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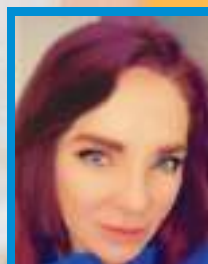


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TO OUR NEW PATIENTS
TOWARDS NON-SURGICAL
FACELIFT



By Deeni Bassam, MD, DABPM
The Spine Care Center

Question: In the last week, have you had any pain affecting your muscles, joints, neck, or back which has affected your ability to carry out the activities of daily living?

Back pain is a very common problem that affects almost everyone. When the pain is severe enough to keep you from performing simple activities of daily living it may be time to see a specialist for an explanation and treatment plan.

In a recent European study approximately 67 million people reported pain during the week. In general, around 50% of the population reports pain at one or more locations in their bodies. Back pain is the most common site for pain in younger and middle aged adults. Knee pain is the most common in older people. Over the last 10 to 15 years, significant advancements have been made in the understanding and causes of back pain, its accurate diagnosis, and effective minimally invasive treatments.

Back pain is a very common problem that affects almost everyone

When pain becomes too much to live with on a daily basis, a visit with a spine specialist can help shed light on the causes which would allow for targeted, directed, and effective treatment.

There are, generally speaking, three main areas of the spine which can cause clinically significant pain. These three structures, listed in order of incidence, are the discs, the bones, and the joints of the spine. Degeneration of these structures begins in our early 20's and continues throughout our lifetimes. We are simply living much longer as human beings than our

Why Does My Back Ache?

spines were meant to last.

Degenerative disc disease is as common as getting a grey hair and the rate at which degeneration occurs is influenced by many factors including genetics, physical activity level, core muscle development, bone density, and smoking. Degeneration of these areas alone is a natural consequence of aging and is not enough to cause pain. Rather it is the inflammation of these structures that is felt by us as pain.

Degenerative structures of the

spine are more prone to become aggravated and inflamed causing us great pain, stiffness, and disability.

A spine specialist can help identify the degenerative area(s) of your spine which are causing you pain, allowing for an accurate diagnosis and treatment plan to be initiated.

Treatment can range from simple activity modification, medications to reduce the pain and inflammation, injections to identify the pain generator and deliver targeted anti-inflammatory,

and surgery to stabilize lax structures if all else fails. In modern medicine, surgery should be seen as the last intervention to be offered rather than the first.

Your doctor should be able to help you better understand the causes of pain in your particular case and implement a treatment plan that eliminates or reduces the inflammation at the degenerative areas allowing for you to more easily achieve your activities of daily living.

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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<ul style="list-style-type: none">• Neck Pain• Low Back Pain• Herniated Discs• Facet Arthritis• SI Joint Dysfunction• Musculoskeletal Pain• Complex Regional Pain Syndrome• Reflex Sympathetic Dystrophy (RSD)• Radiculopathy	<ul style="list-style-type: none">• Neuralgia• Sciatica• Post Laminectomy Syndrome• Shingles (Post Herpetic Neuralgia)• Diabetic Neuropathy• Post Amputation Pain• Cancer Pain Management• Persistent Pain after Back Surgery• Spinal Tumors	<ul style="list-style-type: none">• Spinal Injuries• Spine Trauma• Spine Fractures• Spine Infections• Degenerative Discs• Scoliosis in children and adults• Spinal Stenosis• Spinal Arthritis
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New Techniques For Healthy Lips, Jawline and Neck



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

can harmonize your whole face. This approach gives you lips that fit your face, rather than duck lips.

The key is to see an expert dermatologist or plastic surgeon who knows how to restore youthful lip shape and contours – and, equally importantly, rejuvenate the skin around the mouth with the newest nonsurgical options. New procedures can give you superb, natural-looking results, soften lip wrinkles, and make you look more relaxed and healthy.

As we age, our lips lose volume and become thinner. Volume loss from the skin around our lips flattens the Cupid's bow, turns the lips inwards, and causes pucker lines. These can be worsened by smoking, habitual waxing of hair from around the lips, and even by frequent gum-chewing or sipping drinks through a straw. Overactive muscles turn the corners of your mouth downward, creating the appear-

For the past year or two, our focus has been more on our eyes and upper face than what lies beneath our masks. Now it's time to think again about our lips, jawline and neck!

Lip enhancement has become notorious due to media images of celebrities with grossly enlarged "trout pouts." However, when lips are rejuvenated properly, the results are subtle, stunningly beautiful and

Please see "New Techniques," page 38



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Post-Laminectomy Syndrome: When Back Surgery Fails



By Madhavi Chada, MD
Synergy Spine and Pain Center

laminectomy syndrome is associated with a specific type of back surgery called a laminectomy.

There is no definitive reason as to why back pain persists after surgery for some patients.

Before treatment, you need a diagnosis. The first step is visiting a doctor. A physical examination will be completed followed by imaging tests, which are done to pinpoint the cause of your back pain and help with treatment planning.

Once your doctor has finished tests, they can help you determine if you're suffering from post laminectomy syndrome.

Treating post-laminectomy syndrome can be difficult, as the cause for your pain is often unknown. If you're suffering from this condition, discuss your symptoms in detail with

Post-laminectomy syndrome refers to chronic and unexplained pain you experience after back surgery. If you're suffering from neck or lower back pain of an unknown origin that develops following surgery, it could be post-laminectomy syndrome. This painful syndrome is also known as failed back surgery syndrome. Post

Please see "Back Surgery," page 47



Optical Insight



Lose Years Off Your Face In Just One Hour

By Jacqueline D. Griffiths, MD
New View Eye Center

Wrinkles may come with age, but so does wisdom. Whether your eye

lids are carrying excess skin, or your wrinkles have taken over your forehead, or your smile is outlined with parentheses, there are a number of procedures available to improve your look and feel.

Consult with your doctor to determine what products and procedures are best for the look you want to achieve. Such procedures can be surgical and non-surgical.

Procedures To Consider:



BEFORE AFTER



BEFORE AFTER



BEFORE AFTER



WEEK 1 (top) WEEK 16 (bottom)

Blepharoplasty

As we age, the delicate skin around the eyes can appear puffy or saggy. Eyelid skin stretches, muscles weaken, and the normal deposits of protective fat around the eye bulge.

The surgical procedure to remove excess eyelid tissues (skin, muscle, or fat) is called blepharoplasty. Ophthalmologists are trained to perform this procedure during their medical residency.

Blepharoplasty can be performed on the upper eyelid, lower eyelid, or both. The surgery is performed for either cosmetic or functional reasons. Sometimes excess upper eyelid tissue obstructs the upper visual field or can weigh down the eyelid and produce tired-feeling eyes. Most often, people choose blepharoplasty to improve their appearance by making the area around their eyes firmer. When blepharoplasty is performed to improve vision, rather than for cosmetic reasons only, it may be covered by insurance.

Botox and Xeomin

Did you know that ophthalmologists have been using botulinum toxin (Botox) since its experimental trials began in Florida in 1986? In 1989 the FDA approval signaled the use of botulinum toxin as a safe and effective treatment for use in the eyelids, eyebrows, and facial muscles for certain medical conditions. Ophthalmologists actually discovered its wrinkle reducing effects.

Both products are non-surgical FDA approved treatments that can temporarily smooth moderate to severe frown lines in the forehead, between the brows, and the "crow's feet" on the side of the eyes in men and women ages 18 to 65.

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We live in exciting times when it comes to the science of beauty. Injectable fillers can replace the lost collagen and volume, giving us the full cheeks and firm skin of youth.

That's something all those expensive creams, lotions, and serums just can't deliver. In fact, it was ophthalmologists that discovered and reported one side effect of Lumigan – it increased eye lash length, while also darkening and thickening.



Jacqueline D. Griffiths, MD

Selected as a

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"Top Ophthalmologist"

*Washingtonian Magazine
& Northern Virginia Magazine*

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

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

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

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

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



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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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

Patients often visit their doctor due to housework accidents. As people stay home much longer than usual since this pandemic started, it has increased more than usual. People get injured with sprains and bruises by falling, overuse, repeated motions, and heavy lifting. There are some other cases including cuts, burns, and concussions.

The CDC reports that unintentional injuries are the leading cause of death for Americans under the age of 45. Also, it states that our homes are where we feel most comfortable, and they are also where many accidents happen.

The most common yard work injuries are low back pain and knee pain.

One of the most common complaints following a few hours of yard work is lower back pain. There are many yard activities that we do like weeding, mowing, digging, planting, and mulching. These can hurt our body if you are not careful, and it is easy to strain or pull the muscles in your back.

There are some cautions that we can consider for preventing lower back pain.

- **Warming up:** Take a few minutes to warm up your muscles by doing some exercises.
- **Hydrating:** Muscles need water to function and adequate water levels in your body can help prevent the onset of muscle cramps or spasms and help prevent dehydration.
- **Mixing it up:** Better keep changing and taking a turn on each work activities. Do not continuously perform any one activity for a long period.
- **Proper posture:** Leaning forward as you push the lawn mower can strain your back. Be sure to maintain proper posture and push with your arms and legs instead of your back.
- **Weeding:** Bending over at the waist for prolonged periods can cause your back muscles to start complaining. Better to try kneeling on a mat or sitting directly on the ground instead if possible.
- **Lifting carefully:** When lifting bags of dirt or mulch. Please keep

Housework Injuries

Low Back Pain and Knee Pain

your back straight and bend with your knees and hips when reaching down if possible.

- **Taking breaks:** Taking your time will make it less likely for injuries to occur. Pushing yourself to the point of exhaustion can cause you to get injured.

The knee is the largest joint in the human body. Since the knee supports nearly the entire weight of the body, it is one of the most susceptible to injuries. Gardening can cause knee bursitis. Prolonged or repetitive kneeling can also cause knee inflammation.

If you do suffer with knee pain, particularly after gardening, it can help to ease discomfort if you put an ice pack on your knees. You need to remember RICE: Rest, Ice, Compression and Elevation. Ice is thought to act by reducing blood flow and thereby reduces inflammation around the joint.

There are some cautions that we can consider for preventing knee pain.

- **Warming up:** You can stretch your leg muscles before and after gardening.
- **Wearing knee pads:** Knee pads are especially useful and good for

cushioning your knees against any pressure or impact.

- **Proper posture:** Preferred work positions would be having one knee on the ground, working on hands and knees using a kneeling pad, or sitting on a chair or stool. If you use a chair or stool, place it close to the area where you are working and use long handled tools to avoid straining the upper body.
- **Taking breaks:** Take frequent breaks and rotate jobs so that your back or knees are not strained for long periods of time.



