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Northern Virginia Edition October 2023

SPOTLIGHT ON TECHNOLOGY

In Today's Doctor's Offices



Local Health Professionals

PAGES 30-32













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By Deeni Bassam, MD, DABPM The Spine Care Center

Question: In the last week, have you had any pain affecting your muscles, joints, neck, or back which has affected your ability to carry out the activities of daily living?

Back pain is a very common problem that affects almost everyone. When the pain is severe enough to keep you from performing simple activities of daily living it may be time to see a specialist for an explanation and treatment plan.

In a recent European study approximately 67 million people reported pain during the week. In general, around 50% of the population reports pain at one or more locations in their bodies. Back pain is the most common site for pain in younger and middle aged adults. Knee pain is the most common in older people. Over the last 10 to 15 years, significant advancements have been made in the understanding and causes of back pain, its accurate diagnosis, and effective minimally invasive treatments.

Back pain is a very common problem that affects almost everyone

When pain becomes too much to live with on a daily basis, a visit with a spine specialist can help shed light on the causes which would allow for targeted, directed, and effective treatment

There are, generally speaking, three main areas of the spine which can cause clinically significant pain. These three structures, listed in order of incidence, are the discs, the bones, and the joints of the spine. Degeneration of these structures begins in our early 20's and continues throughout our lifetimes. We are simply living much longer as human beings than our

Why Does My Back Ache?

spines were meant to last.

Degenerative disc disease is as common as getting a grey hair and the rate at which degeneration occurs is influenced by many factors including genetics, physical activity level, core muscle development, bone density, and smoking. Degeneration of these areas alone is a natural consequence of aging and is not enough to cause pain. Rather it is the inflammation of these structures that is felt by us as pain.

Degenerative structures of the

spine are more prone to become aggravated and inflamed causing us great pain, stiffness, and disability.

A spine specialist can help identify the degenerative area(s) of your spine which are causing you pain, allowing for an accurate diagnosis and treatment plan to be initiated.

Treatment can range from simple activity modification, medications to reduce the pain and inflammation, injections to identify the pain generator and deliver targeted anti-inflammatory,

and surgery to stabilize lax structures if all else fails. In modern medicine, surgery should be seen as the last intervention to be offered rather than the first

Your doctor should be able to help you better understand the causes of pain in your particular case and implement a treatment plan that eliminates or reduces the inflammation at the degenerative areas allowing for you to more easily achieve your activities of daily living.

Back Pain? Back and neck pain can be treated.

Back and neck pain are among the most common reasons for doctor visits, and are major causes of disability, lost work days, and high healthcare costs. Back or neck pain is a symptom, not a disease. That means the pain is likely being caused by something that can often be relieved when treated by the board certified physicians at The Spine Care Center.

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- · 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

- Spinal Injuries
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Five Tips For Skin Health and Beauty At Any Age



By Hema Sundaram, MA, MD, FAAD Sundaram Dermatology

Did you know that skin is the largest organ in our bodies, and the outer mirror of everything happening internally? Being a board certified dermatologist means knowing how to analyze the skin as well as the hair and nails for any signs that can point to medical conditions involving the blood, intestines, heart, liver, kidneys, and every other body system. That's

why an annual skin check, as recommended by the American Academy of Dermatology, is an essential part of total health – think of it not only as a "physical" for your skin but for your whole body.

Healthy skin is even-toned, blemish-free, and has a radiant glow. An experienced dermatologist can even tell your stress level, what you're eating, whether or not you smoke, and many other aspects of your lifestyle just from looking at your skin.

The first steps to achieving healthy skin are to get enough sleep, control stress, and eat a well-balanced diet with plenty of antioxidants and other nutrients that repair the skin and body. Antioxidants in the right formulations can also be effective when applied to the skin. There are now many other topical treatments with skin health and

Please see "Five Tips," page 38



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Intravenous therapy, or IV Therapy, is a process where fluids are delivered into the body through veins directly into the bloodstream. While there are many benefits to receiving an IV, the most common treatable conditions are:

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Optical Insight



iDesign Advanced WaveScan Studio

By Jacqueline D. Griffiths, MD New View Eye Center

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Jacqueline D. Griffiths, MD

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

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

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

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

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



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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

MARYLAND & WASHINGTON, DC OFFICE

One Town Center 4201 Northview Drive, Suite 102 Bowie, MD 20716

Office (301) 805-6805 • Fax (301) 805-6808 info@yourhealthmagazine.net

VIRGINIA OFFICE Office (703) 288-3130 production@yourhealthmagazine.net

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EDITOR-IN-CHIEF

Gregory Scott Hunter Heather I

SALES & MARKETING CONSULTANT

Mili Parra

MANAGING EDITOR Heather L. Mahoney

PRODUCTION & DESIGN ADMIN ASSISTANT Alison Doner – MD

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 noninvasive 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 cosmetic surgeons.

As a renowned expert in agereversal 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

market and become available to leading 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, Medical, Thermi Aesthetics and Nova Threads. Dr. Dima also serves as an expert in laser related litigation.



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Submitted By Cryoxygen Clinic

As there is a growing interest in natural healing techniques, the use of Mild Hyperbaric Oxygen Therapy (HBOT) is becoming increasingly popular. This non-invasive therapeutic treatment delivers a concentrated amount of oxygen to the body using increased atmospheric pressure. Many health enthusiasts use Mild HBOT as a way of enhancing their well-being.

