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SPECIAL FOCUS ON

Dental



HEALTH
PROFESSIONALS
PAGES 28-30

Plus

Body Contouring & Weight Control

Pages 31-32



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Dentistry



Vikram Chauhan, DMD
Implant Dentistry



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Weight Control & Nutrition

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Cancer Awareness

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Health Technology

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Infant Tongue Tie

Dentures | Healthy Diet

Acne | Beauty & Skin Care

Orthotics | Dental Implants

and More!

Health Directory – page 48

50 CENTS



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By Deeni Bassam, MD, DABPM
The Spine Care Center

Future Trends In Spine Research

Already, many options for “minimally invasive” fusion of the spine are available allowing for a more speedy recovery, with shorter hospitalizations and blood loss. Nerve and spinal cord stimulators used in the treatment of refractory neuropathic pain will shrink in size as they grow in stimulation options.

A surgical option for painful degenerative disc disease which is safe and effective will one day materialize. Disc replacement surgery is being performed in very select individuals at this time and this will likely grow as surgical techniques improve. Look for improvements in accurate diagnosis of painful conditions of the spine to guide practitioners treatment options. The

trend is towards a multi-disciplinary approach to treatment of spine disorders, particularly patients afflicted with chronically painful conditions.

These and other innovations will ultimately benefit all of humanity and will most certainly continue to be a source of growth for the United States for generations to come.

The United States is the world leader in medical innovation by far. Over the past 10 years more medical drug discoveries have occurred in the United States than in Japan, the UK, Germany, and Canada combined. Some of the most significant discoveries in medicine in our lifetime have come from the great engine of innovation that is the United States including MRI, CT scans, and cholesterol lowering “statin” drugs to name a few.

Plus, our understanding of normal and pathological processes of the spine has grown exponentially during the modern era. The future holds great promise for patients who suffer from painful and debilitating conditions of the spine and patients in the US will continue to enjoy first access to these cutting edge technologies.

Our understanding of the basic science of spine anatomy at the cellular level in both normal and pathological states will certainly expand in the next decade. Already we are learning more about the role of inflammatory mediators in the propagation of pain signals in acute back pain and how microscopic disruptions of our aging discs are associated with these painful episodes.

Understanding these inflammatory cascades offers greater opportunity to intervene medically to lessen the painful symptoms. Although we are a long way off from truly reversing the effects of time on our bodies we can at least offer treatments to reduce the pain and productive time lost when we are affected by these painful episodes. Look for medications to be more and more specific in their targets to intervene in the inflammatory process allowing for improved pain control with a reduction in side effects.

Surgery will continue to play an important role in the treatment of some severe conditions of the spine. The objectives will continue to be stabilization and decompression but the means to those ends will surely continue to evolve.

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.

SPECIALIZING IN TREATMENTS FOR:

- Neck Pain
- Low Back Pain
- Herniated Discs
- Facet Arthritis
- SI Joint Dysfunction
- Musculoskeletal Pain
- Complex Regional Pain Syndrome
- Reflex Sympathetic Dystrophy (RSD)
- Radiculopathy
- Neuralgia
- Sciatica
- Post Laminectomy Syndrome
- Shingles (Post Herpetic Neuralgia)
- Diabetic Neuropathy
- Post Amputation Pain
- Cancer Pain Management
- Persistent Pain after Back Surgery
- Spinal Tumors
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The Perfect Pair Nutrition and Exercise For Effective Weight Loss



By Patti Lee BSN, FNP, MSN
Montage Health & Wellness

Weight loss can be a challenging journey, and achieving success often requires a holistic approach. While there are various strategies out there, the dynamic duo of nutrition and exercise stands out as a tried-and-true path to shedding those unwanted pounds.

The Role Of Nutrition

Your journey to a healthier, leaner you starts with what you put on your

plate. Proper nutrition provides the foundation for weight loss success. Here are some key principles to keep in mind:

Balanced Diet: Strive for a well-balanced diet that includes a variety of nutrients. Incorporate plenty of fruits, vegetables, lean proteins, whole grains, and healthy fats into your meals. This not only aids in weight loss but also supports overall health.

Portion Control: Be mindful of portion sizes. Overeating, even healthy foods, can lead to excess calorie intake. Consider using smaller plates to help with portion control.

Hydration: Staying adequately hydrated is essential for overall health and can aid in weight loss. Sometimes, our bodies confuse thirst with hunger, leading to unnecessary snacking.

Mindful Eating: Pay attention to what you eat and savor each bite. Avoid distractions like TV or smart-

Please see "Perfect Pair," page 47

Six Secrets Of Skin Health and Beauty For Fall and the Holidays



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

It's hard to believe that fall and the holiday season are now just weeks away, even though we're still enjoying summer. Whether our plans include social events or quiet times with our friends and families, here are six breakthroughs to help you look and feel your healthiest for fall, the holidays and beyond. All are simple, safe, effective and give completely natural looking results with no down time.

The key to achieving the best

results? To trust your face and body to a doctor who is board certified in a specialty that is recognized by the American Board of Medical Specialties as having the correct qualifications and experience to perform cosmetic procedures. These designated "Core Four" cosmetic specialties are Dermatology, Plastic Surgery, Oculoplastic Surgery and Facial Plastic Surgery.

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Ultherapy, and other variants like Sofwave, is a sophisticated, laser-type ultrasound treatment that precisely tightens the muscles and skin in your face, neck, chest, arms, buttocks, thighs, knees and other areas. Ultherapy stimulates formation of new collagen and elastin to lift and tighten sagging areas in a similar way to surgery, but with absolutely no scarring or down time.

Body Contouring With Exilis Ultra Skin Tightening and

Please see "Six Secrets," page 42

New Studies Starting This Month at our National Research Centers...

- Dermatitis (Eczema)
- Prurigo Nodularis
- Nonsurgical Jawline Contouring
- Nonsurgical Brow Lifting
- Nonsurgical Facial Rejuvenation
- Treatment of Skin Pigmentation and Fine Lines
- Treatment of Acne, Rosacea, & Pores



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Keep Your Eyes Young and Healthy

By Jacqueline D. Griffiths, MD
New View Eye Center

Preventive eye care is important to everyone because eye conditions and diseases that can destroy you and your family's healthy vision can strike at any time in life, from newborn to old age. Read below for suggested guidelines on when you and your family should have your eyes checked. Infants and toddlers should be screened for common eye problems, such as strabismus (crossed eyes) and Amblyopia (lazy eye) during their regular pediatric appointments. Vision testing is recommended for all children starting at around three years of age.

Most children and teenagers have healthy eyes, but they still need to take care of their vision by wearing protective eyewear when playing sports, doing yard work, working with chemicals, or taking part in other activities that could cause an eye injury.

Even young adults and middle-aged individuals can be affected by eye problems, so preventive measures should be taken to detect eye diseases early and to protect eye from injury. These individuals should have a complete eye exam at least once between the ages of 20 and 29, at least twice between the ages of 30 and 39 and every two to four years between the ages of 40 and 65.

Seniors over age 65 should have a complete eye exam by their Eye M.D. every one to two years for cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy, and other eye conditions.

The suggested examination guidelines are:

- Ages zero to two: screening during regular pediatric appointments
- Ages three to five: screening every one to two years during regular primary care appointments
- Ages six to 19: schedule examinations as needed
- Ages 20 to 29: one examination
- Ages 30 to 39: two examinations
- Ages 40 to 65: examination every

two to four years

- Ages 65 and over: examination every one to two years

But check with your Eye M.D. to see how often you should have a complete eye exam if any of the following risk factors affect your eyes:

- History of eye injury
- Diabetes
- Family history of eye problems
- African American over age 40

Protecting your eyes from accidents, early detection, and treatment of eye problems are the best ways to keep your healthy vision throughout life. If you and your family are at risk for eye disease or experience any eye problems, visit your Eye M.D. promptly.

Find out what it takes to preserve your vision and prevent common eye problems. How many of these questions about vision can you answer correctly?

1. Which of the following habits can weaken your eyes?

- a. Watching television sitting too close to the screen
- b. Smoking
- c. Reading in dim light
- d. Not wearing prescription lenses if you need them

2. Which vitamin(s) should you take to protect your eyes if they're sensitive to light?

- a. B1
- b. B2
- c. B12
- d. All of the above

3. Eating which of the following foods helps prevent and alleviate conjunctivitis?

- a. Apples
- b. Broccoli
- c. Eggs
- d. Yogurt

4. Menopause can cause dry eyes.

- a. True
- b. False

5. Eating which food prevents macular degeneration?

- a. Eggs

- b. Bran
- c. Mushrooms
- d. Spinach

6. Which of the following minerals should you take to relieve an eyelid twitch?

- a. Copper
- b. Iron
- c. Magnesium
- d. Zinc

7. When is it most important to wear sunglasses?

- a. During the summer
- b. From 8 a.m. to 10 a.m.
- c. From 10 a.m. to 2 p.m.
- d. During the winter

8. Which of the following drugs makes your eyes more sensitive to sunlight?

- a. Antibiotics
- b. Aspirin
- c. Oral contraceptives
- d. All of above

9. Taking high doses of zinc can cause macular degeneration.

- a. True
- b. False

10. A poorly functioning liver can cause glaucoma.

- a. True
- b. False

Answers on Page 46

Fast Fact #1:

Your eyes use more oxygen than any other tissue in your body.

Fast Fact #2:

Make Healthy Choices. More than 13 million Americans have age-related macular degeneration, a leading cause of blindness. Age, smoking, high blood pressure, and exposure to sunlight increase your risk of developing this disease.

Fast Fact #3:

Rest your eyes. Computer vision syndrome symptoms include sore eyes, blurred vision, and headaches. To avoid this syndrome, reduce screen glare and take a five-minute computer break every 20 minutes.



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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In This Edition...

The articles below are provided by local health professionals for the benefit of the public. Please contact them for advice and services.

