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Northern Virginia







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By Deeni Bassam, MD, DABPM The Spine Care Center

The United States is the world leader in medical innovation by far. Over the past 10 years more medical drug discoveries have occurred in the United States than in Japan, the UK, Germany, and Canada combined. Some of the most significant discoveries in medicine in our lifetime have come from the great engine of innovation that is the United States including MRI, CT scans, and cholesterol lowering "statin" drugs to name a few.

Plus, our understanding of normal and pathological processes of the spine has grown exponentially during the modern era. The future holds great promise for patients who suffer from painful and debilitating conditions of the spine and patients in the US will continue to enjoy first access to these cutting edge technologies.

Our understanding of the basic science of spine anatomy at the cellular level in both normal and pathological states will certainly expand in the next decade. Already we are learning more about the role of inflammatory mediators in the propagation of pain signals in acute back pain and how microscopic disruptions of our aging discs are associated with these painful episodes.

Understanding these inflammatory cascades offers greater opportunity to intervene medically to lessen the painful symptoms. Although we are a long way off from truly reversing the effects of time on our bodies we can at least offer treatments to reduce the pain and productive time lost when we are affected by these painful episodes. Look for medications to be more and more specific in their targets to intervene in the inflammatory process allowing for improved pain control with a reduction in side effects.

Surgery will continue to play an important role in the treatment of some severe conditions of the spine. The objectives will continue to be stabilization and decompression but the means to those ends will surely continue to evolve.

Future Trends In Spine Research

Already, many options for "minimally invasive" fusion of the spine are available allowing for a more speedy recovery, with shorter hospitalizations and blood loss. Nerve and spinal cord stimulators used in the treatment of refractory neuropathic pain will shrink in size as they grow in stimulation options.

A surgical option for painful degenerative disc disease which is safe and effective will one day materialize. Disc replacement surgery is being performed in very select individuals at this time and this will likely grow as surgical techniques improve. Look for improvements in accurate diagnosis of painful conditions of the spine to guide practitioners treatment options. The

trend is towards a multi-disciplinary approach to treatment of spine disorders, particularly patients afflicted with chronically painful conditions.

These and other innovations will ultimately benefit all of humanity and will most certainly continue to be a source of growth for the United States for generations to come.

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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Botox Myths and Facts



By Hema Sundaram, MA, MD, FAAD Sundaram Dermatology

Botox has now overtaken Viagra to become the world's and social media's most publicly recognized medical treatment

Did you know that, in addition to the much-advertised wrinkle-smoothing effects of Botox, it is approved to safely treat many medical conditions? These include cerebral palsy and neck spasms (cervical dystonia) as well as lazy eye, overactive bladder, excessive sweating (hyperhidrosis), and migraines. Botox has been called the Penicillin of our era due to its many useful medical actions.

The primary action of Botox in wrinkle-smoothing is to relax overactive muscles. Its safety and effectiveness have been documented over the past 40-plus years and led to its FDA approval.

When Botox is used for wrinklesmoothing, it rebalances face and neck muscles that have become overactive with age. There are now other treatments that work in the same way - Dysport, Xeomin, Jeaveau (Newtox) and Daxxify. The American Board of Medical Specialties recognizes board certified dermatologists, plastic surgeons, facial plastic surgeons and oculoplastic surgeons as the "Core Four" aesthetic specialists who are qualified through their training and knowledge to be performing all cosmetic procedures including treatment with Botox and other wrinkle relaxers, as well as fillers and lasers.

Many more people than we may

realize are having Botox treatment these days. In 2020, between 4 and 5 million injections were carried out worldwide, and this number rises every year. When performed properly, Botox should look completely natural and never give you a "frozen face" or weirdly shaped eyebrows. Good Botox is undetectable; it's usually only when someone has a bad or unnatural result that we actually realize they've had it! Botox treatment from an expert can also restore your skin glow, and minimize pores and facial redness.

The most expert doctors are national and international teachers at dermatology and plastic surgery academies and researchers for the clinical trials that bring new treatments to our country. Here are some important points that are useful for anyone considering Botox:

1. Understand the Science

As we age, some of our facial muscles become unbalanced. The wrinkles that form as a result can send signals that we don't intend. Frown lines between the eyebrows make us look angry, lines across our forehead communicate worry, a sagging mouth or neck can look sad, and a ropey neck may convey stress. With expert techniques, tiny amounts of Botox or other wrinkle relaxers are precisely placed just beneath the skin to give a smoother, more harmonious appearance. This must be done with an exact understanding of your facial anatomy and structure. When expertly performed, you will barely feel the injections, and have little or no bruising. Patients can return immediately to regular activities with no sign of having had treatment. On average, it takes 5-7 days to see the results.

2. See the Whole Picture

When you receive advanced Botox from a true expert, they aren't just smoothing individual lines or wrinkles, but know how to go beyond this to reshape your whole face and restore youthful contours, tighter pores and a beautiful skin glow. You will still look like yourself, just more like you did when you were years or even decades

younger.

For instance, if your eyebrows have dropped and flattened and your eyelids are heavier, a little Botox in the right places can lift and subtly shape your brows, and add definition and sparkle to your eyes.

Expert treatment is the key to making you look better without anyone realizing you've had anything done. Ironically, many celebrities who are criticized for being "over-Botoxed" are really victims of over-done surgery, whereas many who are most admired for their beauty or for aging gracefully look this good because they're having regular treatments with Botox, fillers and other non-surgical rejuvenation.

3. The Power Of Combination

A key strategy is combining Botox with natural fillers such as Juvederm, Restylane, Voluma, Radiesse and Sculptra, and state-of-the-art lasers for lifting and tightening like Ultherapy, Sofwave, Fraxel or Exilis Ultra. This can achieve a scar-free, more natural-looking, nonsurgical rejuvenation that prevents you from ever having to go under the knife.

Advanced techniques can stimulate your skin to produce new collagen and elastin. This lifts and tightens your skin from within to give longer-lasting results.

4. Looking Good In the Long Term

Many of these treatments require maintenance. This is a good thing as your dermatologist or plastic surgeon can adjust your treatments to fit your face as you age. You will always look completely natural, and may even be told that you never seem to age! Maintenance treatment not only smooths out your wrinkles, it also prevents wrinkles from deepening.

A doctor with a European-style approach may be especially focused on giving you results that look as natural and harmonious as possible.

When comparing pricing, make sure you know how well-qualified your doctor is, and that the Botox is not over-diluted. It's a false economy to pay less for bad Botox, or for diluted treatment that won't last as long as it should.

Select a board certified dermatologist or plastic surgeon with years of experience who can individualize your treatment to address your own unique pattern of facial aging. The most expert doctors are actively involved in cuttingedge teaching, research and public education. This is the real secret to achieving the best results and looking as good on the outside as you feel inside.

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If you are a woman 20 years of age or older and are living with mild to moderate facial acne, you may be eligible to participate in a new clinical study with approved treatments.



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March Is Workplace Eye Wellness Month

By Jacqueline D. Griffiths, MD New View Eye Center

Workplace eye injuries cost an estimated \$300 million per year in worker's compensation, medical treatment, and lost productivity, according to the Occupational Safety and Health Administration (OSHA). A simple precaution could prevent up to 90% of these injuries and protect thousands of workers every year.

How Common Are Eye Injuries At Work?

Eye injuries at work are alarmingly common. According to the U.S. Bureau of Labor Statistics, nearly 20,000 eye injuries occur in the workplace each year and often require one or more missed work days for recovery. These injuries range from simple eye strain to severe trauma that can cause permanent eye damage or vision loss.

The most important thing you can do to protect your vision at work is to always wear appropriate protective eyewear. This can prevent more than 90% of serious eye injuries.

What Are the Most Dangerous Jobs For Your Eyes?

In addition to eyewear, use machine guarding, work screens, or other

engineering controls to protect your eyes from hazards such as:

- Flying shards of metal or glass;
- Tools that slip or malfunction;
- Particles such as wood splinters, metal shavings or crystalline silica;
- Spattered chemicals;
- Any combination of these or other hazards.

What Is the Best Protective Eyewear For You?

The eyewear you need depends on the hazards you face. Wear:

- Safety glasses with side protection (side shields) if you work around particles, flying objects, or dust;
- Goggles if you handle chemicals;
- Specially designed safety glasses, goggles, face shields or helmets if you work near hazardous radiation, such as welding, lasers, or fiber optics.

All protective eyewear should comply with OSHA regulations for eye and face protection. OSHA also provides information about the types of filter lenses required for specific welding and cutting activities, and cautions about the danger of eye irritation from welding fumes as well. Your

gear should also meet the eye protection standards set by the American National Standards Institute (ANSI).

Here's How To Help an Injured Coworker:

Workers and employers should know how to recognize an eye injury and get professional medical attention right away. Delaying treatment can result in permanent vision loss or blindness.

Although serious eye damage is not always immediately apparent, some signs to look out for if you or someone else gets injured include:

- The person has obvious pain or trouble seeing;
- The person has a cut or torn eyelid;
- One eye does not move as well as the other;
- One eye sticks out compared to the other;
- The eye has an unusual pupil size or shape;
- There is blood in the clear part of the eye;
- The person has something in the eye or under the eyelid that can't be easily removed.

