might help but may not be enough to give you back the look you desire. So maybe adding hair could help. This could be hair extensions, non-surgical hair restoration or surgical hair restoration.

We specialize in helping you keep the hair you have and adding hair with either hair extensions or a very advanced non-surgical hair enhancement that is completely customized for you using the best quality hair available. We can make the reflection in the mirror be exactly what you want to see. We can create length, fullness, color and texture.

Hair Loss: How Is It Affecting Your “Sex Life”?

You can look like yourself again, or even better if you choose. Look at our Instagram, @sanctuaryhairsolutions and @christopherdevinhair for actual client transformations we have done. Maybe it is time for your transformation.

My name is Chris, my wife is Devin and we can help. We first act as your advocate, providing you with information and answering questions. We don't believe in pressure. The first step in your journey is someone on

your side to listen to your story and give you answers, that's it. If and when you choose to move forward we will help you make the correct choice for you. So start your journey, message us. We're excited to hear from you.

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We offer the most advanced Non-Surgical Hair Restoration Method called the CNC by Cesare Ragazzi from Bologna, Italy, as well as the top hair extension systems available. We will never pressure you in any way, we act as your advocate first. If you find our solution is right for you then when you are ready we are here to help.

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yhm.news/SanctuaryHairSolutions

Managing Chronic Back and Neck Pain



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

medical doctor, as pain is often a warning signal that something is wrong and needs attention.

Include Specific Coping Techniques As Part Of Your Daily Routine

Whatever your condition, there are a number of methods to help cope with the pain. All of these techniques make use of four types of skills, including deep muscle relaxation, distracting your attention away from pain signals, thinking about images or sounds that feel pleasant to you, and attaining detachment and distance.

Stretch Your Muscles

Although no single stretch works for everyone, most people spend most of their days in the same positions doing the same or similar activities. Studies have shown that people who go through a proper stretching program just twice a week for eight weeks make significant gains in strength, flexibility, and endurance, which is an essential part of most back pain treatment programs.

Eat Right and Get Enough Sleep

Good nutrition can aid your healing process. Your diet should



include adequate protein as a source of the building blocks of soft tissue healing. Additionally, fresh fruit and vegetables supply the vitamins and trace elements necessary for effective healing. A vitamin supplement can also be very helpful.

Sleep is also important for the body to heal. One of the best ways to help you sleep soundly is to create physical weariness through active exercise.

Understand Your Condition To Be Pro-Active With Your Health

For many unfortunate sufferers, low back and neck pain can be very debilitating. If left untreated, chronic back and neck conditions could result possibly making surgery the only treatment option. As with many physical conditions, the sooner the problem can be diagnosed and treated, the less time may be needed to treat and correct the problem. If you are having chronic back or neck problems, get yourself evaluated. Discuss the options for treatment with your chiropractor or medical doctor, and be pro-active with your health.

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Sleep, Metabolism, Heart Health and Oral Health



By Shari Salartash, DDS, MAGD
Dynamic Dental Wellness

Sleep apnea is more serious than just missing a restful night of sleep or snoring. There is a strong connection between sleep, metabolism, heart health and oral health. Research in the last decade shows evidence of sleep apnea increasing risk of heart disease and diabetes.

Here are a few signs of sleep ap-

nea, often times noticed by a partner or sleep study:

- Snoring
- Long pauses in breathing during sleep
- Gasping for air during sleep
- Awakening with a dry mouth
- Morning headache
- Difficulty staying asleep
- Excessive daytime sleepiness
- Waking feeling tired

Sleep Apnea

Sleep apnea is the repeated stopping of airflow for at least 10 seconds during sleep. Hypopnea is the decrease (30%), but not complete stop, of airflow which results in a greater than 3% oxygen desaturation. Patients with sleep apnea continuously go from breathing cessation (or reduction) into hypoxia which leads to a startle

Please see "Sleep," page 46

Are You Where You Want To Be In Your Health?

Hi my name is Sereda. I am a Certified Wholistic Health Coach. Coaching people to health is a lifestyle that includes mental, spiritual, physical, and emotional wellbeing. I am dedicated to helping people get relief from diseases with lifestyle changes that get results when you follow the plan.