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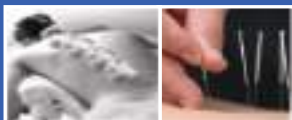
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Your Beautiful Smile Investment Is Protected by Complete Periodontal Health

By Karl A. Smith, DDS, MS

Hollywood stars know the power of a beautiful smile. Celebrities seem to have perfect teeth, but just like the rest of us, they've had a little help from their dentist.

If periodontal tooth and gum issues are not treated in advance of beautiful cosmetics, you may be wasting your time and money. Periodontics are the foundation of a healthy smile and can make the money you spend on beautiful teeth last many years longer.

Opened wide in a positive way, your smile can help make new friends, close a business deal, cheer up a broken heart and ensure that other people feel good about you. How you feel about your smile, directly relates to how much you actually use it.

Do you like your smile? If not, you may be missing out on a beautiful and healthy smile that will give you the self-confidence you deserve. And, it goes one step further, healthy teeth and gums are the foundation of a healthy body – as your oral health directly impacts your overall health.

Advanced dentistry and good periodontal (gum) care can help you achieve the ultimate show-stopping smile. Dental implants will give you back your smile with natural looking and fully functional teeth that best replace your own. Gum grafting can reduce a “gummy smile” to show more of your teeth and open up your beautiful smile.

Laser treatments that utilize less invasive procedures can control and eliminate periodontal disease to help save your natural teeth and gums. An experienced periodontist can provide you with countless options for improving your smile and keeping your gums and teeth healthy for life.

Are You Missing Teeth?

The effect of a missing tooth is not only devastating to your smile, but it's detrimental to your long-term oral and medical health. It's not just about unsightly gaps; people missing teeth lose supportive gum tissue and the bone that surrounds other teeth, and eventually the supporting bone in the jaw begins to dissolve. Studies show that people with all of their teeth can live on average 10 years longer than people with missing teeth.

Having gaps where teeth are missing affects the way the jaw closes as the remaining teeth begin to tilt and drift into the gaps. Food can become trapped in these spaces, increasing the risk of decay and gum disease. The tilting and drifting can also cause problems for the opposing teeth as your bite becomes off-balance and you may begin to experience jaw and joint problems.

Without the support of your teeth and facial bones, your face will begin

to look prematurely aged. Lost teeth affect what you eat and how you swallow and process food and how you speak and function on a daily basis.

The good news is that an experienced periodontist has the advanced training beyond their regular dental degree to prevent, diagnose and treat periodontal (gum) disease with the most advanced laser therapy to help keep your smile healthy and beautiful. A periodontist can also offer personalized solutions to replace your

missing teeth, repair your damaged gums, and prevent or rebuild bone that may have been lost.

Your teeth provide much more function than just the ability to chew. They are necessary for the health of the gum and jaw tissues as they provide a strong foundation for a truly beautiful smile. Take control of your preventative dental health. Make an appointment for a complete periodontal evaluation with an experienced periodontist today. You will be glad you did.

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By E. Richard Hughes, DDS

Advantages Of Dental Implants Over Dentures and Partials

U.S.A. You will be able to eat, just like when you had teeth

5. In the long run dental implants are easier on your pocketbook. When you compare the day to day cost of dental implant treatment versus sometimes questionable root canals, replacing crowns, replacing bridges and performing periodontal treatment on questionable teeth, it is many times more cost efficient to use dental implants. With implants the buck

usually stops there. You do have to take care of your investment with regular dental visits, brushing and flossing.

6. Implants are good for your self-esteem and give you a major change in life style. Youngsters may worry about losing their teeth but adults should not. You can go out in public, eat a steak, bite into an apple, sing, and have a regular life. I have had patients tell me that they felt embarrassed because their grandchildren laughed at their

teeth or they avoided dating or the simple pleasure of kissing or seeking a job promotion because of their teeth or dentures. This can change – and for the better.

7. Implants are used to replace many parts of the human body and they are accepted because they are made of biocompatible materials, which mean friendly to the body. I have been placing and restoring dental implants for 21 years and have rarely seen any implant related health problems. The problems, if any, are related to how the patient maintains the implants.

Part 2

4. Implants will improve digestion because you will be able to chew better, stronger and safely. Choking is still a leading cause of death in the

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- Do you look older than your natural age because of your dentures, missing teeth or worn out smile?
- Do you want new teeth and dazzling smile as soon as possible?
- Do you want to eat the foods you like and look and feel better about yourself?



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

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

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Dental implants are also used to support remaining natural teeth and bridges and anchor dentures.

In summary, implants offer these major health advantages: they enable you to chew your food properly and have a healthy digestion and nutrition; they can even help you live longer; they prevent further bone and gum shrinkage; and implants also eliminate the psychological issues associated with wearing dentures and partials.

However, I will state this, the Mayo Clinic did a study some time ago and found that people without teeth, live on the average, 5 years less than those with teeth. Dental implants are also used to support remaining natural teeth and bridges and anchor dentures. These are some of the advantages of dental implants. So, can you imagine a life without dentures?

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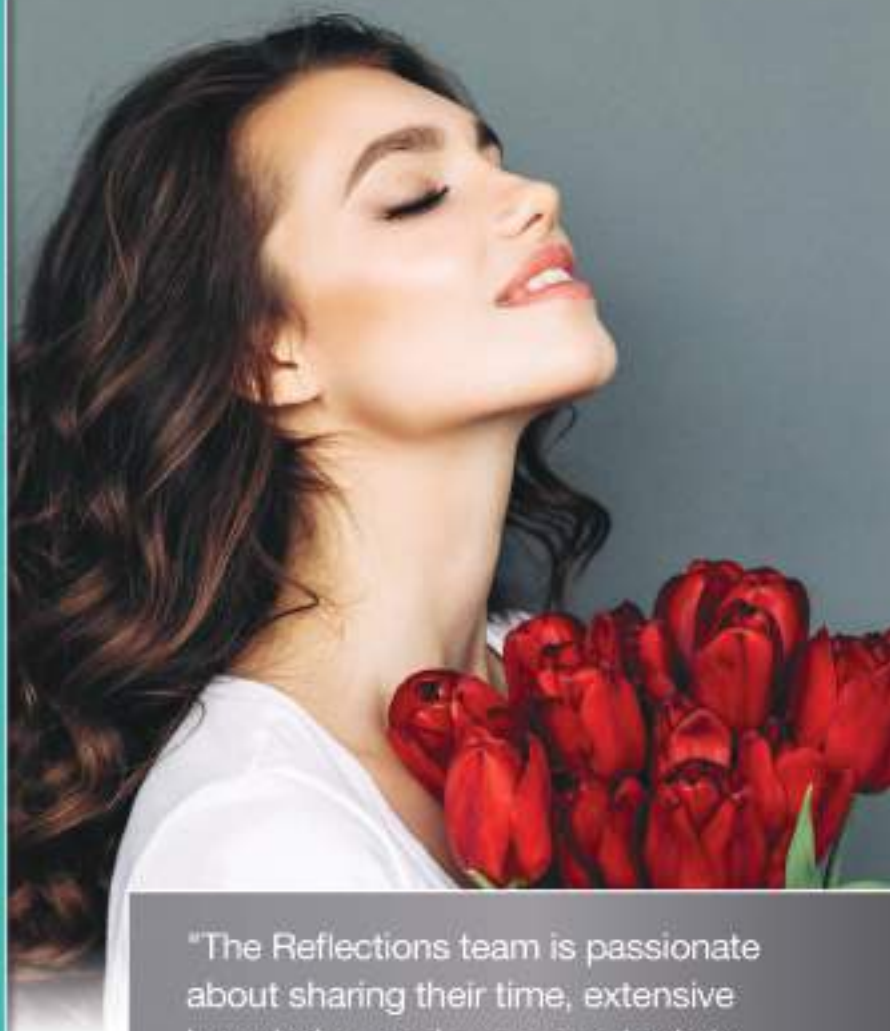
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Discoloration Of Children's Teeth

By April Toyer, DDS, FAAPD
Lifetime Dental Care

Many parents are naturally concerned that their child's teeth have become yellow or discolored. It is normal for permanent teeth to be slightly darker than the pearly white baby teeth that came before them. Though, it may also indicate a more serious underlying problem.

Internal Staining

Intrinsic stains or staining from inside of the teeth cannot be removed.

If you notice a grayish or darkening of a single front tooth that was not previously there this may be due to trauma.

Similar to a bruise, excessive force to the anterior teeth can cause separation of blood vessels inside the tooth, which may cause blood to enter the internal structure of the tooth. This discoloration may lighten or darken over time and should be evaluated by your child's dentist.

External Staining

Some apple juices, grape juice, and foods and candies with dye may

cause extrinsic, or surface, staining. Iron supplements may also leave a dark stain of the teeth which is hard to remove from just brushing alone.

If your child is on a nighttime medication make sure that your child brushes soon after their chewable or liquid medication. This type of staining can typically be removed by at home brushing or a professional cleaning by your dentist. Diluting your child's juice with water can decrease the staining tendency.

Tooth decay can come in many



April Toyer, DDS, FAAPD

shades from white to almost black and are typically differentiated from staining from the softness present in the enamel.

Although yellowing of the teeth can be a concern for parents, chalkiness or excessive white spots on the teeth are a major concern as well, as they can be precursors to cavities.

Enamel Hypoplasia is a tooth defect that results in a tooth having an irregular quality of enamel. In permanent teeth it typically displays with white to brown spots on the first molars and anterior upper incisors.

Causes for this condition are often unknown but may include, malnutrition, genetics, a history of illness during childhood, infection, fever or the use of medications such as antibiotics during tooth formation.

These teeth can sometimes be treated with a procedure called micro abrasion, removing the surface layer of the tooth.

For defects that extend deep into the enamel sometimes composite bonding is required or even full coverage crowns, which help protect the weaker tooth.

If you notice any suspicious areas in your child's teeth please make an appointment with a dental professional today.

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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.

Revamp Your Skincare Routine This Spring

With These 5 Simple Steps

Submitted By
US Dermatology Partners

Spring is finally here. Most people don't change their skincare routine very often or even think about it. If you're already cleaning out closets, take a few minutes to also go through your skincare products. Here are 5 simple spring-cleaning skin steps:

1. Now is a good time to clean and replace your skin care tools. Makeup brushes, hairbrushes, combs, exfoliators, and other items need to be cleaned and replaced regularly.
2. Spring means more time outdoors enjoying the warmer weather, so it's a great opportunity to review your sun protection routine. Most sunscreens expire after six months, so if you've had the same bottle of sunscreen in your cabinet for quite

a while, it's time to replace it.

