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JUNE 2021
Northern Virginia
Edition

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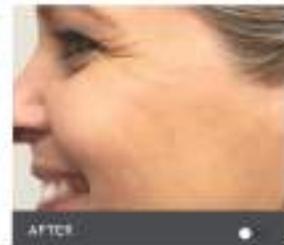
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By Deeni Bassam, MD, DABPM
The Spine Care Center

The Effects Of Pain

include psychological effects, such as depression and irritability. Simple life-style disruptions occur in daily activities, such as eating and sleeping. Limitations in mobility compound both the mental and physical suffering over time.

Pain begets disability, which begets further pain, and the cycle deepens. There is often added strain caused by missed work and lost productivity. Finally, lest we forget that for nearly every person suffering with chronic

pain, there is at least one family member who loves them and can't help but be affected as well.

Pain management as a medical specialty has evolved with this rather recent understanding of the role of pain in the disease process.

Armed with a better understanding of the neural and neuro-biologic pathways involved in the propagation of painful signals, modern pain specialists can intervene for the benefit of the

patient in many places and in many ways along the pain continuum.

For an individual caught in the vortex of pain and illness, there can come a point when the pain becomes more than they can bear without reaching out for help.

When the pain of a medical burden significantly impacts an individual's daily abilities, a referral or appointment with a pain specialist may be warranted and certainly can help in many cases.

Historically, most of the medical community has viewed pain as just a symptom of underlying pathology. The search for the underlying problem was primary, and little to no attention was paid to the end effects of the pain itself. While waiting for a diagnosis or for effective treatment, patients would often suffer in agonizing pain.

While concentrating on the cure is certainly important, it is also important to understand that the patient's health can further deteriorate from the pain itself. Thankfully, our understanding has evolved towards an appreciation for pain as a problem unto itself.

Painful stimulus has been shown to elicit a powerful release of 'stress'-related hormones, including adrenocorticotrophic hormone (ACTH), antidiuretic hormone (ADH), angiotensin, glucagon, and catecholamines. Pain stimulates the release of these hormones into the blood stream, which then, in turn, over-stimulate their end-organ targets.

Historically, most of the medical community has viewed pain as just a symptom of underlying pathology.

It was the understanding of this basic science that led clinicians to emphasize more direct ways to remove the source of the pain, while, at the same time, aggressively managing the co-existing pain as well. An example of this can perhaps best be seen in advancements in the peri-operative experience over the past two decades.

Chronic pain has been shown to have significant negative effects on the human body and mind. These effects are as varied as they are widespread and



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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PRP Injections Treat a Variety Of Pain



Submitted by Madhavi Chada, MD
Synergy Spine and Pain Center

Blood is drawn from the patient and centrifuged to separate the platelet rich plasma. A local anesthetic may also be included with the platelet-rich plasma to be injected into the affected area or the joint.

The entire process usually takes about one hour. Pain at the injection site may increase after the procedure, but it declines in a few days. The patient may not feel the full benefits of the treatment until after a few weeks.

Risks and Side Effects

There are general risks of skin puncture associated with contamination and infection. However, since a PRP injection is made with the patient's own blood, the risk of these complications is very low.

The most common side effect of the procedure is tenderness at the site of the injection. Hence, the patient should minimize activity for at least one day following the procedure.

Platelet-rich plasma (PRP) is a concentrate of plasma that has a higher amount of growth factors. It is used to help regenerate soft tissue and healing. Platelet-rich plasma can treat sports injuries, including torn ligaments and tendons, skeletal fractures, strained muscles, sprained knees and chronic tendon injuries.

Finding the Balance *What's the Right Age To Have Cosmetic Surgery?*



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

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 an 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, 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.

The most advanced experts in the field are doing cutting-edge research, publishing in renowned medical journals, and teaching plastic surgeons and dermatologists globally how to combine state-of-the-art non-surgical techniques for the best results with no scarring and little or no recovery.

This minimally-invasive approach is increasingly popular and, when properly performed, can give

This question is often asked by both patients and the media. In fact, there is no "right age" to have cosmetic surgery because we all age at different rates. But there is a right time – when we're ready to fix something that bothers us. There is also a right reason – when how we look doesn't reflect how we feel.

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

For example, permanent frown lines can make us look angry when we're not, under-eye bags convey

Please see "Finding Balance," page 42



Face the Future

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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-USALASIK 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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VASCULAR SURGERY
Jeffery Dormu, DO

Degrees, Training and Certifications: Dr. Dormu is a Fellow Fellowships trained in General, Vascular and Cardiothoracic Surgery. He is Board Certified in both Vascular and General Surgery. He received his medical degree from the New York College of Osteopathic Medicine and served his internship at St. John's Hospital in Roosevelt, NY and residency at St. Barnabas Regional Trauma Center in Bronx, NY.

Practice Information: Dr. Dormu is the Managing Provider of the Minimally Invasive Vascular Centers also known as MVIC. At MVIC, we are committed to addressing the vascular diseases that is common in our community. Dr. Dormu has performed over 2,000 Vascular/Endovascular surgeries in the past year including: Carotid Endarterectomy, Endovascular Aortic Aneurysm Repair, Atherograms, Bypass of blocked arteries, varicose vein removal and more.

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SERVING MARYLAND & VIRGINIA Since 1990

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Active Care Chiropractic
& Acupuncture

PTSD After an Auto Accident

daily tasks.

PTSD symptoms may include:

- Trying to avoid thinking or talking about the traumatic event.
- Avoiding places, activities or people that remind you of the traumatic event.
- Negative thoughts about yourself, other people, or the world
- Hopelessness about the future
- Difficulty experiencing positive emotions
- Being easily startled or frightened
- Trouble sleeping and concentrating

If you have disturbing thoughts and feelings about a traumatic event

for more than a month, if they are severe, or if you feel you are having trouble getting your life back under control, talk to your doctor or a mental health professional before it gets worse. Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.



Ms. Hill, a 50-year-old female, has been under rehab care for two months due to multiple injuries caused by an auto accident. Her overall physical symptoms have remarkably recovered and she should be able to perform all her daily activities without any limitation; however, Ms. Hill is still complaining of a headache, neck pain, and right-hip pain.

Weirdly, she stated that one day she felt much better, but another day she felt very symptomatic as she mentioned. Whenever she experiences physical symptoms, she also has difficulty breathing, a severe headache with dizziness, excessive stomach tightness and soreness, insomnia, and she feels afraid to drive.

She tried to return to her work yesterday for the first time since her injury because she felt much better without any physical restriction; however, she was too afraid to drive, and she had to rest at home due to the sudden aggravation of symptoms again. The symptoms and problems she has been experiencing are related to PTSD (post-traumatic stress disorder), so she has been referred to a psychiatrist.

Not all patients experience PTSD after an accident or trauma, but patients who have PTSD experience their physical symptoms much longer with delayed and slow recovery, brought on by this emotional problem.

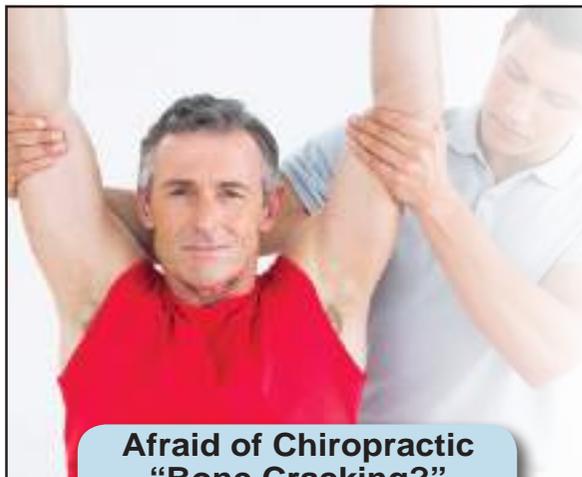
PTSD is a mental health condition that is triggered by a terrifying event. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better.

If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD. PTSD symptoms may cause significant problems in social or work situations and in relationships. They can also interfere with your ability to go about your normal

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A New Alternative To Traditional Pain Management



By Sarah Shores
Warrenton Wellness

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A healthy mind brings about

a healthy body. The only Blu Room on the east coast is located in Warrenton, VA. Stop by – you might be surprised how great you feel.



Chronic pain affects your outlook on life and can be overwhelming and lead to depression in some cases. Chronic pain has been linked to restricted mobility, opioid dependency, anxiety, depression, and reduced quality of life, and it contributes to an estimated \$560 billion annually in direct medical costs, lost productivity, and disability programs in the United States according to a Sept 2018 report by the National Center for Complementary Medicine and Integrative Health at NIH. Additionally, other data suggests that in 2016 nearly 20% of U.S. adults had chronic pain and nearly 8% had high impact chronic pain (pain that limited at least one major life activity).

Chronic pain affects your outlook on life

The pain cycle is something that many of us have experienced from time to time but living with chronic pain is something different. The usual practice is rest and inactivity for chronic pain to give the body time to heal and hence break that chronic pain cycle. More study is needed, but there is some evidence to suggest physical activity and exercise can be an intervention with few adverse events that may improve pain severity and physical function, and consequent quality of life.

However, there is now another way to address the chronic pain cycle called a Blu Room. Users have reported pain relief after a Blu Room session. The calming and unique



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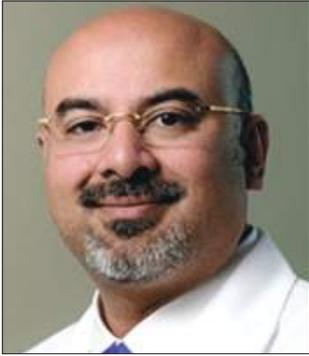
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SI Joint Pain and Treatment Options



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

The sacroiliac joint (also known as the SI joint) is a strong weight bearing joint in the pelvis. There are two in total, one on each side of the pelvis. They connect the base of the spine (sacrum) to the iliac bones on either side of the pelvis. This is not a very mobile joint and its primary purpose is to absorb the stress on the lower back and spine by acting as a shock absorber.

SI joint pain is a challenging condition that affects 15-25% of patients with lower back pain. Common symptoms of pain in the SI joint include low back pain, pelvis/buttock pain, lower extremity pain, hip/groin pain, and problems sitting, sleeping, or walking.

Causes of SI joint pain include pregnancy, trauma resulting from injury or accident, arthritic conditions, and prior lower back surgery. SI joint degeneration may occur in up to 75% of the time in patients undergoing lumbar fusion at five years after surgery.

SI joint pain must be considered as a possibility in patients who continue to suffer from back, hip, groin,

or leg pain even after back or hip/knee surgery. It is typically diagnosed with a physical exam and an injection in the joint to look for relief in symptoms.

Treatment of SI joint pain typically starts with conservative measures such as physical therapy, chiropractic manipulation, specific exercise programs, and sacroiliac belts. Additionally, oral medications may be used as well as therapeutic injections that may provide some pa-

tients with a temporary relief of pain.

Surgical intervention may be considered after non-surgical interventions have failed to provide a significant amount of patient symptom relief. Sacroiliac joint fusion provides stabilization of the joint and eliminates motion in the joint, typically providing long-term pain relief for patients.

There is exciting new technology for SI fusion. One procedure called, "SI Joint" consists of three

allograft (bone) implants placed at opposing angles to increase SI joint stability. The procedure is performed through three small incisions in the lower back, resulting in lower surgical trauma, reduced blood loss, shorter surgery times, faster recovery, and lower risk of injury to nerves.

SI joint pain is important to recognize because there are now very effective treatments available for this condition.

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- Spinal Stenosis
- Spinal Fractures
- Spinal Trauma
- Spinal Infections
- Failed Back Surgery



Dr. Mudit Sharma
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"I came to see Dr. Sharma after undergoing an unsuccessful spinal operation elsewhere. After carefully reviewing my history and doing an assessment on me, he offered a minimally invasive procedure to fix my spine. I was home the next day after the procedure and I've been pain free ever since."

- Pt. J.O.

Dr. Mudit Sharma

Dr. Sharma completed his neurosurgical training at Georgetown University and is a board certified neurosurgeon. He's a Fellow of both American Association of Neurological Surgeons and American College of Surgeons. As a founder of Virginia Spine Specialists, Dr. Sharma has successfully treated thousands of patients with spinal problems with minimally invasive techniques. He routinely lectures about these new techniques at conferences around the world. He has been asked to train other spine specialists in these techniques all over the United States.

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Preventing Tooth Injuries During Your Child's Active Summer

By April Toyer, DDS
Lifetime Dental Care

If you have an extremely active child you may have seen one or two falls in their day. Although it is true that active kids and teens are more prone to dental and other injuries, there are several precautions that can be taken to prevent or manage these

occurrences.