- 3 | **Future Trends In Spine Research** | By Deeni Bassam, MD, DABPM
- 4 | **The Perfect Pair: Nutrition and Exercise For Effective Weight Loss** | By Patti Lee BSN, FNP, MSN
- 4 | **Six Secrets Of Skin Health and Beauty For Fall and the Holidays** | By Hema Sundaram, MA, MD, FAAD
- 5 | **Keep Your Eyes Young and Healthy** | By Jacqueline D. Griffiths, MD
- 7 | **UltraClear Laser Can Correct Numerous Skin Concerns** | By Dima Ali, MD
- 8 | **How Effective Is Semaglutide For Weight Loss?** | By Janice Benjamin, Owner
- 11 | **Eat Better and Get Healthy With Great-Fitting Dentures** | By Karl A. Smith, DDS, MS
- 14 | **The Importance Of The Teeth For Overall Health** | By Jeffrey L. Brown, DDS
- 15 | **Strategies For a Fear-Free Dentist Visit** | By Elizabeth Shin, DDS
- 16 | **Strengthen Your Child's Teeth Through a Healthy Diet** | By April Toyer, DDS, FAAPD
- 17 | **Back-to-School Acne Fighting Tips for Clearer Skin** | By Emilie Duke, LME
- 18 | **The Integral Connection Between Posture & Brain Function** | By Back In Action Health Solutions
- 21 | **No Surgery, No Downtime – EMsculpt NEOTM Build Muscle, Burn Fat** | By George Bitar, MD
- 21 | **Mouth Breathing and Dentistry** | By Michael Rogers, DDS
- 22 | **Revolutionizing Whiplash Diagnosis** | Submitted By Washington Open MRI, Inc.
- 23 | **BabyLase™: The Advanced and Gentle Solution For Infant Tongue Tie** | By Lynda Dean-Duru, DDS
- 24 | **Two Recent Articles About Medical Practice Are Related and So Is AI** | By Richard Hilburn, MD, FACP
- 25 | **Avoid Failed Dental Implants** | By E. Richard Hughes, DDS
- 28-38 | Featured Dental Health + Weight Control, Exercise & Nutrition Professionals**
- 40 | **Foot Orthotics: A Biomechanical Approach To Foot Pain** | By Edward Pozarny, DPM
- 40 | **Orthodontic Consultation: What To Expect** | By Swathi Reddy, DMD
- 41 | **Why Are You Waiting? 2023 Is Almost Over** | By Malik Lowe, DDS
- 42 | **The Facts About Oral Cancer** | By Zahra Kavianpour, DDS

Articles and information about health professionals is available at
www.YourHealthMagazine.net

*In the August 2023 issue, we erroneously attributed the article
"Why Are You Waiting? 2023 Is Almost Over" to Mark Lowe, DDS, instead of the actual author,
Malik Lowe, DDS. We regret this error and apologize for any confusion caused.*

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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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UltraClear Laser Can Correct Numerous Skin Concerns



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

WellMedica Cosmetic Laser Surgery Center is delighted to offer their patients the latest innovation in non-invasive laser treatments to produce a more youthful and healthy appearance with noticeable results in just one session. Dima Ali, MD, founder of Reston's premier aesthetic laser practice, recently introduced the UltraClear, the first and only cold fiber laser to hit the

market and become available to leading cosmetic surgeons.

As a renowned expert in age-reversal technologies, Dr. Dima prides herself on incorporating aesthetic innovations into her practice. Her newest technological advance, the UltraClear System is FDA cleared to improve a broad range of skin concerns, ranging from facial lines, sun damage and scars to deep wrinkles, crinkles around the eyes and age spots from the hairline to the neck with utmost safety, high patient comfort and minimal downtime. The advanced laser technology, which perfectly balances cold and thermal laser energy, is suitable for all skin tones and all ages, delivering an exceptionally rewarding patient experience.

"I'm excited to empower our amazing community with personalized treatment options that restore their inner health and rejuvenates their outer appearance with true harmony and balance," said Dr. Dima, who has served the Reston community for 25

years. "The versatility of UltraClear makes it ideal for treating a vast array of skin conditions, notably line, age spots, acne scars and discoloration, by effecting multiple skin layers to generate healthy new skin cells. It is also a fantastic solution for prejuvenation and age-reversing 20-minute lunchtime treatments that helps stimulate deep collagen remodeling and elastin synthesis on all skin colors and age groups."

Dr. Dima Ali is Board Certified by the American Board of Laser Surgery and the American Board of Anti-Aging Medicine, as well as a Fellow of several professional organizations. Her patients praise her for her compassion, professionalism, and artistic ability to restore youthful beauty with natural-looking results. A peer teacher and in-demand invited guest speaker, Dr. Dima has been featured in the media, including *CBS News*, *Dermatology Times*, *Vogue*, *YourHEALTH*, *Healthy Aging* and *Life & Style Magazine*.

Dima Ali, MD

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

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

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

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

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

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POST 1 TREATMENT



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By Janice Benjamin, Owner
BeBalanced

How Effective Is Semaglutide For Weight Loss?

If you've been served an ad for weight loss injections while scrolling through social media, or watching a commercial on TV, it's likely that you were shown the statistics that the average total body weight percentage loss is 15%.

What they don't advertise strongly (but you will find in the small print) is that these statistics are over a period of 68 weeks, or 15 and a half months.

So, for someone who is 200 pounds, losing 15% of their body weight would add up to 30 pounds in 68 weeks.

It's also important to note that in each case study, and everywhere you read about the effectiveness of these

weight loss injections, participants received individual counseling sessions every four weeks to help them adhere to a reduced-calorie diet (500 calorie deficit per day relative to the energy expenditure estimated at the time they underwent randomization) and increased physical activity (with 150 minutes per week of physical activity, such as walking) was recommended.

What would you personally expect if you ate 500 calories less per day than what your body needed? You'd likely lose weight.

Losing weight (especially for women over 40) is not just calories in, calories out or medications that mimic hormone production.

At BeBalanced, we work with your unique body chemistry to balance your hormones naturally for fast weight loss and improvements in symptoms of PMS and menopause naturally. And we provide the tools to help you keep the weight off for good.

According to a recent client survey where we surveyed clients who completed all appointments associated with our Becoming Balanced program from March 2022 through March 2023:

The average weight lost in the first 30 days of the Becoming Balanced program was 18.01 lbs.

- 97% said that the program was manageable.
- 62% maintained their weight loss for more than 6 months.
- 92% reported they would recommend BeBalanced.

The BeBalanced, Becoming Balanced program combines a whole-food, hormone balancing diet, along with natural supplementation to target liver support, gut health, increase insulin sensitivity, and balance hormones naturally. It also includes stress management techniques along with one-on-one coaching/accountability and community support.

Not only do we help clients lose an average of 15-21 lbs. in a month, and learn how to keep it off long-term, but most clients also experience improvements in their mood, sleep, energy, night sweats/hot flashes, bloating and more without any negative side effects.

According to our survey above, clients reported the following symptom improvement:

- 74% improved mood.
- 82% improved sleep.
- 82% improved energy.
- 74% improved hot flashes and/or night sweats.
- 71% improved bloating/fluid retention.

Ready to learn more? Schedule a free consultation with one of our wellness coaches to see how BeBalanced can help you reach your weight loss goals.

See Jan's feature on page 31!



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Eat Better and Get Healthy With Great-Fitting Dentures



By Karl A. Smith, DDS, MS

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

What Makes Dentures Loose?

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

How Can Dentures Fit Well For A Long Time?

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

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

Does Every Denture-Wearer Qualify?

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

Since implants are meant to last

for a very long time, your health and wellness are important to the outcome.

How Long Does a Patient Have To Go Without Teeth?

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

Do Dental Implants Hurt?

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

Is Treatment Expensive?

The cost of treatment varies depending on the number of implants,

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

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The Importance Of the Teeth For Overall Health

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

Did you know that your teeth are particularly important to your overall health? Not only do your teeth allow you to chew your food in preparation for digestion, but the teeth also support the jaw joints and your airway as well.

Most people are well aware that teeth are needed for chewing food – that is obvious. The ability to chew is really important in maintaining digestive health. If you are missing teeth, the food will be broken down less which means your stomach and other digestive organs have to work harder. This can lead to reflux and other health problems.

Another important function of the teeth is to maintain the airway (to a certain degree). This is right, if you pull out teeth, you end up collapsing the airway to some extent. Let's look at this a bit more. In the past, it was quite common to extract teeth – bicuspid usually – to make orthodontics go easier. It was so much easier to line up the teeth if they were less crowded.



Jeffrey L. Brown, DDS



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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

Unfortunately, time has shown repeatedly that pulling teeth can cause the upper and lower jaws to drop backward at a supine position. This reaction just closes up the airway and makes breathing more difficult at nighttime. This is where sleep apnea can begin. Too many people have had their bicuspid excised and now pay the price with poor sleep, snoring, constant tiredness, and cognitive difficulties due to lack of good sleep.

An aspect of the teeth that is poorly understood is the connection to the temporomandibular joint or the TMJ. When the teeth are just too short, this means the condyle (top of the jawbone) can go too deeply into the socket and put pressure on the protective disc up in the joint. This can lead to head and neck pain and a host of other health problems. This is where a proper orthodontic analysis needs to be done. An MRI of the TMJs might be appropriate to determine if the vertical height of the teeth is enough to support the TMJs or not. A CBCT x-ray is also important to determine if the condyles are properly situated in the joints. If it is determined that the vertical height of the teeth is insufficient, then it is relatively straightforward to erupt or lift the teeth taller to better support the joints. It's actually pretty amazing that this kind of analysis is not routine when it comes to doing orthodontics. Proper support for the jaw joints allows the condyle and disc system to operate properly.

As more and more physicians and dentists learn about the importance of teeth for good overall health, awareness will increase, and people will be more attentive to keeping their teeth in good shape for the long term. They will also become more aware of how good dental health means better sleep and better health for the body overall.