3. Spring is also a good opportunity to review your skin routine to make sure you're using the right products and applying them correctly. Each person should work with a dermatologist to develop a customized daytime and nighttime skincare routine that fits their individual needs.
4. People don't usually spend much time getting to know any parts of their bodies. Many skin health concerns, like melanoma, are diagnosed in later, more severe stages because people don't notice the early warning signs. That's why regular skin self-exams are so important. In short, you should know your skin like the back of your hand.
5. Whether you have sensitive skin, a

Please see "Skincare," page 47

SUFFERING FROM DRY SKIN?



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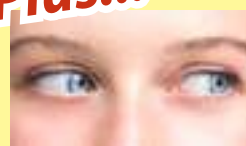
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Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

Studies of an investigational drug are underway to see if it may be effective in slowing the progression of Al-

zheimer's disease in people who carry two copies of a certain gene (APOE/4) that increases the risk of developing it and other dementias.

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

Results in a small, ongoing phase II trial of the drug in early Alzheimer's

Volunteers Being Sought

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

patients with two copies of the gene showed "significant improvement" on memory tests after six months, according to Alzheon, a Massachusetts-based

company developing it and a number of potential drugs for Alzheimer's.

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

Volunteers Being Sought

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

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

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

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

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

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

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

"Our end goal is to help patients [by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 703-520-1000.



Our brains are the key to who we are. At Re:Cognition Health we are committed to changing the future for those with memory loss and Alzheimer's Disease.



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

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hello@re-cognitionhealth.com

Re:Cognition Health Fairfax opened its doors in May 2018 is led by Neurologist, Dr. Scott Turner. Currently, the clinic is specializing in phase 2 and 3 pharmaceutical trials focused on finding a disease-modifying medication to treat those suffering from Mild Cognitive Impairment and Alzheimer's Disease.

The research team working under Dr. Turner is made up of a variety of professionals committed to the highest quality care and patient satisfaction.

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By Michael Rogers, DDS
Fairlington Dental

Why Choose Invisalign®?

braces for one reason or another and are now finally ready to do something about it, consider Invisalign® to straighten your teeth. Or perhaps you did have braces as a teen but now your teeth are starting to drift back to their old position.

Many professionals are turning to Invisalign to give them that great smile they always wanted, yet doesn't make them look like a kid just starting out. Face it; traditional braces with

their multi-colored rubber bands and the shiny tin grin just don't look very professional. In a world where looks can be the difference between getting the promotion, and possibly losing your job, you have to be careful. Invisalign is completely unnoticeable by anyone but your own self. Completely clear, your teeth will be straightened and nobody will be the wiser.

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of aligners that are crystal clear and custom made for your teeth. They are very comfortable and generally remove with ease after a little practice. Ask your dental practitioner for any tips to removal as soon as you put the first aligner in place, before you leave the office.

Invisalign has many advantages, other than cosmetic, over traditional braces. Because they can be removed, cleaning your teeth is much easier. With traditional braces, it is difficult and time-consuming to floss your teeth. Even brushing after every meal can still lead to gum disease with traditional braces. Simply remove the Invisalign aligner, and brush and floss your teeth. You do have to remove the aligner when you are eating, so brushing after meals simply becomes routine.

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Dr. Michael Rogers Our Complete Health Approach



At Fairlington Dental, we understand the connection between a healthy

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

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If you are considering braces for you or your child, talk to your dental professional and see if Invisalign is an option for you. Nobody will know that you are straightening your teeth, your teeth and gums will be healthier in the long run because they will be able to be cleaned properly, and you will find renewed confidence in yourself, as will your child.

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Sleep-Mouth Issues and Your Baby



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

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

Other symptoms include:

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

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

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



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

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

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

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

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

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



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Are TMJ Problems a Real Thing?



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

For so many people, a bit of popping or clicking in the jaw joints is no big deal. They will at first tell their doctor or dentist about it. As the years go by they are told that 'it's nothing to worry about' so they don't think twice about it. Yet, TMJ disorders are now associated with many other health problems so it might be wise to actually think twice when you feel that popping and clicking in the jaw joints.

*TMJ disorders
are now
associated with
many other
health problems*

When you feel those joints popping, what is actually happening? It is the disc that covers the top of the jaw bone literally popping off the bone and into the surrounding tissue. This displacement can cause tremendous pain in some people, while the same displacement in other folks causes the feeling of 'no big deal' therefore no problem. It's the people who have the pain that need to recognize what is going on and how to deal with it. And maybe the people who do not experience the pain should at least recognize the problem and what it might become.

Some of the more obvious symptoms of TMJ (TMJ disorder) are of course clicking and popping, pain in the jaw joints, or the feeling of the joint being stuck. Other more subtle indicators of a problem are headaches, ringing in the ears, dizziness, breathing problems, sleep disordered breathing, and even tremors. When those little discs in the jaw joints slip off, they can wreak havoc with the entire body.

Many end up visiting their neurologist for the headaches, their ENT for the ear ringing, their otolaryngologist for the swallowing problem, and yet the problem falls under 'none of the above' category! The real issue is that the discs in the jaw joints have slipped off – i.e. they are displaced and are quite simply pinching the nerves and blood vessels around the joint. Because there are so many nerves and vessels in that area, this 'pinching' effect can really cause

lots of pain throughout the entire body.

It is unfortunate that most medical and dental schools put little effort into teaching TMD diagnosis and treatment. In reality, such skillsets are learned mostly through what can best be described as an apprenticeship program. Those of us who had the opportunity to learn from Dr. Brendan Stack, arguably the father of TMJ disorders, consider themselves lucky and blessed to have learned from the

best. Now, many dentists and physicians are beginning to realize the truth behind TMJ disorder concepts.

So, what does a person do when they think they have TMJ disorder? The answer is simple: Find a person, most often a dentist, who sees only TMD cases. Their training will not be limited in this area. This healthcare provider will take the time to diagnose properly and provide options.

We Are NOT Your Typical Dental Office

We Can Help With:

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



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

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

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



Jeffrey L. Brown, DDS

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



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By Mary Nalls, PT, MPT
Physical Therapy Your Way
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Women's health physical therapy focuses on the unique needs of women throughout their life cycle. The school-aged girl who still wets the bed, the young woman with pelvic pain, the mother with abdominal separation af-

ter childbirth, the middle-aged woman who leaks urine when she runs, the elderly woman who worries if she can make it to the bathroom, all have one thing in common. All can benefit from the care of a women's health physical therapist.

These therapists are licensed professionals with a master's or doctorate degree in physical therapy and advanced training in treating disorders such as incontinence, abdominal muscle separation, pelvic organ prolapse, and pelvic pain.

Urinary Incontinence

Urinary incontinence is the involuntary leakage of urine. It affects over 13 million Americans. Half of these are middle-aged women. Another large percentage are female athletes. There are several types of urinary incontinence:

- **Stress Urinary Incontinence:** Leakage of urine that occurs during coughing, sneezing, laughing, exercise, and lifting.
- **Urge Urinary Incontinence:** Also known as overactive bladder, the leakage of urine associated with a strong urge to urinate. Those with this condition often leak upon hear-

ing running water, or while rushing to the toilet.

- **Pediatric Incontinence:** Most children are potty trained by age 4. However, some children develop persistent problems that may include bedwetting, daytime incontinence, urinary frequency, pelvic pain, and constipation.

Pelvic Pain

Pelvic pain can present itself as vaginal, rectal, or perineal pain during sitting, sexual intercourse, urination, and more. This pain may be from various sources such as lower back dysfunction, pubic symphysis separation, adhered scars, visceral restriction, vaginal tears, hormonal imbalance, abuse, or prolonged pelvic muscle spasms such as in levator ani syndrome.

Pelvic Prolapse

When the muscles and ligaments of the pelvis get weakened and stretched from pregnancy, constipation, and other conditions, the pelvic organs (bladder, uterus or rectum) drop from the lower abdomen into the walls of the vagina. Patients with prolapse complain of a bulge or heaviness in their vagina.

Pregnancy and Postpartum Conditions

During and after pregnancy, it is common for women to experience back, coccyx, or pelvic pain, to leak urine, or to have separation of the abdominal wall known as diastasis recti. These conditions should be treated, as they respond well to therapy and often do not correct themselves. In fact, 76.4% of women with incontinence at 3-months postpartum report persistent incontinence 12 years later. For those who ignore the pelvic pain associated with pregnancy, 30% become chronic pelvic pain sufferers later in life.

What To Expect During Therapy

A women's health physical therapist will provide a thorough evaluation and develop an individualized treatment program specific to your problems and functional goals. Treatments will include a combination of hands-on manual therapy, functional activity, bladder and bowel training, posture correction, and muscle strength and coordination training. Look for a therapist who listens to you, understands your goals, and creates an individualized plan to meet your specific needs.

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HOW TO PREPARE FOR MY BABY'S FRENECTOMY CONSULTATION / PROCEDURE



How do I prepare for my baby's frenectomy consultation and procedure?

Maybe you are struggling with feeding your newborn baby, and a fellow parent, Facebook friend, or Pediatrician has told you about a lip or tongue tie that might be at the root of your troubles. Now what?

It can be an overwhelming thought that our little one might need a 'procedure', but don't fret! In Northern Virginia, we are blessed to have many ways of getting help!!

Here are some "basics" and quick tips for the best preparation if you are looking to schedule a Lip & Tongue Tie Consultation for your infant.



Contact a Lactation Consultant

Begin by reaching out to an IBCLC (International Board Certified Lactation Consultant) that is experienced in caring for babies with 'tethered oral tissues (TOTs)' aka lip and/or tongue tie. If TOTs are interfering with proper function, they may have some great recommendations for release (frenectomy) providers who have the training and experience with oral assessment. These providers have the proper tools for a thorough frenectomy procedure like a Waterlaser.



Schedule Your Consultation

You can call or text our office to schedule your virtual or in-person consultation. You will be given a link to complete all pre-appointment questionnaires. If you complete the paperwork right away, this gives the office team the best opportunity to help you with any medical or financial/insurance

considerations prior to your appointment. Pro Tip: Try to make sure that both parents/caregivers are able to attend so that everyone benefits from the education and instructions.



During Virtual or In-Person Consultation

The doctors will perform a detailed exam and have a conversation about clinical oral findings including anatomy of tongue, lips, buccal/cheeks, jaw size/shape/position and their impact on function. The doctors will review current symptoms and future considerations. This is the best time to discuss the benefits, risks, aftercare, any other medical concerns and optimal timing for procedure with your doctors in detail. Above considerations are reviewed and ruled out, we are always happy to schedule procedures for babies so that we are minimizing the number of appointments for your little one.