Mild HBOT is often confused with the traditional, hard-shelled hyperbaric oxygen therapy used in hospitals. The principal difference between the two is that Mild HBOT uses lower atmospheric pressure, meaning there is no need for the patient to wear an oxygen mask. The session is a relaxing and peaceful experience that can last anywhere from 15-30 minutes, depending on

your preference.

One of the primary benefits of Mild HBOT is its ability to increase oxygen saturation in your body. During a session in the mild hyperbaric chamber, the oxygen concentration can be three times higher than what you breathe in the air. This increase in oxygen promotes healing of damaged tissues, enhances athletic performance, and speeds up recovery after injury or surgery.

Moreover, Mild HBOT can also have a positive impact on mental health. Increased oxygen delivery to your brain can improve cognitive function, memory retention, and mental clarity. This treatment has shown great promise in supporting cancer patients by enhancing the effects of conventional treatments, reducing side effects, promoting wound healing, boosting the immune system,

Please see "Hyperbaric," page 46



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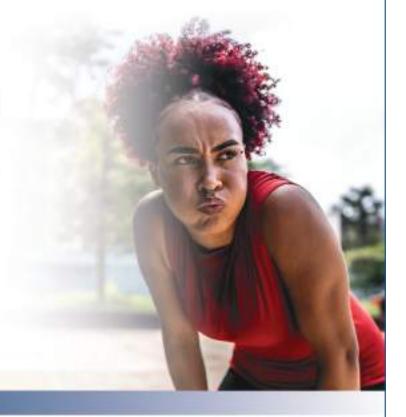
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Cancer and Periodontal Disease



By Karl A. Smith, DDS, MS

Can a dental exam save your life? Regular dental appointments are strongly encouraged so that your dentist may look for any unhealthy conditions and catch them before they become big problems with even bigger costs.

Loss of teeth and increased cost of dental procedures are not the only reasons to see a dentist today. It is now clear that gum disease should be added to the list of factors that cause unhealthy body conditions. There is an extremely high risk of developing heart disease, diabetes, liver disease, blood diseases, heart attack, and stroke. With the latest research there is now evidence to add cancer to the list of gum disease related illnesses. According to the Center for Disease Control and Prevention (CDC), 47.2% of adults who are over 30 years of age in the United States have some type of periodontitis. With age, this rate increases, so that 70.1% of U.S. adults over 65 years old have this disease. Dental patients with moderate forms of gum disease have an overall 14% increased risk of developing cancer according to recent studies.

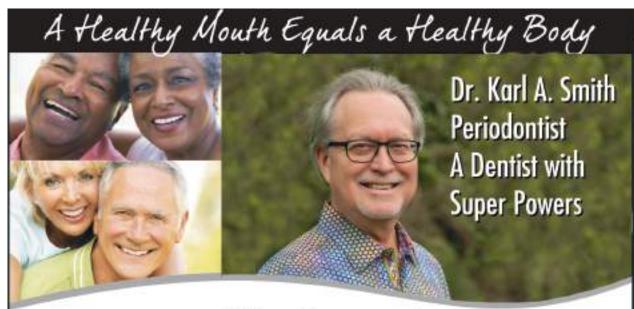
If you have any form of gum disease, even mild gingivitis, the normal act of brushing your teeth or chewing allows bacteria to enter your blood stream. The blood stream then carries the bacteria throughout the body. Studies have also found that gum disease is linked to a higher chance of pancreatic, lung, kidney and blood cancers in both smokers and nonsmokers. There was a 33% increase in the risk of lung cancer.

There was a 50% rise in the chance of kidney cancer and a 38% rise in pancreatic cancer. Blood cancers such as leukemia rose by 30% among men with gum disease. In another study it was found that for each millimeter of bone loss in chronic periodontitis, a serious form of gum disease, there was a four times the increase in head and neck cancer.

Searching for a precise connection goes on and will hopefully one day lead us to a cure but for now it is thought that untreated gum disease can trigger a substantial reduction in the immune response and cause damage to the immune system. This in turn makes it easier for the cancer to grow. It is also possible that the bacteria from the gum disease could be directly causing the cancer themselves. Further studies will be done in the coming months and years.

It is now clear that gum disease should be added to the list of factors that cause unhealthy body conditions.

What can be done today? See a periodontist. A periodontist is a special dentist that can determine your level of periodontal disease and help determine your risk factors. A referral is not required. Patients with a recent cancer diagnosis should see a periodontist prior to starting chemotherapy or radiation. They can help catch and treat these bacteria early to lower your risk in later years. Call a periodontist today and set up a complete periodontal evaluation. It just might save your life.



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By Tammy Leiner, Certified Clinical Thermographer, Level 3 The Longevity Center

Isn't that refreshing? Is it a better idea to focus on health -vs- an outdated, invasive fear-based strategy – year after year? We think so.

For most Americans, the word

October Is Breast HEALTH Awareness Month!

Cancer is constantly bombarding someone in our inner circle.

It is scary, very emotional and ugly. We are fearful for ourselves, our family, our friends and neighbors.

The word Mammogram also has a negative connotation for most - pain, fear, the "what if they find something" factor

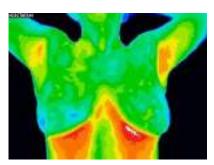
There are other options for women!

Thermography screenings are the best breast test you probably have

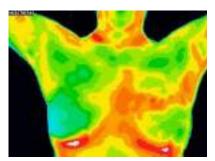
never heard of. The technology has been around for over 50 years. The screening is very easy, safe, affordable and performed without harm – (no compression, no radiation) or fear driven. It is information driven.

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 along with an occasional ultrasound (or mammogram).

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There are many easy techniques to help and promote breast health.

