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The Medical Oncologists from
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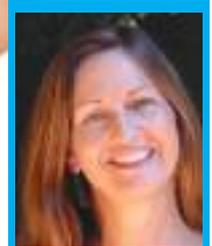
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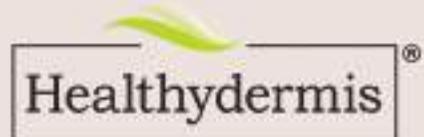
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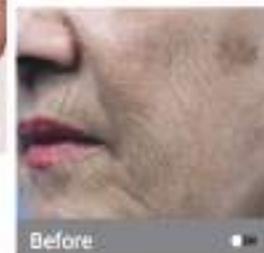
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Future Trends In Spine Research



By Deeni Bassam, MD, DABPM
The Spine Care Center

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.

the means to those ends will surely continue to evolve.

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

options.

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

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

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

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



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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- Post Amputation Pain
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Look and Feel Your Best

New Lasers and the Latest No-Downtime Procedures



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

How do you view midlife? If you're like most, you probably have every expectation that the second half of your life will be fulfilling, active and productive.

Our skin is a mirror of everything inside. It's natural to want your skin to reflect externally the youthful vigor and vitality you strive for internally.

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

The idea of looking and feeling good at any age has inspired groundbreaking non-surgical strategies that naturally rejuvenate you, while preserving your individuality and avoiding the "done look." For the state-of-the-art thinking and techniques from the world's cosmetic experts, read the new article "Your Best Shot" in the March issue of *Shape* magazine.

Recent academy teaching for dermatologists and plastic surgeons have focused on the science and research behind state-of-the-art techniques and technology. The latest concept is to

Please see "Feel Your Best," page 41

Herbalism In Action



By Teresa Boardwine, RH (AHG)
Green Comfort School of Herbal
Medicine

Often clients have not been heard. After two hours of sitting in the yurt, drinking tea and discussing their health, a plan is developed.

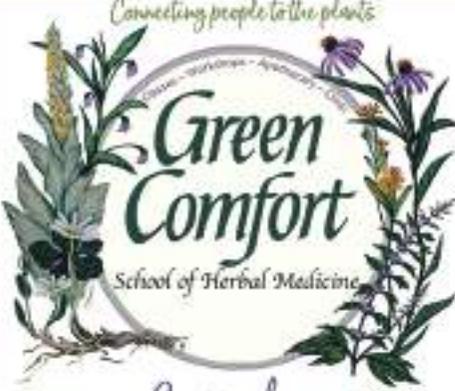
Plants work to nourish, balance, restore and build resilience. Herbs are sold as food in America and can often be taken as foods, teas and extracts to affect a specific area or spread widely to nourish the entire body. That is in the discretion of the herbs and practitioner.

Some of the most important herbs being utilized by mainstream functional medicine practitioners include Adaptogens like; *ashwagandha*, *eleuthero*, *schizandra* and *holy basil*. These herbs support the individual during times of stress to build stamina, vitality and resistance to stress. Plants necessary in building immune system resilience are the medicinal mushrooms like; *reishi*, *shiitake*, *maitake*, *turkey tail*, and *cordyceps*. During this pandemic it is wise to take a daily tonic of mushrooms for their immunomodulating capability and some

Please see "Herbalism," page 47

When a health issue is mentioned an herbalist's mind goes to what is the root cause? Herbalists track the patho-physiological way a disease manifests and review systems affected. But before herbal advise is offered, an interview with the individual helps the herbalist get to know them, their stress levels, traumas from past, health history and of course how this issue is showing up in their life. Herbalist do not diagnosis or prescribe but will listen and learn, educate and inform.

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“Laser” Cataract Surgery

By Jacqueline D. Griffiths, MD
NewView Laser Eye Center

A cataract is a clouding of the lens inside the eye, causing vision loss that cannot be corrected with glasses, contact lenses or corneal refractive surgery like LASIK.

In cataract surgery, the lens inside your eye that has become cloudy is removed and replaced with an artificial lens (called an intraocular lens, or IOL) to restore clear vision.

The procedure typically is performed on an outpatient basis and does not require an overnight stay in a hospital or other care facility. Most modern cataract procedures involve the use of a high-frequency ultrasound device that breaks up the cloudy lens into small pieces, which are then gently removed from the eye with suction.

What Is the Femtosecond Laser?

Recently, a number of femtosecond lasers – similar to the lasers used for LASIK – have been approved by the FDA for use in cataract surgery to do the following steps:

- Creating corneal incisions to allow the surgeon access to the lens
- Removing the anterior capsule of the lens

- Fragmenting the cataract (so less phaco energy is required to break it up and remove it)
- Creating peripheral corneal incisions to reduce astigmatism (when needed)

A femtosecond laser can also be used to perform some of the steps of surgery to remove a clear lens or refractive lens exchange (RLE), and to make arcuate incisions in the cornea (AK) to reduce astigmatism. There are benefits and risks associated with the use of the laser, and there may be additional costs.



Lasers vs. Traditional Surgery To Remove the Lens

What Are the Possible Benefits?

Traditionally, the eye surgeon uses blades to create the incisions in the cornea (the front window of the

eye), and other special instruments to create the capsulotomy (the circular incision in the outer layer of the cataract or clear lens). The surgeon also uses a phacoemulsification device that utilizes ultrasound power to break up the lens and remove it from the eye. The femtosecond laser can be used to perform some or all of these steps.

The possible benefits of the laser include the ability to make more precise and consistent incisions in the cornea, a more circular and centered capsulotomy, and to pre-soften the cataract so less ultrasound energy is necessary with the phacoemulsification device.

How Is the Laser Used To Treat Astigmatism?

Patients with astigmatism have several choices for the reduction of astigmatism. Nonsurgical options for astigmatism correction include glasses and contact lenses. Surgical correction of astigmatism can be achieved through a toric intraocular lens, a limbal relaxing incision (LRI) made manually with a blade, or an arcuate incision made with the femtosecond laser (AK). Refractive surgery such as LASIK or PRK can also treat astigmatism. The shape and size of incisions made with the laser may be more precise.



Jacqueline D. Griffiths, MD

Selected as a
“Super Doctor”

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“Top Ophthalmologist”

Washingtonian Magazine
& Northern Virginia Magazine

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

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

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

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

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



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

People are encouraged to buy a new house, car, cell phone or big screen TV, and those companies make themselves very visible and their products easily attainable.

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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Women and Tailbone Pain (Coccydynia)



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

A 45 year old female patient visited her clinic and complained of her chronic tailbone symptom. She stated that she did not get injured at all, but the pain persisted. She was taking medication to relieve the symptoms, but there was not obvious diagnosis, and the pain was still there after six months.

Take another case of a 36 year old female graphic designer who stated that she had been experiencing tailbone pain for around four months. It got worse recently and she could not sit for long due to the pain and discomfort, affecting her job and enjoyment of life.

There are more women than you think that are experiencing coccydynia (tailbone pain). The most common cause is a falling injury. When falling on your tailbone (coccyx), it can be moved or twisted. Then, it will pull or damage the ligaments or tendons and become inflamed with bruising.

Dr. Jay Cho

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

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

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

Some patients are young mothers who gave birth within the past year, and they experience coccydynia. Just prior to childbirth, the hormone relaxin is secreted to release tension in the entire pubic area, including the pelvic joints and ligaments, and loosen up all pelvic joints. Sometimes, it can be a reason that causes tailbone pain if the pelvis ligament tension remains weak after childbirth.

There are many other cases, without injury or childbirth, such as excessive sitting, inflammation, prostate

tumor, and improper sitting posture that can cause tailbone pain.

A damaged or twisted coccyx and/or weakened pelvis ligaments should be taken care of by professional provider with proper adjustments, physical therapy, and therapeutic exercises if needed.

Medications can offer short term relief, but if the problem persists, you need to see a professional who understands and specializes in this area and get on a care plan to properly care for your tailbone, if you don't want to

suffer more.

There are ways to reduce the risk of tailbone pain including: no prolonged sitting, avoiding sitting on hard surfaces and exercising regularly. If you have to sit for a long time because you are a student or desk worker, it is recommended that you use a cushion for sitting.

If you're experiencing prolonged tailbone pain, seeing your chiropractor is a great first step to getting both short and long term relief. Why live in pain if you don't have to?

Tired of Taking Medication?

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How to Prevent Senior Falls at Home

By Jim Bland
 Director: Aging in Place Services
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Vital as part of discharge from hospitalization or rehab

Unfortunately, a senior falls every second causing over 25% of ER admissions, 40% of nursing home admissions, and resulting in many permanently losing their independence. According to the CDC and the National Council for Aging Care, falls are the leading cause of fatal injuries for seniors today, or the event that results in them no longer being able to live at home. Most falls occur in one's home with over 85% of them taking place in the bathroom!

Fortunately, so many of these falls can be prevented by making relatively minor modifications, especially in the bathroom, hallways, and entry ways to homes.

Certified Aging in Place Specialist (CAPS) is a designation issued by the National Association of Home Builders to entities that have completed extensive training and passed exams relative to identifying fall causing conditions in homes and how to complete specialized modifications that assist in preventing falls.

Preventing Falls starts with having a Home Safety Assessment conducted by CAPS designated professionals. The Assessment is a room-by-room inspection identifying conditions known to cause falls but that may not be readily visible to an untrained individual. Most assessments will include recommended modifications and approximate costs. Companies normally charge \$300-\$450 per assessment, though some will provide the service for free as part of their community outreach.

Climb-over tubs are a major cause of falls and can be converted to walk-in showers or tubs in just a day, in most cases

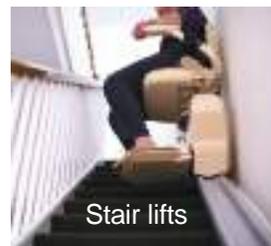


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Are You Stressed Out? Here's a New Way To Find Relief

By Sarah Shores
Warrenton Wellness

To help with life's unexpected events there is a new option for relaxation and stress relief in Warrenton, VA. The first Blu Room on the east coast boasts a new approach to relaxation that uses calming frequencies of light and music. The frequencies of the narrowband ultraviolet B light (UVB) combined with specifically selected music creates an atmosphere for you to relax in and separate yourself from the outside world.

