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Articles & Advice From Local Doctors!
PLUS: Beauty & Skin Care • Dental Implants
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By Deeni Bassam, MD, DABPM
The Spine Care Center

The Effects Of Pain

are as varied as they are widespread and include psychological effects, such as depression and irritability. Simple lifestyle 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

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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Feel Your Best At Any Age



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

If you ever look in the mirror and realize that what you see doesn't reflect the real you, you may wish to check out some new strategies that can balance how we look with how we feel and empower us to feel our best at any age.

The secrets are three innovative technologies – radiofrequency, ultrasound and laser resurfacing. And the key is to select the right technology for the right purpose.

You may be familiar with older

or original radiofrequency treatments such as Thermage and Exilis Elite. Now, there are next-generation lasers such as Exilis Ultra, Ultherapy or Sofwave, CORE (CO2RE) Laser and GentleMax. They feature an innovative combination of laser energies to tighten your skin, smooth wrinkles, fade sunspots, scars and spider veins, and remove unwanted hair. Some can even remove unwanted fat to re-contour your chin and body, and treat cellulite. The results are stunning, scar-free, typically take only minutes, and require little or no down time.

The science behind this breakthrough technology is fascinating. The Exilis Ultra is the first laser to combine radiofrequency and ultrasound energies, to give better and faster results. The Exilis Ultra has a unique, dual-treatment capability to tighten skin and stimulate formation of new collagen and elastic tissue – and also removes unwanted fat. Exilis Ultra achieves dramatic re-contouring of your face, jawline, arms, abdomen,

Please see "Feel Your Best," page 44

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Sports Eye Safety

By Jacqueline D. Griffiths, MD
New View Eye Center

From major league stadiums to small-town courts, America's favorite pastimes make great memories for many. But for more than 42,000 athletes, those memories are ruined by eye injuries, the vast majority of which were preventable.

Injuries range from abrasions of the cornea and bruises of the eyelids to internal eye injuries, such as retinal detachments and internal bleeding. Many of these injuries lead to vision loss and permanent blindness.

The thousands of eye injuries each year aren't only from basketball, baseball, football and hockey. Soccer, tennis, golf and water sports are also dangerous to the eyes. Each activity has its own specific protective eyewear, so when selecting eyewear make sure it is appropriate for your sport.

Today's athletes can choose from various types of sturdy, lightweight and effective eyewear. When properly fitted, eyewear does not hinder performance and can prevent 90% of sports eye injuries.

So when participating in sports, be sure to:

- Select protective eyewear that is appropriate for the sport
- Be sure eyewear has polycarbonate lenses or shields

- Have eyewear properly fitted by an eye care professional

Eye Safety For Children

Accidents resulting in eye injuries can happen to anyone. More than half of all eye injuries occur in people under the age of 25. Of the 100,000 eye injuries that occur annually, 40% occur during sports or recreational activities. In the 5-14 age group, baseball is the number one cause of sports-related injuries. In the 15-24 age group, basketball is the most common cause of eye injuries, with injuries caused by contact with fingers and elbows. Perhaps the most startling statistic is that 90% of all eye injuries could be prevented.

It is important for parents to familiarize themselves with potentially dangerous situations at home and in school and to insist that their children use protective eyewear when participating in sports or other hazardous activities.

Eye Safety At Home and In the Yard

To provide the safest environment for your children, select games and toys that are appropriate for their age and responsibility level.

Provide adequate supervision and instruction when your children handle potentially dangerous items, such as pencils, scissors, forks and penknives. Be aware that even common household items such as paper clips, bungee cords, wire coat hangers, rubber bands and

fishhooks can cause serious eye injury.

Avoid projectile toys such as darts, bows and arrows, and missile firing toys. Do not allow your children to play with non-powder rifles, pellet guns or BB guns. They are extremely dangerous and have been reclassified as firearms and removed from toy departments.

Keep all chemicals and sprays such as sink cleaners or oven cleaners, out of reach of small children. Do not allow children to ignite fireworks or stand near others who are doing so. All fireworks are potentially dangerous for children of all ages.

Do not allow children in the yard while a lawn mower is in use. Stones and debris thrown from moving blades can cause severe eye injuries.

Demonstrate the use of appropriate protective eyewear to children by always wearing protective eyewear yourself while using power tools, rotary mowers, line lawn trimmers, or while hammering. Children will learn by your example.

Whatever your game, whatever your age, you need to protect your eyes. See your eye care professional today for appropriate protective eyewear.

When an Injury Does Occur

It is always best to have an ophthalmologist examine the eyes as soon as possible when an injury does occur. The seriousness of an eye injury may not be immediately obvious.



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"

Washington Post Magazine

Voted

"Top Ophthalmologist"

Washingtonian Magazine
& Northern Virginia Magazine

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

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

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

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

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



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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.

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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By Dima Ali, MD
WellMedica Aesthetic &
Anti-Aging Medicine

What's Your Vagenda?

Non-Invasive Vaginal Treatments

all results may vary depending on the patient, yet only positive feedback has been received. Many patients have found a new confidence in their intimate relationships, stating ThermiVA has changed their sex lives for the better. Women have admitted to experiencing their first vaginal orgasm after only a few ThermiVA treatments at WellMedica!

What Is ThermiVA?

ThermiVA is a non-surgical option for vaginal rejuvenation. Treatments use radiofrequency energy to gently heat tissue to reclaim, restore and revive feminine wellness, without discomfort or downtime. ThermiVA uses a special wand applicator which may be applied externally to labia and vulvar tissues to restore normal tissue tone and function. The specially designed handpiece also delivers radiofrequency energy inside the vagina to revive atrophic tissue and other structures.

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- Comfortable, in-office treatments.
- Three 30-minute sessions, one month apart.
- May resume sexual relations same day/night.

- Noticeable improvement after first or second session.
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So What Is Your Vagenda?

- Do you feel vaginally "loose" since childbirth and/or menopause?
- Do you feel dry during intercourse?
- Do you have trouble reaching orgasm?
- Do you occasionally dribble or leak when you sneeze, cough or exercise?
- Have you ever "not quite made it" to the bathroom on time?
- Have your intimate relationships suffered due to these changes?
- Are you experiencing loss of self-confidence? Loss of interest in sex?
- Loss of desire?

Did you answer "YES" to any of the statements above? If so, ask about ThermiVA today!

At WellMedica we offer VagiNu (for women with both sexual issues and incontinence) and VagiTite (V-Tite) for those just seeking to improve pleasure. Women who have vaginismus also have options such as VagiTox. The use of botox in the intimate area has changed women's lives for the better.

Excessive stretching of the vaginal muscles is a common occurrence after vaginal birth or due to aging. Damage can diminish sensation during sexual activity, reduce satisfaction and change the relationship between partners. ThermiVA is allowing women to take back control of their bodies – reclaim your pre-baby body, restore your well-being and revive your relationships!

ThermiVA Testimonial

"I didn't tell my husband I was getting these treatments done, then one night when we were having sex he asked 'what's going on, you've never been this tight before!' — I finally broke down and told him about ThermiVA."

Many ThermiVA patients at WellMedica Aesthetic & Anti-Aging Medicine have experienced drastic results after only a few treatments. Of course,

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- S.D. (Reston, VA)

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Dima Ali, MD

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

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

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

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

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



Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

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

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

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

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

Volunteers Being Sought

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

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

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

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

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

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

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

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



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



Accurate Diagnosis

Access to the most advanced diagnostic tools available at no cost.



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

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

571-418-0142

Fairfax Clinic

8316 Arlington Boulevard
 Suite #420
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hello@re-cognitionhealth.com

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

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

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Do I Need a Periodontist?

By Karl A. Smith, DDS, MS

A periodontist is a dentist who specializes in the prevention, diagnosis, and treatment of periodontal (gum) disease, and in the placement of dental implants. They are experts in the treatment of oral inflammation as they complete three additional years of education beyond dental school in order to treat periodontal problems. They are familiar with the latest techniques for diagnosing and treating periodontal disease, and are also trained in performing cosmetic periodontal procedures and managing complex health conditions.

What is periodontal disease, and am I at risk of developing it? The term “periodontal” simply means “around the tooth.” Periodontal disease affects the gums and bones supporting the teeth. Periodontal disease is generally attributed to “out-of-control” mouth bacteria. Factors, such as smoking or tobacco use, poor nutrition, stress or pregnancy, may also put you at risk of developing gum disease. One in two people have some form of periodontal concern that should be addressed.

Is periodontal disease contagious? Although it is not an airborne disease, research has indicated that the bacteria that cause gum disease can be passed through saliva. Therefore, families and couples who may be in close contact with a person with gum disease are also at risk. We recommend being screened for periodontal disease regularly if you are potentially at risk, particularly if you have a family history of periodontal disease or tooth loss.

My gums bleed when I brush. Is this normal? Healthy gums should not bleed when you brush your teeth. This is one of the early signs of gum disease. Other signs of gum disease include red, swollen or tender gums; sores in your mouth; gums that have pulled away from the teeth; persistent bad breath; pus between the teeth and gums (leaving bad breath); loose or separating teeth; a change in the way the teeth fit together or new spaces; and a change in the fit of partial dentures. If you have any of these symptoms, you should schedule an appointment with an experienced periodontist for a complete periodontal screening.

What is a typical periodontal treatment? Periodontists treat very minor periodontal issues to more problematic periodontal concerns, such as those with severe gum disease or a complex medical history that includes diabetes or cardiac issues. They offer a wide range of treatments, such as deep cleaning, correcting thick or overgrown

gums, and growing new bone around your teeth. In addition, periodontists are specially trained in the placement and repair of dental implants.

What happens at my first visit? During your first visit, the periodontist will review your complete medical and dental history. It is extremely important that you share all of the medications that you are taking, or if you’re being treated for any condition that can affect your periodontal care, such as heart disease, diabetes,

pregnancy, or lupus. Your periodontist will examine your gums, and check to see if there is any gum or bone loss, assesses how your teeth fit together when biting, and will check to see if any of your teeth are loose. He or she will also use a host of diagnostic tools to evaluate the stability and foundation of your gums and teeth. X-rays are generally taken to observe the health of the bone below the gum line. This is usually a simple and painless process that can give the periodontist

a great amount of data to ensure overall dental health and wellness.

Do I need a periodontist? The likely answer is that if you are age 35+, have a family history of tooth and gum issues, have any systemic illness, and/or are considering braces or spending a great deal of money on cosmetic dentistry, it is a good idea to complete a thorough periodontal evaluation right away. Early detection can save you much time and dollars in your dental future.

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Patient reported benefits of this therapy include controlled blood sugar levels, 95% improved neuropathy, 76% improved in at least one diabetic complication, 63% decreased A1c, 43% reduced medications, others reported reduced symptoms of Alzheimer's and dementia, improved sleep and mood, restored energy, weight stability.

Living with diabetes can be challenging, leading to symptoms like low energy, impaired eyesight, neuropathy, resistant weight, and uncontrolled blood sugar, poor wound healing and even amputation. However, there is hope. A groundbreaking infusion therapy called Physiologic Insulin Resensitization is now available to address the underlying cause of diabetic complications.

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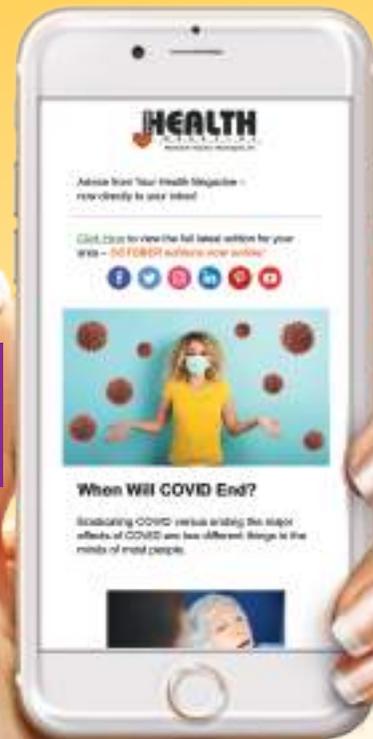
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TMJ Disorder and Exercise

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

When it comes to TMD (temporomandibular joint disorder), there are many things that a person has to consider when looking for successful treatment. With TMD, most of the time the articular discs that cover the con-

dyles (the cartilage on top of the jaw bones) are displaced and will pinch nerves and blood vessels. This leads to head and neck pain. Oftentimes too, when a person has TMD their cervical spine (neck) is compressed, so now you have more nerve compression as well. Since the C spine and TMJ work together, one can greatly affect

the other.

So now let's discuss the ramifications of exercise and how it can and will affect the outcome of TMD treatment. When a person runs, as you can well imagine, the neck takes a pounding which compresses the spinous processes. This can, and will, in turn affect the TM joints. This is why



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

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

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



running during TMD treatment is really not recommended. An alternative to running is the elliptical machine. This is a no impact device that allows for a great cardiovascular workout with no compaction to the neck. You have to keep your mind on improving the health of those joints and cervical spine.

Another aspect of exercise is weightlifting of course. Most people really do not want to hear that they should not be lifting weights during their course of TMD treatment. The reason for this is that when you lift something fairly heavy, this pulls on the neck muscles – the sternocleidomastoids. These muscles connect directly into the jaw joint and will pull on a displaced disc. You can well imagine that is not a good thing. Another factor is that lifting above shoulder level causes the body to pull more on the neck than it should. This can hurt the joints as well. Once again, this type of exercise will compromise your ability to heal.

Now let's bring up a four-letter word that comes up quite often: GOLF. So here you are newly retired, living in a house at the country club, new to the game, or just looking to a retirement in place where you can play golf every day of the week. Along comes the TMJ specialist who tells you not to play until you are better. You have a choice: Get better or not. One path means that you must take a hiatus from using those amazing Ping custom-made clubs and telling your friends about the hole in one you got. The choice is to sit at home and use the elliptical machine and get better.

This problem occurs whether it's golf, tennis, or pickleball. You must make a choice and live with it for some time. This is not permanent but when you get back into it, you may find your stroke, and strength improved. As you can see, dealing with TMD takes some effort. For some folks it means sacrificing their normal activities so it's good to understand all this before treatment begins.



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
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Your Guide To Choosing the Right Toothbrush

By April Toyer, DDS, FAAPD
Lifetime Dental Care

Patients often ask about the type of toothbrush they are using and if it is most effective for their individual mouths. It is important to find a toothbrush that is comfortable and works well to encourage the frequency of brushing for kids and adults alike.

Manual Toothbrushes

Your toothbrush should fit in your mouth comfortably and allow you to easily reach all of your teeth. The head should cover one to two teeth at a time. Larger heads may be difficult to maneuver inside of the mouth to reach difficult areas, especially for those with smaller mouths.

Adults should take over brush-

ing for their child until they feel that their child can brush all surfaces effectively and for two minutes. Toothbrushes for children should have smaller heads, and larger handles to make it easier for their little hands to grasp. If your child is smaller or larger than their peers or has a delayed or advanced dental development, ask your dentist for the appropriate size toothbrush. A large handled toothbrush is also recom-



April Toyer, DDS

mended for those individuals with limited dexterity.

Soft-bristled toothbrushes are good at removing plaque and debris to your teeth without causing a great deal of damage to the supporting tooth structures. Medium to hard bristles can cause a condition called recession where the gum tissue can become lowered away from the teeth exposing root surfaces. For increased protection bristles can be purchased with rounded tips.

Powered Toothbrushes

Powered toothbrushes are a great option for those who have limited manual dexterity. Those with braces or intraoral appliances may also benefit from a powered toothbrush. Powered toothbrushes often include a timer and help encourage longer brushing and make it fun for your child.

No matter what toothbrush you choose, make sure that you are brushing at a 45 degree angle in a circular motion for at least two minutes morning and night. Include flossing at least once a day. Your toothbrush should be replaced every three months, or when they show wear. Your toothbrush should also be changed after every illness to prevent reinfection.

Looking for the American Dental Association, seal of approval on your toothbrush can be a good start to picking the right toothbrush. If you have any question about the right toothbrush or brushing technique, be sure to ask your dentist at your next six month check up.

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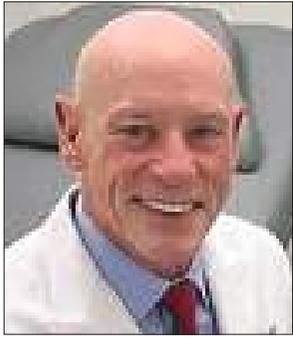
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April Toyer, DDS

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

The Debate About Artificial Sweeteners



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

On Monday, May 15, 2023, the World Health Organization (WHO) issued a warning against using artificial sweeteners to control body weight or reduce the risk of diseases such as diabetes. The organization described certain exclusions pertaining to the warning, such as not pertaining to individuals with pre-existing diabetes.

The WHO cited a number of the most popular examples such as saccharin, stevia, acesulfame K, aspartame (non-sugar sweeteners, or “NSS”) and others. Sugar alcohols like sorbitol and erythritol were not included in the warning. The WHO also warned against consumption of processed and ultra-processed foods but in this article, we will focus upon the warning about artificial sweeteners.

The concerns about artificial sweeteners have long been argued both for and against in various media. Both good and bad research has frequently been cited on both sides by people with a lot or only a little expertise. This debate illustrates the complexity of good data analysis and the conundrum of knowing whom to believe. Confusion abounds and it should give us an appreciation of how and why people are so often doubt the veracity of various media sources.