How To Prevent Dental Injuries?

Infants should not run with a bottle, sippy cup or other objects in their mouth. Children should be discouraged from climbing or jumping from high surfaces such as a tabletop or bed in the home and definitely not left unattended.

Getting your baby or toddler to eat

can sometimes be a challenge. If food is forced into the mouth with a bottle or spoon it is possible to cause damage to the soft developing oral tissues in the mouth. Foods with pointy surfaces such as chips can also cause injury to these tissues if not chewed carefully.

For older children, mouth guards should be worn while participating in sports. These can be picked up at your local drug store or your dentist



April Toyer, DDS

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Kids should wear a helmet during active sports such as football, or high-speed activities such as skateboarding or bike riding.

Children and adults should be careful wearing socks without grips on hardwood floor as these surfaces can often be slippery and lack of traction can cause a possible injury.

What To Do If Your Child Has A Dental Injury?

Dizziness, vomiting, bleeding from the nose or ears, lapse of memory, disorientation, or signs of fatigue may be an indication that a concussion has occurred. Patients with significant head, neck or facial trauma should be immediately taken to the emergency room to be evaluated.

If your child has extensive bleeding to the lip, gums or cheek area use gauze or a paper towel to apply pressure until the bleeding stops. A cold compress or ice cubes can be placed on the affected area to reduce swelling and relieve pain in some cases.

If a tooth is fractured, check to see if blood is coming from the inside of the tooth. This may indicate nerve exposure and you will need to see your dentist as soon as possible. If a permanent tooth is completely knocked out it should be reimplanted within one hour.

If possible rinse off the tooth with clean water or milk and place it back into the socket. Make sure you only touch the crown (visible part) of the tooth and not the root. If you are unable to reimplant due to pain or blockage store the tooth in milk or cheeks and bring it to the dental office as soon as possible. Your local dentist should evaluate dental injury without significant head or neck trauma. Make sure your child has a dental home that facilitates easy evaluations during a potentially difficult and traumatic time for you and your child.

Enjoy the Summer Sun and Reduce Your Risk Of Skin Cancer and Aging



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

You can enjoy the sun this summer without increasing your risk of skin cancer and signs of aging with a few simple tips:

- Generously apply sunscreen to all exposed skin using a sun protection factor (SPF) of at least 30 that provides broad-spectrum protection from both ultraviolet A, (UVA), and ultraviolet B, (UVB), rays. Re-apply every two hours, even on cloudy days, and after swimming or sweating.
- Wear protective clothing, a wide-brimmed hat and sunglasses.
- Seek shade during the peak sun hours. The sun's rays are the strongest between 10am and 4pm.
- Use extra caution near water and sand as they reflect the damaging rays of the sun which can increase your risk of sunburn.
- Get vitamin D safely through a healthy diet that includes vitamin supplements.
- Avoid tanning beds. Ultraviolet light from the sun and tanning beds causes skin cancer and wrinkling. Consider using a sunless self-tanning product for a fresh "sun-kissed" look.

Turn Back the Hands Of Time

If you're an active person, chances are you spend more than your fair share of time in the sun. And if you're over 30, you are more than likely to show signs of premature aging due to sun damage on areas including the face, neck, chest and hands.

With laser skin rejuvenation treatments, you can now treat sun spots, pigmented lesions and overall skin texture – giving you a more revitalized appearance than you've had in year.

Laser rejuvenation treatments work by eliminating irregularities in the skin, such as enlarged blood vessels or irregular pigment.

The skin is rejuvenated without scarring or damage, while stimulating collagen production to tighten

the surrounding tissue, resulting in improved skin texture and reduced signs of aging.

Unlike other treatments that remove an outer layer of skin and require significant healing time, laser treatments work by gently penetrat-

ing the skin to destroy the underlying vessels and pigment that are the cause of the problem. The outer skin itself is not damaged.

Take care of yourself and your skin. Schedule your consultation with a dermatologist for more information.

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Oral Health In Women

By Shari Salartash, DDS, MAGD
Dental Excellence

What Is Oral Health?

Oral health can be defined as the health of your mouth, including your teeth, gums, throat, and the bones around the mouth. Oral health is an important factor in determining overall health, well-being and quality of life. It includes a variety of diseases and conditions that include cavitation, peri-

odontal disease, tooth loss, oral cancer, oral manifestations of HIV infection, oro-dental trauma, and more.

How Do Women's Hormones Affect Oral Health?

Did you know that a woman's changing hormone levels at different stages of her life can affect oral health? When hormone levels change, your gums can get swollen and irritated.

Your gums may also bleed, especially during pregnancy, when your body's immune system is more

sensitive than usual. This can lead to inflammation (redness, swelling, and sometimes pain) in the gums. Although, regular, careful brushing and flossing can lessen gum irritation and bleeding.

Other causes of changing hormone levels that may affect oral health in women include:

- **Your Menstrual Cycle** – Some women find that their gums swell and bleed before their periods arrive, while others experience cold sores or canker sores. These symp-



Shari Salartash, DDS, MAGD

toms usually go away once your period starts.

- **Hormonal Birth Control** – Women who take certain birth control pills that contain progesterone, which increases the level of that hormone in the body, may experience inflamed gum tissues due to the body's exaggerated reaction to the toxins produced from plaque.
- **Pregnancy** – Studies show many pregnant women experience pregnancy gingivitis. This is when dental plaque builds up on the teeth and irritates the gums. Prenatal care is especially important during this time.
- **Menopause** – Oral health in woman can especially change as you get older. These oral changes can include altered taste, burning sensations in the mouth, more sensitivity to hot and cold foods and beverages, and decreased salivary flow that can result in dry mouth.

How Can Women Prevent Oral Health Problems?

You can help prevent oral health problems by taking the following steps:

- Visit your dentist twice a year or as issues arise
- Choose healthy foods
- Don't smoke
- Drink less soda

What If I Am Afraid To Go To the Dentist?

Some people avoid the dentist because they are afraid of the physical pain. Talk with your dentist about your concerns and ways to make you more comfortable before and during the exam.

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Dentists can help you relax by playing music, having a TV in the room, or using other relaxation techniques. One of our more innovative relaxation techniques is, NuCalm. NuCalm is 100% safe and effective. This revolutionary process combines a few different relaxation methods including noise cancelling headphones and eye mask to completely calm and relax you during your procedure.

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Technology In Dentures and Dental Implants



By Karl A. Smith, DDS, MS

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

What Makes Dentures Loose?

Impact on the bone by continuous hitting of a denture against the jaw every time you eat can make the bone underneath the denture go away. This causes the denture to become loose and slip. It may create the need for using paste or other means to hold the denture in place. Slipping dentures can make eating certain foods very difficult for patients.

How Can Dentures Fit Well For a Long Time?

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

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

Does Every Denture-Wearer Qualify?

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

tant to the outcome.

How Long Does a Patient Have To Go Without Teeth?

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

Do Dental Implants Hurt?

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

Is Treatment Expensive?

The cost of treatment varies depending on the number of implants, if a new denture needs to be made,

if the patient desires sedation, or if there needs to be more bone added to have a good result. Costs are variable and should be weighed against factors such the education of the doctor, the results from other patient experiences, and the quality of the product you are receiving.

Discover the difference dental implants can make for you.

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Qwo For Cellulite Reduction



By George Bitar, MD
Bitar Cosmetic Surgery Institute



Enzymes called collagenases target the structural causes under the skin, where cellulite starts. It's thought that Qwo works by releasing fibrous bands, redistributing fat cells, and stimulating the growth of new collagen.

Is Qwo a Surgical Procedure?

No. Qwo is an injectable treatment option that is thought to target a primary structural cause of cellulite – the fibrous septae – the fibrous septae. The exact mecha-

Please see "Cellulite," page 54

Qwo is the first and only FDA-approved injectable for the treatment of moderate to severe cellulite in the buttocks of adult women. Qwo is an injectable treatment option that is thought to target a primary structural cause of cellulite – the fibrous septae. The procedure consists of three treatments three weeks apart. Results are seen within three months.

How It Works

Avoid Failed Dental Implants



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

address and discuss with the implant dentist. Some people are taking medications on a long term basis that may have an adverse effect on bone which directly affects the success of the dental implants.

Some of the medications are, warfarin, heparin, cyclosporine, corticosteroids, thyroid hormone synthetic retinoids (vitamin A), loop diuretics, aromatase inhibitors, methotrexate, antiepileptics, proton pump inhibitors (Nexium and others), antidepressants, antiparkinsons, narcotic pain killers, antiretrovirals, bisphosphonates (Fosamax, Boniva etc.), imatinib (Gleevec), ifosfamide, and thiazolidinediones (Avandia).

By virtue of the fact that people have certain conditions (cancers and leukemia) and are taking the related medication, may exclude them from dental implant treatment.

There are other things to consider that adversely affect bone such as low vitamin D-2 and D-3, high LDL cholesterol and

Dental implants are usually very successful, and people that have them are happy they went through the process. However, there are a small number of people that are not so happy due to implant failure. So what are some of the things that make dental implants fail? Excessive bite force, infection and smoking are three that your dentist can address.

There are some issues that the patient and their physician have to

Please see "Implants," page 54

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- 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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Stinky Breath?

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

Do people brush their fingers under their nose when you are near? Offer you gum or mints? Quietly move a half step sideways or turn their head? Brush their fingers under their nose? If so, you probably have bad breath.

If this happens to you, forget the gums, mints, toothpastes, and mouthwash. These are all cover-ups, not cures. No matter what they taste like, they only

cover-up one bad odor with a stronger more pleasant one. Even the cure-in-a-bottle Internet products are only cover-ups not the all-day cure they advertise.

Since 1993 a complete cure has been available that creates fresh breath that is sustainable for life. It has changed the lives of thousands of the 75 million Americans who are affected by halitosis.

Bad breath is due to the bacteria that inhabit the mouth, particularly those on the tongue, under the gums,

and between the teeth. These bacteria form biofilms (coatings) that can only be removed by special dental procedures. By professionally eliminating those bacterial biofilms one can be halitosis-free forever.

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

- Coating on tongue whitish, yellowish, or brown
- People react to you in close situations



Richard A. Miller, DDS

- Morning breath
- Brushing and flossing do little for the odor
- Bad taste
- Dry mouth; thick saliva
- Postnasal drip

If you want to check yourself, here are two tests which might work.

For one test take a piece of sterile 2" x 2" gauze, available at every pharmacy. Stick your tongue out as far as possible. From the furthest back area that you can reach, wipe forward 3-4 times to get off as much coating as you can. Compare the color to the white part of the gauze. Is the gauze discolored?

Smell the gauze. Is there an odor? If you see a color on the gauze or smell an odor, you have halitosis. Be aware, however, that some people cannot smell their own odors due to a phenomenon called adaptation. Adaptation is a phenomenon that over time, causes us to get used to our own smells. That is why the color of the gauze itself is an indicator of bad breath. If your breath is fresh it will be clear.

Secondly, you can try using a spoon or a tongue scraper (not brush) far in the back to wipe off some coating. Does this have an odor to it? Again, be aware of "adaptation".

If you have bad breath, you may already know that breath odor smells like "rotten eggs" and "poop" due to the sulphur-type odors from the bacteria. While sulfur odors are the most common, other odors that denote bad breath are: ammonia, cooked cabbage, sweating feet, garlic, fishy, and rancid odors.

So, if you have bad breath, there is a way to say goodbye to bad breath forever. Tongue Rejuvenation® is the only known cure that is guaranteed to eliminate the odors of bad breath. And with just a few minutes a day, you can keep bad breath from ever occurring again.

EMBARRASSED BY YOUR BREATH?



Do People . . .

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Rub Under Their Nose?

Offer You Gums or Mints?

Talk Behind Your Back?

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Fat Cells Are Essential To Your Body's Health



By Doris Piccariello, LME
Director of Aesthetics
Vita Nova Medical Spa

What if we told you that fat cells (or adipocytes) were essential in maintaining good health within your body's day-to-day functioning? Those stubborn fat cells that you struggle to lose even with hours at the gym and days of sugar-free, low-carb dieting.

Most of us think of our fat cells as the enemy, that solely form saddlebags and love handles, robbing us of our self-confidence. For this reason, many turn to elective procedures that focus on the elimination of fat cells – procedures like liposuction or fat-freezing techniques. As intuitive as this might seem, recent medical research into how fat cells function now tells us that this approach, in the long run, is not only ineffective, it could actually be counter productive.

Statistics show that killing or surgically removing fat cells can, at best, provide temporary improvement in your appearance. Within the first year, fat cells will then regenerate in new areas of the body to compensate for what was taken.