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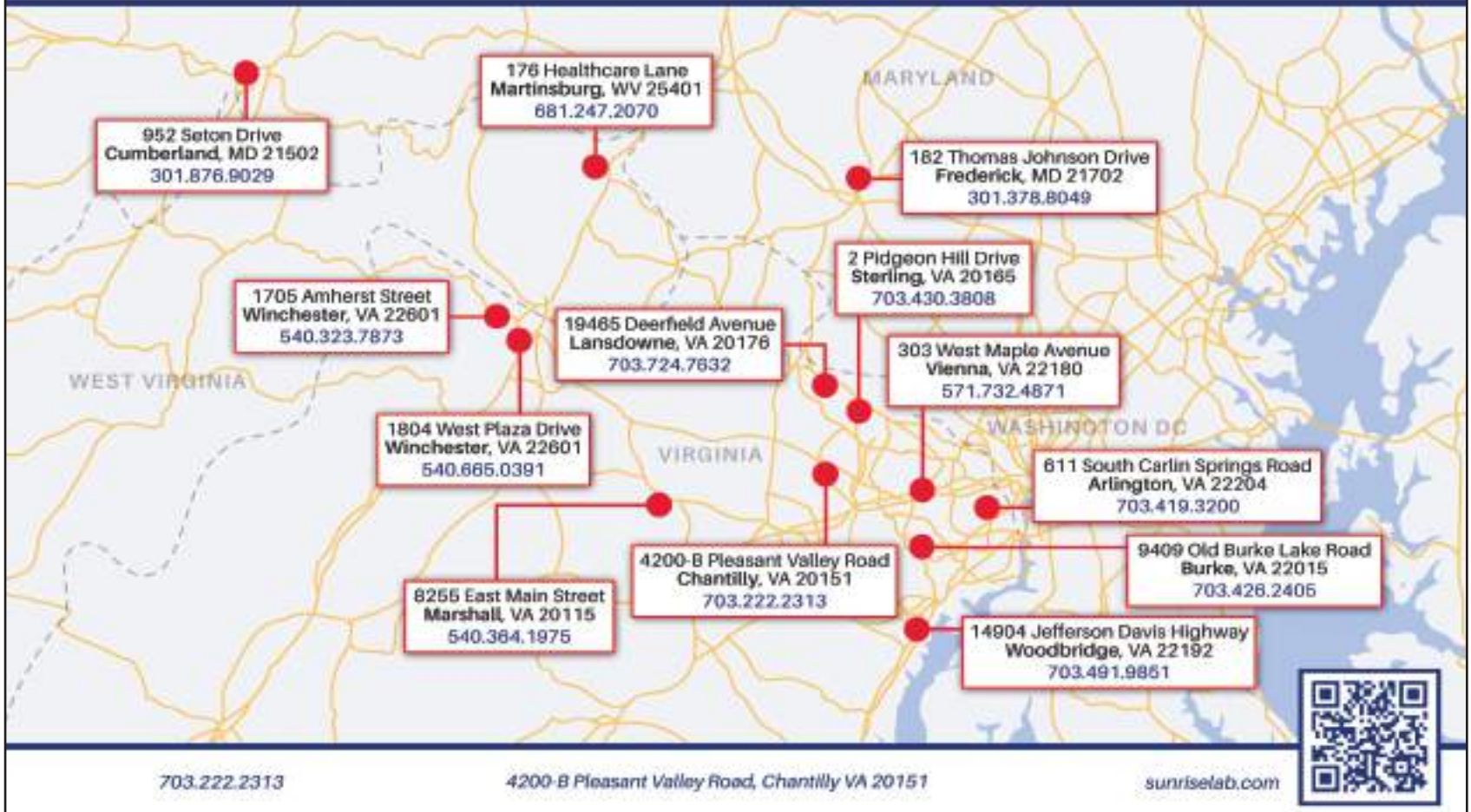
Laser application reduces dentin sensitivity and disinfects tooth during tooth restoration.



Dr. Sheri Salartash
DDS, MAGD, NMD, IBDM,
AIAOMT, FICOI, FAAIP,
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How Dental Implants Are Easy On Your Pocketbook



By E. Richard Hughes, DDS

Due to the advances in modern medicine, nutrition and healthy lifestyles, people are living considerably longer than they use to.

Because tooth loss is directly related to age, an increasing number of adults are missing teeth. When an adult reaches the age of 65, he or she many times feels an investment in health is less appropriate.

Due to the advances in modern medicine, nutrition and healthy lifestyles, people are living considerably longer than they use to.

A healthy 65 year old woman will live 23 more years 50% of the time and 29 more years 25% of the time. A healthy 65 year old male will live another 20 years 50% of the time and another 27 years 25% of the time. So from the above, one can see that an investment in their oral health is actually a better investment than a new automobile, that depreciates rapidly after purchase.

Dental implants are 97% successful over 10 years. Lets compare a single tooth replacement with a dental implant verses a three tooth cemented bridge. The estimated life span of a cemented bridge is 50% at 10 years.

Cavities are the most common cause of crown or bridge failure. 15% of the teeth anchoring (abutments)

require root canal treatment. Failure of abutment teeth is 8-12% at 10 years and 30% at 15 years. 80% of teeth adjacent to the sites of missing teeth are with no or minimal fillings.

The potential lifetime cost of a single crown replacement prior to dental implant treatment is at least \$9,000 or more. The potential lifetime cost for a three unit fixed (cemented) bridge replacement is at least \$19,300-\$22,300.

The cost of a single implant, crown and abutment in Northern Virginia is \$2,777-\$5,000 or more. So one can see that dental implants are actually a cost effective way to replace missing teeth and maintain their oral health, function and esthetics.



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- Does the embarrassment of your smile keep you from socializing with friends and relatives or dating?
- Do your dentures or teeth hurt, move around when eating or talking or limit the foods you eat?
- Do you look older than your natural age because of your dentures, missing teeth or worn out smile?
- Do you want new teeth and dazzling smile as soon as possible?
- Do you want to eat the foods you like and look and feel better about yourself?



You will never be embarrassed by your smile again thanks to Dental Implants!

If you answered yes to any of these questions, then Teeth in a Day Dental Implants are for you!

Call for a Complimentary Consultation (\$500 Value)

Richard Hughes, DDS - General Dentist
Diplomate, American Board of Oral Implantology/Implant Dentistry
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By Michael Rogers, DDS
Fairlington Dental

Cosmetic Dentistry Know ALL Your Options

Various surveys report that when you meet someone for the first time,

you notice their smile more than any other feature. This fact is why so many people are interested in cosmetic dentistry. Cosmetic dentistry can include whitening, porcelain veneers, orthodontics (braces), dental implants, oral surgery, gum lifts, tooth-colored fillings or even a fresh set of dentures. And depending which type of dentist you go to, you may be offered only

one or two of these options, whereas a combination of several treatments may be more appropriate. Since there are so many options to choose from, this article will help you make an informed and intelligent decision about which options are best for you.