A Blu Room does not treat physical conditions but supports your mind. As a result of relaxing and calming your mind, your wellbeing is transmitted to your body. Improvements in physical health are a side effect of the mind getting well. The relaxation goes deep and relieves the user of the daily tension. Once relaxed the brain may release endorphins. Among other benefits, the secretion of endorphins induces a mild sense of euphoria and enhances the immune response. With higher endorphin levels, you feel less pain and are less affected by stress.

Another perspective to describe the effects of the Blu Room is based on the principles of resonance in physics. If you visit a Blu Room carrying lower frequencies of fear, grief, sadness, depression, and illness it is possible for you to move to a higher frequency of happiness, joy, and love because when two frequencies are brought together in the same space, the lower will always rise to meet the higher.

Each session is 20 minutes long and the narrowband UVB light, which has been used in the medical field for decades, is on for the first few minutes of the session. The soothing blue light and mirrored walls, ceiling and floor make an otherworldly experience as the user slips into a relaxed state.

At a minimum, you receive a healthy dose of vitamin D. Today's population is generally vitamin D deficient because of all the time we spend indoors. In your first session alone, your body is stimulated to

produce up to 10,000 IUs of vitamin D. Vitamin D is critical to fighting sickness and helps to facilitate a normal immune system. There are other benefits to having adequate levels of vitamin D to include helping with warding off depression, regulating calcium absorption, and according to one study it can

even decrease your chance of developing heart disease. Our modern life has put us in a place that is not always healthy but there are now options to change that.



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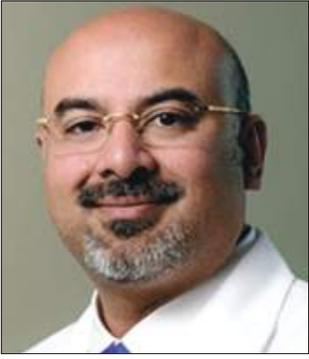


GW Cancer Center

Source: American Cancer Society®

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Salvaging Failed Back Surgery



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

Low back pain is one of the most common ailments affecting the general population. Among individuals with labor intensive work, the prevalence of low back pain is alarmingly high. Even though conservative management is very effective in treating such pain, some cases of low back pain are resistant to all forms of such treatments. When the pain gets excruciating and unbearable for a considerable period, surgery may be one of the treatment options offered to patients.

For the right indications and in selected cases, surgery may offer hope for patients suffering from debilitating back pain. In some cases, however, surgery fails to achieve its intended effect and leaves the patient without significant relief and in some cases even worse off than before. As the number of spinal surgeries being done in the US increases, the number of failed procedures is also on the rise. This condition has been called Failed Back Surgery Syndrome (FBSS).

Patients suffering from FBSS face significant challenges. They may not get diagnosed with this problem right away and there may be more procedures performed on them that may worsen the situation. It is not uncommon for these patients to have undergone several back operations without significant benefit. It is frequently associated with dependence on long term pain medicine, significant disruption of day to day work and leisure activity and breakdown of social life.

Until very recently, this problem was not fully recognized, much less addressed in a timely manner. Most spine specialists were unaware of existence of this condition and therefore were un-

able to offer meaningful solution to this problem. Recent advancements in our understanding of the spine has helped the spine community tremendously in recognizing and treating this problem at an early stage.

Treatment for FBSS begins with a consultation with a spine specialist who has a special interest and expertise in this problem. Frequently a new set of imaging studies may be ordered to assess

the status of the spine and the implanted surgical hardware.

After a careful history, physical exam and review of up to date imaging studies, the specialist will formulate a plan that would typically involve multiple disciplines. This may include a combination of physical therapy, epidural injections or corrective surgery to address any obvious problems with earlier procedures.

A technique that is increas-

ingly being used to treat FBSS is spinal cord stimulation. This can sometimes provide almost immediate pain relief to patients suffering from FBSS.

Failed back surgery syndrome is a complex problem with no easy answers. Patients who suspect that they may be suffering from it need to contact an appropriate spine specialist who understands the complexity of modern spinal treatments.

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Eat Better and Get Healthy With Great-Fitting Dentures

By Karl A. Smith, DDS, MS

Dentures are a good replacement option for patients who are missing all of their teeth, but only if they fit well.

What Makes Dentures Loose?

Impact on the bone by continuous hitting of a denture against the jaw every time you eat can make the

bone underneath the denture go away. This causes the denture to become loose and slip. It may create the need for using paste or other means to hold the denture in place. Slipping dentures can make eating certain foods very difficult for patients.

How Can Dentures Fit Well For a Long Time?

Dental implants can be placed

under the denture. Implants have offered the possibility of fully replacing teeth for over 30 years and are very safe and effective. When you make the denture stable by “snapping” it onto dental implants, you can provide a better level of comfort for the denture-wearer, and create new strength for eating the foods patients love.

Dental implants are very much



Karl A. Smith, DDS, MS

like your natural teeth. They are quite easy to get used to, and they can reduce the amount of stress to the bone and jaw by helping provide an anchor for support. The implant acts as a natural root to help prevent additional bone deterioration and helps to deliver long lasting function.

Does Every Denture-Wearer Qualify?

This depends on the amount of bone loss that has already taken place. If the denture has been in place for many years and the ridge of bone under it is very thin, you may need to have a special scan done to decide if you are a candidate for the procedure. This scan will also look for any other defects that may be present to make sure you are healthy.

Since implants are meant to last for a very long time, your health and wellness are important to the outcome.

How Long Does a Patient Have To Go Without Teeth?

Never. The denture is fitted to the implants, the same day the implants are placed. Typically, you are back to normal or better eating by day two or three.

Do Dental Implants Hurt?

Most patients have little to no discomfort. The surgery is done in one day, typically in about two hours. There are sedation options available for this procedure for those patients who want to relax through the procedure.

Is Treatment Expensive?

The cost of treatment varies depending on the number of implants, if a new denture needs to be made, if the patient desires sedation, or if there needs to be more bone added to have a good result. Costs are variable and should be weighed against factors such as the education of the doctor, the results from other patient experiences, and the quality of the product you are receiving.

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The Gut, a Holistic Perspective



By Tracy Freeman, MD

The gut is the hub of health. Typically, patients are assessed from their sinuses to the rectum when their gastrointestinal issues are being evaluated by an integrative medical doctor. Consider that whatever you swallow, whether from post-nasal drip or saliva, can potentially land in your gastrointestinal tract and therefore influence the health of this precious system. The more than 20-foot tunnel of intestines not only absorbs nutrition and eliminates waste, but it also sets the stage for the wellbeing of your entire body.

The microbiome of the gut is the bacteria, viruses, fungi, and parasites that live within you and influence your body's welfare. While that may sound disgusting, it is necessary to prevent disease. Recently, these microbes were found to influence who responded to cancer treatments.

In one study, patients who received a fecal transplant with good healthy gut bugs responded better to cancer therapy. This makes sense when you realize you are made up of more microbial cells than human cells.

Dr. Tracy Freeman is an integrative medical physician whose primary focus is achieving wellness through a combination of holistic and conventional medicine methodologies. Dr. Freeman, whose medical career spans almost two decades, has progressively reoriented her practice to include natural treatments and a search for the root cause of disease.

Dr. Freeman sees herself as a primary care physician who is philosophically based as a medical 'detective' and a patient advocate dealing with issues across the spectrum of physical and other disorders. She is committed to spending time with her patients and learning about their backgrounds and lifestyles. Upon graduation from Howard University College of Medicine, she received a Masters in Public Health from Johns Hopkins University. She completed her residency in Internal Medicine at The University of Florida Shands Jacksonville Health Center. She has further served the indigent and others remote from accessing quality medical treatment in an array of venues both domestically and in locales in Jamaica and Ghana. These Foundations, when combined with her knowledge of holistic and natural treatments, allow Dr. Freeman to treat the whole person utilizing many approaches.

There are approximately 100 trillion bacteria in the gut that make up 80% of the weight of stool. Good bacteria help your body manufacture vitamins, like vitamin B and K. These organisms have been shown to help your cholesterol, blood sugar, and blood pressure. Certain ratios of bacteria have also been found to influence your weight. Within your body is the proverbial battle of good and evil, its important that the good bacteria outnumber the bad to gain health.

Many diseases have been linked

to bad bugs in the gut. This is because of a process called "molecular mimicry." In this case, the immune system targets these bad bacteria or viruses, and they share similarities with the host. As a result, the immune system may attack parts of the body believing it to be the enemy. The bacteria, yersinia, for instance, has been linked to hashimoto's thyroiditis. Enteroviruses have been associated with ALS, ADHD, diabetes, and Guillain-Barre syndrome. Maintaining a healthy flora may be one of the best forms of preventive medicine.

How can you secure the health of your gastrointestinal tract? Stool testing among others are used to evaluate a patient's gut health. Then, together we utilize the "4 R's." This process involves *removing* the bad bugs and allergens; *replacing* with enzymes and healthy food as necessary; *restoring* the microflora with probiotics and prebiotics; and *repairing* the gut lining with supplements like glutamine, aloe vera, and zinc carnosine to name a few. These simple steps help to alleviate imbalances and offset inflammation leading to a healthier gastrointestinal tract.

Tracy Freeman, MD

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Don't Ignore Your Oral Health – The Mouth Body Connection

Submitted by the
Center For Dental Anesthesia

The test came back and its positive you're pregnant. Your mind is rattled with excitement, and you immediately create a "to-do" list. Does your "to-do" list include a trip to your dentist? Well, it should. A visit to the dentist is an important step in ensuring your health, as well as an on-time delivery and safe arrival of your most precious cargo yet.

