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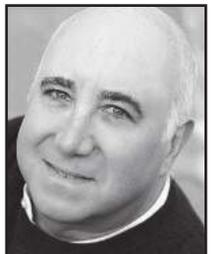
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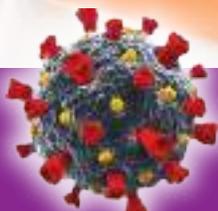


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Pediatric Dentist



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Classified & Directory of
Health Professionals Page 48



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By Deeni Bassam, MD, DABPM
The Spine Care Center

Why Does My Back Ache?

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 ag-

gravated 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-inflam-

matory, 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.

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 spines were meant to last.

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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New Techniques For Healthy Skin and Lips



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

lebrities with grossly enlarged “trout pouts.” However, when lips are treated properly, the results are subtle, stunningly beautiful and 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 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 and causes pucker lines. These can be worsened by smoking, habitual waxing of hair from your upper lip, and even by frequent gum-

For the past year or two, our focus has been more on our eyes and upper face than what lies beneath our masks. Now, as we look forward to returning to a “new normal”, it may be time to think again about our lips and lower face.

Lip enhancement has become notorious due to media images of ce-

Please see “New Techniques,” page 47



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Blepharoplasty

By Jacqueline D. Griffiths, MD
New View Eye Center

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.

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.

Blepharoplasty for the lower lid removes the large bags under the eyes. It is unusual for third party payers to cover lower lid blepharoplasty.

The surgery is usually performed on an outpatient basis and can take one to three hours. Upper lid incisions are made in the natural crease of the lid, and lower lid incisions are made just below the lash line. A procedure for lower lid blepharoplasty, called transconjunctival blepharoplasty,

removes excess fat through an incision inside the lower lid. Incisions are closed with fine sutures.

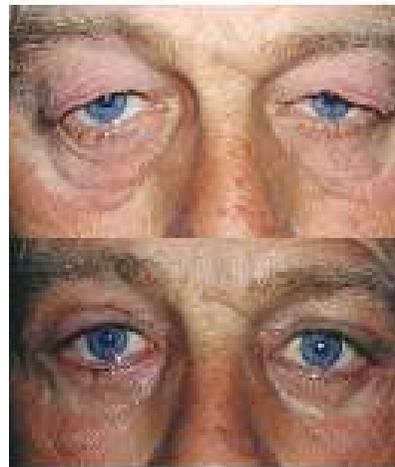
Swelling, bruising and blurry vision are common after blepharoplasty. Stitches are removed three to five days after surgery, except in the case of transconjunctival blepharoplasty where the self-dissolving sutures require no removal.

“When blepharoplasty is performed to improve vision, rather than for cosmetic reasons only, it may be covered by insurance.”

Possible complications associated with blepharoplasty include bleeding and swelling, delayed healing, infection, drooping of upper or lower eyelid, asymmetry, double vision, and dry eye. It is important to note that the puffiness of the fat pockets may not return, but normal wrinkling and aging of the eye area will continue.



Before and After



Before and After



Jacqueline D. Griffiths, MD

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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
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& Acupuncture

Housework Injuries

Low Back Pain and Knee Pain

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 activity. 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

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.

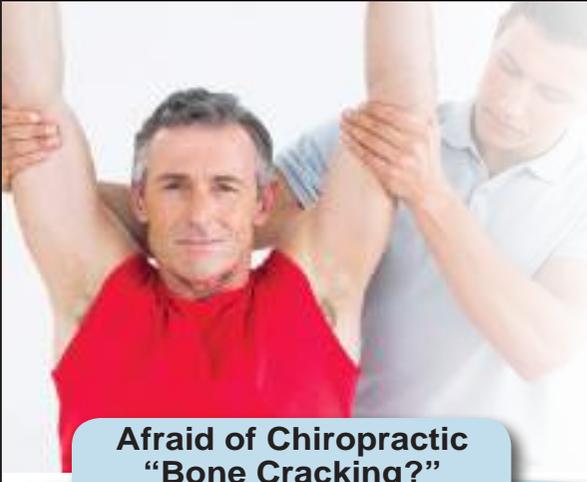
If you do suffer with knee pain, particularly after gardening, it can help to ease discomfort if you put an ice pack on your knees. You need to remember RICE: Rest, Ice, Compression and Elevation. Ice is thought to act by reducing blood flow and thereby reduces inflammation around the joint.

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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6 Quick Tips For Natural, Healthy Skin



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

1. Cleanse Your Skin Daily.

A daily skin cleansing regimen is essential to maintaining healthy, youthful skin. Going for the squeaky clean feeling is not always the best thing for your skin. You should avoid harsh soaps that strip the natural oils your skin needs which can exaggerate fine lines and wrinkles. Instead, choose a mild cleanser that removes excess oil, makeup and debris from the skin.

A weekly exfoliating regimen using natural alpha and beta-hydroxy acids (glycolic acid, salicylic acid) can help to remove dead skin and maintain a healthy glow.

2. Moisturize Your Skin.

Your skin needs moisture to help it maintain its natural, healthy glow. This doesn't mean you have to make your skin oily with heavy creams and lotions. Moisturizers help the skin to seal in natural moisture and prevent dryness and peeling which increase the signs of aging. For healthy skin that lasts a lifetime, you should wear a daily moisturizer that contains an SPF (sun protection factor) of at least 15.

The moisturizer that is best for your skin depends on many different factors including your age and skin type (dry, oily, sensitive, etc). The moisturizer you use may also depend on your specific needs such as anti-aging, acne, rosacea and eczema to name a few.

3. Always Use Sunscreen.

Protecting your skin from excessive sun exposure is the most important way to maintain healthy skin. The sun emits harmful ultraviolet radiation that can damage the skin causing wrinkles, brown spots, broken blood vessels, benign skin growths as well as skin cancers. People who spend lots of time in the sun can also develop dry, rough, leathery skin which makes them look older than they really are.

4. Maintain a Healthy Diet and Exercise Regimen and

Get Some Rest.

Sounds familiar? That's right. Healthy skin requires a healthy body. Eating the right foods including fruits and vegetables, exercising regularly and getting adequate rest will help your skin maintain its natural, youthful glow. Put the soda down and grab a bottle of water instead. Your skin will appreciate it. Your body is constantly producing new skin cells and trying to get rid of the old. A healthy diet that may include vitamin supplements can help.