Whitening

Tooth whitening uses various forms of hydrogen peroxide, which

has been shown to be not only safe for teeth but also beneficial to the gums. The major drawbacks to whitening are sensitivity and unpredictability. Various “whitening strips” can be purchased over the counter and work well for light staining on otherwise normal teeth. Custom bleaching trays provided by a dentist provide even better results, if you are willing to wear them for at least 15 minutes a day for a few weeks. In-office bleaching in a dental office does the same job very quickly and any sensitivity is short lived. Finally, “Kor Whitening” is a special system developed to treat tetracycline staining which combines in-office treatments and take home trays to get the best results with the least sensitivity.

Porcelain Veneers

Porcelain veneers are thin facings that are bonded to the front of your teeth to restore your smile. They can completely cover stains, as well as even out crooked teeth and make chipped teeth look like new. The results can be dramatic and immediate, and the veneers can last for decades. The drawbacks are high cost, sensitivity, and the need to replace them periodically. But for certain cases the advantages far outweigh the disadvantages. The veneers can usually be completed in just a few visits, making them perfect for patients wanting “immediate gratification.”

Invisalign®

If you don't mind waiting some months for your new smile, orthodontics may be a much better option than porcelain veneers. For patients with nice looking natural teeth, just crooked or gapped, orthodontics is a more natural and cost-effective approach. Invisalign is a series of clear plastic trays which gently move your teeth to their new, straight position. At an average treatment time of only 11 months, Invisalign is quicker and easier than traditional braces, plus there are no diet restrictions and no issues brushing and flossing.

The Comprehensive Approach

The comprehensive approach utilizes all of the above options and more by combining two or more treatment modalities. It starts with identifying the patient's desired result, budget, lifestyle issues and time frame. All of these factors can influence a patient's decision about treatment and should be taken into consideration by the dentist.

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Health
Begins With
Oral Health**



Dr. Michael Rogers Our Complete Health Approach

At Fairlington Dental, we understand the connection between a healthy

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

Our team has mastered the techniques of gentle dentistry and is skilled at helping patients with any level of apprehension relax and grow comfortable with visiting the dentist. Anxiety and tension have a variety of sources, so it's important for us to listen to your concerns as well as your goals and history. Then we address your anxieties and proceed with gentle treatment only when you're ready. We deliver all of this in an office that is environmentally aware, while you enjoy a variety of spa-like amenities during your visit.

One of our greatest joys is helping patients smile again, especially those who may not have seen a dentist in a while. You'll be amazed at how the quality of life can change! We strive to create a partnership with you that starts the moment you walk through our door.

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HOW DENTAL LASERS ARE 'DIFFERENCE MAKERS' FOR PEDIATRIC PATIENTS

By Rishita Jaju, D.M.D.

How it Started

When I opened my practice, I set it up as a laser dentistry practice. In fact, even before I finalized my location, I invested in BIOLASE's dental laser technology. I knew that dental lasers would be the cornerstone of my services for the patients in my practice due to their versatile nature and ability to deliver consistent, excellent results.

What makes All-Tissue Lasers Impactful in a Pediatric Practice

Waterlase is one of the only dental lasers that are biocompatible, protective of all tissues, and a multi-purpose laser that can be used for treating hard tissues such as teeth and bony structures, as well as soft tissues like gums, lips, tongue, and more.

Laser soothing and comfort for canker sores, frenectomy, mucocele removal, operculum removal for inflamed gingiva due to food impaction or infection, exposure of unerupted teeth, gingival recontouring, are all examples of other services that would not be possible without Waterlase in my practice.

Waterlase's gentle technology for removing dental decay ensures children will not be stressed or frightened during the treatment of dental cavities. The Waterlase helps desensitize the tooth and removes the decay. Patients do not have to experience the "shot," a numb feeling, post-op lip biting, cheek biting, tongue biting, drooling, etc. that would be associated with a local anesthetic. Since we do not have to worry about the local anesthetic, we can complete treatment on multiple areas of the mouth safely and efficiently. This ultimately reduces the number of dental visits for the child and makes the overall dental experience so enjoyable – they want to keep coming back!

Infant Oral health

Waterlase's soft tissue capabilities allow for a biologically protective method of providing procedures such as frenectomies to our newborns, infants, toddlers, and children with special needs. Pediatricians, lactation consultants, doulas, midwives, chiropractors, speech pathologists, and feeding therapists have joined the ranks to bring our top referral sources. Families travel multiple hours and choose to come to our practice while passing



hundreds of dentists on the way to take advantage of our expertise and Waterlase technology. Seeing mothers experience the joy of being able to breastfeed their infants and parents witnessing the happiness and satisfaction that a baby can experience after an efficient and effective feed due to the laser frenectomy procedure is priceless!

Patients with Special Needs

In my practice, I have patients who have sensory issues and do not like the feeling of bristles on their gums. This leads to cavities near their gum line. If I only offered "traditional" dentistry solutions to treat them, there would be a significant amount of bleeding around the gum tissue and this would prevent me from keeping that area isolated. Additionally, they are afraid of vibrations and cannot tolerate the conventional 'drill' for their dental treatment as they feel overwhelmed and too stimulated. Waterlase allows for more conservative, gentle, and clinically excellent treatment outcomes especially in these cases that would otherwise be impossible to achieve.