With this in mind, I want to share some excerpts from an article in *Cardiology News*, by Dr. Melissa Walton-Shirley, MD, published June 26, 2023. Doctor Walton-Shirley pointed out that the WHO warning included the disclaimer that “The recommendation is based on evidence of low certainty.” The WHO described that “A significant difference in body weight and [body mass index] was only observed in trials that reported a reduction in energy intake...” and pointed out that weight loss was not

sustained. Dr. Walton-Shirley rightly observed however that the desired effect of NSS was specifically to reduce calories (reduction of energy intake) and that “nearly every weight loss trial in history [has found that] weight loss was not sustained.”

In fact, far more studies have validated the safety of NSS at the doses humans consume than have studies indicated risks of using these sugar substitutes. In my opinion, Dr. Walton-Shirley’s rebuttal to the

WHO warning is rock-solid versus the WHO’s position is based upon very poorly analyzed, conflicting data of uncertain significance and often dubious sources.

My own opinion is that using NSS instead of sugar is safe. Nevertheless using natural sources of sugar to satisfy your sweet tooth is much healthier anyway. Eating an orange is better than eating a candy bar. Duh. Meanwhile, if you’re using Splenda or Stevia in your coffee or baking instead of processed

sugar (if it’s white and granulated, it’s processed) then I endorse continuing your current practice—as I will continue doing so myself.

In our weight loss clinic, we employ medications that are effective and we rely upon the FDA to have proven them to be safe. We cannot do all of the research or analysis ourselves. I trust public servants who dedicate themselves to government careers in which they get paid the same regardless of the positions they articulate.



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

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

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Help For Pelvic Pain Sufferers

By Mary Nalls, PT, MPT
Physical Therapy Your Way
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The prevalence of chronic pelvic pain syndrome is 9%, effecting millions of women and men. Although this is a common problem it can take years and many doctor's visits to be accurately diagnosed. Pelvic floor

physical therapists understand the many faces of pelvic pain and provide effective conservative treatments that provide relief for those suffering with pelvic pain.

Pelvic pain can present itself as pain with sexual intercourse, bladder and bowel pain, killer pain associated with menstrual periods, pelvic girdle, groin, vaginal, rectal and perineal pain.

There are multiple sources of pelvic pain. It can originate from the pelvic or abdominal organs, muscles, joints, fascia, spine, and hips.

Pelvic pain can lead to muscle spasms in the pelvic floor muscles. These muscles can become hypertonic

and tight or the opposite can occur, the pelvic floor muscles can become weak. Both non-relaxing and weak pelvic floor muscles can be a major contributor of pelvic pain.

Here's a list of the most common diagnoses associated with pelvic pain:

- **Dyspareunia:** This is pain associated with vaginal penetration during sexual intercourse. It often occurs after pregnancy at three months postpartum or it can be associated with endometriosis, menopause, and other conditions.
- **Interstitial Cystitis:** Also known as painful bladder syndrome, this is defined as chronic pelvic pain

(lasting greater than 6 months), pressure or discomfort perceived to be related to the urinary bladder and accompanied by at least one other urinary symptom such as increased urinary urge or frequency.

- **Levator Ani Syndrome:** When the levator ani deep muscles don't relax, constant or frequent pain in the rectum or anus is experienced.
- **Vulvodynia:** This is pain or discomfort at the vulva lasting greater than three months that usually presents as burning pain.
- **Pelvic Floor Dysfunction:** The function of pelvic floor muscles is to support the pelvic organs, prevent incontinence, allow for ease of defecation and urination and they provide a sexual function. Pelvic floor dysfunction can cause constipation, painful sexual intercourse, pelvic organ prolapse, urinary frequency, chronic pelvic pain and both urinary and fecal incontinence.
- **Endometriosis:** This is a common condition that causes chronic pelvic and/or abdominal pain and very painful periods. One in 10 women suffer from this condition however most women see eight doctors over 10 years before getting diagnosed. This is a complex condition and the symptoms vary.
- **Vaginismus:** This is instantaneous and involuntary tightening of the pelvic floor muscles in anticipation of vaginal penetration causing the inability to participate in sexual intercourse.

What to Expect During Pelvic Floor Physical Therapy

A pelvic health physical therapist will provide a thorough subjective and objective evaluation and develop a treatment program specific to your problems and goals.

Treatments may include one or more of the following:

- Manual therapy – internal and external techniques
- Visceral mobilization
- Therapeutic Exercises
- Neuro-muscular reeducation
- Specific functional training
- EMG biofeedback
- Electric stimulation

Many women and men with chronic pelvic floor problems have never been treated by a pelvic health physical therapist. Don't suffer in silence – contact a provider who has experience treating these conditions and get the help you need.



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The Model Lift



By Dr. George Bitar, MD
Bitar Cosmetic Surgery Institute

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

Cheeks

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

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

Chin and Jawline

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



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

Please see "Model Lift," page 46

The Relationship Between TMJ and Headaches



By Michael Rogers, DDS
Fairlington Dental

TMJ disorders, otherwise known as Temporomandibular Joint Disorder, include the joint of the jaw and the muscles that surround it. These disorders can often be very painful and may include symptoms that mimic other conditions. These may include neck and shoulder pain and headaches and often make it difficult to yawn, eat, or swallow. It is not unusual for

people to go to their medical doctor due to this pain and be tested for many different things such as tumors or herniated discs, only to find there is nothing wrong in those areas. This can become quite expensive after the use of MRI's or CT-Scans. TMJ and headaches are extremely common and often is a relatively easy thing to treat after diagnosis from a dental expert.

Many times, people that have TMJ will go years with severe headaches that doctors can find no reason for. It is often stumbled upon during a dental exam, or only after a patient learns what the symptoms are and proceeds to make an appointment with a dental practitioner that specializes in TMJ and headaches. Some of the symptoms may be a clicking or popping sound in the jaw when the jaw is fully opened, or even the inability to open the jaw completely. For many people this

Please see "Headaches," page 46

Optimum Health Begins With Oral Health



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

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

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

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

Embracing a Clear-Skin Summer

Holistic Tips For Radiant Skin

However, be mindful of the type of exfoliation you choose for your skin. During the summer, opt for chemical exfoliants like alpha-hydroxy acids (AHAs) or beta-hydroxy acids (BHAs). These are gentler on the skin and less likely to cause irritation when exposed to sunlight. Limit exfoliation to once or twice a week to avoid overdoing it and causing skin sensitivity.

- **Maintain a Balanced Diet:** What you eat can significantly impact your skin's health and appearance. During the summer, incorporate skin-friendly foods into your diet.

Include plenty of fresh fruits and vegetables that are rich in antioxidants, which help protect your skin from oxidative stress. Opt for foods high in vitamins A, C, and E, such as leafy greens, berries, citrus fruits, and avocados. Additionally, reduce your intake of processed and sugary foods, as they can contribute to inflammation and breakouts.

- **Manage Sweat-Induced Breakouts:** Sweating is a natural process during the summer, but it can lead to clogged pores and breakouts if not managed properly. After exercising or spending time outdoors, cleanse your skin to re-

move sweat and debris. Use oil-free and non-comedogenic products that won't clog your pores. Additionally, avoid touching your face with dirty hands, as it can transfer bacteria and cause acne flare-ups.

By adopting these holistic tips, you can enjoy a summer season with clear and radiant skin. Remember to protect yourself from the sun, stay hydrated, cleanse gently, exfoliate wisely, maintain a balanced diet, and manage sweat-induced breakouts. With consistent care and a holistic approach, your skin will be ready to embrace the beauty of summer.

With the arrival of summer, our skincare routine requires a slight adjustment to ensure healthy, glowing skin. The combination of increased heat, humidity, and outdoor activities can affect our skin, making it prone to breakouts and other issues. In this article, we will explore a holistic approach to maintaining clear and radiant skin throughout the summer season.

- **Shield Your Skin from the Sun:** The summer sun can be harsh on our skin, leading to sunburns, premature aging, and even skin cancer. Protecting your skin from harmful UV rays is essential. Apply a broad-spectrum sunscreen with an SPF of 30 or higher before stepping outside. Reapply every two hours, or more frequently if you're swimming or sweating. Additionally, seek shade during peak sun hours, wear protective clothing, and don't forget a wide-brimmed hat and sunglasses.
- **Hydration is Key:** Staying hydrated is crucial for both your overall health and skin. Higher temperatures and increased outdoor activities can lead to dehydration, which can negatively impact your skin's appearance and function. Drink plenty of water throughout the day to maintain optimal hydration levels. You can also include hydrating foods in your diet, such as watermelon, cucumber, and citrus fruits, which are rich in water content.
- **Cleanse Gently and Regularly:** Sweat, excess oil, and environmental pollutants can clog your pores and contribute to acne breakouts during the summer. Therefore, it is important to cleanse your skin regularly. Opt for a gentle cleanser that effectively removes dirt and impurities without stripping away natural oils. Cleanse your face twice a day, morning and night, and after sweating heavily. Avoid harsh scrubbing, as it can irritate the skin and worsen acne.
- **Exfoliate to Remove Dead Skin Cells:** Exfoliation helps remove dead skin cells, unclog pores, and promote a smoother complexion.

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Say Goodbye to Toenail Fungus

Discover the Power of Laser Treatments

By LaSondra Gray, CLA, CQA
Reflections Image Center

Are you tired of hiding your feet and feeling embarrassed by unsightly toenail fungus? Don't let nail fungus hold you back any longer! With advanced laser treatments, you can finally say goodbye to this stubborn and bothersome condition. Let us introduce you to the incredible benefits of laser therapy for toenail fungus and how it can help you regain healthy and beautiful nails.

What Is Laser Treatment

For Toenail Fungus?

Laser treatment for toenail fungus is a cutting-edge solution that harnesses the power of advanced technology to target and eliminate fungal infections deep within the nail bed. The procedure involves using a specialized laser device that emits concentrated beams of light. These laser beams penetrate the affected nail, effectively destroying the fungus while leaving the surrounding healthy tissue unharmed.

Why Choose Laser Treatment?

Highly Effective: Laser treatment

has shown remarkable success rates in combating toenail fungus. Clinical studies have demonstrated up to an 80% success rate in eliminating fungal infections, making it one of the most effective treatment options available.

Non-Invasive and Painless:

Unlike traditional treatments that may involve oral medications with potential side effects or invasive procedures, laser therapy is non-invasive and virtually painless. There is no need for anesthesia, incisions, or downtime. You can simply relax during the procedure and resume your



LaSondra Gray, CLA, LSO, CNNC

daily activities immediately afterward.

Quick and Convenient: Laser treatments for toenail fungus are quick and convenient, typically lasting between 15 to 30 minutes per session. Depending on the severity of the infection, you may require multiple sessions for optimal results. However, the entire treatment process can usually be completed within a few weeks or months, allowing you to enjoy healthy nails in no time.

Targeted and Precise: The laser technology used in toenail fungus treatments precisely targets the infected area, delivering focused energy to eradicate the fungus at its source. This targeted approach ensures maximum effectiveness while minimizing the risk of recurrence.

No Side Effects: Laser treatments for toenail fungus are safe and well-tolerated, with no reported significant side effects. Unlike oral medications that may impact liver function or topical solutions that can cause skin irritation, laser therapy offers a risk-free solution for treating nail fungus.

Reclaim Healthy and Beautiful Nails Today!

Imagine the confidence and freedom of wearing open-toed shoes or going barefoot without worrying about the appearance of your nails. Laser treatments for toenail fungus can help you achieve precisely that. Take the first step towards healthier and more attractive nails by consulting with a qualified podiatrist or medical laser technician. They will assess your condition, create a personalized treatment plan, and guide you through the process to ensure optimal results.

Don't let toenail fungus hold you back any longer. Embrace the power of laser treatments and say goodbye to unsightly nails. Reclaim your confidence and enjoy the freedom of showing off your beautiful feet once again. Experience the transformative effects of laser therapy and step into a future free from toenail fungus. Contact us today to schedule your consultation and start your journey towards healthy nails!

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

Ensuring the best care for newborns is of utmost importance, especially when it comes to addressing conditions like tongue tie and lip tie that can affect proper nursing. Traditional surgical approaches can be overwhelming for both mother and child, but now there is a revolutionary alternative known as BabyLase™. This advanced laser-assisted treatment offers a gentle and effective solution for releasing oral soft tissues, providing numerous benefits for infants and their caregivers. Let's explore how BabyLase™ has transformed the landscape of treating tongue tie and lip tie in newborns.

A Non-Surgical Approach

BabyLase™ represents a significant departure from traditional surgical methods. Instead of using incisions or sutures, this innovative system utilizes laser technology to gently release restrictive oral tissues. The mild warmth produced by the laser helps relax and soften the tissue, allowing it to assume a more functional position without the need for invasive procedures. This non-surgical approach not only minimizes discomfort for the infant but also offers a more convenient and less stressful experience for both mother and child.

Enhanced Healing and Comfort

One of the key advantages of BabyLase™ treatment is its ability to promote comprehensive healing and comfort. The laser's gentle light not only releases the restrictive tissues but also stimulates natural blood flow and the nervous system. This stimulation aids in reducing discomfort and inflammation, facilitating the healing process. By addressing the underlying issues and promoting whole-health healing, BabyLase™ ensures that infants experience a smoother recovery and improved nursing outcomes.

Improved Nursing Experience

Tongue tie and lip tie can significantly impact a baby's ability to breastfeed properly, leading to frustration and challenges for both the infant and the mother. BabyLase™ provides an effective solution by releasing the restrictive tissues and allowing for improved mobility and functionality of the tongue and lips. By addressing these concerns, BabyLase™ enhances the nursing experience, enabling infants to latch more easily, extract

milk efficiently, and promote better milk production for the mother.

Long-Term Benefits

BabyLase™ not only provides immediate relief but also offers long-term benefits for infants. By resolving tongue tie and lip tie early on, potential issues such as speech difficulties, dental problems, and feeding challenges can be prevented or minimized. The

gentle and precise nature of BabyLase™ ensures that infants can achieve optimal oral function and development, setting them up for a healthier and more comfortable future.

BabyLase™ is a game-changer in the field of infant tongue tie and lip tie treatment. By offering a non-surgical, gentle, and effective solution, it revolutionizes the way we approach these

conditions in newborns. With improved healing, enhanced comfort, and better nursing outcomes, BabyLase™ empowers both infants and their caregivers to overcome the challenges associated with tongue tie and lip tie. By investing in this innovative technology, we can provide newborns with the most advanced and gentle treatment available, ensuring their well-being and setting them on a path to optimal oral health.



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Dr. Lynda Dean-Duru



Dr. Krystle Dean-Duru

Busting Through Weight Loss Plateaus

By Aleksandra Gajer, MD
The Gajer Practice, Ltd.

Embarking on a weight loss journey is an empowering decision that can transform your life and improve your overall well-being. However, along the path to achieving your goals, you may encounter a frustrating hurdle known as a weight loss plateau. Don't be discouraged! In this educational article, we will explore what weight loss plateaus are, why they occur, and provide you with valuable strategies to overcome them and continue on your path to success.

Understanding Weight Loss Plateaus

A weight loss plateau refers to a period during your weight loss journey when your progress seems to stall. Despite consistent efforts with exercise and a healthy diet, the scale may stop moving, and your body composition might seem resistant to change. This plateau effect can be demoralizing and make you question the effectiveness of your efforts. However, it's important to remember that weight loss plateaus are a natural part of the process and can be overcome with the right strategies.

Causes of Weight Loss Plateaus

Several factors contribute to the occurrence of weight loss plateaus.

Firstly, as you shed pounds, your body's metabolism adjusts to your new weight, resulting in a slower rate of calorie burn. Additionally, your body may adapt to your exercise routine, becoming more efficient and requiring fewer calories for the same activities. Moreover, as you lose weight, you may experience a decrease in muscle mass, which can further reduce your metabolic rate. These physiological adaptations can lead to a plateau in weight loss.

Effective Strategies To Overcome Weight Loss Plateaus

- **Reassess Your Diet with a Food Diary:** When you hit a plateau, it's important to re-evaluate what

foods you are choosing each day. Decreasing carbohydrates and increasing protein can help speed up the metabolism again.

- **Diversify Your Exercise Routine:** Shake up your exercise routine by introducing new activities or increasing the intensity and duration of your workouts. Engaging in different forms of exercise challenges your body and prevents it from adapting to a specific routine. Consider incorporating strength training to build lean muscle mass, as muscles burn more calories even at rest, thus boosting your metabolism.
- **Practice Mindful Eating:** Paying attention to your eating habits and practicing mindful eating can be a powerful tool in overcoming a weight loss plateau. Slow down during meals, savor each bite, and listen to your body's hunger and fullness cues. Avoid distractions while eating, such as screens or multitasking, as they can lead to overeating. Focusing on the experience of eating can help you make conscious choices and prevent mindless snacking.
- **Track Your Progress Beyond the Scale:** Remember that weight loss is not solely determined by the number on the scale. Monitor other aspects of your progress, such as body measurements, clothing fit, or changes in energy levels and overall well-being. Celebrate these non-scale victories to stay motivated and confident in your journey.
- **Stay Consistent and Patient:** Weight loss plateaus can be discouraging, but consistency and patience are key. Remember that healthy and sustainable weight loss takes time. Trust the process and stay committed to your healthy habits. By maintaining a positive mindset and focusing on long-term goals, you'll be better equipped to break through the plateau and continue progressing toward your desired weight.

