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May 2023  
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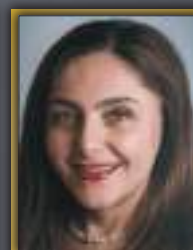
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Richard Hilburn, MD, FACP  
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By Deeni Bassam, MD, DABPM  
The Spine Care Center

The end result of many disease processes, ranging from diabetic neuropathy to nerve damage after back surgery, is pain. In some cases, this pain can be severe to the point that it interferes with all aspects of daily life. The medical profession has made the understanding and treatment of pain a priority over the past decade.

One of the tools available for the treatment of severe pain is electrical stimulation, which is used as a way to obscure pain perception in the nervous system by providing a more pleasant sensation in its place. It works for the same reason we rub our knee after knocking into the coffee table; it simply feels better when you rub it.

*The medical profession has made the understanding and treatment of pain a priority over the past decade*

Scientists and physicians have recorded the benefits of mild electrical stimulation in the relief of pain for millennia. As early as 15 A.D., Scribonius ordered torpedo fish treatment for pain in general after feeling the benefits for his own gout. Fast forward to the late 1960s when neurosurgeons at Case Western Reserve University implanted electrical leads along the covering of the spinal cord to provide pain relief in a terminal cancer patient.

The technology for spinal stimulation for pain has been available since 1968 and its utility, effectiveness, safety, and cost efficiency has been improved on greatly since that time. Currently, over fifteen thousand spinal stimulators are implanted each year for the treatment of severe pain. Often patients suffer without knowing that they could be a candidate for trial spinal stimulation.

In general, stimulation works

# Can Electrical Stimulation Help My Pain?

best for nerve related pain in the arms or legs rather than mechanical/arthritis pain of the back or neck. An evaluation by a board certified pain specialist is required to determine if you are a candidate to try the device at home. After a brief office procedure to insert the trial lead, patients return to their daily routine controlling the

device through an external battery operated power source about the size of an iPod.

Patients use the device for several days and can determine for themselves how beneficial (or not) spinal stimulation is for their pain syndrome. For many patients, spinal stimulation turns out to be a very significant tool in their

management of chronic nerve pain, allowing them to more easily meet the needs of daily living.

We have come a long way from the time of using torpedo fish, but the principle is still the same; mild medical grade electrical stimulation of a damaged nerve can indeed ease the perception of pain.

## 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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## Genicular Ablation For Knee Pain



By Madhavi Chada, MD  
Synergy Spine and Pain Center

The Genicular RFA procedure is performed with specialized RF needles which will be placed on the target, the genicular nerve branches of the knee. After confirming the placement of needles with fluoroscopic guidance, RFA will be performed where the tips of the needles will be heated to 80°C (176°F) for 90 seconds. This will disrupt the nerves which transmit pain from the joint. This procedure is performed under mild sedation with local anesthesia.

The pain relief from this procedure may last anywhere from 6-12 months.

### Risks and Side Effects

There are few risks associated with genicular RFA, but they tend to be rare. The potential risks include, immediate or delayed allergic reaction to anesthetics/contrast, infection, bleeding, temporary increase in pain and transient facial flushing.

Genicular ablation is an innovative option for treating knee pain without surgery. Usually it is preceded by a diagnostic block with local anesthetic agent. If adequate pain relief is confirmed, patients may proceed for radiofrequency ablation (RFA) or neurotomy.

## What's the Right Age To Have Cosmetic Surgery?



By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

lines can make us look angry when we're not, under-eye bags convey tiredness, and a downturned mouth looks sad. It's the same for our bodies. Spider veins and sunspots make our faces look old and weather-beaten. These "error messages" are easily corrected by a dermatologist or plastic surgeon expert using today's non-surgical technology.

Recent surveys show that more men and women are choosing no-downtime fixes to look good on Zoom as well as in person, to keep their professional edge, and to achieve balance so that how they look truly reflects how they feel. They are also looking forward to a return to the "new normal", with in-person interactions both personally and professionally.

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This question is often asked by patients as well as on social media. In fact, there is no "right age" to have cosmetic surgery because we all age at different rates and have different ideas of what constitutes aging gracefully. But there is a right time – when we're ready to fix something that bothers us. There is also a right reason – when there is a need to balance how we look with how we feel.

Our faces send messages that impact us profoundly, both personally and professionally.

For example, permanent frown

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# Eye Allergies

By Jacqueline D. Griffiths, MD  
New View Eye Center

Eye allergies, called allergic conjunctivitis, are a common condition that occurs when the eyes react to something that irritates them (called an allergen). The eyes produce a substance called histamine to fight off the allergen. As a result, the eyelids and conjunctiva — the thin, filmy membrane that covers the inside of your eyelids and the white part of your eye (sclera) — become red, swollen and itchy, with tearing and burning. Unlike bacterial or viral conjunctivitis, allergic conjunctivitis is not spread from person to person.



The most common eye allergy symptoms include:

- Red, swollen or itchy eyes
- Burning or tearing of the eyes
- Sensitivity to light

People who suffer from eye allergies usually (though not always) have nasal allergies as well, with an itchy, stuffy nose and sneezing. It is usually a temporary (acute) condition associated with seasonal allergies. However, in other cases, eye allergies can develop from exposure to other environmental triggers, such as pet dander, dust, smoke, perfumes, or even foods. If the exposure is ongoing, the allergies can be more severe, with significant burning and itching and even sensitivity to light.

Many eye allergies are caused by the body's response to allergens in the air — both indoors and out — such as dust, pet dander, mold, or smoke. Some of the most common airborne allergens include pollen from grass, trees and ragweed, contributing to seasonal allergies.

Some people can inherit eye allergies from their parents. You're more likely to have allergies if both of your parents have them than if only one does.

To provide proper treatment, your ophthalmologist will check to see whether your symptoms are related to an eye infection or allergic conjunctivitis. He or she can usually diagnose allergic conjunctivitis easily by examining your eyes and discussing your medical history — including your history and your family's history of allergies.

The key to treating eye allergies is to avoid or limit contact with the substance causing the problem. But you have to know what to avoid. If necessary, an allergist can perform a skin or blood test to help identify the specific allergen(s). Those most common are:

- Pollen
- Mold
- Dust
- Pets



There are various forms of treatment for eye allergies including eye-drops and medicines:

- Artificial tears
- Decongestants (with or without antihistamines)
- Oral antihistamines
- Antihistamine/mast-cell stabilizers
- Corticosteroids
- Immunotherapy shots

Your doctor can help determine which treatments are best for you.



Jacqueline D. Griffiths, MD

Selected as a  
"Super Doctor"

Washington Post Magazine

Voted  
"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,  
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By Dima Ali, MD  
WellMedica Aesthetic &  
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# What's Your Vagenda?

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Improvement with incontinence is also noticed after the first treatment, in most patients. The vulvovaginal tissues continue to tighten after each treatment. It actually makes quite a remarkable difference physically, sexually and psychologically.

## Dima Ali, MD

Dr. Dima Ali is the Founder and Medical Director of WellMedica Aesthetic & Anti-Aging Medicine in Reston, VA, a practice focused exclusively on cosmetic dermatology, laser surgery, anti-aging medicine as well as promoting, advancing and standardizing the field of Aesthetic Medicine.

Dr. Dima has over 20 years experience of proven excellence as an educator and expert in technological and aesthetic innovations and is known for treating many of Washington DC's political elite.

Her areas of expertise include aesthetic laser surgery, skin tightening technologies, non-invasive body contouring, fat grafting, advanced dermal filling, neurotoxins, chemical peels, sclerotherapy, vaginal rejuvenation, skincare formulations and bio-identical hormone replacement therapy.

She is a graduate of the George Washington School of Medicine and is Board Certified by the American Board of Laser Surgery. Dr. Dima is a Fellow of the American Academy of Laser Medicine and Surgery, a speaker for The American Academy of Cosmetic Surgery, a Faculty member of both The American Society of Cosmetic Physicians and The American Academy of Aesthetic Medicine.

She has been nominated five times for the Aesthetic Awards and holds the title for 'Best Overall Facial Makeover.' She is a Key Opinion Leader and Trainer for industry leaders such as Venus Concept, Syneron-Candela, Suneva Medical, Thermi Aesthetics and Nova Threads. Dr. Dima also serves as an expert in laser related litigation.



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# Holistic Internal Medicine and Geriatrics

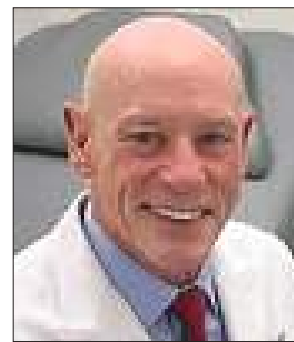
By Richard Hilburn, MD, FACP  
Goals Of Care, PLLC

Historically, American internal medicine represented classic western healthcare practices: problem-focused and solution oriented. Straight forward and efficient, western medicine has been designed to identify medical issues and address them in an organized, often algorithmic manner. Allopaths

(MD) and osteopaths (DO) are trained with classic medical curricula. Osteopaths also receive training about the interrelationships of anatomy and muscle physiology as they pertain to disease. However, we have learned that the traditional training for MDs or DOs doesn't cover all that is needed. The rise of interest in alternative and complementary healthcare, enlightened internal medicine and family practice

residencies and the emergence of geriatrics as a subspecialty has supported important progress towards holism.

Holistic medicine simply recognizes that good healthcare must be about wellness and not just treatment of disease and injury. The holistic perspective is upon the whole person. The concept places a strong emphasis upon patients taking an active role in their wellness. Therefore, lifestyle factors are key.



Richard Hilburn, MD, FACP

Holistic practice encourages regular exercise, proper nutrition, spiritual wellness, healthy intimacy, effective sleep, risk avoidance and minimizing environmental hazards. Holistic medicine advocates for non-traditional disciplines such as Yoga, Tai Chi, massage therapy, acupuncture and naturopathy, but it does not dismiss classic tenets of western medical practice. This is critically important for all patients because a lot of alternative and complimentary medicine is based upon ethnic and cultural experience. Some of it lacks proof of efficacy derived from rigorous, well-controlled, scientific study.

Very often, alternative medicine is intended to address symptoms without demanding proven diagnosis. Complementary medicine should be considered as exactly that: complementary to well-proven diagnostic processes and treatment regimens that are designed to cure disease and mitigate debility.

For example, we know that ginger and curcumin help support some immune functions and Tai Chi reduces geriatric falls, improves mood and promotes overall well-being. However these kinds of things aren't sufficient for taking care of someone with Parkinson's disease, diabetic vascular disease or malignancy. We know that transcendental meditation is very effective for anxiety, depression and disorganized sleep, but it's not sufficient for treating obstructive sleep apnea.

A holistic approach helps discover those lifestyle factors that are contributing to suboptimal health, leaving patients vulnerable to disease and debility that they might be able to prevent or at least modulate. When the holistic agenda is well-addressed, traditional western medicine works much better and patients' quality of life is optimized.

We need both – the technology and regulation of classic western medicine applied in concert with the principles of alternative and complimentary medicine. That's the approach at Goals of Care, PLLC. The results are reduced reliance upon medications, improved quality of life, reinforced independence and increased patient satisfaction.