Jeffrey L. Brown, DDS

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



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Understanding Dental Anxiety in Children

Strategies For a Fear-Free Dentist Visit

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

Dental anxiety in children is very common in children especially toddlers. However, it's crucial to help children overcome this fear to ensure they maintain proper oral health habits as they grow.

Dental anxiety in children can arise from several factors:

- 1. Fear of the Unknown:** Children, especially those visiting a dentist for the first time, may not know what to expect, leading to fear and anxiety. The unfamiliar environment, the strange tools, and the new faces can be intimidating.
- 2. Fear of Pain or Discomfort:** The idea of someone examining their mouth or the potential for pain during procedures can be scary. Even if they've never experienced a painful dental procedure, they might have heard stories from friends or siblings that instill fear.
- 3. Negative Past Experience:** If a child has had a previous bad experience at the dentist they may develop anxiety about returning.
- 4. Influence from Parents or Siblings:** Children often pick up on the fears and anxieties of those around them. If a parent or sibling has expressed fear or discomfort about their own dental visits, a child might internalize that fear.
- 5. Sensory Overload:** The sounds, sights, and smells of a dental office can be overwhelming for some children, particularly for those with sensory sensitivities.
- 6. Lack of Control:** In a dental setting, children are often asked to sit still in a chair while a relative stranger performs procedures on them. This lack of control and personal space can be anxiety-provoking.

Each child is unique, so the cause of dental anxiety can differ from one child to another. Identifying the specific causes can help parents and dental professionals develop effective strategies to manage and reduce this anxiety.

Strategies For a Fear-Free Dentist Visit

- 1. Early Exposure:** Introducing children to the dentist at a young age helps them become familiar with the environment and the routine, reducing anxiety. The American Academy of Pediatric Dentistry recommends a child's first visit by

their first birthday.

- 2. Open Communication:** Talk to your kids about the visit in a fun and positive way, explaining the importance of keeping their teeth healthy.
- 3. Role-Playing:** Play games involving dental visits at home. Allow your child to act as the 'dentist,' examining your teeth, which can help them understand and become comfortable with the process.
- 4. Positive Reinforcement:** Verbal praise or a small reward for a successful visit can be very effective in reducing anxiety and promoting a positive association with dental visits.

- 5. Child-Friendly Clinics:** Look for a pediatric dentist who specializes in dealing with children. Such clinics often have child-friendly décor, toys, and other distractions that make the environment feel less clinical and more inviting.

- 6. Mindful Scheduling:** Schedule the appointment at a time when your child is well-rested and not hungry. An irritable, tired child is more likely to experience anxiety.

- 7. Parental Presence:** Parents should stay close during the examination. Your presence can offer a great deal of comfort to a nervous child.

It's essential, though, for parents to maintain a calm demeanor as children can pick up on your anxiety.

- 8. Gradual Acclimatization:** Start with easy and quick procedures, like cleaning, before progressing to more complex treatments. This allows the child to gradually get used to dental procedures.

With time and patience, it's possible to turn dental visits into a non-threatening, even enjoyable, experience for children. As we build these positive experiences, we're setting a solid foundation for a lifetime of oral health.



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By April Toyer, DDS, FAAPD
Lifetime Dental Care

Children with healthy teeth are more likely to grow into adults with healthy smiles. Your child's diet not only affects their overall health, but

Strengthen Your Child's Teeth Through a Healthy Diet

their oral health as well.

Foods and drinks that contain sugars of any type can contribute to tooth decay. Most items found in your local grocery store will contain nutrition facts and sugar contents on the label. Many of your child's favorite items may have a low sugar alternative.

Healthy Choices For Your Child

Introducing yogurt, cheese or other milk products with meals or as a snack can be a great alternative to carbohydrates.

Food and drink items containing dairy can help increase pH levels in the oral cavity, which can help decrease the acids produced by cavity causing bacteria. The Calcium and vitamin D available in dairy products can also aid in enamel protection.

Fruits and vegetables, such as strawberries and apples, that contain vitamin C can strengthen gum tissue and can act as a natural plaque removing abrasive when extensive chewing is required.

Tips To Prevent Decay

If possible, regulate the amount of sticky sugary foods and candies your child consumes such as taffies, caramels, raisins and gummies. These items get stuck in the grooves of your teeth and may sit there until brushed out.

Sugary food items are better served with meals than as a snack in between meals. This allows for the increased saliva needed for digestion to help rinse these sugars away.

The action of chewing gum containing xylitol can also increase salivary flow and can be a natural abrasive to naturally rinse away food particles.

Juices with high sugar contents should also be limited for four to six ounces per day. Try diluting your child's juice to decrease the sugar content.

Although sodas and juices that are high in sugar should be limited, introducing water in the oral cavity can help to neutralize the pH and decrease the harmful effects. Water is also the liquid of choice for babies at bedtime instead of milk, formula, juice, or soda.

It is important for infants and children to start an oral care routine twice a day, as well as attend their regular six-month dental checkups. These habits, along with a healthy diet, can help lead your child to a lifetime of good oral health.

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April Toyer, DDS

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



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

As the school bells ring and the hallways fill with students, the excitement of heading back to school comes hand in hand with potential skin challenges, including acne. The stress of new classes, social interactions, and changes in routine can trigger breakouts. However, armed with the right knowledge and strategies, you can maintain clear and healthy skin throughout the school year. Here are some valuable back-to-school acne-fighting tips to help you put your best face forward.

Stick To a Consistent Skincare Routine

Establishing a consistent skincare routine is the foundation of healthy skin. Use a gentle cleanser twice a day to remove excess oil, dirt, and makeup. Follow up with a non-comedogenic moisturizer to keep your skin hydrated without clogging pores. Introduce acne-fighting ingredients like salicylic acid or benzoyl peroxide, but start slowly to avoid irritation.

Hands Off!

Resist the urge to touch your face throughout the day. Your hands carry dirt, bacteria, and oil, which can transfer to your skin and exacerbate acne. Also, avoid popping or picking at pimples, as this can lead to infection and scarring.

Choose the Right Makeup

If you wear makeup, opt for products labeled as “non-comedogenic” or “oil-free.” These formulations are less likely to clog your pores and worsen acne. Always remove makeup before bed to allow your skin to breathe and regenerate overnight.

Cleanse After Physical Activities

Physical education classes and extracurricular activities can leave you sweaty, which can contribute to acne. Make sure to cleanse your face after any vigorous physical activity to remove sweat, bacteria, and oil that might have accumulated.

Maintain a Healthy Diet

A well-balanced diet rich in fruits, vegetables, lean proteins, and whole grains can support overall skin

Back-to-School Acne Fighting Tips for Clearer Skin

health. Avoid excessive consumption of sugary foods and greasy snacks, as these can lead to increased oil production and potential breakouts.

Stay Hydrated

Drinking plenty of water is essential for maintaining clear and healthy skin. Hydration helps flush out toxins from your body and keeps your skin looking radiant.

Manage Stress

The pressures of school life can contribute to stress, which in turn can trigger acne breakouts. Engage in

stress-reduction techniques such as exercise, deep breathing, meditation, and hobbies you enjoy. Prioritizing self-care can have a positive impact on your skin.

Regularly Change Bedding and Towels

Changing your pillowcases, bed sheets, and towels regularly helps prevent the accumulation of dirt, oil, and bacteria that can contribute to acne.

Consult a Professional

If your acne is persistent and

causing discomfort or self-esteem issues, consider seeking professional help. An acne specialist can provide personalized advice or recommend treatments tailored to your skin's needs.

Heading back to school doesn't have to mean heading into acne troubles. Clear skin is a journey that requires patience and dedication, but the results are well worth the effort. So step into the classroom with confidence, knowing you're armed with the knowledge to keep your skin looking its best all year long.

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The Integral Connection Between Posture & Brain Function

Submitted By
Back In Action Health Solutions

Do you find yourself struggling with back or neck pain? Have you ever thought that it might be related to your posture? There are many important reasons why maintaining good posture is so critical to your health! Good posture is associated with a multitude of physical health benefits, such as

prevention of excessive musculoskeletal degeneration, maximizing joint function, reducing inflammation, decreasing chronic stress, improving mental state, and... arguably the most important, optimization of multiple aspects of brain function. Here at Back in Action Health Solutions, we provide brain-based therapies and exercises to improve your posture and balance and to address poor balance along with the above health concerns.

This is paramount to ensure not only better posture and improve balance to minimize risk of fall, but also to improve brain function.

The brain-posture link: Scientific research, including studies published on PubMed, have shed light on the profound impact that posture can have on brain function. This emerging understanding emphasizes the importance of optimal posture not only for physical health but also for cognitive

well-being. Posture is the alignment of the body parts in relation to one another and the force of gravity. Correct posture reduces strain on muscles, joints, and ligaments, and influences brain function. Neurological pathways, including those responsible for sensory perception and motor control, are affected by the position of the body. Ultimately, improved posture and balance along with joint function will directly correlate with your quality of life.

Effects on cognitive function:

Several studies suggest that poor posture might be a contributor to alterations in brain function and cognitive decline. A study published in the *"Journal of Cognitive Neuroscience"* found that slouched posture is associated with decreased memory recall and reduced mood. This connection is attributed to the compromised blood flow to the brain due to misalignments of the spine, negatively affecting processing abilities and creating nerve interference. This disrupts communication between the brain and the rest of the body. Another study published in the *"Journal of Neuroscience"* reported that participants who maintained an upright posture exhibited enhanced attention and alertness compared to those in a slouched position. How we react and adapt to gravity and our environment has direct effects on our mood and outlook on life.

Dr. Blabey offers a holistic approach to addressing structural issues and their impact on brain function. While traditional chiropractic approaches specialize in diagnosing and treating spinal misalignments and dysfunction, which can impede proper nerve function, patient results in improvement can also be greatly enhanced with the inclusion of specific brain-focused therapies.