5. Avoid Smoking.

No surprise. Cigarette smoke emits harmful toxic chemicals which accelerate aging and damage of the skin in addition to diminishing your overall health. Cigarette smoke compromises blood flow to the skin and deprives the skin of necessary oxygen and nutrients that it needs to repair.

6. Visit Your Dermatologist At Least Once a Year

Schedule an appointment with your dermatologist each year for a full body screening. During this visit, your

dermatologist will examine your skin for signs of sun damage, aging and screen for skin cancer. Your dermatologist can answer your skin care questions and work with you to determine the best skin care regimen and products best for you. Always perform a monthly self-skin check at home on your skin to look for anything changing in size, shape or color or anything that is irritated, painful or bleeding. If you notice any of these things, don't wait! Your dermatologist will help you determine if further treatment is necessary.

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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-balanced 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.

A Healthy Mouth Equals a Healthy Body



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By Eileen West, MD, FACP

Women-Specific Primary Care Leads to Better Outcomes

Over the past several years, women’s health has become a more prevalent focus in the news, on social media, and among physicians. For decades, women-specific healthcare has lacked the research and attention it deserves, so it’s exciting to see it finally come to the forefront.

All too often, “women’s health” is reduced to gynecological care and breast health – so-called “bikini medicine.” While these are certainly an important part of a woman’s health plan, it is not all-encompassing of the women-specific health issues and treatments that should be part of primary care. Women face unique and complex health issues, such as perimenopause, menopause, hormone imbalance, weight and nutrition management, mental health, cardiovascular health, sexual health complications, breast cancer, and cancer survivorship, among others. Disease diagnosis and treatment by a specially trained women’s health provider can produce optimum results for patients, and there are several ways in today’s healthcare setting that women can receive the care they deserve.

Historically, a decentralized approach to healthcare was the most common option for women—usually consisting of a primary care physician for the basics, an OBGYN, as well as a number of specialists for more complex women’s health topics. While having different providers and specialists for various care needs is still a sufficient option for women’s health today, new models have emerged for women to consider. A women’s integrative health center can offer a more holistic approach to care that supports a woman’s wellness needs. Additionally, a single-source, concierge medicine model with a focus on women’s and gender-specific health can offer individuals an exceptional level of care.

Often, a provider who understands the differences between men’s and women’s health is a great choice for patients because the disparities in how men and women develop diseases and exhibit symptoms are numerous. Let’s explore this through the lens of cardiovascular health. Although heart disease

is often thought to affect men primarily, it’s actually the number one killer of both men and women. Women, however, have different risk factors for heart disease, including precursor conditions unique to women, such as polycystic ovarian syndrome and endometriosis. Women also present with different symptoms of a heart condition, such as back, neck, and stomach pain that can often be overlooked, putting them more at risk for long-term issues. In addition,

women respond to medication used to treat heart disease differently than men and should be prescribed accordingly. Specialists in gender-specific care can help prevent serious cardiovascular-related health issues in both men and women.

When it comes to your health, the most important thing is to find a provider you feel comfortable talking to, who has the time to listen, and the expertise to properly treat you.

Remember to advocate for yourself in whatever healthcare setting you choose, and never compromise on obtaining your best health possible.

Dr. Eileen West is board certified in internal medicine and trained in women’s health. She has been named a Top Doctor by Washingtonian Magazine every year since 2018. She owns Eileen West, MD & Associates in Fairfax, VA, a concierge medicine practice that focuses on women-specific care.

At Eileen West, MD & Associates, the members of our concierge internal medicine practice enjoy:

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Discoloration Of Children's Teeth

By April Toyer, DDS
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

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.

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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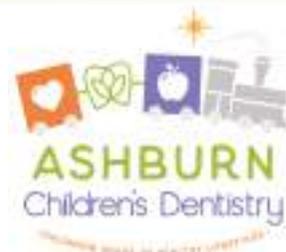
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Judy Chang-Medical Aesthetician | Mars Saddat-Medical Aesthetician | Tania Sevilla-Medical Assistant & Laser Technician



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

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

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

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

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

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Get a Hollywood Smile With Veneers



By Maryam Avin, DDS
Avin Dental Care

Veneers are very thin pieces of durable, tooth shaped porcelain that are custom made (for shape and color) by a professional dental laboratory. They are bonded onto the front of teeth to create a beautiful and attractive smile.

Veneers can completely reshape your teeth and smile. They can often be alternatives to crowns and the ideal solution in treating many dental conditions.

As with most dental restorations, veneers are not permanent and may

someday need replacement. They are very durable and will last many years, giving you a beautiful long lasting smile.

Reasons for porcelain veneers:

- Cosmetically, to create a uniform, white, beautiful smile.
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- Misshapen teeth.
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- Teeth that are too small or large.
- Unwanted or uneven spaces.
- Worn or chipped teeth.

What Does Getting Porcelain Veneers Involve?

Getting veneers usually requires two visits to complete the process, with little or no anesthesia required during the procedure. The teeth are prepared by lightly buffing and shaping the surface to allow for the thickness of the veneer. A mold or impression of the teeth is taken and a shade (color) will then be chosen by you and the dentist.

Please see "Veneers," page 47

How Dental Implants Are Easy On Your Pocketbook



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

times feels an investment in health is less appropriate.

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

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

Cavities are the most common

Please see "Implants," page 47

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

Because tooth loss is directly related to age, an increasing number of adults are missing teeth. When an adult reaches the age of 65, he or she many

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Visual Disturbances and How TMD Issues Might Correlate



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It may seem surprising, but when the jaw joints (the TMJs) are out of alignment, this can create visual disturbances. The way to tell if the jaw joints are out of alignment is first by doing a visual exam of the patient. This is simple to do: look at the person and if the eyes and ears are out of alignment, then it is quite likely that the sphenoid bone is out of alignment as well.

The sphenoid is a relatively large bone located directly behind the eyes. When we are born, quite often this bone (and others) is distorted in the birthing process as the head is basically “squished” coming through the birth canal. Research shows that this is quite common. However, in most cases, the skull does not realign completely and keeps the distortion.