Success during the Covid-19 Pandemic

Our practice's ability to treat a variety of patients and reduce the time, money, and resources spent on procedures has been key to our success during the Covid-19 pandemic time. Waterlase generates 98% less aerosols than high-speed handpieces and has allowed me to reduce time spent in the dental chair, resulting in more productivity and fewer visits. I can't imagine not having my lasers as a part of my professional services. Parents seek out our practice due to the many benefits that the Waterlase provides for their children through word of mouth and referrals due to our practice's excellent patient care. We take a more futuristic and minimally invasive approach to dentistry, and I would recommend BIOLASE dental lasers to anyone providing or seeking dental care.



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Meet Dr. Michael Glickman

Dr. Michael L. Glickman, MD, is a double Board Certified Family Medicine and Obesity Medicine physician who has been practicing since 2013, and founded Revolution Medicine in 2021.

Revolution was born from the idea that there is something missing in the US health care system, which has been designed to treat disease rather than prevent it. Nearly three-quarters of adults are overweight, yet doctors have little time to promote wellness, with limited advice beyond "eat less, exercise more."

Dr. Glickman's aim has been to correct this imbalance by creating a holistically tailored program that considers the whole person, mind and body, to promote weight loss, and prevent and reverse chronic disease.

When he's not taking care of patients, Dr. Glickman spends time with his wife and two children. To stay healthy, Michael weight trains, plays tennis, and cooks nutritious meals. He is a classically trained violinist and enjoys practicing in his free time. Michael graduated from the Florida State University College of Medicine, and completed his residency at VCU-Fairfax Family Practice / INOVA Fairfax Hospital.

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Sheri Salartash, DDS, MAGD, AIAOMT, FICOI, FAAIP

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Dr. Sheri is voted among her peers
as a TOP DENTIST by the
Washingtonian (2019)

Holistic Dental Practice in Northern Virginia

Dr. Sheri wants to make sure that the office and her team always deliver the best dental care to their patients as they can. Dr. Sheri Salartash is a **whole health focused mouth doctor** as she seeks to help patients with not just dentistry, but overall healthy body lifestyles. She focuses on the dental contributions to medical symptoms and natural wellness.

Dr. Sheri has years of experience in **Advanced Lightwire Functionals (ALF)**, Orthodontics, **Neuro-Muscular Orthodontics Appliance Therapy**, **Sleep Apnea** treatments, Functional Cosmetics and Aesthetics, for all aged groups. She never stops enhancing her professional skills and thriving to pursue the highest knowledge about dental care for her patients.

Dynamic Dental Wellness (DDW) strongly believes in natural wellness, **comprehensive**, and contemporary focus in medical approaches. DDW not only provides General Dentistry, Orthodontics, Cosmetic, Biocompatible & Functional Dentistry but also **Advanced Laser Dentistry**. Several noticeable differences set DDW apart relating to their care about patient's health. The office is totally **mercury free** and they strictly follow mercury safe removal certified-procedures. Dr. Sheri and her team utilized the **most advanced** and **greenest technology** available for diagnosis and treatments.

Drill Free - Injection Free - Pain Free Dental Solutions



Dr. Sheri Salartash is processing
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(No numbness required)

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For more information about the advanced laser therapy or the modern office, please call the office at the number **703-775-0002**. Or just simply visit the website at **DynamicDentalWellness.com**.



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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103



Meet Jeffrey L. Brown:

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

Do you have TMD or Sleep Apnea?

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

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

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...
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Marvette Thomas, DDS

Cosmetic Dentistry,
Invisalign® Platinum Provider

dentalspa



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Woodbridge, VA 22192

703-580-8288



Meet Marvette Thomas:

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

PROFESSIONAL MEMBERSHIPS

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

THE DENTAL SPA

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

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

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When you hear the word "orthodontics," what comes to mind? Probably a young teenager whose teeth are covered by a latticework of metal. There are indeed many orthodontic patients who fit that description. However, there now exists an increasingly popular alternative to traditional metal braces: Invisalign® clear aligners.

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Non-Drug Treatment



A new possibility for the treatment of depression

If you're like so many who suffer from depression, you have tried multiple medications or therapies searching for relief. These treatments don't deliver satisfactory results for everyone, and they often come with significant side effects that only add to the struggle. It can be an exhausting cycle of trial and error that feels never ending.

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TMS is Transcranial Magnetic Stimulation therapy, a non-drug treatment for major depression. TMS uses focused magnetic pulses, similar to an MRI, to reignite dormant synapses in the brain and help your brain function the way it was meant to.

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**Jessica Temple,
PsyD, ABPP-CN**

Jessica Temple, PsyD, ABPP-CN serves patients in the Falls Church location. Dr. Temple completed her Master's Degree in Clinical and Counseling Health Psychology at the Philadelphia College of Osteopathic Medicine and completed her doctorate in Clinical Psychology at La Salle University. She completed her clinical neuropsychology at the Coatesville VA in Pennsylvania and completed her clinical neuropsychological Fellowship/Residency at The Institute For Rehabilitation and Research/ Baylor College of Medicine. She is an active member of American Academy of Clinical Neuropsychology, Society for Clinical Neuropsychology (APA Division 40), Rehabilitation Psychology (APA Division 22), and International Neuropsychological Society.