Although there are a few things that can't be eliminated (like family gene mutations), there are many we can avoid or reduce – such as estrogen use (HRT, birth control) smoking, poor diets – and yes, radiation exposure.

Preventative measures include: Eliminating (or reducing) sugar, soda, alcohol and carbohydrates. An alkaline/anti-inflammatory diet is ideal. Dry brushing underarms toward the chest area can break up lymphatic congestion - and an essential oil protocol (including frankincense, lavender and lemon) can reduce tenderness, inflammation and fibrocystic activity.

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Why TMJ Technology **Is So Important**

By Jeffrey L. Brown, DDS Sleep & TMJ Therapy

When a patient goes to their TMJ doctor, it is vitally important to make sure that certain technologies are used in order to get a good diagnosis and even greater treatment. In this article we will be looking at the merits of the

dedicated Tesla coil, the x-rays to look is so sensitive and can allow us to see at the jaw joints, the digital impression scanner, and the ever so important computer.

When it comes to getting a really great MRI of your TM joints, it is really important to be sure that the imaging center has a Tesla coil dedicated for this kind of work because it the articular discs much better than some older technology. In too many cases, the MRI is done with an inferior machine and the reading is simply not that precise. This will often lead to a misdiagnosis and a path of treatment that costs lots of money, time, and frustration.



Jeffrey L. Brown, DDS

Another piece of technology in getting proper TMJ treatment involves the x-ray equipment. It is important first of all to go with "green" technology, i.e. low dose radiation and three-dimensional imaging. The 3-D imaging comes in really handy when the doctor wants to see what's going on behind and around the corners of various bones, especially the condyle or jaw bone. This information helps when trying to correlate to the findings of the MRI; do the slipped discs make sense and is that why the jaw bone has shifted in that direction?

A very fun and very special advancement when it comes to doing braces to finish up a TMJ patient is the digital impression system. This system basically uses a camera to videotape the teeth and the computer effectively "stitches" all the videos together to show the lab what the teeth look like. In addition, the digital impressions are the most accurate way to see the teeth and jaw bones.

Then, the braces manufacturer uses a device to "cut' each bracket to the best fit possible for every individual tooth. This means that each bracket is custom made, by hand (the hand of a computer guided laser that is) to the proper tip and torque needed to achieve the best result in the shortest time possible. Think of it like GPS for your trip up to Canada the computer will design the least difficult, quickest, and most efficient path to get you

Let's not forget to give mention to our old friend, the computer, which has advanced so much in recent years that we have become used to it running on terabytes, not kilobytes, of storage and how fast the processors have become. Without the computer, we could not show the patient the wonderful world of digital x-rays and show them how their progress has changed. The computer and all these other technologies have surely changed our world, and made treatment better and easier for patients.



- Jaw Pain,
 Clicking or
 Popping
 Head, Neck and
 Shoulder Pain
 Migraines
 Craniofacial
 Pain
 Sleep Apnea
 Orthodontics

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 ofappliance I have NO pain and I can turn my head. I would highly recompatients 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 D. Thomas the old me again!

fered no help and no advice besides Meds and Botox. Since having the mend them to anyone. I feel Dr. Brown and his staff really care about their

"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



Jeffrev L. Brown, DDS

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By April Toyer, DDS, FAAPD Lifetime Dental Care

Winter is just around the corner, and along with that much anticipated holiday cheer comes the inevitable

The Common Cold and Your Oral Health

cold and flu season. Children in the United States miss about 22 million days of school every year due to the common cold. The average child alone gets between six to twelve colds every year and is two to three times more likely to come down with the flu.

Although children are most susceptible to the cold and flu they easily spread their aliments to their caregivers and schoolmates. When you are feeling down and out the last thing many people want to do is worry about their teeth. However, a few key tips during those down and sick days can help lead you and your family to a speedy recovery without devastation to your oral cavity.

• Stay Hydrated – Being made mostly of water, it is nature's cure for a variety of conditions. A stuffy and congested nose may cause you to breath through your mouth. Excessive mouth breathing can slow saliva production and make our mouths susceptible to harmful bacteria. Drinking water during a cold also thins mucus and prevents dehydration. If your child refuses to drink try soups, sugar-free popcicles or Jello.

- Many cough syrups and cough drops contain excessive amounts of sugar to make them taste great. If you are using sugary cough medicines make sure you rinse the residue off your teeth with water and brush before going to bed. There are xylitol candies and nasal sprays that help fight cavities as well as alleviate sore throat and post nasal drip.
- Minimize Sugar Intake Refined sugars such as fruit juices and white flour can depress your immune system, which weakens your body's ability to fight infection on its own.
- Don't Forget to Brush When you are sick you tend to take several naps throughout the day. Although you are often more tired do not forget to brush your teeth before lying down. Saliva production decreases when you are sleeping, decreasing the bodies ability to cleanse itself.
- Replace your Toothbrush Bacteria and viruses can live on your toothbrush for hours or even days on hard surfaces. The last thing you want to do is re-infect yourself after just getting over an ailment. Make sure you do not store your toothbrush next to your family members. This could lead to cross-contamination of the new toothbrush and further spread the illness.





A Technological Revolution in Non-Surgical Healing Stem Wave Regeneration Therapy

Submitted By Back In Action Health Solutions

Dr. Blabey, DC has utilized hightech therapy modalities for the past 25+ years at Back in Action Health Solutions. These include: PEMF for cellular health and vitality, hot/cold laser therapy for faster tissue healing, spinal and cervical decompression for back pain relief and healing of disk injuries, neurofeedback to treat concussions, brain fog and anxiety, functional medicine and functional neurological applications, etc. The latest therapy that we have been effectively utilizing over the last year with fantastic results for our patients is Stem Wave.