Weight loss plateaus are a common occurrence on the path to a healthier you. By understanding the causes behind these plateaus and implementing effective strategies such as reassessing your carbohydrate intake, diversifying your exercise routine, practicing mindful eating, tracking progress beyond the scale, and staying consistent and patient, you can overcome these hurdles and achieve your weight loss goals. Embrace the journey, stay motivated, and remember that with determination and perseverance, you have the power to break through any plateau and reach new heights of success.



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Mouth-Body Connection



By E. Richard Hughes, DDS

The belief of the mouth-body connection (oral systemic connection) is not new. Benjamin Rush, MD and a signer of our Declaration of Independence, noticed that people's health improved after the extraction of diseased teeth. Today we know that infected teeth and gums can severely affect people's health in ways that were once unthinkable.

People with periodontitis (gum infection with bone loss) are one and a half to two times more at risk for fatal cardiovascular disease. The bacteria from gum infections can easily enter the bloodstream and ultimately wind up in the heart.

People with non-insulin dependent diabetes (diabetes type 2) are three times more prone to develop destructive periodontal disease.

There is a direct correlation with patients with periodontal disease and rheumatoid arthritis. Periodontal disease precedes rheumatoid arthritis.

There is a clear relationship between obesity (upper body obesity) and periodontitis. Recent studies show how people with normal weight that exercise have a lower incidence of periodontitis and better blood glucose control.

There is a correlation between advanced Alzheimer's disease and poor oral health. Scientist at the School of Medicine and Dentistry, University of Central Lancashire in the UK, have discovered the presence of a substance (lipopolysaccharides) from the bacterium *Porphyromonas gingivalis* in the brains of those with Alzheimer's disease. This bacteria is present in people that have gum or periodontal disease.

Periodontal disease, tooth decay, uncleaned dentures, orthodontic and TMJ appliances may promote respiratory ailments such as chronic obstructive pulmonary disease, the sixth leading cause of death in the United States. The microorganisms from gum and tooth infections can be aspirated into the lungs and cause pneumonia.

Pregnant women due to hormonal

changes are more prone to periodontal disease. Researchers at the University of Alabama School of Medicine, Birmingham Alabama revealed pregnant women with periodontal disease are six times more likely to have a premature delivery and a low birth weight baby.

Researchers at Case Western University have found a link between periodontal disease and Human Immunodeficiency Virus (HIV). This explains why people with HIV infections and periodontal disease have greater viral titers in the saliva

than HIV patients with healthy gums.

A recent major discovery has exposed insights into a group of microorganisms called "microbial dark matter." Thus named because these microbes are or were uncultivable in the laboratory. This microorganism has a role in periodontal inflammation, gastrointestinal and vaginal inflammatory disease.

Periodontal and tooth infections, and infections in general, can cause fatigue. I tell my patients that their overall energy level will improve after the treatment of periodontal

disease and the removal of tooth infections. All of them tell me they have improved health and increased energy levels after the treatment of such conditions.

Dentists are the first health care provider that picks up on diabetes, leukemia, scurvy, measles, cancer and other diseases. General health and oral health share similar causal and behavior mechanisms. Maintaining a healthy mouth and regular dental examinations, dental cleanings and practicing daily oral hygiene is essential and goes hand in hand with overall health.

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SPECIAL NEEDS DENTISTRY



Dental Care for Children with Special Needs

At Smile Wonders, we treat children with special needs and their parents with care and compassion, giving them the same high level of dental care as all our patients. We love your child like you do, and through proper oral hygiene and regular dental visits we can help ensure a healthy and happy smile throughout the child's life. Here are ways we accommodate Children with Special Needs:

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Personalized Appointments

Schedule Appointments in the same room, same time, same dental assistant at each visit to establish routines and familiarity.



Visit Flexibility

Split visits to make short quick visits to reduce anxiety. Or, schedule longer appointment times allowed for children that need a little bit longer to get settled and able to cooperate.



Quiet Rooms

Many children with special needs feel safe in their own rooms and defined safe space at Smile Wonders. There are no other children playing and distracting or causing over stimulation. They can wear headphones and connect to televisions mounted to the ceiling or listen to their favorite music. It helps them to relax and avoid having to listen to the normal sounds associated with a dental office. They are also free to enjoy our other play areas.



Specialized Equipment

We adapt our dental equipment and techniques to children with special needs, such as those who cannot

stand or sit motionless, creating a more pleasant visit to the dentist. We also provide a frequency schedule as well as tricks and recommendations for modified brushing routine for each child.



Collaboration With Other Providers

Dr. Rishita at Smile Wonders works with area Developmental Pediatricians, Occupational therapists, or Speech Language Pathologists to provide a 'Visual Social Schedule', at home 'Oral stimulatory exercises' or coordinates appointment with 'Sensory Diet' prior to dental appointments. This personalized activity plan gives children the sensory input they need to reduce anxiety, remain attentive, focused and organized throughout their day.



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Amir Ahmadiyar, DC Greater Falls Church Chiropractic Center

Dr. Amir Ahmadiyar is a chiropractic and acupuncture practitioner based in Virginia. He completed his graduate studies at the Canadian Memorial Chiropractic College in Toronto in 1991 and began practicing chiropractic in New Jersey before relocating to Northern Virginia in 1992. He established his own clinic, Greater Falls Church Chiropractic & Acupuncture Wellness Center, in Falls Church.

Dr. Ahmadiyar integrates acupuncture, physical therapy, and massage into his approach to treating patients, specializing in pain and injuries from accidents. He provides on-site radiology services and advanced diagnostic tools. Patients appreciate his friendliness and follow-up care. Dr. Ahmadiyar is dedicated to promoting optimal health and is fluent in Spanish. In his free time, he enjoys soccer, outdoor activities, hunting, and fishing.



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AESTHETICS

Michelle Fisher, Owner Loudoun Medical Aesthetics

Michelle Fisher has had a passion for the skin care and anti aging industry and took her passion to learn all she could to reverse age in her own skin, but also began sharing with friends what they could do to make the same changes in their skin. Michelle took what she loved and has turned it into a full time career, changing faces and lives one person and one problem at a time.

Michelle has worked hard both in getting diplomas and certifications and also learning beside some of the great minds in the Aesthetics industry. She also attends ongoing training to stay on top of new breakthroughs to better serve you.



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AESTHETICIAN

Ayesha Hussain

Ayesha Hussain is a Master Aesthetician and Laser expert with more than fifteen years of experience. Ayesha sets a thorough and individual approach to target specific skin problems, such as acne issues, unwanted hair, or overall skin maintenance, to give clients the best results. As we all know, beautiful skin doesn't happen overnight. It requires a clear plan and commitment. At Ayesha's skincare, we create effective treatment plans personalized for every client.

Knowledgeable, considerate, and delicate. Ayesha helps her clients delve into their skin issues and achieve the results step by step. She has experience working in clinical settings and constantly updates her skills to offer the most advanced technology.

"My mission is to be your trusted guide in your skincare journey"

—Ayesha Hussain

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AESTHETICS AND ANTI-AGING

Seddigheh Feisee, MD Feisee Institute

Degrees, Training & Certifications: Dr. Feisee is a renowned, trusted, and well-respected Board Certified Physician with extensive training in aesthetic services and laser surgery. She has been serving clients in D.C., Northern Virginia, and Maryland for over 35 years. Upon graduation from the University d'Aix-Marseille in France, Dr. Feisee completed her internship and residency at Union Memorial Hospital, an affiliate of Johns Hopkins School of Medicine in Baltimore. Dr. Feisee also held a teaching appointment with Georgetown School of Medicine, one of the premier medical schools in the country.

Areas of Expertise: Dr. Feisee specializes in non-invasive procedures as an alternative to plastic surgery, and to help patients look younger and feel confident. These include Botox® & Injectable Fillers (reducing wrinkles, lines & scars), Sculptra® for body contouring, Sclerotherapy for spider veins, Laser Skin Rejuvenation (for acne, sun damage, scars, wrinkles), and Latisse®. Many of these are customized to fit her patient's specific needs & concerns.

Dr. Seddigheh Feisee is well known and appreciated not only for her reputation as a seasoned and skilled physician but also for her generosity and commitment to her patients.

"If you are considering rejuvenating your skin by softening and reducing the appearance of wrinkles and lines on your face, discuss your options with our experienced team. They can help you decide the best option for you. Cosmetic injectables are a non-invasive way to freshen up your look and age gracefully without having to go through a surgical procedure." — Dr. Feisee



301 Maple Avenue, West
Suite #420, Vienna, VA
703-319-4161
www.FeiseeInstitute.com



AESTHETICS

Keisha Church, MSN, APRN, CRNA SCIN Aesthetics Institute

Keisha is a certified registered nurse anesthesiologist with over 30 years experience concentrated in anatomy, physiology, critical care, and anesthesiology.

Keisha approaches aesthetics with artistry, skill, passion and attention to detail all while educating her clients every step of the way to achieve their most natural rejuvenated reflections.

In her personal time Keisha is an avid kickboxer, lifetime student, and relishes in quality time with her husband and two daughters.

Her motto is "I stay growing so my clients stay glowing!!"

This is a testament to her continual desire to grow in all aspects of life professionally, personally and spiritually.



2773B Hartland Road
2nd Floor
Falls Church, VA
703-278-3300
www.SCINAestheticsInstitute.com



ALZHEIMER'S TREATMENT

Scott Turner, MD, PhD Re:Cognition Health Fairfax Clinic

Scott Turner is the Principal Investigator at Re:Cognition Health Fairfax Clinic. He is also the Professor of Neurology and Director of the Georgetown University Memory Disorders Program. He previously served as Chief of the Neurology Service at the VA Ann Arbor Healthcare System. He was also an Associate Professor and Associate Chairman at the University of Michigan Healthcare System's Neurology Department. He received his Ph.D. in Pharmacology and M.D. from Emory University. He completed his internship, residency, and fellowship at the University of Pennsylvania and then joined the faculties of the University of Michigan, and the VA Ann Arbor Healthcare System. He is Board Certified in Psychiatry and Neurology.

Dr. Turner has directed a number of federal and foundation-funded research projects to study cognitive disorders, Alzheimer's disease and its basic mechanisms, and clinical studies of neurodegenerative dementias. He has received numerous awards, including a Paul Beeson Scholarship and a fellowship from the Howard Hughes Medical Institute. He lectures widely at scientific conferences, serves as a reviewer for numerous biomedical journals, and is widely published in his field. He is a member of the American Neurological Association, the Society for Neuroscience, and the American Academy of Neurology.

**Committed To
Changing The
Future For Those
With Memory Loss
and Alzheimer's
Disease.**



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AROMATHERAPY AND HERBOLOGY

Laina Poulakos, Owner/Founder

Mother's Nature Aromatherapy Store & Consultations

Degrees, Training & Certifications: Laina is a certified Aromatherapist and Herbolgist, and the owner of Mother's Nature Aromatherapy Store & Consultations.

Laina has been practicing Aromatherapy and Herbolgistry for the past six years. She recently obtained her Ayurvedic medicine certificate through Yogi Cameron. She provides consultations and makes a wide variety of aromatherapy products. Many satisfied clients and friends have experienced the positive benefits of her guidance and expertise in the alternative medicine field.

Special Interests: Laina has a passion for helping people find peace of mind, and health, in the most positive light possible. Her passion for helping people is inspired by her son Benjamin, who has a genetic condition that is unique to him. He is the inspiration for her to follow the healing path.

She has a unique perspective on what it takes to begin living a healthier, more natural lifestyle, through home remedies and natural medicine.

Areas of Expertise: Handmade, natural aromatherapy products, including balms and soaps, that can be used to relieve a number of ailments. Consultations are available for personalized, confidential advice.

Practice Philosophy: "I am the mother of five children and find healing to be a wonderful way to share my calling with society. I want to provide and share all my knowledge to give everybody peace of mind and well being."

Best Health Advice: "Herbs are nature's medicine cabinet. For thousands of years, over 300,000 species of plants have been identified and used to treat ailments and promote health & wellness. Contact your local herbologist to learn how they can help you."

703-851-0087
MothersNatureStore.org



CHILDREN'S DENTISTRY

Lynda Dean-Duru, DDS

Ashburn Children's Dentistry

Dr. Lynda Dean-Duru over the last twenty years has built one of the most progressive pediatric dental practices in Northern Virginia. Based in Ashburn, her Ashburn Children's Dentistry practice serves thousands of families and stays on the cutting edge of integrative wholistic airway-focused preventative dentistry.

For Dr. Dean-Duru, the pathway to dentistry stemmed from her childhood experience with a dentist in her native Nigeria. As the eldest of nine children (including seven brothers), she witnessed a total transformation in the health of one of her little brothers after his aches and pains were totally resolved under the care of a well-trained dentist. She determined, as a result of that experience, to extend that kind of care to others as her life's calling.

Her decades of study and practice have led Dr. Lynda to this focus. She holds her dentistry degree from the University of Benin, her General Practice residency from Howard University Hospital, her Pediatric Dentistry Specialty Training from Children's National Medical Center, her Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry. She has undertaken numerous continuing education courses in Orthodontic training and is a fellow of the United States Dental Institute and a member of the prestigious Gnathos Orthodontic education group in Atlanta, GA. She holds a Certification in Orofacial Myology from the International Association of Orofacial Myology (IAOM). She has completed all 3 levels of the ALF Education Institute (Advanced Light Force Functionals (Quantum ALF) program, ALF Interface Academy Foundations, Genesis, Grow, Smilelase (Oralase / Babyase), Airway Collaborative Mini Residency, Pediatric Airway Mini Residency and other courses.

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

Dr. Dean-Duru and her family live in the Ashburn/Leesburg area. Her daughter, Krystle, followed in her footsteps as a Pediatric Dentist.



44025 Pipeline Plaza
Suite #225, Ashburn, VA
703-723-8440
www.KidzSmile.com



BREASTFEEDING

Susan Brennan, RN, BSN, IBCLC

Metropolitan Breastfeeding

Susan is our full-time, in-office Registered Nurse and International Board Certified Lactation Consultant. She has experience in the hospital post-partum and NICU units, out-patient and home settings and providing prenatal breast feeding education.

Susan is passionate about helping mothers feel supported, overcome challenges and achieve their individual breast feeding goals.

She is the proud mother of three boys (who she breast fed) and enjoys cooking, traveling and time with her toes in the sand.



4927 Auburn Avenue
Suite #100, Bethesda, MD
301-943-9293
MetropolitanBreastfeeding.com



CHILDREN'S DENTISTRY

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

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

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

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

When not helping my young patients build happy smiles, I enjoy spending time with family and friends, growing in my faith, improving my dancing skills, learning boxing moves, traveling—and cheering on Washington sports teams! "Dr. Krystle," as she is known by her patients, is thrilled to join her mom, Dr. Lynda, in practice. Patients and parents compliment her fun, compassionate approach. They are also impressed by her commitment to helping each child and parent have a positive dental experience. Having matured as a dental surgeon, she is constantly working to enhance her capabilities in the field.



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Suite #225, Ashburn, VA
703-723-8440
www.KidzSmile.com



CHAKRA BALANCING

David Patrick Wright, RM, MCB, Cht, BA

Life Force Practices

David Patrick Wright has been in practice in the Healing Energy Arts of Chakra Balancing, Reiki, Guided Meditation and Hypnosis for 24 years. He is a Reiki and Chakra Balancing Master as well as a member of the National Guild of Hypnotists. He has worked with thousands of people in private sessions and workshops. His clients include people from all walks of life with concerns ranging from life threatening illnesses, emotional and mental concerns. Many others simply want more out of their lives and want to achieve Peak Performance in sports, business and relationships.

Life Force Practices is here to enable you to live your fullest life through balancing your core energy systems, or Chakras. Mind, body and spirit all operate in connection to each other—and when one of these elements is out of balance, it can impact the whole self. The Life Force Practices team is here to help you find your center again, by coming alongside you in your journey, to help you understand each type of Chakra and how they influence you, your daily health, and your general wellbeing. Education, empowerment, and guidance are what we aim to provide those who come seeking a fuller life through our program. If you are seeking a reiki therapist in Washington, DC, then look no further!



1050 Connecticut Avenue
NW, Suite #500
Washington, DC
202-853-8444
www.LifeForcePractices.com



CHIROPRACTOR

Alison F. Parker, DC

Medtaris Rehabilitation

Dr. Parker, a grassroots natural healer and chiropractor with over 25 years of experience, has been serving the Washington DC and MD community since 1995. She is licensed and certified in various fields including chiropractic, physiotherapy, radiology, massage, Reiki, reflexology, iridology, and colon hydrotherapy. Dr. Parker founded the Miracle Wellness Center non-profit in 2000 to provide quality natural health care to all, regardless of their ability to pay. In addition to her work in the community, she has been a cohost and guest on various radio shows, and has made a significant impact in Ghana by helping to build clinics, educating on natural healing and nutrition, and supporting children in need. Dr. Parker continues to dedicate her practice and life to providing quality healthcare and is currently working on developing a health spa, music stage, natural healing school, and children's non-profit development center in Maryland.