Your teeth and gums are affected by pregnancy, just like other tissues in your body. About 50% of women experience something called pregnancy gingivitis, causing uncomfortable swelling, bleeding, redness or tenderness in the gum tissue. But, did you know that the health of your gums may also affect the health of your baby-to-be?

Studies have shown that pregnant women with periodontal disease may be seven times more likely to have a baby that's born too early and too small. Your dentist can easily detect and remedy this problem, while also alleviating any uncomfortable symptoms, such as gum swelling and tenderness that may have arisen as the result of your pregnancy. So, as you make your way through your "to-do" list, remember to check off that visit to the dentist. It can benefit both you and your unborn baby.

Pregnancy is not the only condition where infections in the mouth can play havoc elsewhere in the body and increase the risk of illness. Periodontal disease, a chronic bacterial infection of the gums, can cause oral bacterial by products to enter the bloodstream and travel to major organs and begin infections.

People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those who don't have periodontal disease. Studies show that inflammatory effects from periodontal disease allow bacteria to enter the bloodstream and trigger the liver to make proteins such as C-reactive protein.

C-reactive protein inflames arteries, increases plaque build up and may even cause blood clots that contribute to clogged arteries, heart attacks and strokes.

Additional studies have pointed to a relationship between periodontal disease and stroke. In one study in particular people diagnosed with acute cerebrovascular ischemia were found more likely to have an oral infection when compared to those in the control

group who had not suffered a stroke.

The relationship between periodontal disease and diabetes goes both ways. People with diabetes are more likely than those without diabetes to develop periodontal disease, especially if their diabetes is not under control. This infection can increase blood sugar and put them at greater risk for diabetic complications.

In addition, its been shown that periodontal disease may make it more difficult for people with diabetes to control their blood sugar.

So, if you want to take one more step in ensuring a longer, healthier life for you and your family, it makes sense to visit your dentist twice a year to be sure you don't have a periodontal infection. This is especially important

if you have noticed any symptoms of periodontal disease, have a family member with periodontal disease (it can be transmitted from one member to another), are thinking of becoming pregnant, have heart disease, respiratory disease or osteoporosis. If you have been diagnosed with periodontal disease, get it treated as quickly as you can.

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Embarrassed By Bad Breath?

The Permanent Cure For Halitosis

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

Do people step back when you get close? Rub their fingers under their nose? Turn their head or move a half step sideways? Offer you gum or mints? If you suffer from bad breath, finally, there is a cure.

As you may already know, breath odor can smell like “rotten eggs,” “poop,” or even “dirty socks” and is caused by odors produced by bacteria that live in the coatings on the tongue.

These bacteria form biofilms (coatings) that can only be removed by a specially trained dentist with unique oral instruments in a process called Halitosis Elimination – a painless process that is usually done in 1-4 visits.

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

in severe cases, covering them over. If you can only see a small amount of pink on your tongue you probably have bad breath.

The same process that creates bad breath can also alter your taste. When the taste buds are covered by a foreign substance full of toxin producing bacteria, taste is changed. It is not uncommon for people to complain of their food not tasting the same or their mouth having a sour taste – all because of the same biofilm that causes bad breath.



Richard A. Miller, DDS

So, why don't mouthwashes, toothbrushes, or tongue cleaners work for serious bad breath? The reason is that the biofilm coating on the tongue is too thick to remove by scraping and too thick to be penetrated by mouthwashes. What is more amazing, is that it can be more than 1/4 inch thick and doesn't cause any discomfort.

If you have tried everything and are still embarrassed by your breath, consider professional Halitosis Elimination. Since 1993 a professional cure has been available that creates life-long fresh breath – a cure for the millions of people who have tried everything to no avail.

One last thing. You might think that friends and family would tell you if there was a problem. Don't count on it. The last thing people hear about is their breath. They get their cues from other people's actions, not their words.

So, if you have any of these, you may have severe halitosis:

- Coating on tongue – whitish, yellowish, or brown
- People react to you in close situations
- Morning breath
- Brushing and flossing do little for the odor
- Regular mouthwashes wear off quickly
- Bad taste

Tongue Rejuvenation® is a painless technique that removes all the tongue biofilm and is the mainstay of the Halitosis Elimination Program – a way to say goodbye to bad breath forever. By professionally eliminating those bacterial biofilms you can be halitosis-free forever.

EMBARRASSED BY YOUR BREATH?



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How To Make Your Best First Impression

By Sherry Maragh, MD
Maragh Dermatology, Surgery
& Vein Institute

“We only get one chance to make a good first impression.”

This adage is worth remembering, especially in a competitive, modern day world. Each day we meet someone new, someone who may help us improve our lives. It might be a person assisting us in getting a promotion, or a new job, or it might be someone we want to make a good impression on, such as a first date.

Whatever the case, we always want to look our best. Often times that begins with investing in one of our most valuable assets, which is our skin. Whether it's for professional reasons, or just personal, we want our

“It can also smooth out wrinkles and provide a natural texture to the skin”

skin to look natural and healthy.

Everyone can experience skin issues or irregularities. There are many non-surgical procedures that are available to help us look and feel better about ourselves, and the condition of our skin. When we look better, we feel better about ourselves.

There are also same day laser treatments available for acne. These treatments destroy bacteria that causes the condition and significantly improves scarring.

Light chemical peels, cosmetic fillers, and the use of Botox are just some of the techniques that are available for smoothing out wrinkles and improving facial blemishes. These procedures are particularly helpful in the forehead, and around those sensitive areas between the eyebrows and mouth (laugh lines).

Cosmetic dermatology allows us to improve the appearance of the skin by removing unwanted sun spots and pigmentation. It can also smooth out wrinkles and provide a natural texture to the skin. This is not just for older

adults. Many young professionals should also consider this treatment.

These are just a few of the outpatient procedures available to improve fine lines, wrinkles and pigment irregularities. These treatments should always be conducted under the supervision of a board certified dermatologist and trained medical staff.

Sometimes multiple treatments are necessary depending upon the con-

dition and history of the skin problem. People with active, stressful lifestyles will benefit from these procedures as they rejuvenate the skin and help bring back a youthful appearance.

A board certified cosmetic dermatologist will carefully explain which of these procedures may be best for you, and remember, most of these skin procedures are available in a one-day therapy session. Improving



Sherry L. H. Maragh, MD

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By April Toyer, DDS
Lifetime Dental Care

Flossing and Your Health

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

Flossing Is an Effective Defense Against Gingivitis

Inflammation can occur in gum tissue that contains bacteria, plaque, and tartar build-up. Gums that are swollen and bleed when they're brushed are a natural result of im-

proper dental hygiene. Adding flossing to your regimen ensures that the debris from between your teeth, as well as any hidden bacteria, plaque, or tartar, is cleared away. Having eliminated the bacteria, your teeth become protected from gingivitis.

Stop Halitosis With Regular Flossing

Food particles hidden in between your teeth can allow bacteria to build up, adding to your bad breath. Tartar, in particular, contributes heavily to

halitosis and often can be found hiding between your teeth. Brushing, mouthwash, and flossing every day will go a long way towards protecting your teeth.

Flossing Helps Control Diabetes

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

Restrict Respiratory Disease With Flossing

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

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

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April Toyer, DDS

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



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What Does Holistic Health Really Mean?

By Mary Maruca, LMT, RCST and
Crystal Kaplan, LMT, BCST
The Teal Center

One massage client was a young woman facing a systemic health issue. To resolve it, she already had taken steps to change her relationship with food, to alter her exercise regimen, and to incorporate herbs and bodywork into her life. Though none of these important steps had made a notable change for her yet, she realized that restoring health is never a one-time event. Rather, it is a journey along roads that may be clear and straight for a time, filled with potholes at others, and sometimes just end all together, leaving the traveler to experiment with new solutions to identify a more appropriate health regimen highway. This client was doing just that.

When we speak about holistic health, we assume each has the same picture of what we mean. Perhaps we are thinking about acupuncture, yoga therapy, or meditation we are benefiting from, or some other physical practice outside mainstream medical prescriptions or surgeries to make us feel better. Consider, however, that such practices are only one part of the health equation.

The four aspects of holistic health – body, mind, emotions, and spirit – are each deeply woven into the other three. Modern science has shown how emotions affect our biology at a cellular level and how our beliefs impact our mental health and physical well-being. If you are interested in learning more two wonderful books on the subject are: *Molecules of Emotion* by

Please see "Holistic Health," page 39

Make Time Your Friend



By Mary Wilkerson, CMT
Vienna Massage Therapy

trying to tell us.

Why would we ignore what our bodies are trying to tell us? It may be out of denial, fear, or a faulty belief that all that is bothering us will just go away eventually. The greater our skill at ignoring our bodies, the more we put ourselves at risk for more complicated problems. If we truly appreciated the only body we ever get and if we realized how ignored dysfunction impacts quality of life, we would redirect some of our time and attention from the 'things' (house, car, yard, etc) and put it where it really matters – our bodies.

Time can either work for us or against us. When we have stresses and strains on our physical and emotional being, it takes its toll on our energy level and our ability to live full in the present. The longer we allow ourselves to continue in dysfunction and imbalance, the more difficult it can be to resolve problems and the more likely problems will be chronic. We may also be more prone to future injury by ignoring what our bodies are

Make time your friend instead of your enemy. Make it work for you with proper body care and treatment, rather than against you by allowing stress, postural imbalances, and muscle dysfunctions to continue unabated. Take steps to get better over time, not worse. Medical massage therapists are trained to help you achieve your goals, not only in stress-related issues, but also in postural analysis and injury rehabilitation.

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Benefits Of Immediate Dental Implants



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

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.

The patients do not have to go

through two surgeries and the extra 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.

The Model Lift



By Dr. George Bitar, MD
Bitar Cosmetic Surgery Institute

gain it where it is not wanted like the jawline or neck. For a non-surgical solution, a variety of fillers are offered, such as Radiesse®, Juvederm® Voluma, Sculptra® and Bellafill®. These fillers are used to enhance the definition and add volume, which lifts the face. A younger patient may benefit from using a filler while an older patient who is trying to stop the aging process may benefit from a combination of fillers or even surgery.