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Dr. Hilburn provides acute and chronic medical care for adult men and women. He has extensive experience managing advanced illness and chronic disease. Common agenda include hypertension, COPD, heart disease, sexual dysfunction, depression, anxiety and pain.

Dr. Hilburn is very experienced caring for home-bound patients and also those nearing end of life, including hospice.

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# The Model Lift



By Dr. George Bitar, MD  
Bitar Cosmetic Surgery Institute

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

## Cheeks

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

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

## Chin and Jawline

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



appearance of sagging jowls. Non-surgical chin and jaw enhancement is

*Please see "Model Lift," page 47*

# Dental Implants FAQs



By Marvette Thomas, DDS  
The Dental Spa

cases, you may receive a temporary crown the same day you receive your implant.

**Replace Multiple Teeth** – When you have more than one tooth missing, implants provide an ideal replacement mechanism. You don't even need one implant for every missing tooth. Instead, implant teeth can act as supports for fixed bridgework. For example, if you are missing three teeth in a row, we can place two implants, one on either side of the gap, and a crown in between that has no implant underneath. That way, you won't need to use any of your remaining natural teeth as bridge supports, which could weaken them and make them more susceptible to decay.

## Replace All Teeth Permanently

– Implants can support an entire arch of upper or lower replacement teeth that are fixed into the mouth and are never removed. Sometimes the new teeth can be supported by as few as four implants. It's comparable to the

You can't grow new teeth, but dental implants offer the next best thing if you've lost a tooth. A dental implant looks like a tiny screw and replaces the roots of a tooth. During a minor surgical procedure, your dentist creates a small opening in your jawbone and places the implant inside. Over the course of several months, the implant fuses to the bone, providing a secure foundation for the crown that will be placed on top of it. In some

*Please see "Dental Implants," page 47*



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# Dental Care For Mature Citizens

By Karl A. Smith, DDS, MS

If you're a baby boomer, born between 1946 and 1964, there are so many reasons to focus on and improve your oral health. Periodontal (gum) disease risks rise with age and can lead to a host of physical problems. There is no better day than today to get a checkup by a dentist specially trained in knowing the links between your mouth and body health.

## Higher Risk Of Periodontal Disease

Boomers grew up in a time of prosperity, education, and opportunity. This generation has a greater need for oral treatment than any other. The Centers for Disease Control reports that 70% of Americans 65 and older have chronic gum disease. Surveys suggest that growing up in a time of plenty may have led to a taste for a diet rich in carbohydrates and sugar. This has caused enamel erosion and gingivitis.

Research also shows that boomers can do better to protect their oral health. One survey shows only 40% of older people use mouthwash, 34% brush their teeth only once a day, and 47% say they often skip flossing.

When age-related conditions like arthritis or joint pain make proper brushing and flossing more difficult, it exacerbates the problem further.

## Periodontal Disease and Alzheimer's

Another reason to take care of your mouth as you age is the growing connection between gum disease and Alzheimer's disease. More than 6 million Americans over 65 have been diagnosed with this form of dementia, a number projected to more than double by 2050.

A 2019 National Institutes of Health study published in the *Journal of Alzheimer's Disease* shows the bacteria that cause gingivitis, the earliest form of periodontal disease, are also connected to several forms of dementia. One species of bacteria is believed to migrate from gum infections through the bloodstream and into the brain. There, they release enzymes that can destroy nerve cells, leading to memory loss and Alzheimer's.

The relationship between dementia and gum disease goes the other way, too: People with memory loss may neglect their oral health and a mild problem may turn into something much more severe.

## Protecting Oral Health As You Age

Research is underway to develop a drug that can block bad bacterial enzymes and slow the progression of dementia. Until then, it is imperative to take extra care of your teeth and gums as you age.

- Brush twice a day, floss once or twice a day, and visit your periodontist for a checkup.
- Cut out sugary foods and beverages. Use the artificial sweetener xylitol,

which is shown to starve harmful bacteria and reduce plaque buildup.

- Dry mouth lowers oral pH, increasing the risk of tooth decay and gum disease. Talk to us about special alcohol-free oral rinses, lozenges, and other preventive measures.
- Swish with water after eating and consuming sweet and acidic drinks.
- Resolve to adopt a healthier diet and lifestyle for overall good health. Studies show this alone

may lower your risk for Alzheimer's disease by up to 60%.

Aging does not mean gum disease and related health problems are inevitable. Baby boomers are known for being proactive about health care when they have the right information. Call us today for a no-charge phone consultation to answer any questions you may have. We are happy to do our part and help you improve your oral health in your golden years.

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# Acne and Mental Health

## *Manage Your Acne and Improve Your Well-Being*



By Emilie Duke, LME  
E SKIN Forté Skin & Acne Clinic

Acne is a common skin condition that affects many people, particularly during adolescence. It is caused by the clogging of hair follicles with dead skin cells and oil, leading to the formation of pimples, blackheads, and whiteheads. While acne is often considered a cosmetic issue, it can have a significant impact on an individual's mental health and well-being.

Acne can cause emotional distress, low self-esteem, and anxiety, leading to a negative impact on an individual's social life, school, and work. It can be particularly challenging for adolescents, who are often experiencing a range of physical and emotional changes. The psychological impact of acne can be severe, leading to depression and social isolation.

Fortunately, there are ways to control acne and improve mental health. The first step is to understand the causes of acne and how it can be treated. The second step is to find the right combination of products that can unclog pores, keep them unclogged, and kill acne bacteria.

Diet plays a crucial role in the development of acne. A diet high in refined carbohydrates and sugar can cause a spike in insulin levels, leading to increased sebum production and inflammation. It is advisable to opt for a balanced diet that includes plenty of fruits, vegetables, and lean proteins, while avoiding processed and sugary foods.

Hormonal imbalances can also contribute to acne. High levels of androgens, such as testosterone, can cause an increase in sebum production, leading to acne breakouts. Hormonal contraceptives or medications that regulate hormone levels can help manage acne.

Lastly, making lifestyle adjustments can also help manage acne.

Washing the face twice a day with a gentle cleanser, avoiding picking or squeezing acne lesions, and using non-comedogenic skincare products can help reduce the occurrence of acne breakouts.

Overall, a combination of dietary modifications, hormonal regulation, and lifestyle adjustments can make a significant difference in man-

aging and preventing acne. However, it is always advisable to consult a professional for a personalized acne management plan.

In addition to a regular home-care routine, bi-monthly treatments can also help to facilitate the clearing of acne. It is important to remember that controlling acne takes time and patience. A clear-skin system typi-

cally takes about 3-4 months to see significant improvement, depending on the severity of the acne. It is also important to be consistent with a skincare routine, and to avoid picking or squeezing pimples, which can lead to scarring and further breakouts.

With the right approach, clear skin and improved mental health are achievable goals.



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# Acne

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# Is Integrative Medicine Right For You?



By Anca Sisu, MD  
Restore Balance  
Integrative Medicine

nal pain, gas and bloating, or back and neck pain cause you to miss out on the enjoyable things in life? Suffering from a variety of daily symptoms keep you sitting on the sidelines while life moves on around you.

There are root causes of your chronic conditions, and very often visiting a variety of medical specialists and undergoing endless clinical testing yields no answers. The human body is complex and must be treated as a whole rather than being seen as a bunch of separate systems. Mind-body health is more than lab work and diagnostics; it requires a comprehensive treatment modality that encompasses all systems working together.

Integrative and functional medicine practitioners can help, by seeing you, the whole person, rather than a collection of symptoms. We partner with you on your journey to wellness

Complete wellness is much more than simply the absence of disease. It is about balance – the balance of body, mind and spirit. And having that balance restores your vitality, promotes wellness, prevents disease and helps you live your life to its fullest potential.

Are you tired of being tired? Do chronic issues like headaches, abdomi-

*Please see "Integrative Medicine," page 46*



## Are You Tired Of Not Feeling Well?

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# Sleep-Mouth Issues and Your Baby



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

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

Other symptoms include:

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

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

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



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

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

Many babies have restrictions that make it difficult, sometimes impossible, to breastfeed. Typically, these situations involve anatomic, functional, and sometimes neurologic 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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# Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

## Volunteers Being Sought

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

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

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

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

### Volunteers Being Sought

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

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

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

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

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

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

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

"Our end goal is to help patients [by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 571-418-0142.



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



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We specialize in the diagnosis, treatment, and care of people with Alzheimer's disease, dementia, cognitive impairment or mental health concerns. Our international clinics are global-leaders in providing volunteers with access to new treatments for Alzheimer's disease, free of charge. We are delighted to be members of the Global Alzheimer Platform Foundation and are committed to providing excellent patient-centric care.

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

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**Re:Cognition Health Fairfax** opened its doors in May 2018 is led by Neurologist, Dr. Scott Turner. Currently, the clinic is specializing in phase 2 and 3 pharmaceutical trials focused on finding a disease-modifying medication to treat those suffering from Mild Cognitive Impairment and Alzheimer's Disease. The research team working under Dr. Turner is made up of a variety of professionals committed to the highest quality care and patient satisfaction.

**www.recognitionhealthusa.com**





By April Toyer, DDS  
Lifetime Dental Care

Staying well hydrated is one of the best things you can do for your oral and overall health.

Although bottled water is commonly perceived as being the “cleaner” alternative to tap water, it is missing one vital component – fluoride. Many experts attribute the recent rise in cavities to be linked to the surge of bottle water consumption.

### What Are the Benefits Of Tap Water?

Fluoride can slow the rate at which tooth enamel demineralizes and also encourage remineralization of an area that has the early stages (white spots) of a cavity. According to the American Dental Association, “studies prove water fluoridation continues to be effective in reducing tooth decay by 20-40%, even in an era with widespread availability of fluoride from other sources, such as fluoride toothpaste.

Fluoridation is one public health program that actually saves money. An individual can have a lifetime of fluoridated water for less than the cost of one dental filling.”

Tap water also contains calcium and magnesium. There have been studies that show that communities that have tap water containing higher levels of calcium and magnesium have lower death rates since they can help protect against heart disturbances.

### Is Tap Water Safe?

Although water fluoridation is safe and beneficial for our oral health, over exposure to fluoride can cause dental

# Bottled Water Vs. Tap Water

fluorosis. Fluorosis in most cases is generally mild, but may cause some whitish spots on the permanent teeth.

For infants who are on formula that already contains fluoride, parents should take caution when reconstituting with fluorinated water. Talk to your pediatrician before altering the diet for your infant. Fluoride toothpaste and rinses should also not be consumed, since it contains a dangerous level of fluoride if ingested in large amounts.

If you are on well water or are unsure of the fluoride levels in your

community you may consider getting your water tested. If you have concerns about water quality, contact the Service Authority of your county. Chlorine is a product that is added to water during the filtration process that helps get rid of bacteria. Refrigerating your tap water overnight and using a water filtration system, can help remove impurities and give your tap water a crisp clean taste.

If there is no fluoride in your community water please ask your dentist to determine if your child may be in need of a fluoride supplement.





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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.