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ZERONA is a non-invasive, body slimming, low-level laser proven to remove fat and reduce inches. It is the only treatment FDA approved for overall body circumference reduction of the hips, waist, and thighs.

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-L.W., Jacksonville, FL

How It Works?

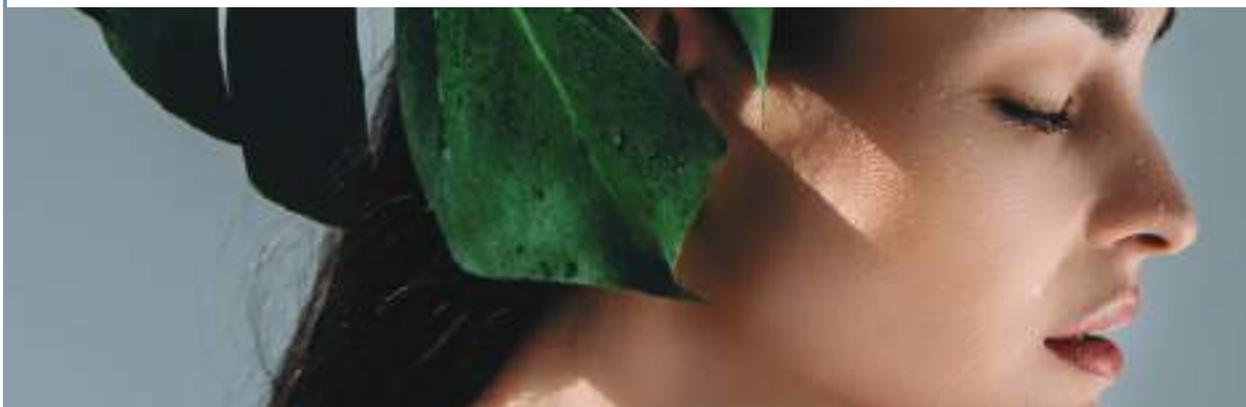
ZERONA disrupts the adipocyte cells within the fat layer for the release of fat and lipids into the interstitial space where they are broken down

Statistics show that surgically removing fat cells can, at best, provide temporary improvement in your appearance.

into free fatty acids by the lymphatic system. The excess fat is then passed through the body during its normal

course of detoxification. The ZERONA procedure is proven through a double-blind, randomized, multi-site,

and placebo-controlled study in which patients, on average, lost 3.64 inches from their waist, hips, and thighs.



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Doris Piccariello, LME
Vita Nova's Highly Skilled Director of Aesthetics

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Oh, My Aching Jaw

Submitted by the
Center For Dental Anesthesia

More than 15% of American adults suffer from chronic facial pain. Common symptoms include pain in and around the ear, tenderness of the jaw, clicking or popping noises or grinding when opening the mouth, ringing in the ears, earache without an infection, or even headaches, neck aches and shoulder pain.

Getting proper treatment for your pain may be very frustrating because diagnosing its source can be a bit of a mystery. The pain may be the result of an abscessed tooth or impacted wisdom tooth. The symptoms may be the result of an ear infection, sinus infection or a migraine. You may even need to check with your optometrist to be sure your pain is not from eyestrain. In many instances, however, these are symptoms of temporomandibular joint disorder

(TMD).

TMD (or TMJ) refers to a range of conditions, including acute and chronic inflammation that affects the temporomandibular joint, which connects the mandible (lower jaw) to the skull, and is the point at which the jaw opens and closes.

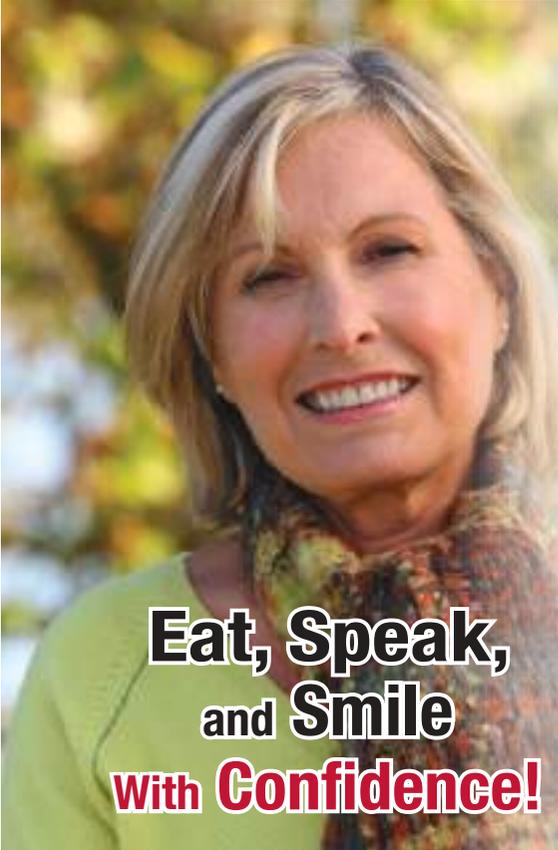
Many factors can lead to TMD-related problems and symptoms may involve more than one of the numerous TMD components muscles, nerves,

tendons, ligaments, bones, connective tissue and the teeth. Therefore, treatment of this disorder is usually multifaceted and can transcend the boundaries between several healthcare disciplines dentistry, neurology, physical therapy, and psychology. If it is determined that you have TMD, there are a variety of treatment approaches.

Some of the simple, non-invasive methods of TMJ treatment may include

- Reshaping or straightening the teeth
- Use of muscle relaxants and anti-inflammatory treatments
- Physical therapy
- Posture training
- Stress management and relaxation techniques to control muscle tension
- Use of a mouth guard or NTI device
- Application of moist heat to the side of the jaw
- Avoiding chewing gum, sticky foods, bagels or hard bread crust

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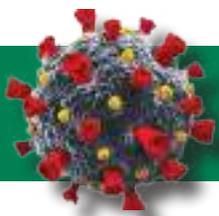
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*Getting proper
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pain may be very
frustrating because
diagnosing its
source can be a bit
of a mystery.*

Since TMD related problems typically result from excess strain on the muscles of the face and jaw joints caused by an improper bite (occlusion), neuromuscular dentistry can be extremely useful in both treating symptoms and addressing the cause.

Any combination of the following neuromuscular and restorative techniques can be used to bring the joints, muscles and teeth into a harmonious relationship to permanently realign the bite replacement of worn-down teeth or crowns, orthodontics to place teeth into proper alignment, reshaping of teeth using T-Scan to detect where teeth are not properly touching.



COVID-19 Update

To Mask Or Not To Mask?

New CDC guidelines on the need for masks has rapidly changed the landscape of the coronavirus pandemic. Is it over? This is a question we are hearing from many people. The other big question is, "Do I wear a mask, or not?"

Now, this has happened rapidly as vaccinations have become readily available in the U.S., and anyone who wants one and can basically walk into many different places to get it. With over 50% of the adult population already vaccinated people are feeling a lot safer. However, there is still a significant percentage of people who don't want to vaccine for their own reasons. I am a scientist and I say everyone should get the vaccine, but many people won't.

This is all happening practically overnight so now the question of wearing a mask or not is on most people's

minds. People are gathering in close quarters again and it will be interesting to see what the impact is on cases and hospitalizations.

If you haven't been vaccinated you're at risk for the coronavirus but if you're around vaccinated people, we're not entirely sure you are at any greater risk than they are. What happens next as large gatherings are happening at 100% pre-COVID capacity?

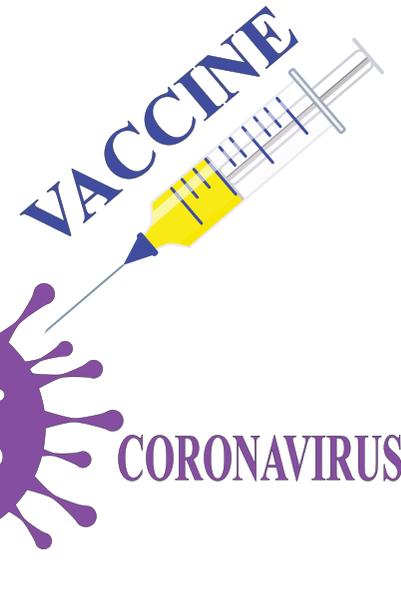
For now, people need to use common sense and not take chances with their health. No one wants to be sick, so it may be the best idea to evaluate your surroundings, who you're in contact with and whether they have been vaccinated before you decide to burn the mask.

The brighter side is, anyone in this country who wants the vaccine can get it. It has been, and is, one of the greatest health achievements in the

history of mankind. We have taken decades of scientific research and applied it to the coronavirus and made this happen at "warp speed."

Those who are worried about taking the vaccine will see how it goes and as more time elapses and the safety is verified, more people should feel comfortable and confident about getting vaccinated. And, perhaps, herd immunity will protect most of the rest.

Where we go from here is still up in the air, but the future is looking a lot better. As more people get vac-



inated we can all move forward to a new place where everything seems normal again.

If you have any questions regarding the virus or the vaccine, let us know and we will be happy to address them.

Think Healing Your Pain Isn't Possible? Think Again.



By Sarah Lascano
RayZen Energy

of all kinds: accidents, injuries, illnesses, family history, emotional stress. We can repair the body's innate wisdom to heal many different physical symptoms.

How Can Energy Medicine Reduce Or Eliminate Pain?

Think of the nervous system like an information highway. When that highway becomes strained with too many signals, the nervous system becomes locked in fight or flight mode. Our stress hormones increase – we are primed to outrun that tiger. The body is on high alert.

Many changes happen that affect the body's communication and function: digestion decreases, inflammation increases, blood pressure rises, and more. To help the body heal health issues, we have to get back into a mode where it can devote resources to repair and healing.

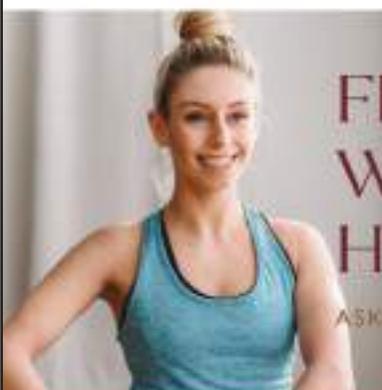
Please see "Healing," page 53

Sick and tired of dumping tons of money into your healthcare only to still be in pain? Let's talk about some ways energy medicine can reduce or eliminate pain once and for all.

Did you know your body instinctively knows how to heal? When you cut your finger, the body doesn't need to be told how to fix itself. But this natural ability gets affected by stresses



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Acupuncture and Erectile Dysfunction



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

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

Many psychological or emotional causes may lead to a man experiencing ED, such as a hectic lifestyle and feeling stress/pressure, or changes in his diet, living environment, relationship status, etc. ED can also be caused by medical or physical issues.

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

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

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

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

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

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

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



Young C. Yi, "One of the best practitioners of Oriental Medicine in the U.S."

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Livers: Cirrhosis, Digestive Disorders

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



Testimony:

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

- DC Resident, Mrs. Zhang

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

Reference:

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

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

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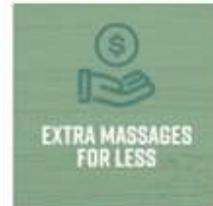
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When All the Parts Work Together



Maureen McHugh

By Maureen McHugh,
Feldenkrais Practitioner
Wellness In Motion

If your knee buckles, how do you make it reliable again?

If your neck hurts, what will make the pain go away?

If your back hurts, how can you feel better?

If you have these problems and consult a practitioner of the Feldenkrais Method, you will get connected with a way of looking at the body, and the psyche, as a whole system. Truly, a holistic view.

It may be that with these, or similar problems, the origin of the pain is local, and a local intervention

is the right choice. It may be that a knee replacement is needed, or a neck brace or back surgery. But, as medical research shows, these interventions do not always solve the problem.

The Feldenkrais Method can help where what is needed is better use of the entire self.

As an example, please try this short, one-sided sequence:

1. Shift forward to the edge of your chair, as though you might fall off. Sit in an upright manner, a little stiff.
2. Imagine you hear a sound behind you and to the right. You wonder what is there. Turn only your head. Three times. *Measure how far you can see.*
3. Next, as an antecedent, shift your weight to the right. Naturally, the left sit bone lifts. With the weight now mostly on the right sit bone, and letting the left knee come forward, again turn to the right. No longer stiff, allow as much of your body to turn as is convenient. *How far do you see behind yourself now?*
4. Next, all of the above, plus as you

turn, shift your hands. Bring the left hand to the right knee, and the right hand behind. *How far do you turn?*
5. Next, all of the above, plus as you turn, bring your left hand to your right shoulder and push the shoulder backwards. *Does this improve the turning?*

This beneficial use of “all the parts” Moshe Feldenkrais, the founder of the Feldenkrais Method, called “integration.” Team work is another good name.