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202-543-8585
MedtarisRehab.com

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CHIROPRACTOR

Mohammad Komaily, DC
Chiropractic Care Center

I graduated from Life Chiropractic College West in 2003. Other degrees: University of Maryland. Honors: LCCW Clinical Honors. I have been blessed with three beautiful daughter's, Isabella (11), Emma (9), Avery (2) and a beautiful wife Amy. My goal is to offer family oriented gentle, safe, natural, chiropractic care centered on the individual needs of each patient. We provide the best alternative healthcare to meet your needs.

Our main focus at the Chiropractic Care Center is to serve and educate families on chiropractic and physical therapy modalities. We are committed to providing optimal care to patients on an individual basis.

On premises we have chiropractic, massage therapy, orthotic scanner and physical therapy modalities. We also have professional relationships with all local hospitals, radiology centers, labs and many local physicians and specialists, if referrals are necessary.

We are participating providers with most insurance plans and will file your claims for you.



9693 Main Street
Suite C, Fairfax, VA
703-277-9590
www.ChiroCareOffice.com



COSMETIC DENTISTRY

Stephen A. Price, DDS
Cosmetic Dental Associates of Burke

Dr. Stephen Price has been practicing with Dental Associates for almost 50 years and enjoys the variety of general practice. He's a member of the American Dental Association, the Northern Virginia Dental Society, and the Virginia Dental Society.

Born in New Jersey, Dr. Price attended the University of Connecticut on a football scholarship. He earned his Doctorate of Dental Surgery from Georgetown University School of Dentistry in 1973, and then was a crown and bridge instructor at the school for 17 years.

Dr. Price is an Elite Invisalign® provider, as well as a Certified Invisalign® instructor. He brought his football experience to Virginia and has been coaching the football team at Westfield High School.

Dr. Stephen Price was selected as the best treatment winner at the 2017 Invisalign® Summit in Maryland. He was recognized by thousands of his peers who gathered to learn about the latest technologies in Invisalign treatment.



6035 Burke Centre Parkway
Suite #200, Burke, VA
703-596-0177
www.CosmeticDentistBurke.com



CHIROPRACTOR

Erik A. Ward, DC, CSCS, CCSP
NOVA Pain & Rehab Center

Dr. Ward first graduated from the University of Florida in 1993. He then entered chiropractic school and graduated from Life University in 1997 with a doctorate in chiropractic. He has trained extensively in physical rehabilitation, functional conditioning and the management of injuries.

Training and Certificates: Dr. Erik A. Ward is licensed by The American Board of Chiropractic Sport Physicians as a Certified Chiropractic Sports Physician, The American Strength and Condition Avocations as a Certified Strength and Conditioning Specialist, and is an L-2 Certified CrossFit Coach. Dr. Ward is also certified in ART (Active Release Technique), Dry Needling and Kinesiology Taping.

Accomplishments: Dr. Ward has been noted in the who's who of Northern Virginia in 2004 and 2008 for his practices with the Washington Redskins, the Washington Wizards and the Potomac Professional Rugby League. Dr. Ward not only treats athletes but is an athlete himself. He is an L-2 CrossFit coach, has completed 3 IronMan triathlon's, qualified for the 2017 USA Triathlon National Championship and qualified for the 2019 Spartan World Championship.

This same dedication is also evident in the treatment Dr. Ward provides to his patients.



17337 Pickwick Drive
Unit A, Purcellville, VA
703-376-3797
2955 South Glebe Road
Arlington, VA
703-535-8887
www.NOVAPainandRehab.com



DENTISTRY

Zina Alathari, DMD
Tyson's Dental Corner

Degrees, Training & Certifications: Dr. Zina Alathari graduated from Tufts University School of Dental Medicine in 1994. In addition to her general dentistry training, Dr. Alathari takes continuing education each year in advanced clinical procedures and technologies - concentrating on cosmetic dentistry, teeth reconstruction, and pain relief. Her wide range of service to the public has given her experience to understand each patient's individual needs.

Services: Cleanings & Exams, Dental Implant Restorations, Dentures & Partials, Teeth Whitening, Tooth Colored Fillings, Gum Therapy, Cosmetic Veneers, Cerec® One Day Crowns, and more!

Practice Philosophy: In our office you will experience all that modern dentistry has to offer, including a comprehensive list of general, restorative and cosmetic dental services to meet the needs of the whole family. Our goal is to assist each patient in achieving and maintaining long term dental health and a beautiful smile.

"As always, everything was done in a very professional manner. Staff is always friendly and conscientious. Office and treatment areas are orderly and spotless. I have been coming here for years and can't fathom going anywhere else for my dental needs."

— Jim R., Leesburg, VA, Designer

21155 Whitfield Place
Sterling, VA

703-444-5553
www.LoudounDentalCare.com

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DENTISTRY

Cheryle Baptiste, DDS, PLLC
Friendship Dentistry

Dr. Cheryle Baptiste began working in the dental industry when she was 12 years old, helping out at her father's practice where she began to learn the basics. There, she developed a passion for improving patients' health, confidence, function, and oral aesthetics through dentistry.

Dr. Baptiste graduated from the Howard University College of Dentistry in 1984. She is a certified provider of the Shatkin FIRST Mini Dental Implants and LightWalker Laser procedures. She is the Immediate Past President of her local chapter of the National Dental Association, Secretary of the National Dental Association, President-Elect of the local chapter of the American Dental Association, Fellow of the International College of Dentists, Fellow of the International Academy of Mini Dental Implants and a member of the Academy of General Dentistry.

Dr. Baptiste and her team strive to stay informed about cutting-edge technologies and patient comforts. She takes into account the link between oral health and overall health and incorporates that into her treatment plans. One area of her focus is preparing patients for dental clearance when they need major medical procedures.

When not in the office, Dr. Baptiste spends her free time on the Eastern Shore of Maryland. Her hobbies include entertaining friends and family, travel, outdoor hikes and cooking healthy meals with her partner, Mr. Darryl Hill.

Awards / Memberships / Recognitions:

- NDA
- Immediate Past President of the Robert T. Freeman Dental Society which is the founding and local chapter of the National Dental Association
- ADA Member of the ADA Task Force to Eliminate Barriers for Underrepresented Minorities into the Dental Profession
- President-Elect and Member of the Executive Board of the DC Dental Society which is the local chapter of the American Dental Association
- Academy of General Dentistry
- Greater Washington Academy of Women Dentists
- Fellow International College of Dentists
- Fellow International Academy of Mini Dental Implants
- National Medical Association
- Howard University College of Dentistry Alumni Association



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Washington DC
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DENTISTRY

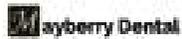
Vikram Chauhan, DMD Mayberry Dental

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

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

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

Awarded Fellow of International Congress of Oral Implantology
Member of Academy of General Dentistry and American Association of Implant Dentistry



112 Pleasant Street, NW
Suite H, Vienna, VA
703-281-2111
www.MayberryDental.com



DENTISTRY

Ike Lans, DDS Ike Lans, DDS and Associates Family Dentistry and Orthodontics

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

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

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

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

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



44110 Ashburn Shopping Plaza, Suite #166
Ashburn, VA
703-729-1400
LansFamilyDentistry.com



DENTISTRY

Janice Isabella E. Dionisio, DMD, FAGD, DIDIA Ma's Family & Cosmetic Dentistry

Dr. Dionisio was born in Spain, raised in Virginia Beach, and by age sixteen she aspired to be a dentist. She graduated magna cum laude from both Old Dominion University and Temple School of Dentistry. She majored in Biochemistry with a minor in Biology at Old Dominion University and was awarded the prestigious Top Biochemistry Student of the Year for graduating number one in her class. She earned her Doctorate in Dental Medicine at Temple University School of Dentistry in 2007 and was awarded multiple clinical excellence awards. Dr. Dionisio is pleased to be serving the communities of Northern Virginia for over a decade. She is conscientious in helping patients overcome their dental anxiety to achieve optimal oral health in a gentle, caring manner. Her commitment to providing patient-focused, high-quality dentistry spurred her to open her own dental practice, MA's Family & Cosmetic Dentistry, PLC, est. 2010. Dr. Dionisio is recognized as a Diplomate of the International Dental Implant Association, which is the highest recognition achievable in the association. She is also recognized as a Fellow with the Academy of General Dentistry, an honor that is only awarded to dentists who have achieved numerous hours of continuing clinical and didactic education and passing a rigorous exam. Dr. Dionisio provides a wide array of services for her patients including but not limited to dental implants with bone augmentation, sleep apnea appliances, implant-prosthetic options, Invisalign & SureSmile Clear Braces, Snap-on-Smiles, sedation dentistry, root canals, gum contouring, cosmetic veneers, crowns, bridges. She takes the greatest pleasure in seeing beautiful healthy smiles transform patients' lives. Dr. Dionisio places great importance on giving back to the community. Dr. Dionisio provided charitable dental services abroad in the Philippines, Haiti, Santo Domingo, Santiago, and at home at the Northern Virginia dental clinic. She and her husband had volunteered weekly at Bethany House of Northern Virginia for domestic abuse survivors. For leisure, she enjoys spending time in nature, swimming, and most of all being in the company of her husband, daughter, family, and friends.



6831 Sir Viceroy Drive
Suite #200
Alexandria, VA
703-672-0664
MasFamilyDentistry.com



DENTISTRY

Cheryl Y. Lee, DDS

It is my strongest desire to create teeth with which to chew effectively and to smile. Creating a mouth that allows a patient to chew, a mouth that is disease- and pain-free, and the ability to give patients their smiles back is what excites me the most. When I accomplish these three things, then I have done my best.

I have an incredible and very resolute team that collaborates with me. They are the backbone of this practice. From the moment the patient calls, the staff is encouraged to make them feel comfortable and at home. They are made to feel like a part of our dental family. In actuality, they are a part of our family, for without our loyal patients, there would be no us.

We want all our patients to have a pleasant experience. Our practice focuses primarily on patients with severe mental and physical challenges. When a patient is treated in the office, it is our goal to make them feel special, not rushed, and to feel that we are all here to address their oral health needs. I may be the head of the team, but my team is just an extension of me.

Education and Continuing Education: All my life, from the age of four years, I knew that I wanted to help people. My father, Dr. E. Preston Lee, was a dentist. I chose to follow in his footsteps during my junior year in college and am so happy that I did.

I am a proud product of the DC Public School System. I attended Shepherd Elementary, Paul Jr. High, and graduated from Woodrow Wilson High School. I obtained my Bachelor of Science degree in Biology from Clark Atlanta University in 1978, and my Doctor of Dental Surgery degree from the Howard University College of Dentistry in 1983. I also completed the Pediatric Residency program at Howard University College of Dentistry in 1985.

Over the years, I have taken hundreds of hours of continuing education courses to not only improve my skills and technique, but to bring the most up-to-date treatment options to my patients. I have enjoyed learning new techniques to save patients' teeth that have gum disease with procedures that do not require injections. How cool is that? For personal health and increased knowledge in nutrition, I studied and became a certified gourmet raw foods chef. This is not just for my patients, but for my family and me as well.

Professional Affiliations: National Dental Association, Immediate Past President and past Chairman of the Board of Trustees, Robert T. Freeman Dental Society, past president, Howard University College of Dentistry Alumni Association, American Association of Women Dentists.

1010 Quincy Street, NE
Washington, DC
202-832-5766
www.CherylYLeeDDS.com



DENTISTRY

Raja Gupta, DDS Dental First Associates

Dr. Gupta was born and raised in Columbia, MD. He obtained his undergraduate degree in Neurobiology Physiology from the University of Maryland. He stayed in the Baltimore area while attending the University of Maryland Dental School.

Dr. Gupta furthered his training by spending one year at the Philadelphia Veterans Affairs Medical Center. There he received advanced training in all aspects of general and implant dentistry. Since that time, he moved to Virginia and now has a busy private practice in Springfield. His office is equipped with the latest innovations in digital dentistry, like 3D scanning, cameras and digital sensors for imaging.

Dr. Gupta puts in a tremendous number of hours advancing his knowledge and staying current with advanced methods and materials through extensive continuing education, study clubs, and active association memberships. He is an active member of the American Dental Association, the Virginia Dental Association, and the Northern Virginia Dental Society.



6116 Rolling Road
Suite #312
West Springfield, VA
703-323-9394
YourDentalFirst.com



DENTISTRY

Tontra Lowe, DDS Awesome Smiles

Degrees, Training & Certifications: Dr. Lowe received her Doctor of Dental Surgery (DDS) degree from Howard University College of Dentistry in 2005. Upon graduation, she completed a general practice residency at East Carolina University Brody School of Medicine. She understands that fear of the dentist is real and has taken many additional hours of study in sedation dentistry to provide the most awesome, serene, and comfortable environment possible. Smile makeovers, implants to replace missing teeth, comfortable dentures that do not move, and teeth whitening are all available options that Dr. Lowe offers patients to enhance their smile. In addition, Dr. Lowe is a proud provider of ClearCorrect Aligners in Haymarket, VA.

Professional Accolades: Dr. Lowe has been named one of America's Top Dentists by the Consumers Research Council of America since 2011. Also, Dr. Lowe's office was named Best New Office of Haymarket and Gainesville in 2014 and has been named the Best of Haymarket for Best Dental Office in 2015, 2016, 2017, 2018, 2019 and 2020 by Readers' Choice.

Special Interests: Treating patients with medical conditions that impact your teeth & gums (heart conditions, hypertension/high cholesterol, diabetes, etc.). At Awesome Smiles, we help patients access medical benefits for the mouth.

Practice Philosophy: Dr. Lowe's motto, "Change Your Smile, Change Your Life" stands as a true testament of her dedication to her patients. She wants everyone to smile with confidence and without shame, and she offers treatment to maintain awesome smiles for a lifetime.



7500 Iron Bar Lane
Suite #201, Gainesville, VA
571-261-2600
www.AwesomeSmilesVA.com

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DENTISTRY

Thu-Nga Ortega, DDS *Dental Cosmetix*

Dr. Ortega earned her Doctorate from Virginia Commonwealth University School of Dentistry with honors Cum Laude (95). Dr. Ortega then began her Residency at the University of Maryland Hospital. One month after completing her Residency in 1996, Dr. Ortega started working as a full-time private practice associate for a pediatric dentist in Herndon, VA. In 2000, Dr. Ortega opened her private practice in Fairfax, VA. Since then, Dr. Ortega has become a leading cosmetic dentist in the area. Her goal is to help her patients achieve the most ideal and natural smile with the most conservative treatments possible.

Dr. Ortega has been a leading practitioner of cosmetic dentistry for 28 years, making her more experienced in the field than most general dentists. Dr. Ortega stays up to date with innovations in cosmetic dentistry to provide cutting-edge treatment for each one of her patients. She has affiliations and memberships with the American Academy of Cosmetic Dentistry, Northern Virginia Dental Society, Virginia Dental Association, and American Dental Association. After over two decades of post-doctorate education and training, she earned Fellow of the Academy of General Dentistry (FAGD) in 2007 and Master of the Academy of General Dentistry (MAGD) in 2017. Only 2% of dentists in the United States and Canada have earned this coveted distinction. In addition to her continuous education in cosmetic dentistry, she has received specialized training involving cosmetic gum surgery, oral surgery, medically compromised patients, geriatric patients, and dental traumas.

At Dental Cosmetix, only one patient is seen at a time to ensure that every individual patient receives the best quality of care. This attention to detail allows for close monitoring of each patient's teeth and early detection of any problems to help yield the best and most conservative treatments. Due to Dr. Ortega's extensive post-graduate studies and credentials, most treatments can be done in our office without referral to other offices, allowing us to monitor patient treatment outcomes closely.



Fairfax Medical Center
10721 Main Street
Suite #2200, Fairfax, VA
703-352-3900
www.DentalCosmetix.com



ENERGY HEALINGS & YoRiQi

Bonnie Mazaris, RYTT-200 *Beyond Bonnie's Hands*

Bonnie has been involved in healing arts since she was young, starting with her family as a caregiver and coach. She mentored her family and friends before she ever knew what energy work was. Through hard times and emotional times, Bonnie has served as a vessel to all who needed her loving, healing energy. Bonnie has been training in yoga since 1976, Energy and Healing field since 1990 and also has experience in the field of wellness.

YoRiQi is a self-healing technique that consists of light exercise and stretching with Kundalini, Korean, Yen, restorative Yoga methods and finding the energy flow with tapping the body to release stagnant energy. This brings in a new fresh flow of energy and enhances the circulation and breath. It includes vibrational dancing and laughter Yoga to take your experience to the next level. You will then relax to a beautiful sound bath meditation, that takes you to an even higher level of completion.

Services: Through the art of healing herself and others she has many other modalities which include long distant healing, acupressure and clearing chakras. She offers Reiki, a form of energy healing. Reiki is also called palm healing or hands-on healing as a form of alternative medicine. Reiki is a spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui.

Methodology: She starts with a combination of clearing the stagnant energy and opening up the chakras. She includes a light shaking for relaxation, light tapping or touching, and light or heavy acupressure if needed. Bonnie will also use her warm healing energy with her hands to embrace your body and soul with universal loving, healing energy that flows from her heart.