Chin and Jawline

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



appearance of sagging jowls. Non-surgical chin and jaw enhancement is a minimally-invasive way to smooth

Please see "Model Lift," page 46

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

Cheeks

One of the most prominent features a model has is high, defined cheekbones. As someone ages, they lose the volume in their cheeks and

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



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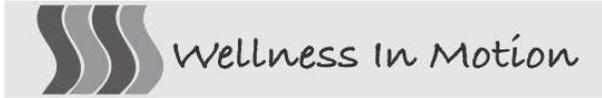
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Feldenkrais: An Intriguing Kind Of Exercise



By Maureen McHugh,
Feldenkrais Practitioner
Wellness In Motion

in struggle and triumph, and from those experiences he devised a new approach to movement. The people who carry on his work are called Feldenkrais practitioners. You can participate through group classes and individual sessions.

The center of the Feldenkrais Method is cultivating awareness. This means to become more aware of what you are doing. As adults, most movement occurs automatically; in other words, according to habit. This is efficient, but it has the drawbacks of limiting one's horizon and perpetuating old patterns.

Are you resolved in 2021 to get more exercise? If so, good for you. Many of us have the same goal. And, what will you do? Perhaps you would like to try something new. Maybe the Feldenkrais Method is just what you are looking for.

The method is named after its founder, Moshe Feldenkrais. He lived from 1904–1984. His life was rich

With the goal of coming to a fresh experience, Feldenkrais devised intriguing movement sequences, which he called lessons. Each lesson is an exploration of theme.

A common theme is turning. During a class, or private session, you stand, or sit, and turn to look behind, noting while doing so how far you can

Please see "Feldenkrais," page 46

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Stop Repeating the Negative



By Sherry Dmytrewycz, SEA, SRT
Healing Gateway

be showing to others. You begin to feel helpless to create a better world.

Thoughts create your reality, thus it is important to hold positive thoughts about the world's inhabitants. One must step back from creating situations in which negative judgment of others are made or encouraged. Stories that arouse passionate negative feelings about others do not create positive thinking people.

In the interest of a better world, it is time to reorder your priorities. How could you affect the negative news stories if you and others changed news sharing habits? How much more trusting of others would the world become? How much more progress could we make towards world peace? Can we get more "good news" daily instead of so many of the gut wrenching headlines that we are offered now? Would we all feel better physically and emotionally without losing energy to upsetting tales?

Please see "Negative," page 46

What happens when you retell a negative story? Repeating negative news stories can lead people to think that the world is a horrible place. It can also perpetuate the mistaken thought that many hold about the low moral values of those in this world. Spreading negative news encourages judgment and negative attitudes towards others when you hear or read about the inhumanity some may



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By Mariam Alimi, MSN, FNP, BC
Impressions Medispa

Six Ways To Look and Feel Six Years Younger

damage hair follicles, which make it harder for them to grow the hairs back.

Solution: Latisse and Revitalash are solutions to help stimulate growth of lusher lashes and eyebrows. Results are often seen within 2-4 weeks.

2. Turkey Neck: Age, hereditary and years of sun damage may lead to lax skin around the neck which is the dreaded "turkey neck."

Solution: Coating the neck with a moisturizing sunscreen will help protect the skin from the harmful rays of the sun. Fractional CO2 laser treatments do wonders in tightening the delicate skin around the neck and improving the texture and tone. Radiofrequency devices such as Pelleve or AccentXL also help stimulate the production of collagen in the neck, therefore, creating a tighter neck.

3. Aged Hands: Years of sun damage may cause wrinkling of the skin, age spots (solar lentiginos) and uneven skin tone.

Solution: Laser treatments such

as IPL/BBL and fractional CO2 help repair sun damaged skin and remove discoloration. Dermal fillers such as Restylane, Juvederm or Radiesse can help plump up the hands to give them a more youthful appearance.

4. Tired Eyes with Bags and Discoloration: Your skin is the thinnest around your eyes and often times the first place to see the signs of aging.

Solution: At home using a daily eye cream that has growth factors or peptides does wonders for lightening the eyes and keeping the skin around the eyes plump. For wrinkles around the eyes, Botox or Dysport can be used to give it a nice smooth appearance. The "Madonna Lift" which uses the fractional CO2 resurfacing laser effectively tightens the skin on the upper and lower lids.

5. Wrinkles and Dull Skin: Loss of collagen and elasticity reduces skin volume causing fine lines and wrinkles. Factors such as hereditary, sun exposure, smoking and dynamic

muscle movements affect how fast we age. Using our facial muscles such as laughing, frowning and squinting form lines on our face.

Solution: At home daily use of sunscreens helps to protect the skin. Retinoids, peptides and vitamin C are also great solutions to help keep the skin looking radiant. Botox and fillers such as Restylane and Juvederm and laser treatments do wonders in tightening the skin, providing volume, lifting the cheeks and tightening the jowls.

6. Loose Skin and Cellulite: We lose collagen as we age, gain and lose weight (post pregnancies), and the surge of hormone levels may cause loose skin and cellulite around the abdomen, thighs and buttocks.

Solution: Pelleve or AccentXL is a radiofrequency device that is FDA approved to treat rhytids (wrinkles) and may be used for the abdomen, thighs, face and neck to tighten loose skin.

As our body begins to age we start noticing a little line here and sag or bag there, which makes us look and feel older than we really are. There are many factors that contribute to the breakdown of elastin and collagen in our skin including excessive sun exposure, poor diet, genetics, sleep deprivation, loss of fat in the face and unfortunately the list goes on. However, on a positive note, there have been many advancements in the field of cosmetic dermatology to help alleviate these common trouble spots.

1. Thinning Lashes and Brows: Hormone levels and over-tweezing of eyebrows over time thins out your eyebrows and lashes. Tweezing can also

Advice On Looking Your Best

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Dr. Sanae Berrada graduated from dental school in 1997 and spent two years working in private practice before joining a post-graduate program in orthodontics at New York University. While there, she was awarded a certificate in orthodontics and remained as a teaching fellow the following year. She then spent two years in a general practice residency at the Berkshire Medical Center, a Tufts University affiliate hospital in Massachusetts. In 2007, Dr. Berrada joined a large group practice in Virginia Beach, becoming one of their lead dentists.

Today, Dr. Berrada is a co-managing partner of Guardian Dentistry Virginia, a leading dental service organization. She helms two private practices, Fairfax Dental Esthetics and Tysons Dental Esthetics. Dr. Berrada brings over 20 years of clinical expertise and a bright, vibrant personality to her work. She is a leading practitioner in the field of orthodontics, TMJ and Sleep Apnea treatments. Throughout her career, she has had extensive training in orthodontics, dental implants, cosmetic dentistry, and general dentistry. She is truly

committed to providing the best possible dental care for our community.

Continuing education is one of Dr. Berrada's passions. She has taken several courses from Dr. Frank Spear of the Seattle Institute for Dental Education, and she studied implant dentistry at Columbia University in New York. She is also a preferred Invisalign provider and offers clear aligners as well as conventional braces to improve her patients' smiles and oral health.

Her professional memberships include:

- American Academy of Cosmetic Dentistry
- Academy of General Dentistry
- American Academy of Implant Dentistry
- American Academy of Dental Sleep Medicine
- International Congress of Oral Implantologists

Away from dentistry, Dr. Berrada enjoys spending time with her husband and their 3 children, traveling, cooking, and outdoor activities.

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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.

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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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Meet Dr. Sanghvi

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

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

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Tracy Freeman, MD

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Education/Experience: Dr. Freeman graduated from Howard University College of Medicine in 1998 and has been in practice for 20 years. She completed a residency at University of Florida Shands Hospital.

Skills: Dr. Freeman is a holistic Internist in the DMV area and is a valuable asset to alternative approaches to many health issues from chronic fatigue, endocrine issues, gastrointestinal issues, Lyme disease, autism spectrum, as well as post operative care protocols for cosmetic plastic surgery.

Goal: Dr. Freeman's goal is to provide integrative medical care that looks for the root cause of illness and taps into your body's natural healing abilities. She listens to her patients and works with them to formulate an effective and feasible plan. Food, herbs and supplements coupled with medicine when needed are the tools used.

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Teresa is a dynamic teacher on health and wellness. Her approach is professional, warm and down to earth. She presents medicinal information in lay terms, in a way that is fun and easy to understand. In all of her programming, she teaches how to implement changes by integrating herbs, foods and supplements necessary to achieve optimal health and wellbeing.

Teresa teaches and conducts clinical consultations at Green Comfort School of Herbal Medicine. Her passion for connecting people with plants is infectious as she teaches the science and art of Herbal Medicine. Infused with knowledge gained from California School of Herbal Studies, her work as an herbal educator at Smile Herb Shop and as co-founder/instructor at Dreamtime Center for Herbal Studies, she is an accomplished herbalist whose teachings reflect real life experiences gained by 20 years of clinical practice.

Teresa is a professional member of the American Herbalist Guild who has lectured for national conferences such as Medicines from the Earth Symposium, Southeast Women's Herbal Conference, North Carolina Herb Conference, UVA, Monticello Fall Harvest Festival, and National Natural Pharmacy Association. She has authored 2 books; Cordially Yours and Herbal Spa with an accompanying DVD of recipes.

My path has intersected with some of the most amazing herb teachers in North America, and I am glad to be affiliated with them. When we gather at conferences it is empowering to share information, stories and support for one another. Our herb community holds a great variety of ways to practice herbalism and many ways to teach herbal medicine. I am thankful that so many outstanding herbalists have influenced my path. I honor each of them, confident the wisdom they shared will continue to be reflected in my teachings.

So, to all who have come before us to show us the way, the ancient Greeks, the Eclectic Medical doctors, the herbal forefathers and foremothers; I am grateful. We have followed tradition and now have a vibrant herbal community with an incredibly strong lineage. Plants have been used all over the world as medicine from the beginning of time and today more than ever we appreciate their gifts.