By understanding and addressing the posture-brain link, individuals can take proactive steps toward improving their overall well-being and cognitive vitality. Here at Back in Action Health Solutions, Dr. Blabey specializes in chronic, unresolved health conditions, getting to the root cause and utilizing many cutting-edge technologies and techniques utilized here at the office.

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Please see "No Surgery," page 46

Mouth Breathing and Dentistry



By Michael Rogers, DDS
Fairlington Dental

Entire books have been written about the negative effects mouth breathing has on our health. This article will help the reader understand just one of these negative effects: jaw growth and development.

When we breath through our mouth, whether because of nasal obstruction or out of habit, we are creating a situation which causes our upper jaw to become more narrow than normal. This is especially true if mouth breathing occurs during growth and

development. As we grow, the tongue is supposed to act as a natural palate expander, counteracting the equal and opposite forces of the lips and cheeks pressing down and in. If the tongue is forced down so we can get air, which is our most immediate need, then the roof of the mouth still grows but in a distorted shape. It becomes narrower than genetically programmed and the palate grows higher than normal. This eventually becomes a self-perpetuating problem because the roof of the mouth is also the floor of the nose. So a high, narrow palate leaves less room in the nose for air to pass and eventually mouth breathing becomes the only way to get air to our lungs.

High narrow palates result in less room for the teeth, creating crowding and misaligned teeth. A narrow palate usually results in an exaggerated overbite, because the growth of the lower jaw is not as affected by tongue posture as the upper jaw. If the upper jaw isn't somewhat larger than the

Please see "Mouth Brathing," page 47

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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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Revolutionizing Whiplash Diagnosis

The Power of Weight-Bearing Open MRI and Digital Motion X-Rays

Submitted by
Washington Open MRI

Whiplash is a common injury that occurs in over 90% of all auto accidents. It happens when the head is suddenly jerked back and forth, which can cause damage to the soft tissues in the neck. Unfortunately, most people (90%+) who suffer from whiplash don't even realize it. And for those who do, the diagnosis is often missed or misdiagnosed. This unfortunately leads to long-term, permanent damage and disability with no compensation.

However, there is hope! Thanks to modern medical technology, we now have access to tools like weight-bearing open MRI's and digital motion x-rays (DMX) that can help detect and diagnose whiplash with greater accuracy.

Weight-bearing open MRI's are a game-changer because they allow patients to be scanned while standing upright. This means that doctors can get a more accurate picture of what's going on with the spine, particularly in cases where whiplash has caused damage to the ligaments or other soft tissues. And because the patient is in a natural weight-bearing position, the scan can capture the full range of motion and flexion, which is crucial for accurate diagnosis.

But that's not all. Weight-bearing open MRI's are also more comfortable for patients. They're less claustrophobic than traditional MRI machines, and patients can watch TV or even have a loved one in the room with them during the scan.

Digital motion x-rays, or DMX, are another tool that can

help diagnose whiplash. Unlike traditional xrays and MRIs, which are designed to capture images of a patient who is standing still, DMX captures images of the spine in motion. This is important because, as we mentioned earlier, the symptoms of whiplash often present themselves when the patient moves their neck. With DMX, doctors can see the full extent of the damage and now develop a more accurate treatment plan.

The benefits of these technologies cannot be overstated. Not only do they provide a more accurate diagnosis, but they also help doctors develop better treatment plans. This means that patients who suffer from whiplash are more likely to receive the care they need to recover fully and avoid permanent damage.

But here's the problem: many people are unaware of these tech-

nologies, or they don't know where to go to receive them. That's why it's so important to spread the word. If you or someone you know has been in an auto accident and is experiencing neck pain or other symptoms of whiplash, it's essential to seek out a healthcare provider who offers weight-bearing open MRI's and DMX.

Remember, whiplash is a serious injury that can cause long-term, permanent damage. But with the help of modern medical technology, we can improve diagnosis and treatment outcomes.

So let's spread the word and encourage everyone to learn more about weight-bearing open MRI's and DMX. Together, we can make a difference and help more people avoid the permanent impairment caused by whiplash.



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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Two Recent Articles About Medical Practice Are Related and So Is AI

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

Last week a neighbor shared with my wife a *Washington Post* article about physicians' incomes. This is a topic that seems to make headlines a few times a year. The data is never quite accurate for a variety of reasons, but this most recent composition was among the better ones I've seen. The

author, Andrew Van Dam, waxed eloquently (and curiously) about why doctors make so much money. He advanced several different explanations about that phenomenon and offered critical perspectives about it.

A different subject appearing in media recently has to do with nurse practitioners gaining license to practice independently—a change in medical practice norms vehemently opposed

by the American Medical Association (AMA). Many physicians proselytize about the dangers of liberalizing the requirements for gaining a license to practice medicine. I often hear the argument that it's critical for "us" to protect the patient population from inadequately trained health care providers.

Regarding income, trust me: there are some doctors who work very hard and don't make a lot of money. For

the most part, doctors who do make a lot of money genuinely earn it. It's not just the educational investment or the confounding, non-medical, agenda derived from regulatory bureaucracies that complicate modern practice. Good doctors carry with them the weight of responsibility for things that are often beyond their control. It is indeed a privilege and a high honor to be a physician but it's an extremely demanding profession.

Regarding nurse practitioners:

I have worked with more than a dozen nurse practitioners (NP) over the last 30 years. Historically, nurse practitioners gained some experience before advancing their education to become primary providers of health care. In my experience, most nurse practitioners provide extremely good, compassionate care for their patients. In recent times a few NP training programs have relaxed educational standards. The NPs coming out of some of these schools are much less well-prepared than the ranks of the nurse practitioners who established the niche in our medical workforce. I recommend that prospective patients seek out NPs who gained experience in traditional nursing roles before going back to school to become nurse practitioners.

Doctors who only work for concierge practices are inspired differently from those who work in traditional practice models. Nurse practitioners who have experience before advancing their degrees are motivated differently from nurses who go through accelerated didactic pathways to a higher professional station. I recommend seeking doctors who do not work for concierge conglomerates. I recommend NPs who decided to advance their training after some time working in traditional nursing roles.

Artificial intelligence (AI) is bringing about a world-wide existential change in primary care and it will be for the better. Most primary care will be handled more efficiently and with fewer mistakes by AI platforms. In less than 10 years the remaining primary care doctors and nurse practitioners will be those with the humility to be excited about the benefits of AI technology. They will be the doctors and NPs whose inspiration was about taking care of patients without territorial jealousy or fear of losing income. You can find such providers now and it's really worth your while to seek them out. In fact, it should be one of your primary goals of care.



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Specialties

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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By E. Richard Hughes, DDS

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

Dental implants are usually very successful, and people that have them are happy they went through the process.

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

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

By virtue of the fact that people

www.yourhealthmagazine.net

Avoid Failed Dental Implants

have certain conditions (cancers and leukemia) and are taking the related medication, may exclude them from dental implant treatment.

There are other things to consider that adversely affect bone such as low vitamin D-2 and D-3, high LDL cholesterol and the malabsorption syndrome caused by gastric bypass surgery.

This article is not suggesting that people go off their medications, but the physician, patient and implant dentist have to communicate and be in agreement after talking about that subject.



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5 WAYS TO SWING BACK INTO SCHOOL HABITS

As we count down the last days of summer vacation, it can be tough to get back into the school routine!

By starting to re-introduce the school year routine now, the transition from summer days at the beach to sitting in a classroom can be easier and almos

But how should you go about it? Here are five things you can do to help make the transition a little easier for everyone! It pain-free!

1. Put the Kids to Bed Earlier



Parents are usually more lenient in the summer when it comes to bedtime. So a couple of weeks before school starts, start putting your children to bed 15-20 minutes earlier until they are back to their regular bedtimes!

This will make regaining your usual nighttime routine less of a shock for the whole family.

2. Have Your Child Regularly Brush Teeth



As you get back into the habit of bedtime, recommit to your child's dental care schedule!

Every morning after breakfast, have your child brush their teeth for two minutes and every evening after dinner, help them to brush, floss and use their favorite mouthwash.

If you have trouble flossing in their mouth, try a Y-shaped floss stick made for kids!

3. Pick Out Clothes the Night Before



For the mornings, you can lose a lot of time when a kiddo isn't sure what they want to wear or changes their mind a few times at the last minute.

Instead of deciding the morning of, pick out kiddo's outfit with them the night before. That way for the next morning, they only have to dress up!

4. Prep the Next Day's Meals



Deciding what kiddo will eat the following day at night helps to save a lot of time in the mornings as well!

Pre-planning and meal prepping your kiddo's lunch and after-school snacks can also make it easier to make healthy choices.

Choose foods like apple slices and nuts, low salt lunch meats (like turkey and chicken) and one ingredient snacks to avoid processed foods and sugars that can be harmful to our teeth and bodies.

5. Schedule Doctor and Dentist Visits



If you haven't already scheduled your child's back to school doctor and dental visits, reach out to your pediatric team today!

Every kiddo is different, some kids are fresher and more cooperative in the morning, some are better after lunch or a nap.

Taking your kiddo in when they are most cooperative helps their doctor to do the best they can for your child and helps your kiddo have the best possible experience!

With these five points in mind, you will be well on your way to starting off the new school year right (and rested)!



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Meet Malik Lowe

Dr. Malik Lowe received his Doctor of Dental Surgery (D.D.S.) degree from Virginia Commonwealth University (V.C.U.) School of Dentistry. With a strong foundation in clinical skills and a passion for providing exceptional patient care, he is committed to positively impacting his patients' oral health through premiere oral education.

Driven by a patient-centered approach, he strives to create a comfortable and welcoming environment while delivering personalized treatment tailored to each patient's needs and goals. His commitment to giving back to the community is reflected in his extensive volunteer work at numerous dental clinics and events, where he has positively impacted underserved populations.

As a young professional, Dr. Malik Lowe is determined to be a role model, breaking barriers and inspiring others while delivering exceptional patient care. He likes to play tennis, soccer and explore in his spare time.