Plan to Rest Post Procedure

Plan to keep your schedule clear post procedure (no travel or major activities) and arrange for support at home with siblings if needed.

If you have any questions, please reach out to the office, and we will be happy to make sure you feel 100% prepared for your visits with us!



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Lynda Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Lynda Dean-Duru

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

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

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

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

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

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



www.KidzSmile.com

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Krystle Dean-Duru

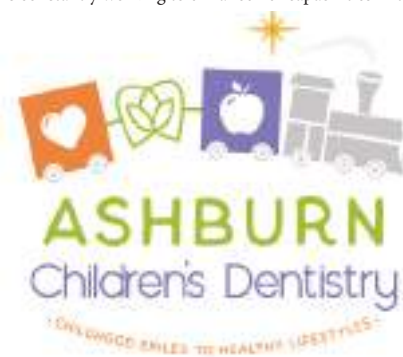
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn Children's Dentistry, I spent many summers as my mother's mentee. Watching what seemed like magical healing art she deployed while treating her patients and knowing the need and the power of proactive preventive dental health for children, I chose a career specializing in pediatric dentistry.

It is an honor to join my mother in practice at Ashburn Children's Dentistry where I get to fulfill my commitment to helping each child and parent have a positive and transformative dental experience, with compassion and fun! Having matured as an integrative laser pediatric dental surgeon and absorbing the ethos of Ashburn Children's Dentistry, I work tirelessly to stay abreast of emerging research, and improve the quality of life for children by learning from the world's leading researchers and clinicians. Through these means, we are continually integrating critical aspects of oral structure, craniofacial development, and its impact on the pediatric airway in the service of providing optimal patient outcomes. Caring for children is so powerful and rewarding and with that, understanding the importance of utilizing gentle and minimal intervention therapies. Treating the source of their issues—instead of the symptoms—and focusing on early prevention, has been critical to my role in educating parents and assisting their blossoming child's development into a healthy and resilient adult.

I hold an undergraduate degree from Columbia University in New York, where I studied Psychology. I received a Doctorate of Dental Surgery from Virginia Commonwealth University in Richmond, Virginia and completed my Pediatric Residency at Interfaith Department of Dental Medicine in Brooklyn, New York, where I served in a leadership role as Chief Resident. Board certified, I am a proud Diplomate of the American Board of Pediatric Dentistry.

When not helping my young patients build happy smiles, I enjoy spending time with family and friends, growing in my faith, improving my dancing skills, learning boxing moves, traveling — and cheering on Washington sports teams!

"Dr. Krystle," as she is known by her patients, is thrilled to join her mom, Dr. Lynda, in practice. Patients and parents compliment her fun, compassionate approach. They are also impressed by her commitment to helping each child and parent have a positive dental experience. Having matured as a dental surgeon, she is constantly working to enhance her capabilities in the field.



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Ike Lans, DDS



44110 Ashburn Shopping Plaza
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Meet Ike Lans

Degrees & Training: Dr. Lans has been providing outstanding dental services to the Northern Virginia area since 1978. He earned his Bachelor of Science in Biology from Queens College of the City University of New York in 1973 before going on to earn his Doctor of Dental Surgery degree from Howard University in 1977.

Professional Memberships: Dr. Lans maintains active membership in numerous prestigious professional organizations such as the Academy of General Dentistry, the Virginia Academy of General Dentistry, the American Academy of Cosmetic Dentistry, the Academy of Sports Dentistry and the Crown Council, an alliance of leading-edge dental teams throughout North America.

We have the latest technology in the industry through digital scanning. Also, we are a one stop shop offering multiple specialties like general dentistry, orthodontics, endodontics and oral surgery. All in one location for the convenience of you and your family.

Practice Philosophy: Dr. Ike Lans is accepting new patients, and he is committed to doing everything possible to provide you with high quality, state-of-the-art dental care. Our goal is to make your visit to our office as pleasant and as comfortable as possible.

Dr. Lans has been voted one of Northern Virginia's Top Dentists by both patient and peer surveys!

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Ali Pashapour, DMD

Oral & Facial Surgery



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Board Certified Oral & Maxillofacial Surgeon, Dr. Ali Pashapour was born in Iran and grew up in France. After finishing the French Brevet and Baccalaureate in Normandy France, he attended Georgetown University in Washington DC, where he received a dual-bachelor of science degree in chemistry and biochemistry. He then went on to earn his DMD (Doctor of Dental Medicine) degree from the University of Pennsylvania School of Dental Medicine.

Following dental school, Dr. Pashapour went to two years of medical school at the University of Medicine and Dentistry of New Jersey in Newark, New Jersey. He then completed the general surgery and the anesthesia rotations at Montefiore Medical Center in Bronx, New York.

Dr. Pashapour then pursued his training at Drexel University College of Medicine in Philadelphia, Pennsylvania, where he completed his plastic surgery, trauma, ENT (ear-nose & throat), surgical intensive care unit rotations and received his Oral and Maxillofacial Surgery Certificate.

Dr. Pashapour has been practicing the full scope of Oral and Maxillofacial Surgery since 2007 and continues to hold privileges at several level I trauma centers in the D.C., metropolitan area. He has devoted his professional career to all aspects of Oral and Maxillofacial Surgery with special interests in the surgical removal of teeth and placement of dental implants, bone grafting, ridge augmentation, sinus lifts, soft tissue grafting and office anesthesia. He also has a special interest in cosmetic surgery combined with orthognathic (corrective jaw) surgery.

Dr. Pashapour is a member of the American Association of Oral and Maxillofacial Surgeons, Northern Virginia Society of Oral and Maxillofacial Surgeons, Middle Atlantic Society of Oral and Maxillofacial Surgeons.

Dr. Pashapour is married, and enjoys playing tennis and traveling with his wife.

Our Practice Philosophy

The Pashapour philosophy focuses on personalized care. "Through a team approach and clear communication, we strive to inform our patients of all treatment options so that they feel comfortable making effective treatment decisions," says Dr. Pashapour.

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Meet Vikram Chauhan:

Degrees, Training, and Current Practice:

Vikram Chauhan, DMD was born and raised in Northern Virginia. Dr. Chauhan completed his undergraduate degree at VCU and earned a Masters of Biomedical Sciences from Rutgers University. He received his Doctor of Medical Dentistry from Tufts University School of Dental Medicine in 2018. After successfully earning a DMD degree, he went on to further his education at Marshall University in the General Practice Residency program. During his residency program, Dr. Chauhan was introduced to implant dentistry and has since not looked back. He has completed the Implant Pathway Continuum and the Doctores Valencia Surgery for Excellence course.

Upon completion of his education Dr. Chauhan knew it was time to return home to continue his growth in the dental profession. Dr. Chauhan feels extremely blessed to have found Dr. Rodney Mayberry who is a retired dentist in Vienna, Virginia ready to sell his practice to Dr. Chauhan. Dr. Mayberry is a Diplomate of the American Board of Oral Implantology and is eager to act as a consultant to Dr. Chauhan in all facets of implant dentistry. Dr. Chauhan is committed to becoming credentialed with the American Academy of Implant Dentistry and American Board of Oral Implantology. Dr. Chauhan was recently awarded Fellow status with the International Congress of Oral Implantology.

Dr. Vikram Chauhan would like to invite you, your family and your friends to come in for a complimentary evaluation. During this visit Dr. Vik (as his staff and patients like to call him) will examine you and offer his qualified no obligation opinion. It will include a 3-Dimensional CT scan x-ray and any other needed X-Rays he might need to give you a proper diagnosis. Dr. Vik and his staff are excited to meet you.

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Meet Marvette Thomas:

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

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

THE DENTAL SPA

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

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

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

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

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

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Degrees, Training and Certificates:

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

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Michelle Fisher, Owner



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Michelle Fisher has had a passion for the skin care and the anti-aging industry for over two decades and took her passion to learn all she could to reverse-age her own skin, but also began sharing the skills she acquired with friends. Michelle took what she is most passionate about and has turned it into a full time career, changing faces and lives one person and one problem at a time.

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Loudoun Medical Aesthetics employs a staff that includes a PA-C, RN, LMT, Permanent Make-up Artist and an Award Winning Hair Stylist to provide you with all you need in one place while upholding her personal touch with the patients she has established lasting relationships. She has worked hard to stay current in this fast-evolving field with on-going education beside some of the great minds in the Aesthetics industry.

Michelle opened her first Virginia based aesthetics Medspa in 2016, and outgrew the 1700 s/f facility and has opened a new location with 4200 s/f to serve you with every aesthetic need in one place. This business model that has never been done and gives people what they have never had: one stop shopping. One office that offers you everything. Getting the correction/confidence that they are looking for with Botox, Dermal Fillers, Laser Procedures or CryoSkin Slimming and now offers Massage Therapy, Permanent Make Up, Lash Extensions, IV Therapy, Couture Dress/Gowns with Celebrity Designer Andre Soriano and hair cuts, coloring, highlights, color correction and more.

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Dr. Khan is the medical director of VeinGuard Heart & Vascular Center and assistant professor of medicine at Medical College of Virginia. She is a Double Board Certified Cardiologist who specializes in invasive and non-invasive cardiovascular diseases. She completed her Cardiovascular Clinical Fellowship at Washington Hospital Center Georgetown University after several years of research in cardiovascular disease at the National Institutes of Health. She completed her Medical Residency at Columbia University after graduating summa cum laude from Dow Medical College.

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Mary Babcock, DO, DAPMR

**Integrative
Medicine**

8100 Boone Boulevard
Suite #710, Tysons Corner, VA

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(844-927-8487)

info@artiusmedical.com



Meet Mary Babcock

Degrees & Training: Dr. Babcock entered private practice after notable turns as an attending physician at Walter Reed Army Medical Center and teaching faculty at the Uniformed Services University of the Health Sciences in Bethesda, MD.

A veteran of physical medicine and rehabilitation, Dr. Babcock specializes in treating traumatic muscular and neuromuscular injuries and other chronic pain conditions including: Ehlers-Danlos syndrome, arthritis, back, neck and pelvic pain, degenerated or herniated discs, fibromyalgia, headaches, neuromuscular disease, neuropathic pain, plantar fasciitis, sports & muscle injuries.

Specialties: Dr. Babcock is equally accomplished in alternative treatment modalities including: prolotherapy, ozone therapy, osteopathic manual medicine, medical acupuncture, Botox injections for pain as well as Cosmetic Botox, PRP and Stem Cell Therapies.