I will continue to grow, expand my knowledge, gain wisdom, treat clients, listen to the plants, and weave all of my life experiences into my teachings. May all who come to Green Comfort seeking plant knowledge on the green path to herbal wisdom be transformed by the plants as they teach all of us.



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MEDICAL ONCOLOGY

Paul Bannen, MD

Dr. Paul Bannen specializes in medical oncology and is board certified. He received his medical degree from University of Missouri-Columbia School of Medicine and completed his internal medicine residency at University of Texas Health Science Center. He then went on to complete his fellowship at Georgetown University.

Medical Education: University of Missouri-Columbia School of Medicine

Internal Medicine Residency: University of Texas Health Science Center

Certification: Internal Medicine and Medical Oncology

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MEDICAL ONCOLOGY

Frederick Barr, MD

Dr. Frederick Barr specializes in medical oncology and is board certified. He received his medical degree from Northwestern University Feinberg School of Medicine and completed his internal medicine residency at Northwestern Memorial Hospital.

Medical Education: Northwestern University Feinberg School of Medicine

Residency: Northwestern Memorial Hospital

Board Certifications: Internal Medicine, Medical Oncology

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MEDICAL ONCOLOGY

Chitra Rajagopal, MD

Dr. Chitra Rajagopal specializes in medical oncology and is board certified. She received her medical degree from Madras Medical College and completed her internal medicine residency and fellowship at Georgetown University.

Medical Education: Madras Medical College

Internal Medicine Residency: Georgetown University

Certification: Internal Medicine and Medical Oncology

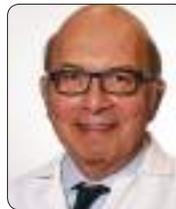
Fellowship Training: Georgetown University

Practice Locations: Regional Cancer Care Associates

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MEDICAL ONCOLOGY

Frederick P. Smith, MD

Frederick P. Smith, M.D., is a board-certified medical oncologist who completed his oncology training at Georgetown University's Lombardi Cancer Center. A native of Burma, Dr. Smith attended Niagara University in New York and later attended St. Louis University Medical School, where he graduated cum laude. Following medical school, he completed residency and oncology fellowship at Georgetown University. He remained a full-time member of Georgetown's academic faculty for five years and actively participated in clinical trials, teaching and patient care.

Dr. Smith is well-published, having contributed to over 70 oncology publications throughout his career. He has been in private practice in the D.C. metropolitan area for many years and has been an integral advocate in the community to promote access to clinical research. In practice, he continues to pursue cutting-edge cancer care focused on the comfort and satisfaction of each patient and his or her family.

Medical Education: St. Louis University (cum laude)

Residency: Georgetown University

Fellowship: Georgetown University

Board Certifications: Medical Oncology

Practice Location: Regional Cancer Care Associates

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MEDICAL ONCOLOGY

Dongmei Wang, MD

Dr. Dongmei Wang is a board-certified medical oncology specialist. She received her medical degree from Capital University of Medical Sciences and completed her internal medicine residency at St. Vincent's Medical Center in Bridgeport, Conn. From there, Dr. Wang completed her fellowship training in medical oncology and hematology at the National Cancer Institute in Bethesda, MD.

Medical Education: Capital University of Medical Sciences, Beijing, China

Residency Internship: Training Center of Gen Practice, Beijing, China

Internal Medicine Residency: St. Vincent's Medical Center, Bridgeport, Conn.; College of Physicians and Surgeons, Columbia University, New York, NY

Fellowship: Medical Oncology and Hematology, National Cancer Institute and National Heart, Lung & Blood Institute, Bethesda, MD

Board Certified: Internal Medicine and Medical Oncology

Practice Location: Regional Cancer Care Associates

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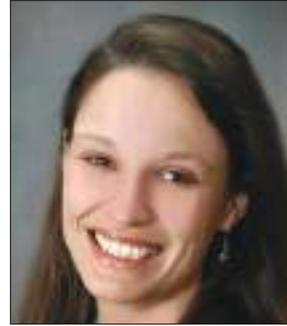
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4 Tips For Overcoming Social Anxiety



Dr. Jessica L. Cardwell, PsyD
Licensed Clinical Psychologist

with anxious feelings and prepare for social success.

1. Learn to Control Your Breathing. A common response to feeling anxious is to breathe quickly. Hyperventilation then leads to other physical symptoms such as dizziness and increased heart rate, which often make the person panic and hyperventilate more. Learn some simple breathing techniques and practice them at home. For example, you can practice breathing like a triangle, where you inhale for the count of four, hold your breath for the count of 4, exhale for the count of 4, and repeat.

2. Start Small and Face Your Fears. Resuming social life may be very anxiety provoking after this extended quarantine. If you are worried about returning to work, or your child is fearful of returning to school, start with small steps so you can be successful in controlling anxiety and build up coping

The COVID-19 pandemic has led to a rise in mental health concerns including an increase in social anxiety. Many adults and children without a history of anxiety have found themselves increasingly fearful of going back to school/work and social interactions. In addition, many people with a history of anxiety are struggling now more than ever. Here are some tips to help you or your child learn to cope

Please see "Anxiety," page 46

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Simple Changes To Brighten Up Your Home



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

for renovation to attract potential buyers. While it's important that your home is in suitable condition for selling, there are small changes that you can make to your aesthetic to help attract buyers and get that home sold fast!

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Again, when you've lived in your house for a long time you may not notice the lights that have become dim

When you're looking to downsize your home and move into a senior living facility, there is already a lot going on between deciding what to keep and what to part ways with, as well as preparing for a move to your new home.

The last thing some want to think about is preparing your current home

Please see "Your Home," page 46



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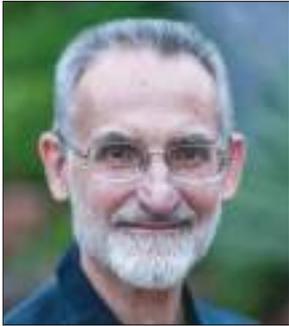
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The Value Of Difficulty and Hardship



By David Trautmann, LCSW
New SpiritTherapy

fering, and to accept the difficulties and challenges over which we have no control rather than to resist them.

If we avoid life's challenges or seek escapes they grow bigger and more daunting, and our escapes themselves become new, costly problems. And if we hate life for giving us problems, or hate the difficulties life presents us, we make things worse for us and miss the point of life – which is to learn and grow. Most people don't realize that problems, difficulties and pain are necessary and can be for our benefit.

How Can This Be So?

Try imagining a life without pain, a life where nothing went wrong, and where everything was easy. We wouldn't have to lift a finger, do anything or make effort, and we wouldn't learn, develop and grow. We'd all be couch potatoes. And we wouldn't be happy because true joy and lasting

Difficulty and hardship are not usually considered a good thing. But actually, one of the least known secrets of mental and emotional health is that trouble can become a blessing if we have the right attitude about it.

It is natural, and even instinctual, to try to avoid suffering and shun pain. And, of course we should do so if we can. But it is even better to try to solve our problems, prevent or alleviate suf-

Please see "Difficulty," page 47

Esketamine Offers Relief For Your Depression



By Colleen Blanchfield, MD
Full Circle Neuropsychiatric Wellness Center

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

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

Please see "Depression," page 46

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



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Korean Acupuncture and Earth Yang Body Type (Pancreotonia)



Che Bong Cho, LAc

By Che Bong Cho, LAc
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Korean acupuncture has very specific techniques such as *Sa Ahm* acupuncture. This technique places emphasis on eight body types or con-

stitutions. These include Medal *Yang* (pulmotonia), Medal *Yin* (colonotonia), Wood *Yang* (hepattonia) Wood *Yin* (cholecystonia), Earth *Yang* (pancreotonia), Earth *Yin* (gastrotonia), Water *Yang* (renotonia), and Water *Yin* (vesicotonia).

The theory is that one should know one's own unique constitutional physiology as well as general physiology, in order to lead a healthy life.

This article will focus on the Earth *Yang* body type. Earth *Yang* means that the stomach is the strongest organ *Qi* among the organ *Qi*. The term *Qi* in traditional Chinese medicine is best described as vital energy or the inner vitality that determines our ability to resist, and also recover from various diseases. The theory is that each of our organs has a "partner organ" and that they work together as if they are a couple.

In the Earth *Yang* body type, organ strength is in the following

order the stomach is paired with the spleen, the heart is paired to the small intestine, the liver is paired to the gall bladder, lung are paired to the large intestine, kidneys are paired to the bladder. Kidneys have the weakest organ *Qi*.

The nature of the stomach is that stomach heat creates more body heat. However, the kidneys have cold water nature. Excess body heat is extinguished by the cold water nature from the kidneys, but in Earth *Yang* body type there is not enough cold water to extinguish the excess stomach heat to create balance.

The Earth *Yang* body type is char-

Please see "Acupuncture," page 46

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Should You Be Seeing an Orthodontist?



Submitted by
T. Wesley Daczkowski, DDS
Daczkowski Orthodontics - Manassas

smile, do you notice their confidence, energy, and good self-esteem? That is exactly what orthodontists aim to give every patient.

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After obtaining an undergraduate degree, an orthodontist must graduate as a dentist first, and pass the dental board exam to obtain his dentistry license. Then they must complete orthodontics specialty training consisting of 2-3 more years, specifically focusing on teeth movement, alignment, and jaws. This additional training should give the patient confidence in an orthodontist's expertise and their ability to move teeth to perfection.

The American Association of Orthodontists (AAO) is the governing organization for orthodontists who bring them the most current best practices, education, health laws, and any other news focusing on the specialty

Please see "Orthodontist," page 47

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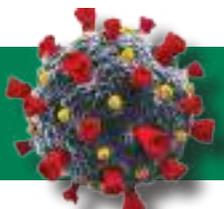


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COVID-19 Update

As we go through winter in the US, the virus is still spreading, mutating, and the vaccine effort seems daunting to bring us to a level of herd immunity.