As a neuropsychologist, she specializes in the assessment and diagnosis of all types of dementias, assessment of cognitive impairments due to concussion, traumatic brain injury, strokes, movement disorders, multiple sclerosis, and epilepsy.

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Garima K. Talwar, DDS, MS

Board Certified Prosthodontist

Specializing in Reconstructive and Implant Dentistry



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

She brings 25 years of experience to Northern Virginia, and has been recognized as one of the best Prosthodontists by "Top Dentist" and *Washingtonian* magazines, and by her peers.

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Aazaz Haq, MD

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Esketamine is a novel, FDA-approved nasal spray indicated for treatment-resistant depression in adults in conjunction with oral antidepressant therapy. Esketamine has a unique mechanism of action that is markedly different from all oral antidepressants and can often alleviate depression that other antidepressants cannot.



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Nilofar Naderi, LCSW

571-554-6697

Nilofar.naderi@gmail.com
2000 15th Street, North
Suite #1003, Arlington, VA 22201



Meet Nilofar Naderi:

Nilofar Naderi grew up in Northern Virginia and graduated from Catholic University of America in Washington, DC. Her experience includes working with adults in group homes, working with inner-city, dually diagnosed adults with severe mental illnesses, experience working with children and families, worked in therapeutic foster care with children that had severe emotional regulation challenges, and provided group therapy for adults with substance abuse problems including alcohol and street drugs.

Services: Treats adolescents, adults and couples using CBT and Trauma Focused CBT. Experience working with clients with multicultural backgrounds, Muslim populations, and fluent in Farsi/Dari.

Specialties: Anxiety disorders, depression, anger management, divorce/separation, grief, infertility, parenting issues, trauma, PTSD, and sexual abuse. Provides one on one social skills training, treats clients with mood disorders, and treats school anxiety.



www.NilofarNaderiLCSW.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Lynda Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Lynda Dean-Duru

Dr. Lynda Dean-Duru pursues pediatric dentistry with a passion rooted in her fascinating personal story.

For Doctor Lynda, the pathway to dentistry started during her own childhood experience with a dentist's impact in her native Nigeria. As the eldest of nine children (including seven brothers), she witnessed a total transformation in the health of one of her little brothers after his aches and pains were totally resolved under the care of a well-trained dentist.

As a result of this transformative experience, young Lynda determined to extend that kind of care to others as her life's calling. She went on to earn her dentistry degree from the University of Benin, her General Practice residency from Howard University Hospital, her Pediatric Dentistry Specialty Training from Children's National Medical Center, Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry.

Doctor Lynda has undertaken much continuing education in Orthodontic training and is a fellow of the United States Dental Institute and a member of the prestigious Gnathos education group in Atlanta, Georgia. She holds a certification in Oral Myology from the International Association of Oral Myology (IAOM). She has completed levels 1 and 2 of the Advanced Light force functionals (ALF) therapy, ALF Interface Academy Foundations, Genesis, and other courses.

Doctor Lynda is part of an Integrative team of healthcare providers seeking to deliver optimal health to our pediatric population by education, awareness, and collaborative care. She also has a special interest in treatment that focuses on infants' breastfeeding and prevention of sleep apnea in children.

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



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Karl A. Smith, DDS, MS

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Meet Periodontist, Karl A. Smith, DDS, MS

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

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

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and professionalism of his office and patient-oriented staff. He is consistently rated by his peers as a Top Dentist 2012-2021 in *Virginia Living*, *Washingtonian Magazine*, and *Northern Virginia Magazine*.

WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

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

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Degrees, Training and Certificates:

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

www.DrKarlSmith.com

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Tina P. Huynh, DPM

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Meet Tina P. Huynh:

Dr. Tina P. Huynh, has been living in Northern Virginia for over 20 years and is an American Board of Podiatric Medicine certified podiatrist serving patients in Annandale, VA. Dr. Huynh attended Marymount University for her undergraduate degree for Molecular Biology and obtained her degree in Podiatry at New York College of Podiatric Medicine. Dr. Huynh Residency training was at Washington Hospital Center affiliated with Georgetown University Hospital for limb salvage.

Dr. Huynh is an experienced foot and ankle specialist. She specializes in the management of all foot and ankle conditions including wound care, heel pain, plantar fasciitis, heel spurs, ankle sprains, sports injuries, flat feet, bunions, hammertoes, foot and ankle fractures, tendonitis, diabetic foot care, corns and calluses, toenail fungus, warts, athlete's foot and gout. In addition, Dr. Huynh offers individually designed custom-molded orthotics to help correct chronic and/or pathologic foot abnormalities and improve foot function. She strives for good patient communication, which includes explaining the diagnosis and outlining an individualized treatment plan with conservative and surgical treatment options.

Dr. Huynh is accepting new patients, use the online booking feature to schedule an appointment or call the office today.



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Gregory Cardinal, DPM

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Meet Gregory Cardinal:

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

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

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

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



Podiatrist in Motion

www.PodiatristInMotion.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Edward Pozarny, DPM

Diabetic Foot Care, Podiatry



611 S. Carlin Springs Road
Suite #512, Arlington, VA 22204

703-820-1472



Meet Edward Pozarny:

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

Training & Certifications:

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

Professional Memberships:

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

Special Interests & Services:

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

Practice Philosophy:

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

Personal Interests & Hobbies:

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

GOT DIABETES?