Stem Wave Regeneration Therapy is a cutting-edge health technology that offers non-surgical, non-invasive healing benefits that is transforming the way we approach various health issues and provides faster recovery, minimal discomfort, and long-lasting results. It can be an extremely effective therapy to decrease the need for harmful steroid injections, the need for opioid other medications to control pain, and decrease the likelihood of surgical intervention.

What Is Stem Wave Regeneration Therapy?

A revolutionary medical technique that harnesses the regenerative potential of our body's natural stem cells to target an area of inflammation or pain. This groundbreaking approach features high-intensity shockwaves to stimulate the body's natural healing mechanisms, promoting tissue repair and regeneration. The therapy works by triggering the release of growth factors and recruiting stem cells to the targeted area, aiding the repair of damaged tissues for a result of longer-term healing.

One of the most remarkable aspects of Stem Wave Regeneration Therapy is that it is a non-surgical, drug-free and non-invasive alternative to traditional treatment methods. Some key benefits include: faster recovery unlike invasive surgeries that require lengthy recovery periods, Stem Wave Therapy allows patients to resume daily activities much sooner; minimal discomfort – patients experience minimal to no discomfort during the procedure; reduced risk – the absence of surgical incisions reduces the risk of infection, scarring, and other complications associated with surgery; targeted treatment - the therapy can

be precisely directed to the affected area, ensuring that only the damaged tissue is treated; versatility – Stem Wave therapy can be used to address a wide range of health issues, including musculoskeletal injuries, severe joint pain, peripheral neuropathy, frozen shoulder, etc.

Why Consider Stem Wave Therapy?

It is an extremely effective, non-invasive treatment option to decrease

pain, increase range of motion, and speed recovery time, along with resolution of many chronic, unresolved joint and musculoskeletal health conditions. It has been demonstrated to effectively decrease the need for steroid injections, opioid or other medications, and decrease likelihood of surgery. At the end of the day, Stem Wave Regeneration Therapy represents a remarkable leap forward in healthcare technology.

Give us a call today to try out Stem Wave for just \$59! Your first Stem Wave visit will include: an initial consultation of the area in question with Dr. Blabey, a Stem Wave treatment to the area of concern, and a detailed plan of action for treatment and recovery. Most of our patients experience pain relief after their first visit! (703) 356-6284. Located in Tysons Corner. Visit: www.Backin-ActionVA.com.

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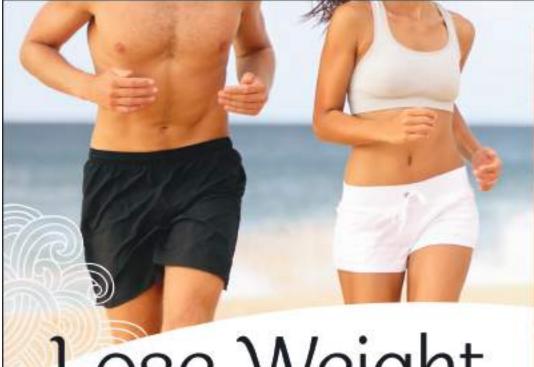
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Back Pain Caused By Jaw Joints?



By Michael Rogers, DDS Fairlington Dental

TemporoMandibular Joint Dysfunction, often called TMJ or TMD, is known as the "great imposter" because so many symptoms that patients complain of can be related to this disorder. The list of possible TMD symptoms include back pain, dizziness, ear congestion, ear pain, eye pain, facial pain, fatigue, headaches, jaw clicking or popping, jaw locking, migraines, muscle twitching, neck pain, ringing in ears, shoulder pain, sinus congestion, and many others.

Acute trauma to the jaw joint will usually result in pain in and around the joint. Most dentists are able to treat this type of trauma with hot and cold compresses, soft diet, jaw exercises, and anti-inflammatory drugs such as ibuprofen. Patients with chronic jaw joint problems, on the other hand, rarely have pain in the joint. Instead, they tend to complain of neck aches, headaches, backaches, ear congestion or pain, and even numbness and tingling in the fingertips. This article will help explain how TMD is related to these seemingly unrelated symptoms.

The nervous system of the human body consists of two parts. The voluntary nervous system is the one controlled by the conscious brain. To throw a ball, all one must do is think about moving the arm and the necessary muscles work in a coordinated fashion to make it happen. The involuntary nervous system is the part that controls everything else like heart rate and breathing. It also controls posture

Please see "Jaw Joints," 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.

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Virginia Edition I 21 www.yourhealthmagazine.net



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

As the vibrant hues of summer start to fade, it's time to transition your skincare routine to adapt to the upcoming fall season. The shift in weather and environmental factors can impact your skin's health, potentially leading to breakouts and other

Transitioning to Fall: A Holistic Approach to Healthy Skin

concerns

1. Hydration Remains Vital:

While the air may turn crisper, it's crucial to continue prioritizing hydration for your skin. Cooler temperatures and indoor heating systems can deplete your skin's moisture, potentially causing dryness and irritation. Make sure to drink an ample amount of water throughout the day, and consider using a humidifier indoors to maintain optimal humidity levels, which can help keep your skin supple and hydrated.

2. Transition Your Sunscreen:

Although the sun's intensity may diminish in the fall, UV rays are still present and can harm your skin. Transition to a broad-spectrum sunscreen with an SPF of at least 30 to shield your skin from UV damage. Apply it to exposed skin areas, even on overcast days, and don't forget your neck and hands. As you spend more time indoors, you may also want to incorporate a daily moisturizer with SPF for added protection.