First of all, it is winter, and winter is when viruses typically thrive. Not to mention Christmas, New Years and the most recent big event, the Super Bowl, bringing people together in a way that can only contribute to the spread. The spiking in cases seems to be tapering off, and some states are reporting a decline in cases. That makes sense as time passes from the holidays and holiday celebrations. It will be interesting to see what happens after the Super Bowl.

Secondly, what we are seeing now are typical mutations and variations of the virus which is the same sort of thing we see with the flu every year. Viruses naturally mutate and change creating variants, meaning they are not exactly the same as the original. This continues as long as the virus exists and will probably result in a new vaccine every year for the novel

coronavirus.

Recent news that people who have had the virus and now don't have antibodies is most likely to be expected. The way the immune system works is not to keep antibodies in the blood stream. The way it does work is to "teach" the immune system what to do if it encounters the antigen (the virus) again. How long that lasts is still almost completely up in the air. We just don't have the experience we need in order to determine that. In other words, that will take more time.

Think of it like this, if you do something very complicated for the first time, it is probably a lot more difficult than the next time you do it. Part of doing the job the first time is a learning process so when you do it again, it's a lot easier. When the body is exposed to an antigen it learns. When you get a vaccination, it is designed to teach the immune system what to do next time, so it's easier. It may not mean you won't get sick, but your body will be a lot more capable of dealing with the sickness. This

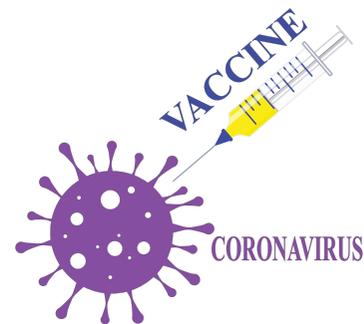
type of protection is likely to last for a long time, but we won't know until we actually see, which will take time.

The question also arises that if you have been infected with the virus, do you really need to be vaccinated? Trying to find a definitive answer for that question seems impossible. A study of science and the literature available seems to indicate that if you have had the virus, then you have essentially been vaccinated against it, and you really don't need the vaccine.

The Vaccines

The creation of a vaccine for the novel coronavirus in such a short time seems like some kind of miracle. It is a tribute to the combined effort of the best minds on the planet, and may portend favorably in the advent of the next pandemic. However, the slow and disorganized rollout of the vaccine is not only frustrating, it is hard to even comprehend.

The Pfizer and Moderna vaccines were approved in December, a few months ago, and still it seems almost



impossible to get the vaccine. At this pace, we could be stuck where we are for a very long time. It is hard to find a good explanation for "why" this rollout has been so slow. There do not seem to be reasonable answers.

We have the Defense Production Act and all the manufacturing capability in the world, yet we can't seem to even make enough syringes to administer the vaccine. Health departments are challenged to keep schedules and delivery sites running. To many people it seems like a huge lack of effective leadership and organization. It is very difficult to understand.

Please see "COVID-19 Update," page 46

HOLISTIC HEALTH

FROM PAGE 22

Candace Pert, Ph.D. and the *Biology of Belief* by Bruce Lipton, Ph.D. Being willing to reflect on how our experiences, both as individuals and within the context of our family history and culture, form our beliefs and emotions is an important step on the journey to holism.

Holistic health also moves beyond our own body, mind, emotions and spirit into the environments in which we live. Why should we not find ways to transform our communities into places of health, wealth, beauty, and well-being for all? Already some communities have developed around farms growing organic food for diverse members. Perhaps we can find ways for holistic health practices to similarly radiate out to local communities. Perhaps the time is coming when health will be determined not by drops in age-related physical problems and diminished pain, but by the interweaving of our physical health, clear minds, and all-embracing hearts. Who would not want to travel such a road to health?

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What Is TMJ?



By Sanae Berrada, DDS
Fairfax Dental Esthetics

healthy. Posture and alignment of the skull to the neck and jaw play a key role in a healthy joint. The relationship of the upper jaw to the lower, as well as neuromuscular coordination, an open airway and a healthy breathing pattern are also crucial to the temporomandibular joint health.

Common signs of TMJ dysfunction can present as pain around the jaw, ear, or temple, clicking or popping when opening or closing the mouth, and the sound of grating produced by friction between two bones known as Crepitus. Also noted as key signs of TMJ issues are lock jaw and jaw dislocation. If you are experiencing a bite change, you should consult your dentist in an effort to assess possible TMJ dysfunction.

The temporomandibular joint (TMJ) is considered the most complex joint in the human body, facilitating hinging, gliding and rotational movement – most often, an infinite range of combined movements alike. In the U.S., TMJ disorders occur with a peak incidence at 20-40 years of age, affecting 15% of this group annually, typically more common in women than men, and resulting in varying levels of discomfort.

It's important to keep the TMJ

So how do you manage common TMJ disorders? Icing provides relief of severe and acute pain; dull chronic pain can be addressed by applying moist heat to the area where pain is being experienced. Chewing soft dietary foods also means lesser aggravation to the TMJ. And of course, anti-inflammatory medications can be utilized for pain and swelling.

There are a number of therapies that can be applied when TMJ dysfunction is diagnosed. Options include physical therapy – specifically jaw exercises – practiced in the early stages of the disorder; splint therapy, orthodontic treatment, and counseling to help patients understand the factors and behaviors that may aggravate their pain.

While a problem with the jaw cannot be attributed to a single cause, treatment protocols should be unique to the instance and patient. For a successful diagnosis, it is imperative that the origin of the pain or discomfort be accurately assessed before treatment is administered, resulting in an appropriate course of action. Surgery should only be considered if all other (reversible) therapies fail and could range from minimally invasive (irrigating the joint to remove debris) procedures, to surgery targeting a repair or even possible joint replacement.

While not life-threatening, if a TMJ disorder is left untreated, the result could be severe chronic pain, in addition to the development of diseases such as depression or anxiety.

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From Dull To Dazzling: Enhancing Your Smile With Cosmetic Dentistry



By Zahra Kavianpour, DDS
Brighter Smile Family
Dentistry & Orthodontics

Some people only visit the dentist for checkups or toothaches. However, dentistry is no longer reserved for preventive care and routine maintenance.

Today's dentists are artists, as well as doctors. Cosmetic dentistry seeks to create a more aesthetically pleasing and healthy smile. Many doctors practice functional aesthetics, which means they'll create a smile that's beautiful and functional through a combination of procedures uniquely

designed to suit your needs.

Even patients who are meticulous about their dental care routines can have a less than spectacular smile. Drinking coffee, tea, or wine, smoking or chewing tobacco, and simply growing older can take a toll on your teeth, causing them to look dull and stained. Some medications can also cause discoloration. One easy, safe way to restore your smile is through teeth whitening.

Restorative and aesthetic procedures can be combined to create a smile that's perfect for you. For instance, cracked, chipped, or unevenly spaced teeth can be made to look fresh and new with bonding or veneers. In fact, your dentist can even reshape your front teeth to create the smile you've always wanted. Crowns can restore function and beauty to instable teeth, and all-porcelain crowns leave no dark lines at the gum, so your smile will maintain an all-white, natural beauty.

Bridges or implants can replace missing teeth and restore the underlying structure that makes your face full

and youthful. These dental procedures will not only give you a more beautiful smile, but they will also restore full oral function, as well as your self-confidence.

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

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

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

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

The upper and middle skin layers can be stimulated to create new collagen with fractional resurfacing

lasers like the new eMatrix Sublative, eTwo, Co2RE or Fraxel. These are breakthrough technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

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

A recent addition is platelet-rich plasma (PRP) with microneedling the so-called "vampire face lift" that harnesses the regenerative power of your body's own healing processes to restore

smooth, radiant skin. Studies show that PRP is also effective for hair restoration.

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

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

Kybella injections or LipoLite laser treatments can remove unwanted fat with no down time and no anesthesia to chisel your jawline. You can also melt fat away painlessly from your hips, abdomen, waistline, buttocks, arms and other areas.

Precise doses of Botox, Dysport, or Xeomin or Jeuveau (Newtox) can be injected in the right places to gently and safely relax overactive muscles,

smooth frown lines, worry lines, crow's feet, lines around the mouth and neck wrinkles, while preserving your natural facial expressions and avoiding a telltale frozen look.

For women, an important use of the new technologies may be for feminine wellness. The CO2RE Intima laser can restore vaginal health and functionality and treat symptoms that many women experience after childbirth, in the ten years or so before menopause, or after menopause. Many patients describe how this treatment has transformed their quality of life.

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

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

FROM PAGE 4

"Let food be thy medicine and medicine be thy food."

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Diet Tips To Reduce Inflammation



By Stacie Haaga, RD, CLT

If you have a condition that ends with “-it is” then you have inflammation. Inflammation is one of the body’s natural ways of protecting itself as part of the innate immune system. While that is not a bad thing, if left unmanaged it can eventually lead to detrimental chronic inflammation. Chronic inflammation occurs when the body is unable to eliminate the

original source of inflammation. The immune system then gets set to “on” and ultimately triggers pain, autoimmunity, and chronic disease.

So how do we turn “off” the autoimmune switch? Changes to the diet can calm down the immune system and help to flip that switch off. Removing inflammatory foods and giving your body recovery time with intermittent fasting will help to decrease inflammation and minimize symptoms.

Removing inflammatory foods is the first step when it comes to reducing inflammation because as long as they are in the diet, you will continue to be inflamed. What is inflammatory for you may not be inflammatory for another person, however I always recommend starting with the removal of gluten, dairy and sugar because they are inherently inflammatory for most people.

Please see “Inflammation,” page 47

Autoimmune Diseases and Hair Loss



By Balvant Arora, MD, MBA
The Hair Loss Clinic

common culprits behind hair loss, especially when it happens before age 50, is autoimmune disease.