Do you find this obvious?

Feldenkrais did. With good humor, he characterized the Feldenkrais Method, his life’s work, as the clarification of the *Elusive Obvious*.

It is just like when you misplace your phone. Once it is in your hand again, where it was – and how it got there – is obvious.




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Feldenkrais Practitioner

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Intrathecal Pain Pump For Chronic Pain



By Brian Lee, MD
Advanced Spine and Pain

Who is a good pain pump candidate? Or who is a good candidate to consider for an intrathecal pain pump trial?

The answer to the question is simple, but essentially encompasses a variety of patients dealing with multiple diagnoses associated with chronic

pain. The ideal candidate for a pain pump trial is someone who has chronic pain and has tried different medication and non-medication treatments for the chronic pain without significant relief or resolution of their pain syndrome. These treatments can include physical therapy, occupational therapy, acupuncture, massage, injections, nerve blocks and ablations.

In addition, many patients have had prior surgeries that were intended to treat their pain, but over the years despite surgical intervention their pain has worsened or remained the same and they come seeking ways to increase or maintain their functionality without having to rely on oral pain medications that have been started and escalated throughout their entire treatment process.

Please see “Chronic Pain,” page 53

Sculptra For Your Face and Body



By Mariam Alimi, RN, BSN
Impressions Medispa

Facial Volume Loss

Today there are treatments that help restore your skin's inner structure for a more youthful and natural looking appearance. This is something that everyone is interested in and the popularity continues to grow.

One of those treatments is called Sculptra®. It is a dermal filler that contains poly-L-lactic acid (PLLA) and is used for soft tissue augmentation. When injected in to the face it stimulates your own body to produce collagen, which assists in rebuilding the inner structure of the skin and volume restoration.

Sculptra is a unique treatment that works gradually in a course of a few months to help restore your skin's inner structure for a more youthful and natural looking appearance. It can help to restore volume to the temples, cheeks, nasal folds (smile lines), jawline and chin.

Cellulite and Loose Skin

Cellulite affects nearly 80- 90% of women and this is caused by the connective tissue under the skin. In women, the fat cells and connective tissue in this layer are arranged vertically. When the fat cells protrude into the layer of skin, this gives the appearance of cellulite.

Since Sculptra can restore volume, it can be used in the dimples or pockets of cellulite. The new collagen that is generated will help the overall appearance by making it smoother and firmer.

Sculptra Butt Lift

There is a new butt-lift that is gaining popularity, which utilizes Sculptra dermal filler. There has been an increase in noninvasive options to treat most areas of your body, and now there are solutions that doesn't call for "going under the knife".

Sculptra is being used off-label (meaning for a purpose other than what the FDA approved it for) to give your backside a fuller, natural look-

ing, more lifted appearance without the risks or downtime associated with more invasive procedures.

It can also help those patients that do not want a bigger backside, however they would like to smooth out the dimples. Most patients will need 3-4 treatments before they see results.

You too can have smoother, tighter skin and a more youthful appearance. Take advantage of this great technology today.



Before Sculptra



After Sculptra

Advice On Looking Your Best

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Meet Dr. Sanghvi

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

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

Dr. Sanghvi predominantly sees patients in Frederick and Leesburg.

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Meet Gauthami Gondy

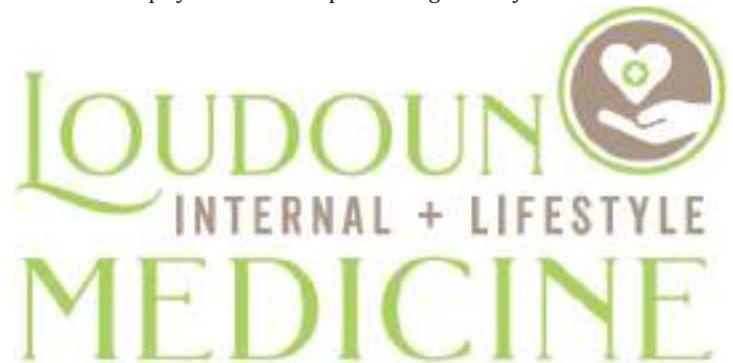
Dr. Gauthami Gondy is proud to announce the opening of Loudoun Internal and Lifestyle Medicine.

In a departure from the revolving door method of network healthcare, Dr. Gondy's approach is one of personalized service. She is focused and committed to building relationships with her patients. She specializes in Internal and Lifestyle medicine - with an understanding that lifestyle plays an important role in health. By treating each patient according to their unique needs, she creates a personalized healthcare plan that focuses on treating the entire patient, not just their symptoms. Dr. Gondy extends an invitation for scheduling individual appointments for new patients.

"I became a physician to help

people. By building a relationship with each of my patients, I'm able to really understand individual healthcare needs," said Dr. Gondy.

Dr. Gondy obtained her medical degree from University of Health Sciences, India. She earned her master's degree in Public Health from George Washington University and conducted research on environmental health issues for the Environmental Protection Agency (EPA) before entering her residency. Dr. Gondy completed her residency at Prince George's Hospital Center specializing in Internal Medicine and has been practicing medicine for the past fifteen years. Dr. Gondy is Board certified in Internal Medicine and a Fellow in the American College of Physicians.



www.drgondy.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Berhane M. Shiferaw, DC

Chiropractic
& Physical Medicine



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Dr. Shiferaw is a chiropractor who serves Alexandria and the surrounding communities in Virginia.

He uses chiropractic care to improve the health and wellness in all areas of patient's lives, whether they are having problems with back pain or neck pain, or just want to start feeling better when they wake up in the morning.

Practice Philosophy

Dr. Shiferaw takes a "whole person" approach in chiropractic care, which means looking for the underlying causes of disease, discomfort, and pain, as opposed to just treating the symptoms. Many seemingly unrelated symptoms often arise from imbalances in the spinal column, and Dr.

Shiferaw will be able to determine the root of the pain and create a personalized chiropractic and wellness plan to suit each patient's individual needs. Under the supervision and care of our caring and skilled chiropractor, patients report higher functioning in all areas of their lives.

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1715 N. George Mason Drive, Suite 102
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703-495-2107



Meet Brian Lee

Dr. Brian Lee is a fellowship-trained interventional pain management physician with board certification in both anesthesiology and pain management. He specializes in non-surgical spine and orthopedic procedures. His expertise allows him to serve as a consultant to not only primary care physicians, but also to multiple other specialists in the medical field including surgeons, rheumatologists, oncologists, and endocrinologists to help with the management and diagnosis of various pain states.

A native of the DC/Maryland/Virginia metropolitan area, Dr. Lee did both his undergraduate and medical school training at Georgetown University School of Medicine. He then went on to complete his anesthesiology residency and his pain medicine fellowship training at Columbia New York Presbyterian Hospital in New York City before joining the Advanced Spine and Pain group as one of their Virginia-based physicians.

In his free time, Dr. Lee enjoys spending time with his family, biking, traveling, cooking, and scrolling through Netflix for the next binge-worthy show. He is happily married to his wife, Ashley, who works as a PACU/ICU nurse at Virginia Hospital Center. Although they do not have any children, they do have a dog named Caleigh and together they are excited to be a part of the high-spirited Northern Virginia area.

See his article on page 30.

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Joseph M. Arzadon, DDS, MD

Dr. Joseph M. Arzadon is an oral, maxillofacial and facial cosmetic surgeon. He was raised in Alexandria, VA and received his undergraduate degree from the George Washington University. He graduated Summa Cum Laude from the University of Maryland School Of Dentistry and received his Medical Degree from the University of Connecticut School Of Medicine. He completed his internship in General Surgery and residency in Oral & Maxillofacial Surgery from the University of Connecticut Health Center where he completed his training in 1996. He is certified in both Oral and Maxillofacial Surgery and Cosmetic Surgery. Dr. Arzadon founded and volunteers as President of the Medical Mission of Mercy, USA, a non-profit health organization which provides free medical & dental care to poverty stricken people in the Philippines and Guatemala.

Clinical Interests: Facial & Cosmetic Surgery, Dental Implants, Reconstructive Surgery

Accolades: Voted “Top Plastic Surgeon” by his peers in Prince William County, Voted “Top Oral and Maxillofacial Surgeon” by Washingtonian Magazine



David Liang, DDS, MD

Dr. David Liang was born in Taiwan and has lived in the United States since 1992. He graduated magna cum laude from the University of California, San Diego in 1999 with a B.S. in Bio-engineering. In 2005 he received his D.D.S. from the Columbia University College of Dental Medicine. In 2008 Dr. Liang pursued further training at Emory University, where he received his M.D. and completed a post-graduate internship in General Surgery. He completed his residency training in Oral and Maxillofacial Surgery at NOVA Southeastern University and Broward General Medical Center in 2012. He is an active member of the American Dental Association, the American College of Oral and Maxillofacial Surgeons and the American Medical Association.

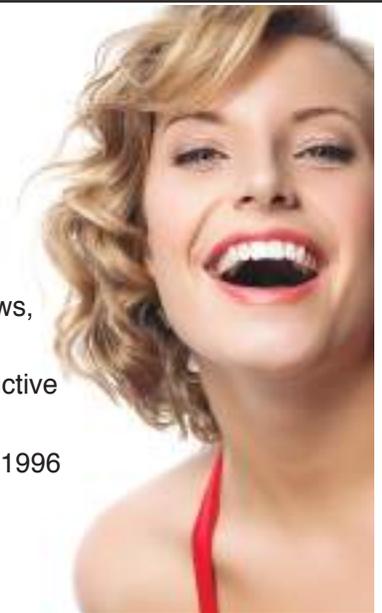
Clinical Interests: Dento-Alveolar Surgery, Dental Implants, Bone Grafting, Maxillofacial Trauma, Oral Pathology



Kenneth Blais, DMD, MD

Dr. Kenneth Blais grew up in Seattle where he completed undergraduate education at the University of Washington in 2002. In 2007, he received his D.M.D. from Tufts University School of Dental Medicine in Boston. His training in Oral and Maxillofacial Surgery was completed at Louisiana State University in Shreveport in 2014 where he also earned his M.D. in 2011 and completed an internship in general surgery. During his residency he was trained in full scope Oral and Maxillofacial Surgery including head and neck cancer, cleft lip and palate, facial cosmetics, and treatment of craniofacial deformities. He enjoys travelling, camping, backpacking, road cycling and snowboarding. An avid musician, he also enjoys watching live bands and jazz performances.

Clinical Interests: Dental Implants with Bone Grafting, Maxillofacial Trauma, Orthognathic, Outpatient Anesthesia, Treatment of Oral & Maxillofacial Pathology



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Dr. Blais's article about Orthognathic/Jaw Surgery on Page 41

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Fatemeh Mojarrad, DDS

Family, Cosmetic,
& Sedation Dentistry



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Dr. Mojarrad has been practicing Dentistry since 2015. Her journey to becoming a dentist started as a child. She had braces at an early age and she always enjoyed going to her routine dental appointments. Every visit was a great experience as her Dentist was very friendly and always made sure her appointment was a pleasant one. Those visits inspired her to not only become a dentist but instilled in her the type of dentist she wanted to be.

Education & Training

After high school she attended Virginia Commonwealth University where she obtained her Bachelor of Science in Chemistry. She continued her education at the University of Alabama at Birmingham where she earned her Master's Degree in Public Health. With her Master's Degree in hand, she was finally ready for Dental School. She received her Doctorate of Dental Surgery from Howard University College of Dentistry in Washington, DC.

Philanthropy

Upon graduation, she was recognized with an award for outstanding community services. She worked with both Mission of Mercy and Give Kids a Smile which had her traveling to underserved areas of D.C. to provide much needed dental care to underprivileged families.

Practice Philosophy

Dr. Mojarrad feels blessed to work at a capacity and in a profession where she can make positive changes for her patients that directly impacts

their lives by creating confident smiles and improving their overall health. Dr. Mojarrad has a passion for learning. She enjoys regularly attending continuing education courses in order to stay abreast of the profession and provide the most advanced dental techniques for her patients. Dr. Mojarrad is an artist and loves to do Cosmetic Dentistry. She aspires to improve her patient's dental health, self-confidence, and quality of life, by providing them with compassionate dental care.