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Meet Vikram Chauhan

Degrees, Training, and Current Practice:

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

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

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

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

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

Practice Philosophy

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

Areas Of Expertise

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

Credentials & Memberships

- Diplomate, American Board of Oral Implantology/Implant Dentistry (less than 500 worldwide with this designation)
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Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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Meet Lida Vargas

Dr. Lida M. Vargas graduated from University Del Bosque, Colombia, South America, in 1994. She then attended dental school at the University of Maryland at Baltimore (UHAB), graduating in 2005. Dr. Vargas received two years of training with implant seminars and has advanced training in CEREC® and Invisalign®. She also has a certificate with Progressive Orthodontics (POS). Dr. Vargas has been practicing in the area for more than 20 years and is a member of the Academy of General Dentistry and the American Academy of Cosmetic Dentistry as well. Her goal as a dentist is to provide dental services in a different and relaxed environment for patients of all ages. The patient's needs always come first.

Continuing education is necessary in Virginia every year, as we need to update in areas like orthodontics, surgery, CEREC, and the Sirona cone beam. Dr. Vargas is an honorary member of Who is Who in Dental Professionals and Northern Virginia Top Doctors. She is also an Invisalign Preferred Provider and has received the CEREC specialist award and has certifications in CEREC CAD/CAM single visit dentistry and diagnostic and CEREC CAD/CAM guided surgery implant training.

Dr. Vargas also offers regenerative medicine and is certified in Dr. Miron PRFedu Platelet Rich Plasma fibrin in facial cosmetics and has a certification in Cleopatra technique TM PRF for facial cosmetics as well. She is a specialist in laser dentistry and has a Fotona PAST certification in General Dentistry, Endodontics and Periodontal Dentistry as well. She effectively treats sleep disorders via her certification in Fotona Nightlase TM which is highly effective for the treatment of snoring and sleep apnea.

Additionally, Dr. Vargas received her certification for the Smoothlase TM which is utilized for the treatment of fine lines in the perioral area. She also has achieved the Dr. Harvey Shiffman Advance Laser Cosmetics Certification, Dr. Terry Alford and Larry Lieberman Mastery in Laser Cosmetics and Photobiomodulation and she completed her masters degree in Laser Dentistry from Slovenia in October 2022.

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Meet Gina Pham

Dr. Gina C. Pham is a dedicated pediatric dentist with a passion for children's oral health. She earned her dental degree from Howard University College of Dentistry in Washington, DC. Driven by her genuine affection for kids, she pursued advanced training in pediatric dentistry at the University of Pittsburgh, School of Dental Medicine, completing her Residency in July 2002.

Dr. Gina's journey in dentistry led her to private practice, where she honed her clinical skills under the guidance of experienced mentors in Pittsburgh and Maryland. After expanding her family, she ventured to Northern Virginia, establishing her first small practice in Woodbridge, VA. Her practice has since flourished, a testament to her commitment and expertise.

Her unwavering dedication to serving communities brought her back to the heart of DC. In 2018, Dr. Gina founded a practice in the North East, Washington, DC, then later North West neighborhoods, aligning with her admiration for the city that first inspired her. Her excellence in dentistry earned her multiple accolades, including being recognized as the top dentist by esteemed publications like *The Washingtonian* magazine, *Northern Virginia Living*, and *Northern Virginian Magazine*.

At her offices, Dr. Gina's comprehensive approach to pediatric dentistry shines through. From preventive care to dental restorations, sedation dentistry to hospital care, her practice covers all aspects of children's dental health. Alongside her associate doctors and highly trained staff, she ensures that each child receives quality dental care delivered with a gentle touch. Dr. Gina's unwavering dedication to her profession and her genuine love for children create a nurturing environment that supports young smiles on their journey to lifelong oral health.

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Adrian Cratch, Licensed Esthetician



8850 Richmond Highway
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Meet Adrian Cratch

Owner of DMV Body Sculpting, LLC

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With a deep passion for enhancing beauty and empowering women, Adrian has created a haven of rejuvenation and self-care. Her services encompass a wide range of cutting-edge treatments, designed to uplift both physical appearance and self-esteem:

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- High-quality skincare products available for purchase

Empowering Women:

Adrian's mission goes beyond aesthetics; she aims to empower women by fostering sustainable income opportunities. DMV Body Sculpting not only provides exceptional services but also offers comprehensive training, allowing women to initiate and run their own businesses. Adrian's commitment to community development shines through in her annual provision of free training and machines to domestic violence survivors, fostering independence and growth.

Innovative Body Sculpting:

Adrian's expertise lies in non-invasive body sculpting. Her Hi-Emt Treatment, involving Emsculpt Technology, provides unmatched muscle contractions that burn fat and build muscles effectively. She also offers pre and post-operative care, ensuring optimal conditions for smooth surgical procedures. Her services include non-invasive body sculpting using Cavitation/Radio Frequency and sought-after Laser Lipo sessions.

Customer-Centric Excellence:

Adrian and her team at DMV Body Sculpting emphasize quality, experience, and customer service. With over two decades of combined experience, they go the extra mile to exceed expectations and help clients regain confidence.

Adrian Cratch's DMV Body Sculpting is not just a spa; it's a sanctuary where beauty, wellness, and empowerment converge. Through innovative treatments, community support, and exceptional service, Adrian continues to make a positive impact on her clients' lives.

DMVBodySculpting.com



Weight Loss Injections Not Working?

BeBalanced
Average weight lost*: **18 lbs** in 30 days

*For a 200 lb. person. Results may vary.

Ozempic/Wegovy
Average weight lost*: **30 lbs** in 68 weeks

Meet Jan Benjamin, BeBalanced owner

"The picture on the right (before) was what motivated me to get healthy! When I saw it, I could not believe it was me. The picture below (after) is me now, 50 pounds lighter and have kept the weight off for over four years, thanks to BeBalanced! Not only did I lose weight, but I have so much more energy, I sleep better, and I don't wake up soaked in sweat like I used to."



I'm back to riding my horses' multiple times a week and believe me they appreciated a lighter me too!

I am excited to have the women of Northern Virginia join me on this journey to better health and wellbeing. If you or someone you know has been using weight loss medication, and aren't seeing the results you are looking for BeBalanced can help!" - Jan

Lose 15-21 lbs in 30 days* plus experience improvement in:

✓ Mood	✓ Hot flashes
✓ Sleep	✓ Libido
✓ Energy	✓ And more!



BeBalanced
221 Crescent
Station Terrace
Leesburg, VA
571-258-4782 **LEARN MORE**

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Elizabeth Zubowicz, MD, FACS, FASMBS

Treatments For Everyone

15030 Washington Street
Haymarket, VA

540-690-9249



Meet Elizabeth Alexandra Zubowicz

Elizabeth Alexandra Zubowicz, MD, FACS, FASMBS is a Board Certified General Surgeon. She specializes in bariatric surgery and hernia surgery. She performs both open as well as minimally invasive surgery, with a focus on robotic surgery and its advancement in the realm of general surgery. She has performed over 1000 bariatric procedures and has a passion for helping patients get healthier.

One of the biggest concerns post bariatric surgery is "loose skin." After so much hard work and effort to lose weight and get healthier, patients still have this loose skin that can significantly impact their quality of life and self-image. Skin removal surgery is rarely covered by insurance and can be an extremely long and painful recovery.

In addition, being a mother of 2, she personally felt the body image challenges of having permanent loose/sagging abdominal skin no matter how many crunches after having babies. After extensive research, Dr. Zubowicz was impressed by the significant results from minimally laser techniques for loose/wrinkled skin and decided to incorporate it into her practice.

This market-leading body-contouring technology can be used on many areas of the body and can help improve skin laxity after weight loss, pregnancy or aging. It is also great for removing those last stubborn areas of fat that just can't be lost no matter how much weight one loses.

She is extremely excited to now offer these skin tightening and rejuvenating techniques as well as other minimally invasive approaches to graceful aging and improved overall body wellness at Thrive Medspa.

Dr. E. Alexandra Zubowicz is a Board Certified General Surgeon and a Fellow of the American Society for Metabolic and Bariatric Surgery as well as the American College of Surgeons. Dr. Zubowicz received her medical degree from University of Texas Health Science Center San Antonio. She completed her Residency at the Georgetown-Medstar General Surgery Residency Program in Washington, DC. She has presented at numerous regional and national conferences and has been published in multiple peer-reviewed publications.

Dr. Zubowicz is originally from Atlanta, Georgia. She has an interest in medical mission work and has been on several medical mission trips, in both Ecuador and in the Philippines. Her husband is active duty with the United States Army, and they have two daughters Gabrielle and Sophia.



ThriveMedSpaVA.com

Patti Lee, BSN, FNP, MSN



5631 Burke Centre
Parkway, Suite C
Burke, VA 22015

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

571-464-3142



NOW OFFERING BODY CONTOURING WITHOUT SURGERY

What Is

RED LIGHT THERAPY?



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

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

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

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

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

Now in Burke!

\$79 for one treatment

Expect to lose 1-3 inches!

MontageHealthandWellness.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Lynda Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Lynda Dean-Duru

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

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

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

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

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

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



www.KidzSmile.com

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Krystle Dean-Duru

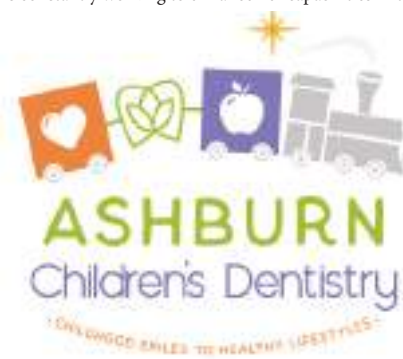
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn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

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

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

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

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



www.KidzSmile.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Swathi M. Reddy, DMD

Orthodontics



9010 Lorton Station
Boulevard, Suite # 260
Lorton, VA 22079

703-337-4414



Meet Dr. Reddy, Your Local Orthodontist!