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Jacqueline D. Griffiths, MD

Selected as a "Super Doctor"

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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 $^{\text{TM}}$ 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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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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Alison Doner - MD

Let's Smile Dental

Nine Locations, Countless Smiles

Submitted By Let's Smile Dental

For over three decades, Dr. Ali Ghatri has been the heart and soul of Northern Virginia's dental community. As the founder of Let's Smile Dental, he's not just a board-certified orthodontist, but a pioneer in providing top-notch care with a touch of fun and flair.

Where Did It All Begin?

Dr. Ghatri's journey in dentistry began at Case Western Reserve University, where he excelled academically and earned a spot in the prestigious Omicron Kappa Upsilon National Dental Honor Society. After completing his dental education, he pursued his passion for orthodontics at the University Of Connecticut Department Of Orthodontics. In 1995, he established his practice in the metro area of Washington, D.C., quickly becoming known for his innovative approach and commitment to staying ahead of the curve with the latest technologies. Dr. Ghatri's dedication to excellence is evident in his numerous accolades and achievements. He's been a member of the American Association of Orthodontics since 1992 and has received the American Association of Orthodontists Scientific Program Award for his contributions to orthodontic education and research. Plus, he's been an Invisalign Diamond Plus Provider for years, putting him in the top one percent of Invisalign providers in the United States. But what truly sets Dr. Ghatri apart is his passion for making every patient's journey to a healthier, more beautiful smile a joyful one. He believes in personalized care and attention, ensuring that each patient feels valued and heard. His commitment to continuing education means that Let's Smile Dental is always at the forefront of the dental industry, offering the latest treatments and technologies.

Where Is Let's Smile Located?

Let's Smile Dental is conveniently located across Northern Virginia, with nine vibrant locations in Fairfax, Centreville, Reston, Herndon, Purcellville, Centreville, Fredericksburg, and Springfield.

What Are Some Of the Most Common Dental Issues That Let's Smile Dental Can Help With?

Let's Smile Dental offers a comprehensive range of services, including orthodontics, pediatric dentistry, family & cosmetic dentistry, oral surgery, and dental implants. Dr. Ghatri and the team are dedicated to upholding the highest standards of excellence in dentistry and orthodontics, ensuring that every patient leaves with a smile that's as bright as their future.

How Does Let's Smile Dental Contribute To the community In Northern Virginia?

Let's Smile Dental is more than just a dental practice; it's a place where smiles meet excellence. With our nine convenient locations throughout Northern Virginia, we are deeply rooted in the community and strive to be the go-to dental destination for those living near our locations. This is especially beneficial for individuals who relocate within Northern Virginia and need to find a dental office closer to their new address.

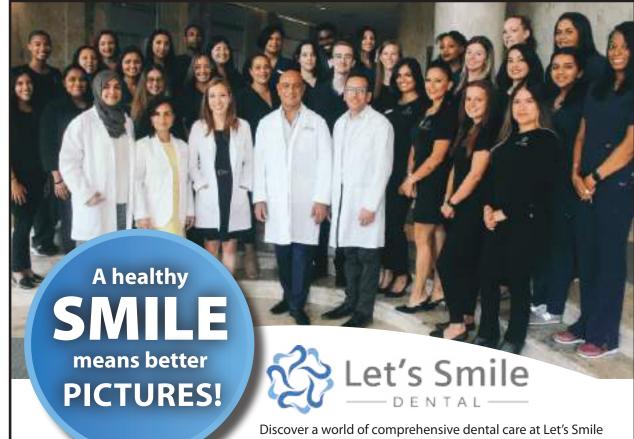
How Does Let's Smile Dental Make Dental Care Accessible and Convenient For Patients In Northern Virginia?

We accept a wide range of insurance plans, accommodate busy schedules, and offer flexible appointment times. We can easily accommodate clients at any of our nine locations that suit them best.

What's Next For Let's Smile?

As Let's Smile continues to expand, we have evolved from just a few locations to now proudly serving the Northern Virginia community with nine locations. With this growth, we've welcomed additional doctors, assistants, and staff to better meet the needs of our patients. Looking ahead, Let's Smile remains committed to serving the Northern Virginia community and enhancing our services. One exciting initiative

is our 7&Up club, designed to make the oral health journey enjoyable and rewarding for children transitioning from pediatric to orthodontic care. Additionally, we're thrilled to introduce SuperMouth, a groundbreaking oral care product developed by dentists to revolutionize dental hygiene for both kids and adults. As we continue to expand our knowledge of oral health care, Let's Smile Dental is dedicated to filling the gaps and meeting the evolving needs of our community here in Northern Virginia.



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Avoiding Opioids After Surgery A Plastic's Surgeon's Secrets

By Mark Domanski, MD Bluemont Plastic Surgery

In 2021, we lost over 80,000 Americans from opioid drug overdoses. At the same time, pain is something that we as human beings naturally seek to avoid.

Taking a couple of narcotic pills after a surgery is reasonable. This is *not* why we have an opioid problem in the United States. The reason for our country's opioid problem is the routine prescription of 80 narcotic tablets when the patient does not need any!

One of the reasons that physicians over-prescribe narcotics is to prevent a phone call from a patient requesting more pain medications. All of my cosmetic surgeries are elective, so here is how I manage my patients' pain:

During Surgery

I typically apply a long-acting numbing medication called Marcaine to the surgical site. Some patients note that they are numb and have zero pain the next day.

Tylenol: If my patient has mini-

mal pain when they go home, I recommend they take Tylenol. Regular Tylenol (acetaminophen) is 325 mg. Extra strength Tylenol is 500mg. I am comfortable with my patients taking two regular strength Tylenols (650 mg) every 4 hours.

Percocet: If surgical pain is severe, I tell my patients that taking a narcotic is okay! I often prescribe Percocet (5/325) which contains 5 mg of oxycodone and 325 mg of acetaminophen (an ingredient of Tylenol). I allow my cosmetic surgery patients to take 1-2 Percocet, every 4-6 hours.



Mark Domanski, MD

One of the side effects of any narcotic is constipation. That is why I recommend prune juice (with pulp if possible).

I tell my patients that it may be a good idea to take a Tylenol or Percocet before they go to sleep at night to minimize waking up from pain. A good night of sleep helps healing.

Percocet contains acetaminophen (the ingredient in Tylenol). Therefore, patients should NOT combine Percocet with Tylenol tablets at the same time because they may take too much acetaminophen.

Ibuprofen: On the *day after* surgery, my patients may add ibuprofen to their pain protocol. Ibuprofen and Tylenol (acetaminophen) work differently and have different side effect profiles. This means that Tylenol can be taken with Ibuprofen.

Ibuprofen can increase the risk of bleeding, so I recommend my patients start ibuprofen the day *after* surgery when the risk of bleeding decreases. Ibuprofen will cause stomach upset, so I recommend taking ibuprofen with... food and prune juice.

Over the counter ibuprofen comes in 200 mg tablets. The maximum prescription dose of ibuprofen is 800 mg, 4 times a day (16 tablets!!!). Because of the stomach-upset side effect, I recommend my patients stay below the max dosages and take 1-3 tablets (200-600mg) of ibuprofen 3 times a day as needed. Using ibuprofen on the first day after surgery has helped many patients no longer need Percocet.

I have effectively steered my cosmetic surgery patients through postsurgical recuperation in a comfortable and safe manner. Ask your doctor for specific strategies on narcotic reduction strategies as this article is not specific medical advice. However, remember that many patients have had surgery and avoided postoperative narcotics.

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Virginia Edition I 9 www.yourhealthmagazine.net

Supporting Employees With Seasonal Affective Disorder (SAD) In the Workplace

Submitted by Me Time Healing

Each year, millions of people in the U.S. experience seasonal affective disorder (SAD), also called seasonal depression or the "winter blues".

This is a type of depression that occurs during specific seasons, typically during the fall and winter months when there is less natural sunlight. It is believed to be caused by a lack of sunlight, which can disrupt the body's internal clock and lead to a decrease in serotonin levels.

A 2020 article by Forbes indicated that SAD can negatively affect motivation and diminish workplace communication and productivity.

SAD can have a significant impact on employees in various ways.

Here are some ways it can af-

fect employees:

- 1. Mood and Energy Levels: SAD can cause employees to experience feelings of sadness, hopelessness, and low energy levels. This can make it difficult for them to concentrate and perform well at work.
- **2. Decreased Productivity:** Employees with SAD may have difficulty focusing and completing tasks, leading to a decrease in produc-

tivity. They may also have trouble staying motivated and engaged in their work.

- **3. Absenteeism:** SAD can lead to increased absenteeism as employees may feel too fatigued or unmotivated to come to work. This can result in a loss of productivity and increased workload for other employees.
- **4. Interpersonal Difficulties:** SAD can affect an employee's social interactions and relationships with colleagues. They may withdraw from social activities or have difficulty communicating effectively, which can impact teamwork and collaboration.
- **5. Increased Stress:** Dealing with the symptoms of SAD can be stressful for employees. They may feel overwhelmed by their emotions and struggle to cope with the demands of their job.