It makes more sense that if a person’s sphenoid bone has some distortion to it, then logically there will be some degree of pressure on the eyes, and this can affect the vision. Oftentimes, it is quite easy to identify the sphenoid and if it is distorted by simply looking at the person – are their eyes uneven? Are the eyebrows uneven? If so, then the sphenoid is likely uneven as well, and this can readily cause visual disturbances.

An analogy might help here: if the frame of your car is bent from an accident, then it is likely that the car will ride a bit rough. Similarly, if your cranial bones are bent from trauma (in other words birth) then the vision will be off somewhat. This might seem very rudimentary, but it is true. Oftentimes the simplest observation is the most likely.

Visual disturbances from cranial bone distortions can present as but are not limited to blurry vision, eye strain, pressure behind the eyes, light

sensitivity, and moving “spots” in your vision known as floaters. Other TMJ problems can include headaches, jaw pain, neck and back aches as well as jaw joint noises.

So, what does a person do if they are experiencing visual disturbances as related to cranial bone distortions? The ALF appliance is often the first choice in such a case. The ALF is

quite a unique little device that it is an orthopedic device that will, over time, reduce intracranial pressure as the bones within the skull become more level and aligned. Through the use of very light, very gentle pressure, the bones within the skull can become more aligned which allows better blood flow and better function of the cranial system.

The ALF was developed many years ago, however, it seems very few practitioners have heard of it. There is a small group of dentists at the ALF Academy who study this remarkable device and are well aware of what it can do. If you find that you are experiencing visual disturbances, seek out an ALF provider and see if the problem might be tied to your jaw joints.

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Jeffrey L. Brown, DDS

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

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Dr. 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

Tongue Rejuvenation®

The Answer To Bad Breath

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

Despite the myths that bad breath comes from the stomach, the sinuses, or poor oral hygiene, research has shown that 95% of all bad breath comes from the bacteria in our mouth (the other 5% comes from end-stage disease like kidney or liver failure).

Yet, the most common complaint heard from sufferers of chronic bad breath is that their doctor or dentist can't help them.

Countless medical tests for h. pylori, nasal exams, and gastrointestinal tests are needlessly done searching for the cause of bad breath. Thousands of doctors tell people to take antacids that never can help with bad breath.

And dentists tell their patients every day to "brush and floss more" to solve their bad breath problem.

Yet none of that works because 95% of bad breath comes from the coating on the tongue.

The bacteria of halitosis live in the coating (biofilm) on the tongue that literally grabs onto the taste buds. As it gets thicker, the biofilm protects



Richard A. Miller, DDS

the underlying bacteria from tongue cleaners, mouthwashes, in fact, everything. Nothing available for home use can reach the deeper layers where the bad breath bacteria live. And that is why most sufferers report that nothing they do works for very long.

Tongue Rejuvenation®, available only at the National Breath Center®, is a painless, hands-on dental procedure that removes the biofilm – all layers, all bacteria, and all odors – in as little as two visits. For 30 years, Tongue Rejuvenation® has given thousands of people fresh breath for life because it eliminates bad breath at its source. And with just a few minutes a day, anyone can keep it from coming back – for good.

**It's a simple fact:
NO BIOFILM = NO ODOR.**

What can you do to eliminate bad breath? If you have chronic and/or severe bad breath, keep your tongue as clean as possible. But 30 years of experience says that because you cannot get deep enough to the bad breath bacteria, chances are nothing you do will cure it. Eventhough you may be successful at covering it up with gums and mints or even professional strength mouthwash, they will only last a short time.

When should you seek professional care? If everything you've tried only lasts a short time; if you find yourself worrying about meeting or being with people; if you try to avoid social occasions or gatherings at work; or, if bad breath is keeping you from living the life you want, Tongue Rejuvenation® can be the answer. Once complete, it can last a lifetime with proper at-home practices.

Unfortunately, bad breath is brushed aside by the medical and dental communities, eventhough it can cause a great deal of suffering. People rubbing under the nose, remarks behind their back, people turning away, or even avoiding you, are just some of the insults halitosis sufferers must endure. If you want to say goodbye to bad breath forever, Tongue Rejuvenation®, invented at the National Breath Center® can totally eliminate bad breath – for good.

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What Is the Difference Between a Pediatric Dentist and a General Dentist



By Rishita Jaju, DMD
Smile Wonders

a “camera” and the “lead apron” is a “blanket.” Conversation is focused on Disney and tween movie characters, or school sports and afterschool activities, rather than world news. Counting and nursery songs help the exam go by quickly and pleasantly.

Training and Expertise Are Different

A general dentist’s skill and expertise is focused on management of permanent teeth anatomy and treatment. The pediatric dentist has 2-3 years of additional specialized

training when it comes to management of pediatric (primary) teeth, proper sequence of teething, child psychology and cooperation techniques, as well as caring for patients with medical and/or behavioral special needs.

The Technology Is Different

Besides the ever-popular electronic devices children use, equipment used for dental appointments differs in a pediatric dental practice. It includes digital x-ray imaging (reduces the radiation up to 90%), specially-sized

equipment such as the pediatric-sized x-ray sensors and small brush head-sized intra-oral camera. These allow us to educate parents and monitor cavity-susceptible areas more comfortably on a computer screen rather than inside little mouths.

Topical gel and laser technology reduces or eliminates the need for a local anesthetic shot, so children can avoid the discomfort of numb lips, cheeks and tongues. They can return to normal activity – play or school – immediately after cavity fillings.

Children are different than adults, and can often be agitated or upset that Mom or Dad has to take them to the dentist. It can be a scary thing to visit a general dentist’s office where the atmosphere is quiet and subdued and does not cater to children. Instead, parents are turning to pediatric dentists, sometimes called the “pediatricians of dentistry.”

Here are just some of the ways a pediatric dental practice differs:

The Environment Is Different

Most modern general dentistry offices are set up to create a calm and soothing, quiet spa-like atmosphere, while a modern pediatric dental office is colorful and bright, has upbeat music to set a happy, fun loving tone.

It also offers distractions/entertainment for children including a children’s reception area. A play area and a theatre area for watching movies offers ways to engage children who are patients accompanying siblings. Children often have iPads and TVs at each dental chair, and there is a toy car in the dental cleaning bay which serves as a low-threat way to start the appointment.