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

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

Professional Memberships

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

ALL SMILES ORTHODONTICS

Why Choose Us?

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

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

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

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



www.AllSmilesBraces.com

Michael Rogers, DDS

**We Understand
the Connection
Between a Healthy
Smile and a
Healthy Body.**



4850 31st Street South
Suite A, Arlington, VA

703-936-4166

Meet Michael Rogers:

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

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

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

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



FAIRLINGTON DENTAL
COMPLETE HEALTH DENTISTRY

FairlingtonDental.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

April Toyer, DDS, FAAPD

Board-Certified Pediatric Dentist



14573 Potomac Mills Road
Woodbridge, VA 22192

703-499-9779



"Our #1 priority is our patient's well-being. We implement all the tools available to make sure you have a comfortable experience during your dental visit. While in the dental chair our patients will experience our modern decor and cutting edge technology. Patients will be able to relax with head rest pillows, blankets, noise cancellation headphones, nitrous oxide (laughing gas), and music or a movie of their choice during treatment. We also offer multiple forms of sedation dentistry, a massage feature on adult chairs, digital charts, and low-radiation X-rays."

Meet Dr. April Toyer

Dr. April grew up as an "army brat," but resided many years in Bowie, Maryland. She attended the University of Virginia and received a degree in Biology and Bioethics in 2003. There she volunteered at the Charlottesville Free Clinic and developed a love for dentistry. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program. It was there that she met her husband, Dr. Leonard.

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

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

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



www.LifetimeDentalCareVA.com

Leonard Toyer, DDS

Board-Certified General & Cosmetic Dentist

Visit our website to read what
patients say about Dr. Toyer!

14573 Potomac Mills Road
Woodbridge, VA 22192

703-499-9779



"Our #1 priority is our patient's well-being. We implement all the tools available to make sure you have a comfortable experience during your dental visit. While in the dental chair our patients will experience our modern decor and cutting edge technology. Patients will be able to relax with head rest pillows, blankets, noise cancellation headphones, nitrous oxide (laughing gas), and music or a movie of their choice during treatment. We also offer multiple forms of sedation dentistry, a massage feature on adult chairs, digital charts, and low-radiation X-rays."

Meet Dr. Leonard Toyer

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

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

Areas of Expertise:

- | | | |
|------------------------------------------|----------------------|--------------------------|
| • General, Cosmetic & Sedation Dentistry | • TMJ Treatment | • Zoom! Whitening |
| • Sleep Apnea | • Dental Sealants | • Dental Implants |
| • Gum Disease | • Tooth Extractions | • Crowns & Bridges |
| • Root Canals | • Invisalign | • Veneers & Laminates |
| • Inlays & Onlays | • Teeth Cleaning | • Tooth-Colored Fillings |
| | • Dental Mouth Guard | • Dentures |
| | • Emergency Care | |

To learn more about our dentistry services,
schedule a FREE consultation online or call our office today: 703-499-9779



www.LifetimeDentalCareVA.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Padmaja Yalamanchili, DDS

General & Cosmetic Dentistry

10875 Main Street
Suite #103, Fairfax, VA
703-591-4010



Meet Dr. Padmaja Yalamanchili

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

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

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

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

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

www.FairfaxFamilyDentist.com

Raja Gupta, DDS

Cosmetic & General Dentistry



Dental First Associates

6116 Rolling Road, Suite #312
Springfield, VA 22152

703-323-9394



Meet Dr. Raja Gupta

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

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

Special Interests & Services

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

Professional Memberships

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

Practice Philosophy

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

\$99⁰⁰
Expires
9-30-23

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

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

Hobbies & Personal Interests

Dr. Gupta was born and raised in Maryland.

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



www.YourDentalFirst.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Karl A. Smith, DDS, MS

**Comfortable
Sedation, Laser
Periodontics
& Implant Dentistry**

601 Post Office Road
Suite #1-B, Waldorf, MD
301-638-4867
2500 North Van Dorn Street
Suite #128, Alexandria, VA
703-894-4867



Meet Periodontist, Karl A. Smith, DDS, MS

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

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

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

WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

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

"Please call my office to ask about our
New Patient Special – \$179.00"

Mention: **DRSmithVA0923**

Degrees, Training and Certificates:

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

www.DrKarlSmith.com

Rolin S. Henry, DDS, PC

**Experience the
Difference!**

7900 Andrus Road
Suite #2, Alexandria, VA
703-780-4422
2112 F Street, NW
Suite #304, Washington, DC
202-296-2023



Meet Rolin S. Henry

Smile! You're In Good Hands.

Dr. Henry was born on the beautiful island of Jamaica. He earned his Bachelor of Science and Doctor of Dental Surgery degrees at Howard University, in Washington, D.C. Dr. Henry received multiple scholarships and awards from Howard University College of Dentistry and graduated as a member of the Dental Honor Society.

Dr. Henry went on to complete a four-year Residency in Oral and Maxillofacial Surgery at Howard University Hospital. Dr. Henry attends continuing education courses on a regular basis, and keeps up to date with new technologies and advancements in the field of oral and maxillofacial surgery. Dr. Henry is certified in advanced cardiac life support.

Dr. Henry is a member of the American Association of Oral and Maxillofacial Surgeons, American Dental Association, Virginia Dental Society, Northern Virginia Dental Society, and the International College of Oral Implantology.

We take great pride in our work and in all of our patients, and strive to provide the highest quality care possible. We have a modern facility and we will make every effort to ensure your visit is both comfortable and rewarding, while achieving the best possible surgical outcome.

We perform a variety of oral surgery procedures, and provide various anesthesia options. These include local anesthesia, nitrous oxide gas, intravenous sedation and general anesthesia. There is no need to delay your visit due to fear and anxiety.

Dr. Henry is very gentle and patient. He will work with you. The staff at Mount Vernon Oral Surgery Center is caring, respectful and passionate about their work.

MT. VERNON ORAL SURGERY

MtVernonOralSurgery.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Garima K. Talwar, DDS, MS

Esthetique Dentistry

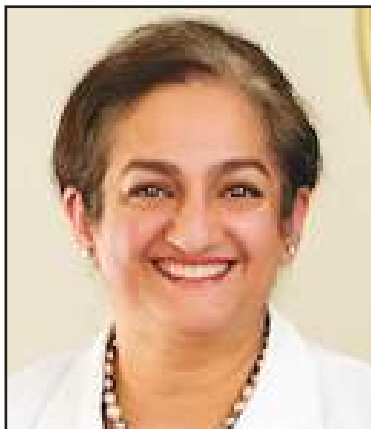
44345 Premier Plaza
Suite # 220, Ashburn, VA

703-729-6222

Advanced Dental Care

1602 Village Market
Boulevard SE, Suite #130
Leesburg, VA

571-455-0466



Meet Garima K. Talwar

Board Certified Prosthodontist Specializing in Reconstructive, Cosmetic and Implant Dentistry

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

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

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



Esthetique Dentistry



EsthetiqueDentistryAshburn.com
AdvancedDentalCareLeesburg.com

Lisa K. Majete, MD

Wellness & Nutrition



44125 Woodridge Parkway
Suite #220
Lansdowne, VA 20110

703-539-6002



Meet Lisa K. Majete

Dr. Majete is a Board Certified Internist with over twenty years of experience. A graduate of Howard University College of Medicine, Dr. Majete completed her Internal Medicine Residency at Washington Hospital/Georgetown University. She is licensed to practice in Virginia, D.C. and Maryland.

Dr. Majete brings a strong interest in the environment's effect on health from her undergraduate studies at the University of California, Berkeley. Since then she has cultivated a passion for aesthetics and wellness and is committed to an individualized approach to each client. This combined with Reflection's innovation and advanced skincare techniques, yield excellent results.

THE WELLNESS CENTER AT REFLECTIONS

Clients that follow the Wellness Center at Reflections research based program under the guidance and direction of Dr. Lisa Majete are usually able to lose 3-5 pounds the first week and 1-3 pounds every week thereafter. Generally, with type 2 diabetics, we can assist in decreasing the amount of insulin use in 2-3 weeks. We can reverse disease and assist with ceasing medication in some cases.

**We accept
most HSA/FSA
Plans**

We take a holistic approach to delivering outstanding results.. INSIDE and OUT!