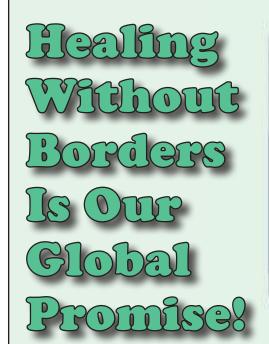
Employers can take several steps to support employees with SAD:

- **1. Flexible Work Arrangements:** Offering flexible work schedules or remote work options can help employees manage their symptoms and maintain a better work-life balance.
- **2. Provide Adequate Lighting:** Ensuring that workspaces are well-lit with natural or artificial light can help alleviate some of the symptoms of SAD.
- 3. Encourage Physical Activity: Regular exercise has been shown to improve mood and reduce symptoms of depression. Encouraging employees to engage in physical activity can be beneficial.
- **4. Employee** Assistance Programs: Offering access to counseling or therapy services through employee assistance programs can provide support to employees dealing with SAD.
- **5. Raise Awareness:** Educating employees about SAD and its symptoms can help reduce stigma and encourage open communication.

This can create a supportive work environment where employees feel comfortable seeking help.

It's important for employers to recognize the impact of SAD on employees and provide the necessary support to help them manage their symptoms and maintain their well-being.

Those with known SAD should consult a mental health professional about when to start treatment to help minimize symptoms and MeTime Healing team are here to help.





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A Gentle Touch: The Comfort and Health Of Dental Lasers



By Karl A. Smith, DDS, MS

Lasers have long been the standard of care in medicine for many surgical and cosmetic procedures. Lasers are used for vision correction, wrinkle and hair removal, vein therapy, and anti-aging treatments.

In the world of dental care, advancements like laser dentistry and laser periodontal therapy are not just technological leaps; they are helping find new ways to improve overall body health and well-being including how mental thoughts affect oral conditions.

For many, a visit to the dentist can evoke feelings of anxiety and discomfort. However, the advent of laser-based treatments has begun to transform these perceptions, offering a gentler, more reassuring experience.

Laser dentistry, with its precision and minimally invasive approach, has become a beacon of comfort for patients. This modern technique, using focused light beams, allows dentists to perform various procedures with minimal impact on surrounding tissues.

For patients, this precision translates to less pain and quicker recovery. The emotional relief provided by laser dentistry is profound. Patients who once felt anxious at the mere thought of a dental drill now find solace in the quiet, gentle hum of the laser. The reduced need for anesthesia and the minimal bleeding during procedures further alleviate fears, creating a more relaxed and comfortable dental experience.

Treating gum disease, a common and often distressing condition, has become much less daunting. Patients undergoing laser periodontal therapy report not only

physical ease but also a sense of emotional relief. They feel reassured, knowing that the treatment is thorough yet conservative, targeting only the diseased areas while preserving healthy gum tissue.

This results in the best outcome for the patient because the teeth remain covered with pink, healthy gum tissue instead of being "long and ugly." Patients can quickly recover with few or no

Consultation with Dr. Smith (Reg. \$428)

Karl A. Smith, DDS, LLC

sutures (stitches) and very little discomfort. This is a dramatic improvement over older periodontal treatment techniques where a lot of good gum and bone was removed to "reduce pockets."

The physical and emotional impact of these advanced treatments extends beyond the dental chair. Patients leave with a sense of empowerment, knowing they have taken a significant step towards bet-

ter oral health without enduring a traumatic experience.

This sense of accomplishment and the relief of having pain-free, efficient treatments can dramatically change one's outlook on dental care. Laser dentistry and laser periodontal therapy are a gateway to a more positive comfortable dental experience.

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Why Is Sleep So Important?

By Jeffrey L. Brown, DDS Sleep & TMJ Therapy

As human beings, we require sleep on an almost daily basis. Without proper sleep, our body tends to breakdown. In the past, very little was understood about why we need sleep, but now we are learning more about why we need to snooze. When you first lay down in bed, your body goes through various cycles as it approaches deep and later REM sleep in which we dream. Even the dreaming stage is not really well understood, but we do know our body needs it. As the body progresses through the various cycles of sleep it is believed that the cells are resting, repairing, and regenerating to prepare for the next day.

Sure, you can miss some of the sleep cycles and get less sleep than is needed now and then, but it does catch up with how you feel. Sleep deprivation can lead to headaches, drowsiness during the daytime, irritability, and even hallucinations. At our younger ages it is imperative that we get plenty of sleep. Infants need at least 12-16 hours of sleep each night and they are happier if that cycle stays on a consistent time track. Teens need only 8-10 hours of sleep and adults need 7-9 hours of sleep.



Jeffrey L. Brown, DDS

As we cycle through sleep each night, we start off with stage N1 sleep and spend about 5% of the night in N1. From there, we move to N2 and spend about 45% of the night in N2 sleep. After this, we go into N3 for about 25% of the night and finally into REM for about 25% of the night. While sleeping, we cycle through this pattern several times and with all good luck wake up feeling refreshed and alert the next morning.



Unfortunately, too many people these days do not sleep very well and wake up tired and cranky the next morning. This can sometimes be attributed to the medications they are on, their stress levels, travel into different time zones, and even obesity which is becoming more and more common. This is why sleep doctors and dentists have a harder job each year. Sleep apnea is becoming more the norm than the odd condition. Too many people are suffering the effects of apnea. Now, individuals are experiencing medical conditions associated with sleep deprivation.

One of the biggest problems with not getting enough sleep is that you wake up tired, and that is not a good way to start the day. The research is also clear that sleep deprivation and sleep apnea are directly related to diabetes, cardiovascular disease, and even cancer. When the body does not get enough sleep, its systems start to breakdown and that body is more prone to these serious conditions. If you need some help, reach out to your doctor and find out what steps can help you.



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

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

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

"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



Jeffrev L. Brown, DDS



Graduate of Georgetown School of Dentistry (1986)

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By April Toyer, DDS, FAAPD Lifetime Dental Care

Like many dental patients, you probably brush your teeth every morning and night, but realize that your

Flossing and Your Health

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

Flossing Is An Effective Defense Against Gingivitis

Inflammation can occur in gum tissue that contains bacteria, plaque, and tartar build-up. Gums that are swollen and bleed when they're brushed are a natural result of improper dental hygiene. Adding flossing to your regimen ensures that the debris from between your teeth, as well as any hidden bacteria, plaque, or tartar, is cleared away. Having eliminated the bacteria, your teeth become protected from gingivitis.

Stop Halitosis With Regular Flossing

Food particles hidden in between your teeth can allow bacteria to build up, adding to your bad breath. Tartar, in particular, contributes heavily to halitosis and often can be found hiding between your teeth. Brushing, mouthwash, and flossing every day will go a long way towards protecting your teeth.

Flossing Helps Control Diabetes

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



Restrict Respiratory Disease With Flossing

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

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





Ensuring Bathroom Safety



By Amer Mian, CEO Rio Medical Supplies

Bathroom safety is a paramount concern for seniors and individuals with disabilities. It's a space where slips, falls, and accidents are more likely to occur due to wet surfaces, limited mobility, and other factors. According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of injury-related deaths among older adults and the risk only increases for those with disabilities. Hence, implementing appropriate safety measures in bathrooms is crucial to mitigate these risks and ensure a safer living environment for vulnerable individuals.

For seniors and the disabled, the bathroom can present numerous challenges. Reduced balance, muscle weakness, and mobility issues can make simple tasks like bathing, toileting, and navigating the bathroom more hazardous. Slippery surfaces, low toilet seats, and lack of support bars exacerbate these risks. Consequently, it becomes imperative to equip bathrooms with safety products tailored to their needs.

One of the most essential bathroom safety products is grab bars. These sturdy bars provide support and stability, aiding individuals in safely maneuvering around the bathroom. Installing grab bars near the toilet, bathtub, and shower can significantly reduce the risk of falls. Additionally, non-slip mats and adhesive strips can be placed on bathroom floors and inside bathtubs to enhance traction and prevent slipping.

For individuals with limited mobility or wheelchair users, bath transfer benches and shower chairs offer convenience and safety. These assistive devices allow users to sit comfortably while bathing, eliminating the need for strenuous movements that may lead to falls. Furthermore, raised toilet seats with armrests facilitate easier and safer toilet use for seniors and those with mobility impairments.

Please see "Bathroom Safety," page 46

Causes and Treatments For Hypertension and Heart Attacks



By Alfred Chit Myaing, MD

Hypertension and heart attack

seen in some patients without obesity or diabetes.

Hypertension can result from various causes, hormonal imbalance, thyroid disorders, electrolyte imbalance, circulation disorders, trauma, auto-immune disease; treatment varies for different causes. Each person is unique and medication requirements are different.

Heart disease can be a result of smoking, stress, genetic, bad habits, infection and the treatment varies with the cause of problem.





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Mouth Breathing and **Dentistry**



By Michael Rogers, DDS Fairlington Dental

Entire books have been written about the negative effects mouth breathing has on our health. This article will help the reader understand just one of these negative effects: jaw growth and development.

When we breath through our mouth, whether because of nasal obstruction or out of habit, we are creating a situation which causes our upper jaw to become more narrow than normal. This is especially true if mouth breathing occurs during growth and

development. As we grow, the tongue is supposed to act as a natural palate expander, counteracting the equal and opposite forces of the lips and cheeks pressing down and in. If the tongue is forced down so we can get air, which is our most immediate need, then the roof of the mouth still grows but in a distorted shape. It becomes narrower than genetically programmed and the palate grows higher than normal. This eventually becomes a self-perpetuating problem because the roof of the mouth is also the floor of the nose. So a high, narrow palate leaves less room in the nose for air to pass and eventually mouth breathing becomes the only way to get air to our lungs.