By Mary Nalls, PT, MPT  
Physical Therapy Your Way  
Advanced Specialty Care

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

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

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

#### Urinary Incontinence

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

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

ing running water, or while rushing to the toilet.

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

#### Pelvic Pain

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

#### Pelvic Prolapse

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

#### Pregnancy and Postpartum Conditions

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

#### What To Expect During Therapy

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



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# TMJ and Vision Disorders

## Is There a Connection?



By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

If you ask most doctors if there is a connection between TMD (Temporomandibular Disorder) and vision, they will say there is not. However, if you really think about it, there can most certainly be a connection. The reason is the articular discs (jaw joint discs) are out of place, and inflammatory reaction sets into the body causing problems. This inflammation can work its way throughout the entire body and will have a negative effect on many systems. Did you know that TMJ disorder correlates with many disease states and even to cancer? One of the overlapping symptoms of oral cancer is jaw pain. Going further, if you have slipped discs in the jaw joints, this might affect the eyes and your vision can be compromised with blurry vision.

Another poorly understood aspect of vision disorder can also correlate to distortion of the cranial bones. Research indicates that around 95% of us have bones in the skull that are not in alignment – i.e. they are distorted to some extent. Oftentimes, it is the sphenoid bone that goes right behind the eyes that is not level. When the sphenoid is not level as it should be, this will have the effect of making the eyes uneven which could cause distortion to your vision. If you ever notice that the frames of your glasses – the arm of the eyeglasses for example – are not level when you take your glasses off, it could be due to an uneven sphenoid bone. So now imagine you are walking down the street and your head is tilted to one side. This makes the eyes tilt as well and you can feel dizzy from this experience. Another observation might be that one eye is forward relative to the other due to a different kind of cranial distortion. This means one eye is ahead of the other. This will also cause potential eye problems due to the imbalances.

What does a person do about these issues? Well, maybe it's a simple matter of vision correction: glasses, contacts, Lasik, etc. But what about a way to correct these imbalances? This is where the ALF wire steps in. This little wire is so gentle and ever so lightly levels the bones of the cranium while opening up a bit of the 'tight'

areas in the skull. The leveling effect will help the bones become even and the eyes respond accordingly. The effect of opening takes pressure off the skull and even the eyes. This might help with vision distortions from the imbalances.

What does all this mean? It is often not as simple as seeing the op-

tometrist and getting vision correction. It might also be logical to discuss with an ALF dentist if the cranial bones have some degree of distortion and if this can be corrected as well! This may not seem to be in the normal realm of what we normally would consider, but when you think about it, it really makes sense!

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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



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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# Straighten Your Teeth, Improve Your Health



By Michael Rogers, DDS  
Fairlington Dental

A beautiful smile is not only aesthetically pleasing but also plays an essential role in overall health and well-being. Misaligned teeth can cause a range of dental and health problems, such as gum disease, tooth decay, and even headaches. Fortunately, Invisalign can straighten your teeth and, in turn, enhance your health. In this article, we will discuss how Invisalign

can improve your health, not just your smile.

## What Is Invisalign?

Invisalign is an orthodontic treatment that uses a series of clear, removable aligners to straighten teeth. Unlike traditional braces, Invisalign aligners are virtually invisible, making them an ideal option for individuals who want to improve their smile without feeling self-conscious.

## How Can Invisalign Improve Your Health?

**Better Oral Hygiene:** Misaligned teeth can make it challenging to maintain good oral hygiene, as it can be challenging to reach certain areas of your mouth while brushing and flossing. This can lead to plaque buildup, tooth decay, and gum disease. Invisalign aligners are removable, allowing you to brush and floss your teeth easily, reducing the risk of these

*Please see "Invisalign," page 46*

# Dry Eye Relief Is In Sight With Optilight



By Dawn D. Gammon, OD, FAAO  
The Eyewear Gallery  
at Reston Town Center

which is the body's response to the irritation. You may experience dry eyes in certain situations, such as on an airplane, in an air-conditioned room, or after looking at a computer screen for a few hours.

What's in a tear? They're a complex combination of water, for moisture; oils, for lubrication; mucus, for even spreading; and antibodies and special proteins that prevent infection. For some people, the cause of dry eyes is decreased tear production. For others it's increased tear evaporation and an imbalance in the tear chemistry.

The tear film has three basic layers: oil, water and mucus. Problems with any of these layers can cause dry eyes. Common causes of decreased tear production include aging, certain medical conditions, including diabetes, rheumatoid arthritis, lupus, thyroid disorders, vitamin A deficiency and certain medications. Laser eye surgery can also cause this type of dry eye, although it is usually temporary.

Increased tear evaporation can be

*Please see "Optilight," page 46*

## Optimum Health Begins With Oral Health



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

Our team has mastered the techniques of gentle dentistry and is skilled at helping patients with any level of apprehension relax and grow comfortable with visiting the dentist. Anxiety and tension have a variety of sources, so it's important for us to listen to your concerns as well as your goals and history. Then we address your anxieties and proceed with gentle treatment only when you're ready. We deliver all of this in an office that is environmentally aware, while you enjoy a variety of spa-like amenities during your visit.

One of our greatest joys is helping patients smile again, especially those who may not have seen a dentist in a while. You'll be amazed at how the quality of life can change! We strive to create a partnership with you that starts the moment you walk through our door.

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# Weight Loss With Ozempic



By Aleksandra Gajer, MD  
The Gajer Practice, Ltd.

conditions you may have.

Ozempic is not for everyone. Pregnant women, those who have experienced pancreatitis or gallstones, or those who have a family history of thyroid cancer, may not be candidates for this medication.

As with any medication, it is important to follow the instructions for use and work with your healthcare provider to develop a plan that is most appropriate for you.

Overall, Ozempic shows promising results in the field of weight management. However, a comprehensive approach to health, including diet and exercise, is vital to successful weight loss and maintenance.

The potential benefits of Ozempic are encouraging. Every individual who struggles with excess weight has had a slightly different journey, and each individual needs a plan that will maximize their health and results.



One of the most talked-about new weight loss drugs recently is Ozempic.

Ozempic (which contains the active peptide semaglutide) is a medication used to treat overweight, obesity and type 2 diabetes. It works by mimicking the effects of a hormone called glucagon-like peptide-1 (GLP-1) in the body. GLP-1 is a hormone that is released in response to eating, and it helps to regulate blood sugar levels and reduce appetite.

Ozempic works by increasing the production of GLP-1 in the body, which helps to slow down the movement of food through the stomach and intestines. This increases feelings of fullness and reduces appetite, which in turn can lead to a reduction in overall food intake and weight loss.

In addition to its effects on appetite, Ozempic also helps to improve insulin sensitivity and reduce blood sugar levels in people with type 2 diabetes. This can improve overall health and reduce the risk of complications associated with diabetes.

Ozempic (semaglutide) is an injectable medication approved by the FDA and administered once weekly. The active component of ozempic, semaglutide, is also sold under the name of Wegovy and has indications primarily for obesity and allows higher doses of semaglutide.

Clinical trials reported that patients who took Ozempic in combination with a healthy diet and increased physical activity had an average weight loss of 12.4% in comparison to a placebo group, which showed an average weight loss of 2.4%. Weight loss in certain studies reached rates of 20%. Patients also saw improvements in their blood glucose, blood pressure, and cholesterol levels.

The most common side effects seen with Ozempic are nausea, vomiting, diarrhea, and constipation. It is important to discuss with your doctor whether this medication is right for your personal health goals and any existing medical

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# Cryoslimming and Cryofacials

## The Revolutionary Non-Invasive Beauty Treatments



By Michelle Fisher, Owner  
Loudoun Medical Aesthetics

Are you tired of struggling with stubborn areas of fat, cellulite, or wrinkles that don't seem to respond to traditional methods like diet and exercise? Cryoskin Revolution has introduced a revolutionary solution with its non-invasive and safe CryoSlimming and CryoFacial treatments. Let's dive into the science behind these treatments and the benefits they offer.

### Cryoslimming

CryoSlimming is a non-invasive, painless, and safe body contouring treatment that uses cold temperatures to destroy fat cells. It's an effective alternative to traditional liposuction or other invasive procedures. The Cryoskin Revolution device uses a handpiece or cryo head to transmit cold temperatures (-8°C to +4°C) to the targeted treatment areas, including the abdomen, thighs, hips, arms, upper back, love handles, and double chin.

The low temperatures cause the fat cells to crystallize and rupture, and the body naturally eliminates them over time. The results are visible after just one session, with an average of 1.5 inches lost per session. There is no downtime, and you can return to your daily activities immediately.

### CryoToning

CryoToning is a non-invasive, painless, and safe skin tightening and cellulite reduction treatment that uses cold temperatures to improve skin texture and appearance. It's an effective alternative to traditional skin tightening procedures. The Cryoskin Revolution device uses a cryo head to transmit cold but positive temperatures (+2°C to +4°C) to the targeted treatment areas, including the thighs, abdomen/hips, arms, upper back, chest/breasts, neck/décolleté, and butt.

The low temperatures cause the blood vessels to constrict, increasing blood flow and oxygenation to the skin cells. The increased blood flow

and oxygenation improve skin texture, reduce the appearance of cellulite, and tighten the skin. The results are visible after just one session, with an average of 3 to 5 sessions recommended for optimal results. There is no downtime, and you can return to your daily activities immediately.

### CryoFacial

CryoFacial is a non-invasive, painless, and safe facial treatment

that uses cold temperatures to reduce the appearance of fine lines, wrinkles, and pores. It's an effective alternative to traditional facelift or other invasive procedures. The Cryoskin Revolution device uses a cryo head to transmit cold temperatures (-4°C to -2°C) to the targeted treatment areas, including the face and neck.

The low temperatures cause the blood vessels to constrict, increas-

ing blood flow and oxygenation to the skin cells. The increased blood flow and oxygenation stimulate collagen and elastin production, which reduces the appearance of fine lines, wrinkles, and pores. The results are visible after just one session, with an average of 3 to 5 sessions recommended for optimal results. There is no downtime, and you can return to your daily activities immediately.



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# Advantages Of Dental Implants Over Dentures and Partial



By E. Richard Hughes, DDS

## Part I

During this age of the internet, space travel, medical miracles, GPS, and yes, smart phones, people still suffer with dentures and partial dentures. Other than the materials, the methods to make dentures have not changed since Wellington defeated Napoleon at Waterloo. Complete dentures are not your teeth.

*During this age of the internet, space travel, medical miracles, GPS, and yes, smart phones, people still suffer with dentures and partial dentures.*

They are a prosthesis made for appearance and very limited function. Complete dentures, at best, have no less than 30% mobility for the upper and the lower is worse and lifts up from the lower jaw by as much as 10 millimeters during eating. Partial dentures function a bit better, but they too move.

This movement acts to abrade teeth, slowly extract teeth and cause an increased rate of dental decay, due to the clasps acting as plaque traps. Both complete dentures and partial dentures destroy supporting bone. As for function, they are like wearing a pair of flip-flops in a foot race. They are basically for show and not for go.

Dental implants offer a superior solution to the above mentioned problems. The following will compare dental implants to dentures and partial dentures.

Dentures require a training period, implants do not. During the implant insertion appointment, you may receive a temporary bridge that will not come loose. When you get your permanent bridge, you will be able to eat, laugh, and talk just like normal.