The Staff Interaction and Feel Is Different

In a general dentist’s office, the staff interaction is professional and terminology is straightforward, while in a pediatric office, the staff interacts with young patients in a playful manner, and use language to help relax children.

Instead of the term “suction tube,” we use “Mr. Thirsty,” the water laser is called the “rain brush,” and the handpiece drill is referred to as “Mr. Bumpy.” The “x-ray unit” is

Here are just some of the ways a pediatric dental practice differs:

- An environment that offers distractions and entertainment** (Image: Child in a colorful play car)
- Training and expertise in child psychology and cooperation techniques** (Image: Dentist interacting with a child)
- Staff interactions in a playful manner** (Image: Staff member talking to a child)
- Technology using digital x-ray imaging and intra-oral cameras** (Image: Dentist using a camera on a child)

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

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Meet LaSondra Gray:

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

Her passion began over 15 years ago when she began working with some of the world's most renowned dermatologists, plastic surgeons and pain management professionals. Her travels throughout the US and internationally allowed her to study under the surgeons and skincare experts from some of the top institutions in the world.

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

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

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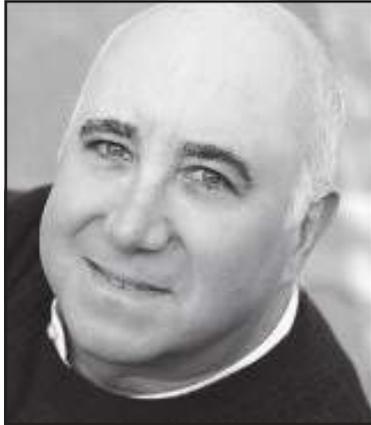
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Meet Barry J. Cohen:

Dr. Cohen, MD, PC, Diplomat of the American Board of Plastic Surgery, is a fully trained plastic and reconstructive surgeon. He practices all areas of plastic and reconstructive surgery, with areas of greatest interest in cosmetic surgery.

Dr. Cohen's educational background is broad. He is a graduate of Cornell University with a Bachelor of Arts in Biochemistry. While at Cornell, Dr. Cohen was involved in the honors program in his major. He completed his medical school training at Georgetown University, graduating near the top of his class. He then served as a general surgery resident at a well-known trauma center, The Washington Hospital Center, where he won numerous awards for both his clinical and research skills.

He completed his plastic surgery training in New York with The Long Island Plastic Surgical Group, the largest group of plastic surgeons in the world. Here he was exposed to all facets of plastic surgery. In addition to his extensive clinical training, Dr. Cohen has published numerous articles in the field of plastic surgery. He is founder and senior partner of the Washington Plastic Surgery Group, located in the D.C. metropolitan area.

His current hospital affiliations include: Suburban Hospital, Shady Grove Hospital, and Fairfax Hospital. Dr. Cohen is a member of the following Professional Societies:

Diplomate, American Society of Plastic and Reconstructive Surgeons.

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Meet Sherry L. H. Maragh:

Sherry L.H. Maragh, M.D. is the founder and director of our centers. She is Board Certified in general, surgical, cosmetic and laser Dermatology by the American Board of Dermatology. Dr. Maragh is recognized as a leader and expert in the field by both her peers and patients in offering the most advanced laser technology and minimally invasive surgical techniques for facial reconstruction and body rejuvenation. Dr. Maragh received her training at the prestigious Mayo Clinic Department of Dermatology and Dermatologic Surgery in Rochester, Minnesota. She then completed highly competitive, surgical fellowship training in Mohs micrographic skin cancer surgery with advanced facial reconstruction and minimally invasive cosmetic surgery. She was taught by leading experts in the field of dermatology and cosmetic surgery in New York, Los Angeles and San Diego, California.

Dr. Maragh is a published scientific author and local and national speaker on the latest advances and techniques in dermatologic and cosmetic surgery. Dr. Maragh is a Fellow of the American College of Mohs Surgery, reserved only for fellowship trained Mohs skin cancer surgeons. She has performed over 5000 skin cancer surgeries with cosmetic facial reconstruction. Dr. Maragh is a fellow of the American Academy of Cosmetic Surgery, reserved only for cosmetic surgeons who have completed specialized cosmetic surgery training and have completed multiple cases of cosmetic surgery before attaining Fellow status. Dr. Maragh is also a fellow of the American Academy of Dermatology, the American Society of Dermatologic Surgery and the Womens Dermatologic Society. Dr. Maragh is a cum laude graduate of Hampton University in Hampton, Virginia with a B.A. in Biology/Biochemistry. She completed her medical studies with Alpha Omega Alpha Honors in the top 5% of her graduating class at the University of Maryland School of Medicine.

Dr. Maragh has been recognized by the *Washingtonian Magazine* as Top Doctor and by *I AM Modern* as Best Dermatologist in the DC Suburbs. She has also received the Patient's Choice Award for her excellence in patient care and compassionate care. Dr. Maragh's greatest joy is her family including her three children. Dr. Maragh sees patients in all of the Centers' office locations.

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Dr. Rostami is a graduate of the Howard University School of Medicine in Washington DC, where she was elected by her peers as chief resident of ophthalmology. She then went on to complete her oculoplastic & reconstructive surgery fellowship at the University of Maryland. Dr. Rostami is board certified with the American Board of Ophthalmology (FAAO) and American Board of Cosmetic Surgery. She also serves as the chair of oral examination committee for the American Board of Facial Cosmetic Surgery (ABFCS) & American Board of Cosmetic Surgery (ABCS).

Dr. Rostami is the former Section Chief of Ophthalmology at Reston Hospital Center, the current Assistant Clinical Professor of Ophthalmology at The George Washington University, the adjunct Associate Clinical Professor at State University of New York (College of Optometry), on the Board of the Medical Society of Virginia, the Assistant Professor of Ophthalmology at Howard University, and she is the President of the Medical Society of Northern Virginia.

She has received numerous awards over the years including Dean's Honor Roll, Beta Kappa Chi Honor Society, Phi Beta Kappa Honor Society, Dr. Charles I. West Award, Trustee Scholarship, Member of AOA Medical Honor Society Gamma Chapter, peer-voted Northern Virginia Top Doc, voted Best Eyelid Surgeon of Modern Luxury DC 2021, voted one of Modern Luxury's Dynamic Women 2021 and a Top Doctor 2022 by *Northern Virginia Magazine*.