High narrow palates result in less room for the teeth, creating crowding and misaligned teeth. A narrow palate usually results in an exaggerated overbite, because the growth of the lower jaw is not as affected by tongue posture as the upper jaw. If the upper jaw isn't somewhat larger than the

Please see "Mouth Breathing," page 46

Optimum Health Begins With Oral Health



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

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Ensuring Healthy Smiles and Sound Sleep For Your Child



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

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

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

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

The Importance Of Proper Sleep and Open Airways For Children

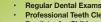
During the first 18 months of a child's life, crucial growth and developmental milestones occur, many of which are related to facial development. Ensuring proper breathing is essential for

Please see "Healthy Smiles," page 46



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Dos and Don'ts During Burn Injuries

By Vienna, Virginia Attorney Paul Samakow

Burn injuries can be excruciatingly painful and require immediate attention and proper care to prevent further damage and aid in healing. Whether it's a minor burn from touching a hot pan or a severe burn from a fire, knowing what to do and what not to do in the critical moments following the injury can make a significant difference in the outcome. In this guide, we'll outline the dos and don'ts during burn injuries to help you respond effectively in such emergencies.

- 1. Cool the Burn: Immediately run cool (not cold) water over the burned area for at least 10-20 minutes. This helps to stop the burning process and provides relief from the pain.
- **Remove Constrictive Items:** If the burn occurs on an area with clothing or jewelry, remove these items as soon as possible. This prevents further injury if swelling occurs.
- **Cover with a Clean Cloth:** Once the burn is cooled, cover it with a sterile, nonadhesive bandage or clean cloth to protect it from dirt and germs. Avoid using cotton balls or any material that may stick to the wound.
- **Seek Medical Attention:** For severe burns, especially those affecting large areas of the body, seek medical attention immediately. Don't attempt to treat severe burns at home as they may require specialized care.
- Take Over-the-Counter Pain Medication: If the pain is unbearable, you can take over-the-counter pain medication like ibuprofen or acetaminophen to alleviate discomfort. Follow the recommended dosage instructions.
- **Keep the Burn Elevated:** If possible, elevate the burned area above the heart to reduce swelling and pain.
- **Watch for Signs of Infection:** Keep an eye on the burn for signs of infection such as increased pain, redness, swelling, warmth, or drainage. If you notice any of these symptoms, seek medical attention promptly.

Don'ts:

- Do Not Use Ice: While it may seem intuitive to use ice to cool a burn, it can cause further damage to the skin. Ice can restrict blood flow and worsen the injury.
- Avoid Popping Blisters: Blisters that form because of a burn serve as a natural barrier to protect the skin underneath. Popping them increases the risk of infection and slows down the healing process.
- **Do Not Apply Butter or Ointments:** Contrary to popular belief, applying butter, oil, or ointments to a burn can trap heat and bacteria, leading to infection. Stick to cool water and sterile dressings for treatment.
- **Don't Break Burned Skin:** If the skin is intact, do not attempt to break it. Breaking the skin increases the risk of infection and delays healing.
- **Avoid Tight Bandages:** While it's important to cover the burn, avoid wrapping it too tightly as it can impair circulation and cause additional pain.
- **Do Not Remove Clothing Stuck to the Skin:** If clothing is stuck to the burned area, do not attempt to remove it. Cutting around the clothing is a safer option to prevent further damage to the skin. Let a medical professional remove the clothing.
- **Don't Delay Seeking Medical Help:** If the burn is severe or covers a large area of the body, do not delay seeking medical attention. Prompt medical treatment is crucial for preventing complications and promoting healing.

By following these dos and don'ts during burn injuries, you can effectively manage the situation and provide the necessary care until professional medical help arrives. Remember, quick and appropriate action can make a significant difference in the outcome of a burn injury, so stay informed and prepared to handle such emergencies.

Attorney Paul Samakow has a national practice representing burn injury survivors. If you or a loved one has suffered a burn injury, please call 1-833-MY-BURNS and be sure to visit $his website - {\color{red} www.national burnattorney.com} - for additional information and resources. \\$

Managing Chronic Back and Neck Pain



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

Regardless of which treatments you are undergoing, it can always be helpful to understand your health condition before you start a self-conditioning program. If you are currently under treatment, the following information can act as an adjunct, or as a primary means, to help manage your back or neck condition. People often report that such techniques are very helpful in reducing pain.

Of course, the first step in coping with back pain or neck pain is always to get a comprehensive evaluation for a diagnosis by your chiropractor or 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 treat-

ment 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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Virginia Edition I 21 www.yourhealthmagazine.net

Gum Surgery Innovations

By Alfonso Patron, DDS Implant Logyca

Periodontal plastic surgeries have revolutionized dental care by offering innovative techniques to enhance the aesthetics and functionality of the gums and surrounding tissues. These procedures, performed by specialized periodontists, address various issues related to gum health, appearance, and structure, ultimately contributing to a

more confident smile and improved oral health.

One of the primary aims of periodontal plastic surgery is to correct gum recession. Receding gums not only affect the smile's appearance but also expose the tooth roots, leading to sensitivity and increased vulnerability to decay. Gum grafting is a common procedure used to cover exposed roots by taking tissue from elsewhere in the mouth and graft-

ing it onto the receded area. This technique not only safeguards the teeth but also enhances the overall aesthetics of the smile.

Another prevalent issue treated through periodontal plastic surgery is gummy smiles, where an excessive display of gum tissue while smiling can impact one's self-confidence. Aesthetic crown lengthening is employed in such cases to reshape the gumline, exposing more of the tooth



Alfonso Patron, DDS

structure and achieving a balanced, pleasing smile.

Moreover, uneven gumlines or an irregular appearance of gum tissue around teeth can be corrected through procedures like gum contouring or gingival sculpting. This involves reshaping the gum tissue to create a harmonious and symmetrical appearance, contributing significantly to a more attractive smile.

Beyond cosmetic enhancements, periodontal plastic surgeries play a crucial role in preserving oral health. Procedures such as pocket depth reduction or gum pocket elimination are performed to address gum disease. By removing diseased tissue and reshaping the gums, these surgeries facilitate better oral hygiene practices and prevent further progression of periodontal disease.

Advancements in technology and techniques have made periodontal plastic surgeries more precise, less invasive, and with reduced recovery times. Laser technology, for instance, is often utilized for its precision and minimal discomfort, promoting faster healing and superior results.

However, it's essential to note that not everyone may require periodontal plastic surgery. Consulting with a qualified periodontist is crucial to determine the most suitable treatment plan tailored to individual needs.

Periodontal plastic surgeries have transformed the landscape of dental care by offering a diverse range of procedures that not only enhance the appearance of the smile but also contribute significantly to oral health. These innovative techniques continue to evolve, providing patients with more effective and comfortable solutions to achieve optimal gum health and a confident, radiant smile.

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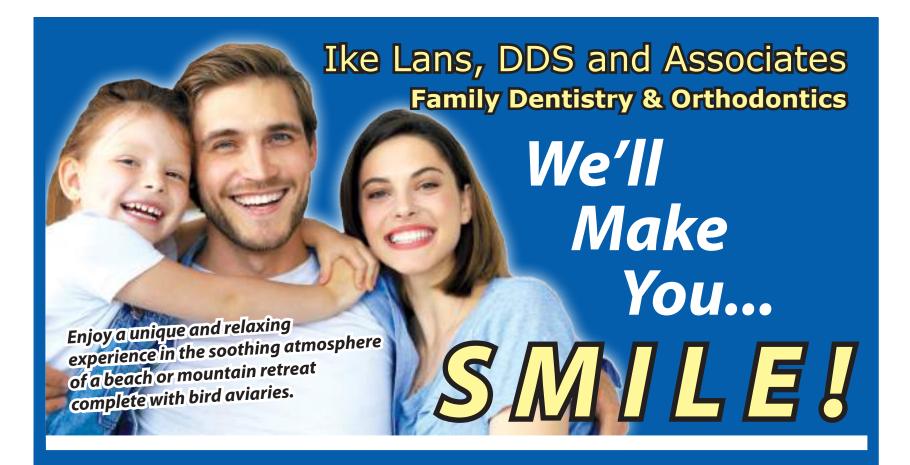
Implant Logyca offers a friendly and comfortable atmosphere, treating each patient with individualized care. We offer conscious sedative sedation for your comfort along with different array of entertainments for distraction. We also provide educational materials so you can familiarize yourself with the procedure. At Implant Logyca our office is committed to providing you with the highest quality of care possible.

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By E. Richard Hughes, DDS

People who have lost their teeth, or are going to lose their teeth, are looking for the latest technology as a solution. Of course, this is a very difficult problem for a number of reasons, and finding the right solution for you can be a life-changing experience.

Dental implants have evolved to the point where you can now get new teeth in one day. This gives you the benefit of a proven, efficient, and time saving technology to give you back the smile you had before tooth loss. It has a proven record of success and rehabilitates the patient with immediate function and comfort with unsurpassed esthetics in usually one appointment.