Hobbies: Believing wellness springs from a balanced life, Dr. Babcock enjoys hiking, painting, playing the ukulele & violin, and spending time with her family and pets. Her years in the military and caring for her mother with chronic pain has enriched Dr. Babcock with unique perspectives in functional medicine, diagnosis and treatment of musculoskeletal conditions and biomechanical instability.

Practice Philosophy: Holistic in her approach, Dr. Babcock believes listening to the patient is paramount to developing an effective treatment plan that restores an individual's health and quality of life as quickly as possible.

We accept Medicare and most insurance plans.



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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



REJUVENATION
CLINIC

**Yalda Soroush, AGNP-C, CANS
Aesthetic Nurse Practitioner**

ENTER A WORLD OF BEAUTY!

Yalda Soroush, AGNP-C, CANS, specializes in restoring and enhancing one's natural beauty through non-surgical treatments.

She is the president and founder of Rejuvenation Clinic, Rejuvenation Aesthetic and Academy Cadaver Art Aesthetics.



She is a 100 Top Best Aesthetic Injector in America, Allergan National Trainer, and she has over 12 years of Aesthetic Injecting. Nurse Yalda offers training at her office.

As a highly trained aesthetic nurse, she understands that liking the way you look can have a huge impact on how you feel about yourself. She has an eye for art and believes every person has the potential to unlock their natural beauty through intentional aesthetic treatment. Her extensive travels have garnered much injectable experience from various international key opinion leaders.

703-223-2470

Instagram: nurse_yalda

<https://www.myrejuvenationclinic.com/>

8614 Westwood Center Drive
Suite #100, Vienna, VA 22182

Raja Gupta, DDS

*Cosmetic &
General Dentistry*



**Dental First
Associates**

6116 Rolling Road, Suite #312
Springfield, VA 22152

703-323-9394



Meet Dr. Raja Gupta:

Dr. Gupta obtained his undergraduate degree in Neurobiology Physiology from the University of Maryland, College Park after high school. He stayed in the Baltimore area while attending the University of Maryland Dental School. Dr. Gupta furthered his training by spending one year at the Philadelphia Veterans Affairs Medical Center. There he received advanced training in all aspects of general and implant dentistry. Since that time, he moved to Virginia and now has a busy private practice in Springfield.

Dr. Gupta puts in a tremendous number of hours advancing his knowledge and stays current with advanced methods and materials through extensive continuing education, study clubs, and active association memberships.

Special Interests & Services

Invisalign (Certified Provider), Natural Looking Dentures, Partials and Dentures Relined and Repaired While You Wait, Bonding, Bridges, Crowns, Implants, Teeth Whitening and Veneers.

Professional Memberships

Dr. Gupta is an active member of the American Dental Association, the Virginia Dental Association, the Northern Virginia Dental Society, and the Virginia Millennium Study Club.

Practice Philosophy

New Patient Special (reg. \$350) includes exam, cleaning (in absence of gum disease), and X-rays

When you visit our practice, you'll find that our dental services extend well beyond the procedure itself. We try to educate our patients and provide all the necessary tools so that they are fully prepared to maintain their beautiful smiles for a lifetime. As in any field, Dental technology and techniques change rapidly to become more efficient and comfortable. Dr. Gupta and his team are frequently attending continuing education courses and seminars to remain in touch with the newest advances in dentistry. All patients deserve modern techniques, materials, and methods that are backed by research and clinical success!

We believe that continually enhancing our education will allow for higher patient comfort, better preventive strategies, increased longevity of treatment, greater patient satisfaction, and a smile that is natural and healthy.

Hobbies & Personal Interests

Dr. Gupta was born and raised in Maryland.

He now lives with his wife and twin boys in Northern VA. Away from the office, Dr. Gupta enjoys photography, volunteer work and traveling. You can see some of his recent photographs displayed in the office!



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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

April Toyer, DDS, FAAPD

**Board-Certified
Pediatric Dentist**



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Woodbridge, VA 22192

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Meet Dr. April Toyer

Dr. April 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. There she volunteered at the Charlottesville Free Clinic and developed a love for dentistry. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program. It was there that she met her husband, Dr. Leonard.

During her summers off from dental school, Dr. Toyer worked for the Department of Education to be surrounded by young smiles. After graduating from dental school in 2007, she attended Howard University for her residency in pediatric dentistry, which she completed in 2009. In her spare time Dr. Toyer enjoys writing, running, and playing the piano.

Dr. April believes that the prevention of dental disease is the best cure. She skillfully delivers restorative care utilizing child-centered behavior guidance and anxiolysis techniques as well as dental outpatient surgery under general anesthesia.

Dr. April became a Diplomate of the American Board of Pediatric Dentistry in 2011, which "certifies pediatric dentists based on standards of excellence that lead to high quality oral health care for infants, children, adolescents, and patients with special health care needs. Certification by the ABPD provides assurance to the public that a pediatric dentist has successfully completed accredited training and a voluntary examination process designed to continually validate the knowledge, skills, and experience requisite to the delivery of quality patient care."



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Leonard Toyer, DDS

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Meet Dr. Leonard Toyer

Like Dr. April, Dr. Leonard Toyer grew up traveling as an "army brat." His family finally settled down in Fairfax County Virginia in his teenage years. After high school Dr. Toyer went on to receive his undergraduate degree in biology from Hampton University. Always knowing he wanted to be a dentist, he next attended Virginia Commonwealth University to obtain his Doctorate in Dental Surgery in 2003. Wanting to increase his speed and proficiency in advanced dental techniques, Dr. Toyer then went to the University of Maryland to receive his two year certificate in Advanced General Dentistry, completed in 2005. There he practiced implant placement and restoration, rotary endodontics, hard and soft tissue surgeries, and cosmetic procedures in addition to general dentistry. Since the completion of this program he has been developing his craft as an associate dentist in the state of Virginia for the past seven years. He is an active member in the community where he volunteers his time at local clean-up programs and homeless shelters. He also is involved in youth programs, mentoring students, and participating in scholarship drives with the local chapter of his fraternity Alpha Phi Alpha.

Dr. Toyer is committed to advanced education in his field. He has been trained by the Hiossen Advanced Dental Implant Research & Education Center to become proficient in implant placement and restoration.

Areas of Expertise:

- | | | |
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Featured Health Professionals

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Swathi M. Reddy, DMD

Orthodontics



9010 Lorton Station
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Lorton, VA 22079

703-337-4414



Meet Dr. Reddy, Your Local Orthodontist!

Dr. Reddy has been serving the Lorton area for over 12 years as a full-time orthodontist. She graduated Dental School with high honors from Boston University School of Dental Medicine. She has a deep desire to learn and treat patients in the field of Orthodontics and has pursued further specialty training in the field of Orthodontics and Dentofacial Orthopedics.

Dr. Reddy was invited to join the clinic faculty at UNLV, School of Dental Medicine. Before entering private practice, Dr. Reddy worked as a faculty member at UNLV, School of Dental Medicine, Orthodontics Residency Program.

Professional Memberships

Dr. Reddy is an active member of many organizations, including American Dental Association, Virginia Dental Association, American Association of Orthodontics, Southern Association of Orthodontics and Northern Virginia Orthodontic Study Club.

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We recognize that every patient has different needs, and we pride ourselves in the courteous service we deliver to each person who walks through our doors. We welcome children and adults to our office. Adults have become a larger percentage of our patient-pool in recent years.

Dr. Reddy and her staff are committed to helping you achieve the smile you deserve – a healthy, beautiful one that you will be proud of. We would welcome the opportunity to earn your trust and deliver you the best service in the industry.



www.AllSmilesBraces.com

Padmaja Yalamanchili, DDS

General & Cosmetic Dentistry

10875 Main Street
Suite #103, Fairfax, VA

703-591-4010



Meet Dr. Padmaja Yalamanchili:

For over 18 years, Padmaja Yalamanchili, DDS, has been serving patients throughout Northern Virginia with her extensive dental expertise, personalized one-on-one care and state-of-the-art dental technology. She and the entire team at her practice Dr. Padmaja Yalamanchili, DDS, PC in Fairfax, VA are committed to helping patients achieve their healthiest, most beautiful smiles. She is well-reputed in the area, and she emphasizes on preventive dentistry.

Dr. Yalamanchili graduated with her Doctor of Dental Surgery degree from the New York University College of Dentistry in Kips Bay, Manhattan. This prestigious New York City institution is the third oldest dental college in the country and is a global leader in top-tier dental care and innovation.

After earning her degree, Dr. Yalamanchili committed herself to serving patients throughout Northern Virginia with her clinical expertise and personalized care. She offers each patient her extensive knowledge and takes the time to customize a care plan to their specific oral health needs and smile goals. She serves patients of all ages through this tailored one-on-one approach. In fact, the rapport she builds with each patient leaves many fondly referring to her as "Dr. Y."

Dr. Yalamanchili is a member of the American Dental Association, Virginia Dental Association, and Northern Virginia Dental Society.

Dr. Yalamanchili is fluent in English, Hindi, and Telugu. When she's not serving patients, you can find her spending time with her husband and two children, cooking, reading, watching a Bollywood movie, or practicing Bikram yoga.

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Featured Health Professionals

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Michael Rogers, DDS

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Suite A, Arlington, VA

703-936-4166

Meet Michael Rogers:

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

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

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

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



FairlingtonDental.com

Negar Tehrani, DMD

We Want To Help You Get the Smile You Desire



6870 Elm Street
Suite #300, McLean, VA

703-429-0770

Meet Negar Tehrani:

If you have missing or damaged teeth that need restoration, visit Dr. Negar Tehrani, DMD, an expert prosthodontist offering her services at Aura Dentistry in McLean, VA.

Originally from Iran, she grew up in Turkey. She graduated from the Middle East Technical University in Ankara, Turkey, with a degree in biology, then moved to Boston and completed her dental degree at the world-renowned Boston University Goldman School of Medicine. She continued her education at Boston University by obtaining specialized training in prosthodontics.

Prosthodontics is a specialty recognized by the American Dental Association that emphasizes full-mouth rehabilitation and treatment of implants, crowns, veneers, dentures, and temporomandibular joint disorder. Dr. Tehrani forms a relationship with each patient and tailors your treatment plan to your specific aesthetic and functional goals and needs.