Call for group, birthday, couples sound bath healing meditation information. For a faster response please text me for class occupancy and private healings. I will get back to you ASAP. All COVID-19 regulations are in process. For your safety we are taking as many precautions as possible for a safe environment. Bring your own mat and a small pillow. Couple of blankets if you will be coming for healing sound bath meditation.

Personal Interests: Bonnie enjoys cooking, music, dancing and the arts.

Benefits of Reiki: Reiki is very beneficial for cancer, colon problems, abdominal pain, breathing problems, headache, back, legs, knees, feet, hands, throat and heart and many more. You may experience emotional releases of stress and a series of three or more treatments will stimulate the body's natural healing process.



703-598-5197
www.BeyondYoRiQi.com
bonnie@beyondYoRiQi.com



DENTISTRY

Michael Rogers, DDS *Fairlington Dental*

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

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

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

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



4850 31st Street South
Suite A, Arlington, VA
703-936-4166
FairlingtonDental.com



ENERGY MEDICINE

Sarah Lascano, Owner *Ray Zen Energy*

Practice Philosophy: Your healthcare should address all of you: mind, body and spirit. Stresses accumulate from illnesses, traumatic events, physical & emotional stress, and more. Release these blocks and allow the body's organs and systems to repair quickly without invasive therapies.

Degrees, Training & Certifications: Sarah Lascano is founder of RayZen Energy, where she is an energy medicine practitioner, and best-selling author. She is a recognized holistic and energy healing expert and regularly shares her wisdom on podcasts and TV. It is her passion to help people discover the root cause of their health problems and move forward in health freedom.

Areas Of Expertise: Sarah specializes in helping people who have searched for answers but are still unwell. If you have been to many doctors, therapists or clinicians but still have no answers or have been told no solutions exist, energy healing could be the missing piece of your health puzzle.

Services: Private Sessions, Heal-Me-Now sessions, Self-Help tools & memberships Food Sensitivities, Viral & Bacterial Infections, Chronic Pain, Digestive Issues, Chemical Sensitivities, Anxiety, Low Energy, Chronic Fatigue, Thyroid Disorders, Frequent Illness, Cancer Support and more.



540-235-6440
RayZenEnergy.com



DENTISTRY

Sheri Salartash, DDS, MAGD, NMD, IBDM, FIAOMT, FAAO, FIAO, FICOI, FAAIP *Dynamic Dental Wellness*

Dr. Sheri Salartash is a full spectrum General and Cosmetic Dentist who fuses together all aspects of modern dentistry and traditional health practices in order to optimize her patient's oral health. She incorporates features of the holistic and naturopathic community and utilizes the most advanced technology in her practice so that she provides the absolute best treatment options available anywhere. She focuses on "integrative medicine" to understand and fix parts of the mouth and jaw that are malfunctioning, misaligned or diseased due to factors elsewhere in the body.

Dr. Sheri studies dental contributions to medical symptoms and overall natural wellness. She continuously attends advanced post-graduate courses in integrative dentistry and functional medicine. Dr. Sheri was awarded Mastership with the Academy of General Dentistry (AGD) in 2020. The Mastership Award is the highest honor available in the AGD and one of the most respected designations in the profession. This accomplishment meets the highest criteria for professional excellence which is only designated to the top 2% of dentists in the country.

Dr. Sheri combines her expertise in functional and neuromuscular dentistry with a preventive approach to orthodontics. From early evaluation of bite and airway development in children, to the most complex occlusion problems in adults, Dr. Sheri provides treatment with a strong focus on long-term stabilization of the muscles and joints, as well as ideal function and a beautiful smile. She has perfected steps to prevent sleep apnea issues caused by underdeveloped craniofacial structures in children and helping adults with sleep apnea through jaw redevelopment and oral appliance therapy.

She is also a member of the Weston A. Price Foundation and Holistic Mom Network. Dr. Salartash seeks to help patients with not just dentistry, but healthy bodies and healthy lifestyles. Her office provides comprehensive dental care such as mercury safe removal, orthodontics, cosmetic dentistry, laser gum and bone regeneration procedures, implants, whitening and of course preventative care.



20755 Williamsport Place
Suite #300, Ashburn, VA
703-775-0002
DynamicDentalWellness.com



ESTHETICIAN

Emilie Duke, LME *E Skin Forte*

Like many others, our founder, Emilie Duke, had always struggled with acne. As a teenager, she tried almost every acne-targeted product she could find but to no avail. And so, she learned how to conceal her blemishes with makeup, applying more products to ensure a flawless-looking complexion. Little did she know she was only exacerbating her acne.

When her siblings began experiencing the same issue, she realized the extent of how many people are affected by acne. As a result, she felt it was her responsibility to make a change and decided to pursue a career in esthetics. While in Dubai in 1999, she was exposed to various multicultural skin treatments and was given an opportunity to refine her skills.

Ten years later, she moved to the United States to train alongside one of the top cosmetic physicians in the area and complete her degree in Master Esthetics from Dermal Science International in Northern Virginia. Not too long later, she became one of the first Estheticians and Certified Acne Specialists in her area.

During her training, she developed her craft; however, she still felt she had more to learn. So, throughout her 21 years as a multifaceted Esthetician, she worked to perfect her practice of clearing acne holistically.

Then, in 2016, she summoned the courage to pursue her lifelong dream of opening her own clinic, which would become E Skin Forte. Now, she gains fulfillment from acting on her purpose to help others achieve the healthy, radiant skin and confidence they deserve.

When not in the throes of her love affair with skincare, Emilie enjoys spending time with her family, eating home-cooked Filipino-native dishes, and creating a welcoming home where she and her loved ones can flourish.

Emilie's certifications include: Licensed Master Esthetician, Certified Acne Specialist, Integrative Nutrition Health Coach, Oncology Trained Esthetician, Certified Comethotherapy Practitioner, Diploma in Organic Skincare Formulation, Certificate in Holistic Nutrition



University
Commerce Center
44927 George Washington
Boulevard, Suite #250
Ashburn, VA
571-498-7270
www.ESkinForte.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



EXPERT SPINE PHYSICIAN

Deeni Bassam, MD
The Spine Care Center

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. His high-quality care has earned him repeated recognition as a "Top Doctor" in the *Washingtonian* and *Northern Virginia Magazine*.

Degrees, Training & Certifications: Dr. Bassam is a native of northern Virginia and 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. He completed his Fellowship at Texas Tech Health Science Center, one of the most respected interventional pain management programs in the nation. In 2005, Dr. Bassam returned home to northern Virginia and founded The Spine Care Center in Manassas. He is Board Certified by the American Board of Anesthesiology, with a Certificate of Added Qualification in Pain Management. He was the first doctor in Virginia to perform the MILD[®] procedure for lumbar spinal stenosis and is one of the only physicians in the area who implants intrathecal pain pumps.

Areas of Expertise: Epidural Steroid Injections, Spinal Cord Stimulator Placements, Radiofrequency Ablations, and many other minimally invasive spinal procedures.

Personal Interests & Hobbies: Dr. Bassam and his wife are raising their four kids in Northern Virginia. In his free time, he enjoys horseback riding, reading, and scuba diving.

Practice Philosophy: The Spine Care Center is a comprehensive, multi-specialty medical group that provides world-class minimally invasive surgical and non-surgical treatments for both acute and chronic conditions of the spine. We are committed to helping you restore function and relieve pain.



8525 Rolling Road
Suite #200
Manassas, VA

703-705-4471
www.SpineCareVA.com



FAMILY AND COSMETIC DENTISTRY

Rifhat Khan, DDS
The Dental Spa

Introducing Dr. Rifhat Khan. Dr. Khan completed her undergraduate studies at George Mason University, earning a B.S. in Biology with honors. Later, she earned a Doctorate in Dental Surgery from Howard University, College of Dentistry, where she was the recipient of the Fixed Prosthodontists Award along with many other accolades. Following dental school, Dr. Khan received advanced studies through the completion of a General Practice Residency at Morristown Hospital in Morristown, NJ. Dr. Khan's immense love of dentistry allows her to enjoy work everyday. At The Dental Spa, she enjoys the pampering environment while restoring smiles and function. She says... "Our patients are more relaxed therefore are easier for the dentist to render optimal dentistry!"

For leisure, Dr. Khan enjoys spending time with her family, traveling, photography, and watching sports. She loves adventures and might be on a spontaneous trip anywhere in the U.S. on her days off. She is married with two beautiful children.



12351 Dillingham Square
Woodbridge, VA

703-580-8288
www.TheDentalSpaOfVirginia.com
#DentalSpaVA



EXPERT SPINE PHYSICIAN

Arjun Ramesh, MD
The Spine Care Center

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.



8525 Rolling Road
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Manassas, VA

703-705-4471
www.SpineCareVA.com



FAMILY AND COSMETIC DENTISTRY

Marv Thomas, DDS
The Dental Spa

Degrees, Training & Certifications: Dr. Marv Thomas established The Dental Spa in 2002. She graduated from Howard University College of Dentistry with honors and did an internship at Sloan Kettering Cancer Center in Manhattan, NY in Oral Cancer Reconstruction.

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

Dr. Thomas has been on and has sponsored numerous international dental and health missions in Jamaica, Haiti, India, Kenya, and Dominica Republic.

Areas Of Expertise: Invisalign[®] for Teens & Adults (discreet, removable aligners to straighten teeth & improve your smile!), Bonding, Crowns & Bridgework, Cosmetic Dentistry, Dental Implants, Fillings, Oral Cancer Screenings, Orthodontic Treatment, Periodontal (Gum) Disease Therapy, Porcelain Veneers, Professional Teeth Cleanings, Removable Dentures, Root Canal Treatment, Sealants, Sedation Dentistry, Sleep Apnea, Teeth Whitening, TMJ/TMD Treatment, Tooth Extractions, and more.

Practice Philosophy: The Dental Spa is not only known for its tranquil environment and anti-anxiety atmosphere, but as a state of the art modernized facility. It is where Feng Shui and technology comes together.

We were voted "Best of Prince William" (INSIDENOVA, 2018)



12351 Dillingham Square
Woodbridge, VA

703-580-8288
www.TheDentalSpaOfVirginia.com
#DentalSpaVA



EXPERT SPINE PHYSICIAN

Usman Zafar, MD
The Spine Care Center

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, PA, 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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Manassas, VA

703-705-4471
www.SpineCareVA.com



FAMILY DENTISTRY

Zahra Kavianpour, DDS, FCCDS
Brighter Smile Family Dentistry & Orthodontics

Degrees, Training and Certifications: Dr. Zahra Kavianpour graduated in 1982 with a Biochemistry Degree and received her D.D.S. (Doctor of Dental Surgery) degree in May 1987 from the University of Maryland. In private practice for more than 30 years, she is a highly skilled esthetic and restorative dentist who regularly upgrades her skills through continuing education and postgraduate courses in Cosmetic Dentistry, Dental Implants, Orthodontics, and Sedation Dentistry to insure that you receive the benefit of state-of-the-art techniques and materials. She has trained at the Las Vegas Institute for Advanced Dental Studies in Cosmetic Dentistry.

Professional Memberships: Dr. Kavianpour is a member of the American Dental Association, the Virginia State Dental Association, the Northern Virginia Dental Association, the U.S. Dental Institute in Orthodontics, and the Dental Organization for Conscious Sedation. She has recently been added as a member of the National Academy Of Dental Sciences and she has completed her LVI program certification.

Areas of Expertise: Restorations, Chipped or Crowded Teeth Correction, Smile Evaluations, Cosmetic Bonding, Porcelain Veneers, Orthodontics, Invisalign, Dentures, Extractions, Dental Implants, Sedation Dentistry, and more!

Practice Philosophy: Dr. Zahra Kavianpour is committed to giving the highest quality service and treatment to each of her clients. She not only develops an understanding of the health and function of each patient's mouth but also takes the time to understand his/her fears, goals and priorities. Her focus is on the complete well being of each person.



46400 Benedict Drive
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FAMILY MEDICINE

Priya Ghadge, MD
Alexandria Medical Associates

A board-certified family medicine physician, Priya Ghadge, MD has expertise in chronic care conditions, including diabetes, hypertension, hyperlipidemia, asthma, COPD, allergies; preventive medicine; and weight loss. A *Washingtonian* and 2023 *Northern Virginia Magazine* Top Doctor, and member of the American Medical Association and American Academy of Family Medicine, Dr. Ghadge focuses on disease prevention and health maintenance, working to treat the whole patient through active listening, communication, and shared decision making.

Board Certification: Family Medicine

Areas of Expertise: Diabetes and Chronic Care Management, Preventive Medicine, and Women's Health

Education: Internship and Residency: Saint Joseph's Medical Center – New York Medical College, Family Medicine, Yonkers, NY – 2007 and 2009

Medical School: D.Y. Patil Medical College – Shivaji University, Doctor of Medicine, Kolhapur, India – 2000

Professional Association: American Academy of Family Medicine

Personal Interests: Dr. Ghadge loves to travel, explore nature and different cultures of the world. She values family bonding with her kids and husband.

6355 Walker Lane
Suite #303
Alexandria, VA

703-971-0505
AlexandriaMedicalAssociates.com



GENERAL DENTISTRY

Padmaja Yalamanchili, DDS
Fairfax Family Dental

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

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

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

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

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

10875 Main Street
Suite #103, Fairfax, VA
703-591-4010
www.FairfaxFamilyDentist.com



FERTILITY

Yemi Adesanya-Famuyiwa, MD, FACOG
Montgomery Fertility Center

Degrees, Training and Certificates: M.D. – Emory University School of Medicine, 1989. Residency in OB/GYN – Georgetown University, 1989-1993. Fellowship in Reproductive Endocrinology and Infertility – The National Institute of Health, 1993-1995. Graduated, Magna Cum Laude with a degree in Biological Sciences – Kent State. Board Certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology.

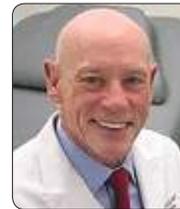
She is the founder of Montgomery Fertility Center, as well as the Associate Clinical Professor of Obstetrics and Gynecology at George Washington University School of Medicine and an attending physician at Holy Cross Hospital in the department of Obstetrics and Gynecology.

Practice Philosophy: Dr. Famuyiwa is at the forefront of providing state-of-the-art care based on emergent and ongoing new technologies and research. This is based on a philosophy to provide exceptional care in the most compassionate manner in order to achieve the best possible outcomes for her patients. Her work has been recognized by numerous awards.

Awards: Top Doctor in Washington-Baltimore in 2012. Castle Connolly Top Doctor every year since 2012 to 2022. Castle Connolly Exceptional Women In Medicine award every year since 2017 to 2022. Named one of *Bethesda Magazine* Top Doctors in 2019.

3202 Tower Oaks
Boulevard, Suite #370
Rockville, MD

301-946-6962
MontgomeryFertilityCenter.com



GERIATRICS

Richard Hilburn, MD
Goals of Care, PLLC

Dr. Richard Hilburn, an internal medicine physician with over 30 years of experience. I have certified in internal medicine, geriatric medicine and I have a certificate in geriatric psychotherapy. However, I wasn't always a doctor. I served in the U.S. Army over 35 years. During my civilian life and early military career before going to medical school, I was a hospital janitor, then an orderly, an EMT, an LPN and a physician assistant (NCCPA #228). During my early military service I was an enlisted man. I was a combat medic in Viet Nam (173rd Airborne Brigade) in 1970-1971. After the war, I became a PA and an Army Warrant Officer. In that capacity, I served two tours in Korea with the 2nd Infantry Division and then the 24th Infantry Division at Ft Stewart, GA. In 1980 I transferred to the Army reserves to attend undergraduate school at North Georgia College (BS, chemistry) and then medical school at the Medical College of Georgia. Returning to active duty after becoming a doctor, I deployed to Kuwait with the 27th Cavalry, then to Honduras in command of a small hospital and medical element. Next deployment was to Iraq with the 658th Aviation Brigade. My last combat tour was in Afghanistan where I served as the theater medical officer for detention operations. As an officer in the Army medical corps I advanced in rank and held a variety of positions in clinical operations and leadership. I was the assistant chief of staff for clinical operations in the U.S. northeastern region, with 10 medical centers and more than 20 permanent clinics. I also served as the commander for the military medical contingent supporting two presidential inaugurations. In 2010, there were almost no geriatricians in the military and I was assigned to attend George Washington University for a year in the geriatrics fellowship program. After fellowship I returned to regular duties serving at Walter Reed Army Medical Center, the Pentagon and on the Army Surgeons General staff. I did not retire from the Army until I was 63 years old. I ran a private practice for 2 years, worked for the Veterans Administration for 4 years and Inova Health Systems for 2 years where I was the first physician helping to establish the geriatrics division house calls program. I am a husband, father of a fine son and wonderful daughter, and a grandfather of two great boys. I'm active in community groups such as Reston for a Lifetime. I am a member of the American Medical Association, the American Geriatrics Society and I'm a Fellow of the American College of Physicians. I endorse certification of medical providers and certification requirements for continuing medical education. I am a strong advocate for broad government medical programs such as medicare and medicaid. I advocate for mandatory vaccinations against certain communicable diseases such as measles and small pox. I encourage patients to follow CDC guidelines for other available immunizations such as influenza, COVID and tetanus. I play golf but not very well. I fish and I have a 11 lb. 6 oz. large mouth mounted on my wall. I love the woods, the planet and I am thankful for this life that I have been given. I believe that we are our brothers' keepers and I strive to apply myself accordingly.

