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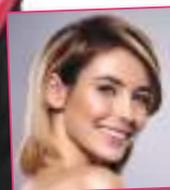
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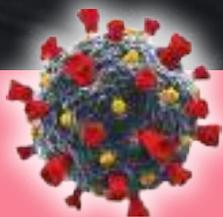
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Future Trends In Spine Research



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.

Already, many options for “mini-

minally 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

to relax overactive muscles. Its safety and effectiveness have been documented over the past 40-plus years.

When Botox is used for wrinkle-smoothing, it rebalances facial muscles that have become overactive with age. There are now three other treatments that work in the same way – Dysport, Xeomin and Javeau (Newtox). 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 Botox, Dysport, Xeomin and Javeau.

Botox has now overtaken Viagra to become the most publicly recognized medical treatment.

Did you know that, in addition to its much-advertised wrinkle-smoothing effects, Botox is approved to treat many non-cosmetic conditions? These include cerebral palsy and neck spasms (cervical dystonia) as well as lazy eye, overactive bladder, and excessive sweating (hyperhidrosis).

Many more men and women than we may realize are having Botox treatment these days. In 2020, between 4-5 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."

The primary action of Botox is

Please see "Botox," page 41

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Eye Floaters: Treatment Of Vitreous Strands and Opacities

By Jacqueline D. Griffiths, MD
New View Eye Center

What Are Floaters?

Small specks or clouds moving in your field of vision as you look at a blank wall or a clear blue sky are known as floaters. Most people have some floaters normally but do not notice them until they become numerous or more prominent.

“Floaters look like cobwebs, squiggly lines or floating bugs, and appear to be in front of the eye, but are actually floating inside.”

In most cases, floaters are part of the natural aging process. Floaters look like cobwebs, squiggly lines or floating bugs, and appear to be in front of the eye, but are actually floating inside. As we get older, the vitreous (the clear gel-like substance that fills the inside of the eye) tends to shrink slightly and detach from the retina, forming clumps within the eye. What you see are the shadows these clumps cast on the retina, the light-sensitive nerve layer lining the back of the eye.

Treatment Of Floaters

Also known as floater laser treatment or laser floater removal, laser vitreolysis is a non-invasive, pain free procedure that can eliminate the visual disturbance caused by floaters. The goal of vitreolysis is to achieve a “functional improvement”. That is, to allow you to return to “normal” day-to-day activities without the hindrance of floaters.



Virtually every individual has experienced or will experience the visual shadows caused by floaters during their lifetime. For most, this event is a minor and short-lived inconvenience, but for a select few, it can become a disabling condition. Clinical studies have shown laser vitreolysis to be a highly effective and safe treatment in the majority of patients with symptomatic floaters.

Vitreolysis involves the application of nanosecond pulses of laser light to evaporate the vitreous

opacities and to sever the vitreous strands. During the process, the floater’s collagen and hyaluronin molecules are converted into a gas. The end result is that the floater is removed and/or reduced to a size that no longer impedes vision.

Who Can Benefit From Vitreolysis?

It is necessary to undergo an ophthalmic examination to determine your eligibility for vitreolysis treatment.

- **Age:** In most cases, younger patients (<45) suffer from microscopic floaters located close to the retina and are not considered to be good candidates for vitreolysis treatment.
- **Onset of Symptoms:** If your floater symptoms develop quickly then they may have been associated with PVD, which can be treated with vitreolysis.
- **Floater Characteristics:** Large floaters with a soft border, situated away from the retina, are ideally suited to treatment with vitreolysis.

Complications and Side Effects

Reported side effects and complications associated with vitreolysis are rare. Side effects may include cataract and intraocular pressure (IOP) spike.



Jacqueline D. Griffiths, MD

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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™ 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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By Jay Cho, DC, FIAMA
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Using a Standing Desk: Good Or Bad?

- Much like excessive amounts of time spent sitting down, standing up too much can have a negative impact. It can put a lot of pressure on the lower part of the body, especially on the legs and feet, which can eventually lead to muscle stiffness and fatigue.
- Last but certainly not least, using a standing desk can often be detrimental for employees working on a laptop rather than a PC. This

is because a standing workstation set-up is optimized for the use of monitors, with the keyboard and mouse resting on a lower level. For laptop users, a standing desk can actually do more harm than good, as it naturally encourages users to lean in when using the laptop keyboard, leading to bad posture.

The conclusion is quite simple. Using a standing desk is a much better choice with many benefits, but we can

add some considerations to get much better results including an adjustable standing desk and desktop computer. Automatic height adjustable desks are a wonderful choice so that we can stand and sit alternately to reduce risk factors with excessive standing or prolonged sitting. Also, the desktop computer workstation setting would be giving us a much better ergonomic setting with proper monitor height and a wrist convenient keyboard.

Ergonomic standing desk systems are being prescribed more frequently these days, with more patients increasingly asking about them. It is very obvious that using a standing desk gives us many benefits including reducing work injuries and body symptoms. Also, it is increasingly popular for new office settings to come with automatic standing desk workstations.

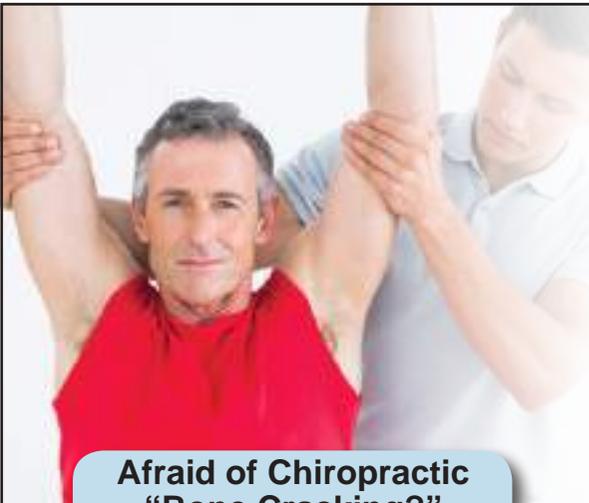
However, there are some patients using a stand desk who still complain of their lower back pain and neck pain. Also, some of them complain of new symptoms with a standing desk. Is it really so great – should we all use a standing desk at work?

There are some studies and surveys that show us advantages vs disadvantages with using a standing desk.

Let's talk about the advantages. Here are the benefits of standing at work:

- It makes us burn more calories and gives us an energy burst. It helps us stay more active, awake, and alert. Then, we get more productive.
- It improves our posture and reduces back pain. If you're regularly standing, the right posture position **will start to become second nature and doesn't put the compression on your spine that sitting can.** Sitting for more extended periods can put pressure on your back and discs, leading to back, shoulder, and neck discomfort.
- It keeps and maintains our circulation. If we look back at human evolution, our bodies were made to move. When we stand, we improve our leg muscles, our balance, and our core strength. We also prevent blood clots from forming in the legs. When people sit for a long time (such as on a plane), blood may slow and pool in their legs. In the worst cases, this can lead to a blood clot.

There are also some disadvantages of using a standing desk.



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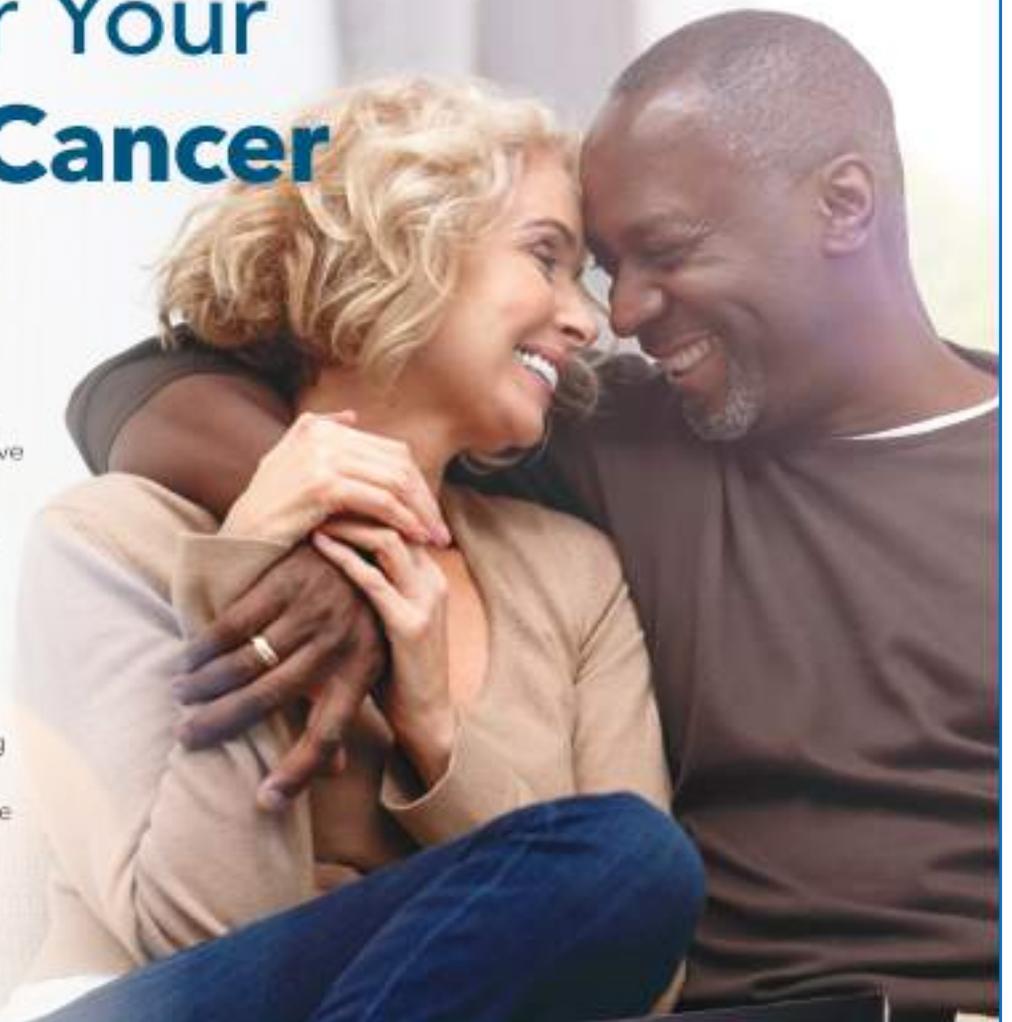
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What Everyone Needs To Know About Melanoma