As a lifelong student, Dr. Tehrani stays on top of new technologies and procedures in her field. She enjoys spending time with her family, traveling, and attending performing arts productions.



www.AuraDentistry.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Garima K. Talwar, DDS, MS

Esthetique Dentistry

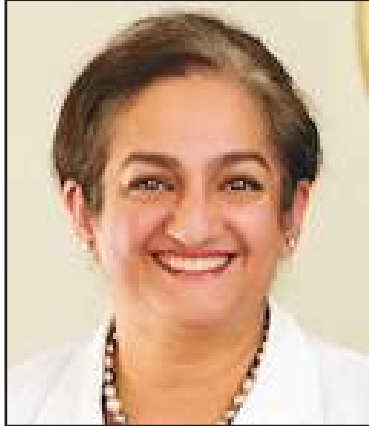
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Meet Garima K. Talwar:

Board Certified Prosthodontist Specializing in Reconstructive, Cosmetic and Implant Dentistry

Dr. Garima Talwar brings 25 years of experience in Full Mouth Reconstruction and Implant Dentistry to the DC Tristate area.

Her dedication to cosmetic and full mouth reconstructive dentistry has won her many patients and their testimonials are self evident of their life changing experiences. She has been recognized as one of the best Prosthodontists by 'Top Dentist' and *Washingtonian Magazine* and by her peers.

Dr. Talwar has been trained at leading centers in the world, including the US, England and India. She completed her training and masters in Prosthodontics from the School of Dentistry, University of Maryland. She is Assistant Professor at the Post Graduate Program of Prosthodontics at School of Dentistry, University of Maryland and Clinical Instructor in Prosthodontics and Oral and Maxillofacial Surgery at Johns Hopkins Hospital Baltimore, MD. She maintains her private practices in Virginia – Ashburn and Leesburg.



Esthetique Dentistry



EsthetiqueDentistryAshburn.com
AdvancedDentalCareLeesburg.com

Rishita Jaju, DMD

Pediatric Dentistry



11790 Sunrise Valley Drive
Suite #105, Reston, VA 20191

571-350-3663



"Loved By Kids, Trusted By Parents"

Dr. Rishita Jaju, a Board Certified Pediatric Dentist, is the founding Dentist of Smile Wonders in Reston, VA.

Degrees, Education & Training

She completed her dental education at Harvard School of Dental Medicine in Boston, MA and continued to receive specialty training in Pediatric Dentistry at Children's National Medical Center in Washington, DC where she was appointed as the Chief Resident. She is the only pediatric dentist in the Mid-Atlantic region who has achieved Advanced Laser Proficiency Certification from the Academy of Laser Dentistry and Breastfeeding Specialist Certification.

Experience & Expertise

Dr. Rishita is a well-known expert provider skilled in providing specialized care in Pediatric Laser Dentistry since 2007. She enjoys the trust of her peers and colleagues when they refer their most complex cases to her care. Newborns with Tethered Oral Tissues (Tongue-Tie/Lip-Tie), children with special behavioral or medical needs and extensive dental needs that have a difficult time getting access to care have been the driving force for her to start her private practice. She has helped improve the quality of life of her patients including infants as young as 2 days old, who are struggling with challenges of nursing due to Lip or Tongue-Tie issues.

Professional Memberships

Dr. Rishita stays involved with organized dentistry and serves as one of the Board Members of Academy of Laser Dentistry. In the American Academy of Pediatric Dentistry, she has not only been selected as a member of the Council of Clinical Affairs but she is also one of the members of the Examination Committee of the American Board of Pediatric Dentistry. She is also an educator and has provided numerous seminars and trainings for introducing and promoting infant oral health, pediatric dentistry and benefits of laser applications to general dentists, pediatricians, lactation consultants, speech pathologists as well as the providers of the Infant Toddler Connection programs.

In the Community

Her passion for community service led her to become a volunteer team dentist for Operation Smile Missions to Vietnam and India and help with care for children born with cleft lip and palate.

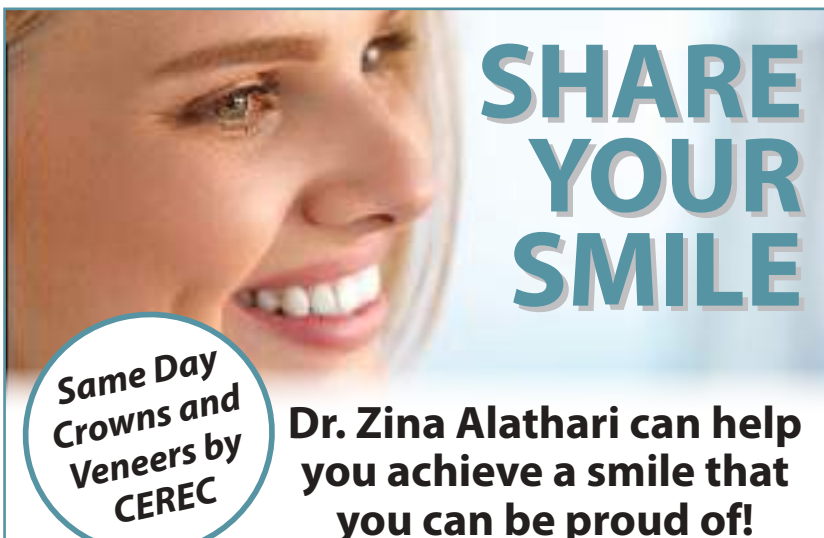
Personal Interests

Dr. Rishita loves going home to her husband, son and 2 maltese puppies – Kaju and Kulfi. She enjoys travelling all over the world and has visited every continent (except Antarctica).

Smile Wonders (Pediatric Dentistry in Reston, VA)

Whether you're preparing for your child's first visit to our office or looking forward to your child's routine checkup, our top priority is helping children achieve and maintain a healthy, beautiful smile into adulthood. To schedule your child's appointment, call us today at (571) 350-3663. To learn more about the services we offer, please visit our website: www.SmileWonders.com.

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ZINA ALATHARI, DMD

Dr. Zina Alathari is a graduate of Tufts University School of Dental medicine. In addition to her general dentistry training, Dr. Alathari takes continuing education each year in advanced clinical procedures and technologies. Her wide range of service to the public has given her experience to understand each patient's individual needs.

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What Is CEREC Dentistry?



By Zina Alathari, DMD
Tysons Dental Corner




CEREC stands for “chairside economical restoration of esthetic ceramics” and is a computer-aided design and manufacturing system for dentists. CEREC combines a camera, computer, and milling instrument into one machine allowing tooth restorations to be created in the dentist office, all within a single visit.

In 1985 Serona launched CEREC, which marked the beginning of digitalization in dentistry.

CEREC crowns are more efficient

and technologically advanced and have become the preferred option. While it can take weeks to receive a traditional dental crown, a CEREC crown uses computer-aided design (CAD) and computer-aided manufac-

Please see “CEREC,” page 46



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ARCADIA

NEW TECHNIQUES

FROM PAGE 4

ance of frowning even when happy.

Scars around the mouth due to acne or other skin problems become more noticeable as the skin ages and loses elasticity. We may also notice increased growth of coarse hairs on the upper lip and chin due to hormonal shifts. Adult acne can also worsen, especially after wearing a mask, causing deep, tender cysts around the mouth and chin.

What Can Be Done To Address These Concerns?

A new technique of lip rejuvenation, based on expert knowledge of facial anatomy, is to gently inject innovative, softer fillers like Volbella, Belotero or Restylane Silk, in combination with firmer fillers like Voluma, Restylane or Juvederm to support the chin and lower face. These fillers are all pure biosynthetic forms of the hyaluronic acid that's naturally present in the skin and gets lost with age. It's critical to use expert techniques, to restore lip volume and shape, precisely turn out the lip borders, and re-define the Cupid's bow. This prevents lipstick bleeding and gives beautiful results.

With the right techniques, there is usually little or no swelling, regular activities can be resumed immedi-

ately, and the results look completely natural. Injection of fillers with French cannulas instead of sharp needles is an advanced technique that can eliminate or minimize bruising.

Tiny amounts of muscle rebalancers (neuromodulators) like Botox, Dysport, Jeuveau or Xeomin can be injected virtually painlessly just beneath the skin to relax overactive muscles that pucker the skin around the mouth and turn the corners down. This highly skilled technique should only be performed by a very experienced dermatologist or plastic surgeon. It can dramatically improve appearance and help prevent lines and wrinkles from deepening.

What About the Neck and Jawline?

To get your jawline and neck in shape, one important laser for summer is Ultherapy, which non-surgically lifts and re-contours the jawline and neck, cheeks, and brows in just one session with no down time. Ultherapy can also lift buttocks, knees, arms, chest skin and other sagging areas. The Exilis Ultra is a revolutionary laser that combines ultrasound with radiofrequency to remove fat and tighten skin at the

Please see “New Techniques,” page 47



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Plantar Warts

Warts On the Bottom Of Your Feet

By Edward S. Pozarny, DPM
Arlington Podiatry Center

Warts are an infection caused by a virus which invades your skin through a cut or break. An individual who has a wart can develop additional warts. Plantar warts are often mistaken for corns or calluses on the sole of the foot. Plantar warts have a spongy appearance with little black, brown or

red spots. These spots are the blood vessels feeding them.

They are found usually on the bottom of the foot, but can appear on the toes. The warts are circumscribed, which means you may notice a light ring around each growth separating it from the surrounding skin. Warts can occur alone (solitary) or with smaller warts clustered nearby (mosaic).

There are many different ways to remove warts. Each method has its own advantage and disadvantage. Medication or surgical removal, or both, are usually the most effective treatments. Freezing or burning may also be utilized. A podiatrist can combine any of these methods with others to tailor a treatment option best suited to the patient's condition.

Chemical cauterization is the use of relatively strong acids and caustics to destroy the wart tissue. The wart is usually not destroyed completely in one treatment. Usually a series of treatments, which may extend over a period of 8 – 10 weeks is needed. However, there is little post-operative care needed once the wart is removed.

Surgical options include using a surgical curette to scoop or shell out each individual wart. This method is usually used in conjunction with electrodesiccation, or electrical cauterization. This method helps discourage regrowth.

The other surgical option is to make two small semielliptical inci-



Edward S. Pozarny, DPM

sions surrounding the wart. Then the wart and the surrounding skin are removed. The edges of the skin are then brought together with stitches. These surgical options are usually done under a local anesthetic. The post operative consideration for surgical removal is that the patient will want to try to remain non-weight bearing on the foot for approximately one week. Also, daily dressing changes will need to be done to prevent infection.

Laser surgery and cryosurgery are two other methods of removal. When utilizing a laser the wart is vaporized using focused high frequency light. Cryosurgery is the use of intense cold to destroy the lesion. Liquid nitrogen and carbon dioxide are most com-

Please see "Plantar Warts," page 46

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Dr. Edward S. Pozarny

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



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5 Essential Ways To Fight Inflammation



By Anca Sisu, MD
Restore Balance
Integrative Medicine

disease, from diabetes, heart disease, depression, digestive issues to fatigue and brain fog is linked to inflammation.