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

492 Elden Street
Herndon, VA
571-774-6257
www.GoalsOfCareMD.com



GENERAL AND COSMETIC DENTISTRY

Aramesh Darvishian, DDS
Perfect Smiles of Reston

Aramesh Darvishian, DDS, is a general and cosmetic dentist offering top-notch care at Perfect Smiles of Reston in Reston, Virginia. Dr. Darvishian has been awarded as one of America's Top Dentists for multiple years by the Consumers' Research Council and brings her distinctive expertise to patients of all ages in Northeast Virginia.

Dr. Darvishian attended the University of Virginia in Charlottesville, where she completed her undergraduate education in 1997 under a full academic scholarship. To pursue dentistry, she attended the Virginia Commonwealth University School of Medicine in Richmond. Throughout her career, she has continually educated herself on the latest advancements in her field in order to bring the very best to her patients.

As a member of the American Dental Association, the Virginia Dental Association, the Northern Virginia Dental Association, the Academy of General Dentistry, Member of the American Academy of Facial Esthetics, and the American Academy of Cosmetic Dentistry, Dr. Darvishian is well known among her professional affiliates. In 2014, she won the top dentist award from *Northern Virginia Magazine* after being nominated by her peers. Furthermore, she has been awarded America's Top Dentists by Consumers Research Council of America from 2005-2023 consecutively. In 2017, Dr. Darvishian was awarded one of top 10 GP Invisalign providers in North America by Align Technology.

In her current role at Perfect Smiles of Reston, Dr. Darvishian uses her extensive knowledge of dentistry and her talented eye for aesthetics to offer Invisalign®, veneers, CEREC crowns, and teeth whitening. She also provides treatment options such as root canals, dental implants, TMJ treatment, and emergency dentistry.

Outside of work, Dr. Darvishian enjoys spending time with her husband, son, and daughter traveling and experiencing different cultures.

Facial Esthetics Services Coming Soon!



12040 South Lakes Drive
Suite #200, Reston, VA
703-955-4440
www.PerfectSmilesDentistReston.com



HEALTH AND WELLNESS

Patti Lee, BSN, FNP, MSN
Montage Health and Wellness

Family Nurse Practitioner Patti Lee, RN, ARNP, FNP-C, MSN, MEd, brings nearly three decades of experience in skilled nursing, urgent care, and pain management to Montage Health and Wellness.

Holistic Pain Solutions

Our bodies are quite adept at repairing themselves. We use methods that aid that natural ability with modalities like acupuncture, nutrition, laser therapy and other means.



5631 Burke Centre
Parkway, Burke, VA
571-464-3142
MontageHealthandWellness.com

Meet Your Local Health Professionals

Making a Difference By Empowering and Encouraging People To Live Healthier



HEALTH COACH

Laura Deter, Certified Healthy Habits Coach
Compassion with Laura

For many years I wasn't very good at dealing with life's challenges and stresses. Raising kids, keeping love alive in a long term marriage and running a direct sales business kept me busy and caring for everyone but myself. Then I migrated cross country every 6 weeks for 2 years caring for my parents, who were in their 90's. Many years of overeating and drinking too much had taken their toll. Despite hearing things like "Put your oxygen mask on first." I had no idea how to truly care for myself.

So I numbed my way through life until it got harder and harder to even get through the days. I sought help at a residential rehab where I learned how not to drink while I was there. I didn't learn a thing about how to deal with life at home. (Well, maybe a little.) At any rate it was a matter of months before I was back to daily drinking. I thought I was broken and weak and the shame of my problem brought a lot of emotional pain. When I invariably started drinking again, I didn't go back to treatment or meetings. Shame was a very lonely way to live.

After years of attempting to "moderate" I found a different approach grounded in self-love and forgiveness. I learned what alcohol did in my body and brain and dug into my beliefs about how I thought it was helping me cope. When I did drink or have sugar, I learned to be curious about my feelings and triggers instead of feeling shame and blaming myself. Gradually I was able to choose healthier options naturally and over time, came to a place where I can be around alcohol without wanting it. The feeling of freedom is hard to describe after so many years of struggling.

I'm 50 pounds lighter and am able to live intentionally and joyfully pay the gift of alcohol freedom forward.



9610 Waterline Drive
Burke, VA
703-831-7099
www.CompassionWithLaura.com



IMPLANT DENTISTRY

E. Richard Hughes, DDS

Degrees, Training & Certifications: Dr. Hughes received his Bachelor of Science in Microbiology from the University of Maryland in College Park, MD. He graduated from Meharry Medical College School of Dentistry in Nashville, TN with a degree as a Doctor of Dental Surgery. His Post Doctorate Certificate in Oral Implantology is from Howard University of Dentistry in Washington, DC. Dr. Richard Hughes is a fellow of the American Academy of Implant Dentistry and the American Academy of Implant Prosthodontics, and Board Certified by the American Board of Oral Implantology/Implant Dentistry. He is also a reviewer for the Journal of Oral Implantology, and is on the surgical staff of INOVA Loudoun Hospital in Leesburg, VA. Dr. Hughes, with 21 years of experience in implant dentistry, is a national and international lecturer on numerous topics about implant dentistry, an implant surgical demonstrator and clinical investigator.

Special Interests: Dental Implants, Cosmetic Dentistry, Restorative Dentistry
Professional Memberships & Affiliations: Part One Test Construction Committee, American Board of Oral Implantology/Implant Dentistry; Oral Examiner, American Board of Oral Implantology/Implant Dentistry; Board of Directors, The American Academy of Implant Prosthodontics; Editorial Advisory Board, Journal of Implant and Advanced Clinical Dentistry; Infection Control Committee and Cancer Committee, INOVA Loudoun Hospital, Leesburg, VA; on the Board of Trustees of the American Academy of Implant Dentistry

Practice Philosophy: You'll love the personal attention we give to your comfort and appearance. And, you'll appreciate our use of the latest materials, modern treatment techniques and our pleasant relaxed environment.

Patient Testimonials: "Dr. Hughes is the Picasso with dental implant and cosmetic procedures. Thank you for my new smile."

"Dr. Hughes, you gave me better health and a new bite out of life."

46440 Benedict Drive
Suite #201, Sterling VA
703-444-1152
www.SterlingImplantDentist.com



HEALTH COACH

Sereda Fowlkes
Healthy Journey For Wellness

Hi my name is Sereda. I am a Certified Wholistic Health Coach. Coaching people to health is a lifestyle that includes mental, spiritual, physical, and emotional wellbeing. I am dedicated to helping people get relief from diseases with lifestyle changes that get results when you follow the plan.

If you give your body the proper raw materials, it will heal itself as God intended it to do. We are offering a system to help you on your health journey so you can help coach others. I am here for education and implementation of better lifestyles for healthy living.

Are you where you want to be in your health?

If you could change one thing about your health, what would it be?

Questions? I would love to speak with you! Schedule a free consultation today!

Learn more about the Services we offer and how these programs can help you. You can also set up a free 15 min consultation to see if the programs fit with your goals.

Health & Wellness Coaching – Health & Wellness Coaching can help you with support and direction to achieve the goals you are looking for. The best sports teams and athletes have coaches to help to hit their goals, you should too. You deserve the best life and we can help you get there.

Keto Lifestyle Coaching – The Keto Cubes Program makes living a keto lifestyle easy. This healthy version of Keto can help you get to your goals and live your best life.

Mindfulness and Stress Reduction – Unmanaged stress is at the heart of many diseases. Stress can wreak havoc on our bodies and mind, yet life just tries to put more and more stress on us. Between work, family, and finances it seems like we are more stressed than ever. In this program, we show you how to start taking the stress off your plate with simple tools that will help you get your life back on track.

Training to Start a Health Coach Career – Do you want a career that allows you to work from your home? Do you want to be able to set your own hours, spend time with your family, be able to go to your child's event, all while helping other people achieve their goals and dreams? Becoming a Certified Health Coach may be the career for you!

SEREDA FOWLKES
Certified Health Coach
Alexandria, VA
571-354-0096
www.HealthyJourneyForWellness.com



INTEGRATIVE AND OSTEOPATHIC

Erika LeBaron, DO, MSN
Vitality Integrative Medicine

Dr. Erika LeBaron is a licensed osteopathic physician board certified in family medicine and osteopathic manipulative treatment. She earned her Doctor of Osteopathic Medicine degree from Texas College of Osteopathic Medicine in Fort Worth, Texas. She completed an internship in family medicine at Conroe Medical Center and Lone Star Family Medicine in Conroe, Texas. She then finished her residency in family medicine at University Hospitals Richmond Medical Center in Richmond Heights, OH. During residency she had the opportunity to spend a month of training at the Center for Integrative Medicine at the University of Arizona with Dr. Andrew Weil and his nationally recognized program.

Along with her osteopathic manipulative treatment skills (OMT) as an osteopathic physician she has done additional focused training in musculoskeletal and sports medicine interventions including dry needling, trigger point injections, various joint injections as well as training in prolotherapy, a regenerative injection therapy for treating ligaments, tendons and joints. Training in these various modalities enables Dr. LeBaron to provide non-surgical interventions for patient's muscle and joint pain.

In addition to her medical training in traditional medical interventions, she has also done specialized training in biocentrical hormone therapy, Wilson's temperature syndrome, thyroid imbalance and restorative medicine. The goal is to restore each patient to their optimal level of health by taking an integrative approach using nutrition, herbs, biocentrical hormones and lifestyle adjustments along with traditional medical as well as other complementary therapies to work with the body's God-given ability to heal and regain balance if provided with the needed resources.

Dr. LeBaron also holds a master's degree in psychiatric/mental health nursing and completed post graduate work in family therapy. She has many years of experience in this field prior to her career in medicine. This experience allows her a unique perspective on the psychological aspect of illness and pain and its impact on you and on your significant others. Her years of working with patients in this field also make her an avid listener to hear what her patients have to say. She believes that it is of utmost importance for her patient's to be heard and understood and that this is a key component of personalized medical care.

Dr. LeBaron is a member of the American Osteopathic Association (AOA), American Academy of Osteopathy (AAO), Association of American Physicians and Surgeons (AAPS), Association for the Advancement of Restorative Medicine (AARM), American Academy of Family Physicians (AAFP), American College of Osteopathic Family Physicians (ACOFF) & the Christian Medical and Dental Association (CMDA).

8421 Dorsey Circle
Suite #102, Manassas, VA
703-395-9327
www.VitalityIntegrativeMed.com



HYPNOSIS

Joy Cheriell Brown

Joy Cheriell Brown is an accomplished filmmaker, author, and certified hypnotherapist. Her brand is focused on helping people recognize the powerful creators they are, and empowering them to make their dreams come true.

She has a Bachelor of Arts from Howard University where she studied film and English and graduated summa cum laude, and a Master of Fine Arts in creative writing from National University. She received her training and certification in hypnotherapy from Marisa Peer, Britain's leading hypnotherapist, who developed Rapid Transformational Therapy.

Joy is the founder of Third Person Omniscient Productions, a production company whose mission it is to produce powerful, meaningful, thought-provoking movies, plays, and television shows that enlighten audiences about the human condition, shed light on the meaning of life, and raise the collective consciousness. Her first feature film is currently in development by her production company.

Joy has written for *Script Magazine* and other media outlets, and has a YouTube channel. She is also the author of "The Secret of Life Through Screenwriting: How to Use the Law of Attraction to Structure Your Screenplay, Create Characters, and Find Meaning in Your Script," which is available on Amazon.

Joy@JoyCheriellBrown.com
www.JoyCheriellBrown.com



MAKE-UP ARTIST

Jennifer Phung
Touch Of Beauty Inc.

Education: University of Maryland College Park, MD (Go Terps!). Graduated with a BS in Microbiology.

Training/Certifications:

Graduated from Effortless Beauty School of Permanent Cosmetics - Riverside, CA

PhiBrows Eyebrow Microblading Certified Washington, DC

Completed the Xtreme Lashes Training Workshop and Certificate Process

Completed the M.Ivani Advanced Hairstroke Eyebrow Training (Nanobrows)

Xtreme Lashes Certified Lash Stylist

Xtreme Lashes Advanced Lash Certified Lash Stylist

Xtreme Lashes Advanced Lash Certified Lash Volumation Stylist

Xtreme Lashes Advanced Lash Certified Stylist in Omnivolume

Professional Summary: Jennifer has been in patient and personal care for over fifteen years and knows how to make a patient feel comfortable and at ease even in the most nerve-racking moments. She is a fun-loving and a caring person. Jennifer has worked side by side with many surgeons in the operating room and has been trained in sterile techniques. She has a way with people and always has a smile on her face. She believes in helping others to improve themselves. Her clients will receive the best service and personal attention that anyone could ask for. Featured in *Who's Who Millennium Magazine* (2023) and *The National Digest Magazine*. Best Lash Extensions in NOVA 2017, 2018 for *Northern Virginia Magazine* as well as Best Eyebrows in 2019 for *Northern Virginia Magazine*.

Hobbies/Interest: Jennifer loves music and the arts. She plays the piano and the violin. She enjoys spending time with her family and friends and also enjoys many outdoor activities such as volleyball, skiing and Taekwondo.

10130 Colvin Run Road
Suite C, Great Falls, VA
301-346-3098
MyTouchOfBeauty.com

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MENTAL HEALTH

Barbara J. Brown, PhD

Capitol Hill Consortium for Counseling & Consultation

With a lifetime of professional experience and personal passion in the field of mental health, Dr. Barbara Brown founded Capitol Hill Consortium for Counseling and Consultation in 2009, and currently serves as the leader of CCCC's five DC-area practices and more-than 80 clinicians and administrative staff. Out of the office, her work continues; Dr. Brown is a fixture in the community, and frequently dedicates her time to spreading mental health awareness to groups like churches, schools, and corporations.

As founder, Dr. Brown brings more than three decades of psychological experience to CCCC LLC. With a passion for community, Dr. Brown leads a team that values diversity first and foremost, and the pursuit of ensuring that each client has an experience that allows them to live an elevated life. Coming from a simple, but persistent desire to normalize caring for our minds, just as much as our bodies, Dr. Brown built this consortium with you, your neighbor, your family, your friends, and your community in mind.

"There is no health without mental health." These words said by Dr. David Satcher, the first Black Surgeon General of the U.S., served as the spark that fueled her determination to provide accessible, quality mental health care to all, especially in communities of color.

The clinicians and administrative staff who choose to work here do so because of their dedication to our mission of providing high-quality, accessible, and culturally responsive mental health services. We strive to provide a community of therapists that reflects the communities where we work. We are a multicultural and multidisciplinary practice. Our wish is that everyone who wants to receive mental health care can do so.



Washington, DC
Maryland & Virginia
202-544-5440
www.CCCCMentalHealth.com
support@cccmentalhealth.com



OPHTHALMOLOGY

Jacqueline D. Griffiths, MD

NewView Eye Center

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

Degrees, Training & Certifications:

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

Professional Memberships & Affiliations:

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

"Top Ophthalmologist" *Washingtonian* and *Northern Virginia Magazine*



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703-777-1244
12110 Sunset Hills Road
Suite #50, Reston, VA
703-834-9777
1-800-MY-VISION
www.NewViewEye.com



MENTAL HEALTH

Daphne King, EdD, LCSW

Loudoun Counseling & Coaching, LLC

Dr. Daphne King is a licensed therapist specializing in marriage/couples, relationship/family counseling, suicidal ideation, depression, anxiety, self-esteem, and work with adolescents, adults, and families; as well as using cognitive behavioral therapy as a treatment modality. She focuses on helping others to live their most healthy lives with a holistic approach that looks at all factors of their environment. As a case manager, she has experience working with families and adolescents, as well as those requiring hospitalization in psychiatric hospitals and residential facilities. As a social worker, she has extensive experience working with children and adolescents in the foster care system and those experiencing mental health concerns as well as providing crisis intervention to school age children. Dr. Daphne King is a licensed clinical social worker in the state of Virginia. Dr. King received her BA in Social Relations from Michigan State University, Masters Degree in Social Work from Grand Valley State University, and Doctorate in Education in Counseling Psychology from Argosy University.



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LoudounCounselingCoaching.com



OPHTHALMOLOGY

Maureen O'Dea, MD

Potomac Ophthalmology

Maureen Theresa O'Dea is a first generation Irish American who was born in New York City and grew up in Queens. She graduated magna cum laude with a baccalaureate degree from St. John's University. After receiving her medical degree from Georgetown University School of Medicine, she completed an internship in Internal Medicine and Ophthalmology residency at Washington Hospital Center in Washington, D.C. Dr. O'Dea is a member of the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery. She is an active member of the medical community and maintains her Ophthalmology practice in Woodbridge, Virginia. Her interests include writing, animal rescue, and traveling. She has publication in the Journal of Medical Association, The Beltway Poetry Quarterly, The UCLA Collection of Poetry by Physicians, and The Nearest Poem.