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

According to the American Academy of Dermatology, malignant melanoma (MM) is the third most common type of skin cancer, but accounts for 90% of all deaths related to skin cancer. It arises from the melanocytic (pigment producing) cells of the epidermis. Melanomas of all sizes have the ability to metastasize and become fatal.

The incidence of the disease is increasing worldwide. More than 135,000 cases are diagnosed each year, and nearly 10,000 people die from melanoma in the United States annually.

Caucasian men 50 years or older are at greater risk, however more young people are also getting the disease, including teenagers. It is now the most common cancer among people 25-29 years old.

Patient populations with higher incidences of melanoma include:

- Fair-skinned individuals (Fitzpatrick skin types I-II)
- High number of melanocytic nevi
- Large congenital melanocytic nevi
- History of abnormal moles
- Family history in a first degree relative – mother, father, siblings

There are multiple subtypes of melanoma including:

- Superficial spreading melanoma
- Nodular melanoma
- Lentigo maligna melanoma (arising from a sun freckle)
- Acral melanoma (on hands and feet)

Less than 5% constitute the remaining subtypes of amelanotic (colorless), desmoplastic and polypoid melanoma.

Important indicators of a patient's overall outcome with melanoma depend on several factors, some of which are whether there are lymph nodes in the area that can be felt, the patient is male, and if the melanoma is located on the head, neck and torso.

Ninety percent of cases are diagnosed as primary skin tumors with no evidence that the disease has spread to other places in the body. When it

spreads to other areas of the body a patient's chance of survival are decreased.

The most common early signs of MM include:

- A growing mole on the skin.
- An unusual looking mole or a mole that does not look like any other mole on your skin (the ugly duckling).
- Non-uniform mole (has an odd shape, uneven or uncertain border, different colors).

In the early stages, melanoma may not cause any symptoms but may cause itching, bleeding, and pain. It may even look like a bruise that won't heal.

A biopsy of the skin is necessary for a diagnosis. This biopsy will provide information regarding how deep the melanoma is, which determines what treatment is necessary. Depending on how deep it is, a biopsy of the lymph nodes near the area of concern

may be necessary. Other diagnostic testing, including bloodwork, X-rays and a specialized form of CT scan, may be necessary to better determine if it has spread to other areas of the body.

Surgical removal is typically the gold standard first line treatment. Other treatments including injectable medications and, less frequently, radiation may be used if it has spread to other organs of the body.

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Laser Dentistry Can Provide Amazing Benefits



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 LASIK vision correction, wrinkle and hair removal, vein therapy, and even some organ removals.

The Waterlase dental laser was approved for use in dental procedures in 1998 and is constantly updating its technology to be able to perform almost every dental procedure possible.

Lasers are used for LASIK vision correction, wrinkle and hair removal, vein therapy, and even some organ removals.

One of several procedures now available, with the use of the Waterlase dental laser, is more effective and more comfortable periodontal therapy to help eliminate bacterial infections in the gums and bone. The laser acts to kill the bacteria while preserving the natural bone and gum tissue contours whenever possible.

This results is the best outcome for the patient because the teeth remain covered with pink, healthy gum tissue instead of being “long and ugly.” Patients who have these infections can quickly recover with few or no sutures (stitches) and very little discomfort.

This is a dramatic improvement over older periodontal treatment techniques where a lot of good gum and bone were removed to “reduce pockets.” There is also a ton of research and data to support the long-term results of laser-assisted periodontal treatment versus traditional therapy.

Waterlase uses laser energy and a gentle spray of water to perform laser-assisted pocket reduction therapy as well as a wide range of other dental procedures – without the heat, vibra-

tion and pressure associated with the dental drill. With many procedures, it’s possible to use less anesthetic, and often no anesthetic at all.

Another great part of using the Waterlase laser is that your dentist can often get you in and out of the office faster, since it’s less likely that you’ll need an injection. Research shows that the vast majority of patients don’t.

Using the Waterlase for procedures reduces bleeding, post-opera-

tive pain, swelling and the need for pain medication in many cases.

Dentists using a Waterlase are able to remove tooth enamel decay (the hardest substance in the body), bone and gum tissue precisely while leaving surrounding areas unaffected. This conserves and allows you to keep more of the healthy tooth structure while eliminating the bad stuff.

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Sleep-Mouth Issues and Your Baby



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

anxiety, sensory issues, and other behavioral issues seen in many toddlers and young children. Often many of these children are misdiagnosed as having ADHD.

Other symptoms include:

- Development of a narrow or long face
- Gummy smile
- Crooked teeth and misaligned jaws
- Difficult toothbrushing and gagging

- Sleeping with head and neck hyper-extended or with "butt" in the air
- Picky eating
- Bedwetting beyond potty-training
- Sleepwalking

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



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

You waited nine months for the arrival of your precious baby. But what happens if you find out you are experiencing excruciating pain during breastfeeding? After all, this powerful instinct is meant to help create the bond between mother and child. Mothers in this situation either power through, supplement with bottle feeding, or they give up altogether, only to suffer from mom guilt.

Many babies have restrictions that make it difficult, sometimes impossible, to breastfeed. Typically, these situations involve anatomic, functional, and sometimes neurological issues with the baby.

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

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

As the baby grows, non-restorative sleep generally shows as restlessness, lack of focus, attention issues,



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Dr. Lynda Dean-Duru



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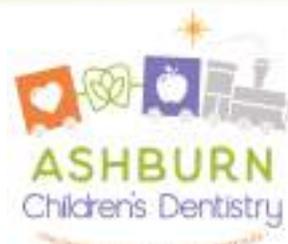
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By George Bitar, MD
Bitar Cosmetic Surgery Institute

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What Does the Treatment Feel Like? Is It Painful?

Although for most clients, the Plasma treatment is virtually pain-free, your own treatment may be moderately uncomfortable and sensitive depending on where you are being treated and your own sensitivities and tolerances.

Please see "Plasma Pen," page 47

The Plasma Concepts Pen is the leading plasma application device for the appearance of wrinkles, aging, skin laxity, tone and texture. This cosmetic procedure is administered by a licensed, trained and certified plasma technician. Plasma concepts can unlock skin's potential for youthfulness and tighter, smoother skin in as little as one treatment with long lasting results and high patient satisfaction.

Benefits Of Immediate Dental Implants



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

appointments associated with extensive bone grafting, because the implant in many respects acts as the graft and is placed at the time of the extraction appointment.

The number of times one may have any discomfort is greatly reduced. There is less bone loss associated with immediate dental implants.

The only time you do not place immediate implants, is when the roots of the extracted tooth are close to the main nerve in the lower jaw.

The patient has their crown (teeth) placed on top of the implant much sooner, since the patient receives the implant at the time of extraction.

So, in this fast paced northern Virginia society where people are pressed for time, the immediate dental implant is something that can be a good fit for many peoples' busy lives.

An immediate dental implant is placed when a tooth has just been extracted. This sounds like a lot for someone to go through, but actually it's not that bad. Dentists have been placing immediate implants for years.