Having performed thousands of cosmetic and medically necessary eyelid surgeries, Dr. Rostami is known as the surgical eyelid expert in the DC metro area. She is honored that other physicians trust her with their own eyelid surgeries and with those of their patients. Dr. Rostami is also accomplished with facelifts, brow and forehead lifts, mid-face, as well as neck rejuvenation surgery. She is well-known for her natural and never over done aesthetic results.

Dr. Rostami is the CEO and medical director of Rostami Oculofacial Plastic Consultants, a medical/cosmetic practice in Reston, VA with focus on Ophthalmology and Oculofacial plastic surgery. She is also the CEO and Medical Director of Sanctuary Cosmetic Center with locations in Tysons Corner, and Dulles, VA that excels in facial plastic surgery and body rejuvenation treatments of all kinds. She is also the CEO and Medical Director of her en-suite AAAHC-accredited surgical center that operates at the highest standards.

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Souzan has been Performing Medical Skin Care Services, working with all different skin types and conditions at the most prestigious spas and medical offices in the DMV area.

She has been practicing esthetics for the last 25 years as a Medical Esthetician and practiced over 10 years as a permanent makeup artist and instructor, working with paramedical and cosmetic candidates such as cancer patients, as well as patients with scars after surgeries or accidents. Souzan has both board certification in Maryland and Virginia. She believes beauty starts from the inside and out! Her passion and hobbies are fitness and dancing. She offers permanent makeup classes for all levels.

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Meet Sharon Hawkins:

I am a Nurse Practitioner of greater than 27 years of experience and I am a member of the American Association of Nurse Practitioners. I have immensely enjoyed working with all types of people in my profession as a Family Nurse Practitioner. It brings me great pleasure in helping people reach their full health potential in any arena. My formal training involved acquiring a plethora of knowledge while working at Johns Hopkins in Baltimore, MD and then having the wonderful opportunity to work at several different healthcare facilities once I finished my graduate degree in 2001. In 2017, I decided to broaden my horizons and also become a Yoga Teacher Training, YTT 200. Currently, my interests have turned towards the beauty industry of Cosmetics/Medical Aesthetics. I am currently in partnership at a beauty aesthetics salon Skin Snatched, owned by Lisa White in Washington, D.C. I am currently providing services such as: Botox, microdermabrasion, and chemical peels. I am planning on starting my own home-based practice in the future named, A Beautiful You, LLC, in Maryland.



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Joseph Davidson, MD



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Rostami Oculo Facial Plastic Consultants is pleased to welcome the newest addition, Dr. Joseph Davidson to our qualified team!

Dr. Davidson brings a blend of excellent clinical and surgical experience, education, and enthusiasm with a strong passion for natural looking results and the safety and satisfaction of our mutual patient's needs!

Dr. Davidson is a board certified ophthalmologist and ophthalmic plastic and reconstructive surgeon. He completed three subspecialty fellowships (medicine's highest form of formal education).

He distinguished himself at several of North America's most prestigious institutions, including Harvard University, Georgetown University, McGill University, and the Armed Forces Institute of Pathology.

Harvard University: B.A degree (1988)

Georgetown University Medical School: M.D. degree (1992)

Armed Forces Institute of Pathology: Fellow, Ophthalmic pathology (1993)

Georgetown University Hospital: Resident, Transitional/Medicine (1994)

McGill University: Resident, Ophthalmology Chief Resident (1997)

McGill University: Fellow, Oculoplastic Surgery (1999)

Dr. Davidson has over 20 years of experience specializing exclusively in cosmetic and non-cosmetic surgery of the eyes and upper face. He has performed tens of thousands of successful surgeries.

In addition to experience handling unique and difficult situations, Dr. Davidson continues to perfect new techniques. These include new procedures for watery eye correction and cosmetic eyebrow lifting with quick recovery and minimal downtime.

In his free time, Dr. Davidson enjoys traveling, computer programming, walking and reading.

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Local Professionals Empowering and Encouraging People To Live Healthier

Garima K. Talwar, DDS, MS

Board Certified Prosthodontist

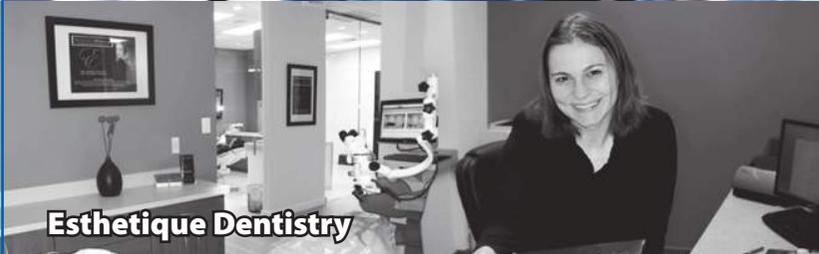
Specializing in Reconstructive and Implant Dentistry



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

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

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Karl A. Smith, DDS, MS

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301-638-4867



Meet Periodontist, Karl A. Smith, DDS, MS

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

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

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

WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

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

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Degrees, Training and Certificates:

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

www.DrKarlSmith.com

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.

www.SmileWonders.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Marvette Thomas, DDS

Cosmetic Dentistry,
Invisalign® Platinum Provider

dentalspa



12351 Dillingham Square
Woodbridge, VA 22192

703-580-8288



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

PROFESSIONAL MEMBERSHIPS

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

THE DENTAL SPA

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

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

It's Never Too Late For a Straight Smile

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www.TheDentalSpaOfVirginia.com

Ike Lans, DDS



44110 Ashburn Shopping Plaza
Suite #166
Ashburn, VA 20147

703-729-1400



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!