Another important consideration is the financial aspect of dental treatment to save teeth, graft bone, or a combination thereof. While these are respected and valuable methods of tooth treatment, in many cases, the teeth cannot really be saved and the time and expense to go that route may not be the best avenue for the patient.

The dental implant method can save the patient time and financial expense by avoiding expensive and time consuming bone grafting and trying to save questionable teeth. This procedure also uses fewer dental implants with the "new teeth in a day" All-on-4 technique.

Patients who have dentures and partials also have a new option that can help people who feel like they are stuck with dentures for the rest of their lives – to get rid of those dentures and have all new teeth in as little as one day.

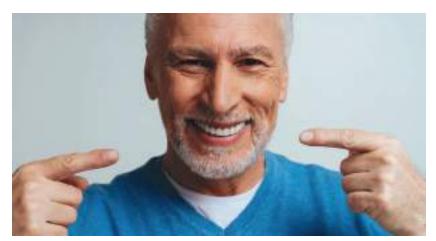
The treatment time is much shorter than with conventional dental implant treatment and there are fewer appointments. This treatment improves one's health by being able to efficiently and painlessly chew food, therefore improving digestion and nutrition and maintaining proper oral hygiene.

It can also make some people look younger by opening the bite and filling out the face. Speech,

New Teeth In One Day

appearance, and self-esteem are improved. One can interact socially and eat food with confidence. People can definitely live better than they were without teeth and perhaps live longer. With this procedure, age is usually not an issue.

It may be time to look into dentures, but with implants and the All-on-4 technique, patients may find this to be a better choice. Most patients are healthy enough to have new teeth through dental implants so there is no reason for them to wear dentures.



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Dental Implants Replace Missing Teeth for Young and Old. Nearly Everyone Is a Good Candidate for Dental Implants AND There are Hardly Any Medical Problems and Prevent You from Having Dental Implant Treatments.



Enjoy Meals with Family and Friends Again Thanks to Dental Implants!

If You Answered YES to Any of The Questions Above, then It's Time to Let Dental Implants Work for You!

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E. Richard Hughes, DDS - General Dentist

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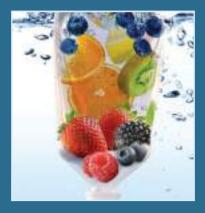
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By Nomi Shaool, MD Executive MD, LLC

Can you call and talk to your doctor anytime? Can you get an appointment with your doctor the same day or next day? Do you have enough time and attention from your doctor?

Concierge medicine, is a healthcare model that provides personalized and patient-centered approach to medicine. There are many benefits of concierge medicine. It is a growing trend in health care and provides many positive features.

Concierge medicine involves a direct relationship between patients and physicians, where patients pay a membership fee for enhanced access to personalized and convenient healthcare services. Many insurance policies now have a \$5,000 deductible and a copay.

Personalized health care offers additional services to promote a healthy life style and longevity. Focusing on preventative care and the whole individual: body, mind and emotions.

Personalized and Immediate Care

One of the primary advantages of concierge medicine is the personalized attention patients receive. Doctors in concierge practices have fewer patients, allowing them to dedicate more time to each individual.

Patients often have direct access to their physicians, whether through phone calls, emails, or same-day appointments. This accessibility enhances the doctor-patient relationship and ensures that health concerns are addressed promptly.

Extended Appointment Times

In traditional healthcare settings, appointments are often brief, and patients may feel rushed. Concierge medicine allows for extended appointment times. This allows the physician the time needed for medical history, lifestyle factors, and preventive care strategies.

Personalized Healthcare

Preventive Care and Wellness Focus

Concierge practices emphasize preventive care and wellness. Treating overall health of their patients, creating a personalized wellness plan, including lifestyle modifications, nutrition guidance, and fitness recommendations.

This include: medical plans, lab testing, referrals, specialized diagnostic testing.

Timely and Convenient Services

Waiting times for appointments and specialist referrals are shorter in concierge medicine. This can be crucial in addressing health issues promptly and efficiently.

Many concierge practices offer conveniences such as same-day appointments, virtual consultations, and coordination of specialist visits, streamlining the healthcare experience.

Holistic Approach To Your Health

Concierge physicians often take a holistic approach to healthcare, considering not only physical health but also mental and emotional wellbeing. This comprehensive perspective allows for a more thorough understanding of the factors influencing a patient's health.

Focus On Patient Satisfaction and Trust

The reduced patient load in concierge practices provides the opportunity for stronger doctor-patient relationships. Physicians get to know their patients and families, which can lead to better communication, trust, and collaboration in managing health.

Customized Treatment Plans

Tailored treatment plans, customize healthcare strategies based on an individual's unique needs, preferences, and health goals, leading to more effective and patient-centric outcomes.



This is why Dr. Nomi Shaool and Dr. John Mamana have chosen a concierge medical form of practice at Executive MD, LLC.

As medical doctors, not only are the patients happy with our practice but the doctors and staff are very pleased with the time we spend with our patients and the easy ready response we can give as well.

Executive MD, LLC aims to enhance the way healthcare is provided to patients. Our focus is on personalization, prevention and wellness. The annual physical prevents little things from becoming big things so we can detect and treat conditions early and provide a greater focus on preventive care. You will have complete peace of mind knowing that you are well cared for in a practice focused exclusively on your needs. We provide:



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Meet Dr. Rami Makhoul

After completing his fellowship in Colon and Rectal Surgery at Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Health Hospital in 2014 to serve patients of the DMV area.

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

During his residency training at GW, he spent a year in clinical research where he published some of his work on colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures performed in the Colon and Rectal Surgery field. He continued with his passion for research and published peer-reviewed articles during his fellowship training. Several of his work, was presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American and Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotic, laparoscopic, and transanal minimally invasive surgery. Dr. Makhoul is Board Certified in both General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons education committee.

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

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



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Meet Dr. Matthew Skancke

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

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

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



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Treats According
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Meet Angel Wood

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

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- UCLA (University of California Los Angeles) Internal Medicine Residency
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Doctor Bakalis is a Chiropractic physician licensed by the Virginia State Board of Medicine. He has been practicing in the Woodbridge area since 1985.

His Clinic takes the wholestic approach to health while caring for his patients. By combining the very best hands-on technique and state of the art physical therapy procedures, and the

very best nutritional and exercise counseling, Dr. Bakalis is able to help his patients recover from pain and injury and accelerate his patient's journey to optimum health.

As a former football player for Wake Forest University, Dr. Bakalis is well accustomed to treating sports and traumatic injuries, including auto accident and work related injury. He has served as the Chiropractic physician for the **Washington Capitals** Hockey team and is the Official Chiropractor for the **Potomac Nationals** baseball team.

Dr. Rizwan is a Certified Chiropractic Sports Physician.



EDUCATION:

- Wake Forest University
- University of Maryland
- National College of Chiropractic Medicine

LICENSURE:

- Virginia State Board of Medicine
- Illinois State Health Regulatory Board
- Maryland Chiropractic Board
- North Carolina Board of Chiropractic Examiners
- South Carolina Board of Chiropractic Examiners

MEMBERSHIPS AND ASSOCIATIONS:

- American Chiropractic Association
- Virginia Chiropractic Association
- Past President- Northern Virginia Chiropractic Society
- American College of Sports Medicine
- Certified by National Board of Chiropractic Examiners
- Redskins Quarterback Club





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Professional Memberships:

- Board Certified in Psychiatry by the American Board of Psychiatry and Neurology
- Board Certified in Addiction Medicine by the American Board of Preventive Medicine.
- Fellow of American Psychiatric Association (APA);
- Member of Maryland/Washington, DC Psychiatric Society;
- Member of American Society of Addiction Medicine (ASAM).
- Licensed in Maryland, Virginia, and Washington, DC.

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Meet Dr. Dornaz Amini

Dr. Dornaz Amini is a highly knowledgeable and respected homeopathic doctor and natural medicine expert, focusing on integrative, holistic and functional medicine. She is board certified in homeopathic medicine, anti-Aging, metabolic and functional medicine. She is also a nutritionist and certified in holistic cancer therapy.

Dr. Dornaz uses her diverse clinical experience to prevent and treat chronic diseases, to reverse the symptoms of aging and to enhance overall wellness and longevity.

She treats a wide spectrum of acute and chronic conditions. She manages both adult and pediatric patients with mental, emotional and physical conditions. She offers in-depth consultations with customized treatments.

Dr. Dornaz has a special interest and expertise in treating trauma, PTSD, ADHD, anxiety, depression, CIRS/mold illness, and parasitic infections. She also offers psychotherapy, cognitive behavioral therapy, solution focused therapy and mindfulness in her practice. Dr. Dornaz utilizes different diagnostic modalities to include genetic testing and comprehensive and specialized laboratory testing.

Dr. Dornaz's goal is to educate, empower, and heal her patients and to help them reach a healthy happy living.

DrDornaz.net

Bonnie Mazaris, RYTT-200







Meet Bonnie Mazaris

Bonnie has been involved in healing arts since she was young, starting with her family as a caregiver and coach. She mentored her family and friends before she ever knew what energy work was. Through hard times and emotional times, Bonnie has served as a vessel to all who needed her loving, healing energy. Bonnie has been training in yoga since 1976, Energy and Healing field since 1990 and also has experience in the field of wellness.