www.ReflectionsImageCenter.com

UltraSlim

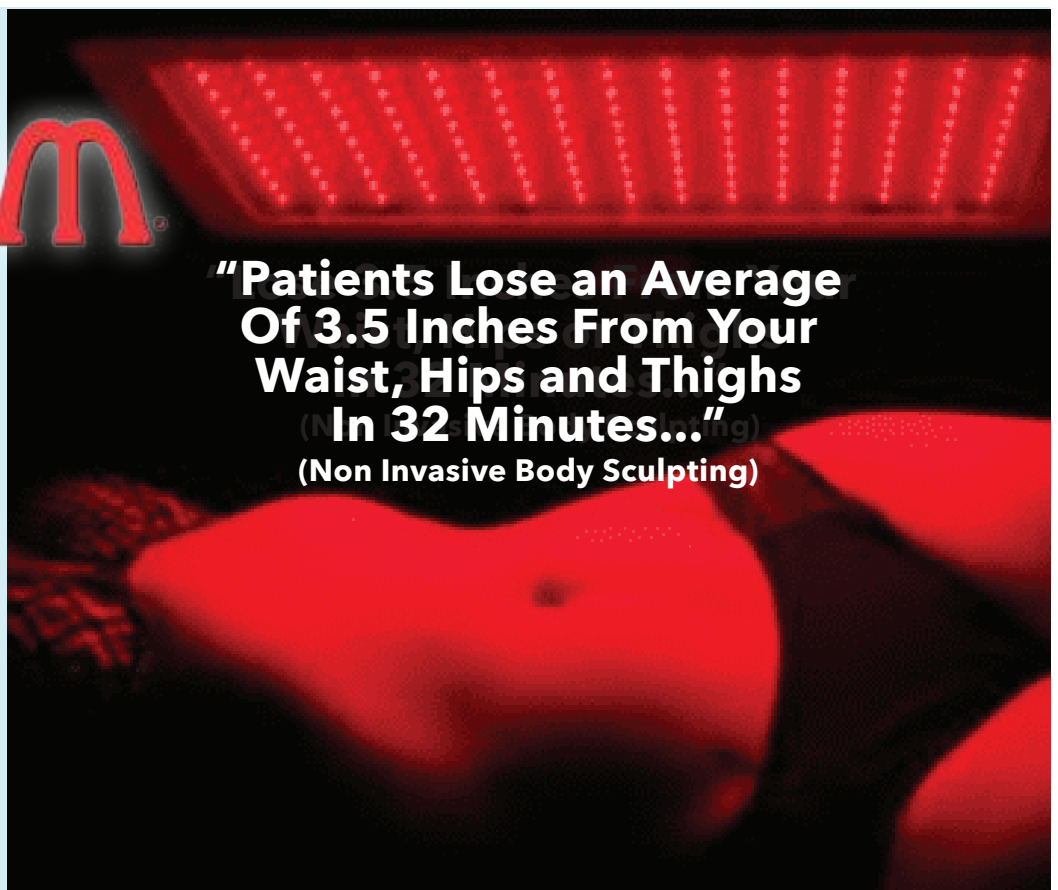
What were your goals at the beginning of the year? Have you met your goals? Are you moving in the right direction? Is it hard to stay on track?

Losing "stubborn fat" is hard and as you get older - it just gets harder and harder. You might go to the gym five days a week, sweat on the treadmill for an hour, and see maybe a pound or two drop in a month. Is that really worth your time?

Or... imagine going to a medical facility, laying down, spending 35 minutes relaxing, then getting up and finding out you've lost two inches around your waist. Which do you prefer? What if you could keep doing that and losing more and more fat until you looked like you did years ago?

If you have any interest in this and how it works when it comes to inch loss, you should stop what you're doing and call the office for an appointment immediately. This new treatment technology uses a special laser therapy to trick your mitochondria (in your fat cells) to release their fat contents.

If you eat better, drink plenty of water, stay away from sugars, and carbohydrates, this can lead to permanent fat loss without surgery. Here's a heads up. If you have tried liposuction in the past - you know that when you "regain the weight" it goes to different place(s) - making your body look distorted and then unfortunately, you're back to where you started, only worse. With this technology we don't destroy your fat cells. What we do is we simply drain the contents of the fat cells so you lose the inches and look good again.



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Foot Orthotics

A Biomechanical Approach To Foot Pain



By Edward S. Pozarny, DPM
Arlington Podiatry Center

Your feet work hard. They support your total body weight. They absorb the shock of your body pounding against the ground and adjust to the many different surfaces you walk or run on. Each foot contains 26 bones, 33 joints, and many different muscles, tendons, and ligaments. If any of these bones, joints, or soft tissues are out of place or working incorrectly they can cause your foot to have pain. If you have a medical problem such as

diabetes, improper foot biomechanics can cause a serious health risk.

As you walk your heel shifts very slightly from side to side. When your foot hits the ground, the shifting stops and your foot begins to flatten. This effect is called pronation. The opposite movement, or supination, happens as your heel lifts off the ground during propulsion and your foot regains its arch.

If your heel shifts too far when you walk, your foot may overpronate, or flatten too much. This incorrect movement stresses and weakens parts of your foot. Over time, symptoms such as changes in the shape of your foot, fatigue, or pain when you walk may develop.

Some shoe types, such as high heels, or strenuous sports activities, such as running may also stress the bones and soft tissues of your foot. A hip or leg problem can cause the foot to overpronate as you try to compensate for the problem. This incorrect movement sometimes causes your hip

Please see "Orthotics," page 46

Orthodontic Consultation

What To Expect



By Swathi Reddy, DMD
All Smiles Orthodontics

If you believe that you or your child could potentially benefit from orthodontic treatment, the first step would be to schedule an appointment for a consultation with an orthodontist. Orthodontists are simply dentists who have received an extra 2-3 years of specialized education beyond dental school to learn the proper way to straighten teeth and correct bite

problems.

Children, teenagers, young adults, middle-aged men and women as well as seniors are taking advantage of the simplicity that distinguishes today's orthodontics.

Although many patients are referred by their family dentist, you can still make an appointment without a referral from your dentist. During this first consultation appointment the doctor will conduct a thorough examination of teeth, bite, TMJ and facial soft tissue. This information is used to outline the problems that are present.

The doctor also presents you with a tentative treatment plan, an estimate of the length of treatment and any alternative treatment options such as Invisalign. If you have any further questions or concerns they may also be discussed at this appointment.

When all your questions have been

Please see "Orthodontic," page 46



By Malik Lowe, DDS
Awesome Smiles Dental Center

Have you noticed that Christmas decorations go up before Halloween decorations? Isn't that a little unbelievable? 'Christmas in July' special events have already occurred, and Christmas is around the corner. Are you ready for it?

*Have you used
all the earned
and paid-for
benefits to
stay healthy
and smile
confidently?*

Just as some are gearing up for the end of summer, Christmas in July, and the start of school, you must prepare to use or lose your dental benefits before the end of the year. Have you used all the earned and paid-for benefits to stay healthy and smile confidently? Some people pay over and over for benefits they never use. Regular professional cleanings, exams, and X-rays can help keep your teeth shiny and your gums healthy. Use your benefits to keep your mouth healthy, as it is the most significant highway to the rest of your body (even more extensive than I-66 or I-95!).

WITH or WITHOUT dental insurance, the health of your body depends a lot on the health of your mouth. **Maximize any benefits**—especially since they are gone once the benefit year ends too. If you spend the time to get your car inspected annually, why are you waiting to see the dentist examine your mouth? If you

Why Are You Waiting? 2023 Is Almost Over

change your oil when the light comes on in your vehicle, you can save yourself from paying for expensive repairs like engine replacements or buying a new car. The same concept applies to the mouth. Treating a small cavity rather than a huge one that turns into a crown is much easier. It will cost you less, take fewer appointments, and

cause less discomfort. Procrastination in the mouth equals more money!

The open season will start soon for the federal government and other employee groups. See your dentist now before all appointments are gone, and take this time to determine what treatment you need. Update your medical plan as well. Some treat-

ment in the mouth is directly related to complications from other medical conditions. Stop leaving money and good health on the table!

Snatching medical and dental appointments can be a pain these days. Schedule your appointments now because having a healthy body is never too late.

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The Facts About Oral Cancer

By Zahra Kavianpour, DDS
Brighter Smile Family
Dentistry & Orthodontics

Oral cancer is not as well known as other types of cancer but it can represent a life-threatening risk if not

identified early.

- It strikes an estimated 35,000 Americans each year
- More than 7,500 people (5,200 men and 2,307 women) die of these cancers each year

- More than 25% of Americans who get oral cancer will die of the disease
- On average, only half of those diagnosed with the disease will survive more than five years
- African-Americans are especially vulnerable; the incidence rate is 1/3 higher than whites and the mortality rate is almost twice as high

Although the use of tobacco and alcohol are risk factors in developing oral cancer, approximately 25% of oral cancer patients have no known risk factors. There has been a nearly five-fold increase in incidence in oral cancer patients under age 40, many with no known risk factors.

The incidence of oral cancer in women has increased significantly, largely due to an increase in women smoking. In 1950 the male to female ratio was 6:1; by 2002, it was 2:1.



Zahra Kavianpour, DDS

The best way to prevent oral cancer is to avoid tobacco and alcohol use.

Unusual red or white spots can form in and around the mouth. These are often harmless but they can be cancerous or pre-cancerous. Identifying and removing these early enough is a major factor in reducing the incidence of cancer.

So, knowing the risk factors and seeing your dentist for regular examinations can help prevent this deadly disease.

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SIX SECRETS

FROM PAGE 4

Fat-Melting Laser

Exilis Ultra is a unique laser that combines radiofrequency and ultrasound energies. It is the latest advance on the Exilis Elite laser that gives even better and faster results. Exilis Ultra safely melts fat and tightens skin on your chin, abdomen, waist, hips, buttocks, arms and other areas with no pain or recovery time. It also provides excellent brow and cheek lifting, and even improvement of scars, cellulite and stretch marks.

Exilis Ultra has undergone rigorous scientific studies that show its effects in specifically targeting and destroying unwanted fat cells and stimulating your skin to produce new collagen and elastic tissue. Your skin is noticeably firmer and more glowing after treatment.

Fraxel, eMatrix, CO2RE and eTwo Sublative Lasers

The newest lasers for wrinkles, pores, scars, and other skin blemishes offer amazing results with little or no down time. They deliver laser energy very efficiently to rapidly smooth and tighten skin. These lasers can be used alone or combined with Syneron Triniti or eTwo total facial rejuvenation, to remove wrinkles and fade sun spots and spider veins all in the same session, with little or no down time.

Three separate lasers are combined in the Triniti system to achieve this: the Elos SRA, the eMatrix, and the Sublime or Refirme. Results are seen immediately and continue to improve over weeks and months. Treatment can be completely individualized for your needs and goals.

Non-Surgical Face Lifting

The truth behind the cliché of liquid or non-surgical face lifting is that your doctor must have the qualifications and knowledge to analyze your whole face in 3D and have a deep understanding of facial anatomy – to really use fillers and Botox in the best, safest and most natural way. With advanced, European-style techniques, your face can be shaped and lifted non-surgically with natural fillers like Voluma, Restylane, Juvederm, Radiesse, Belotero, RHA and Sculptra. There are no scars, no down time and the rejuvenation is beautifully natural.