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Meet Dr. Aishwarya Abbareddy

Dr. Aishwarya Abbareddy recently moved to the area with her husband from Wichita, KS. She was born in Hyderabad, India, and moved to Wichita, KS when she was eight years old. At a young age she has always been passionate about art and helping people. As she grew older she realized dentistry is the perfect way to merge the two. "I love how creative I can be and address my patients needs at the same time. I also love that I am able to build a close relationship with my patients and able to help them gain confidence in their own smile. My patients are my utmost priority and I love how the field of dentistry becomes more than just teeth," says Dr. Abbareddy.

Dr. Abbareddy is not only passionate about dentistry but also lets her creative side out by cooking various cuisines and painting. She also enjoys Bollywood dancing, working out, playing tennis and loves to travel with her husband. One of her favorite places so far has been visiting Dubai and sky diving over The Palm.

One of her other favorite places she has traveled to has also been a mission trip to the Dominican Republic. Outside of enjoying the beautiful beaches in Dominican Republic she was also able to help volunteer and serve the locals with their dental needs and help ease their pain. "The locals were

so grateful and it's something I would love to do again," says Dr. Abbareddy.

Prior to moving to the area, she earned her Bachelor's Degree from Wichita State University in Biological Sciences and achieved her dental degree at the Midwestern University College of Dental Medicine in Illinois. She then completed her Advanced Education in General Dentistry residency program at her Alma Mater, Wichita State University, where she received advanced training in implants, oral surgery, endodontics, and general dentistry. She practiced for two and a half years as a general dentist after completing her residency in Wichita, KS and is excited to move near the Virginia area and become part of the Mt. Vernon Center for Dentistry team.

As a general dentist, she delivers exceptional care to patients who need restorations, root canals, extractions, dentures, crown and bridgework, implants, Invisalign, cosmetic procedures and other services to bring out their smiles. She continues to keep up with her continuing education in various aspects of dentistry.

Dr. Abbareddy belongs to the following organizations and membership:

- American Dental Association
- Crown Council



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Meet Dr. Tyler Garlisi

Dr. Garlisi was raised in a military family and resided in various locations domestically and internationally, one of his favorites being: Yakota, Japan. He settled in Florida to pursue higher education. In 2013, he received his Bachelor of Science from University of Central Florida in Orlando, FL then in 2017 earned his Doctor of Dental Medicine degree from Nova Southeastern College of Dental Medicine in Ft. Lauderdale, FL. Following graduation, Dr. Garlisi moved to Washington, D.C. and has since practiced and resided in the DMV region.

Dr. Garlisi believes listening and understanding patients' wants and needs are integral to developing a proper, mutualistic relationship and ultimately delivering a customized smile. Communication is the most important step of this relationship and ample time is made to ensure these wants are adequately met, while also reviewing the needs to maintain

a healthy oral environment. He notes, "It's essential that the patient and doctor work collaboratively in order to achieve our desired goals." Dentistry is team-oriented and Dr. Garlisi strives to provide a comfortable and individualized treatment process ensuring that the patient is placed first.

Outside of the office, Dr. Garlisi enjoys performing philanthropic dentistry. He has volunteered in programs like Mission of Mercy and Give Kids a Smile and has participated in mission trips to Jamaica to provide dental care. Dr. Garlisi also enjoys traveling, reading, running, cooking, and continuing education.

Dr. Garlisi belongs to the following organizations and membership:

- American Dental Association (ADA)
- Academy of General Dentistry (AGD)



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Arjun Ramesh, MD



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Meet Arjun Ramesh, MD – Expert Spine Physician

Arjun Ramesh, MD is trained in both pain management and anesthesiology and joined the Spine Care Center in 2020 after completing his fellowship at the world-renowned Cleveland Clinic!

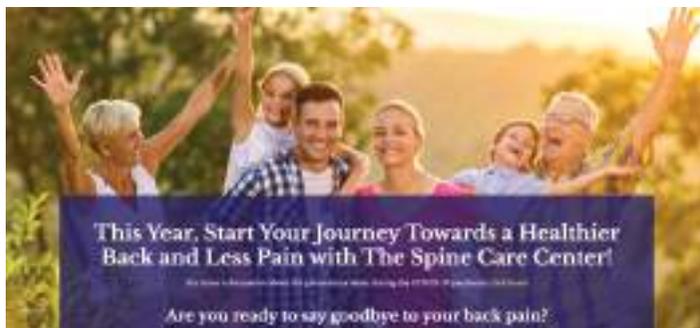
Dr. Ramesh is originally from the Northern Virginia area. He earned his undergraduate degree at the University of Virginia with a major in Biology and Chemistry and a minor in Philosophy. He then obtained his medical degree in 2015 at the University of Virginia.

Dr. Ramesh went to Chicago where he completed his anesthesiology training at Rush University Medical Center. During his time in Chicago, he developed an interest in pain management and subsequently completed a fellowship in pain management at the Cleveland Clinic in Ohio, where he was trained by leading experts in the field.

During his training Dr. Ramesh gained expertise in all aspects of pain management including medical and

interventional management. He is able to provide minimally invasive pain management procedures utilizing both fluoroscopic and ultrasound guidance. He was also involved with research trials for cutting edge spinal cord stimulators and peripheral nerve stimulators.

Dr. Ramesh has authored several peer reviewed articles and written multiple textbook chapters relating to pain management. He provides a full suite of interventional, non-interventional, and implantable therapies and tailors each treatment plan to the individual patient to provide the best possible outcome. As he is trained in both anesthesiology and pain management, he is able to offer sedation during interventional procedures to provide a more comfortable experience. Dr. Ramesh possesses the type of professionalism, skill, training and expertise needed to be a top spine doctor at The Spine Care Center.



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Usman Zafar, MD



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Meet Usman Zafar, MD – Expert Spine Physician

Usman Zafar, MD is board-certified in both anesthesia and pain management, and he joined The Spine Care Center in Manassas in 2015.

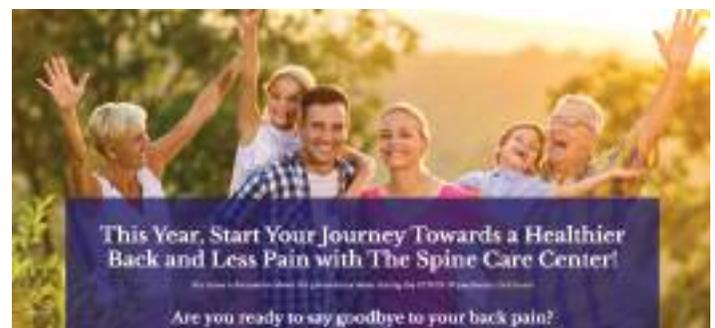
Originally from Pottsville, Pennsylvania, he began his academic career in the city of Philadelphia. In 2003 he gained acceptance to the accelerated seven year dual degree program at Drexel University and graduated cum laude in 2006 with a B.S. degree in Biology before completing his medical degree in 2010. After medical school he spent one year at Hahnemann University Hospital in Philadelphia, completing his medical internship prior to his residency. Dr. Zafar then furthered his medical education at Tufts Medical Center in Boston where he spent three years completing an anesthesiology residency. It was during these years that he first gained experience treating patients with acute and chronic pain conditions. This experience ultimately led him to pursue a fellowship in interventional pain management. Dr. Zafar completed his interventional pain fellowship at Mount Sinai

Roosevelt Hospital in New York City in 2015, where he learned various multimodal techniques for treating pain, including fluoroscopic and ultrasound guided spine and joint injections, spinal cord stimulation and radiofrequency ablations.

After being hand selected to join The Spine Care Center and trained directly by Dr. Bassam, Dr. Zafar has safely performed thousands of interventional spine procedures. By being board-certified in anesthesia as well as pain management, he can offer a more comfortable experience by providing mild sedation when performing spinal procedures.

Dr. Zafar's goals are simple: to provide his patients with a safe, comfortable, and effective interventional spine procedure. Not only to treat painful conditions, but also to improve function and the quality of life for patients.

His dedication to quality spinal care has recently earned him recognition as a Top Doctor in *Washingtonian* magazine.



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Deeni Bassam, MD



The Spine Care Center
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**Board Certified, American Board of Anesthesiology,
Certificate of Added Qualification,
Pain Management**

Meet Deeni Bassam, MD – Expert Spine Physician

Deeni Bassam, MD, has more than 15 years of experience in treating back pain. He has cared for tens of thousands of patients in the Washington, D.C. area by performing interventional spinal procedures that offer relief from pain. If you have a spinal problem, then chances are he's treated it successfully, hundreds, if not thousands of times.

Dr. Bassam currently resides in Manassas and works at The Spine Care Center, which he founded. He is a native of northern Virginia and he earned his medical degree from the University of Virginia School of Medicine. He completed his residency in anesthesia at New York Hospital – Cornell Medical Center.

After completing his residency, Dr. Bassam sought out advanced fellowship training in pain management. He completed his fellowship at Texas Tech Health Science Center, one of the most respected interventional pain management programs in the nation. Leading experts in pain management taught him how to safely and effectively relieve pain and improve each patient's life.

After his fellowship was complete, he served as Director of Pain Management for a teaching hospital in New York City. He created a new, hospital-based pain practice, giving thousands of patients new access to treatments they needed.

In 2005, Dr. Bassam returned home to

northern Virginia and founded The Spine Care Center in Manassas. His training and experience set him apart. As a board-certified anesthesiologist and pain management physician, Dr. Bassam can provide a more comfortable patient experience for spinal procedures. He provides in-office sedation to help patients avoid pain or anxiety during epidural steroid injections, spinal cord stimulator placements, radiofrequency ablations, and many other minimally invasive spinal procedures.

Dr. Bassam's extensive experience and skill allows him to use the most effective approaches to care and deliver medicine directly to the sources of pain. He was the first doctor in Virginia to perform the mild@ procedure for lumbar spinal stenosis (narrowing of the spine). He has also implanted many spinal cord stimulators and is one of the only physicians in the area who implants intrathecal pain pumps. His high-quality care has earned him repeated recognition as a Top Doctor in both *Washingtonian* magazine and *Northern Virginia* magazine.

Dr. Bassam is committed to his patients and supporting the Manassas community. He and his wife are raising their four kids in the area and have extended family throughout northern Virginia. In his free time, he enjoys horseback riding, reading, and scuba diving.



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Tracy Freeman, MD

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- Jaw bone, Nasal passage, sinuses, TMJ and airway assessment



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- Reactivation of natural collagen formation in the palatal soft tissue
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By Edward S. Pozarny, DPM
Arlington Podiatry Center

Swollen Toe Or Ankle? It Could Be a Gout Attack

night by a hot, painful feeling in your big toe or ankle? Did the painful joint appear swollen and red (inflamed)? These can be symptoms of a gout attack. Gout is a disease that affects the joints. Left untreated, it can lead to painful foot deformities and even kidney problems.

body. The uric acid forms crystals that collect in the joints, bringing on a gout attack. If you have many gout attacks, crystals may form large deposits called tophi.

swelling during an attack.

Medication may reduce pain and prevent attacks in the future. There are also some things you can do at home to relieve symptoms, such as resting and elevating the painful joint.

Who Is At Risk For Gout?

Men are more likely to have gout than women. But women can also be affected, mostly after menopause. Some health problems, such as obesity and high cholesterol make gout more likely.

Medications, such as diuretics (water pills), alcohol consumption and certain foods can trigger gout attacks.

Foods to avoid if you have gout include:

- Alcohol (beer, red wine)
- Certain meats (red meat, processed meat, turkey)
- Organ meats (kidney, liver, sweetbread)
- Shellfish (lobster, crab, shrimp, scallop, mussel)

Please see "Gout Attack," page 53

The good news is that by treating gout early, you can relieve the pain and help prevent future problems. Gout can usually be treated with medication and proper diet. In severe cases, surgery may be needed.

Treating Gout Attacks

The first step is having a doctor physically examine you. Your doctor will want to know where and how often you feel pain, about your diet, other medications you are taking and how much alcohol you drink.

X-rays may be taken to check for tophi or changes in your bones. Your doctor may take some fluid from your joint to check for uric acid crystals. A blood sample may also be taken.

A daily long-term control medication can reduce levels of uric acid. This may help prevent gout attacks. Other medications can help relieve pain and

What Is Gout?

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Pain Medications Can Impact Your Mouth

medicines on your mouth.

Step 1 – Take all medications as prescribed by your doctor. When you follow the directions for optimal use, you can sometimes spot side effects quicker. Drinking more liquids or using the restroom more often are signs that you may be suffering from dry mouth. Dry mouth is a reduction in healthy saliva that may lead to decay, fractured teeth, need for root canals, or loss of teeth. You can access medical benefits to treat effects in the mouth such as implants, crowns, or bridges.