3. Switch to a Gentler Cleanser:

Cooler weather can bring changes in your skin's needs. Con-

sider switching to a milder, hydrating cleanser to avoid stripping your skin's natural oils. Cleansing twice a day is still essential to remove impurities, but opt for a formula that provides gentle yet effective cleansing without over-drying.

4. Embrace Seasonal Antioxidants:

Fall is a great time to incorporate antioxidant-rich foods into your diet. These nutrients help protect your skin from oxidative stress and support its overall health. Enjoy autumn fruits and vegetables like apples, pears, pumpkin, and sweet potatoes, which are abundant in antioxidants. These foods can contribute to a healthy, glowing complexion from the inside out

5. Exfoliate Mindfully:

Continue exfoliating to maintain smooth skin, but be mindful of the exfoliation method you choose. Mechanical exfoliants, like scrubs, may be more suitable for fall than chemical exfoliants used in the summer. Gently exfoliate your skin once or twice a week to remove dead skin cells and promote a fresh, radiant appearance.

6. Moisturize Adequately:

Adjust your moisturizer to provide extra hydration and protection for the cooler months. Look for a richer, emollient moisturizer that helps to lock in moisture and create a barrier against harsh environmental conditions. Apply it to slightly damp skin to seal in the hydration effectively.

7. Address Seasonal Allergies:

Fall can bring seasonal allergies, which may manifest as skin irritation or redness. Be mindful of any allergies you may have, and consider consulting with a healthcare professional for advice on managing allergy-related skin issues.

By embracing these holistic skincare tips for the fall season, you can ensure that your skin remains healthy, clear, and radiant. As you transition from the warmth of summer to the crispness of fall, remember to prioritize hydration, protect your skin from UV rays, adjust your skincare routine, and nourish your skin with seasonal antioxidants. With consistent care, your skin will be well-prepared to embrace the beauty of autumn.





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

Ensuring the best care for newborns is of utmost importance, especially when it comes to addressing conditions like tongue tie and lip tie that can affect proper nursing. Traditional surgical approaches can be overwhelming for both mother and child, but now there is a revolutionary alternative known as BabyLaseTM. 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 BabyLaseTM has transformed the landscape of treating tongue tie and lip tie in newborns.

A Non-Surgical Approach

BabyLaseTM 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 nonsurgical 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 wholehealth 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, BabyLaseTM enhances the nursing experience, enabling infants to latch more easily, extract

BabyLase"

The Advanced and Gentle Solution For Infant Tongue Tie and Lip Tie

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

Long-Term Benefits

BabyLaseTM not only provides immediate relief but also offers longterm 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 BabyLaseTM 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, BabyLaseTM 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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Holistic Internal Medicine and Geriatrics

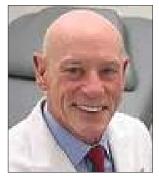
By Richard Hilburn, MD, FACP Goals Of Care, PLLC

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

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

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

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



Richard Hilburn, MD, FACP

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

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

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

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

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



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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

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

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

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

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

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

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

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

Pregnant women due to hormonal changes are more prone to periodontal

Mouth-Body Connection

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

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

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

Periodontal and tooth infections, and infections in general, can cause fatigue. I tell my patients that their overall energy level will improve after the treatment of periodontal disease and the removal of tooth infections. All of them tell me they have improved health and increased energy levels after the treatment of such conditions.

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

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Ovarian Cancer Prevention

Submitted by DeCesaris/Prout Cancer Foundation

Ovarian cancer is the eighth most common cancer among women and ranks fifth in cancer deaths among women. A woman's lifetime risk of getting ovarian cancer is about one in 70, or 1.4%.

The Research

Research has found several risk factors that have been shown to increase the risk of a woman developing epithelial ovarian cancer, which accounts for 85-90% of all ovarian

Age – Half of all ovarian cancers are detected in women older than 63 years of age.

Obesity - An American Cancer Society study found a higher death rate in obese women.

Reproductive History - There may be a relationship between an increasing number of menstrual cycles in a woman's lifetime and her risk of developing ovarian cancer. This includes onset of menstruation before age 12, childbearing after age 30 or never having any children, and/or menopause after age 50.

Family History - With ovarian cancer, breast cancer, or colorectal cancer risk is increased if your mother, sister, or daughter has had ovarian cancer, with a higher risk if the cancer occurred before age 55. About 10% of ovarian cancers have a hereditary tendency, which includes a mutation in the breast cancer gene BRCA1 or BRCA2.

Screenings

Exams and tests meant to detect a disease in patients without symptoms.

- There is presently no type of screening method that has proven effective in lowering the number of deaths caused by ovarian cancer.
- The most thoroughly studied screening tests are measuring a CA-125 level in the blood or using pelvic ultrasound, but neither is recommended for screening.

- CA-125 can be falsely elevated in many benign conditions and is not elevated in all ovarian cancers.
- · Pelvic ultrasound is helpful in detecting a mass in the ovary, but it cannot accurately determine which masses are cancerous and which are benign.

Signs and Symptoms

- Abdominal swelling or bloating
- Pelvic pressure or abdominal pain
- · Difficulty eating or feeling full quickly
- Constipation and Indigestion
- Urinary urgency or frequency
- · Back pain and fatigue
- Unexplained weight loss

The best way to detect ovarian cancer early is for both the patient and the physician to have a high index of suspicion if symptoms arise. Although the symptoms associated with ovarian cancer are vague, studies have shown that women with ovarian cancer are symptomatic several months before diagnosis, even with early-stage disease.