YoRiQi is a self-healing technique that consists of light exercise and stretching with Kundalini, Korean, Yen, restorative Yoga methods and finding the energy flow with tapping the body to release stagnant energy. This brings in a new fresh flow of energy and enhances the circulation and breath. It includes vibrational dancing and laughter Yoga to take your experience to the next level. You will then relax to a beautiful sound bath meditation, that takes you to an even higher level of completion.

Services: Through the art of healing herself and others she has many other modalities which include long distant healing, acupressure and clearing chakras. She offers Reiki, a form of energy healing. Reiki is also called palm healing or hands-on healing as a form of alternative medicine. Reiki is a spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui.

Methodology: She starts with a combination of clearing the stagnant energy and opening up the chakras. She includes a light shaking for relaxation, light tapping or touching, and light or heavy acupressure if needed. Bonnie will also use her warm healing energy with her hands to embrace your body and soul with universal loving, healing energy that flows from her heart.

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Personal Interests: Bonnie enjoys cooking, music, dancing and the arts.

Benefits of Reiki: Reiki is very beneficial for cancer, colon problems, abdominal pain, breathing problems, headache, back, legs, knees, feet, hands, throat and heart and many more. You may experience emotional releases of stress and a series of three of more treatments will stimulate the body's natural healing process.

www.BeyondYoRiQi.com

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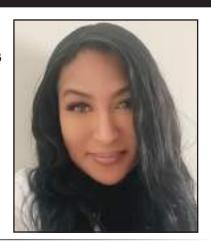
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Meet LaSondra Gray

LaSondra Gray, CMLSO, CLA, PTMA, MBA is Northern Virginia's hidden gem and expert in laser technology — from head to toe. She understands and knows the value and benefit that advancements in laser technology have on resolving multiple issues including the elimination of pain. This knowledge has proven invaluable to her as she has traveled the world, training multiple disciplines in the safety and efficacy of laser technology.

Her passion began over 20 years ago when she began working with some of the world's most renowned dermatologists, plastic surgeons and pain management professionals. Her travels throughout the US and internationally allowed her to study under the surgeons and skincare experts from some of the top institutions in the world.

LaSondra has trained and lectured on the safety and efficacy of laser and soft tissue interaction. As a result, LaSondra has received accolades for her efforts in opening and expanding laser centers throughout the world.

She has paired her studies along with her own personal philosophy to become renowned for achieving true, positive, visible results — garnering her some of the most elite clientele in the area. She caters to people who seek exceptional results and services that support a natural, healthy look and lifestyle — today and tomorrow.

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creasing the amount of insulin use in 2-3 weeks. We can reverse disease and assist with ceasing medication in some cases.

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Meet Alfred Chit Myaing

Dr. Alfred Myaing is a highly experienced and dedicated medical professional with a rich educational background and extensive training in cardiology. He earned his medical degree from the Institute of Medicine in Rangoon, Burma. Following his medical school, Dr. Myaing completed a comprehensive rotating internship at Somerset Medical Center in Somerville, NJ.

His commitment to excellence led him to pursue further specialization in Internal Medicine through a Residency at Doctors Hospital in Washington, DC. Dr. Myaing then honed his expertise in cardiology with fellowships at Albert Einstein Medical Center Philadelphia and Deborah Heart and Lung Center.

Dr. Myaing currently practices at Inova Alexandria Medical Services. He is affiliated with prestigious hospitals in the Inova healthcare system, including Inova Alexandria Hospital, Inova Fairfax Hospital, and Inova Mount Vernon Hospital.

Dr. Myaing is fluent in Burmese, ensuring effective communication with diverse patients. With a primary focus on cardiology, he provides compassionate care, participating in Medicare programs to serve a broad range of patients and contribute to the well-being of the local community.

Medical School: Institute of Medicine, Rangoon

Internships: Somerset Medical Center

Training Specialty: Rotating Internship – 7/1/1970 - 6/30/1971

Residencies: Doctors Hospital Washington, DC

Training Specialty: Internal Medicine - 7/1/1971 - 6/30/1974

Doctors Community Hospital - 7/1/1971 - 6/30/1974

Fellowships Cardiology: Albert Einstein Medical Center Philadelphia Training Specialty: Cardiology and Cardiovascular Disease – 7/1/1974 -6/30/1976

Deborah Heart and Lung Center

Training Specialty: Cardiology - 7/1/1974 - 6/30/1976

Awards: Chief Medical Resident, Leon Gordan Award-1973 at Doctors Hospital, Washington DC

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

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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.



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

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Meet Sylvie Lam

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

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

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

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

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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.

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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.

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Meet Michael Rogers:

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

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

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

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



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Local Professionals Empowering and Encouraging People To Live Healthier

If you suffer from a spine problem, chances are that the spinal experts at The Spine Care Center have successfully treated a similar problem THOUSANDS OF TIMES!



Deeni Bassam, MD

Deeni Bassam, MD, has more than 15 years of experience in treating back pain. He has cared for tens of thousands of patients in the Washington, D.C. area by performing interventional spinal procedures that offer relief from pain. If you have a spinal problem, then chances are he's treated it successfully, hundreds, if not thousands of times. His high-quality care has earned him repeated recognition as a "Top Doctor" in the Washingtonian and Northern Virginia Magazine.

Degrees, Training & Certifications: Dr. Bassam is a native of northern Virginia and earned his medical degree from the University of Virginia School of Medicine. He completed his Residency in Anesthesia at New York Hospital – Cornell Medical

Center. He completed his Fellowship at Texas Tech Health Science Center, one of the most respected interventional pain management programs in the nation. In 2005, Dr. Bassam returned home to northern Virginia and founded The Spine Care Center in Manassas. He is Board Certified by the American Board of Anesthesiology, with a Certificate of Added Qualification in Pain Management. He was the first doctor in Virginia to perform the Mild® procedure for lumbar spinal stenosis and is one of the only physicians in the area who implants intrathecal pain pumps.

Areas of Expertise: Epidural Steroid Injections, Spinal Cord Stimulator Placements, Radio-frequency Ablations, and many other minimally invasive spinal procedures.

Personal Interests & Hobbies: Dr. Bassam and his wife are raising their four kids in Northern Virginia. In his free time, he enjoys horseback riding, reading, and scuba diving.

Practice Philosophy: The Spine Care Center is a comprehensive, multi-specialty medical group that provides world-class minimally invasive surgical and non-surgical treatments for both acute and chronic conditions of the spine. We are committed to helping you restore function and relieve pain.



Usman Zafar, MD

Usman Zafar, MD is Board Certified in both Anesthesia and Pain Management, and he joined The Spine Care Center in Manassas in 2015.

Originally from Pottsville, PA, he began his academic career in the city of Philadelphia. In 2003 he gained acceptance to the accelerated seven year dual degree program at Drexel University and graduated Cum Laude in 2006 with a B.S. degree in Biology before completing his Medical Degree in 2010. After medical school he spent one year at Hahnemann University Hospital in Philadelphia, completing his medical internship prior to his Residency. Dr. Zafar then furthered his medical education at Tufts Medical Center in Boston where he spent three years completing an Anesthesiology Residency. It was

during these years that he first gained experience treating patients with acute and chronic pain conditions. This experience ultimately led him to pursue a Fellowship in Interventional Pain Management.

Dr. Zafar completed his Interventional Pain Fellowship at Mount Sinai-Roosevelt Hospital in New York City in 2015, where he learned various multimodal techniques for treating pain, including fluoroscopic and ultrasound guided spine and joint injections, spinal cord stimulation and radiofrequency ablations.

After being hand selected to join The Spine Care Center and trained directly by Dr. Bassam, Dr. Zafar has safely performed thousands of interventional spine procedures. By being Board Certified in Anesthesia as well as Pain Management, he can offer a more comfortable experience by providing mild sedation when performing spinal procedures.

Dr. Zafar's goals are simple: to provide his patients with a safe, comfortable, and effective interventional spine procedure. Not only to treat painful conditions, but also to improve function and the quality of life for patients.

His dedication to quality spinal care has recently earned him recognition as a Top Doctor in *Washingtonian* magazine.



Arjun Ramesh, MD

Arjun Ramesh, MD is trained in both pain management and anesthesiology and joined The Spine Care Center in 2020 after completing his fellowship at the world-renowned Cleveland

Dr. Ramesh is originally from the Northern Virginia area. He earned his undergraduate degree at the University of Virginia with a major in Biology and Chemistry and a minor in Philosophy. He then obtained his medical degree in 2015 at the University of Virginia.

Dr. Ramesh went to Chicago where he completed his anesthesiology training at Rush University Medical Center. During his time in Chicago, he developed an interest in pain manage-

ment and subsequently completed a fellowship in pain management at the Cleveland Clinic in Ohio, where he was trained by leading experts in the field.

During his training Dr. Ramesh gained expertise in all aspects of pain management including medical and interventional management. He is able to provide minimally invasive pain management procedures utilizing both fluoroscopic and ultrasound guidance. He was also involved with research trials for cutting edge spinal cord stimulators and peripheral nerve stimulators.

Dr. Ramesh has authored several peer reviewed articles and written multiple textbook chapters relating to pain management. He provides a full suite of interventional, non-interventional, and implantable therapies and tailors each treatment plan to the individual patient to provide the best possible outcome. As he is trained in both anesthesiology and pain management, he is able to offer sedation during interventional procedures to provide a more comfortable experience. Dr. Ramesh possesses the type of professionalism, skill, training and expertise needed to be a top spine doctor at The Spine Care Center.