Step 2 – Minimize recreational drug use. The negative impact on your mouth may include discoloration of oral tissues, bad breath, and poor oral hygiene. When you use drugs that interfere with your normal cleaning routine, you collect large amounts of plaque that harbor millions of germs. Those germs could ultimately lead to

Please see "Medications," page 53



By Tontra Lowe, DDS
Awesome Smiles Dental Care

Did you know that taking medications either by prescription or through recreational activities for pain can lead to issues with your mouth? Bad breath, dry mouth, and generalized decay are just a few of the awful, sometimes painful results. Careful use of any drug is key to managing your medical or dental condition. Here are a few key steps to reduce the impact of your

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

STOMACH ACID RUINS YOUR TEETH

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

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- ❑ Your mouth is a part of your body; certain medical conditions will impact your teeth and gums.
- ❑ You may be able to use medical benefits to help cover fillings, crowns, implants, dentures and gum disease treatment.
- ❑ Research shows there is a link amongst gum disease, heart conditions, such as hypertension/high cholesterol, and diabetes.
- ❑ Taking two or more medications may cause dry mouth and result in cavities, brittle teeth, or loss of teeth.
- ❑ We are one of the only general dentist offices in Northern Virginia that help patients access medical benefits for the mouth.

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Power Of Plants



By Laina Poulakos, Owner
Mother's Nature Aromatherapy

People are always looking for healthy ways to treat their bodies and the ailments they may have. It's nice to find natural remedies that make us feel better and when we aren't feeling so good they can help to get us back on track.

Herbalism is the use of plants and their parts for medicinal purposes. This includes the study of the plant and its healing properties. The use of plants as medicine has been used for thousands of years by virtually every

culture throughout history.

The ancient Egyptians used to give their slaves garlic to keep them from getting sick. The "noni" plant is Polynesia is revered there for its health benefits and people use it all the time. Fruits and vegetables are always touted for their health benefits and the assistance they give you to find disease and get over sicknesses.

There are over 300,000 species of plants that we have identified and many more to discover. Many are rich in active compounds that can have a profound effect on human systems.

The herbal medicine cabinet is full of wonderful plants that can be useful for so many ailments from killing bacteria, to relaxing the mind, and reducing inflammation. Some herbs even have a stimulating effect.

Others can activate the bodies own immune system to help fight off illness. There are so many ways to use herbs in capsule, teas, extracts, and essential oils. The power of plants is amazing. Nature's medicine cabinet is full of natural helpers.

Orthognathic/ Jaw Surgery: *When the Jaws Don't Align Correctly*



By Kenneth Blais, DMD
Northern Virginia Surgical Arts

Orthognathic surgery is required when the jaws don't align correctly. Teeth are straightened with orthodontics whereas corrective jaw surgery is required to reposition and properly align the jaw. This helps to improve facial appearance, proper alignment of the jaws and functionality of the teeth.

Who Needs Orthognathic Surgery?

For those who may suffer from

improper bites or jaws that are mal-positioned, orthognathic surgery might be a solution. As a child develops, sometimes the upper and lower jaws grow at different rates creating misalignment of jaws. This can affect chewing, speech, long-term oral health, and appearance.

Orthodontic treatment corrects bite problems involving the teeth; however orthognathic surgery will be necessary to re-position the jaw if the misalignment is too severe to be corrected by orthodontic treatment alone.

Certain conditions to evaluate if they persist are:

- Difficulty in chewing, biting, and swallowing
- Speech problems
- Chronic jaw or TMJ pain
- Open bite
- Protruding jaw
- Breathing problems

Please see "Jaw Surgery," page 44

Trigger Point Therapy Targeted Relief Of Pain and Stiffness



By Mary Wilkerson, CMT
Vienna Massage Therapy

for those who thought surgery and/or drugs were the only options left.

Trigger points can be laid down in the soft tissue as a result of overuse, repetitive use, accidents, injuries, or strains and can later wreak havoc even years after their initial formation. By calming the irritated trigger points responsible for causing discomfort and restricted range of motion over a series of high-frequency sessions, an experienced massage therapist can work with you to achieve results from issues you may have given up on.

Even stiffness, that you may have thought you just had to live with, can be caused by trigger points. Relieve yourself from the pain and stiffness that can sap your energy, impact your mood, and take away from the enjoyment of life.

Ask your doctor about trigger point therapy by a board-certified massage therapist.

Trigger point therapy, discovered by Janet Travell, MD, (John F. Kennedy's White House physician), has given non-surgical, non-drug problem resolution to many, many individuals. Skillfully applied, it targets the areas in the muscles that are actually triggering the symptoms and can provide remarkable results



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By Sheilah A. Lynch, MD

When Diet and Exercise Are Not Enough

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

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

Abdominoplasty, or “Tummy Tuck,” is a commonly performed



About the Procedure

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

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

Lipo360° and Brazilian



Butt Lift (BBL)

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

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

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

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By Richard E. Cook, MD
Cook & Siu PC

Enhance Your Appearance With No Downtime

size of fat by killing fat cells and also carry the added potential for side effects such as pain and infection.

Not only does UltraSlim have a two-inch fat loss at your first treatment guarantee, but there are no medications, no side effects, no pain, no surgery and no exercise required. It is the safest weight loss procedure there is with a risk one side effect cat-

egory – this means the procedure is as safe as a tongue depressor.

UltraSlim also works by stimulating collagen and elastin in the skin therefore it can also offer a non-surgical face-lift that can take years off your face for a younger look, and a non-surgical butt lift to help rid your legs of unwanted cellulite.

All patients begin with a con-

sultation by a board certified physician during which time you will learn about the technology, how it's used and how it works. Treatment usually begins on your first visit. The first treatment will last under an hour, so measurements can be taken. Following sessions will be 45 minutes, allowing 32-minutes of light time and dressing/undressing time.

If you've ever tried to lose fat by getting into shape, leading a healthier lifestyle or struggled with problem areas of fat resistant to diet and exercise, you know how hard it can be to see results, particularly for adults and women post menopause.

Welcome to UltraSlim®. UltraSlim is an FDA approved, non-invasive fat removal and skin rejuvenation treatment using a sophisticated, non-UV light photomodulation device designed by NASA. This light stimulates the body's natural breakdown of fats via opening pores on fat cell membranes and the fat leaks right out.

UltraSlim is the only non-invasive procedure approved by the FDA for immediate fat loss, with instant results in 32 minutes. This is guaranteed, or your money back. Patients usually lose on average 3.5 inches and 1.6 liters of fat during a 32-minute treatment. Compare this to the most popular competition, SculpSure or Coolsculpting, which take about three months to lose a stick of butter

UltraSlim® further indications for use include the "Entire" body for non-invasive/non-surgical, side effect free reductions in the Fat Layer and Body Contouring such as:

- Breast reduction for women (reduce a full cup size)
- Neck reduction
- Neck and décolleté skin tightening
- Legs, knees, and ankles
- Gynecomastia for males
- "Bingo wings" aka. Upper Arms and elbows
- Age spots (Solar Lentigo)
- Non-invasive Anti-aging Face Lifts
- Lipomas
- Atopic Dermatitis
- Skin Rejuvenation (UltraSlim's first FDA Clearance)

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Are Dental Implants Right For You?

By Zahra Kavianpour, DDS
Brighter Smile Family
Dentistry & Orthodontics

Patients primarily seek out dental implants for two reasons: cosmetic and oral health. If you have lost a tooth due

to injury, you may not be pleased with the overall appearance of your mouth and may be looking to improve your smile. Additionally, missing teeth—or even just one tooth—can have detrimental effects on your oral health, affecting how you chew and speak.

If left for too long, it can also lead to shifting teeth and bone loss.

If you are considering implants for missing teeth, an orthodontist can help you decide the appropriate course of action based on your needs and preferences. Ideal candidates for dental implants will meet the following criteria:

Healthy gums. Since dental implants are closely connected with, and surrounded by the gum tissues, ideal candidates will be free of periodontal disease, including gingivitis and periodontitis. Gingivitis is the mildest form of periodontitis and is often caused by insufficient oral hygiene. An orthodontist can provide you with information on professional treatment and home care to help reverse and manage gingivitis.

Healthy jaw bone. The titanium implant acts as a tooth root or anchor which will hold the individual crown or bridge, if multiple teeth need to be replaced. By a process called osseointegration, the jaw bone will heal and grow around the implant, bonding it in place. An orthodontist will ensure your comfort and relaxation with a local anesthetic.

Excellent oral hygiene. If you are committed to your oral health and hygiene, then dental implants may be for you. Implants and the surrounding



Zahra Kavianpour, DDS

gum tissue require diligent care to ensure they are both healing correctly and maintained. In addition to regular brushing, we recommend that you maintain regular visits with your orthodontist so that they can continually monitor any changes in the gum tissue and bone. Toothbrushes that can reach between each tooth are particularly helpful in getting to the hard-to-reach spots around your implant.

Non-smokers. Not only does smoking slow healing in the mouth, but it can contribute to implant failure since smoking weakens bone structure. If you are currently a smoker considering implants, it is recommended that you quit for your oral and overall health.

If you think you are a candidate for dental implants, contact a dental health professional today.

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JAW SURGERY

FROM PAGE 41

Preparation For Orthognathic Surgery

A team approach consisting of the general dentist, orthodontist, and oral and maxillofacial surgeon is essential to the successful outcome of the surgery. The general dentist will help maintain the health of the teeth and gums. The orthodontist will perform pre-surgical orthodontics to level the arches and align the teeth correctly in each jaw. By removing the dental compensations, the degree of skeletal defect is better realized and the surgical planning can then proceed. A post-surgical orthodontics is still required for final correction of the teeth positions.

The doctors at Northern Virginia Surgical Arts use the traditional and time proven model surgery using impressions of the teeth and performing mock surgery on the models to plan the surgery. However, three-dimensional imaging using an office CBCT and models as well as other advanced computer techniques to show the patient how the surgery will be performed on

specific cases. With comprehensive facial x-rays and computer imaging, you will get an idea of how your facial profile will appear after surgery. The goal is to explain the potential benefits and familiarize you with the process involved.

Surgical Procedure

Orthognathic surgery is performed in the hospital under full general anesthesia lasting 2-6 hours depending on the complexity of the surgery. After surgery, the patient can be discharged the same day or stay in hospital for 2-3 days depending on the length and complexity of the surgery. The maxilla (upper jaw) is separated then moved as one or more pieces and fixated in the planned position using small titanium screws and plates. The mandible (lower jaw) is split or separated in the back (ramus) then moved forwards or backwards and fixated using titanium screws and plates. The chin is also moved to increase or reduce the prominence and fixated

Please see "Jaw Surgery," page 54



Submitted By Sivakumar Sreenivasan, DMD, MDS
Dental Implant Center of Rockville

A Reason To Smile Again

All-On-Four Dental Implants

the first time. Most of that fear is probably due to the uncertainty, so here is the step-by-step process for getting an All-On-Four dental implants.

First, your dentist will want to make sure your comfortable, so either local or general anesthesia will be administered.

Second, the dentist or surgeon will prepare your mouth for the implants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

Next, they will begin the implantation process. This means they will insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of your mouth and two towards the back of your mouth so the “anchors” can evenly bare the force of the denture.

After the implants have been placed, they will thoroughly clean the surgical sites and suturing all the incisions. Then you'll be taken to a recovery room where you can relax and take time to wake up from the

anesthesia.

How Do You Know If the All-On-Four Procedure Is the Right Option For You?

At your All-On-Four consultation, you'll receive a 3D CT Scan. This scan will help determine if you need implants and assist your doctors in creating your treatment plan. So if you want to learn more about dental implants, simply schedule a consultation with an All-On-Four provider. It's the best way to find out how dental implants can change your life.

Can just four implants replace all of the teeth on the top or the bottom of your mouth? Thanks to advances in dental implant technology, that answer is a resounding yes.

Believe it or not, tooth loss is extremely common among adults, especially as we age. In fact, more than 35 million people in America are missing all of their upper and/or lower teeth. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called “All-On-Four” dental implant restoration.

All-On-Four: One Full Arch Of Teeth, Four Dental Implants

To fully understand this remarkable technique for replacing teeth, you should first understand what a dental implant is. An implant is a small titanium screw that fits inside your jawbone and replaces the root-part of a missing tooth. Minor surgery is required to insert the implants. Once the implant is in place, a crown is attached to give you a highly realistic-looking and functional prosthetic tooth.