Prevention

Some things can be done to lower a woman's risk of developing ovarian cancer, namely epithelial ovarian cancer.

- Use of oral contraceptives for three or more years lowers the risk of developing ovarian cancer by 30-50% compared to women who never used oral contraceptives.
- Tubal ligation may decrease the risk of developing ovarian cancer by up to 67%.
- Pregnancy and breast feeding.
- Several studies have shown that a diet high in vegetables reduced the risk of ovarian cancer.
- Prophylactic Oophorectomy For select women at high risk of inherited ovarian cancer, removal of the ovaries after childbearing is an option. However, this does not eliminate the risk of primary peritoneal cancer, which behaves like ovarian cancer.





Do you know about Dental Membership Savings Plans?

As parents, we want our children to be healthy and resilient. This is no small task and managing activities for the kids and taking care of their day-to-day physical and emotional needs can sometimes leave routine, preventative care by the wayside.

Pediatric Dentistry has come a long way since the 1960's when dental insurance plans were first introduced in the United States. Insurance carriers and plans have not advanced with the technology and treatment philosophies of modern dentistry. Approximately 59% of Americans do not use their full insurance benefits, in large part because the plan benefits are not tailored properly to standard treatment recommendations for children.

Children often do not require the standard dental procedures at the level that insurances cover them—such as amalgam (silver) fillings, bridges or dentures. On the other hand, insurances often do not cover the services that children often need. Children may require extra time, TLC (tender love and care), or additional visits to the dentist based on their level of cooperation, age, special needs, and anxiety related concerns. As a result, some progressive dentists have opted to offer specially customized plans for their patients- which is especially helpful for pediatric patients!

Smile Wonders is one of the pediatric dental offices that has taken the initiative to offer a customized pediatric dental savings plan for their patients. They offer 4 different levels of care specifically tailored for your child's age and preventive care needs. Toddler plan is ideal for children under three to establish a great oral hygiene routine as soon as those teeth start coming in! Child Complete plan is geared to those patients who have established good homecare and want to receive the best preventative care in the office. Child Preferred plan is extra helpful for kids who need additional in-office cleanings to help with plaque build-up and difficulties with homecare. The Teen Complete plan is specifically tailored for teens, starting at age 13y, to make sure they are receiving the best preventative care and getting help with managing homecare and plaque build-up!

All the plans include various levels of age-appropriate doctor exams, cleanings, diagnostic x-rays and carries risk appropriate fluoride varnish treatments. This is the best value approach to putting your child's pediatric dental visits on autopilot! Additionally, members receive 15% off all other services provided at the office.

If you are looking for a plan to get your child's dental care needs addressed, reach out to Smile Wonders and find out why kids love us, and parents trust us!







Technology



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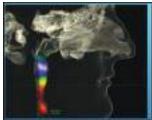
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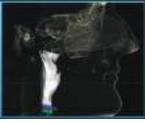
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Dr. Brown is highly trained in ALF (Advanced Light Force) therapy. He has over 500 hours in ALF therapy training and has lectured around the world teaching ALF techniques with Dr. Nordstrom, the creator of the ALF appliances. The ALF appliances are thin, conservative appliances that can be used on the upper and lower arches. They hide behind the teeth, are removable and are basically invisible when being worn. This innovative treatment approach is used to address neurological, orthodontic and orthopedic issues, and the benefits are vast. Each appliance is unique to the patient and designed by the doctor to achieve specific goals relating to health, beauty and function. No ALF appliance is the same, and treatment







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warmth of the light produced by BabyLase can help tighten restrictive tissue to soften and relax into a more functional position. Furthermore, treatment with BabyLase technology offers additional benefits including the reduction of discomfort and inflammation, as well as stimulation of natural blood flow and the nervous system—all of which aid in comprehensive whole-health healing and re-integration of the treated tissue.



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Every year, three million people in the United States are diagnosed with scoliosis, a condition that causes an irregular curve of the spine. In most cases, the disorder develops just before puberty, with 2-3% of children between the ages of 10-15 receiving a diagnosis of scoliosis—though scoliosis can occur in adulthood too

State-of-the-Art Scoliosis Bracing for Better Results

While many cases of scoliosis are mild, some can cause mobility issues, chronic pain and other serious health complications without effective management. At Bethesda Spine and Posture we offer state-of-the-art treatment for both juvenile/adolescent scoliosis and adult degenerative scoliosis. Our treatments

can prevent the condition from progressing and can meaningfully improve the patient's quality of life.

Our scoliosis treatment services include the following:

- Juvenile and Adolescent Scoliosis Bracing: New studies have shown that non-surgical treatment methods for scoliosis - like bracing - are highly effective at managing cases that are detected early. Our state-of-the-art bracing process involves an x-ray analysis and iPad 3D scanner technology to create a completely custom spinal brace. With the innovative ScoliBrace® treatment method, we can prevent your child's scoliosis from progressing and, ideally, avoid
- **Adult Degenerative Scoliosis Bracing:** While most cases of scoliosis are diagnosed in childhood, the condition can manifest in adulthood too due to changes in the spine caused by arthritis, osteoporosis or injury. Common symptoms of adult degenerative scoliosis include back and/or leg pain. Our adult scoliosis bracing treatment can slow or even halt the progression of your scoliosis, alleviating your symptoms.
- Other Scoliosis Treatment Methods: Some types of scoliosis can cause chronic pain. In conjunction with our scoliosis bracing services, we offer chiropractic, physical therapy, and medical treatments that can reduce your pain and drastically improve your overall quality of life.