Implants will not make your face look sunken in or change the shape of your face. In other words, you will not have the denture look. There is no such thing as an implant look. Many times, implants can improve the appearance over one's own natural teeth. They can improve the shape, color, gaps and crookedness often looking much better than ever. Denture wearers and those with partially missing teeth usually have an improvement of their

facial appearance, much better than any plastic surgery.

Dental implants usually improve ones speech, because you do not have the movement or slippage that you get with dentures. So you don't get the lisping, clicking or sucking sounds that you have with dentures.

Save this article, as it leads into part two in your next *Your Health Magazine* issue.

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



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

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

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**Richard Hughes, DDS** - General Dentist  
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# Look Younger, Feel Better

## Modern Science Meets Customized Treatments

By LaSondra Gray  
CMLSO, CMNC  
Reflections Image Center  
& Skin Care Institute

Did you know that your skin is the largest and one of the most important organs in your body? Every square inch of skin contains numerous blood vessels, nerves, glands, and sensory receptors all critical for your body's optimal performance.

Your skin is also the most obvious indicator of age, health, and overall wellness. Knowing all this, it's abso-

lutely critical to look after your skin from face to foot.

When looking at your skin care needs, it is important to understand the science of skin. Such factors as age or the environment can adversely affect your skin.

You should look for a skincare expert who specializes in combining the most advanced skincare technology — along with medical and technical expertise — to create an individualized treatment program that is specific to you. This way you receive the most advanced medical treatments available

within a highly customized solution. This approach helps to resolve your skin challenge in the most effective and efficient way possible.

Just like you wouldn't use outdated technology for your cell phone or your car, neither should you use it for your skin. The best skin care centers use breakthrough innovations in cosmetic technology such as laser technology to remove wrinkles, scarring, unwanted hair or even toenail fungus to address your skin issues.

### Facial Treatments For Your Best Look



LaSondra Gray, CMLSO, CMNC


For facial treatments, we recommend that you find a center that provides you with a Facial Blueprint (digital imaging). This in-depth analysis of your facial characteristics enables a skilled professional to design a rejuvenation and skin care program for your specific complexion. Your customized plan is based on your skin type, durability, genetic make-up, and many other factors. Some professionals will even be able to use this information to identify which products are best suited to your skincare needs.

You might also consider treating yourself to an occasional laser facial to promote skin health. One of the most popular laser treatments available today and used by some of Hollywood's best-known faces — is an Intense Pulse Light (IPL) Photofacial. It resurfaces your skin, correcting a variety of unpleasant facial problems such as rosacea, redness, large pores, sun damage and hyperpigmentation, along with general signs of aging.


### Choosing a Skincare Clinic

If you're wondering which skin care center is right for you, there are some things important things to consider. When choosing the correct clinic, you should look for the following

- Treatments using leading-edge medical and technical innovation
- Customized treatments based on your individual skin needs
- Treatments with minimal injury, downtime or side effects
- Expert medical and technical expertise from friendly and helpful staff
- A comprehensive approach to my skin care needs
- A full-service clinic that provides multiple solutions for your skin, body, or health issues
- A conveniently located clinic
- A modern, clean, and aesthetically beautiful clinic space
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# WHAT IS THE DIFFERENCE? PEDIATRIC DENTIST VS. GENERAL DENTIST

## What is the Difference Between a Pediatric Dentist and a General Dentist?

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 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.

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# Featured Health Professionals

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## E. Richard Hughes, DDS

*Comprehensive  
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**Meet Dr. E. Richard Hughes, a Renowned Implantologist  
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Dr. E. Richard Hughes received his Bachelor of Science in Microbiology from the University of Maryland in College Park, MD. He graduated from Meharry Medical College School of Dentistry in Nashville, TN with a degree as a Doctor of Dental Surgery. His Post Doctorate Certificate in Oral Implantology is from Howard University of Dentistry in Washington, DC.

Dr. Hughes has been in practice for over three decades. During that time, his extensive training and dedication to patient-centered care in Sterling, VA, and the surrounding communities has earned him recognition as a highly esteemed dentist.

### Practice Philosophy

Dr. Hughes is committed to respectful, personalized care. Along with his entire staff, he provides treatment in a comfortable, welcoming environment. He is a great listener, and will take the time to get to know you and your needs. Because of his experience and gentle approach, most patients experience minimal discomfort during treatment. However, Dr. Hughes understands that dental anxiety is a very real obstacle for some patients. For this reason, he offers effective oral sedation and nitrous oxide to help patients achieve total comfort during treatment.

### Areas Of Expertise

Restorative & Implant Dentistry (Dental Implants, Bridges & Crowns, Dentures, Full Mouth Reconstruction), General Dentistry (Preventive Care, Periodontal Care, Sleep Apnea, TMJ, Root Canal Therapy, Invisalign® Clear Aligners, Sedation Dentistry), and Cosmetic Dentistry (Teeth Whitening, Veneers, Smile Makeovers).

### Credentials & Memberships

- Diplomate, American Board of Oral Implantology/Implant Dentistry (less than 500 worldwide with this designation)
- Honored Fellow & Fellow of the American Academy of Implant Dentistry
- Fellow of the American Academy of Prosthodontics

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To read more about dental implants, check out Dr. Hughes' articles @ [www.YourHealthMagazine.net/Richard-Hughes/](http://www.YourHealthMagazine.net/Richard-Hughes/)

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## Negar Tehrani, DMD

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**Meet Negar Tehrani**

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

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

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



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# Featured Health Professionals

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#### Meet Richard Hilburn

Dr. Richard Hilburn (COL, U.S. Army - ret) certified in Internal Medicine and Geriatrics with over 30 years of experience. He is a medicare provider and is in-network with Tricare and multiple commercial insurers. Dr. Hilburn founded Goals of Care, PLLC in Herndon, VA. His holistic approach is focused upon chronic disease management, cognitive disorders, geriatric syndromes, aging-in-place and care transitions. He has an office practice and also provides at retirement communities and ALFs, SNFs, subacute rehabs and makes house calls.

#### Education & Training

- Washington School of Psychiatry  
Certificate, Gerontology, 2013 - 2014
- George Washington University  
Fellowship, Geriatric Medicine (Internal Medicine),  
2010 - 2011
- Dwight David Eisenhower Army Medical Center  
Residency, Internal Medicine, 1990 - 1993
- Medical College of Georgia at Augusta University  
Class of 1990
- North Georgia College  
B.S., Chemistry, 1980 - 1983



GOALS OF CARE, PLLC  
Dr. Richard Hilburn, MD, FACP

[www.GoalsOfCareMD.com](http://www.GoalsOfCareMD.com)

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

*Comprehensive, Preventative,  
Biologic & Biomimetic Dentistry  
Sleep Apnea & TMJ Solutions*



20755 Williamsport Place, Suite #300  
Ashburn, VA 20147

**703-775-0002**



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

#### Holistic Dental Practice in Northern Virginia

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

#### Drill Free - Injection Free - Pain Free Dental Solutions



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

With the latest **Ultra Laser machines** at Dynamic Dental Wellness, solutions for Holistic Oral Health, Sleep Apnea, Bone Regeneration, strengthening internal oral tissue to reduce snoring, and oral surgeries become much easier.

- No Pain / Discomfort
- No Infection / Needles
- No Bleeding / Pain
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- No Drilling
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(Compared to Traditional Dental Approaches)



The World's First Low Dose Cutting-Edge Green Dental 3D CT Scanner



The Highest Technology Dental Laser System - Solution for Faster & Ultimate Treatments

For more information about the advanced laser therapy or the modern office, please call the office at the number **703-775-0002**. Or just simply visit the website at **DynamicDentalWellness.com**.



**DynamicDentalWellness.com**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Aleksandra Gajer, MD

**LOSE  
WEIGHT  
NOW**

9289 Old Keene Mill Road  
Burke, VA  
**703-866-4144**  
info@spdiet.com



### Meet Aleksandra Gajer

#### Sharing her passion for health and wellness!

Dr. Aleksandra Gajer is a Board Certified Physician who is passionate about helping people become and remain healthy through addressing the root causes of illness and disease. She specializes in weight loss and primary care, helping patients from all walks of life achieve a healthy weight. She believes that everyone deserves to live in their most vital body, and that with the proper guidance and support anyone can gain health.

Dr. Gajer was born in Poland and has spent the past 20 years in the DMV. She graduated from the University of Maryland School of Medicine with top honors and went on to spend several years caring for highly complex patients in the Emergency Department. Her experience with working with countless patients at the end stages of illness inspired Dr. Gajer to study and develop strategies to prevent and arrest the progression of disease. In her practice, Dr. Gajer and her team focus on providing patients a highly empathetic and supportive environment to make the necessary lifestyle changes to live a strong and vital life. Dr. Gajer uses creative traditional and complementary medical therapies to help patients achieve and maintain their health goals and live a life of vitality and purpose. Call us today for a free complimentary consultation, and feel the magic of good health!

**The Gajer Practice, Ltd.**

**SPDiet.com**

## Jeffrey L. Brown, DDS

**TMJ & Sleep Apnea  
Treatment**



2841 Hartland Road  
Suite #301  
Falls Church, VA  
**703-821-1103**



### Meet Jeffrey L. Brown:

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

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

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

#### Degrees & Certifications

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

#### Outside the Office

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

#### Professional Affiliations

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

#### Do you have TMD or Sleep Apnea?

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

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

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

**www.SleepandTMJTherapy.com**



# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Jacqueline D. Griffiths, MD



12110 Sunset Hills Road  
Suite #50, Reston, VA 20190  
**703-834-9777**  
**1-800-MY-VISION**  
20 Davis Avenue, SW  
Leesburg, VA 20175  
**703-777-1244**



### Meet Jacqueline D. Griffiths:

Dr. Griffiths is one of this area's most experienced surgeons and offers state-of-the-art Laser Vision Correction, Cataract Removal, Multifocal Lens Implants, and Comprehensive Ophthalmology. She has helped thousands of patients who struggle with their vision. Her knowledge, compassion, and attention to detail are the reasons she was voted by her peers to be one of this area's most elite physicians.

#### Degrees, Training & Certifications

Dr. Griffiths is a Board Certified Ophthalmologist. She received her undergraduate degree from Yale and her medical degree from the University of Michigan. She then completed her Ophthalmology residency at Georgetown University Medical Center.

#### Professional Memberships & Affiliations

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.

**Selected as a  
"Super Doctor"**

*Washington  
Post Magazine*

**Voted  
"Top Ophthalmologist"**

*Washingtonian Magazine,  
and Northern Virginia Magazine*

### Offering:

- Custom LASIK, EpiLase, & PRK
- Near Vision CK
- Laser Cataract Surgery
- Multifocal Implants
- Annual Eye Exams
- Diabetes Management
- Glaucoma Management
- Laser Floater Removal
- Optical
- Eyelid Surgery
- Belotero
- Radiesse™
- Juvederm
- Botox



*Read "Eye Allergies"  
By Dr. Griffiths on page 5*

**www.NewViewEye.com**

## Claiborne M. Callahan, MD



20 Davis Avenue, SW  
Leesburg, VA 20175  
**703-777-1244**  
12110 Sunset Hills Road  
Suite #50, Reston, VA 20190  
**703-834-9777**  
**1-800-MY-VISION**



### Meet Claiborne M. Callahan:

A native of Leesburg, VA, Claiborne M. Callahan, MD graduated with distinction from The University of Virginia in 1996. In 2000, she graduated from The University of Virginia School of Medicine. She completed her Ophthalmology Residency at Tulane University in 2004.