LansFamilyDentistry.com

Featured Health Professionals

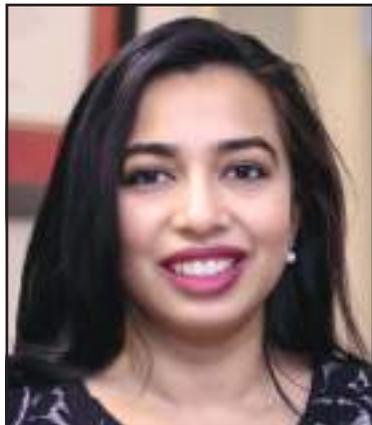
Local Professionals Empowering and Encouraging People To Live Healthier

Swathi Reddy, DMD

Orthodontics



9010 Lorton Station
Boulevard, Suite # 260
Lorton, VA 22079
703-337-4414



Meet Dr. Reddy, Your Local Orthodontist!:

Dr. Reddy has been serving the Lorton area for over nine 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.

ALL SMILES ORTHODONTICS

Why Choose Us?

Our practice's top priority is to provide you with the highest quality orthodontic care in a friendly, comfortable environment.

We offer the latest in equipment and technology such as Accelerated Treatment, 3D Scanner, digital photographs, digital X-rays, clear aligners and ceramic braces. These are to ensure that you receive the most effective care possible.

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

Raja Gupta, DDS

Cosmetic & General Dentistry



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

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(reg. \$350) includes exam,
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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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Risks Of a Missing Tooth



By Shari Salartash, DDS, MAGD
Dynamic Dental Wellness

too many teeth, the skin around your mouth will not be supported, which will create jaw deterioration. The skin will start to sag, making your appearance look older than what you are.

Every time you lose a tooth, it can negatively affect your overall health. The longer you postpone the replacement of a missing tooth can increase your chances of losing more teeth, as well as other issues.

Bone loss and gum disease are other risks from losing a tooth. A missing tooth can trigger bone loss in your jaw, due to the missing gap in your mouth. The tooth no longer has another tooth to contact, which helps stimulate the bone. The open pocket from the missing tooth can create gum disease, since it becomes an accessible gateway for bacteria to enter your gums.

Discuss your options with an experienced dentist. Taking action as soon as possible is the best way to minimize these risks on your oral health.

What happens when you leave an empty space instead of replacing a missing tooth? Well, when a gap is left by a missing tooth, the surrounding teeth tend to shift because that tooth is no longer helping to keep everything in line. Ultimately, teeth may become crooked or new gaps may appear between teeth.

Your smile is just one of the factors that are affected by the gaps from missing teeth. If you're missing

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Will COVID Ever Be Over?

Two Years Of Shutdowns, Infections, Deaths and Vaccines

It has been a tumultuous two years encompassing all manner of shock, emotion, evaluation and re-evaluation. Everyone has seen their lives turned upside down and back, how many times. What was a shutdown for two weeks turned into a continuous battle to rid ourselves of COVID, then to try to live with it. And the question was asked how many times: When will this end?

In the US, there are still plenty of people with COVID, even though deaths are declining. The elderly and those with several other conditions are at risk for severe COVID while the vaccinated and those who have recovered are fairly safe.

For example, a woman in her early 30's in good health tested positive at four different times over the two years. She has had some symptoms, but not any more than the flu or other similar viral infection. Another case where a young man gets deathly ill, but it's not COVID, he tests positive

for the flu. He recovers in a few days. These cases are what you would expect from most viral cases.

It has been pretty well documented that lockdowns and most masks do little to help the situation. Even though some children are still required to wear masks, the death toll in that group is very low and they do not appear to be at serious risk. It's hard to figure out what the motivation is to still wear masks, unless you have underlying conditions and need to be extra careful. The CDC even says you can put your mask away, but you might need it at some point in the future.

Adding up the number of vaccinated and those who have acquired immunity from having COVID is somewhere in the 80th percentile or higher.

So, what do we do now?

The messaging by government and health experts has been so disjointed and confusing it is hard to know what the situation is at any

given time. One thing you can count on if you know anything about viruses is this: The coronavirus that causes COVID will be with us for a long time, probably forever, in one form or another.

As we have been saying from the beginning, people need to be respon-

sible. Don't be around people if you think you have COVID. Understand your risks. Know your risks. If you have underlying conditions, be careful.

And, just maybe COVID has taught us to be more vigilant about our health in general, which can be the one positive thing we can take away from this.



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Look Like You Feel and SMILE



By Tontra Lowe, DDS
Awesome Smiles Dental Care

A recent study published stated most people over 40 years of age feel an average of 12 years younger. Since you feel younger, why not LOOK younger? Who cares what date is on your birth certificate!

Being able to smile with confidence is key to looking and feeling more youthful. As a person ages, muscles that help keep the skin tight begin to get tired, and some lines around the mouth become more evident. Keeping your teeth to help moderate the

movement of those facial muscles will help you look younger far longer. Unfortunately, some people choose to remove their teeth prematurely, and even if one tooth is removed and not replaced, the face will start to droop.

Teeth act like tent poles on a tent. If one tent pole falls, what happens to the tent? Even though there may be five other tent poles, the tent eventually falls down and crumbles. The same scenario occurs in the mouth.

There are many different reasons why teeth have to be removed, but remember that they must be replaced to ensure correct function for the entire mouth, muscle tension, and to maintain that youthful glow that most people seek.

Technology has changed dentistry tremendously, and now, everyone can smile with confidence, look younger longer, and keep their teeth for a lifetime. No longer do people have to drink through a straw because they have no teeth, or have

Please see "Smile," page 47

Did You Know Your Medical Condition May Impact Your Mouth? *CALL TODAY!*

STOMACH ACID RUINS YOUR TEETH

Frequent stomach upset can cause a gradual wearing away of the protective enamel on your teeth. This could open the door for harmful bacteria that cause cavities.



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Awesome Smiles
Dental Center

- Your mouth is a part of your body; certain medical conditions will impact your teeth and gums
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- Research shows there is a link amongst gum disease, heart conditions, such as hypertension/high cholesterol, and diabetes
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Dr. Tontra Lowe



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Sofia Flores

Practice Manager

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Sofia comes from over 20 years of experience working in a customer service environment. She has an extensive background in sales, planning, operations, and staffing. She loves working with people to help them achieve their goals. She has built strong friendships and an extensive network to help strengthen her skill to provide the best advice to her clientele. Sofia's leadership has earned her mentions in magazines such as; The Best of NOVA, and Virginia Living.

When she is not networking and empowering her teammates, you can find Sofia running after her three crazy kids, photographing abandoned sites, and obsessively changing her hairstyle every other month!