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Tongue-tie (ankyloglossia) is a condition present at birth that restricts the tongue's range of motion.

With tongue-tie, an unusually short, thick or tight band of tissue (lingual frenulum) tethers the bottom of the tongue's tip to the floor of the mouth, so it may interfere with breast-feeding. Someone who has tongue-tie might have difficulty sticking out his or her tongue. Tongue-tie can also affect the way a child eats, speaks and swallows

may require a simple surgical procedure for correction.

Tongue-Ties and Frenectomies

SYMPTOMS:

Signs and symptoms of tongue-tie include:

- Difficulty lifting the tongue to the upper teeth or moving the tongue from side to side
- Trouble sticking out the tongue past the lower front teeth
- A tongue that appears notched or heart shaped when stuck out

CAUSES:

Typically, the lingual frenulum separates before birth, allowing the tongue free range of motion. With tongue-tie, the lingual frenulum remains attached to the bottom of the tongue. Why this happens is largely unknown, although some cases of tongue-tie have been associated with certain genetic factors.

WHEN TO SEE A DOCTOR:

- Your baby has signs of tongue-tie that cause problems, such as having trouble breast-feeding
- A speech-language pathologist thinks your child's speech is affected by tongue-tie
- Your older child complains of tongue problems that interfere with eating, speaking or reaching the back teeth
- You're bothered by your own symptoms of tongue-tie

RISK FACTORS:

Although tongue-tie can affect anyone, it's more common in boys than girls. Tongue-tie sometimes runs in families.



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Sometimes tongue-tie may not cause problems. Some cases



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Dr. Seidel is a Fellowship Trained Spine Surgeon, focused on restoring function and improving pain related to a wide range of spinal problems. He completed an undergraduate degree from Virginia Tech and a Masters degree from Johns Hopkins University before attending medical school in Florida at LECOM.

His professional training includes completing an Orthopedic Surgery Residency in Pennsylvania before finishing a Fellowship in Seattle where he was trained in complex and minimally invasive spine surgery.

Dr. Seidel's goal is to provide compassionate and comprehensive care to help improve the quality of life of his patients using the latest techniques in both operative and non-operative care.



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Ike V. Lans, DDS



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Meet Ike V. Lans

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

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

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

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Local Professionals Empowering and Encouraging People To Live Healthier

Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road Suite #301 Falls Church, VA

703-821-1103



Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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www.SleepandTMJTherapy.com

Michael Rogers, DDS







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.



Join us in observing Cancer Awareness Month with our commitment to your well-being. Dr. Rogers proudly offers personalized diagnostic testing through OralDNA™, revolutionizing our approach to oral and overall health. We go beyond dentistry to focus on "oral medicine" by incorporating MyPerioPath™ and MyPerioID™ PST saliva diagnostic tests.

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Meet Dr. Rami Makhoul

After completing his fellowship in Colon and Rectal Surgery at Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Health Hospital in 2014 to serve patients of the DMV area.

Upon graduating from medical school, Dr. Makhoul first completed his internship in General Surgery at the University of Massachusetts Medical School. He, then, completed his residency training in General Surgery at the George Washington University Hospital in Washington, DC.

During his residency training at GW, he spent a year in clinical research where he published some of his work on colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures performed in the Colon and Rectal Surgery field. He continued with his passion for research and published peer-reviewed articles during his fellowship training. Several of his work, was presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American and Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotic, laparoscopic, and transanal minimally invasive surgery. Dr. Makhoul is Board Certified in both General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons education committee.

As part of his commitment to surgical training and education, Dr. Makhoul serves as a Clinical Instructor of Surgery at the George Washington University. Dr. Makhoul is currently the chairman of the Department of Surgery at Holy Cross Hospital in Silver Spring. He also holds the position of Cancer Liaison Physician for Holy Cross Health, where he manages and overlooks clinically related cancer activities in collaboration with the Commission on Cancer and American Cancer Society.

When he is away from the office, Dr. Makhoul may be found spending time with his family. Dr. Makhoul enjoys skiing, cycling, scuba diving, tennis, and traveling.



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Meet Dr. Matthew Skancke

Dr. Matthew Skancke is a colon and rectal surgeon serving Maryland, Virginia and Washington, DC. Dr. Skancke grew up in Great Falls, VA earning his undergraduate degree in electrical and biomedical engineering at the University of Virginia's engineering school. After engineering school he spent three years working for a Swiss based GPS company U-blox America while going to night school to finish his premedical degree. He then attended medical school at the University of North Carolina at Chapel Hill where he did basic science research of mesenchymal stem cells to progress the field of regenerative medicine. Dr. Skancke continued his General Surgery training at the George Washington University Hospital and subsequently did his Colon and Rectal Surgery Fellowship at the Cleveland Clinic.

During his training, Dr. Skancke has published over 24 peer reviewed publications, authored three book chapters, and presented over 45 times at national conferences in medicine and surgery. He has participated in clinical trials of bench top and mechanical sciences and is a member of the American College of Surgeons and the American Society of Colon and Rectal Surgeons. Dr. Skancke is Coard Certified in General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons Quality and Safety National committee.

Outside of work, Dr. Skancke has found a new love for French cooking and North Carolina barbeque. To offset these vices, Dr. Skancke also enjoys running and powerlifting in his free time.



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Meet Tesfaye Tetemke:

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

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

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

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

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Swathi M. Reddy, DMD

Orthodontics



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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.