Faisal A. Siddiqui, MD

Faisal Siddiqui, MD, FACS, is a Board Certified and highly-skilled Spine Surgeon with more than 15 years of experience performing minimally invasive spine surgeries. He has helped thousands of patients find relief from back pain with safe, effective surgical treatments. He currently works at The Spine Care Center in Manassas, where he uses his expertise to help patients find relief for their back pain.

Originally from Ohio, Dr. Siddiqui earned his medical degree from Vanderbilt Medical School, where he graduated with honors. He completed a residency in orthopedic surgery at Strong Memorial Hospital at the University of Rochester Medical Center, where he was recognized as Resident of the Year and given the Alfred P. Sloan Foundation humanitarian award.

After residency, Dr. Siddiqui sought out additional specialty training in spine surgery. He completed his fellowship training at the Charlotte Spine Center at Carolinas Medical Center. During his fellowship, he learned how to treat back pain and injuries by using the most minimally invasive surgical procedures possible.

In 2007, Dr. Siddiqui joined The Spine Care Center in Manassas. He and Dr. Bassam imbued the practice with the principle that surgery should only be used for patients who have no other choices for meaningful pain relief, Before deciding to operate on a patient, Dr. Siddiqui ensures they are a good candidate for surgery and that the surgery can be performed safely with minimal risk. Patients are more likely to experience lasting pain relief, less risk of infection and blood loss, and faster recovery times as a result of his minimally invasive techniques. His careful approach to spinal care helps all of his patients receive the most effective and least invasive treatment for their painful condition.

Dr. Siddiqui's specialized training has also allowed him to bring new procedures to the Washington, DC area. He was one of the first surgeons in northern Virginia to perform the minimally invasive TranS1* and extreme lateral interbody fusion (XLIF) spinal fusion procedures using computer-assisted navigation. During his career, he has performed thousands of procedures, ranging from complex 10-hour surgeries for traumatic spine injuries to 45-minute minimally invasive endoscopic procedures. He is dedicated to a lifetime of learning and continues to undergo additional training to give his patients access to the latest, groundbreaking surgeries.

Dr. Siddiqui is a recognized expert in spine surgery and has been repeatedly awarded Top Doctor distinctions from both Washingtonian magazine and Northern Virginia magazine. Throughout his career, he has had original orthopedic and spine surgery research published in numerous peer-reviewed medical journals. He also routinely gives lectures to other physicians and medical professionals on minimally invasive spine surgery and has trained multiple physicians in the D.C. area to perform the latest procedures in the field.

 $In \ his \ free \ time, Dr. \ Siddiqui\ enjoys\ being\ with\ his\ wife\ and\ two\ children.\ His\ hobbies\ include\ golfing\ and\ skiing\ declared and\ de$



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New Technology (2)







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Revolutionizing Whiplash Diagnosis

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

Submitted by Washington Open MRI

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

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

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

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

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

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

But here's the problem: many

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

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

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

Garima K. Talwar, DDS, MS

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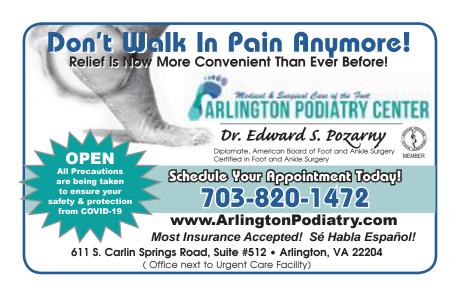






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Orthotics A Biomechanical Approach To Foot Pain



By Edward S. Pozarny, DPM Arlington Podiatry Center

Your feet work hard. They support your total body weight. They absorb the shock of your body pounding against the ground and adjust to the many different surfaces you walk or run on. Each foot contains 26 bones, 33 joints, and many different muscles, tendons, and ligaments. If any of these bones, joints, or soft tissues are out of place or working incorrectly they can cause your foot to have pain. If you have a medical problem such as

diabetes, improper foot biomechanics can cause a serious health risk.

As you walk your heel shifts very slightly from side to side. When your foot hits the ground, the shifting stops and your foot begins to flatten. This effect is called pronation. The opposite movement, or supination, happens as your heel lifts off the ground during propulsion and your foot regains its arch.

If your heel shifts too far when you walk, your foot may overpronate, or flatten too much. This incorrect movement stresses and weakens parts of your foot. Over time, symptoms such as changes in the shape of your foot, fatigue, or pain when you walk may develop.

Some shoe types, such as high heels, or strenuous sports activities, such as running may also stress the bones and soft tissues of your foot. A hip or leg problem can cause the foot to overpronate as you try to compen-

Please see "Orthotics," page 46

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When Should My Child See an Orthodontist?



By Swathi Reddy, DMD All Smiles Orthodontics

Many parents assume that they must wait until their child has all of his or her permanent teeth before they can see an orthodontist. The American Association of Orthodontics recommends that all children get a check-up with an orthodontist no later than seven years of age.

Early consultation allows the orthodontist to identify any subtle

problems associated with jaw growth and/or incoming permanent teeth.

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

By age seven, the six-year molars (adult first molars) and incisors have usually erupted. After the first molars erupt the space available for the front teeth does not increase as a child grows. To the contrary, in most people after the permanent molars erupt, the space available for the front teeth decreases with age.

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

Please see "Orthodontist," page 46

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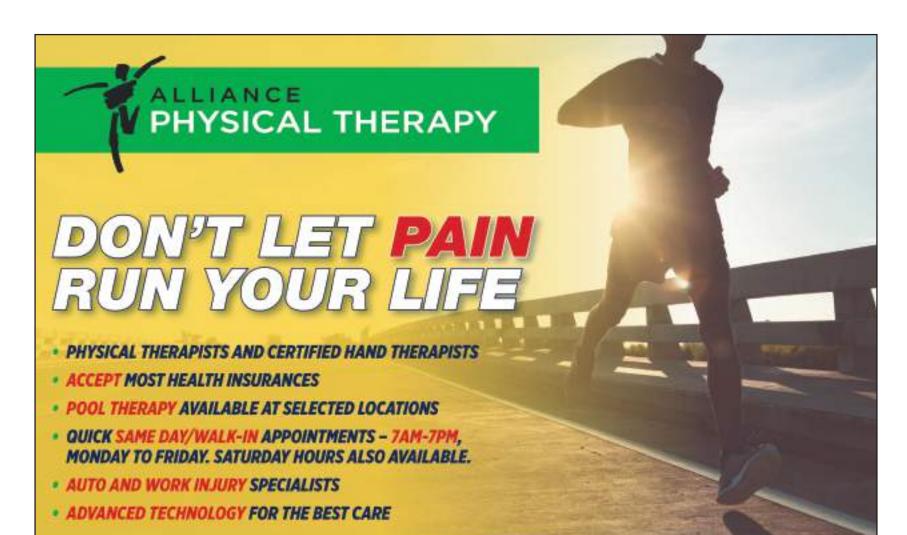
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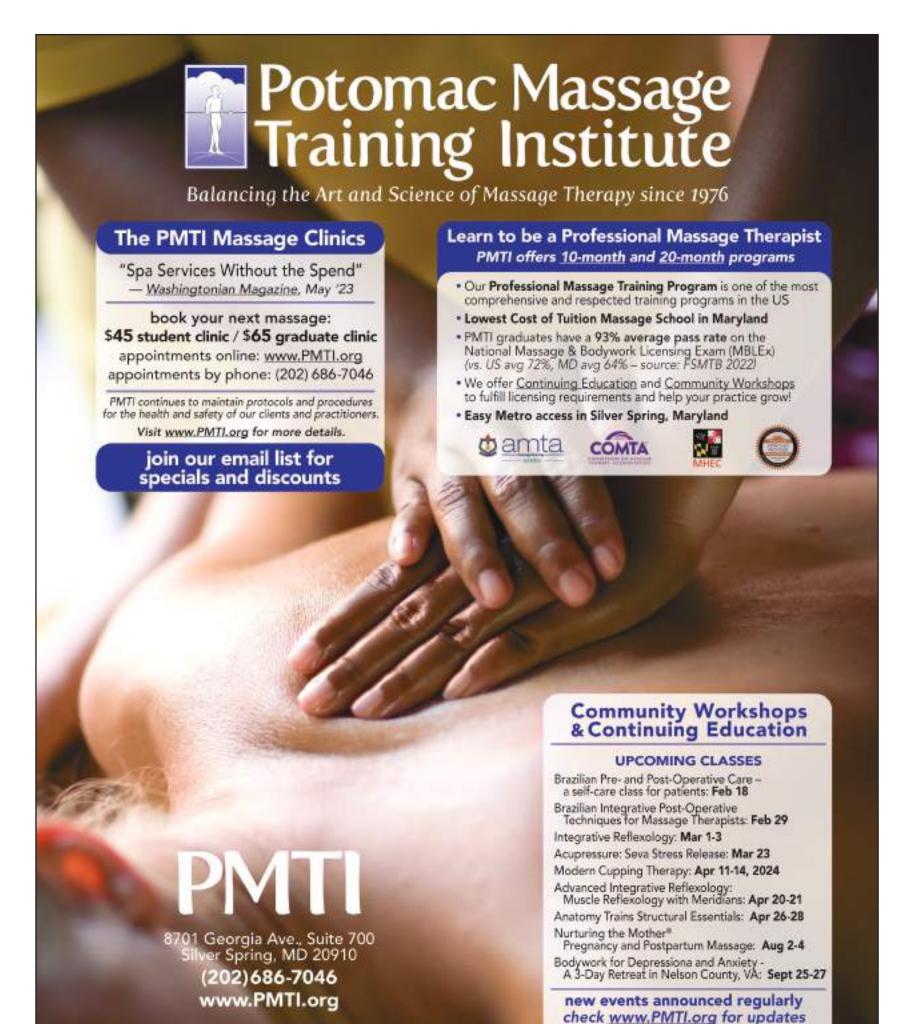
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The Revolutionary Role Of Semaglutide and Tirzepatide In Weight Loss: A New Horizon