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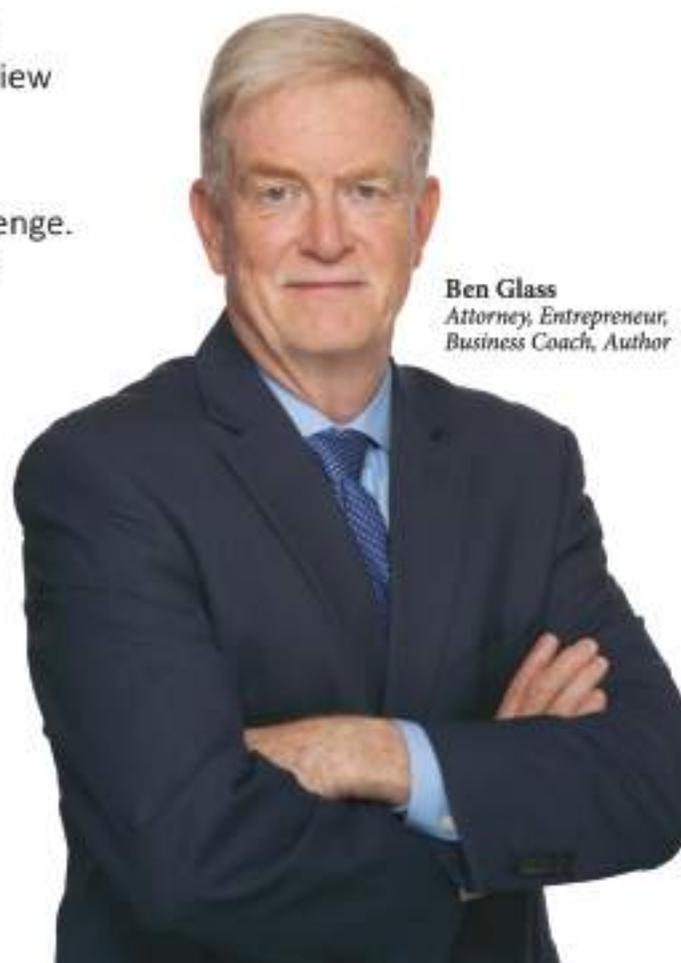
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Acupuncture For Pain Relief



By Betsy Golem, LAc, DiplAc
 Meridian Healing Works

pending on how long-standing the pain has been, Acupuncture can bring relief in as few as three treatments, with 10 or more treatments on the farther end of the scale.

In 1998, the National Institutes of Health (NIH) recognized acupuncture as an effective treatment, and found that it relieved a number of issues in an average of 10 treatments. Pain relief is one of those issues, including people with all manner of neck and shoulder pain, low back pain, and knee pain, and other types of post-operative pain from dental procedures, cancer surgery, hip, knee or hernia surgery.

Whether it is from an injury, frozen shoulder, overuse from sports, or too much raking in the yard, people seek acupuncture for relief of neck and shoulder pain. It's hard when someone can't turn their head, or lift their arm without pain, or restricted movement. It can be limiting and frustrating, but acupuncture is effective at returning this regular motion, and easing the pain.

Please see "Pain Relief," page 41

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Acupuncture has been used for thousands of years. Pain relief is one of the biggest uses for acupuncture. In Chinese medicine we have a saying, "Where there is pain, there is no free flow." This means, the energy in our body that is normally moving and flowing freely, allowing for freedom of movement is getting stuck, and causing pain. For acute and chronic pain, acupuncture is able to restore this free flow of energy, and quality of life. De-

How To Properly Brush and Floss



By Maryam Avin, DDS
 Avin Dental Care

- Prevention of halitosis (bad breath)
- Prevention of staining

The Proper Way To Brush

The teeth should be brushed at least twice a day, ideally in the morning and before bed. The perfect toothbrush is small in size with soft, rounded-end bristles, and is no more than three months old. The head of the brush needs to be small enough to access all areas of the mouth, and the bristles should be soft enough so as not to cause undue damage to the gum tissue. Electric toothbrushes with rotating or oscillating heads are more effective than other toothbrushes.

Here is a basic guide to proper brushing:

- Place the toothbrush at a 45-degree angle where the gums and teeth meet.
- Use small circular motions to gently brush the gumline and teeth.
- Do not scrub or apply too much pressure to the teeth, as this can

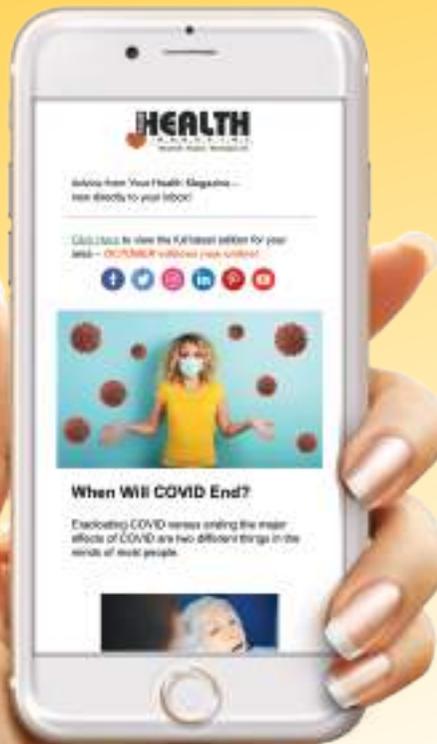
Please see "Floss," page 47

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Brushing and flossing are of paramount importance to oral hygiene. Though bi-annual professional dental cleanings remove plaque, tartar, and debris, excellent homecare methods are equally valuable. Proper brushing and flossing can enhance the health of the mouth, make the smile sparkle, and prevent serious diseases.

Reasons why proper brushing and flossing are essential:

- Prevention of tooth decay
- Prevention of periodontal disease



By April Toyer, DDS
Lifetime Dental Care

Flossing and Your Health

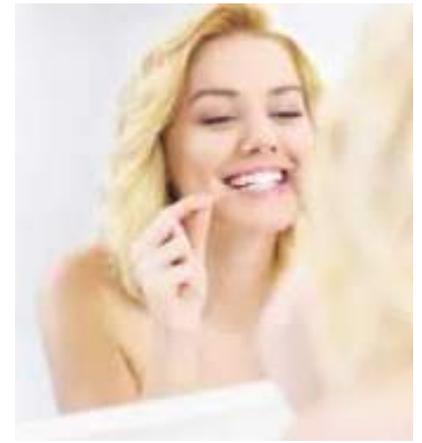
practices can actually have a huge positive impact on your battle with diabetes. Oral bacteria have been shown to elevate the level of glucose in your blood, making stabilization difficult. Flossing, brushing, and mouthwash combined eliminate bacteria and reduced their effect on your glucose levels.

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.



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

April Toyer, DDS



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

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Non-Surgical Diagnosis and Management Of Head and Neck Pain



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It is unfortunate that so many people suffer the pain of headaches along with neck and back pain, but there are ways to manage. The first step is diagnosis – i.e., figure out what is really going on. For so many people, craniofacial pain is a real problem. If the discs in the jaw joints are displaced this can be one source of serious pain. This is comparable to a slipped disc in your lower back. A slipped disc in the jaw joint can wreak havoc with your day-to-day activities.

So many people suffer from searing headaches along with neck pain. The use of Advil or Tylenol and seeing a physical therapist or massage therapist becomes part of the management of temporary relief and learning how to live with the pain and discomfort. It really should not be like that.

As part of temporomandibular joint disorder (TMD), the diagnostic process of an MRI and CBCT X-ray assists with figuring out the real source of the problem. The X-ray of the cranial bones (bones of the skull) is a three-dimensional viewing of the skull and cervical spine (C-1 to C-7). When the cranium is out of alignment, which shows up in 90% of the population, the asymmetry can cause pain. In addition, the cervical spine can cause pain from being compressed. An MRI of the jaw joints will show where the discs are. Displaced discs can cause additional pain by being pushed or “pinching” nerves and blood vessels in the skull. This is where the cause of many headaches originates. It does, however, take a skilled dentist and physician to read the MRI and determine the severity of those displaced discs.

After determining the cause, the next steps are to fix the problem. Surgical intervention is never the first option for most. A continual regiment of pain medication can eventually cause other

issues. The option for home remedies lends itself to massage, meditation, hot or cold packs, hot bath w/ Epsom salts, Rezzimax, or a tens unit. The objective is to relax the facial muscles and provide pain relief.

Another non-surgical option would be the use of oral appliance therapy. This method focuses on treating the problem and reducing and or

alleviating the pain completely. First, when the discs are out of place, a skilled dentist can make a bite splint that will reduce the pressure on the slipped discs and give them a chance to go back into proper position. This works well with headaches and no drugs are involved!

Secondly, if the bones in the skull are not balanced, then a little device

called the ALF appliance might be able to help tremendously. The ALF appliance is designed to re-align distorted cranial bones. When the cranial bones are in proper alignment, the body functions so much better and resulting in less pain.

As you can see, there are indeed ways to manage head and neck pain non-surgically and without drugs.

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- Jaw Pain, Clicking or Popping
- Head, Neck and Shoulder Pain
- Migraines
- Craniofacial Pain
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- Orthodontics





Jeffrey L. Brown, DDS

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



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

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

Do You Have Bad Breath?