When the root cause has been addressed and cleared away, as in the case of a virus or an allergic reaction, the inflammation subsides and everything goes back to normal. However, if the inflammatory process goes on for too long or if it occurs in places where it is not needed, that becomes problematic.

A combination of multiple factors is often found to be the cause of chronic inflammation, such as poor diet, food sensitivities, exposure to toxins, nutritional deficiencies, gut imbalances, certain medications, inadequate sleep, chronic stress, a sedentary lifestyle, or low grade infections.

Here's what you can do to help fight chronic inflammation:

1. Diet. Avoid processed food, sugars, and packaged foods. Opt for dark leafy greens, wild-caught salmon, sardines, mushrooms, almonds, whole grains, healthy fat sources. Eat brightly

If regulated and under control, inflammation is an important component of the immune system function which is necessary for fighting pathogens and healing from injuries.

The symptoms of acute inflammation, redness, swelling and pain, are noticeable. Chronic inflammation has more subtle symptoms. If not addressed, it can spread throughout the body and have damaging effects on our health. Almost every chronic

Please see "Inflammation," page 46

Climate Change Vs. Your Hair



By Jady Rodocker
Alya Salon & Spa

Spring is just around the corner, but it sure doesn't feel like it. It can be a little confusing when it's 36 degrees one day and then nearly 80 the next! We are all feeling the effects of climate change, especially what it means for our hair. Luckily, there are some easy ways to combat both hair health and being a little more eco-friendly in our day-to-day.

Professionals recommend trusted

products, including Aluram and Kevin Murphy. Kevin Murphy carries a product for everyone: dry brittle hair? Hydrate Me Wash and Rinse. Products too heavy for your fine hair? Angel hair line. Curls? Killer Curls. Not only does this mean you can trust all hair types to look exactly how you want throughout the day, but these companies do everything they can in order to limit their effect on the planet, bringing years of healthy hair with them.

Many daily rinse-off products (i.e. shampoo, conditioner) contain parabens, chemicals used as preservatives. Once these are washed down your drain and inevitably reach our oceans, these chemicals are known to destroy coral. You may think that your water gets filtered and sent back into your homes, but parabens even react with chlorinated water (tap water) to create a number of byproducts with effects to the human body that are unknown at this time, that's concerning. Quite a few products also include sul-

fates, which strip necessary moisture, leading to brittle, dry hair and skin. Sulfates contribute to acidification of surface water and soil, and contribute to acid rain and fog that damage ecosystems, forests and plants. Aluram and Kevin Murphy products pride

themselves on being free of these harsh chemicals.

Next time you're in the salon be sure to ask for more information on these products to find what is right for you and keep you and the planet clean and healthy.

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Cancer Patients Can Use Medical Insurance For Treatment In the Mouth



By Tontra Lowe, DDS
Awesome Smiles Dental Center

Certain cancer patients needing treatment in the mouth before or after their cancer treatment may benefit from medical benefits. However, for those with a recent or current cancer diagnosis, a simple procedure in the mouth could wreak havoc on their overall health and recovery, regardless of the type of cancer. The dental insurance and medical insurance don't work alike at all. Understand how accessing medical benefits can

reduce costs and stress.

Managing medical and dental aspects before and after treatment is critical to living well. Be intentional and proactive versus reactive. People on your wellness team must sometimes weigh life against the quality of life, and to do that well, you must have your family dentist and sometimes an oral surgeon be a part of the conversation. You must include your dentist in the battle plan for your treatment to improve outcomes for an extended quality of life. Remember, the mouth is a part of the body.

Here are three points to remember if dealing with a cancer diagnosis and seeking payment from your medical carrier:

1. Patients undergoing treatment for **any** cancer can develop mouth sores, dry mouth, and crumbling teeth. This is even more prevalent with radiation treatment for oral or throat cancer.

Please see "Insurance," page 46

DID YOU KNOW Cancer Patients Can Use Medical Insurance for Treatment in the Mouth?



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By Swathi Reddy, DMD
All Smiles Orthodontics

Braces – What To Expect

are applied on the teeth, so there is no reason to be anxious about the placement appointment. Typically, patients will experience a mild discomfort or soreness after the orthodontic wire is placed into the brackets, which may last for a couple days.

In less modern times, only stiff wires were available, and there was more pain associated with braces. With newer technology, and more flexible wires available now, there is significantly less discomfort associated with

tooth movement. Over the counter pain relievers such as Tylenol/Advil/Motrin (normally taken for headaches) can be used to ease this discomfort.

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

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

Will I Need To Get Shots?

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

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

Appointments are scheduled according to each patient's needs. Most

patients in braces will be seen every four to eight weeks. If there are specific situations that require more frequent monitoring, appointments may be scheduled accordingly.

Can I Get Braces If I Am Pregnant?

There are no contraindications for treating patients during pregnancy. You may need a letter from your obstetrician saying that it is ok to have x-rays taken. Because of hormonal changes during pregnancy, your gums may become swollen easier. However, as long as you practice good oral hygiene, you can still enjoy the benefits of orthodontic treatment when you are pregnant.

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

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

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Do You Need a Smile Makeover?



By Marvette Thomas, DDS
The Dental Spa

examination to make sure that your cosmetic problems really are just that, and not a sign of underlying dental disease. Once your health has been established, your smile can be cosmetically enhanced in a variety of ways.

Cosmetic and General Dentistry Procedures

Modern dentistry offers a wide range of services to make sure your teeth stay healthy, function well and look great. These procedures include:

- **Cosmetic Bonding** – to repair small chips or cracks
- **Crowns and Bridgework** – to replace large amounts of lost tooth structure and/or missing teeth
- **Dental Implants** – for the longest-lasting tooth replacement available today
- **Fillings** – to restore decayed teeth
- **Inlays and Onlays** – to fill teeth with larger cavities
- **Invisalign Clear Aligners** – for highly discreet orthodontic treatment
- **Orthodontic Treatment** – to move teeth into the right position

The practice of dentistry encompasses an amazing array of services and procedures, all with a common goal: to help you to preserve your natural teeth as long as possible, ensure your oral health, and keep you looking and feeling great throughout life.

There's so much that can be done these days to improve the appearance of a person's smile – at any age. From powerful, professional whitening treatments to amazingly realistic porcelain veneers to state-of-the-art dental implants, there's a wide range of exciting possibilities.

The first step in any smile makeover is a thorough dental

Please see "Makeover," page 46

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Naturopathic Supplements – Which Are Safe?



By Lakita Conley-Ware, PhD
Naturopathic Health Consultant

Most people when they decide to take various types of supplements, herbs or superfoods assume that they are all safe. As with everything in life, some are better for you than others and becoming educated about which ones are best is going to help you improve your health.

The US Dietary Supplement Current Good Manufacturing Practices states supplements manufactured in the USA cannot be contaminated with heavy metals. There are several US based companies that produce naturopathic supplements that screen against chemicals, are pure organic and are GMO free.

Most people when they decide to take various types of supplements, herbs or superfoods assume that they are all safe.

One such solely American based naturopathic firm called Shaklee does extensive screening in their US bases research and development center. Shaklee Corporation is an American manufacturer and distributor of natural nutrition supplements, weight-management products, beauty products, and household products. The company is based in Pleasanton, California with global operations in Canada, China, Indonesia, Japan, Malaysia, and Taiwan.

They screen all new botanicals for 350 contaminants, for 250+ pesticides, and conduct over 100,000 quality product tests yearly for potency, safety and purity. They have over 125 medical/nutritional publications. Their staff – MDs and scientific PhDs – are naturopathic specialists. With this type of testing, this company offers a series of naturopathic products that are healthy and safe for everyone, from children to the elderly. Shaklee has also partnered with NASA to develop products that help astronauts be as healthy as possible. There are even Olympic athletes who claim use of Shaklee products helped them win medals.

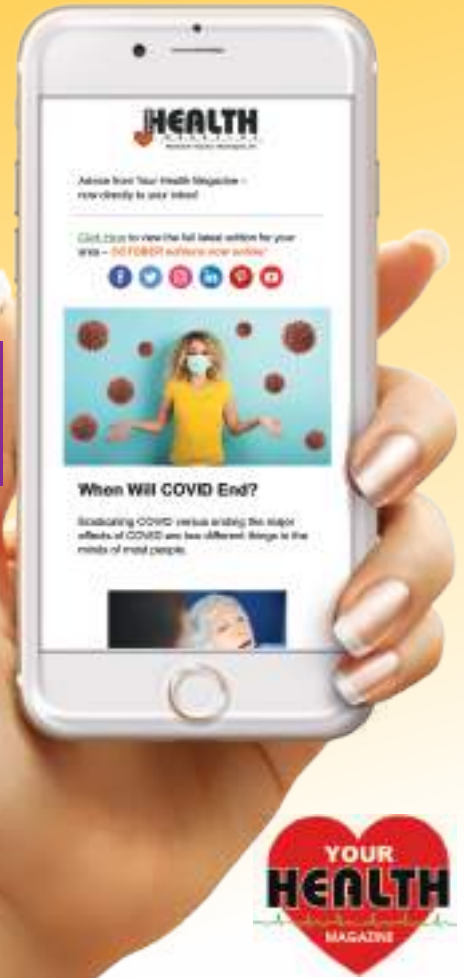
It is important to know what is safe and going to help you live healthier. Some products are obviously better than others, and that goes for supplements as well. So, make sure you always read the labels first, before taking them.

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PLANTAR WARTS

FROM PAGE 40

monly used to freeze the tissue.

After laser surgery the patient can ambulate normally immediately. However, after the cryosurgery a painful blister may develop which is removed in approximately 10-14 days.

After your podiatrist treats your warts, protect your feet from future infection by keeping them clean and dry. Avoid going barefoot in public

places like showers, gyms and locker rooms. The wart virus may spread easily in moist settings like these. Wear thongs or sandals on your feet.

If you're considering using over-the-counter medications for warts, ask your podiatrist first. Some of these treatments can damage skin and may be dangerous if you have diabetes or poor circulation.

INSURANCE

FROM PAGE 41

2. Request the oncologist consult your dentist and get them involved in your care regardless of cancer type. Remove any hopeless teeth and treat any cavities or gum disease BEFORE starting cancer treatment, if time allows. Ask your physicians to provide an actual referral to your dentist.

3. Use medical insurance to help cover fees for treatment in the mouth if possible (excludes most medical HMO, EPO, Medicare, or Medic-

aid plans).