You can reach Sofia with inquires or a complimentary consultation in both English in Spanish at: sflores@theskinbarre.com

www.theskinbarre.com

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 ap-

pearance 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

Please see "Plantar Warts," page 47

How Orthodontic Treatment Benefits Adult Patients



By Swathi Reddy, DMD
All Smiles Orthodontics

Many people seek orthodontic treatment for an attractive smile. However, the benefits of orthodontic treatment go beyond the obvious physical changes of straight teeth.

Malocclusion is the technical term used by orthodontists for crooked, crowded and protruded teeth. Literally the word means "bad bite." Untreated malocclusions or bad bites can lead to speech problems, uneven tooth wear, chewing and periodontal problems.

A bad bite often distributes pres-

sure unevenly across the mouth and puts unhealthy forces on the bones that support the teeth and chewing muscles. If left untreated, years of uneven chewing and grinding in this pattern can lead to problems, such as headaches, TMJ syndrome, and face and neck pain.

Crowded teeth are often difficult to brush and floss, while spacing between teeth leads to food impaction. Both conditions make it harder to keep the teeth clean. Over a period of time these problems can lead to tooth decay, gum diseases, bone loss and possible loss of teeth.

Orthodontic treatment not only aligns the teeth, but it also ensures proper alignment of both the upper and lower jaws. When both jaws fit together in the right way, they eliminate occlusal trauma, function better and improve the patients' long-term oral health.

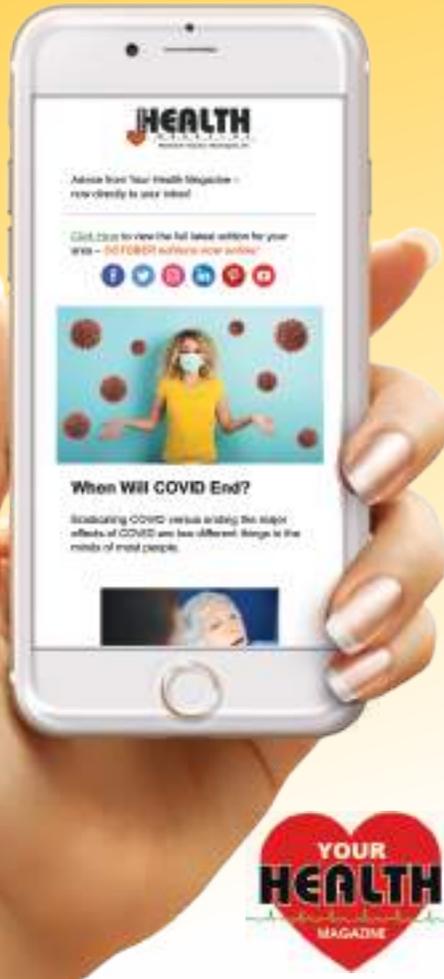
The benefits of orthodontic treatment not only include an attractive smile, but also a healthier mouth and teeth that are more likely to last a lifetime.

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Is It Too Late For a Baby?

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Yemi Adesanya-Famuyiwa, MD, FACOG

BSc: Kent State University—Magna Cum Laude
MD: Emory University School of Medicine
Residency: Georgetown University Medical Center
Fellowship: National Institutes of Health
Board Certified: American Board of OB/GYN
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Associate Clinical Professor George Washington University Medical Center



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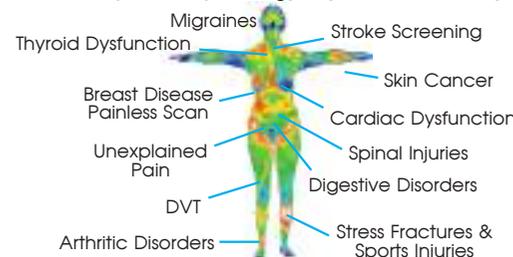
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Holistic Family Health

How To Pick the Perfect False Lashes

By Mayra Macias
Creative Stylist
Alya Salon & Spa

A pair of false lashes can instantly make your eyes bigger and brighter. Despite this major payoff, with all of the different length and

shape options, it can be daunting finding a pair that's just right. There are strip lashes that come in one big cluster and individual lashes that are 3-5 lash fibers. Individual lashes are great for a very natural look. They are also great for customizing and

creating glamorous fluffy lashes for the perfect look.

If you have round eyes, choose a lash that is more wispy or has a short to long winged shape. By applying this type of lash it will help create a longer more cat eye shape.

For a hooded eye, opt for a false lash that tapers at each end and features the longest lashes at the center of the strip. This will draw all the attention inward, creating the illusion of depth.

Those of you with almond eyes have a wide variety of lash types to choose from that will work with your eye shape. Picking a lash that strategically crisscrosses for a naturally voluminous effect.

If you struggle with applying them, get yourself a pair of tweezers and a magnifying mirror. Apply a thin coat of lash adhesive on the lash band. Once it is on let it sit for about ten seconds, or when the adhesive starts



Mayra Macias

to get tacky. Once that happens you are ready to apply. Hold your mirror below your eye where you can see your natural lash line. Simply use your tweezers and sit the false lash on top of you own and attach to your outer corner first then the inner corner of your eye. Gently push them up with your finger and you're done. Don't be afraid to be a little bold and try different brands and eye shadow looks.

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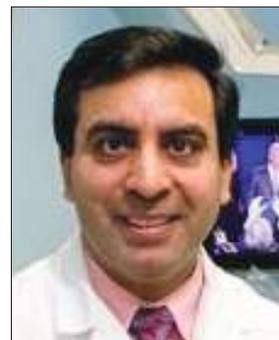
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By Kris Popli, DDS
Tysons Laser Center Dentistry

and remove bacteria during root canal procedures. They can be used to remove a small piece of tissue (called a biopsy) so that it can be examined for cancer. Lasers are also used to remove lesions in the mouth and relieve the pain of canker sores.

In addition, lasers are used to speed up in-office teeth whitening procedures. A peroxide bleaching solution, applied to the tooth surface, is "activated" by laser energy, which speeds up of the whitening process.

Laser Dentistry Is Pain-Free

Another significant advantage of laser dentistry is the fact that it has virtually no discomfort associated with it. Ironically, in studies, it has been shown that 75% of patients claimed to experience no pain at all when undergoing regular dental treatment. This is not surprising given the range of modern tools available that are used to ensure that the patient experiences no discomfort.