Prior to joining NewView Eye Center, Dr. Callahan was in private practice in Virginia, Florida, and Alabama. Her knowledge, experience and patient-centered focus allows her to spend quality time with each patient to diagnose, educate and treat them. She understands that patients have a choice with whom to entrust their eye care needs, and she prides herself on adhering to the highest ethical standards in the practice of medicine.

Dr. Callahan has performed thousands of cataract surgeries, as well as laser, glaucoma and eyelid plastic surgeries. She has treated a myriad of eye conditions throughout her career. She is committed to ongoing education and stays current with diagnoses and treatments. She attends several educational and training meetings yearly to remain in the forefront of ophthalmology advancements.

She is a Diplomate of the American Board of Ophthalmology, a Fellow of the American Academy of Ophthalmology, and others.

**Voted  
"Best Eye Doctor"**

*Leesburg Today*

### Offering:

- Custom LASIK, EpiLase, & PRK
- Near Vision CK
- Laser Cataract Surgery
- Multifocal Implants
- Annual Eye Exams
- Diabetes Management
- Glaucoma Management
- Laser Floater Removal
- Optical
- Eyelid Surgery
- Belotero
- Radiesse™
- Juvederm
- Botox



**www.NewViewEye.com**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Dawn Devaney Gammon, OD, FAAO

**"LIKE A FINE  
WORK OF ART,  
EVERY FACE  
DESERVES A  
FABULOUS  
FRAME!"**

**Reston Town Center**  
11900 Market Street  
Reston, VA

**703-709-5400**

info@eyewear-gallery.com



### Meet Dawn Devaney Gammon

Dr. Dawn Devaney Gammon graduated with high honors from Nova Southeastern College of Optometry and completed her residency at the Veterans Affairs Medical Center/Southwestern Blind Rehabilitation Center in Tucson, AZ. She is an expert in treating dry eye disease is one of the only doctors in the area offering Optilight, the latest FDA-approved light procedure to treat the inflammatory signs and symptoms. She has over 25 years of experience with all types of contact lenses and refractive surgery co-management. She had successful LASIK surgery herself in 1999.

Dr. Dawn was recognized as the Best Eye Care Provider in Northern Virginia in Virginia Living Magazine 6 times through 2021. She loves working with people and is fully dedicated to taking the time and energy to meet the needs of each patient. Her practice, The Eyewear Gallery in Reston Town Center, offers unique frames from around the world where their motto is "Like a fine work of art, every face deserves a fabulous frame!"

In her spare time, Dr. Dawn serves on the Board for Runway to the Cure, an annual fashion show held in Reston Town Center to benefit Breast Cancer charities and research. She enjoys west coast swing and salsa dancing, traveling and spending time with friends and family.



**www.Eyewear-Gallery.com**

## Maureen O'Dea, MD

2296 Opitz Boulevard  
Suite #410  
Woodbridge, VA 22191

**703-580-5348**



### Meet Maureen O'Dea

Maureen Theresa O'Dea is a first generation Irish American who was born in New York City and grew up in Queens. She graduated magna cum laude with a baccalaureate degree from St. John's University. After receiving her medical degree from Georgetown University School of Medicine, she completed an internship in Internal Medicine and Ophthalmology residency at Washington Hospital Center in Washington, D.C. Dr. O'Dea is a member of the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery. She is an active member of the medical community and maintains her Ophthalmology practice in Woodbridge, Virginia.

Her interests include writing, animal rescue, and traveling. She has publication in the Journal of Medical Association, The Beltway Poetry Quarterly, The UCLA Collection of Poetry by Physicians, and The Nearest Poem.

### CERTIFICATIONS & AWARDS

Commonwealth of Virginia Medical License  
Diplomate, American Board of Ophthalmology

### PROFESSIONAL AFFILIATIONS

American Academy of Ophthalmology



Potomac Ophthalmology

**PotomacOphthalmology.com**



# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Michael Khalil, OD

Optometry



1406 North Point Village Center  
Reston, VA 20194

**(703) 709-0111**



In private practice since 1973, Dr. Michael Khalil received his Bachelors of Science degree in Visual Science and his Doctors of Optometry degree from the Illinois College of Optometry.

He grew up in the Washington DC area after immigrating to the United States from Jordan with his parents at the age of 10.

### Special Interests

Dr. Khalil provides a comprehensive eye examination which includes refraction to determine an eyeglass prescription, binocular and focusing evaluation, a thorough eye health exam for cataracts, glaucoma, diabetes, as well as common external eye diseases.

With a special interest in "hard to fit" contact lens patients and managing laser vision correction, he likes to keep up with the latest in

eye wear fashion and lens development.

### Practice Philosophy

Dr. Khalil works very closely with other health care providers. When necessary, he will make referrals to primary care physicians and ophthalmologists.

His mission is excellence in detecting and treating visual disorders in an atmosphere of trust and comfort.

Each year Dr. Khalil spends many days in continuing education to keep abreast of current advances in eye care.

### Degrees & Certifications

Pennsylvania College of Optometry (internship), Certified by Board of Optometry to treat certain eye diseases, Certified Laser Correction Consultant, Certified to co-manage Laser Correction

At Khalil Eye Care, Dr. Michael Khalil and our entire Reston optometry team are committed to providing advanced vision care in a professional and comfortable environment. As an optometrist in Reston, our primary eye care service includes a complete eye exam that analyzes eye health and vision function. In addition to eye exams and vision testing, Dr. Khalil and our team of optometry professionals provide testing for glaucoma, cataracts and macular degeneration. Our Reston optometrist also offers glasses, contact lenses, and pre- and post-operative care.

**SPECIAL OFFER**  
**\$200 Rebate & FREE Pair of Sunglasses**  
with purchase of one-year supply of  
Acuvue One Day Contact Lenses

[www.KhalilEyeCare.net](http://www.KhalilEyeCare.net)

## Tesfaye Tetemke, MD

*Primary Care,  
Immigration Exams &  
Aviation Medicine*



SKYLINE MEDICAL CENTER

5276 Dawes Avenue  
Alexandria, VA 22311

**571-777-8494**



### Meet Tesfaye Tetemke:

Dr. Tesfaye Tetemke is Board Certified in Internal Medicine by the American Board of Internal Medicine. He has a successful and remarkable professional career with more than 24 years of experience providing medical care.

He is a Federal Aviation Administration designated Aviation Medical Examiner, a Department of Transportation (DOT) Certified Medical Examiner, highly experienced in inpatient care as a hospitalist, and a U.S. Citizenship and Immigration Services Designated Civil Surgeon.

**Degrees, Training & Certifications:** Dr. Tetemke received his Doctor of Medicine (MD) at Addis Ababa University in Ethiopia. He completed his Internal Medicine residency at Howard University Hospital in Washington, DC. He studied Aerospace Medicine at the GAF Institute of Aviation Medicine in Germany and completed his Physician Pilot Training at Ethiopian Air Force Flying School in Ethiopia.

He is a member of the American College of Physicians, Aerospace Medical Association, American Medical Association, and International Society of Travel Medicine.

**Areas of Expertise:** Primary Care & Internal Medicine (Preventive Care, Comprehensive Clinical Care), Aviation Medical Examinations & Flight Physicals, DOT Commercial Vehicle Driver Fitness for Duty Medical Exams, Immigration Medical Exams, Immunizations, Travel Health, Disability Medical Exams, School Health Physicals, Workers Compensation Exams, and More!

**Practice Philosophy:** "We are committed to providing our patients with the best healthcare possible, and assisting them in making informed health decisions. We believe that patients should be educated about the major health conditions and leading causes of death so that they can evaluate their risk, seek proper preventative care and get professional advice to help them make informed decisions about their health."

### OUR SPECIALTIES

- Primary Care
- Internal Medicine
- Aviation Medical Exams
- DOT/CDL Medical Certification
- Immigration Medical Exams
- Immunizations
- School & Sports Physicals
- Travel Health Counseling
- Worker's Compensation Exams
- Treatment and monitoring of Chronic Conditions such as:  
Hypertension, Diabetes Mellitus,  
High Cholesterol, Asthma, COPD,  
Gastrointestinal Disorders, etc.
- And Much More!

To schedule an appointment at Skyline Medical Center, call: **571-777-8494**

Or email: [info@SkylineMedCenter.com](mailto:info@SkylineMedCenter.com)

[www.SkylineMedCenter.com](http://www.SkylineMedCenter.com)

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Edward Pozarny, DPM

### Diabetic Foot Care, Podiatry



611 S. Carlin Springs Road  
Suite #512, Arlington, VA 22204

**703-820-1472**



#### Meet Edward Pozarny:

Since 1984, Dr. Edward Pozarny has been working to provide the best podiatric care for patients in Arlington and throughout Northern Virginia. Dr. Pozarny's experience in podiatry and foot care is coupled with his genuine concern and fabulous bedside manner.

#### Training & Certifications:

BS Physical Therapy from Boston University, DPM Degree from California College of Podiatric Medicine, Residency at Monsignor Clement Kern Hospital Michigan. Faculty at Georgetown Medical School. Podiatry Speaker at National Health Explorers Exposition - NIH Bethesda, MD. Board Certified Foot & Ankle Surgeon since 1990.

#### Professional Memberships:

American Board of Foot and Ankle Surgery, American College of Foot & Ankle Surgery, Arlington Host Lions Club, Northern Virginia Podiatric Medical Association, American Podiatric Medical Association

#### Special Interests & Services:

Bunions, Fractures, Ankle Injuries, Corns, Hammertoes, Ingrown Toenails, Heel Pain, Calluses, Warts, Custom Foot Supports, Corrective Surgery, Flat Foot Conditions, Athletic Injuries, Children's Podiatry, Diabetic Feet

#### Practice Philosophy:

"Our staff at Arlington Podiatry is dedicated to your foot health as well as your overall health, making sure that you are treated with the best care possible. Our goal is that our patients have healthy feet and ankles and maintain those healthy feet and ankles to ensure that their quality of health is the best that we can provide."

#### Personal Interests & Hobbies:

Dr. Pozarny is a jazz guitar and piano musician who performs locally. He enjoys skiing, camping, and other outdoor activities.

#### **GOT DIABETES?**

Diabetes is a national epidemic and foot problems such as poor circulation, neuropathy, and weakened immune systems are common in people with this condition. **Taking care of your feet is extremely important if you wish to avoid risks of infection, gangrene, or even loss of limbs.** Studies have also shown that regu-

lar visits to your podiatrist lead to a significantly lower chance of needing amputation. Here are a few helpful tips to follow if you have diabetes:

- See your podiatrist for check-ups.
- Check & wash feet every day.
- Smooth corns & calluses gently.
- Trim toenails straight across.
- Wear shoes and socks at all times.
- Protect feet from hot & cold.
- Keep blood flowing to your feet.