Certifications & Awards

Commonwealth of Virginia Medical License
Diplomate, American Board of Ophthalmology
Professional Affiliations
American Academy of Ophthalmology



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Suite #410
Woodbridge, VA
703-580-5348
PotomacOphthalmology.com



OPHTHALMOLOGY

Claiborne M. Callahan, MD

NewView Eye Center

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

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

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

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



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www.NewViewEye.com



OPTOMETRY

Dawn Devaney Gammon, OD, FAO

The Eyewear Gallery at Reston Town Center

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

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

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



Reston Town Center
11900 Market Street
Reston, VA
703-709-5400
www.Eyewear-Gallery.com

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ORTHODONTICS

Swathi M. Reddy, DMD
All Smiles Orthodontics

Degrees, Training & Certifications: Dr. Swathi M. Reddy, DMD received her DMD from Goldman School of Dental Medicine, Boston University. She graduated with high honors and was inducted into the Omicron Kappa Upsilon National Dental Honor Society. She received additional training to be a specialist in Orthodontics and Dentofacial Orthopedics at University of Nevada.

Professional Memberships: Dr. Swathi M. Reddy, DMD is an active member of many organizations, including the American Association of Orthodontists, American Dental Association, Northern Virginia Dental Society, Southern Association of Orthodontics, and Virginia Dental Association.

Best Health Advice: It is recommended by the AAO (American Association of Orthodontics) that all children get a check-up with an orthodontist no later than age 7. An orthodontist can identify any problems with emerging teeth and jaw growth, even while some baby teeth are still present.

Services: All Smiles Orthodontics offers complimentary consultations with convenient office hours and flexible payment plans with interest free financing.

Practice Philosophy: "My philosophy is to provide the best orthodontic treatment at the most appropriate age. It is important to analyze each patient's specific needs, because in-depth planning leads to superior results and higher patient satisfaction. I strive to maintain a balanced and harmonious facial appearance with a functional bite, in addition to providing a long-lasting beautiful smile." – Dr. Swathi M. Reddy, DMD



9010 Lorton Station
Boulevard, Suite #260
Lorton, VA
703-337-4414
www.AllSmilesBraces.com



PEDIATRIC DENTISTRY

Elizabeth "Andie" Shin, DDS
Bethesda Chevy Chase Pediatric Dentistry

Dr. Shin is the founder and president of BCC Pediatric Dentistry. She is a Board Certified Pediatric Dentist with more than 20 years of practice experience. Among other awards and recognitions, Dr. Shin has been selected by her peers as a *Washingtonian* Top Pediatric Dentist and a *Bethesda Magazine* Top Pediatric Dentist.

Dr. Shin's experience spans a diverse range of locations, settings, and organizations. She was Associate Professor of Pediatric Dentistry for the Advanced Post-Graduate Pediatric Dentistry Residency at the University of Southern California (USC). Dr. Shin practiced pediatric dentistry at a Native American Reservation in Montana. After 9/11, she joined the Army and served as an active-duty military officer and pediatric dentist at Walter Reed Army Medical Center, in Washington DC. Dr. Shin was also the first Korean-American female to hold the position as the division head of the Pediatric Dentistry and Orthodontic Dental Clinic at the Children's Hospital of Los Angeles. These and other positions throughout the years have provided Dr. Shin with invaluable pediatric dentistry experience and unique expertise.

Most of all she loves children, likes to make them laugh, and is constantly trying to learn more about them and their accomplishments. That includes her patients and her son, daughter, grandkids, and your child too!



4825 Bethesda Avenue
Suite # 220, Bethesda, MD
301-941-7374
BCCPediatricDentistry.com



PAIN MANAGEMENT

Madhavi Chada, MD
Synergy Spine and Pain Center

Dr. Madhavi Chada an Interventional Pain Management Physician and is triple Board Certified in Anesthesiology, Internal Medicine and Pain Management. Dr. Chada completed her fellowship training in Interventional Pain Medicine at Tufts University – Baystate Medical Center, MA. Dr. Chada completed her dual residencies in Anesthesiology at Brookdale Medical Center, NY and in Internal Medicine at SUNY Stony Brook, NY.

Dr. Chada is an active member of the American Society of Interventional Pain Physicians (ASIPP), North American Neuromodulation Society (NANS) and American Society of Anesthesiologists (ASA). She is also affiliated with the American Medical Association (AMA).

Dr. Chada has been providing Maryland and Washington, DC metropolitan area communities with comprehensive chronic pain management treatments for the past several years. She is the Founder and Medical Director of Synergy Spine and Pain Center, LLC. Dr. Chada is committed to high-quality patient care and is unwavering in her dedication to providing personalized treatment.



12150 Annapolis Road
Suite #209
Glenn Dale (Bowie), MD
240-929-6652
10905 Fort Washington
Road, Suite #305
Fort Washington, MD
240-260-3828
www.SynergySpineMD.com



PEDIATRIC DENTISTRY

April Toyer, DDS, FAAPD
Lifetime Dental Care | Board Certified Pediatric Dentist

Degrees, Training and Certificates: Dr. Toyer attended the University of Virginia and received a degree in Biology and Bioethics in 2003. There she volunteered at the Charlottesville Free Clinic and developed a love for dentistry. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program. It was there that she met her husband, Dr. Leonard. During her summers off from dental school, Dr. Toyer worked for the Department of Education to be surrounded by young smiles. After graduating from dental school in 2007, she attended Howard University for her Residency in pediatric dentistry, which she completed in 2009.

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

Hobbies: In her spare time Dr. Toyer enjoys writing, running, and playing the piano.

Practice Philosophy: Our mission is to provide our patients with the highest quality of pediatric, family, and cosmetic dental care in a warm, relaxing, and fun environment. Our office is a Dental Home that provides services for your family for a lifetime, from age 1 to 101.



14573 Potomac Mills Road
Woodbridge, VA
703-499-9779
www.LifetimeDentalCareVA.com



PAIN MANAGEMENT

Levi Pearson, III, MD, MBA, DABA, DABPM
*Metropolitan Pain and Spine
Metropolitan Spine Ambulatory Surgery Center*

Dr. Levi Pearson is the Owner and Medical Director of Metropolitan Pain and Spine Interventional Pain practice in Ellicott City, MD. Dr. Pearson has 30 years of experience as a Board Certified Anesthesiologist specializing in Interventional Pain Management. Dr. Pearson is Board Certified by the American Board of Anesthesiology and the American Board of Pain Medicine. Dr. Pearson specializes in interventional pain management involving the spine related to pain involving the neck and upper extremities as well as the low back and lower extremities using innovative skills and technology coupled with empathy and compassion. Dr. Pearson is a Top Doc in Interventional Pain Medicine and Anesthesiology by Find a Top Doc and the International Association of Anesthesiologists. Dr. Pearson is a member of the leading physicians of the world, Sigma Alpha Pi National Society of Leadership and Success, The American Academy of Pain Medicine, and several pain care organizations. Dr. Pearson is a graduate and past instructor at the Georgetown University School of Medicine in Washington, DC, where he completed his medical school training, internship, residency, and pain management fellowship training at the Georgetown University Hospital and Medical Center in Washington, DC.

Dr. Pearson maintains hospital privileges at MedStar Montgomery General Hospital and at The University of Maryland Capital Region Medical Center. Dr. Pearson is the owner and medical director of the Medicare Certified and C-Arm Fluoroscopy equipped Metropolitan Spine Ambulatory Surgery Center.

Dr. Pearson is a Cum Laude graduate of the Rochester Institute of Technology (RIT) Saunders School of Business Executive Masters of Business Administration (MBA) program. Dr. Pearson has a special interest in interventional pain treatment injection procedures designed to attack pain generators including the use of advanced neuromodulation procedures such as spinal cord stimulation for treatment of complex pain like post spinal surgery syndrome and diabetic nerve pain.

SPINAL CORD STIMULATOR
High Frequency Spinal Cord Stimulation is now FDA approved for Diabetic Neuropathy Pain, when medical management fails to control pain symptoms in your legs and feet a new treatment has gained food and drug administration FDA approval to hopefully bring about relief on nerve pain symptoms associated with diabetic neuropathy. Ask Dr. Pearson about this new FDA approved procedure to address your pain symptoms.



9501 Old Annapolis Road
Suite #305, Ellicott City, MD
443-367-0011
www.MetropolitanSpine.com



PEDIATRIC DENTISTRY

Leonard Toyer, Jr., DDS
Lifetime Dental Care | Board Certified Pediatric Dentist

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

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

Practice Philosophy: Our mission is to provide our patients with the highest quality of pediatric, family, and cosmetic dental care in a warm, relaxing, and fun environment. Our office is a Dental Home that provides services for your family for a lifetime, from age 1 to 101.



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PERIODONTICS

Karl A. Smith, DDS, MS

**Periodontal Care can save your life!
Let me help you live healthier than ever before.**

As a periodontist, Dr. Karl Smith specializes in periodontics and implantology. Periodontists are experts in treatment of gum disease, establishing and maintaining periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one really likes to go to the dentist, we strive to make your visits with us as comfortable and pleasant as possible. Patients' comfort is an important part of quality dental care. If you aren't safe and comfortable you won't go and going is just a good thing for your body!

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

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and safety of his office and patient-oriented team. He is consistently rated by his peers as a Top Dentist 2010-2022 in *Virginia Living*, *Washingtonian* Magazine, and *Northern Virginia* Magazine.

His patient's say: "I'd give 10 stars if I could. Dr. Smith is so kind, caring and explains everything so that you understand. His assistants are thorough, knowledgeable and gentle."

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301-638-4867
2500 N. Van Dorn Street
Suite #128, Alexandria, VA
703-894-4867
www.DrKarlSmith.com



PODIATRIC DERMATOLOGY

Kyle S. Scholnick, DPM

Reflections Image Center & Skincare Institute

We're excited to announce our partnership with esteemed podiatrist Dr. Kyle Scholnick, focusing on improving foot and ankle health. Dr. Scholnick joins Reflections Image Center & Skincare Institute, bringing expertise and dedication to exceptional podiatry services. Graduating with honors from The George Washington University and completing his medical degree at Temple University School of Podiatric Medicine, Dr. Scholnick is a highly skilled podiatrist. He gained further experience through a rigorous three-year surgical residency at Yale University Hospital, serving as chief resident in his final year. Specializing in Podiatric Dermatology and Dermatopathology, Dr. Scholnick focuses on lower extremity dermatology and oncology. With advanced training in reconstructive procedures, wound care, and regenerative medicine, he provides holistic patient care. Dr. Scholnick is renowned in diagnosing and treating various foot conditions, including laser toenail fungus. Our partnership aims to utilize innovative techniques for healthier, beautiful nails.



44125 Woodridge
Parkway, Suite #220
Lansdowne, VA
703-539-6002
ReflectionsImageCenter.com

See Our Ad/Article on Page 22



PERIODONTICS

Marc P. Stanard, DDS, PC

Dr. Marc Stanard specializes in surgical and non-surgical periodontics, extractions, and dental implants.

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PODIATRIST

Edward Pozarny, DPM, FACFAS

Arlington Podiatry Center

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

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

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

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

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

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



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Mary Nalls, PT, MPT

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Mary Nalls PT, MPT is the CEO of Physical Therapy Your Way & Advanced Specialty Care PLLC with locations in Alexandria and Lorton, VA. She earned her Master of Physical Therapy degree at Hahnemann University in Philadelphia, PA.

Mary specialized in pelvic floor physical therapy since 1991 and brought this new niche to Northern VA. In 1994, she created Fairfax Hospital's first women's health pelvic floor physical therapy program.

Before entering private practice, the jobs Mary was employed by required high patient volume productivity standards. This patient care model frustrated her; hence in 2002, she opened her own private practice and since then her entire staff exclusively provides full-hour one on one personalized physical therapy.

Mary is the co-author of the American Physical Therapy Associations Women's Health Manual. In 1992 a group of pioneering women's health physical therapists collaborated and wrote the manual to guide other therapists on the standards of proper evaluation and treatment techniques for pelvic floor disorders.

She and her staff of 10 other pelvic floor therapists currently treat bladder, bowel, and pain conditions of women, men and children. Pelvic floor disorders include urinary and fecal incontinence, pelvic and spine pain, dyspareunia (painful intercourse), pelvic organ prolapse, constipation, prenatal and postpartum rehabilitation, diastasis recti (abdominal muscle separation), bedwetting, urinary frequency, and prostatitis.

In addition to specific pelvic floor rehabilitation, Mary utilizes a holistic approach to her treatments. She focuses on full-body movement analysis, corrective exercise prescriptions, nutrition, mindfulness training, stress management strategies, and helping everyone find a functional and pain-free way to live an active and healthy lifestyle.



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PODIATRY/HOUSE CALLS

Gregory Cardinal, DPM

Podiatrist In Motion

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

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

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

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



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PRIMARY CARE AND AVIATION MEDICINE

Tesfaye Tetemke, MD, FACP
Skyline Medical Center

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

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

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

Professional Memberships & Affiliations: American College of Physicians, Aerospace Medical Association, American Medical Association, International Society of Travel Medicine

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

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



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PROSTHODONTICS

Harshit Aggarwal, DDS, MSD
Center For Dentofacial Aesthetics

What made you decide to become a dentist? I always had a passion for visualizing an objective and then reverse-engineering the steps needed to get there. This, coupled with my dexterity and love for exacting positive change in people's lives, helping them in their journey toward healthier living, made dentistry the right fit. Oral health is vital to overall systemic health; every day, I get to help my patients make positive changes that will last a lifetime.

What makes you different from other dentists? My vision. I strive to build back trust in healthcare. When insurance companies, patients, and doctors fight with one another, the disease wins. In my ideal world, we all work together to fight the disease, and patients can trust their doctors 100 percent. Every day, every procedure and every person I meet helps me fulfill this vision. We never recommend unnecessary treatments and care for all patients as though they are extensions of our families.

How do you employ new technology to help your patients? Our state-of-the-art facility features the most sophisticated dental technologies, and our team stays at the forefront of the latest techniques and industry advancements. However, the technology in my office does not dictate treatment plans. We always use the best technology available to fit each patient's individual needs. We have a full-service, in-house lab where we make all our prosthetics. Our digital 3D scanners, cameras, sensors and CBCT ensure the most accurate diagnoses, efficient treatment plans and longest-lasting results.

Bio: Dr. Aggarwal graduated from his mother's alma mater, Nair Hospital Dental College in Mumbai, in 2004, earning his bachelor's in dental surgery. He received his Certificate in Prosthodontics/M.S. in Dentistry from the now Rutgers School of Dental Medicine. Dr. Aggarwal was a clinical assistant professor at Marquette University School of Dentistry from 2009-14.



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PROSTHETIST

John Hattingh, CP, LPO, CPO(SA)
Prosthetic Care Facility Of Virginia

John Hattingh, Certified Prosthetist, has more than 30 years of clinical experience and is recognized by his peers as a leader in the profession.

He previously was the owner, principal prosthetist, and leader in research and development for Northwest Prosthetic and Orthotic Clinic, Seattle, which was recognized as the largest P&O facility in the Pacific Northwest. He also was an adjunct lecturer at the University of Washington. He transitioned out of his practice in 2009 and traveled to his native South Africa, where he lectured and donated his expertise to treating children that did not have medical insurance.

John is a member of the National Rehabilitation Association and American Orthotic & Prosthetic Association. He is certified by the American Board of Certification in Orthotics, Prosthetics and Pedorthics (ABC) and a Washington State Licensed Prosthetist.

He makes himself available to answer questions that amputees have whether they are his patients or not.



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SPINE SURGERY

Mudit Sharma, MD
Virginia Spine Specialists

Degrees, Training & Certifications: Dr. Sharma, MD, FAANS, FACS is a board certified Neurosurgeon and has called Northern Virginia his home since 2001. After finishing his training at the prestigious Georgetown University Hospital, Dr. Sharma joined the clinical staff at Prince William Hospital to diagnose and treat spinal problems. He was the first Neurosurgeon to offer minimally invasive spinal care at Spotsylvania Regional Medical Center. He specializes in minimally invasive procedures of the spine and has treated countless patients over the years who are now living pain free and productive lives. He travels all around the country and the world to give talks to other doctors about the latest spinal innovations.

Professional Memberships: Dr. Sharma is a Fellow of the American College of Surgeons and a Fellow of the American Association of Neurological Surgeons.

Clinical Interests: Minimally Invasive Spine Surgery using Artificial Disc Replacement, Lumbar Fusion, Microdiscectomy, XLIF™ Procedure. Dr. Sharma specializes in treating Neck, Back, Arm & Leg Pain - and a variety of Spinal Disorders including Slipped Disc, Spinal Stenosis, Herniated Disc, Sacroiliac Joint (SI) Dysfunction, Spinal Tumors, Failed Back Surgery, and others.

Practice Philosophy: "Pain can be successfully treated with state-of-the-art techniques."

-Mudit Sharma, MD



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PROSTHODONTICS

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

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

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TMJ & SLEEP DISORDERS

Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

Dr. Jeffrey Brown grew up in the state of Maine and went to Bowdoin College, where he graduated Magna Cum Laude in 1982. He accepted early decision into the Georgetown School of Dentistry, and graduated from there in 1986. While at Georgetown, Dr. Brown worked in the Neurology Department as an assistant on a project that involved studying the regeneration of nerve tissue in the spinal column after major trauma.