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

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

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

www.ArlingtonPodiatry.com

Yemi Adesanya-Famuyiwa, MD, FACOG

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3202 Tower Oaks
Boulevard, Suite #370
Rockville, MD

301-946-6962



Meet Yemi Adesanya-Famuyiwa:

Degrees, Training and Certificates: M.D. – Emory University School of Medicine, 1989. Residency in OB/GYN – Georgetown University, 1989-1993. Fellowship in Reproductive Endocrinology and Infertility – The National Institute of Health, 1993-1995. Graduated, Magna Cum Laude with a degree in Biological Sciences – Kent State. Board Certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology.

She is the founder of Montgomery Fertility Center, as well as the Associate Clinical Professor of Obstetrics and Gynecology at George Washington University School of Medicine and an attending physician at Holy Cross Hospital in the department of Obstetrics and Gynecology.

Practice Philosophy: Dr. Famuyiwa is at the forefront of providing state-of-the-art care based on emergent and ongoing new technologies and research. This is based on a philosophy to provide exceptional care in the most compassionate manner in order to achieve the best possible outcomes for her patients. Her work has been recognized by numerous awards.

Awards: Top Doctor in Washington-Baltimore in 2012. Castle Connolly Top Doctor every year since 2012 to 2022. Castle Connolly Exceptional Women In Medicine award every year since 2017 to 2022. Named one of *Bethesda Magazine* Top Doctors in 2019.



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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.

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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

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Women's Cardiovascular Health

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Chronic Pain and Depression – You Are Not Alone!

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Advanced Imaging Techniques Can Now Help Identify the Source Of Your Chronic Pain

It's no secret that chronic pain is more than just physically debilitating.

It can and *will* negatively affect your work, family relationships and by its definition may be an expectation of a life of continual misery as reported by our many patients.

What Can Be Done?

There are no easy answers, but there *can* be help with recent advancements of imaging techniques now available.

*It's no secret
that chronic pain
is more than
just physically
debilitating.*

Many referring physicians are only familiar with the "usual" imaging scans that they request for their patients on a daily basis.

Symptoms can be dizziness, forgetfulness, unsteady gait, numbness, pain in the neck, back and extremities which are either chronic, of varying intensity or occur without warning.

The most insidious of these are undiagnosed injuries to the neck – most especially as the result of whiplash or concussion – that undiagnosed can result in additional future injury and a lifetime of pain.

A recent study by Dr. Michael Freeman published in July 2020 states, "There are approximately 869,000 traffic crash-related cervical spine injuries seen in hospitals in the US annually. The annual counts of whiplash and spinal disk injuries in the US likely exceed 1.2 million and 33,000, respectively. National insurance claim data, which include cases of cervical disk injury diagnosed both in and outside of the emergency room indicate this data likely undercounts cervical disk injuries by 92%, and correspondingly undercounts such injuries by 99% or

more.

There is *no reason* to continually suffer chronic pain without proper diagnosis!

Are you one of these over 1.2 million patients every year?

If so, please ask your physician about a weight-bearing po-

sitional MRI or a digital motion X-ray scan that may either document or rule out these common injuries in motion-related accidents.

It's your life, and you deserve to enjoy it to the fullest without the continual pain and suffering that restricts your physical and emotional health.

Ask about these advances in medical imaging today. You have nothing to lose and the possibility of the pain-free life you have been hoping for.

Do a simple Google search for "Weight-Bearing MRI Near me" today, and begin the journey to a pain-free life that we all seek.



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When people are hurt in motion, diagnostic tests must be done in motion to properly detect the full extent of the problem. This is especially helpful if you have more pain when you move which is the case for most patients after a crash. For example if your neck or upper back pain increases when you look down, it is helpful to visualize your spine while looking down with the DMX. Traditional X-rays and MRIs often miss Whiplash and other neck ligament injuries because they are designed to take a picture of a patient standing still.

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Pregnancy-Related Pelvic and Back Pain, Incontinence and Abdominal Muscle Separation

voluntary leakage of urine. Over 13 million American's suffer from this condition with more than 50% being middle-aged women.

Pelvic pain can present itself as vaginal pain, pain during sexual intercourse, painful bowel, bladder, or severe menstrual pain. Pelvic pain can stem from musculoskeletal dysfunctions of your spine, pelvic girdle or other conditions such as interstitial cystitis, endometriosis, and abdominal scar adhesions.

What To Expect During Therapy

A women's health physical therapist will provide an evaluation and

develop individualized treatment programs specific to your problems and goals. Treatments may include a combination of therapeutic exercises to strengthen and coordinate the muscles of the core: which encompass the pelvic floor, abdominals, hips and spine muscles. Other treatment options include: bladder training, education on bladder irritants and nutrition, manual therapy, trigger point dry needling, posture correction, visceral mobilization, functional training, EMG biofeedback and electrical stimulation.

Don't continue to suffer with

these painful and embarrassing conditions. A woman's health physical therapist can help get you back to enjoying the activities you love.



Diastasis Recti is 2.7 cm or greater separation of the rectus abdominus muscles which can leave a belly gap or bulge. This separation frequently occurs during pregnancy, obesity and is a more frequent occurrence for those that lift heavy objects frequently and incorrectly.

Women's health physical therapy is an area of rehabilitation that specializes in the unique needs of women throughout their life cycle. Young female athletes, pregnant women (before, during and after) and women in their menopausal years all have specific needs and problems that can be treated with physical therapy.

Did you know?