If you're unsure about fillers, chances are that you've seen bad work, which is common. Qualifications matter, and a real expert uses fillers properly to deliver stunningly natural results that make you look as if you're aging backwards. No duck lips, overfilled cheeks or strangely shaped eyebrows! One good way these days to be sure that you're in expert hands and will achieve the best and most natural looking results is to look at the before and after pictures on your doctor's Instagram.

Blunt cannulas are a revolutionary new European technique that can replace needles and eliminate bruising and discomfort from fillers. True non-surgical face lifting is an advanced technique that goes far beyond mere wrinkle filling, and it should only be performed by an expert. It removes under-eye hollows and bags, restores youthful fullness and definition to your cheeks, lips and jawline, and can

Please see "Six Secrets," page 46

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EYES YOUNG

FROM PAGE 5

1. **B.** How close you sit to the television, low light reading, and not wearing your glasses won't weaken your vision, reports Prevent Blindness America, a nonprofit eye health group in Schaumburg, IL. But studies show that breathing cigarette smoke can indirectly damage your eyes.

2. **D.** B vitamins reduce your light sensitivity. Take 25 to 50 mg of B1, 25 to 100 mg of B2 and 1000 to 2000 mcg of B12 daily.

3. **D.** The healthy bacteria *L. acidophilus* in yogurt combats the bacteria that causes conjunctivitis. Eat 1 1/2 cups of yogurt with active cultures daily.

4. **A.** Women's tears contain high levels of the hormone prolactin, which decline after menopause, resulting in dry eyes. To help reverse this problem, be sure to get enough potassium (500 mg daily), a mineral that metabolizes fluid. Also, take vitamin B complex (50 mg daily). B vitamins, especially folic acid and B6, are crucial for tear production.

5. **D.** Spinach contains lutein, a plant pigment that prevents macular degeneration. Each day, eat four to eight ounces of cooked Spinach, or take

two to six mg of lutein in capsule form.

6. **C.** Muscle spasms trigger twitches in your eyelids. For relief, take up to 400 mg of magnesium (a known muscle relaxant) twice daily. If a twitch persists, also take 50 mg of vitamin B6 daily.

7. **C.** It's crucial to wear sunglasses between 10 a.m. and 2 p.m., even on cloudy or winter days. Look for ones that block 100 percent of UVA and UVB rays.

8. **D.** Antibiotics, aspirin, and oral contraceptives make your eyes sensitive to light. Wear sunglasses if your medication's label includes a photosensitization warning.

9. **B.** Taking the mineral zinc doesn't cause macular degeneration. In fact, a recent study published in the Archives of Ophthalmology reported that high doses of zinc (80 mg daily), taken in addition to vitamin C (500 mg), vitamin E (400 IU), and beta carotene (15 mg), slow its progression.

10. **A.** A qi, or life energy, deficiency in the liver can cause glaucoma, according to traditional Chinese medicine. The Chinese herbal formula hsaio yao wan improves liver energy.

ORTHODONTIC

FROM PAGE 40

answered a treatment coordinator will cover payment plans, insurance matters, and appointment scheduling. Some patients (especially kids) are not ready for treatment when examined. In those cases, the patients are placed on a recall program (observation) and the family is sent a reminder in the future to come back for an orthodontic re-evaluation.

If treatment is recommended and you would like to get started, the next step is to schedule an appointment for full diagnostic records. Diagnostic records comprise photographs, radiographs, bite registration and models of your teeth. These records will give the doctor all the information needed to develop a detailed custom treatment

plan that will give an optimal bite and smile for each patient.

Diagnostic records are also helpful in tracking the progress of treatment as the teeth move into their corrected positions. Mostly, records may be taken during the initial consultation appointment, if not you may choose to schedule a second appointment. Records appointments take about 20-30 minutes.

After the final diagnosis and treatment plan are developed, you will be ready to begin your orthodontic treatment. If you are interested in learning more about braces, or about your specific orthodontic needs, call us to schedule a free consultation appointment.

SIX SECRETS

FROM PAGE 42

even improve a double chin.

When advanced techniques are used, fillers correct the true cause of aging changes, and can even reverse aging by stimulating the formation of new collagen and elastin in your skin. Botox, Dysport, Xeomin or Jeuveau can be added to rebalance overactive muscles and smooth forehead wrinkles, crow's feet, lines around your mouth, and neck wrinkles. Expert treatment can take decades off your face, while looking completely natural with none of the "frozen" appearance we associate with badly performed Botox.

Non-Surgical Body Contouring

Kim Kardashian and Omarosa from The Apprentice are just two of many celebrities who've perfected their curves with non-invasive body contouring lasers to reduce thigh and abdomen circumference and smooth cellulite. Omarosa has tweeted about her treatments in our clinic.

These treatments can be com-

bined with LipoLite laser lipo to dissolve unwanted fat in your abdomen, thighs, arms, chin and other areas. Kybella is a new injectable treatment for double chin (submental fullness) for which a select group of experts in the US have served as trainers.

Hair Laser

For smooth, holiday-perfect skin, the most advanced hair laser is the new Gentle YAG, which safely and quickly removes hair of all colors, even lighter colored hairs, from all skin types. Treatment is painless and very effective, and there is no need even for numbing cream.

After the uncertainties we've faced in previous years, many of us have made positive decisions to take charge of our lives. We can choose to make meaningful changes that uplift us and re-connect our inner and outer personas – such as adoption of a more healthy lifestyle and, where appropriate, a few non-surgical, no-downtime improvements.

ORTHOTICS

FROM PAGE 40

or knees to hurt as well as your feet. Some diseases damage the nerves of your feet. This can cause you to be unable to feel a cut or sore on your feet, leading to serious infections and threatening your entire health.

Orthotics are devices made to wear in shoes in an attempt to align the foot in a more neutral/efficient position. Orthotics control movement and stop the strain on your foot by limiting the shifting of your heel and controlling the amount your foot flattens. The stress of bearing your body weight is better distributed throughout the foot. Existing bone or tissue changes may not disappear, but the pain associated with them is reduced or eliminated.

NO SURGERY

FROM PAGE 21

This is a great treatment proven to work for a mommy who wants to tighten the abdominal muscles and trim her waistline, an athlete who wants better muscle definition, or the person who is looking for a non-surgical buttock lift. Patients who have had either abdominal liposuction or abdominoplasty (tummy tuck) and desire even more muscle definition, would benefit from it, as well.

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Modern technology has influenced the making of orthotics. Computer models, space age materials, and skilled technicians combine to create a pair of orthotics that will last for years to come.

Your foot problem took time to develop, so don't expect the symptoms to disappear overnight. But by wearing your orthotics as instructed, your symptoms will lessen over time. Most importantly, your orthotics will work only if you remember to wear them. And as always, make regular visits to your podiatrist.

Patients who have malignant tumors, as well as, patients who are pregnant or nursing should not have the treatment. Please discuss your medical history with your EMSculpt NEO™ provider at your visit.

You may begin to feel tangible results right after the treatment. Positive results are usually reported after four complete sessions and continue to improve for several weeks following the treatments.

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MOUTH BREATHING

FROM PAGE 21

lower jaw to allow the lower jaw to fit directly underneath it, then the lower jaw tends to be forced further back.

When the lower jaw sits further back, this can lead to jaw joint problems know as TMJD (temporo-mandibular joint dysfunction.) TMJD symptoms include clicking and popping of the jaws, headaches, neckaches, backaches, jaw pain, and forward head posture. Also, with the lower jaw further back, the tongue is forced into the throat making the airway smaller and often leading to sleep apnea later in life, an unhealthy condition where the patient stops breathing due to tongue obstruction during sleep.

Traditionally, dentists and orthodontists have just accepted the size of the upper jaw as-is and dealt with the consequences by extracting teeth. Physicians have dealt with

sleep apnea caused by small palates by using CPAP (continuous positive airway pressure) machines to keep people breathing.

Fortunately, small narrow palates can be prevented if treating during the growing years with retainer-like devices to counteract the lip and cheek pressure. Small narrow palates in adults can also be treated with oral devices like the DNA appliance, which can encourage jaw growth even in fully grown adults. I can personally relate to this topic because I grew up breathing through my mouth due to severe allergies as a child. This led to orthodontic problems treated by extracting teeth, TMJ problems later in life, and eventually sleep apnea, which I have now managed to eliminate using the DNA appliance.

PERFECT PAIR

FROM PAGE 4

phones while eating, as this can lead to overeating.

Meal Timing: Some people find success with intermittent fasting or timing their meals to fit their daily activities. Experiment to see what works best for your body.

The Power Of Exercise

Exercise complements your dietary efforts, helping you burn calories and build lean muscle mass. Here's how to make exercise work for you:

Regular Activity: Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, along with muscle-strengthening activities on two or more days a week.

Find Enjoyment: Choose activities you enjoy. Whether it's dancing, swimming, hiking, or cycling, finding

an exercise routine you love will make it easier to stick with.

Consistency Is Key: Consistency matters more than intensity. Regular, moderate exercise is often more sustainable than sporadic, intense workouts.

Consult a Professional: If you're new to exercise or have specific health concerns, consult a fitness professional or healthcare provider to create a safe and effective exercise plan.

Red Light Therapy: An Additional Option

In addition to nutrition and exercise, some individuals have found success with red light therapy as a supplementary approach to weight loss. This non-invasive technology can provide added support to your weight loss journey, making it easier to achieve your goals.











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

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

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

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

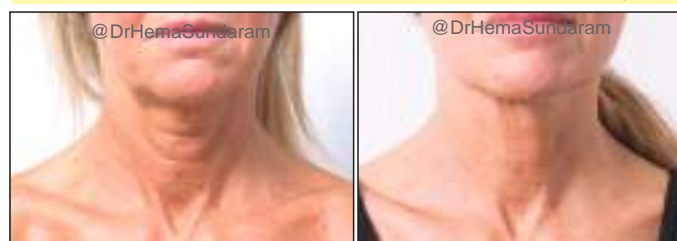
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• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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