Upon graduation from Georgetown Dental School, Dr. Brown worked for a short time as an associate in a practice in Falls Church, VA. From there, he moved on and built his own practice in the Fairlington neighborhood in Arlington, VA, creating one of the largest practices ever seen on the East Coast.

Dr. Brown took a short sabbatical to help raise his four young children and to continue his education. It was then that he began the process of understanding sleep apnea and how it correlates to TMJ treatment. His knowledge in the combined fields of TMJ, sleep and orthodontics has given him a perspective unlike most other practitioners who perform basic dentistry. In addition, Dr. Brown has also learned the advanced techniques involved in expanding an airway so that both children and adults can breathe better. His training continued over time at the famous Sleep Medicine Center near the Emory University Hospital. He is a certified Fellow of the American Academy of Craniofacial Pain, awarded the Level of Legacy with the ALP Interface Academy and holds memberships with many academies.

In 2013, Dr. Brown met Dr. Brendan Stack and was immediately impressed with the success Dr. Stack had in treating TMJ cases and being able to repair so many damaged lives. For Dr. Brown, helping people by dealing with their debilitating TMJ issues became his second calling. And, as they say, the rest is history!



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SleepandTMJTherapy.com

Garima K. Talwar, DDS, MS

Board Certified Prosthodontist

Specializing in Reconstructive and Implant Dentistry



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

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

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IN-OFFICE LABORATORY
& TECHNICIAN





Photo By Mila Jackson

By Natalya Anderson, Owner, Stylist
Alya Salon and Spa

A major problem for those with naturally curly hair has been the lack of knowledge on how to care for it and what the best choices are for cut and style. Two women invented popular curly cutting techniques, one named Lorraine Massey and another named Ouidad. Each of them has their own method of cutting and caring for curly hair. Their techniques have similarities and differences for caring for curls. So how different are they and which technique is the best for you?

Ouidad – Ouidad is a hair salon and product line that was founded by a commercially successful hair stylist, Ouidad who had curly hair. She has a few phrases when it comes to styling hair: “Rake & Shake” which refers to

the method of setting the curl up just before it dries. And the other phrase is “Carve & Slice” and this refers to the unique hair cutting technique.

“I want everyone to see that curly hair is a gift to be celebrated and enjoyed, every day.”—Ouidad.

The Ouidad cut follows traditional hair styling methods. So first, the length and overall shape of the hair is worked by cutting layers into the hair, using the unique “Carve & Slice” method. This method gives the curls room and space to breathe. This method is similar to layering, but when the hair is dry. These layers are not visible and are blended in. And Ouidad recommends shampooing only once or twice a week.

DevaCurl – DevaCurl cut is very unique from the methods that most hair stylists are taught in beauty school. So in referring to the DevaCurl cut, method founder Lorraine Massey believes that curly hair should be cut “where it lives.” DevaCurl cuts are performed dry. Massey also emphasizes the importance of moisturizing the hair.

Curly Hair

What Type Of Curly Cut Is Right For You?

“Curly hair is not a trend, it’s a lifestyle.” – Lorraine Massey.

A DevaCurl stylist will cut your hair dry, since this is the only way to see the curl as it lies. Each ringlet will

get trimmed individually. This method makes each individual customer end up with a one-of-a-kind haircut.

Please see “Curly Hair,” page 46

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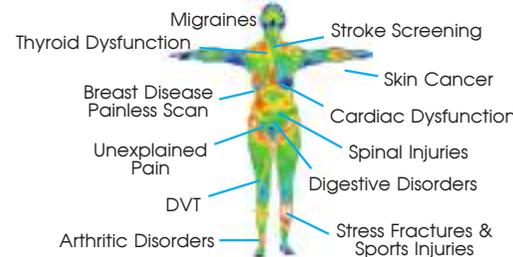
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Pressure Ulcers



By Edward S. Pozarny, DPM
Arlington Podiatry Center

and causes pain. Unfortunately, you may not notice the pain if you have neuropathy, a health problem that limits how much feeling you have in your feet. As healthy skin dies, an ulcer forms. Ulcers may progress from hot spots to infected wounds very quickly.

Red hot spots on the skin are signs of pressure or friction. Left untreated, a blister can form and turn into an open wound or a corn (thickened skin on top of the foot) or callus.

If a corn or callus presses into the foot, it destroys inner layers of skin and fat. Cracks and sores may form. These open wounds are ulcers. They provide a way for infection to enter the body. In some cases, dead skin (such as a corn or callus) may cover an open wound, making it harder to see.

If bacteria enter the ulcer, infection sets in and may begin to drain white, yellow, or greenish discharge. Some infected ulcers bleed or have a bad odor. If you develop an infected ulcer, call your doctor right away.

Your Physical Exam

Hot spots, small cracks, or sores can be treated before they get infected.

Please see "Ulcers," page 46

What Are Pressure Ulcers?

Pressure ulcers are sores that occur when pressure cuts off the blood supply to the skin. The ball of the foot, the big toe, and the heel are at greatest risk. Untreated ulcers may allow infection to enter your body. If infection reaches the bloodstream or bone, your life or limb may be at risk.

How Do Pressure Ulcers Form?

Force or friction against the bottom of your foot causes the skin to thicken, forming a callus. If the skin keeps thickening, the callus presses up into the foot. This kills healthy tissue

What Is "Two-Phase" Orthodontic Treatment?



By Swathi Reddy, DMD
All Smiles Orthodontics

baby teeth. The second phase takes place when all of the permanent teeth have erupted.

The first phase of treatment is done around the age of 7-10 years. This is usually when all four of the permanent first molars and incisors have erupted. Children sometimes exhibit signs of jaw problems as they grow and develop. The goal of the first phase is to take advantage of the early growth spurts. This will help develop the jaw growth to gain space for permanent teeth, and to relate the upper and lower jaws to each other.

The first phase of treatment may use growth modification devices such as an expander, habit appliances (to stop thumb or finger sucking) or functional appliances (to reduce overbite). Braces may or may not be used during this phase of treatment. Phase one usually lasts from 6-18 months. Early

Orthodontic treatments can be done in a single full-length treatment or broken into two separate treatment phases, with a resting period between the two.

Two-phase treatment is comprised of two separate times when a child receives orthodontic treatment. The first phase is done when a child is still growing and has most of their

Please see "Orthodontic," page 46

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FEEL YOUR BEST

FROM PAGE 4

legs including knees, buttocks, and any other areas where restoring your skin's youthful resilience and removing unwanted fatty deposits is needed. Treatment is completely painless and feels like a hot stone massage. The combination of Exilis Ultra with lasers for cellulite, stretch marks and skin tightening, or with liposuction can give significant improvement and drop clothing sizes in key areas such as your abdomen, waistline, hips and thighs.

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Please see "Feel Your Best," page 46



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FEEL YOUR BEST

FROM PAGE 44

These treatments are designed to look completely natural, prevent deepening of wrinkles and stimulate long-term collagen and elastin production. They are effective, long lasting and cost-efficient. Patients are often amazed at how young they look after these treatments. Their skin is not only lifted, smoother and tighter, but also has a beautiful glow.

A new and important area of wellness is feminine rejuvenation. Today's woman in her 40s, 50s, 60s or beyond has every expectation that the second half of her life will be as vibrant, active and productive as the first. Childbirth, the years leading up to menopause or menopause itself can cause concerns that impact quality of life, such as leaking of urine when coughing or sneezing, vaginal dryness or less satisfying sexual activity. These concerns were rarely discussed previously, but now can be addressed in many women by non-surgical treatment with the CORE Intima laser. There is no recovery time, and patients typically report dramatic improvements in their sense of wellbeing and quality of life. The difference between the CORE Intima and radiofrequency treatments that are advertised for feminine rejuvenation is that the CORE Intima is a quicker, longer-lasting treatment with fuller results due to its being a true laser.

ULCERS

FROM PAGE 42

Blood flow and nerve sensation in your feet may be tested if you have a chronic health problem, such as diabetes. A deep pressure ulcer may require an x-ray.

To take pressure off hot spots and ulcers, your doctor may prescribe orthotics. To control or prevent infection, your doctor may prescribe antibiotics. Surgery may be needed if infection enters deep tissues or bone.

ORTHODONTIC

FROM PAGE 42

correction may prevent later removal of permanent teeth to correct crowding and/or surgical procedures to align the upper and lower jaws.

After phase one the patient enters the recall phase. During this phase 6-month recall appointments are scheduled for observation. Periodic x-rays may also be done to monitor growth and development.

Phase two of treatment most commonly occurs at the age of 11 or 12 years, but may vary depending on the child's development. This phase involves the placement of full braces on all the permanent teeth, which

The first step is to have a consultation with an expert in feminine rejuvenation with lasers, who will then devise the most appropriate treatment plan in collaboration with your gynecologist.

The American Board of Medical Specialties recognizes four core aesthetic specialties that are properly qualified to perform cosmetic procedures such as these, as well as fillers and Botox. These core four specialties are dermatology, plastic surgery, facial plastic surgery, and oculoplastic surgery. Some core aesthetic specialists evolve to the point of serving as researchers, international trainers and teachers for these technologies. They may also be selected to serve as principal investigators for FDA studies of new technologies, and to create educational programs for doctors worldwide.

Qualifications matter. For the best and safest results, select a board certified dermatologist or plastic surgeon who has specific training in these procedures and with whom you feel comfortable. A board certified dermatologist or plastic surgeon understands how to use the most modern technologies to lift your face and how to combine your face and body laser treatments with other treatments, including skin-lifting fillers like Juvederm, Voluma, Restylane and Sculptra – or even your own natural fat.

Preventing Ulcers

To prevent ulcers use a mirror to look at the bottom of your feet each day. By doing so, you can catch small skin changes before they turn into ulcers.

Call your doctor if you notice hot spots, red streaks, swelling, or any cracks or sores. Also, check the soles and insides of your shoes before putting them on and remove any objects.

gives maximum control over tooth movement. The goal of phase two is to achieve ideal alignment and occlusion of all permanent teeth. Treatment time can range anywhere from 15-24 months.

Phase two helps to optimize treatment time when the child is growing to obtain best possible results. It also could prevent the need for extractions and/or corrective jaw surgery in the future.

To check if your child will need this type of treatment contact your orthodontist to schedule a complimentary consultation.

HEADACHES

FROM PAGE 20

creates no pain or is not evident, but it may be noticed that when opening the jaw completely, the jaw will “slip” to the side during the movement.

One of the most common compensation patterns for TMJ disorder is known as forward head position. It turns out that sticking your neck out or slouching with your head forward takes a lot of the pressure off of the jaw joints. Of course, that comes at a price of increased tension in the neck and upper back muscles, leading to headaches, neckaches, and pain between the shoulderblades. If the forward head position persists for too long the symptoms can reach the lower back and even the feet.

There have been many treatments used over the years in order to treat TMJ and headaches, including surgeries; most of these do not work

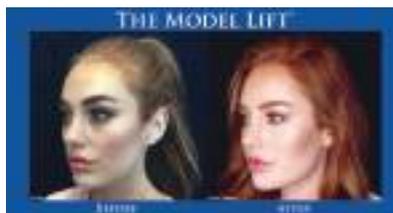
as successfully as hoped. Treatment for TMJ and headaches is done on a per patient basis, as the findings of tests are going to vary. One of the most popular, and one that seems to work the best is the wearing of two different appliances, one during the day and one at night. This is a far less invasive treatment approach that seems to work very well in most people that suffer from TMJ and headaches.

Even if you don't remember any accident that may have caused injury to the jaw area, if you are suffering from migraines and doctors have found no true cause, pay attention to the other signs of TMJ, but don't rely on them. Make an appointment with a dental professional that specializes in TMJ disorders and learn if they can help reduce your pain or eliminate it altogether.

MODEL LIFT

FROM PAGE 20

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



Nose Contouring

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

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

Lip Fillers

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

DIABETES

FROM PAGE 12

zation, improved wound healing, and prevention of amputations.

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CURLY HAIR

FROM PAGE 41

Everyone has different hair textures. And the goal is to have a haircut that works for you and your life. A stylist can make your hair look good in the salon, but styling at home is what matters. That starts with the right

technique of cutting for your hair. Consider your face shape, hair goals, length, color, and texture.

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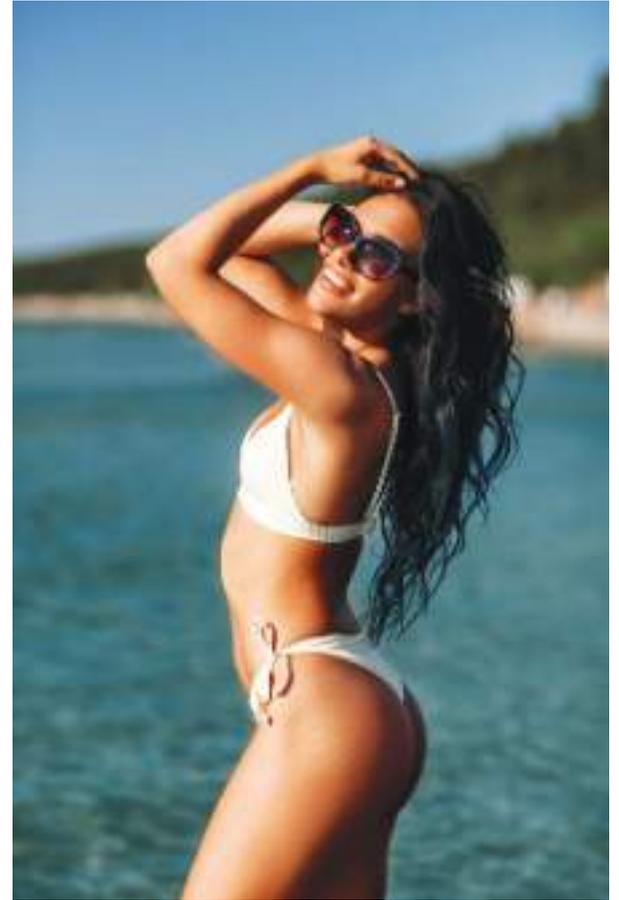
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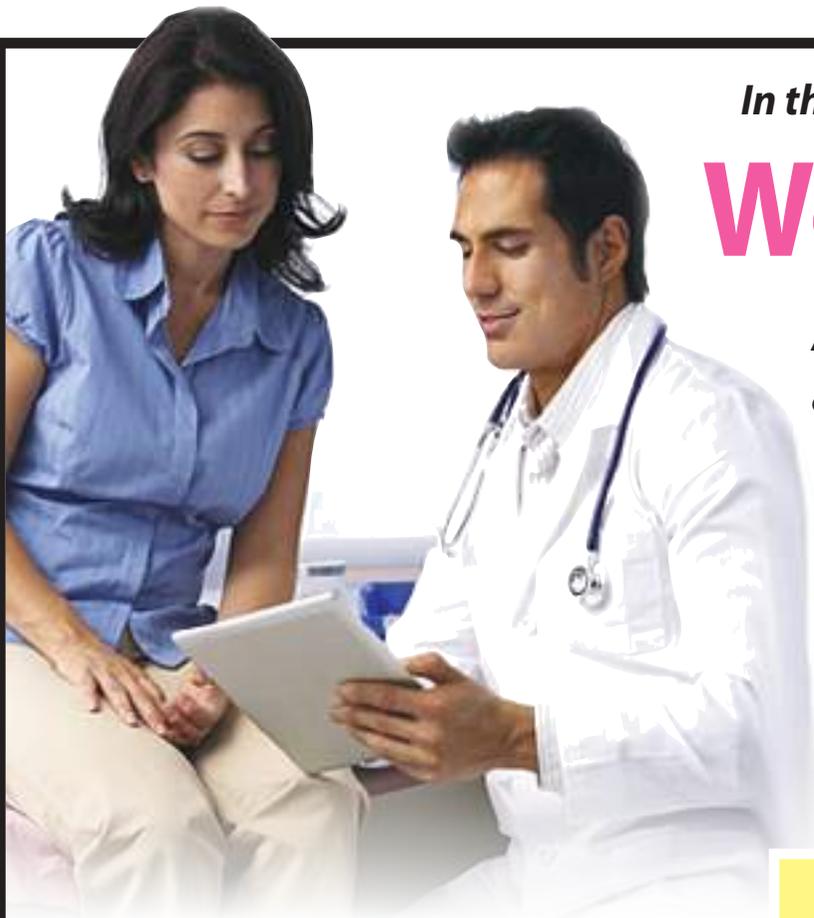
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Dr. Hema Sundaram, MA, MD, FAAD

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.

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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.

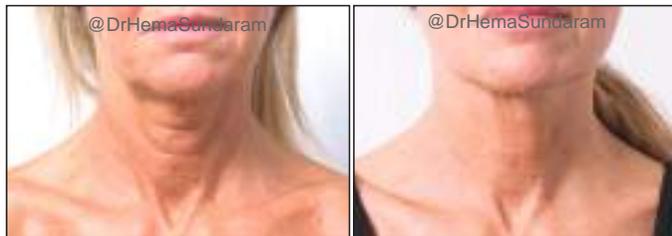
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