- 24% of women have painful sex 18 months after childbirth.
- 50% of all women have pelvic organ prolapse
- Amongst women who report having urinary incontinence three months after childbirth, 76% still have it 12 years later.
- 60% of postpartum women have a separation of their abdominal muscles and 39% continue with abdominal issues six months later.
- Over 60% of women complain of back pain during pregnancy.

Pregnancy and Post Partum

Women experience many changes that affect their skeletal system during and after pregnancy. Normal increases in hormone levels contribute to loose joints and causes abdominal muscles to stretch. This can lead to pelvic instability. Pelvic instability, postural changes and poor body mechanics contribute to:

- Low back pain
- Pubic symphysis separation/pelvic girdle pain
- Sacroiliac dysfunction
- Sciatica
- Upper back pain
- Diastasis recti (abdominal muscle separation)

Urinary incontinence is the in-





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• Constipation	



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By Edward S. Pozarny, DPM
Arlington Podiatry Center

The disease known as diabetes mellitus affects many parts of the

Diabetic Foot Care

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

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

Four Major Effects That Diabetes Can Have On the Feet

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

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

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

Neuropathy – Neuropathy or

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

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

Three Basic Steps For Proper Foot Care For the Diabetic

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

Don't Walk In Pain Anymore!

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Dr. Edward S. Pozarny

Diplomate, American Board of Foot and Ankle Surgery
Certified in Foot and Ankle Surgery



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By Tontra Lowe, DDS
Awesome Smiles Dental Center

contagious and usually last 7-10 days. You can buy medicine over the counter to treat them or stay away from acidic liquids and foods to let them heal. But what if you could reduce ten painful days to one or three? Which would you prefer?

Cold sores are herpetic lesions, are viral in nature, and “appear as fluid-filled blisters,” according to the American Academy of Dermatology. Although primarily on the lip, they can show up closer to the nose or around the mouth. They are contagious at certain stages and can look unattractive as they dry, form a scab, and eventually go away, only to show up shortly, almost in the same spot. Does only three days of having these visible sores sound better than ten?

Dental lasers can help with the safe, almost pain-free resolution of these lesions in as little as one session. We can use low-level laser therapy to heal tissues quickly, with no downtime or discomfort, and with little chance that the lesions will recur in the exact location. Some patients will require multiple sessions. Imagine you have a celebration or conference to attend, and you feel the undeniable twinge

Mouth sores can be small, but they can hurt a lot. You know exactly what I mean if you've ever had a canker sore on the inside of your lower lip or the right side of your tongue. Eating grapefruit or drinking a tall glass of orange juice can be excruciating. Or, if you have had one of those annoying cold sores on the outer corners of the lip that show up just in time for a Zoom meeting or celebration to attend, you can totally understand why having a quick solution to get rid of these painful sores is beneficial.

Canker sores, also known as aphthous ulcers, are small lesions that develop on soft tissues such as the inner lip, tongue, or gum. They are not

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By Natalya Anderson, Owner, Stylist
Alya Salon and Spa

Photo By Mila Jackson

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 similarities 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 & Shake” which refers to

Curly Hair

What Type Of Curly Cut Is Right For You?

the method of setting the curl up just before it dries. And the other phrase is “Carve & 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 & 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.

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 performed 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 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.

Please see “Curly Hair,” page 46

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FEEL YOUR BEST

FROM PAGE 4

cept is to rejuvenate your skin layer by layer by harnessing your body’s own capacity to renew itself. This approach reflects an advanced understanding of the aging process and, if started in time, can save you from ever having to go under the surgical knife.

The American Board of Medical Specialties recognizes four types of specialists as being appropriately qualified and trained to perform cosmetic procedures – board certified dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons.

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

Photofacials can be alternated with DermaSweep MD, a more effective, crystal-free alternative to microdermabrasion, which painlessly polishes your skin with silk and other brushes and then infuses it with customized therapies to fade discolorations, tighten pores and make your skin radiant and youthful.

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

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

Please see “Feel Your Best,” page 46

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ARCADIA



By Swathi Reddy, DMD
All Smiles Orthodontics

Orthodontic Consultation

What To Expect

If you believe that you or your child could potentially benefit from

orthodontic treatment, the first step would be to schedule an appointment for a consultation with an orthodontist. Orthodontists are simply dentists who have received an extra 2-3 years of specialized education beyond dental school to learn the proper way to straighten teeth and correct bite problems.

Children, teenagers, young adults, middle-aged men and women as well as seniors are taking advantage of the

simplicity that distinguishes today's orthodontics.

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

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

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

re-evaluation.

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

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

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

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Link Between Oral Health and Diabetes



By Marvette Thomas, DDS
The Dental Spa

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

Two Diseases With a Lot In Common

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

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

Please see "Diabetes," page 46

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

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

Boost Your Beauty This Valentine's Day



By LaSondra Gray
CMLSO, CMNC
Reflections Image Center
& Skin Care Institute

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

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

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

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

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

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

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

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

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

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

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

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FEEL YOUR BEST

FROM PAGE 41

A recent addition is platelet-rich plasma (PRP) with microneedling – the so-called “vampire face lift” – that harnesses the regenerative power of your body’s own healing processes to restore smooth, radiant skin. Studies show that PRP is also effective for hair restoration.

The lowest layer of your skin can be treated with Ultherapy, Exilis Ultra or Sublime lasers, the newest no-downtime, no-surgery face lifting and tightening treatments. Ultherapy tightens collagen and elastic tissue, to lift your brows and cheeks, define your chin and jawline, and tighten and lift your neck, chest, abdomen, buttocks, arms and elsewhere. You will see prompt results that improve even more over time. Stimulation of your skin’s self-tightening is long lasting and can take years or decades off you.