Autoimmune disease refers to a diverse group of disorders that involve almost every organs and systems of the body. It encompasses diseases of the nervous, gastrointestinal, and endocrine systems, as well as skin and other connective tissues, eyes, blood, and blood vessels. In all of these autoimmune diseases, the underlying problem that the body’s own immune system becomes misdirected and attacks the very organs it is designed to protect.

Hair loss is one of the most dreaded conditions, and it affects a whopping 25% of women and 50% of men over the age of 50. But it isn’t merely age-related. In fact, hair loss can be the result of several different factors, including genetics, hormones, medications, and general lifestyle choices. Most life stressors, including illness, emotional trauma, protein deprivation (during strict dieting), and hormonal changes like those in pregnancy, puberty, and menopause may cause hair loss. One of the most

The prevalence of autoimmune disease has increased exponentially over the last 20-30 years. It is reported that roughly 700 million people around the world are living with some sort of autoimmune condition. It affects somewhere between 14.7 and 23.5 million Americans to date, according to The Autoimmune Registry.

There are more than 100 different autoimmune diseases. Most of them

Please see “Autoimmune,” page 47

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Hearing/Vision Loss, Alzheimer's and Acupuncture



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

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

Hearing Loss

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

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

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

Alzheimer's

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

Alzheimer's or Vascular Dementia. Following treatment, researchers evaluated the mood of participants and found substantial increases in mood, energy and pain from other ailments caused by aging.

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

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

Vision Loss

Your eyes are a reflection of your overall health. Illnesses such as diabe-

Please see "Alzheimer's," page 47

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Brain Circulation: Alzheimer's (Dementia), Autism, Depression, Manic Depression, Insomnia, Migraine Headache, Addictions

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, etc.



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 on the roads. The “Dark cloud” in the central part of my left eye also has been reducing after each treatment. I am very grateful about Dr. Yi's treatment.

- DC Resident, Mrs. Zhang

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

Reference:

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

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

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Improve Your Life With Massage Therapy

By Patty McGiffin, MT
Alya Salon & Spa

The history of massage dates back over 5000 years. Throughout history it has been one of the tools people use to relieve pain and prevent and cure illness. It was and still is

used as a system of natural healing. Today massage therapy is a respected healing method of practice. While some consider massage to be a luxury, we really should be thinking of it as a necessity. Not only does it feel good and relieve stress, its therapeutic

benefits are many.

Massage is a non-invasive, enjoyable way to help alleviate the symptoms of stress and many other health issues. It promotes relaxation and alleviates pain leading to better rest and comfort. It can ease the effects of anxiety, depression, and loneliness while encouraging feelings of worthiness and connection.

There are many conditions that can benefit from massage therapy including arthritis, migraines, and many chronic pain issues. Many arthritis patients find that they get relief from pain due to inflammation. Similarly, many migraine sufferers find earlier relief when following massage treatments. Patients who suffer from chronic pain often find relief after massage therapy.

Perhaps nothing ages us faster, internally and externally, than high stress. One of the most common areas where we hold stress is in our upper



Patty McGiffin, MT

bodies; the neck and shoulder areas. We spend many hours a day hunched over desks in front of computer screens, phones or a steering wheel, which are often very stressful. It takes a toll on our bodies and overall health.

Massage can, without a doubt, help manage both physical and mental stress and the pain they bring. It is invaluable to many people for its improvements to their quality of life.

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Foot Orthotics A Biomechanical Approach To Foot Pain



By Edward S. Pozarny, DPM
Arlington Podiatry Center

stops and your foot begins to flatten. This effect is called pronation. The opposite movement, or supination, happens as your heel lifts off the ground during propulsion and your foot regains its arch.

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

Some shoe types, such as high heels, or strenuous sports activities, such as running may also stress the bones and soft tissues of your foot. A hip or leg problem can cause the foot to overpronate as you try to 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 feet, leading to serious infections and threatening your entire health.

Orthotics are devices made to wear in shoes in an attempt to align the

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

As you walk your heel shifts very slightly from side to side. When your foot hits the ground, the shifting

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Please see "Orthotics," page 47

Straight Teeth With Invisalign



By Swathi Reddy, DMD
All Smiles Orthodontics

marketed by Align Technology, Inc, which was founded in 1997 and received FDA clearance in 1998. Since then, this technology has been widely used as an alternative to traditional braces. Usually the treatment is covered by insurance the same way as traditional orthodontic treatment.

The treatment consists of a series of clear, removable aligners or trays. These aligners need to be worn 20-22 hours per day. The success of Invisalign treatment is largely dependent on patient commitment. Like braces, these aligners put gentle pressure on the teeth to move them into a new position.

Each set is worn for 2-4 weeks before proceeding to the next set. Besides the obvious cosmetic advantage, they are more comfortable than traditional braces there are no wires or metal to rub against your cheeks.

While eating, trays can be removed and you need not worry about food being stuck between the front teeth. These trays can also be removed for brushing, flossing and special occasions.

To get started, you must first contact an orthodontist or dentist who is a certified Invisalign provider. Upon evaluation, if you are a good candidate, impressions of your teeth are made and sent to Align Technology. A 3-D graphic representation of the doctor's treatment plan (Clin-Check)

is created from these impressions.

This allows you to see up front the series of movements your teeth will go through over the course of treatment. After the orthodontist reviews the treatment plan, a series of custom-made aligners are produced that corresponds to your Clin-Check.

Invisalign may not be the option for everyone. The first step is to contact an orthodontist/dentist who is certified in Invisalign so you can have the beautiful smile you've always wanted.

We live in a society that places great emphasis on first impressions. A smile filled with beautifully aligned teeth will make a better impression than one that has crooked teeth. Recently, a lot of people have used Invisalign as a means to achieve this goal.

Invisalign is manufactured and

4 Tips To Navigate Through Grief and Loss



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

1. Accept and acknowledge the feelings you may be experiencing. Understand that everyone's journey through the stages of grief happens at different moments. Grief is not a sign of weakness or lack of faith, but rather a sign of great love and adoration. Accept whatever feelings you may be experiencing and know that it is okay to feel super pumped in one moment and full of tears in the next. However, remaining in tune with yourself and what you need will aid in helping you navigate through the stages of grief more smoothly.

2. Get Support. This can happen in a number of ways but one example is having conversations about your emotional state with trusted family, friends, or support groups. There are benefits to connecting with others during a time when you are apt to feel lonely. Be aware of the signs of depression, anxiety, or extreme moments of grief. Seek professional guidance through a medical professional or a licensed mental health therapist so they can further support you along the journey.

3. Practice Mindfulness & Journaling. Consider practicing

Please see "4 Tips," page 47

This year, grief has been a resounding theme with the emergence of COVID-19 and the immeasurable impact it has placed on many families. However, the death of a loved one is not the only form of grief a person can experience. People can grieve the loss of employment, divorce, or even unexpected changes in friendships as some of our children have experienced due to being away from physical school buildings where they can interact daily with their friends. While it is easy to become overwhelmed as one works through the phases of grief, it is equally important to recognize that it is okay to seek help and ask for support.

Below are four tips to help with navigating through grief.

Great Smiles Start Here

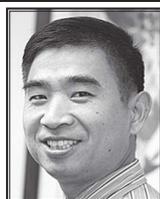


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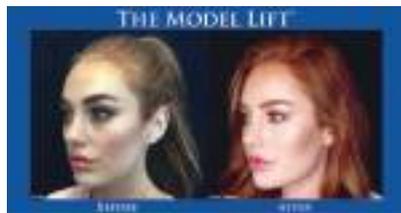
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MODEL LIFT

FROM PAGE 23

contours, balance inconsistencies, increase definition and provide a more feminine or masculine facial profile.



Nose Contouring

Although no one can argue with the superior results and permanency that surgery can afford a patient who seeks a surgical rhinoplasty, surgery is not for everyone. Some people prefer

not to have surgery for a variety of reasons. If that is the case, a non-surgical rhinoplasty could help address the patient's concerns. It could be a bump on the nose, an indentation, a scar, an irregularity from a previous nose surgery, or a flattened tip. All these conditions can be improved with a non-surgical rhinoplasty with fillers (injectables).

Lip Fillers

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

FELDENKRAIS

FROM PAGE 24

easily see. Then, turning again, you place a highlight, one at a time, on various aspects of the movement – the contribution from the eyes, the chest, the arms and hands, the weight across the feet or sitting bones, and so on. After 20 minutes or so, you repeat the initial “naïve” turn and, commonly, are surprised at the increase in ease and range. “Why do I turn so much further?” you ask. “There was no stretching, or strengthening.” The Feldenkrais practitioner replies: “Maybe it’s magic – LOL. Or, maybe, each contributing element has been awakened and brought up to its

optimum.”

The Feldenkrais Method is good for everyone. But most people who seek it out are in pain, or feel their posture is bad. Many find improvement. Nothing can be promised, and no one knows what Feldenkrais is before they try it. So, it is good to approach an initial session with an open mind and an open heart. When the match is good, at the end of the session, you are likely to feel lighter, taller, more grounded and, overall, more comfortable. Just the way a natural human is meant to be.

NEGATIVE

FROM PAGE 24

You might consider changing your news habits. You might avoid reading or listening to the news as much as possible. Above all, avoid retelling those sensational and upset-

ting tales that cause someone to think ill of others.

It takes everyone working together for the betterment of the world. Will you stop repeating negative stories?

COVID-19 UPDATE

FROM PAGE 39

President Biden committed to a million doses a day for 100 days. That's 50 million people vaccinated. At that pace it will take two years to vaccinate the American people. It is hard to comprehend that that is a reasonable goal or any kind of a solution.

Just this past week, Johnson and Johnson applied to the US FDA for emergency approval of their vaccine. The information on their vaccine is that it is a 1-dose vaccine, and doesn't require the strict refrigeration of the Pfizer vaccine. In a large international study, it was found to be 85% effect against severe illness from the disease and 66% effective at preventing mild cases.