**www.ArlingtonPodiatry.com**

## Michael Rogers, DDS



4850 31st Street South  
Suite A, Arlington, VA

**703-936-4166**



## MISSING TEETH?



### Why Not 'Grow' New Ones?

Dental implants are the ideal way to replace lost teeth. From the front of the mouth, where they are most visible, to the back, where they provide stability to chew a full variety of foods, implants can help you recapture a beautiful and healthy smile. Unlike bridges or removable dentures, which sit on top of the gums, dental implants are placed under the gums. The "tooth" placed on an implant appears life-like, because it comes through the gums just like the original did - it's like growing a new tooth! Implants can be used to replace any number of lost teeth. Even people with no teeth can benefit from implants, because they can replace their dentures with teeth that don't move around when they talk and don't need to be taken out at night. Because we handle the entire process from implant placement to crown fabrication, there's no need to be referred to another office.

**FairlingtonDental.com**



# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Fareeha Khan, MD, FACC

**Your One Stop  
for All Venous,  
Vascular and  
Cardiac Needs**

1900 Gallows Road, Suite #100  
Tysons Corner, VA

**Call or Text**

**786-559-4150**

frontdesk@VAHeart.org



**DUAL BOARD CERTIFIED CARDIOVASCULAR,  
VENOUS AND LYMPHATIC MEDICINE**

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

**We offer vein treatments for the following conditions:** Chronic Venous Insufficiency, Deep Vein Thrombosis, Facial Veins, Leg Ulcers, Lipodermatosclerosis, May-Thurner Syndrome, Pelvic Congestion Syndrome, and Spider Veins.

**We have the following Aesthetic Procedures:**  
**Body Sculpting • Excel V • Injectables**  
**RF Microneedling • truSculpt flex**

### Services Provided:

*Veins Procedures • Vascular Conditions*  
*Cardiology • Laser Procedures*  
*Aesthetics*

**VEINGUARD CENTER**  
Heart & Vascular Vein & Lasers

**www.Veinguard.org**

## Patti Lee, BSN, FNP, MSN



5631 Burke Centre  
Parkway, Suite C  
Burke, VA 22015

**Revive Clinic and IV Therapy**  
7000 Infantry Ridge Ste 110  
Manassas VA 20109

**571-464-3142**



**NOW OFFERING BODY CONTOURING  
WITHOUT SURGERY**

What Is

## RED LIGHT THERAPY?



Delivering the highest amount of energy for optimal efficacy, the Contour Light system incorporates a proprietary reflective coating that assists in the retention of light within the tissue. Providing measurable results without surgery or pain, the Contour Light can help in attaining results for all types of individuals seeking to achieve a more sleek and slim profile.

The Contour Light System is based on a technology that was initially researched by NASA to maintain the health of astronauts while in space and was discovered to be effective for circumferential reduction (inch loss) by a Columbian surgeon.

The surgeon found that by exposing his patients to mid-600nm light prior to a liposuction procedure, the fat was much easier to extract without heat or discomfort. Subsequent testing indicated the light energy caused a photobiostimulation of the fat cell mitochondria, starting a chain reaction that opens transient pores in the cell membrane and releasing the cell contents into the interstitial region of the body. Under a microscope, it was observed that the cells appeared to deflate and transform from a "grape to a raisin". This action results in a reduction of the circumference of the treated area of a patient's body.

Results can be achieved with exposure to the light alone, and when a Contour Light treatment is coupled with a protocol of diet and exercise, it acts as an accelerant to a weight loss program to deliver the best possible outcomes. Patients find it is much easier to lose weight, to drop multiple dress/pants sizes and improve the appearance of their body and skin in general.

As an additional benefit, the Contour Light System is also FDA cleared for the temporary relief of arthritic, joint and muscle pain, including the temporary increase of local blood circulation. Overall, the Contour Light treatment provides a relaxing and comfortable experience for patients seeking an improvement in their health, well-being and appearance.

***Mother's Day Special***

**\$79 for one treatment**

**Expect to lose 1-3 inches!**

**MontageHealthandWellness.com**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Marvette Thomas, DDS

Cosmetic Dentistry,  
Invisalign® Platinum Provider



12351 Dillingham Square  
Woodbridge, VA 22192  
**703-580-8288**



### Meet Marvette Thomas:

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

#### PROFESSIONAL MEMBERSHIPS

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

#### THE DENTAL SPA

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

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

### It's Never Too Late For a Straight Smile

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

- Improved Oral Hygiene
- A Discreet Look
- More Dietary Choices
- Comfort
- Teeth-Grinding Protection

Scan this QR Code to instantly  
discover your new Invisalign smile!

For the month of May only, The Dental Spa is  
offering **\$800 OFF** your Invisalign treatment.  
Call 703-580-8288 to learn more!



[www.TheDentalSpaOfVirginia.com](http://www.TheDentalSpaOfVirginia.com)

## Margaret Neal-Stubblefield, DDS, MAGD

Trusted  
Comfortable  
Caring

9070 Devlin Road  
Suite #120, Bristow, VA  
**703-368-1272**



### Meet Margaret Neal-Stubblefield:

Neal Dental Care is a comfortable and welcoming environment where our goal is to make our patients feel at ease. Our state-of-the-art facilities feature the latest in dental technology including laser dentistry, 3-D x-rays, intra-oral scans, same day crowns and veneers, to name a few. All this to ensure that our patients receive the best possible care.

We are a full-service dental office dedicated to meeting all our patients' dental needs, including non-surgical periodontal therapy, laser periodontal therapy, same day crown and veneers, clear aligners, implant placement and restorations, full mouth restoration and sleep disorder breathing. We believe that the mouth is not isolated from the rest of the body and that is important to educate our patients about the connection between what occurs in the mouth and the rest of the body.

In addition, Neal Dental Care provides jaw functional orthopedics to achieve a proper bite by modifying the position and size of the jaws to improve their functionality and balance. It can be used to correct a wide range of dental and facial issues, such as overbites, underbites, crossbites, and open bites.

Our team of experienced dental professionals provide our patients personalized care that meets each patient's unique needs. Our focus is on preventive care. Providing preventive care makes dentistry less painful, costly, and timely.

Neal Dental Care is owned by Margaret P. Neal-Stubblefield, DDS, MAGD a graduate from the University of Detroit Mercy, with a Doctor of Dental Surgery in 1999. Upon graduation, Dr. Neal-Stubblefield completed a general practice residency at the University of Tennessee Medical Center in Knoxville. Dr. Neal-Stubblefield has been serving the Bristow VA area since 2004.

We believe dentistry should be affordable for all. To help accommodate our patients, we accept most major insurance plans, provide in-office financing, third-party financing, and in-office savings plans. Give our office a call at (703) 368-1272 or visit us on our website at [NealDentalCare.com](http://NealDentalCare.com)



[www.NealDentalCare.com](http://www.NealDentalCare.com)



# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Heejo Han, DMD

**KENMORE**  
FAMILY DENTAL CARE

4660 Kenmore Ave

Suite 800

Alexandria, VA 22304

**571-222-5072**

info@kenmorefamilydentist.com



### Get To Know Dr. Han...

Dr. Han was born in South Korea and moved to the United States with his family at age 10. He grew up in northern Virginia with a love for using his hands to fix appliances, play with Legos, and repair things around the house. After wondering how he could utilize his handiness in the medical field, he discovered dentistry and never looked back.

Dr. Han shadowed a few dentists over the years, later finishing undergraduate studies at the University of Virginia, dental school at the Medical University of South Carolina, followed by residency in Advanced Education in General Dentistry at the University of California Los Angeles. After working at several corporate and non-corporate offices, Dr. Han became inspired to open his own practice. He is now focusing on creating a personalized experience for patients and a rewarding environment for his staff.

Dr. Han has extensive knowledge in root canals, implants, and cosmetic dentistry, which qualifies him with comprehensive care for his patients. He has practiced in Alexandria area for majority of his career. What patients love about him is his unique combination of outstanding skills, great bedside manner and fun personality. When he's not in the office, you can find him enjoying outdoor activities with his family.

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### Meet Gregory Cardinal:

**Degrees, Training & Certifications:** Dr. Cardinal is a Midwest native and finished his undergraduate studies at the University of Minnesota. He pursued his doctoral education at Scholl College of Podiatric Medicine in North Chicago, IL and graduated with a dual degree of Doctor of Podiatric Medicine and Master of Science in Healthcare Administration and Management. Dr. Cardinal went on to complete a 3-year medical and surgical Residency with the VA Maryland Healthcare System with a focus in wound care, general podiatry and surgery. Dr. Cardinal is Board Certified by the American Board of Podiatric Medicine and is a Fellow of the American College of Foot and Ankle Orthopedics.

**Special Interests/Services:** Podiatrist in Motion is a unique practice whose primary focus is house calls for foot and ankle concerns. Dr. Cardinal will come to you, to your home or office; meaning no waiting rooms, no traffic and no rushed visits. He treats all ages specializing in many general podiatric concerns such as heel pain, medical pedicures, ingrown nails, warts and pediatric podiatry. He performs biomechanical exams and casting for custom orthotics. Dr. Cardinal also offers cutting-edge treatments such as laser therapy for fungal nails and musculoskeletal pain.

**Personal Interests & Hobbies:** In his free time, Dr. Cardinal enjoys playing tennis, running, spending time with family and friends and playing the guitar.

**Practice Philosophy:** Podiatrist in Motion's mission is to bring the foot care clinic to you, in the comfort of your own home, office or wherever you may need care. Private-pay only.



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### 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

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#### 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

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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### Meet Dr. Andrew F. Kolker

**Interests:** Andrew Kolker is a comprehensive ophthalmologist whose areas of interest include cataract surgery, glaucoma, diabetic retinopathy, and macular degeneration.

**Degrees/Training/Certifications:** He received his undergraduate degree from The University of Pennsylvania, where he graduated summa cum laude with a B.A. in English. He completed his post-baccalaureate pre-medical training at Johns Hopkins University and received his Medical Degree from The Sackler School of Medicine in Tel Aviv, Israel. He completed his internship at Maryland General Hospital and his Residency at The George Washington University.

**Professional Memberships:** He is a Board Certified Ophthalmologist and a member of the American Academy of Ophthalmology.

**Additional Languages:** Dr. Kolker speaks Spanish and is comfortable conducting patient examinations in Spanish.

**Hobbies:** Dr. Kolker plays the drums and guitar and also enjoys creative writing. He lives in Alexandria, Virginia with his beautiful wife and son.

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# 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 pressure 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.

Please see "Orthodontic," page 46

# Neuromas Cause Pain and Swelling



By Edward S. Pozarny, DPM  
Arlington Podiatry Center

A neuroma is a pinched nerve between the metatarsal bones in the ball of the foot causing swelling, pain, inflammation and sometimes numbness. A neuroma most often occurs at the base of the third and fourth toes and occasionally between the second and third toes.

What causes a neuroma? Neuromas can be caused by wearing high heeled or tight shoes. Shoes that are too narrow or pointed squeeze the bones at the ball of the foot. High heeled shoes put additional pressure on the ends of the bones. When the bones are squeezed together they pinch the nerve

that runs between them.