Yet the majority of patients who do not want to visit the dentist or procrastinate about making an

Laser dentistry is at the forefront of emerging technologies that are making dentistry far more palatable for many people. Many people would rather live with cavities, dental decay, and even more serious conditions than visit the dentist. Lasers now make many patients feel more comfortable going to the dentist!

This is good news for people who have anxiety about dental visits. Lasers are used to remove decay within a tooth and prepare the surrounding enamel for receipt of the filling.

Lasers are used to reshape gums

Please see, "Laser Dentistry," page 47



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By Sheilah A. Lynch, MD

When Diet and Exercise Are Not Enough

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

Increased abdominal girth from

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

About the Procedure



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

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

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

Lipo360 and Brazilian Butt Lift (BBL)

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

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

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



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WHEN DIET AND EXERCISE ARE NOT ENOUGH

If you currently suffer from loose skin and stubborn fat areas, combining a Tummy Tuck (Abdominoplasty) with LIPO 360 (Circumference Liposuction) can be a great solution. Tummy tuck surgery involves removal of excess skin and fat from the abdomen, often with tightening of abdominal wall muscles, combined with LIPO 360, removing fat from back, love handles and abdomen to achieve a beautiful hourglass shape.

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NEW TECHNIQUES

FROM PAGE 4

chewing. Overactive muscles turn the corners of your mouth downward, creating the appearance 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 when 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 immediately, and lip enhancement looks completely natural. Injection of fillers with blunt cannulas instead of sharp needles is an advanced technique that can eliminate or minimize bruising.

Tiny amounts of 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 from deepening.

To get your skin 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 removes fat and tightens skin at the 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 for improvement of wrinkles, discolorations and scars plus skin tightening, with little or no down time. Exilis Ultra can also improve cellulite and stretch marks. Fraxel, CO2RE or eMatrix sublative 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 Dermasweep-MD, a physician-strength, aluminum-free skin exfoliation and hydration, with acne laser therapy. Dermasweep polishes your skin 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 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 also tightens skin and gives it a beautiful glow.

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

Dermatologists, plastic, oculoplastic and facial plastic surgeons are the only specialists recognized by the American Board of Medical Specialties as having achieved the appropriate level of training and qualifications to be performing cosmetic procedures.

used to harden and set the bond.

You will receive care instructions for veneers. Proper brushing, flossing and regular dental visits will aid in the life of your new veneers.

VENEERS

FROM PAGE 20

On the second visit the teeth will be cleansed with special liquids to achieve a durable bond. Bonding cement is then placed between the tooth and veneer and a special light beam is

PLANTAR WARTS

FROM PAGE 40

to tailor a treatment option best suited to the patients 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 re-growth.

The other surgical option is to make two small semielliptical incisions 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,

SMILE

FROM PAGE 39

to reach into a drawer to find their teeth. You can have a gorgeous smile today that will keep you looking awesome tomorrow, and every tomorrow

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 commonly 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.

after that one. Hold your head high, and let your awesome smile open a world of opportunities. You definitely deserve it.

LASER DENTISTRY

FROM PAGE 42

appointment state that discomfort is the major reason why they do not want to visit the dentist.

With laser dentistry, there is virtually no discomfort with the treatment at all. Laser dentistry uses a laser light beam and water, which fuse together to remove decay, tissue, old fillings, and other things that need

removal without causing damage to the tissues itself. This revolutionary technology can even help to whiten discolored teeth, alleviate the symptoms of gum disease, fight gum recession and remove the decay from a bad tooth to prepare it for a filling. And best of all, there is no additional cost for treatment compared to traditional dental techniques.

IMPLANTS

FROM PAGE 20

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

The potential lifetime cost of a single crown replacement prior to dental implant treatment is at least \$9,000 or more. The potential lifetime

cost for a three unit fixed (cemented) bridge replacement is at least \$19,300-\$22,300.

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

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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.

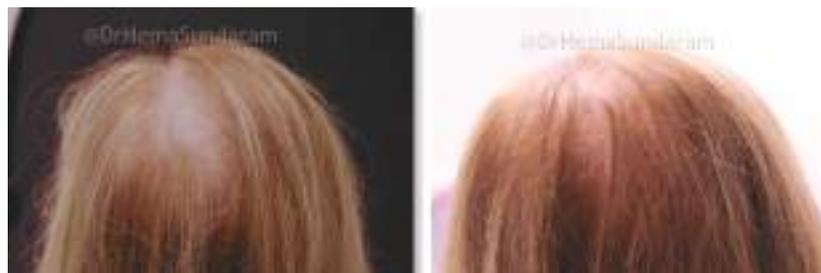
My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert 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.

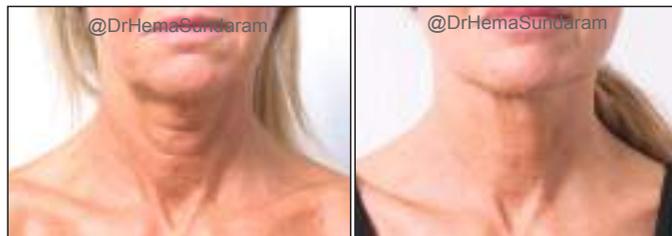
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

- 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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Before & After Nonsurgical Neck Restoration



Before & After Facial Contouring

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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- Sports Injuries
- Tennis Elbow
- Post-Surgical Rehabilitation
- Lower Back Pain
- Shoulder Pain/Injuries
- Ankle Sprains
- Bursitis/Tendonitis
- Carpal Tunnel Syndrome
- Foot and Ankle Dysfunction
- Herniated Discs
- Knee and Ankle Injuries
- Leg Pain
- Lumbar Stabilization
- Muscle Strains
- Neck Pain
- Patellofemoral Problems
- Rotator Cuff Injuries
- Sciatica Pain
- Tingling or Numbness

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- Tendonitis
- Carpal Tunnel Syndrome
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- Tennis/Golfers Elbow
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Hours of Operation: Alliance Physical Therapy is open Monday through Friday from 7AM to 7PM with Saturday hours by appointment only. Hours vary by location. Please check with individual clinic if you have questions.