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

Do people brush their fingers under their nose or cover their mouth when you are near? Offer you gum or mints? Step back when you get close? Talk behind your back? Quietly turn their head? Or, any other social signs that indicate you are not welcome in "their space?" If so, you probably have bad breath, or halitosis.

If this happens to you, forget the gums, mints, toothpastes, and mouthwash. These are all cover-ups, not cures. No matter what they taste like, they only cover-up one bad odor with a stronger, more pleasant one. Even the cure-in-a-bottle internet products are only cover-ups, not the all-day cures they advertise.

Since 1993 a complete cure has been available that creates immediate fresh breath that is sustainable for life.

It has changed the lives of thousands of the 72 million Americans who are affected by halitosis.

Bad breath is due to the bacteria that inhabit the mouth, particularly those on the tongue. These bacteria form biofilms (coatings) that can only be removed by hands-on mechanical means. By professionally eliminating those bacterial biofilms in a process called Tongue Rejuvenation® one can be halitosis-free forever.



Richard A. Miller, DDS

EMBARRASSED BY YOUR BREATH?



Do People . . .

Turn Away When You Get Close?

Rub Under Their Nose?

Offer You Gums or Mints?

Talk Behind Your Back?

Exclude You From Social Activities?

THERE IS A CURE FOR BAD BREATH!

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we offer a MONEY-BACK GUARANTEE**

LIVE THE LIFE YOU DESERVE. TODAY!

National Breath Center®

www.BeatHalitosis.com

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Here are the signs and symptoms that can tell you if you have a breath problem:

- Coating on tongue – whitish, yellowish, or brown
- Bad taste
- Morning breath
- People react to you in close situations like those above
- Mouthwashes don't last
- Dry mouth, thick saliva
- Post-nasal drip, allergies

If you want to check yourself for bad breath, here is the best self-test available. Take a piece of gauze, two inches by two inches, available at every pharmacy. Stick your tongue out as far as possible. From the furthest back area that you can reach, wipe forward 3-4 times to get off as much coating as you can. This coating is the biofilm that causes bad breath. If it is not clear but has a color that's a sign you may have bad breath.

A tongue that is clean, without bad breath bacteria shows a clear gauze with no odor. Be aware, however, that you may not be able to smell your own odor due to a phenomenon called adaptation. That is why the color of the gauze itself is an indicator of bad breath. And, your friends and loved ones won't tell you either. They don't want to hurt your feelings.

The permanent elimination of halitosis can be achieved with Tongue Rejuvenation®. This technique, discovered by a local dentist in 1993, has helped thousands of people in the last 30 years. Tongue Rejuvenation® painlessly removes the biofilm that has sometimes accumulated for decades. When the biofilm is gone, the odor is also. And with some simple techniques at home, you can be bad breath free for the rest of your life.

So, if you have bad breath, there truly is a way to say goodbye to bad breath forever. Why wait any longer?

THE SKINBARRE



Meet the team: Andrea Ristic-Founder and Medical Aesthetician | Sofia Flores-Practice Manager
Stephanie Okparaeke-Nurse Injector & Aesthetic Provider | Jessica Mapes-Medical Aesthetician
Judy Chang-Medical Aesthetician | Mars Saddat-Medical Aesthetician | Tania Sevilla-Medical Assistant & Laser Technician



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

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

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

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

What started with one treatment room 17 years ago has now grown to a building with 6 busy treatment rooms. The SkinBarre is located in the heart of Mclean, Virginia. We offer high-quality Botox treatments, PRP for facial rejuvenation, hair loss, dermal fillers such as Radiesse, Restylane, Juvederm, and Versa.

For those challenging Acne clients (active or scarring) we have several peels in our arsenal and both Microneedling and Microneedling RF.

In an effort against mother nature, we can also treat with HIFU (ultrasound therapy), Radio Frequency therapy, IPL/ Photorejuvenation.

For Body Contouring, we are your one-stop-shop with services like Wood Therapy, Lymphatic Drainage, Liposonix, EMS Sculpting, and Cavi-Lipo. In addition, we have a unique assortment of Vitamin Injections and IV therapy to help you reach your goals.

We take pride in our work and provide not only a great experience but also real-life results.

The SkinBarre, "escape the ordinary." Personalization is key, that is why we perform a complimentary consultation with all our first-time clients. Whether you are seeking us out for lash extensions, waxing, Morpheus8, facials, IPL, or anything else.



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Why COVID Lockdowns Don't Work

Hopkins Study Shows Us The Results Of Government Interventions

We as a country and as a species have been through so much since COVID-19 was first discovered and the mandates and lockdowns began dating back to March 2020. The Johns Hopkins University recently studied all the reports around the world of the effect of government interventions to address the spread of and deaths from the coronavirus. This included shut-downs, shelter in place, masks and any other intervention that was a response to the spread of COVID-19.

They concluded that lockdowns and other government mandates did not have a 'noticeable' effect on deaths from COVID-19.

Going back to the beginning, many scientists advised that lockdowns would not work. Even Fauci suggested that in the beginning stating that it was simply too late to take that kind of action, as the virus had been circulating in this country for months.

In order for lockdowns to be effective, it is necessary to know where

it is, where it started, who has it, and isolate those people or communities. But, by the first lockdowns here, scientists report that the coronavirus had been circulating for several months in the US, and there was no way to trace it. When the President shut off travel to China the virus had already been here for months. It was estimated that six million people per month had traveled between here and China for three months, and at that time those people were circulating throughout the US.

Further, travel restrictions to Europe began much later, but not before millions of people had already traveled between the US and Europe, particularly Italy, which experienced the most severe outbreaks and deaths. In both cases, the virus was circulating throughout the US.

The effectiveness of lockdowns depends on catching the spread early, which was not the case. That's one big reason that lockdowns and other mandates didn't work.

When you shut down businesses and events, what many people do is go home and socialize with their families, friends and neighbors. I witnessed this behavior over and over. In fact, people who were forced to stay home came in contact with more people than if they had not been locked down at all.

I still think it's amusing how people following the masks mandates during the day, go out to other places and socialize with random people with no masks or distancing. The same people who wear a mask by day, ditch the mask at night.

Scientists who suggest lockdowns and mandates would, and will, have a significant effect, are all correct, but the idea of true isolation ignores what actual people are going to do. In other words, this probably works on paper, but not in reality.

The evidence is everywhere, every day, COVID or not. Humans do things that are inherently dangerous all the time. Tens of thousands of

deaths from auto accidents don't stop people from driving. We could save something like 35,000 lives per year by just locking down cars. People will not accept that. Try to force people to eat a healthy diet. Good luck! There are still 20 million smokers in the US and more that vape. Maybe there should be an exercise mandate. You have to exercise at least three hours a week.

While all of these things would save lives, they ignore, or fail to understand the natural needs of people, and the risks they are willing to accept, not only for themselves, but for their families, friends and coworkers.

I recently watched the Mayo Clinic podcast by Dr. Gregory Poland. He is right about everything except that he continually criticizes people for non-compliance – essentially people being people. Listen close and you can hear the subtext of his presentation, 'If it wasn't for those damn people, we

Please see "Lockdowns," page 47

Is It Time For Your Colorectal Cancer Screening?

By George Washington University Hospital Cancer Center

- A personal history of radiation to the abdomen or pelvic area to treat a prior cancer

Our Screening Services

Colorectal cancer screenings at GW Cancer Center include:

- Colonoscopy
- Radiologic testing
- Sigmoidoscopy

Medicare Part B covers colorectal cancer screenings for those over age 50.

Don't Put Off Care That Could Save Your Life

At GW Hospital, we believe that providing the best possible care means putting your safety first. You can get the colorectal cancer screenings you need, as we take extensive measures to help keep you safe when you visit us in-person. Virtual appointments are also available.

Please see "Screening," page 47

Colorectal cancer is the third-most-common cancer in men and women. The good news is that screenings at GW Cancer Center can detect it early and possibly save your life.

Men and women at average risk should begin colorectal screening at age 45. If you are at higher risk of developing colorectal cancer, your doctor may recommend that you begin screening before age 45.

Those at high risk have:

- A personal history of colorectal cancer or certain types of polyps
- A family history of colorectal cancer
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A confirmed or suspected hereditary colorectal cancer syndrome



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5 Tips For Selecting a Pediatric Dentist For Your Special Needs Child



By Rishita Jaju, DMD
Smile Wonders

Finding a good pediatric dentist takes research for any child, but when you're looking for a dentist for a special needs child, that decision is even more important.

Not every dental practice has the experience, skill, and knowledge to work with special needs children, but it can be crucial for both you and your child to find a good fit.

5 Tips For Selecting a Pediatric Dentist For Your Special Needs Child

When searching, you can take some steps to find a good fit. Finding the right dentist for a special needs child will increase your chances of success—and helps sets your child up for success.