The most common symptom of a neuroma is pain in the ball of the foot between the toes. There may be occasional shooting pains through the forefoot or numbness of the toes. The symptoms typically occur after walking or standing for an extended period of time.

Treatment is aimed at decompressing the pinched nerve, reducing inflammation and relieving the pain. Treatment may include wearing wider shoes, using special pads in the shoes and medication. Removing your shoes and rubbing the balls of your feet may temporarily relieve the pain.

If these steps do not relieve the pain a podiatrist may prescribe a regimen of physical therapy ultra-sound, hydro-therapy and/or injections of cortisone with an anesthetic into the interspaces. Custom-made orthotic devices are usually prescribed to control pronation and take pressure off of the nerve.

If these conservative steps fail to relieve pain, surgical intervention may be required. The surgery is an

Please see "Neuromas," page 46

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# Climate Change Vs. Your Hair

By Jadyn Rodocker  
Alya Salon & Spa

Spring is here, even though it can be a little confusing when it's 36 degrees one day and then nearly 80

the next! We are all feeling the effects of climate change, especially what it means for our hair. Luckily, there are some easy ways to combat both hair health and being a little more eco-friendly in our day-to-day.

Professionals recommend trusted

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

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



Jadyn Rodocker

leading to brittle, dry hair and skin. Sulfates contribute to acidification of surface water and soil, and contribute to acid rain and fog that damage ecosystems, forests and plants. Aluram and Kevin Murphy products pride themselves on being free of these harsh chemicals.

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

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By Tontra Lowe, DDS  
Awesome Smiles Dental Center

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

reduce costs and stress.

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

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

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

Please see "Insurance," page 47



# How Hypnosis Can Help With Grief



Submitted By  
Joy Cheriell Brown

Grief is a natural response to loss, but it can be a painful and difficult experience that can significantly impact a person's life. While there are many ways to cope with grief, one method that is gaining recognition for its effectiveness is hypnosis. Hypnosis is a state of focused attention and relaxation that can be used to help people cope with a wide range of emotional and psychological issues, including grief.

Hypnosis is a process that involves inducing a trance-like state in

which the individual is highly suggestible and receptive to new ideas and perspectives. During hypnosis, a trained therapist uses guided imagery, relaxation techniques, and positive suggestions to help the individual access deeper levels of their subconscious mind. In this state, the individual can explore their feelings, thoughts, and memories related to the loss, and reframe them in a more positive and constructive way.

One of the ways hypnosis can help with grief is by facilitating the healing process. When someone experiences a loss, they often feel stuck in their grief, unable to move forward. Hypnosis can help them identify and release the negative emotions and beliefs that are holding them back, such as guilt, anger, and regret. By addressing these underlying issues, hypnosis can help the individual process their emotions more effectively and move towards a place of acceptance and peace.

Another way hypnosis can help

*Please see "Hypnosis," page 47*

## RIGHT AGE

FROM PAGE 4

is increasingly popular and, when properly performed, can give long-lasting results. More importantly, it gives natural results so that your face looks refreshed and restored rather than tweaked.

Ultherapy is a revolutionary new ultrasound technology to non-surgically lift your face and tighten your cheeks, jawline, neck and chest (decolletage). It can also lift and tighten buttocks, knees, arms and other body zones in preparation for summer. eMatrix and eTwo are innovative radiofrequency lasers that stimulate your skin through a unique process called subablative rejuvenation, producing new collagen and elastin to remove wrinkles and scars and tighten your skin.

The Exilis Ultra is another new laser technology that dramatically lifts and tightens the skin on your face and body by creating new collagen and elastin. This naturally lifts your face, including your eyebrows, and contours your body. The secret of Exilis Ultra is focused radiofrequency energy combined with ultrasound. This can simultaneously tighten your skin and remove unwanted fat from the chin, abdomen, arms, legs and other areas. In just a few quick and painless sessions, Exilis Ultra takes inches off your

waistline, abdomen, buttocks and other areas, and can also improve cellulite.

The breakthrough Syneron Trinitri laser system can rejuvenate all three layers of your skin in one session. The Trinitri removes spider veins, sunspots, discolorations and wrinkles, improves prominent pores and tightens your skin. The CO2RE laser dramatically improves wrinkles, pigmentation, enlarged pores, scars and stretch marks for all skin tones from light to dark, and with minimal recovery time. The VBeam Perfecta laser treats birthmarks, rosacea, acne scars, leg veins, blood vessels on the face and body, sunspots, and even warts.

With summer approaching, the focus is also on hair removal. The newest and fastest hair laser is the GentleMax. It is painless and gives rapid results for all areas of the body and face. Hair laser not only liberates you from razors, creams and other temporary hair removal, but can also free you of ingrown hairs and acne.

When expertly injected, the neuromodulators Botox, Dysport, Xeomin or Jeuveau safely smooth frown and worry lines, crow's feet, and mouth and neck wrinkles, while preserving your normal facial expressions. For

*Please see "Right Age," page 46*

## Hypnosis Session with Joy Cheriell Brown

### SOME OF THE ISSUES I WORK WITH ARE:

- Grief
- Addiction
- Depression
- Auditions
- Courtroom Confidence for Lawyers
- Test Taking
- Public Speaking
- Weight Loss
- Stop Smoking
- Writer's Block
- Social Anxiety
- Relationships
- And More....

### To Contact Joy

Email her at: [joy@joycheriellbrown.com](mailto:joy@joycheriellbrown.com)  
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# Cesarean Section Defects and Subsequent Fertility

By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Cesarean sections are usually done in over 20% of deliveries globally. In the US, nearly a third of deliveries are by cesarean (31.9% in 2018), with rates above 36.0% in several states.

In the three years following first

childbirth, women who delivered their first child by cesarean had lower rates of conception after unprotected intercourse, and fewer of these women had a second child than those who delivered vaginally.

There can be sequelae from cesarean delivery on subsequent ability to conceive. These sequelae are magnified in the presence of a cesarean section scar also called a niche or a

cesarean-induced isthmocele.

A niche as defined by their European niche task force as an indentation of the uterine myometrium of at least 2 mm at the site of the cesarean scar assessed by transvaginal ultrasound. The diagnostic criterion of the niche includes a hypoechoic space failed with postmenstrual blood most typically in a triangular shape reflecting



Yemi Adesanya-Famuyiwa, MD


a discontinuation of the myometrium at the site of the previous cesarean section. A large niche is defined as an incision of a depth of at least 50-80% of the anterior myometrium, or the remaining myometrial thickness less than 2.2 mm when evaluated by transvaginal ultrasound or less than 2.5 mm when evaluated by sonohysterography.

Niches are observed in 50-60% of women following a cesarean section. Several factors have been shown to be associated with the development of a cesarean section niche. There are some maternal factors that can contribute to poor healing of tissue such as diabetes and smoking. A study by Hayakawa et al., demonstrated that double-layer interrupted sutures reduced the prevalence of a cesarean section myometrial defect after at 30-38 days after surgery.


Cesarean section niches can result in a spectrum of disorders starting with cesarean scar ectopic pregnancy, to increased incidence of placenta previa and uterine rupture associated with major maternal morbidity, and even mortality. Cesarean section niches collect menstrual blood, resulting in abnormal peri-menstrual bleeding or spotting. They also cause pelvic pain, painful menstruation, and dyspareunia. The accumulation of blood in this area may also negatively affect the quality of cervical mucus and semen, as well as interfere with semen transport.

Another serious sequela may be the implantation of an embryo within the niche resulting in the development of a cesarean scar ectopic pregnancy. This can be a life-threatening complication if not diagnosed on time and adequately treated. The diagnosis of a niche ectopic pregnancy is invariably challenging, as approximately 30% of patients may not present with any symptoms, and in 70% the symptoms mimic early pregnancy. Transvaginal ultrasound is the most accurate differential test, with a sensitivity of 84.6%. Additionally, saline infusion sonohysterography, MR, 3D US and hysteroscopy may also be helpful.


Several studies have reported spotting in up to 30% of women that develop a niche within 6-12 months




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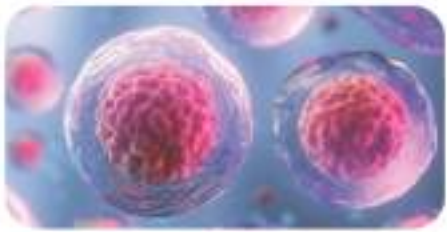

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Please see "Cesarean," page 47



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# Chronic Pain and Depression You Are Not Alone!

Submitted By  
Washington Open MRI, Inc.

## Advanced Imaging Techniques Can Now Help Identify the Source Of Your Chronic Pain

It's no secret that chronic pain is more than just physically debilitating.

It can and *will* negatively affect your work, family relationships and by its definition may be an expectation of a life of continual misery as reported by our many patients.

### What Can Be Done?

There are no easy answers, but there *can* be help with recent advancements of imaging techniques now available.

*It's no secret  
that chronic pain  
is more than  
just physically  
debilitating.*

Many referring physicians are only familiar with the "usual" imaging scans that they request for their patients on a daily basis.

Symptoms can be dizziness, forgetfulness, unsteady gait, numbness, pain in the neck, back and extremities which are either chronic, of varying intensity or occur without warning.

The most insidious of these are undiagnosed injuries to the neck – most especially as the result of whiplash or concussion – that undiagnosed can result in additional future injury and a lifetime of pain.

A recent study by Dr. Michael Freeman published in July 2020 states, "There are approximately 869,000 traffic crash-related cervical spine injuries seen in hospitals in the US annually. The annual counts of whiplash and spinal disk injuries in the US likely exceed 1.2 million and 33,000, respectively. National insurance claim data, which include cases of cervical disk injury diagnosed both in and outside of the emergency room indicate this data likely undercounts cervical disk injuries by 92%, and correspondingly undercounts

such injuries by 99% or more.

There is *no reason* to continually suffer chronic pain without proper diagnosis!

Are you one of these over 1.2 million patients every year?

If so, please ask your physician about a weight-bearing po-

sitional MRI or a digital motion X-ray scan that may either document or rule out these common injuries in motion-related accidents.

It's your life, and you deserve to enjoy it to the fullest without the continual pain and suffering that restricts your physical and emotional health.

Ask about these advances in medical imaging today. You have nothing to lose and the possibility of the pain-free life you have been hoping for.

Do a simple Google search for "Weight-Bearing MRI Near me" today, and begin the journey to a pain-free life that we all seek.



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## NEW! Digital Motion X-Rays – For Whiplash and Neck Injuries

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# ORTHODONTIC

FROM PAGE 39

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.

# INTEGRATIVE MEDICINE

FROM PAGE 14

and balance so that you can take an active role in your treatment. We integrate functional and traditional medicine with treatments like acupuncture and osteopathic manipulative therapy to dig down deep to those root causes to restore your health and wellness and help you live your best life.

Functional medicine is how we get beneath those symptoms to discover the true underlying causes. We look for the relationships between your chronic symptoms and examine your lifestyle choices, genetic history and the environment you live in to address every factor possible. If you are tired of not getting any definitive

answers and being told that all of your diagnostic testing is "normal," then functional medicine is for you.