The Oxford-AstraZeneca vaccine has seemed the best hope for defeating COVID. It has been approved in some countries, including Canada,

yet there doesn't seem to be an emergency approval by the FDA studied. The suspension by South Africa of this vaccine is of concern, of course. It appears the vaccine would protect against severe cases of the disease but the data is hard to gather. It is easier to distribute and comes at a lower cost. This is just part of the ongoing trials and tribulations of dealing with the contagion.

Having said that, the news is a lot better than it was a year ago. We have vaccines, 100's of millions of doses have been ordered, companies are making them, distribution sites are coming online and if everything goes really, really well, we could get this thing under some kind of control in the coming months.

Until then, be responsible, be safe, and protect the people around you.

ANXIETY

FROM PAGE 32

skills for bigger stressors. For example, plan an outing with people around but without required social interaction so you/your child can get used to the sensory stimulation of being around groups of people. Plan some small interactions with people you know and are more comfortable with. Practice simple interactions with people you do not know well like store cashiers.

3. Make a Plan. Plan ahead for social situations that trigger anxiety such as returning to work/school. Have a plan for how to build up to returning in-person. Have at least three coping strategies to use (e.g. controlled breathing, holding a stress

ball, taking a bathroom break, or using lavender lotion) if you start to feel overwhelmed. Try to break the day up into small achievable sections. Have a plan for a quiet space for a break when needed (e.g. counselor's office, break room, bathroom, car) and focus on calming down and resuming the day. Plan rewards for facing fears.

4. Get help and support when you need it. There has been a significant increase in mental health difficulties last year leaving many adults, children, and teens feeling overwhelmed. If needed seek support through mental health providers which can meet via teletherapy or in-person options.

YOUR HOME

FROM PAGE 32

around the house. Darkness in a room can often make it feel much smaller and cold. Change out old bulbs for new, and even add an inexpensive lamp or two to really brighten up the place and show home buyers the best, brightest side of your home.

Go Ahead and Accessorize

A great way to make your home feel appealing and new to home buyers is by providing a few accessories to give your home a new feel. A simple throw blanket draped across the arm

of a couch in the sitting room, a small throw rug in front of the fireplace to make it feel inviting, or a beautiful vase with some fresh flowers on the kitchen island are all just a few items to highlight your home.

These small tricks to liven up your home can really make all the difference to home buyers and don't involve costly renovations and ongoing work. Speak with your realtor about small changes you can make to your home that are relatively easy and won't break the bank.

DEPRESSION

FROM PAGE 35

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

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

with a patient's current antidepressant.

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

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

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

ACUPUNCTURE

FROM PAGE 36

acterized by a magnificent physique, more developed upper body than lower body, the glitter of the eyes, small hips, and inverted triangular face. The personality is external, active, impatient, sociable nature, uncompleted work, even though helping others.

Sometimes they have a tendency to overstate themselves, have a lot of curiosity for new things, are emotional, have talent for painting, and remembering what they see.

Physiological characteristics in-

clude more infertility, easily get diabetes, cold hands and feet, more constipation, lower sexual desire, easily get lower back pain, get more white hair, generally low blood pressure. They can easily get stomach ulcers, fibroids, prostatitis, arthritis, and heart diseases.

Korean acupuncture theory believes that these people should eat more fish and vegetables. Finally, specific oriental medicine and acupuncture can help certain health issues in people with Earth *Yang* body type.

DIFFICULTY

FROM PAGE 35

happiness comes from meeting and overcoming life's challenges. Difficulties require, motivate, and enable us to learn and progress, and we can do this if we accept and engage the challenges they present rather than running away from them. Difficulties can draw out the best in us. They require and enable us to develop and discover in ourselves abilities and skills we never had. The difficulties of parenthood, for example can have this result, as does the necessity of earning a living, or of recovering from illness or loss, or the need to find a solution to a problem, etc. But if instead, we get lost in self-pity, it becomes a trap that prevents our growth and prolongs our suffering.

Most people don't look for the potential value and purpose of suffering, so find no meaning in it. We waste energy shunning it without realizing how much it can help to accept and embrace whatever challenges we happen to be

born with and come our way. This is not easy, of course, but it is within our unique human capacity to do, and is what has enabled us frail human beings to survive in forbidding environments, prevail in the face of terrible events, make marvelous discoveries, and create miraculous inventions that ease life's burdens. And it can alleviate suffering if a person has this perspective and can find meaning in it.

While it is not easy to gain this perspective, and we don't often see the purpose and value of suffering until we've come through it and gotten beyond it, it can be very helpful to have the counsel of a wise and understanding person to help us get a broader perspective and guide us through. This is one of the primary purposes and functions of counseling and psychotherapy, and makes it a great asset to anyone beset with troubles.

AZHEIMER'S

FROM PAGE 43

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

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

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

INFLAMMATION

FROM PAGE 42

While removing gluten, dairy and sugar can be a powerful tool for healing, sometimes it's not enough for people suffering with chronic inflammation. Often, it's also necessary to test for additional food sensitivities that are triggering an immune response. Many people are surprised to learn that seemingly "healthy" foods they are eating every day are also causing inflammation. A qualified Certified LEAP Therapist (CLT) can test you and help you safely perform an elimination diet to reduce symptoms of overall inflammation.

Inflammation starts in the gut, so after removing trigger foods it is important to support gut healing, too. In-

termittent fasting is a relatively easy way to start the gut healing process – it is not a diet but an eating schedule that allows the body to be at digestive rest and to heal overnight. Daily fasting of 16 hours has been shown to limit inflammation, improve blood glucose management, reduce blood pressure and promote weight loss in clinical trials. Less frequent 24-hr fasts may also be beneficial in reducing inflammation but should be done with the guidance of a professional.

Removing inflammatory foods and practicing intermittent fasting are powerful, natural, and cost-effective tools for you to address your chronic inflammation.

4 TIPS

FROM PAGE 45

mindfulness which will support you in focusing your awareness on the present while calmly acknowledging the feelings, thoughts, or emotions you may be experiencing. Journaling is another useful tool that will help you get the thoughts out of your mind and onto paper so that you can begin

to think of ways to better process your emotions.

4. Find Ways to Honor the Memory of your Loved Ones. While it may be difficult to replace the void you have, finding ways to remember your loved one in happier moments is a great way to honor their memory.

ORTHOTICS

FROM PAGE 44

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 bearing 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.

AUTOIMMUNE

FROM PAGE 42

are long-term illnesses, with the severity of symptoms changing over time. With these types of conditions, as one's immune system mistakenly attacks the body, one of the most common side effects, along with a slew of others, is hair loss. Some of these illnesses are similar to the situation as in extreme dieting and stress, where the body shuts down hair growth to preserve energy.

Some of the more common autoimmune diseases with hair loss include: alopecia areata, Lupus, psoriasis,

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.

Graves' disease, Hashimoto's disease, multiple sclerosis, celiac disease, Crohn's disease, inflammatory bowel disease and type 1 diabetes.

Management of this type of hair loss includes: corticosteroids, topical immunotherapy, platelet rich plasma therapy (PRP), low level laser therapy, Minoxidil, and cyclical nutritional therapy, exosome therapy and keralase and surgical treatment (hair transplant) if needed.

HERBALISM

FROM PAGE 4

adaptogens to power up the endocrine system to build resistance to stress.

Using herbal medicine can be daunting unless you have education and guidance to navigate the world of plant chemical constituents, actions and energetics. Be sure to find a qualified, registered herbalist. The American Herbalist

Guild upholds the standards and criteria of working as an herbal practitioner. Classes and workshops provide a good way to bring herbal knowledge into your life, kitchen and health.

Plants are our food and medicine – be grateful for the incredible gifts of nature that heals.

ORTHODONTIST

FROM PAGE 36

of orthodontics. Orthodontists rely on this professional organization to stay up to date.

When Should You Take Your Child To an Orthodontist?

The AAO recommends that all children should receive an orthodontic evaluation by age seven. Although younger children do not have their full set of adult teeth, there are several appliances that the orthodontist can utilize to manipulate bone and help influence teeth growth.

Is Orthodontics Only For Children?

No. Many adults benefit from teeth alignment. In years past, it was not common for adults to seek orthodontic treatment, but this is no longer the case.

There are now affordable treatment options for all ages. These include: traditional braces, clear braces or Invisalign®. Invisalign is especially helpful to teens and adults who don't want to be seen wearing braces.

Additional Benefits

Proper teeth alignment not only makes your smile look great, it can help prevent uneven or excessive wear of the teeth. Straighter teeth are much easier to clean, promoting enhanced oral hygiene.

When you choose an AAO orthodontist, you can be assured that you have selected a specialist and an expert in the field of orthodontics and dentofacial orthopedics. Schedule an appointment today and let them help you create the smile you've always wanted.

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By Sheilah A. Lynch, MD

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

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

About the Procedure

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

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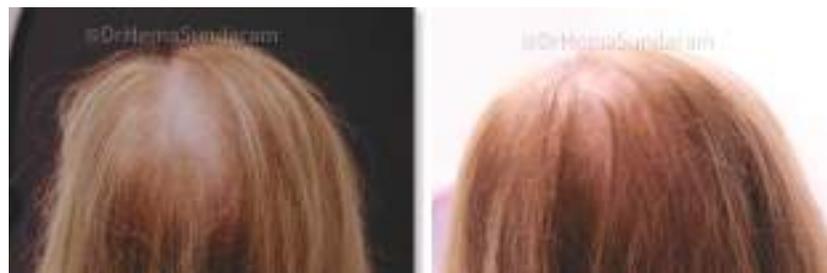
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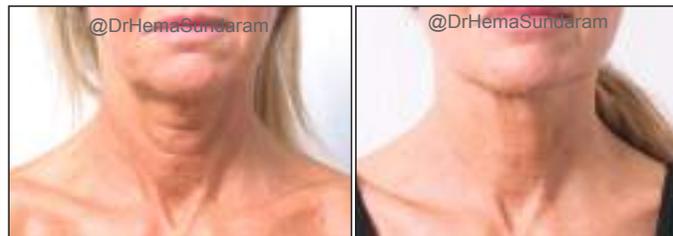
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