Step 1: Talk To Your Community. Not only can you ask friends and family about good pediatric dentists for special needs children, but other families dealing with similar challenges, local special needs programs, and community-based resources. Once you have some names, you can narrow down the field further or prioritize choices by doing some online research. Read reviews and websites, and gather as much information beforehand as possible.

Step 2: Interview Potential Dentists. A good pediatric dentist will be happy to talk with future clients. During your conversation, ask some questions:

1. How do you handle sensory issues?
2. Is your practice confident in handling special needs children? Why?
3. Are parents allowed to be present during exams?
4. Are you flexible with appointments so my child can be there when they are at their best?
5. How do you maintain consistency for special needs children?

Step 3: Address Any Potential Issues. Children with special needs may have very specific issues. Talk to your prospective dentist about what those issues may be. For example, many autistic children have sensory challenges. They may not like certain movements or parts of their bodies being touched or moved in a certain way. A dentist working with special needs children will benefit from having as much information as possible

Step 4: Build Trust With Easier Visits First. If possible, work your way up to more intensive dental

visits. Have a few quick and easy visits where trust is built between your child and the dentist. It will also allow your child to get used to the setting and what happens there.

Step 5: Seek Communication Skills. A dentist for a special needs child should have excellent communication skills. They will signal what they are about to do and communicate it effectively. They may:

- Explain what they are about to do before they do it
- Let your child touch a tool or show

an action beforehand

- Follow up with performing the action they've explained

Preparing For Your Dental Visit. There are things you can do at home or at your occupational therapist's before a dental visit, like teach them to open their mouth wide and hold it open or sit in a reclining chair. By doing your research, asking the right questions, and preparing, you can increase your chances of finding the ideal dentist for your special needs child and make the experience successful.

SPECIAL NEEDS DENTISTRY

At Smile Wonders, we treat children with special needs and their parents with care and compassion, giving them the same high level of dental care as all our patients. Here are ways we accommodate Children with Special Needs:

- Personalized Appointments**
Schedule each visit in the same room, same time, same dental assistant to establish routines and familiarity.
- Specialized Equipment**
We adapt our dental equipment and techniques for children who cannot stand or sit motionless, creating a more pleasant visit to the dentist.
- Visit Flexibility**
Make short quick visits to reduce anxiety. Or, schedule longer appointment times for children that need a little bit longer to get settled.
- Provider Collaboration**
Dr. Rishita at Smile Wonders works with area Developmental Pediatricians, Occupational therapists, or Speech Language Pathologists
- Quiet Rooms**
Wear headphones and listen to music or connect to televisions in play areas to avoid having to listen to the normal sounds associated with a dental office.
- Sedation Dentistry**
In-office IV sedation under the supervision of our Board Certified Anesthesiologist, Dr. Andy Tran of Olympic Anesthesia, PC.

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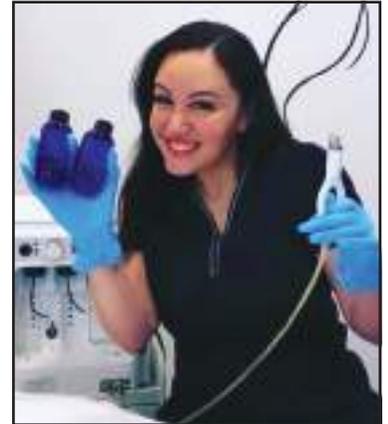


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Andrea Ristic, Owner

We offer the latest generation of treatments and technologies to rejuvenate, restore, tighten and sculpt the face and body.

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703-595-2797



Meet Andrea Ristic

The SkinBarre Medical is a full service Medical Spa. We are located in McLean, Virginia and have been around for 10 years. We offer high quality Botox treatments, PRP for facial rejuvenation or hair loss, dermal fillers such as Radiesse, Restylane, Juvederm, and Versa, microneedling and VI peels for acne care, Ultherapy, and many different types of body contouring services.

Andrea is the creator of The SkinBarre Medical. She is from Caracas, Venezuela and is fluent in English and Spanish.

She is certified in: Plasma IQ Pen, Medical Grade Peels, Microneedling, Dermaplaning, Lasers, and PMU (Lip Blush).

Top 5 Services:

Morpheus, IPL/PhotoRejuvenation, Hydrafacial, Diamond-glow, and Peels

Awards:

2018 Northern Virginia Magazine Best Med Spa
2019 McLean Best Skin Care Clinic
2019 Is Clinical Gold Partner Award
2020 Northern Virginia Magazine Best Med Spas
2021 Northern Virginia Magazine Best Med Spas
2021 McLean Best Medical Spa Business Hall of Fame 3 consecutive years

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Audrey Humphrey, NP

The
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540-686-1888



Meet Audrey Humphrey

Audrey Humphrey began her healthcare career in 2010 when she earned her Bachelor of Science in Nursing (BSN) from George Mason University. She then pursued her Master of Nursing (MSN) in Nursing Administration from George Mason University, followed by a Post Masters Certificate in Nurse Practitioner from Maryville University.

Audrey's interest in aesthetics, cosmetic procedures and holistic wellness comes from her desire to offer patients greater self-confidence and a sense of well-being. The Aesthetics Studio was founded to enhance and restore your natural beauty and self-esteem. Audrey is trained in multiple non-surgical cosmetic procedures and continues to advance her skills and knowledge in new cosmetic techniques through ongoing training and education. Before starting her career in aesthetics, Audrey worked in primary, urgent, and long-term care with adult and geriatric populations through her company Endeavourcare, LLC. She is a Registered Nurse Practitioner in Virginia and Washington states. She's passionate about her work, and her driving force is to provide the best possible care for her patients with her extensive knowledge, compassion, and skill.

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Tracy Freeman, MD

*Integrative
Medicine*

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Chevy Chase, MD 20815

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Do You Suffer From Embarrassing Urine Leakage?

Do you suffer with leakage or dribbling of urine? As embarrassing as this may be, you are not alone. According to the National Association for Continence, more than 25 million people experience bladder leakage every day. To conquer this problem, it is important to realize that the pelvic floor is made of muscles. These muscles become lax because of hormonal changes, childbirth, and aging. Men also will have urinary leakage from an enlarged prostate. Keeping your muscles in shape, helps to decrease the seepage of urine.

There are three types of incontinence. The first is "stress incontinence" whereby pressure on the bladder from laughing, sneezing, or coughing causes urine to leak. The second form is "urge incontinence." This occurs when you get the sudden urge to urinate. The third type is "mixed incontinence" which is a combination of both urge and stress incontinence. Another possibility is an overactive bladder that may sometimes cause urine leakage due to the spasms of the bladder wall.

Holistic treatment options are available. For incontinence, vitamin D is important. Women with higher vitamin D levels have been found to have less urinary incontinence. Furthermore, magnesium helps to relax bladder spasms and calms the source of urgency. The herb *Angelica archangelica* has also been shown to increase the capacity of the bladder by 60% and decrease nighttime bathroom runs. Relieving constipation is important to maintain a healthy pelvic floor as well because straining to use the bathroom is unhealthy. Consider adding supplements like fiber, triphala, and probiotics to assist with regularity.

Kegel exercises are fundamental to shoring up the pelvic floor. By simply squeezing the pelvic floor muscles, like you are going to stop your urine stream, you are performing a Kegel exercise. Do this for 10 seconds at a time a few times a day.

A device that harnesses the power of these exercises is the Emsella. This FDA-approved device uses a magnet that causes your pelvic floor to do 2,800 Kegels in 30 minutes, all while remaining fully dressed. Per the studies, the Emsella improves quality of life for 95% of patients in just six sessions.

It has also been FDA approved for men with drippage after having their prostate removed.

If you have urinary incontinence, these, and other methods, may help you improve your condition.

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Local Professionals Empowering and Encouraging People To Live Healthier

Ekaterina Solovieva

Integrative Energy Healing



Alexandria, VA

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Meet Ekaterina Solovieva

In her practice Ekaterina Solovieva works with clients in a number of areas, including personal empowerment, spiritual transformation, life transitions, and energy balancing for health and well-being. Her focus is to inspire personal expansion for her clients, to help them to awaken to higher levels of consciousness and to assist them in connecting with their own Divinity. Her intent is to support her clients in developing and stabilizing new energy habits and releasing negative thoughts, limiting beliefs, and mental and emotional obstacles that may be interfering with their ability to experience a deep sense of connectedness with their own Divine nature. Please be advised that Integrative Energy Coaching is an energy-based coaching and self-help technique meant to help relieve stress and to experience greater well-being. It is not a substitute for licensed health care services.