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

Kybella injections or LipoLite laser treatments can remove unwanted fat with no down time and no anes-

thesia to chisel your jawline. You can also melt fat away painlessly from your hips, abdomen, waistline, buttocks, arms and other areas.

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

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

This highly sophisticated approach doesn’t change you into the cliched “new you.” Better yet, it empowers you to re-discover the real you, balancing how you feel inside with how you look outside. A youthful and aesthetically harmonious appearance maximizes the first impression we make on others, and our personal and professional success at any age.

DIABETES

FROM PAGE 42

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

A Two-Way Street

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

and improved metabolic functioning.

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

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

COLD SORES

FROM PAGE 40

of a cold sore starting. A quick call to your laser dentistry office could save you pain and embarrassment and reduce recovery time – a complete win, win, win.

CURLY HAIR

FROM PAGE 41

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.

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SLEEP

FROM PAGE 23

response and awakening from sleep then slipping back into sleep before starting the process over again. Having 5-15 events an hour is considered mild and more than 30 such events is considered severe.

Obstructive sleep apnea (OSA) and upper airway resistance is a result of physiological and anatomical conditions of the upper airway passages which cause soft tissues to fall back into the throat blocking the trachea and reducing or blocking airflow.

OSA and Oral Health

Most patients with sleep apnea have inflammation of the gums and heavy wear on their teeth. They usually have had several crowns and root canals due to heavy bruxism associated with sleep apnea. Many of these patients also suffer from TMJ or jaw joint disorder. Forward head posture and mouth breathing could be other conditions that coexist for patients suffering from sleep apnea.

OSA and Heart Disease

OSA increases the risk of transient ischemic attacks (TIAs), stroke, atrial fibrillation, myocardial infar-

ction, incident congestive heart disease, heart failure and death.

OSA and Diabetes

Studies have shown those with the highest HbA1C levels also tended to have more severe OSA. Furthermore, those with OSA tended to have significantly more diabetic complications than those without OSA.

A few therapeutic options are:

- CPAP.
- An oral appliance. The patient should be evaluated by a dentist who is a diplomate with the Board of Dental Sleep Medicine. You can locate one at aadsm.org
- An ENT or oral faciomaxillary surgeon consultation to look for specific causes of obstruction.
- Omyofunctional therapy to strengthen the coordination of the tongue and facial muscles.
- An orthopedic orthodontic treatment to develop the patient's dental arches.

A BMI greater than 25 is frequently associated with sleep disordered breathing.

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COMPLEMENTARY and INTEGRATIVE HEALTHCARE – Chiropractic, Hypnotherapy, Holistic Healthcare, Nutritional Therapy, Acupuncture, Yoga, Physical Therapy, and much more! **Will include Profiles from your Local Integrative Health Professionals.**

April

BEAUTY, SKIN CARE, & GORGEOUS SMILES – Dermatology, Aesthetics, Body Contouring, Plastic and Cosmetic Surgery, the Latest Lasers, Anti-Aging, Weight Loss, Cosmetic Dentistry, Eye Wear, and more! **Will include Profiles and Information from your Local Beauty and Dental Health Professionals.**

May

VISION and EYE CARE – Professionals to help you and your family with your eye care including New Technology, LASIK, Eye Glasses, Contacts, Other Vision Appliances, Surgery, Children, Adults and Seniors! **Will include Profiles from your Local Vision & Eye Care Health Professionals.**

June

PAIN MANAGEMENT and REHABILITATION – Professionals to help you and your family with chronic pain. Chronic pain is debilitating with significant consequences for the sufferer, their loved ones and their employers. Educating people about pain and where they can get help. **Will include Profiles from your Local Pain Management Health Professionals.**

July

MEET YOUR LOCAL HEALTH PROFESSIONALS – Biographical profiles of a wide variety of local health professionals (Primary Care, Specialists, Integrative, Fitness, and more), highlighting their credentials, expertise, education, practice philosophy, areas of interest, and more!

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

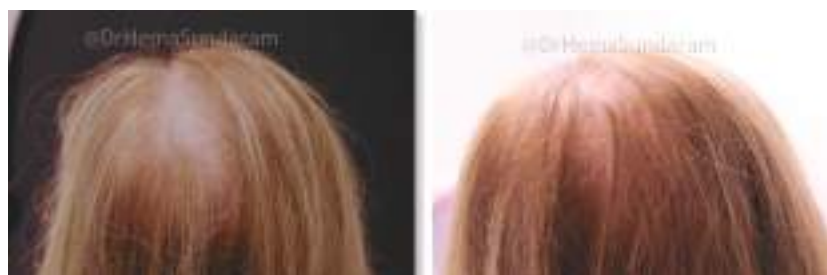
My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert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

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

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

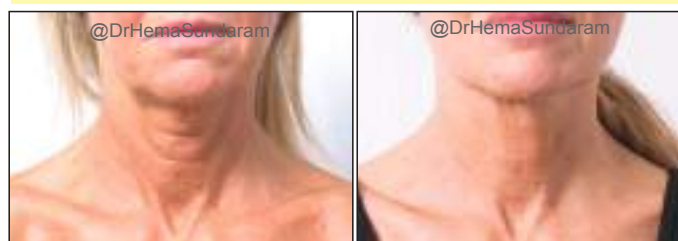
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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