Conditions commonly treated with integrative or functional medicine include:

- Digestive issues
- Chronic fatigue
- Thyroid diseases
- Headaches
- Back and neck pain
- Muscle and joint pain

Begin your journey to wellness and balance today, by scheduling a consultation with an integrative medicine practitioner in your area.

# RIGHT AGE

FROM PAGE 41

anyone who worries about looking unnatural with Botox, the key is to get your treatment from a real expert who understands how to reshape your face and preserve natural expressions rather than the dreaded Botox face-freeze or angry-looking eyebrows.

Under-eye bags and lines around your mouth disappear, thinning lips can be restored, your jawline and neck lifted and your whole face can be subtly yet dramatically reshaped by new techniques with natural fillers like Voluma, Volbella, Restylane, Juvederm, Belotero, Radiesse and Sculptra. Your own natural fat can be added to replenish stem cells and transform your skin contour and radiance. The key here is to avoid an unnatural "filler face". There is a world of difference between sophisticated and natural-looking filler techniques and overdone lip and cheek plumping.

A new addition is the so-called "Vampire Facelift", which combines platelet rich plasma (PRP) with micro needling to harness your body's own powers of rejuvenation. Scientific research shows that PRP is also an effective way to treat hair loss.

The philosophy of total rejuvenation and better quality of life at all ages has now extended to nonsurgical feminine (vaginal) rejuvenation with lasers and fillers. Studies show this can have important therapeutic benefits including relief of mild to moderate

stress incontinence (urine leakage when coughing, sneezing etc.), vaginal dryness, and restoring more normal appearance and function in conditions such as LS & A (lichen sclerosus et atrophicus). For feminine rejuvenation, the CO2RE Intima laser achieves rapid and long-lasting results and has been described as a more comprehensive and long-lasting treatment than non-lasers that use radiofrequency.

The American Board of Medical Specialties recognizes four specialties as having sufficient knowledge and training to perform cosmetic procedures – dermatology, plastic surgery, oculoplastic surgery and facial plastic surgery. Your specialist doctor will be most expert if she or he is engaged in scientific research, is a recognized educator on cosmetic technologies, and has publications on them, ideally in both the plastic surgery and dermatology literature. Your doctor should be able to offer you a wide variety of advanced procedures from which to choose, and create a customized plan to address your individual needs.

The past couple of years brought many challenges, but also a new appreciation of quality of life, and how important it is to make the most of every day. The author Gertrude Stein wrote that "we are always the same age inside." With the right technology in the right hands, we can reflect our inner youth and vibrancy, and empower ourselves to live life to the fullest at any age.

# NEUROMAS

FROM PAGE 39

out-patient procedure and the recovery period is usually between three to four weeks. The surgical procedure is generally a reliable and effective alternative leaving most patients pain

free and asymptomatic soon after the post-operative period.

If you think you may have a neuroma see a podiatrist for a proper diagnosis and treatment.

# INVISALIGN

FROM PAGE 20

dental problems.

**Reduced Risk Of Tooth Decay and Gum Disease:** When teeth are misaligned, it can cause pockets to form between the teeth and gums, making it easy for food particles and bacteria to accumulate, leading to tooth decay and gum disease. By straightening your teeth with Invisalign, you reduce the risk of these dental problems and promote healthy gums and teeth.

**Improved Digestion:** When teeth are misaligned, it can cause problems with chewing and digestion. Misaligned teeth can make it challenging to break down food properly, which can lead to digestive problems. By straightening your teeth with Invisalign, you improve your ability to chew and break down food, making it easier for your body to digest and absorb essential nutrients.

**Reduced Risk Of Headaches and Jaw Pain:** Misaligned teeth can

cause strain on the jaw, leading to headaches and jaw pain. Invisalign can correct bite problems, which can relieve this strain and reduce the risk of headaches and jaw pain.

**Reduced Risk Of Speech Problems:** Misaligned teeth can cause speech problems, such as lisps and slurring. Invisalign can correct these problems by straightening your teeth and aligning your bite, allowing you to speak more clearly and confidently.

Invisalign can do more than just give you a beautiful smile. It can improve your oral hygiene, reduce the risk of tooth decay and gum disease, improve digestion, reduce the risk of headaches and jaw pain, and reduce the risk of speech problems. By straightening your teeth with Invisalign, you can enjoy these health benefits and improve your overall well-being. If you are considering Invisalign, consult with a qualified dentist to determine if it is right for you.

# OPTILIGHT

FROM PAGE 20

caused by wind, smoke, dry air, or decreased blinking, which tends to occur when you're concentrating.

Dry eyes can make it difficult to perform everyday activities, such as reading. If left untreated, severe dry eyes may lead to eye inflammation, infection, corneal abrasions and vision problems.

Some tips to aid with your symptoms:

- Take periodic eye breaks during tasks that require visual concentration. Close your eyes for a few minutes or blink repeatedly for a few seconds to help spread your tears evenly.
- The air at high altitudes, in desert

areas and in airplanes can be extremely dry. It may be helpful to frequently close your eyes for a few minutes at a time to minimize evaporation of your tears.

- Position your computer screen below eye level so that you won't open your eyes as wide. This may help slow the evaporation of your tears between blinks.
- Stop smoking and avoid smoke.
- Ask your eye doctor what is right for you. There are many types of over-the-counter eyedrops, prescription medications, supplements and even some new in-office treatments available, so relief is in sight.



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# HYPNOSIS

FROM PAGE 41

with grief is by providing a safe and supportive space for the individual to explore their feelings. When someone experiences a loss, they may feel isolated, alone, and misunderstood. Hypnosis can provide a non-judgmental and compassionate environment where they can express their emotions and receive validation and support. This can help them feel heard, seen, and understood, which can be incredibly healing.

Hypnosis can also help with the physical symptoms of grief, such as insomnia, fatigue, and stress. By inducing a state of deep relaxation, hyp-

nosis can help the individual reduce their stress levels and improve their sleep quality, which can lead to greater emotional stability and resilience.

Hypnosis can be an effective tool for helping people cope with grief. By facilitating the healing process, providing a safe and supportive space, and addressing the physical symptoms of grief, hypnosis can help individuals move towards a place of acceptance and peace. If you are struggling with grief, consider exploring hypnosis as a complementary therapy to support your healing journey.

# MODEL LIFT

FROM PAGE 10

a minimally-invasive way to smooth contours, balance inconsistencies, increase definition and provide a more feminine or masculine facial profile.



## Nose Contouring

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

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

## Lip Fillers

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

# CESAREAN

FROM PAGE 42

compared to 15% of women without a niche. The amount of spotting post-menstrual is correlated to the volume of the niche and inversely correlated to the residual myometrial thickness.

The development of a Cesarean section niche by itself also reduces future fecundity and it is felt that there are three major mechanisms for this to happen. The first is that the defect presents a detrimental environment for sperm penetration and implantation. The niche accumulates intrauterine fluid which has been shown to impair implantation. There is altered immune biology and increased inflammation when the niche is present. The niche itself also distorts the contractility of the uterus.

Several studies have shown that the uterus has a contractile pattern. The fibrosis and interruption of the myometrial layer at the site of the niche can prevent normal contractile patterns. There is accumulation of mucus and blood in the niche which can impair sperm penetration. The second mechanism of decreased fecundity

includes a physical barrier for embryo transfer and implantation. A large niche in combination with a strongly retroflexed uterus impairs accessibility for subsequent embryo transfer in a future IVF cycle. This is due to the distorted anatomy at the niche site. The third mechanism of reduced fecundity could be related to gynecologic symptoms which interfere with sexual intercourse and may interfere with opportunities to conceive.

The treatment for cesarean section niches is usually surgical. Patients whose main symptom includes spotting or bleeding abnormally can be readily treated by hysteroscopy.

Repairing the niche itself by laparoscopy can improve future fertility. A prospective study looked at patients who had niches. Patients with no clinical symptoms had a mean residual myometrial layer on transvaginal ultrasonography of  $5.39 \pm 3.34$  mm, which could be used as a good reference to predict the recovery of patients after repair surgery. Zhou et al.

# DENTAL IMPLANTS

FROM PAGE 10

structure of a table, which only needs four legs to hold it up. In cases where jawbone density and volume have deteriorated, five or six implants might be needed to support a row of 10-12 teeth. Dental implant replacement teeth protect your jawbone, won't slip, and should last a lifetime.

## Aren't Implants Expensive?

The initial costs of dental implants may seem high when compared to the cost of bridges and dentures, but it's important to consider the lifetime costs of each tooth replacement option. With proper care, your implant will last your entire life, while bridges and dentures may need to be replaced several times.

Dental implants offer several

benefits that other replacement options don't, including:

- **No Jawbone Loss** – Your teeth roots constantly stimulate your jawbone and keep it strong. When you lose a tooth, the bone underneath begins to recede. Since dental implants take the place of your roots, you don't have to worry about jawbone loss.
- **Better Chewing** – If you choose dentures to replace lost teeth, you may not be able to eat certain hard foods. Eating isn't a problem with dental implants.
- **Easy Care** – You'll care for your implants the same way you do your natural teeth. Infections are rare if you practice good oral hygiene.

# INSURANCE

FROM PAGE 40

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

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

aid plans).

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

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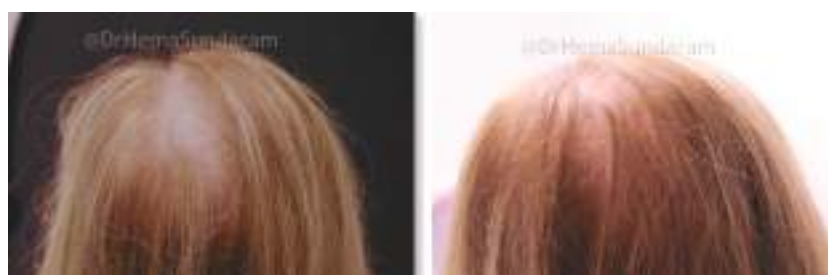
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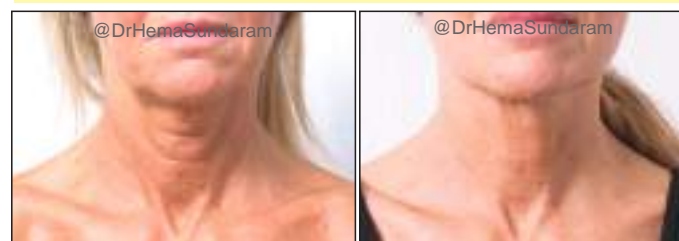
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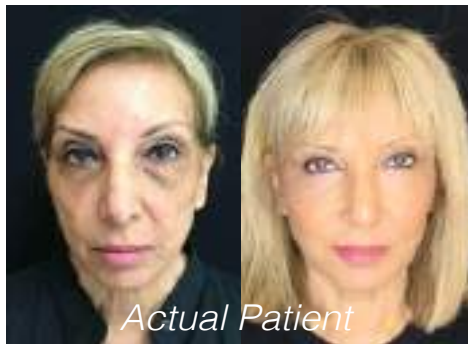
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