CERTIFICATIONS

Certified EFT Practitioner, EFT Universe, 2021

TRAININGS

Flow Yoga Center's, 200-hour Yoga Teacher Training, 2010

Program in Plant-Based Nutrition, T. Colin Campbell Center for Nutritional studies, 2018
Healing From The Core multiple trainings, International Alliance of Healthcare Educators, 2020, 2021

Craniosacral Therapy I, Upledger Institute International, 2020

Craniosacral Therapy II, Upledger Institute International, 2020

Certified Master Life Coach, American Union of NLP, 2020

Awakening the Illuminated Heart, School of Remembering, 2021

Donna Eden Energy Medicine Level I: Fundamentals, 2021

Bronnikov Method, Level I & II, Bronnikov Center Rotterdam, 2021

EDUCATION

Bachelor's degree from Central College, Pella IA, 2002

Doctorate degree in Physical Therapy from Des Moines University, Des Moines, IA, 2006

LICENSES

Licensed Physical Therapist in Virginia, 2006



www.TheLifePathOfLight.com

Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103



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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

Do you have TMD or Sleep Apnea?

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

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

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

www.SleepandTMJTherapy.com

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Marvette Thomas, DDS

Cosmetic Dentistry,
Invisalign® Platinum Provider

dentalspa



12351 Dillingham Square
Woodbridge, VA 22192

703-580-8288



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

Professional Memberships

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

The Dental Spa

The Dental Spa of Virginia has received several awards over the years and was

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

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

It's Never Too Late For a Straight Smile

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

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

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703-775-0002



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

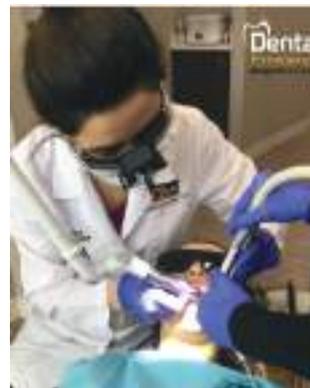
Holistic Dental Practice in Northern Virginia

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

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

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

Drill Free - Injection Free - Pain Free Dental Solutions



Dr. Sheri Salartash is processing the drill-free solution for cavities (No numbness required)

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- No Infection / Needles
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Sarah Lascano, Energy Medicine



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Meet Sarah Lascano

Degrees, Training & Certifications

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

Areas Of Expertise

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

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Chirag Sanghvi, MD

Pain Management, Anesthesiology

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Meet Dr. Sanghvi

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

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

Dr. Sanghvi predominantly sees patients in Frederick and Leesburg.

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Bethesda, MD 20817

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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 Hospital in 2014 to serve patients in the DC, Maryland and Virginia 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. His work was presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American 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 endoscopic microsurgery.

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 holds the position of Cancer Liaison Physician for Holy Cross Health, where he manages and oversees 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 wife and beloved daughters. Dr. Makhoul enjoys skiing, running, scuba diving, tennis, and traveling.

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Meet Dr. Bradley H. Bennett:

Dr. Bradley Bennett is a colon and rectal surgeon serving patients in the Washington, DC metropolitan area. Originally from Evansville, Indiana, Dr. Bennett pursued his education at Tufts University in Boston before attending medical school at Georgetown University. He chose to remain in the DC area, completing his internship and residency at George Washington University, as well as a fellowship at Suburban Hospital.

Dr. Bennett previously served in public health at the National Institutes of Health. He holds the honor of being voted one of the area's top doctors by both peers and patients. Currently, he maintains national certification from the prestigious American Board of Colon and Rectal Surgery, the American Board of Surgery and the National Board of Medical Examiners. In the past, Dr. Bennett served as Department of Surgery Chief at Holy Cross Hospital, and he currently works as an Assistant Clinical Professor of Surgery at George Washington University.

As a member of the American Medical Association and the Society of American Gastrointestinal and Endoscopic Surgeons, Dr. Bennett meets the standards and guidelines required of the nation's leading physicians and surgeons. He believes that excellent patient care is rooted in experience, ongoing education and advancements in modern medical technology. Over the years, his commitment to continued training has led to advanced training in robotic and laparoscopic colon and rectal surgery, as well as transanal endoscopic microsurgery and transanal hemorrhoidal dearterialization.

When he is away from the office, Dr. Bennett may be found spending time with his wife and beloved pet dog. Dr. Bennett enjoys golf, skiing, and catching up with his daughter.

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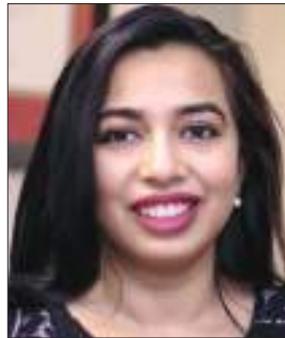
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Braces What To Expect



By Swathi Reddy, DMD
All Smiles Orthodontics

Do Braces Hurt?

Braces do not hurt at all when they are applied on the teeth, so there is no reason to be anxious about the placement appointment. Typically, patients will experience a mild discomfort or soreness after the orthodontic wire is placed into the brackets, which may last for a couple days.

In less modern times, only stiff wires were available, and there was

more pain associated with braces. With newer technology, and more flexible wires available now, there is significantly less discomfort associated with tooth movement. Over the counter pain relievers such as Tylenol/Advil/Motrin (normally taken for headaches) can be used to ease this discomfort.

Can I Get Braces and Go Back To Work Or School the Same Day?

Braces should not interfere with your ability to go back to school or work. Your lips and cheeks may take some time to get adjusted to braces. If additional appliances are placed inside your mouth, you may need some time to get used to talking with them.

Will I Need To Get Shots?

No shots or anesthesia are needed in orthodontic treatment. Braces are bonded (glued) to your teeth at the beginning of treatment and removed at the end of treatment. So, as you can see, usually the procedure of getting

Please see "Braces," page 47

Orthotics A Biomechanical Approach To Foot Pain



By Edward S. Pozarny, DPM
Arlington Podiatry Center

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.

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.

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 compensate 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

As you walk your heel shifts very

Please see "Orthotics," page 41

Mouth Elements That Trigger Whole Body Health Or Disease

By Kalpna Ranadive, DMD, MDS, NMD, IBDM, Vedic Dental

Mouth is the largest portal that can be voluntarily opened and viewed directly making it a fantastic diagnostic indicator of visible and invisible disease. A good diagnostician, like a detective, uses clues missed by many to get to the good or bad within the not so obvious.

Certain trigger points in the mouth can alert an impending chaos locally or even scattered throughout the whole body. Many people forget that the mouth is not just teeth. There are many components like tongue, cheek, saliva, airway space, muscles, ligaments etc. that constantly interact with other parts of the body.

In our daily pursuit of balance and living a disease-free life, it is important to understand three facts about the mouth.

Fact #1 – Perfect smile does not equal healthy balanced teeth.

Fact #2 – Radiographically perfect disease-free teeth, bone or gums do not equal a healthy balanced mouth or body.

Fact #3 – Imbalanced mouth can trigger years of unnecessary suffering without you ever realizing it.

Timely intervention to catch and remove these disease triggering factors using ancient wisdom blended with modern technology can avoid years of pain and suffering.

Accurate Diagnosis Helps Swift Intervention

Since mouth triggers create widespread vibrational damage, pain can be felt from head to toe. An unsuspecting patient may then get treated for headaches, TMJ, neck/back/hip pain, acidity, brain fog, sleep apnea, etc., from various medical professionals when in fact the source and solution was in the mouth.

Before any treatment is initiated, the root cause of the problem is best found using accurate integrated diagnostic tools. Here are a mix of eastern and modern mouth trigger diagnostic tools.

Ayurvedic Diagnostic Tools

Ayurveda is one of the oldest integrative East Indian health systems that compliments beautifully with every modern medicine today. It helps a skilled clinician not only see the unseen but also encourages everyone to learn the basic early diagnostic signs for self-healing.

1. **Saliva Quotient** – Can alert about elemental imbalances at cellular levels.

2. **Tongue Diagnosis** – Ayurvedic tongue diagnosis is a time-tested skill that can alert you not just of oral but also impending body and mind problems.

3. **Space Encroachment** – Can alert about teeth cracks, TMJ muscle synchronicity, etc.

4. **Elemental Evaluation** – Can alert about blocks within various micro channels that can speed or reverse disease progression.

Modern Diagnostic Tools

1. **Thermal Scans** – Radiation free and Safe. Packed with information about disease patterns, current and future breakdowns with teeth, muscles, etc.

2. **Bite Analysis** – Digital safe scans that can determine teeth alignment with similar precision seen in car wheel alignment technology.

3. **Airway Analysis** – Helps detect obstructions in the oro-nasal-sinus area causing sleep apnea, eye, sinus, throat, immunity issues, etc.

4. **Vibrational Joint Analysis** – Helps detect damaging vibrations radiating to TMJ and associated skeletal-muscular area.

Mouth can be a window to not just the body but also mind, spirit, speech, body balance and more. Timely intervention is priceless for an unsuspecting patient who may be about to suffer due to excruciating pain in a location far away from the mouth.