Here's where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on the top of your mouth, and four on the bottom, to restore your full smile. That's the beauty of the All-On-Four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

Besides ensuring that your implants are permanently fixed in place, this bone fusion has another important benefit: it prevents future bone loss in the jaw. This helps to maintain a more youthful facial structure – and better oral health. But perhaps the biggest surprise about the All-On-Four is how quickly it can transform your life.

What's the All-On-Four Dental Implant Procedure Like?

It can be scary to get implants for

All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

Thanks to advances in dental implant technology, just **four implants** can replace all of the teeth on the top or the bottom of your mouth.

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Highlighting Your Hair

By Mina Hosseini, Color Specialist
Alya Salon & Spa

There are various ways to highlight the hair. The most popular highlighting techniques are foil highlighting, babylights and balayage. Foil

highlighting is the process of using foil to separate strands of hair, thick or thin, depending on preference. The process is done by applying lightener to the hair that has been woven and separated using an applicator brush.

In highlighting hair, hydrogen

peroxide is mixed with pigment and is used to change the color of the strand. This process is also used in applying lowlights to the hair. In this process hair dyes are used to create strands of hair that are darker than the natural color. This technique is a great tool for achieving higher lifting highlights.

Babylights balayage is a fantastic technique for natural blending and giving a lighter look without entirely changing your hair color. It bumps up your base while avoiding the sometimes flat appearance of an all over color. It can also match hair color to your eyebrows and skin tone.

Baby hair is naturally lighter at the crown and ends. The babylights technique recreates the same effect by placing finer accents at the hairline while softly graduating to more saturated ends. Just like baby hair, the best babylights start softly at the scalp and are the lightest at the ends.

The balayage is a popular technique that creates super soft, sun-kissed color throughout the hair. Ombre (literally translates to "shaded" in French) is the blending of one color hue to another, usually moving tints



Mina Hosseini

and shades from light to dark. Sombre is a much softer and gradual shading of one color to another.

After highlighting the hair, sometimes a toner is used to get rid of brassy hair tones. The toner works most noticeably on light hair. It does not lift or permanently change the color of hair, but rather adds a tone over it. To keep highlights more smooth, shinier and less frizzy, it's best to get a hair gloss treatment that closes the cuticles.

The last step after a chemical service is to use color-preserving shampoo and conditioner, such as Davines, which is great for nourishment, shine, protection, volume, hydration, elasticity, smoothness and daily care. It contains natural and safe ingredients.

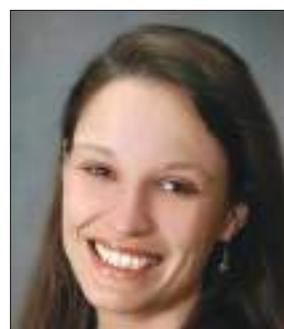
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The Power Of Play



Dr. Jessica L. Cardwell, PsyD
Licensed Clinical Psychologist

Unfortunately, significant mental health problems can and do occur in young children. Approximately 17% of preschool children suffer from a mental health disorder, with more than half severely affected. Mental disorders in young children involve serious changes in the way they behave and handle their emotions, causing distress and problems coping with basic daily stressors.

Among the more common mental disorders diagnosed in young children are anxiety disorders, depressive and bipolar disorders, and hyperactivity and behavioral disorders. Early experiences shape the architecture of the child's developing brain and lay the foundations for sound mental health. Thus, disruptions to this process can impair a child's capabilities for learning and relating to others, with lifelong implications.

The good news is these early childhood mental health concerns can be effectively treated and managed through the power of therapeutic play. Play therapy is a type of therapy where therapists allow the child to play during sessions, sorting through complicated feelings and using play

"You can discover more about a person in an hour of play than in a year of conversation."

-Plato

People often think of play as pleasurable behavior solely for amusement, but it is far more than that. Play is central to a child's healthy cognitive, motor, language, emotional, and social development. It is crucial for children's creativity, exploration, physical skills, self-regulation, and social learning. In effect, play is a creative process which enhances every domain of a child's development. This to a child is what speaking is for adults, it is their medium for expressing themselves and processing their world.

Please see "Power Of Play," page 53

Could Your Family Benefit from Mental Health Support?



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- Family Therapy
- Parent-Focused Therapy
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Braces: What To Expect

By Swathi Reddy, DMD
All Smiles Orthodontics

Do Braces Hurt?

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

In less modern times, only stiff

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

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

Braces should not interfere with your ability to go back to school or

work. Your lips and cheeks may take some time to get adjusted to braces. If additional appliances are placed inside your mouth, you may need some time to get used to talking with them.

Will I Need To Get Shots?

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

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

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

Can I Get Braces If I Am Pregnant?

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



Swathi Reddy, DMD

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

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

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

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Secrets From Your Realtor

What You Might Not Know When Preparing Your Home For Sale



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

the Price Of Your Home

It can be hard to understand how the price of your home is determined and this is one of the key reasons that you should work with a local realtor. Your realtor understands your neighborhood, current housing prices in the area and the expected projection of the cost of your home. They can determine the price to get you the best return on your home and ensure that even throughout negotiations you receive a fair price.

2. Begin Preparing For Your Move Early

It's easy to get wrapped up in the specifics of the sale of your home and neglect preparing for the move itself. This includes ensuring that you find the right new place to call home – especially if you're a senior looking to move into an assisted living facility.

Downsizing your home and moving into a senior care facility can be a life-changing process. In this edition of W Home's Senior Selling article we're going to tell you a few secrets from your realtor that you might not already know, and will help you along the way:

1. There's a Science To

Please see "Home For Sale," page 53

Maintain a Healthy Life

From the Eight Constitutions



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

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

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

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

They also have excellent musical talent and foreign language aptitude. Children of this type are known to be musical prodigies. On the contrary, people who have the wood body type have a strong liver Qi but they have a very weak lung Qi. The feature of the liver is power. They store information little by little. For this reason, they dislike expressing their feelings and store their thoughts and emotions inside.

However, they think through problems carefully and have excellent ability for the application of knowl-

edge. If they study several books on one subject, it is going to be difficult to take in all the information. So, it is better to focus on one book and reread

it a couple of times.

For people who have earth body type, they have strong spleen Qi.

Please see "Healthy Life," page 53

Spravato: New Treatment For Depression



By Colleen Blanchfield, MD
Full Circle Neuropsychiatric
Wellness Center

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

In the United States, major depressive disorder (MDD) is a common mental health disorder affecting 16.2

million Americans annually. Patients with depression may need several trials of antidepressants before achieving a positive response. Of those who seek treatment, only 60% will respond to medication and many of those will require trials of several medications before experiencing remission. The 40% of patients who do not respond to medications are considered to have treatment resistant depression (TRD). These patients will continue to experience symptoms of sadness, decreased motivation and energy levels, and persistent thoughts of death or suicide.

Treatment resistant depression affects the outcomes of other medical conditions and reduces life expectancy. It is a leading cause of disability in the United States and worldwide. For years psychiatrist have struggled to help these patients.

In March 2019, the FDA approved esketamine, (sold under the brand name Spravato®) for patients

Please see "Depression," page 54

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Mental Health In a Digital World



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

too much interference. Thankfully, the mental health field has been utilizing the benefits of telehealth over the years and due to the recent shutdown, has proven to be for the best.

With so much uncertainty going on in our world, therapy is needed now more than ever. Many have the ability to solicit continuous support to deal with their mental health challenges that can be heightened during difficult times. While some may question the validity of telehealth, it is important to

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In the middle of the COVID-19 pandemic, companies across the globe have become increasingly grateful for the technology that allows telework to be a viable solution to ensure that business continues without



note that virtual sessions can be just as impactful as in-person sessions. That said, here are some wonderful benefits of telehealth:

- **Convenience.** You never have to leave the comfort of your home and therefore may be able to feel more relaxed during your sessions.
- **Affordable.** Many insurances offer coverage for telehealth sessions. Even if your insurance does not cover telehealth sessions, many therapists offer affordable rates.
- **Simple.** All you need is access to a phone or a computer to utilize telehealth services.
- **Consistency.** You never have to worry about missing a therapy appointment if you cannot physically make it to an appointment. Telehealth allows for you to stay consistently in line with your treatment plan.
- **Support.** You can have support when you need it most and not wait for an in-person appointment to deal with issues that you cannot process on your own.

Telehealth makes mental health services convenient and accessible. Often, the breakthrough you need is just a phone call away.

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Acupuncture For Pain Relief



By Betsy Golem, LAc, DiplAc
Meridian Healing Works

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

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

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

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

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

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

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

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

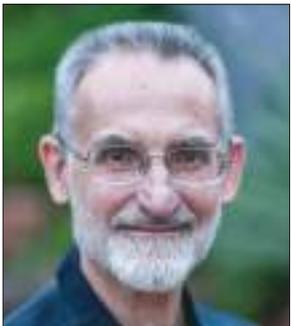
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Finding Happiness In a Relationship



By David Trautmann, LCSW
New SpiritTherapy

Many people have so much angst and drama over relationships and marriage. But really, one can save themselves a lot of grief and distress by conscientiously following a few simple rules:

First, prepare for a relationship. Qualities of character are most important in worthwhile relationships. Developing virtues, skills and integrity leads to success. Clarity about life goals and achieving them indicates readiness for lasting relationships. This includes having clear ideas about what you want and being sure your partner shares that ideal.

Next, carefully select a prospect for

trustworthiness, healthy habits, good behavior and reliability. This requires getting to know them very well, over time.

Most importantly, check for loyalty and commitment – in yourself, too. Commitment and character are foundations for trust, which builds lasting relationships, and is required for true closeness, real intimacy, personal and family progress, and happiness.

In seeking that ideal relationship, one should draw on one's "higher power". Consult parents for guidance and approval. Wise input could prevent bad misjudgments and approval could bestow benefits of harmonious family relationships.

Mutual commitment should be established before sexual relations, to avoid complications without the foundation to sustain the weight of loyalty to another, or to children that may result.

One's purpose in relationships should be to give love, and should not be contingent on getting love.

Commitment to each other should be explicit, specific, and mutually agreed and regarded as sacred, then formalized and made legal for the protection of all parties.

Please see "Happiness," page 54



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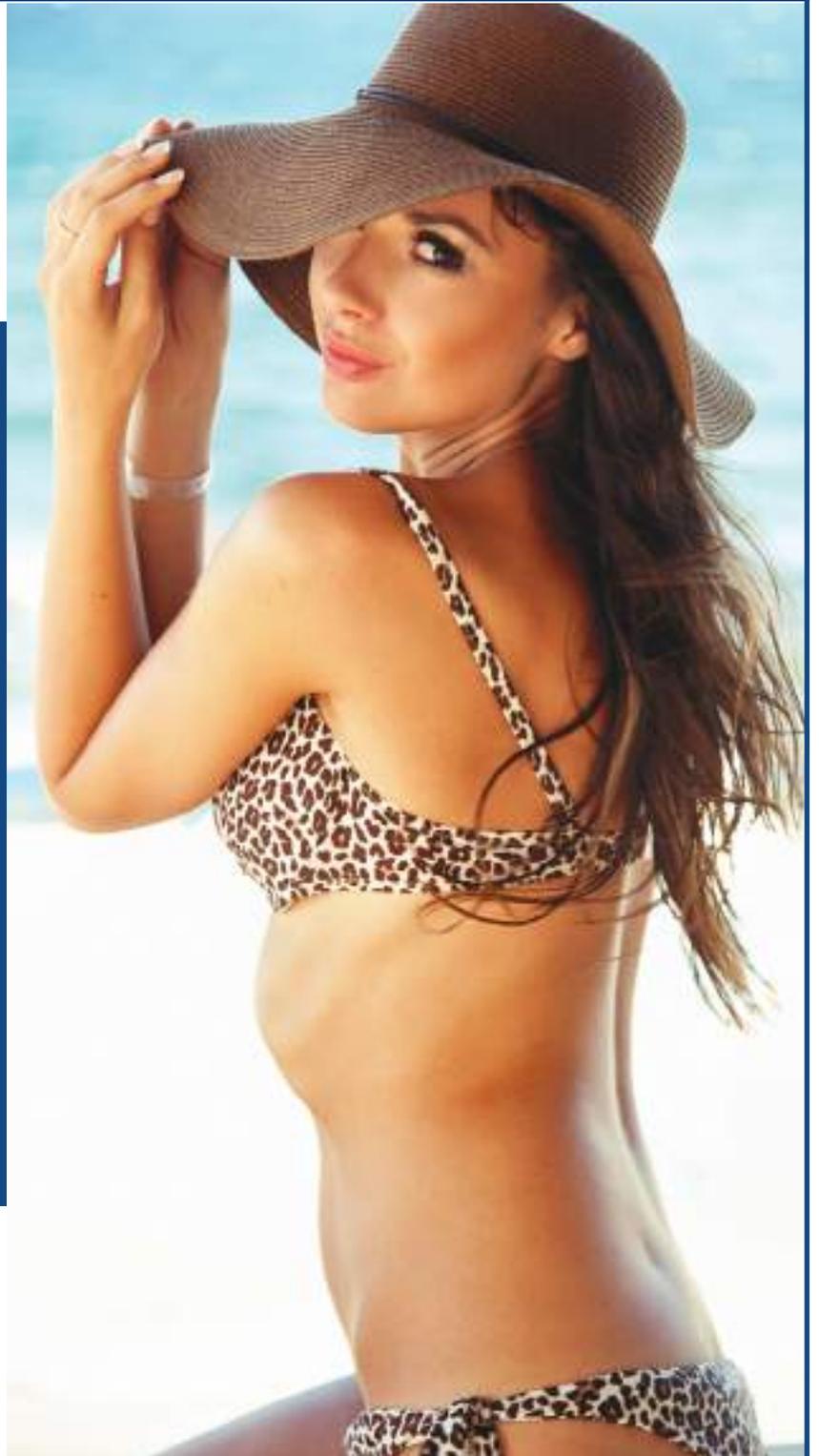
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HEALTHY LIFE

FROM PAGE 49

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

People who have water body types have a strong kidney jing Qi. The kidney is the cold nature organ. They are very sensitive to cold weather. They always have cold hands, feet, and body. They show admirable pres-

ence of the mind, are not easily excited by sudden environmental changes and are always composed and calm. They usually have logical thinking and have delicate and detailed personalities.