Oral complications secondary to cancer diagnosis and treatment are common and can wreak havoc on other organs and in the mouth. Ensure to include your dentist in your care to improve your quality of life. Most PPO medical insurance plans will help pay fees for treatment in the mouth to get you back to swallowing and eating as usual. People pay hefty premiums for medical insurance—why not maximize any benefits?

CEREC

FROM PAGE 38

turing (CAM) to create crowns in a single appointment. Not only that, but they allow for a better bite and more natural teeth for patients.

CEREC crowns fit perfectly. They look and feel like a real tooth thanks to computer-aided technology.

At your appointment, your dentist will use a small camera to create a 3D digital impression of your mouth. A milling unit is then utilized to create the ceramic crown. The dentist will then paint and glaze each tooth to match the rest of your mouth. Once this is complete, the dentist can bond the tooth into your

mouth in a matter of minutes. It's that quick and easy.

The entire process should only take about two hours. The CEREC crowns are created with advanced accuracy and precision, look and feel like a real tooth, and every step of the process is much more comfortable for the patient.

You won't need to wear a temporary crown or have uncomfortable impressions of your mouth taken. Plus, you will experience much less post-operative sensitivity. And don't forget, you only need to schedule a single appointment.

MAKEOVER

FROM PAGE 42

- **Porcelain Veneers** – for repairing larger chips and cracks, and reshaping teeth
- **Removable Dentures** – to help you smile again
- **Teeth Whitening** – to brighten a faded or discolored smile
- **Tooth-Colored Fillings** – for a completely natural, healthy look
- **Tooth Decay Prevention** – so you keep your natural teeth as long as possible

Your Smile Makeover

The most important job you have as a member of your own smile makeover team is to communicate exactly what you don't like about your smile and how you'd like it to be different. Before the first consultation, give some thought to the following questions:

1. What do you like or dislike about

the color, size, shape and spacing of your teeth?

2. Are you pleased with how much your teeth show, both when you smile and when your lips are relaxed?

3. Do you want teeth that are perfectly aligned and a bright "Hollywood White," or would you prefer a more natural look with slight color, shape and shade variations?

4. Would you like more or less of your gums to show when you smile?

It is extremely helpful for you to bring in pictures you have collected – of smiles you like, smiles you don't like, and/or photos of the way your own smile used to look, if that's the result you're aiming for. Now is the time to get started on creating a smile that will make you feel as good as you look.

INFLAMMATION

FROM PAGE 40

colored fruits and vegetables. Rosemary, turmeric, ginger, garlic, cinnamon, cayenne, clove, black pepper are well known anti-inflammatory spices.

2. Remove toxins from your food and environment. Most conventional food production uses pesticides, which exposes us to different levels of pesticide residues. Knowing when to choose organic versus conventional produce is extremely important. The Environmental Working Group (EWG) publishes a guide of the items most important to buy organic – find it by Googling "EWG Shopper's Guide." Also be sure to choose non-toxic, natural cleaning products for your house.

3. Exercise. Studies have shown a strong relationship between regular exercise and reductions in low-grade chronic inflammation. Move and stay

active and make realistic fitness goals that best fit your schedule and ability.

4. Stress Management. Chronic, high levels of stress can have a damaging effect on health. Removing ourselves from toxic, stressful situations and relationships when possible, walks in nature, practicing yoga and or meditation can be extremely beneficial for lowering our levels of inflammation.

5. Sleep. Poor sleep triggers inflammation. The best way to maintain good sleep hygiene is by having a consistent sleep schedule, avoiding heavy meals and alcohol before bedtime, and maintaining a healthy sleep environment.

Work with your functional medicine doctor to guide you through a personalized, targeted approach to identify the causes of inflammation in your body and to achieve better health.



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BACK SURGERY

FROM PAGE 4

your pain doctor. With a full list of symptoms, they can begin to develop the most effective treatment plan to manage your pain. Treatments for post-laminectomy syndrome may include:

- Physical therapy
- Medications, such as NSAIDs or antidepressants
- Epidural steroid injections
- Spinal cord stimulation
- Radiofrequency ablation
- TENS therapy
- A mixture of these therapies

Interventional Treatments

Patients suffering from severe and chronic pain may benefit from more intensive forms of treatment.

One of the best options are epidural steroid injections. This type of therapy can provide significant pain relief. It's also minimally-invasive. Your doctor can perform it in an outpatient setting.

Spinal cord stimulation is another treatment that has been shown to provide measurable pain relief. This

treatment involves inserting a device that emits electrical impulses near your spine. This device sends out electrical impulses near painful areas. These impulses help control pain signal transmission from the spinal nerves, thereby reducing your pain.

Radiofrequency ablation is another treatment option. Studies have shown this treatment to be quite effective in more than 50% of cases.

Finally, another alternative, minimally-invasive treatment is transcutaneous electrical nerve stimulation (TENS) therapy. TENS units are small devices that are similar to spinal cord stimulation, except they go on top of the skin. Electrodes are placed on the skin's surface. These electrodes deliver a very small electrical stimulation to the affected area. Like spinal cord stimulation, this can interrupt pain signals.

If you need help with your lower back and neck pain, and think it may be caused by a previous surgery, it's time to find help.

NEW TECHNIQUES

FROM PAGE 38

same time in areas such as the jawline, arms, abdomen, waistline, buttocks, thighs and other areas. Exilis Ultra is painless and has no recovery time. It can be combined with laser resurfacing to improve wrinkles, discolorations and scars and tighten the skin, all with little or no down time. Exilis Ultra can also improve cellulite and stretch marks. Fraxel, CO2RE or eMatrix subablative fractional laser resurfacing, Vitalize and Rejuvenize chemical peels and the ViPeel remove sun spots and stimulate your skin to produce new collagen, fading wrinkles and scars and leaving your skin smoother, tighter and more radiant.

The newest treatment for acne, scarring and fine lines is to combine sessions of Derasweep-MD, a medical-strength, aluminum-free skin exfoliation and hydration, with acne laser therapy. Derasweep polishes your skin with different levels of medical exfoliation and infuses it with natural fruit acids, while laser therapy kills the

bacteria that cause acne, giving you a longer-term solution.

The Gentle YAG (GentleMax Pro) hair laser is the most advanced and powerful method for rapid and painless removal of unwanted hair. It is safe and for skin of all types, from the very fairest to the very darkest. At the same time, it can also tighten skin and give a beautiful skin glow.

How To Get The Best and Most Natural Looking Results

For best results, trust your face and body to a board-certified dermatologist or plastic surgeon who is an expert in the latest techniques and understands how to combine and customize them to make you look and feel your best for summer.

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SKINCARE

FROM PAGE 17

chronic skin condition, you notice something concerning during a self-exam, or you just want to keep your skin looking and feeling great, annual skin exams are essential and

allow you to stay on top of caring for your skin.

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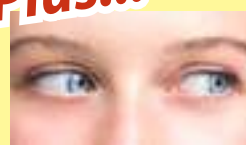
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Your HEALTH Magazine publishes and distributes health information people need. We produce special sections to focus on particular health topics each month, and profiles of local health professionals. It Makes a Difference!

Here's what you can look forward to:

- May** ***VISION and EYE CARE*** – Professionals to help you and your family with your eye care including New Technology, LASIK, Eye Glasses, Contacts, Other Vision Appliances, Surgery, Children, Adults and Seniors! **Will include Profiles from your Local Vision & Eye Care Health Professionals.**
- June** ***PAIN MANAGEMENT and REHABILITATION*** – Professionals to help you and your family with chronic pain. Chronic pain is debilitating with significant consequences for the sufferer, their loved ones and their employers. Educating people about pain and where they can get help. **Will include Profiles from your Local Pain Management Health Professionals.**
- July** ***MEET YOUR LOCAL HEALTH PROFESSIONALS*** – Biographical profiles of a wide variety of local health professionals (Primary Care, Specialists, Integrative, Fitness, and more), highlighting their credentials, expertise, education, practice philosophy, areas of interest, and more!
- August** ***WOMEN'S HEALTHCARE and WOMEN IN HEALTHCARE*** – All the information women need about health, plus profiles to highlight the important women involved in all areas of healthcare – from physicians and nurses to pharmacists and office support staff. **Will include Profiles from your Local Women Healthcare Professionals.**
- September** ***DENTAL HEALTH plus WEIGHT CONTROL, EXERCISE AND NUTRITION*** – Dentists, Cosmetic Dentistry, TMJ, Periodontics, Orthodontics, Oral Surgeons, Endodontics, and more! Gyms, nutrition and diet plans, weight loss, surgical alternatives, to help affect America's out-of-control weight problems. **Will include Profiles and Information from your Local Dental Health and Exercise and Nutrition Professionals.**

Pick up a copy of Your Health Magazine at Washington DC, Maryland, and Northern Virginia grocery stores, pharmacies, convenience centers, doctor offices, libraries, spas, salons, and more!

Or Read Online: www.YourHealthMagazine.net



If you are a Health Professional interested in including your practice information in the magazine and online, contact us today:

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Our Care for You Is More Than Skin Deep...

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Rejuvenation

Dr. Hema Sundaram, MA, MD, FAAD

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

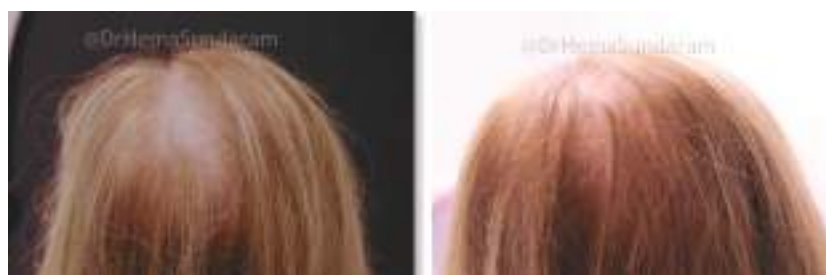
My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert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

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

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

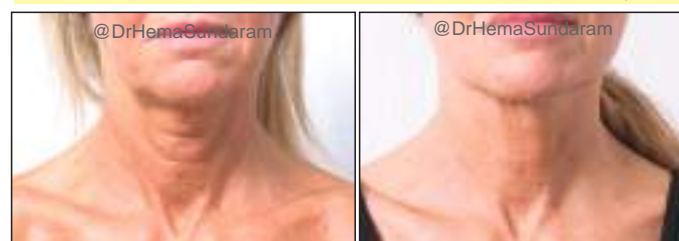
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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



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Through commitment to research and education, Dr. Sundaram has been involved in pivotal studies of many of the advanced aesthetic technologies available in North America, and teaches them nationally and internationally to dermatologists and plastic surgeons

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