By LaSondra Gray CMLSO, CLA, PTMA, MBA Reflections Image Center & Skin Care Institute

In the current era, where the prevalence of obesity has crossed alarming thresholds, it's vital to understand that struggling with weight is not a reflection of one's moral fiber or strength. It is, more often than not, a consequence of our inherited biochemistry, lifestyle choices, and the unprecedented availability of processed foods. With the U.S. adult obesity rate reaching a staggering 42.4%, marking a 26% increase since 2008, the urgency for effective interventions has never been more pronounced.

Understanding the Complexity Of Weight Loss

Weight loss is a multifaceted journey that often requires addressing various underlying medical issues that may inadvertently contribute to weight gain. Conditions such as undiagnosed sleep apnea, hypothyroidism, anemia, and nutritional deficiencies can severely hamper one's ability to shed excess pounds. Moreover, hormonal changes during menopause and the use of certain medications, including antidepressants and proton pump inhibitors, can significantly affect metabolism.

Exercise plays a crucial role in this journey, contributing to approximately 20-30% of the weight loss equation. Muscle mass is instrumental in burning calories; every additional pound of muscle can help the body expend around 50 extra calories daily. This highlights the importance of physical activity, especially for individuals who have experienced muscle loss due to various reasons, including medical conditions or inactivity.

Carbohydrates, Insulin Resistance, and the Path Forward

For the majority grappling with weight issues, the root cause often lies in the consumption of carbohydrates and the subsequent insulin resistance. Insulin, a hormone responsible for

converting sugars into fat and storing it in fat cells, plays a pivotal role in weight management.

Addressing dietary habits, particularly the intake of carbohydrates and sugars, alongside implementing strategies such as intermittent fasting, can significantly impact one's weight loss journey.

The Game Changers: Semaglutide and Tirzepatide

Amidst these challenges, a new class of medications known as Glucagon-like peptide-1 (GLP-1) receptor agonists has emerged as a beacon of hope. Semaglutide and Tirzepatide, belonging to this class, have shown remarkable efficacy in aiding weight loss. These medications work by mimicking the action of the GLP-1

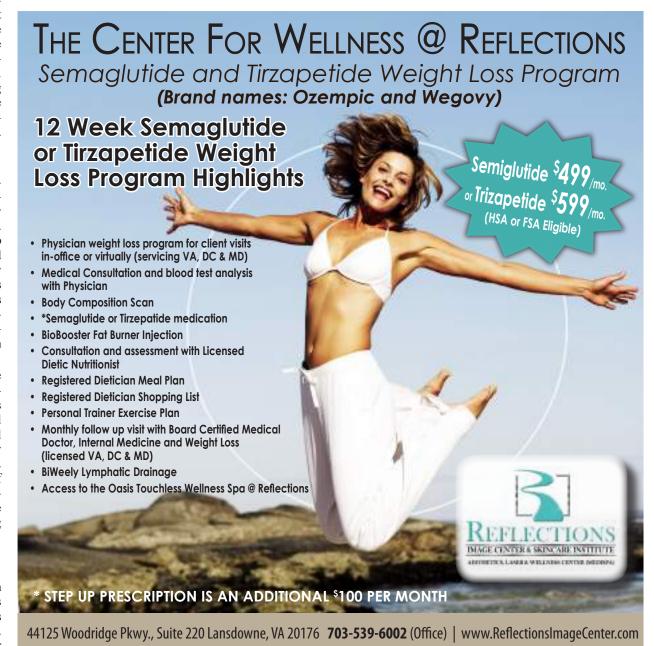
hormone, which regulates blood sugar levels and decreases appetite. By doing so, they not only facilitate weight loss but also offer a promising solution for those battling with insulin resistance.

Semaglutide, approved for weight management, has been a game-changer for many, demonstrating significant weight loss in clinical trials. Tirzepatide, while newer to the scene, has shown promise in not only aiding weight loss but also in improving various metabolic parameters, marking it as a potential multifaceted treatment option for obesity and related conditions.

The Journey Ahead

As we navigate the complexities of weight loss, it's essential to approach this journey with a comprehensive strategy that includes medical evaluation, dietary adjustments, physical activity, and, when appropriate, pharmacological interventions such as Semaglutide and Tirzepatide. It's crucial to remember that weight loss is a personal journey, and what works for one individual may not work for another. Therefore, finding a healthcare provider who can tailor a treatment plan to your specific needs is vital.

While the battle against obesity may seem daunting, the advent of GLP-1 receptor agonists like Semaglutide and Tirzepatide offers new hope. By addressing the root causes of weight gain and providing effective treatment options, we can look forward to a future where achieving and maintaining a healthy weight is not just a possibility but a reality for many.



sate for the problem. This incorrect movement sometimes causes your hip or knees to hurt as well as your feet. Some diseases damage the nerves of your feet. This can cause you to be unable to feel a cut or sore on your feet, leading to serious infections and threatening your entire health.

Orthotics are devices made to wear in shoes in an attempt to align the foot in a more neutral/efficient position. Orthotics control movement and stop the strain on your foot by limiting the shifting of your heel and controlling the amount your foot flattens. The stress of beating your body weight is better distributed throughout the foot. Existing bone or tissue changes may not disappear, but the pain associated with them is reduced or eliminated.

Sometimes, even your hip or knee pain is dissipated. Since the orthotic is custom made from a cast of your foot, your podiatrist can customize it to relieve the symptoms you have.

Modern technology has influenced the making of orthotics. Computer models, space age materials, and skilled technicians combine to create a pair of orthotics that will last for years to come.

Your foot problem took time to develop, so dont expect the symptoms to disappear overnight. But by wearing your orthotics as instructed, your symptoms will lessen over time. Most importantly, your orthotics will work only if you remember to wear them. And as always, make regular visits to your podiatrist.

BATHROOM SAFETY

From page 17

Moreover, handheld showerheads provide greater flexibility and control during bathing, allowing individuals to wash with ease while seated. Leverstyle faucets are another simple yet effective modification, enabling easier operation for individuals with arthritis or limited hand dexterity.

In conclusion, prioritizing bathroom safety is essential for seniors and individuals with disabilities to maintain their independence and quality of life. By investing in appropriate safety products and making necessary modifications, caregivers and loved ones can create a safer and more accessible bathroom environment. Ultimately, ensuring bathroom safety not only prevents injuries but also promotes dignity, confidence, and peace of mind for those who rely on these spaces daily.

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a child's health and development, impacting facial features, jaw development, and overall growth. Mouth breathing can set off a chain reaction of issues, altering the growth of the lower and upper jaws, midface, and nasal bones, ultimately affecting the child's facial balance.

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

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

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

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

Dentist's Role

Contrary to conventional belief, pediatric dentists with specialized training are well-equipped to address symptoms related to sleep and airway conditions. The airway, mode of breathing, and malocclusion are closely interconnected and should be addressed early and holistically by dentists. Advanced technology, such as cone beam 3D imaging, allows dentists to effectively diagnose airway issues and guide proper growth and development. Early intervention is essential in guiding proper growth and development.

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

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

Mouth Breathing

From page 18

lower jaw to allow the lower jaw to fit directly underneath it, then the lower jaw tends to be forced further back.

When the lower jaw sits further back, this can lead to jaw joint problems know as TMJD (temporo-mandibular joint dysfunction.) TMJD symptoms include clicking and popping of the jaws, headaches, neckaches, backaches, jaw pain, and forward head posture. Also, with the lower jaw further back, the tongue is forced into the throat making the airway smaller and often leading to sleep apnea later in life, an unhealthy condition where the patient stops breathing due to tongue obstruction during sleep.

Traditionally, dentists and orthodontists have just accepted the size of the upper jaw as-is and dealt with the consequences by extracting teeth. Physicians have dealt with sleep apnea caused by small palates by using CPAP (continuous positive airway pressure) machines to keep people breathing.

Fortunately, small narrow palates can be prevented if treated during the growing years with retainer-like devices to counteract the lip and cheek pressure. Small narrow palates in adults can also be treated with oral devices like the DNA appliance, which can encourage jaw growth even in fully grown adults. I can personally relate to this topic because I grew up breathing through my mouth due to severe allergies as a child. This led to orthodontic problems treated by extracting teeth, TMJ problems later in life, and eventually sleep apnea, which I have now managed to eliminate using the DNA appliance.

ORTHODONTIST

From page 38

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

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

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

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

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

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

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

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

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

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