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

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

HEALING

FROM PAGE 25

The solution is twofold:

1) Decrease the baseline stress in the body. Reduce muscle tension, flush excess stress chemicals out of the body, decrease thought patterns and emotions that keep us locked in stress. Old injuries, traumatic events, toxins, even postural changes through childhood can leave us with these patterns and can be stored anywhere in the body (muscles, tendons, organs, brain). As we release the triggers keeping the body locked in tension, we start to rapidly reverse pain. We also boost the body's natural pain-relievers by increasing endorphins and other natural opioids.

2) Identify other stressors weakening the body. Traumatic events,

thought patterns and even forgotten memories from our past can keep our nervous system in overdrive. With energy medicine, we pinpoint where these stresses are stored (organs, muscles, nerves, vertebrae, etc.) and release them. Once we release these blocks from the body's tissues, the body can relax and pain levels decrease. We can do this without reliving or discussing past traumas with energy medicine.

Your body knows how to improve your physical symptoms. Ask it what it needs to finally move forward, repair, and be free of pain using energy medicine.

What is blocking your body from healing? Let's ask and find out.

GOUT ATTACK

FROM PAGE 40

- Certain fish (anchovy, sardine, herring, mackerel)

Prevention

Here are some things you can do to prevent gout attacks:

- Avoid alcohol and foods that trigger gout.

- Take any long-term control medications prescribed by your doctor.
- Lose weight if you need to.
- Control blood pressure and cholesterol.
- Drink plenty of water to help flush uric acid from your body.

POWER OF PLAY

FROM PAGE 46

to communicate at their own level and pace without feeling interrogated or threatened.

Their emotionally significant experiences can be expressed more comfortably and safely through the symbolic representation the toys provide. Whatever the reason for referral, the play therapist has the opportunity to experience and actively deal with that problem in the immediacy of the child experiencing it.

Research shows about 80% of young children show improvement

with play therapy. The interventions are very useful in helping reduce symptoms, improve adaptive and coping skills, and even improve parent-child relationships since parents can be integrated into young children's play therapy.

So, if you have a struggling preschooler take comfort in knowing play therapy provides highly effective, non-invasive, and enjoyable treatment. With the support of early intervention, you can set your child up with the coping skills they need to thrive once they begin kindergarten.

CHRONIC PAIN

FROM PAGE 30

What is the process of moving forward with a pain pump implant? How do patients know if it is the right therapy for them?

One of the unique aspects about the pain pump is that patients get to "test drive" the therapy first before deciding to move forward with the permanent implant. The "test drive" is also called the pain pump trial and is done in the office under fluoroscopy. The medication is injected directly into the patient's intrathecal space as a single shot bolus and patients leave the office after the procedure with a pain diary to document their pain relief and their duration of pain relief.

Typically patients will know immediately after the trial whether or not their chronic pains have been addressed with the procedure and they are seen in follow up within one week after the procedure.

Intra-operatively and post-operatively what can patients expect?

The surgery for the pain pump im-

plant is done in an ambulatory surgical center and is an outpatient surgery. Post-operatively, the patient is seen in the office weekly for adjustments until they begin to experience relief equivalent to their trial experience. This may take 4-6 weeks and depends on a multitude of factors that is unique for each patient.

There are also a multitude of options after the pump is implanted that can be customized for each patient. For example, the pump can be programmed to either allow the patient to self-administer extra doses throughout the day during times of breakthrough pain or if a patient knows when they typically have breakthrough pain the pump can be programmed to automatically deliver boluses during those times.

Ultimately the goal of the pain pump is to improve the patient's ability to function and participate in daily activities that may have previously been limited by their chronic pain state.

MEDICATIONS

FROM PAGE 40

periodontal disease and decay.

Step 3 – Seek medical attention if you develop an addiction. Opioid use has skyrocketed in the nation, and seeking professional help is key to re-establishing your confidence. Deep, dark cavities at the gum line, "soft" enamel that brushes off, and severely decayed teeth that break easily are commonly associated with people with drug addictions. The drugs cause behaviors to change, and most don't recognize or care that their oral hygiene and eating habits change for the worse. The stigma associated with this excessive drug use is hard to overcome. Seeking treatment by

your dental professional to remove brown stains, treat decayed teeth with crowns or bridges, or replace non-restorable teeth with implants or dentures may be covered by your medical insurance.

Taking multiple medications for pain or anything else can impact your mouth. Using medical insurance to help cover fees for treatment of the mouth can save you thousands of dollars. You already pay hefty premiums so why not use them? Make sure to see your dental professional for questions related to how multiple medications can negatively impact your mouth and overall health.

HOME FOR SALE

FROM PAGE 48

By leaving the "heavy lifting" of the sale to your realtor this frees up your time to ensure that you're prepared to find the right home, that you're able to facilitate the movement of your home downsizing and giving you some much needed time to relax during this time in your life.

3. Your Realtor Is Your Ally

When it comes to selling your home, your realtor is your best ally. They not only understand the ins and outs of real estate in your area, they are also there to act as your advocate. They will handle all negotiations and be able to wade through the paperwork

ensuring that you are protecting your investment and setting up your sale for success. In addition, your realtor can provide objective advice to ensure that your home is prepared for viewings and act as your representative.

Selling your home can be stressful but it doesn't have to be, which is why it's imperative to have a realtor with experience in Senior Selling transitions. These realtors will have years of experience working with seniors and home downsizing and are more than happy to help and answer any questions that you might have. Contact a realtor today.

CELLULITE

FROM PAGE 21

nism for the treatment of moderate to severe cellulite is unknown.

How Do I Know If Qwo Is Right For Me?

Your doctor will determine if you are an appropriate candidate for QWO.

Are There Side Effects of Qwo?

Some side effects of Qwo include: allergic (hypersensitivity) reactions, including anaphylaxis, and injection site bruising.



IMPLANTS

FROM PAGE 21

the malabsorption syndrome caused by gastric bypass surgery.

This article is not suggesting that people go off their medications, but

the physician, patient and implant dentist have to communicate and be in agreement after talking about that subject.

JAW SURGERY

FROM PAGE 44

with titanium screws and plates. Bone grafting using the hip, bone removed from the mandibular movement, skull, or bone bank is also done as needed to bridge the bone defects and for cosmetic correction due to skeletal defects.

After the surgery, the jaws are guided with rubber bands placed on the upper and lower braces. However, in rare cases, the jaws may be wired together for up to six weeks. The surgical splint is also placed to help guide the teeth in the new jaw positions.

FINDING BALANCE

FROM PAGE 4

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 laser is another new 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 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 anyone who worries about looking unnatural with Botox, the key is to get your treatment from a real expert

HAPPINESS

FROM PAGE 51

The importance and romance of weddings shouldn't overtake the importance of marriage itself, where unity and collaboration are all-important, nor should it burden the couple with debt.

Marriages should be characterized by unity and agreement. One should dedicate oneself to the other's well-being, and through communication freely express views, feelings and opinions with kindness, listen to the other with empathy, and make decisions collectively and equally.

In modern relationships, both partners must be equal. But as a mother, the woman has a need and right to support. Relationships should be based on accep-

tance, not on efforts to change the other.

Ultimately, the purpose of marriage is not only for happiness and mutual assistance, but establishing a stable and loving family, which is the optimal environment for children. This noble aspiration can greatly enrich lives, bringing joy and happiness.

Counseling can greatly help along the way, whether it's with one individual or couples, before marriage or after. It can save time, money and heartache down the road. The perspective and input of a professional with experience and expertise brings benefits and better chance for a happy life.

DEPRESSION

FROM PAGE 49

with TRD. Esketamine has a novel mechanism of action to offer patients relief from depression. It is self-administered via non-invasive intranasal dosing in a physician's office. It is given in conjunction with routine antidepressant medications.

Many patients who have tried esketamine report they feel more like themselves again. They note improvement in focus, energy, and describe

marked improvements in mood. Patients describe improved interest and participation in activities with friends and family.

Patients who have tried and failed at least two antidepressant medications are potentially eligible for this medication. Patients who feel that they have TRD and are interested in esketamine treatments, should contact a local certified Spravato treatment center for information.

who understands how to reshape your face and preserve natural expressions rather than the "Botox 101" face-freeze or dropping your 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.

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 year has brought many challenges, but also new appreciation of the value 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.



By LaSondra Gray,
CLA, CQA, MBA
Reflections Image Center

Soften the Lines – But Don't Lose the Edge

Dermal Fillers

Wrinkle fillers, including Juvederm, Restylane, Perlane, Radiesse and Bellotero, were created to smooth out deep wrinkles, especially ones created by sun damage and the aging process – they can even be used on any indentation in your skin, such as scars.

Wrinkle fillers add support and padding to the face for a younger more youthful appearance.

Wrinkle fillers are injected underneath the skin – right underneath the wrinkle itself – and act as a physical

support system for the skin. Wrinkle fillers add foundation to the skin and collagen and hold up areas that have become indented.

Laser Toenail Fungus Removal

Toenail fungus (onychomycosis) is an infection that grows beneath the nail, causing it to thicken and discolor. As the infection worsens the toenail may become brittle and even break-off. If left untreated, the surrounding skin may become inflamed or infected – making it painful to walk or to wear shoes.

It's also particularly unsightly,

hence the hiding of toes all summer long. So in addition to a potentially painful infection, it's not uncommon for men to avoid exposing their feet at the pool or in open-toe sandals. Laser treatment is ideal for removing toenail fungus safely and effectively because it delivers light energy to gently kill the toenail fungus and fungal spores. The end result is the total clearance of all toenail fungus, so Dad can go back to enjoying his favorite pair of sandals again.

An increasing number of men are looking to fight back against the toll of aging, stress, and long work hours. They want to look their best, but most men don't want to lose their *edge*. They are interested in addressing the signs of aging while still maintaining a masculine appearance.

Some common concerns for men as they age are fine lines and wrinkles, large pores, facial redness, scarring, sun damage, and even toenail fungus.

That is why the following treatments for men can be a perfect Father's Day gift this year!

Botox

Fine lines and wrinkles aren't just a nuisance for women. Many men find that the first signs of aging hinder their self-confidence. Botox, or "brotox", can temporarily treat the common signs of aging in the upper face such as:

- Crow's feet around the eyes
- Deep lines and wrinkles in the forehead
- Frown lines between the eyebrows

A Botox session only takes about 15 minutes to an hour. There is no recovery time needed, and final results will be experienced in 3-7 days. The effects of Botox last anywhere from 3-6 months and can be easily maintained with repeat treatments.

Laser Rejuvenation

IPL (intense pulse light) Photofacial is a remarkable and gentle treatment for troublesome rosacea, facial vascular redness, large pores, sun damage and hyperpigmentation, as well as preventative and maintenance treatment for general signs of aging.

IPL Photofacial is a non-ablative therapy, which means that it does not harm or remove the upper layer of the skin. Instead, it focuses on deeper skin layers to promote new collagen production and small vessels such as capillaries to improve skin tone, smoothness and appearance.

This Father's Day, GIVE DAD SOMETHING SPECIAL



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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

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

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