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From early diagnostic indicators to long-term prevention, Ayurveda has wonderful easy to use protocols that can be easily incorporated into daily dental and health practices. Knowing what to use when, in what proportion and when to intervene with modern sciences is the key necessary requirement before blending Ayurveda into dentistry.

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We strive to be your guide, teacher and health coach. You get inspired to make the right choices with everyday self-care decisions so you can easily save time, money and unnecessary pain, all on your own!

FIRST

Before you fix your dental problems find out if there are other contributing factors that need to be corrected.

SECOND

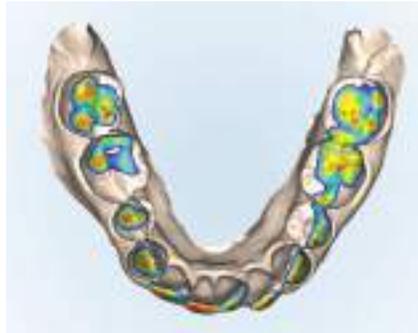
Know that cavities, gum diseases or bad breath can be caused due to problems inside the body.

THIRD

Fixing only dental problems without resolving internal issues will make the dental problems reoccur AGAIN!

FOURTH

Technology helps blend ancient wisdom with latest innovations and digital artificial intelligence.

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Oriental Medicine and ED



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

ED, such as a hectic lifestyle and feeling stress/pressure, or changes in his diet, living environment, relationship status, etc. ED can also be caused by medical or physical issues.

Medications, such as Viagra, and other modern treatments are available to help men obtain an erection, however these medications do not work for about 30% of men who experience ED. Additionally, many men are reluctant to take medication for this issue and would rather seek out a more natural treatment option.

Erectile dysfunction (ED) is a common male disorder that occurs when a man cannot get an erection for sexual intercourse. Around 52% of men experience some form of ED in their lifetimes. The risk of ED increases with age, though it is still possible for young men to experience ED.

Many psychological or emotional causes may lead to a man experiencing

The good news for these men is that in recent years acupuncture has been widely used to treat ED. In fact, there have been clinical trials that confirm acupuncture can improve male erectile function, especially for patients experiencing ED caused by psychological or emotional issues.

Acupuncture provides natural, safe help for a wide range of health problems including chronic and acute pain, as well as ED. Positive results are typically felt within 1-3 sessions. Acupuncture may be an alternative to medication or surgery, and it is inexpensive and non-invasive. Pre-sterilized single-use needles are used.

Each of us respond differently to the same stimulus. Ideal systems of health care recognize our individuality, and work with its unique pattern to bring us to our highest level of health.

Acupuncture can be used to effectively treat and energize patients who have, in the past, shown little or no response to traditional medical treatments. It addresses the strengths and weaknesses, disease tendencies and inherent characteristics of each person.

An initial office visit includes an individualized treatment, based on a detailed history, examination, and evaluation. Your acupuncturist will work with you to determine the best way to meet your individual needs, and will take the time to answer questions.

Erectile dysfunction is an age-old problem. What better way to find relief than with the time-tested, age-old remedy of acupuncture?



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Young C. Yi, "One of the best practitioners of Oriental Medicine in the U.S."
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- Parade Magazine in 2001, 2002, 2004

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

Livers: Cirrhosis, Digestive Disorders

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



Testimony:

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

- DC Resident, Mrs. Zhang

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

Reference:

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

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

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Maintain a Healthy Life: From the Eight Constitutions



Che Bong Cho, LAc

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

There are differences in people's body types depending on the different strengths of the five organs, which are the heart, liver, spleen, lung, and kidney. People have completely different personalities, talents, sensibilities, and health conditions according to the eight body types of constitutions. These include: metal *yang* (pulmotonia), metal *yin* (colontonia), wood *yang* (hepat-

tonia), wood *yin* (cholecystonia), earth *yang* (pancreotonia), earth *yin* (gastrotonia), water *yang* (renotonia), and water *yin* (vesicotonia).

Metal body types have strong lung *Qi*. Lung *Qi* goes to the ears to increase the sense of hearing. That is why metal body types have the best development of hearing and whatever they hear, they understand and remember well.

They also have excellent musical talent and foreign language aptitude. Children of this type are known to be musical prodigies. On the contrary, people who have the wood body type

have a strong liver *Qi* but they have a very weak lung *Qi*. The feature of the liver is power. They store information little by little. For this reason, they dislike expressing their feelings and store their thoughts and emotions inside.

However, they think through problems carefully and have excellent ability for the application of knowledge. If they study several books on one subject, it is going to be difficult to take in all the information. So, it is better to focus on one book and reread it a couple of times.

For people who have earth body type, they have strong spleen *Qi*. Spleen *Qi* goes to the eyes. They have excellent vision. They can understand things faster when they see things. For example, sometimes children have superior skills in solving puzzles. They may be earth body types. They also have a good sense of direction and easily remember where they placed certain objects.

People who have water body types have a strong kidney jing *Qi*. The

kidney is the cold nature organ. They are very sensitive to cold weather. They always have cold hands, feet, and body. They show admirable presence of the mind, are not easily excited by sudden environmental changes and are always composed and calm. They usually have logical thinking and have delicate and detailed personalities.

Finally, Korean acupuncture theory believes that people should eat appropriate foods, depending on their body types in order to balance the organ *Qi*.

If there are severe symptoms of illness or health issues, Oriental medicine and acupuncture can be helpful in cases of chronic or acute diseases by helping to balance organ *Qi*.

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Dry Cutting 5 Reasons Why It Should Be Your Next Cut



By Nelli Tatrashvili, Hairstylist
Alya Salon & Spa

your haircut, and have all had that “uh-oh” moment when you’re not sure how the hair will look after – wondering if your wet locks are going to bounce up another inch than what you had hoped for. Cutting hair where they live is the best method for complete accuracy.

2. It's Gentle On Hair

Hair is more susceptible to breakage when wet, and when being combed through, you may notice you lose more hair. Skipping the shampoo and rinse may be better for your hair if it is already damaged.

3. There Won't Be Any Post-Cut Shock

Cutting your hair “as is” is the whole point of the dry cut. Typically hair is more elastic and looks longer when it is wet and combed out, so you’re three-inch chop could end up looking more like a 6-inch chop in the end. Going dry will help the stylist see your hair where it lives, in it’s natural state.

Ever heard of dry cutting? Normally when you go in for a haircut, your stylist may take you back to shampoo and rinse your hair. Dry cutting is a popular method of cutting hair for all hair types. That’s because certain hair types and styles respond differently to scissors when wet, so many stylists prefer to cut dry. Here are a few reasons why.

1. Dry Cutting Is Made For Curls

You know what it’s like to get

Please see “Dry Cutting,” page 47

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Women and Hair Loss

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

Hair loss can be a very emotional experience. In addition to the stress of hair loss, for females, many feel they are suffering through hair loss alone.

For many women losing their hair can be shocking, embarrassing and distressing. The emotional strain of hair loss can be unhealthy, not to mention traumatic in one's day-to-day life.

According to the American Association of Dermatology (AAD), hair loss for women is common.

The facts:

- 30 million American women are affected by hereditary hair loss.
- Women actually make up 40% of American hair loss sufferers.
- In quality-of-life studies, women experiencing hair loss reported a higher incidence of behavior that interfered with their daily lives including a significant loss of self-esteem, being introverted, feeling less attractive and tense feelings in public places.
- The average person loses 50 to 100 hairs per day.

“The reality is, women suffering from hair loss are not alone and do not need to suffer in silence any longer.”

The reality is, women suffering from hair loss are not alone and do not need to suffer in silence any longer. The advanced NeoGraft® technology has allowed skilled physicians to conduct follicular unit extraction (FUE) with an advanced automated system that ensures precision, consistency and natural looking results.

The NeoGraft procedure is a discrete, minimally-invasive hair restoration solution. There is no linear scarring which allows patients the flexibility of any hair style, short or long.

On average, recovery times are

quick and there are few activity restrictions following the procedure. A certified NeoGraft provider will be able to assess your specific needs in your initial consultation and determine if you are a good candidate for the procedure.

How the Procedure Works:

Step One: Donor Hair Removal. The procedure begins with hair being removed from the donor area in the back of your head where your hair is genetically programmed

to resist testosterone.

Step Two: Separation Of the Follicular Units. Each graft is extracted with the same consistency in diameter and length, resulting in a dramatically increased take rate.

Step Three: Creation Of the Recipient Sites. Recipient sites are then created in the proper angle, direction and orientation according to the artistic hair transplant plan designed specifically for you.

Step Four: Placement Of the Hair Graft. The follicular units are then carefully separated by size.

Grafts are transplanted into the balding and thinning areas of your scalp. Each graft is meticulously harvested as it naturally occurs and implanted individually to ensure the best results.

So, if you are losing, or have lost, hair and want a great solution to replace it or thicken your hair, now is the time to look into NeoGraft.

Need Hair Restoration? YOU decide.



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

- It is the least invasive procedure for hair transplantation
- Patients who receive NeoGraft® feel little to no discomfort
- No stitches or staples are used in the NeoGraft® procedure
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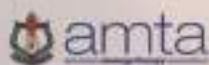
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feet, leading to serious infections and threatening your entire health.

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 don't 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.

PAIN RELIEF

Lower back pain is probably the most common pain issue. Sometimes it will just be the lower back, but it can combine with hip, leg, or sciatic type pain. People sometimes can hardly stand straight with each step creating shooting, stabbing pains, and within a few treatments they are beginning to walk normally, and the pain has greatly diminished.

Knee pain is another common pain complaint that can be a separate

issue, or can also combine with lower back and/or hip pain. Whether it is aching, clicking, burning, or sharp pains, it can all be relieved by acupuncture.

And even though people often feel post-operative pain is there to stay, that is not always the case. These types of pain can also respond very favorably to acupuncture, restoring normal life for many people. So, all in all, acupuncture can be extremely helpful at pain relief.

BOTOX

Good Botox is undetectable; it's usually only when someone has a bad or unnatural result that we actually realize they've had it!

The key to natural-looking results is to consult an expert. 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 result can send signals that we don't intend. Frown lines between the eyebrows make us look angry, lines across our forehead communicate worry, and a sagging mouth or neck can look sad. With expert technique, tiny amounts of Botox, Dysport, Xeomin or Jeuveau 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. 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 understand how to go beyond this to reshape your whole face and restore youthful contours. 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, making your eyelids heavier, a little Botox in the right places can lift and subtly shape your brows. This adds definition and sparkle to your eyes.

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

3. The Power Of Combination

Please see "Botox," page 47



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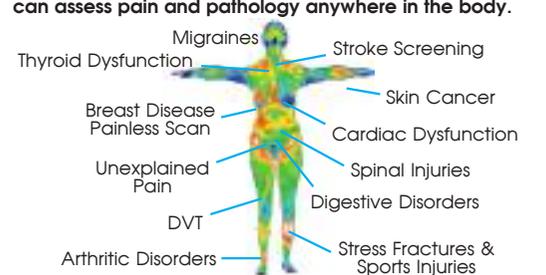
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By Sheilah A. Lynch, MD

When Diet and Exercise Are Not Enough

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

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

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

Increased abdominal girth from



About the Procedure

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

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

Lipo360 and Brazilian Butt Lift (BBL)

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

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

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




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WHEN DIET AND EXERCISE ARE NOT ENOUGH

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BOTOX

FROM PAGE 41

A key strategy is combining Botox with natural fillers such as Juvederm, Restylane, Voluma and Sculptra, and state-of-the-art lasers such as Ulthera, Fraxel or Exilis Ultra. This can achieve a scar-free, more natural-looking, non-surgical 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 it 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 doctor 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 them from deepening.

When comparing pricing, make sure you know how well-qualified your doctor is, and that the Botox is not over-diluted. It is 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 patterns of facial aging. The most expert doctors are actively involved in cutting-edge 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.

FLOSS

FROM PAGE 20

damage the gums and tooth enamel.

- Brush every surface of every tooth, cheek-side, tongue-side, and chewing surfaces. Place special emphasis on the surfaces of the back teeth.
- Use back and forth strokes to brush the chewing surfaces.
- Brush the tongue to remove fungi, food, and debris.

The Proper Way To Floss

Flossing is a great way to remove plaque from between the teeth. Flossing is an especially important tool for preventing periodontal disease and limiting the depth of the gum pockets. The flavor and type of floss are unimportant; choose floss that will be easy and pleasant to use.

Here is a basic guide to proper

flossing:

- Cut a piece of floss to around 18 inches long.
- Wrap one end of the floss around the middle finger of the left hand and the other end around the middle finger of the right hand until the hands are 2-3 inches apart.
- Work the floss gently between the teeth toward the gum line.
- Curve the floss in a U-shape around each individual tooth and carefully slide it beneath the gum line.
- Carefully move the floss up and down several times to remove interdental plaque and debris.
- Do not pop the floss in and out between the teeth as this will inflame and cut the gums.

LOCKDOWNS

FROM PAGE 26

could get COVID under control.' His advice is right on point, if we lived in a bubble. But, we don't.

We were late reacting to COVID which made lockdowns and other interventions fruitless. Hopkins' report uses the word 'noticeable'. Not even a noticeable impact from mandates and lockdowns. It was simply too late for that to work.

People are people and accept all kinds of risks every day. In the US people weren't and aren't going to be held down by a mandate or shutdown. Look at all the celebrities and politicians who hammer on mask mandates and then are caught on video socializing with no mask. The result is that even mask wearing

can only be shown to have a marginal impact.

These are the two biggest reasons mandates and lockdowns don't work. They may work in a different type of situation, but not in the case of the COVID-19 pandemic we have experienced.

What does work is people being responsible. When people have a good idea of what will cause them to get sick or die, most people take the action they think is the best for them. It may not be what Dr. Poland advises, but it is what they feel is best for them. Rarely do people do nothing. That will be the future of dealing with COVID and other viruses and pandemics.

BRACES

FROM PAGE 34

braces is relatively painless.

How Often Should I Go Back To the Orthodontist After Getting Braces?

Appointments are scheduled according to each patient's needs. Most patients in braces will be seen every four to eight weeks. If there are specific situations that require more frequent monitoring, appointments may be scheduled accordingly.

Can I Get Braces If I Am Pregnant?

There are no contraindications for treating patients during pregnancy. You may need a letter from your obstetrician

saying that it is ok to have x-rays taken. Because of hormonal changes during pregnancy, your gums may become swollen easier. However, as long as you practice good oral hygiene, you can still enjoy the benefits of orthodontic treatment when you are pregnant.

Do I Need To Have a Dentist Refer Me For Treatment?

Although many patients are referred by their family dentist, you can make an appointment without a referral from a dentist. If you are considering orthodontic treatment, you can call an orthodontist directly and usually schedule a free consultation.

PLASMA PEN

FROM PAGE 18

Your technician will work closely with you to provide the most comfortable treatment. Topical numbing agents are used and our Plasma Concepts device and super-fine probes allow our technicians to work quickly and efficiently, which will dramatically minimize any potential discomfort for you.

When Will I See Results?

Although results are often utterly dramatic from day one and your treated area may look completely

healed from the outside very quickly, it takes about 4-8 weeks to be able to see the full results that can last up to three years.

How Many Treatments Do I Need?

The procedure provides results after just one treatment. The number of treatments required to achieve desired results will depend on the area being treated, the condition of the skin and age. Your technician will create a plan with you.

DRY CUTTING

FROM PAGE 38

4. It Can Be More Precise

When cutting dry hair, the stylist can see how it moves, the condition of your hair, and most importantly, split ends. Hair can bunch up at the ends when wet, which makes finding split ends more difficult for curly hair. When going dry, your stylist will be able to see it all, strand for strand.

5. It's 100% Tailored To You

Cutting wet hair is something your stylist does everyday, and has done over and over. It is typically routine to do a shampoo, condition and rinse followed by a comb through and then cut. A dry cut is more of a custom cut, with the hair being unaltered in any way, and allows the stylist to work on your natural hair in a more personal manner.

SCREENING

FROM PAGE 26

Advanced Technology For Treating Colorectal Cancer

GW Hospital was the first hospital in the world to perform colorectal surgery with the Medrobotics Flex® Robotic System. We also use virtual reality (VR) technology, which creates a 360-degree reconstruction of a patient's anatomy.

Antoinette Brosset knows the importance of colorectal cancer screening, as well as the benefits of our advanced colorectal surgery.

Having beaten breast cancer at GW Hospital, Antoinette learned that she had colorectal cancer fol-

lowing a routine colonoscopy screening. After a surgical procedure with the Medrobotics Flex system and VR technology, she is now living life cancer-free. "My doctors at GW Cancer Center saved my life more than once," she says. "They caught it so early."

How To Get Screened

Talk with your primary care provider (PCP) to get an order for your screening.

If you need to find a PCP, call 888-4GW-DOCS (888-449-3627).

Call 888-4GW-DOCS to schedule your screening today.

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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

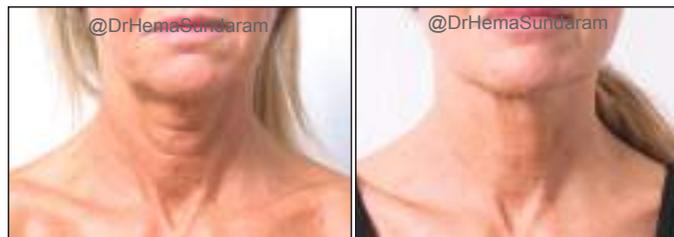
Above all, my team and I promise to give you straight answers. We'll steer you through the hype and jargon, and help you restore the inner-outer balance that empowers us in every aspect of our lives.

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