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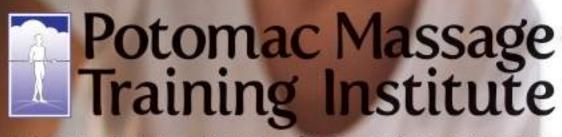
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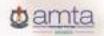
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Events, dates, and times subject to change.

When Should My Child See an Orthodontist?



By Swathi Reddy, DMD All Smiles Orthodontics

Many parents assume that they must wait until their child has all of his or her permanent teeth before they can see an orthodontist. The American Association of Orthodontics recommends that all children get a check-up with an orthodontist no later than seven years of age.

Early consultation allows the orthodontist to identify any subtle problems associated with jaw growth

and/or incoming permanent teeth.

As orthodontic treatment not only involves the teeth but also the surrounding boney structures, it is highly recommended to start treatment before the face and jaws have finished growing.

By age seven, the six-year molars (adult first molars) and incisors have usually erupted. After the first molars erupt the space available for the front teeth does not increase as a child grows. To the contrary, in most people after the permanent molars erupt, the space available for the front teeth decreases with age.

Early treatment can also regulate the width of the dental arches, gain space for permanent teeth, avoid the need for permanent tooth extractions, reduce the likelihood of impacted permanent teeth or the need for surgical procedures to realign the jaw.

A majority of children will not require orthodontic procedures until

Please see "Orthodontist," page 46

Great Smiles Start Here

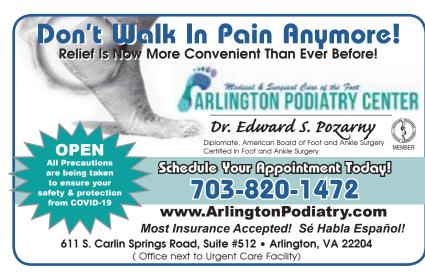


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Plantar Warts

Warts On the Bottom Of Your Feet



By Edward S. Pozarny, DPM Arlington Podiatry Center

Warts are an infection caused by a virus which invades your skin through a cut or break. An individual who has a wart can develop additional warts. Plantar warts are often mistaken for corns or calluses on the sole of the foot. Plantar warts have a spongy appearance with little black, brown or red spots. These spots are the blood vessels feeding them.

They are found usually on the bottom of the foot, but can appear on the toes. The warts are circumscribed, which means you may notice a light ring around each growth separating it from the surrounding skin. Warts can occur alone (solitary) or with smaller warts clustered nearby (mosaic).

There are many different ways to remove warts. Each method has its own advantage and disadvantage. Medication or surgical removal, or both, are usually the most effective treatments. Freezing or burning may also be utilized. A podiatrist can combine any of these methods with others to tailor a treatment option best suited to the patients condition.

Chemical cauterization is the use of relatively strong acids and caustics to destroy the wart tissue. The wart is usually not destroyed completely in one treatment. Usually a series of treatments, which may extend over a period of 8-10 weeks is needed. However, there is little post-operative care needed once the wart is removed.

Surgical options include using a surgical curette to scoop or shell out each individual wart. This method is usually used in conjunction with electrodesic-cation, or electrical cauterization. This

Please see "Plantar Warts," page 46



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Why Are You Waiting? 2023 Is Almost Over



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? 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

Please see "Almost Over," page 46

From page 4

FIVE TIPS

anti-aging research behind them such as retinol, growth factors, DNA repair, peptides and hyaluronic acid. The key is to look beyond the marketing hype, to find products with solid science and publications in medical journals.

Beyond topical treatments, more men and women who want to look and feel their best at any age are opting for new non-surgical procedures that give natural-looking results with no down time or scarring. These options can be fit into any lifestyle, allow an immediate or very quick return to regular activities, and give great results if performed by a properly qualified doctor. You can gain a competitive edge professionally and personally, and project outwardly the youthful vitality and energy that you strive for internally.

Here are five key strategies to achieve skin health and beauty this year and beyond.

Select a Qualified Doctor

When you have cosmetic procedures performed, you are entrusting your face and body to the person who performs these procedures. It is essential that this person has been trained as extensively as possible in safety and

advanced techniques. It's not a good decision to compromise on either for the sake of a cheaper price, as you may then have to live with results with which you are not happy – or, worse, suffer the risk of complications from the procedure. It is important to select a doctor who has received appropriate training and certifications to perform aesthetic procedures, not just a weekend course.

The American Board of Medical Specialties oversees board certifications for physicians, and recognizes four types of "core" aesthetic specialists who are properly trained to be performing cosmetic procedures. They are Board Certified Dermatologists, Plastic Surgeons, Oculoplastic Surgeons and Facial Plastic Surgeons.

Here are three key questions you can ask during your consultation to check your doctor's qualifications:

- 1. Are you Board Certified in Dermatology or Plastic Surgery?
- 2. Do you serve as a chair and teacher at the academy conferences of dermatology (ASDS and AAD) and plastic surgery (ASAPS and ASPS), as well as for university and other academic programs?

3. Is your clinic a recognized research center, including for U.S. FDA studies of the newest technologies?

One key benefit of a Board Certified Dermatologist is that their dual medical and cosmetic training enables them to look at the whole of you, and make treatment plans with this "Big Picture" approach.

Find the Latest Techniques

One of the hottest trends for your face and body is non-surgical face lifting with Ultherapy, a new ultrasound treatment that specifically targets the deep tissues of your face, neck, chest and elsewhere to re-contour your jawline, tighten and lift your neck and cheeks, and lift sagging eyebrows. It also lifts the buttocks, arms, knees and other areas.

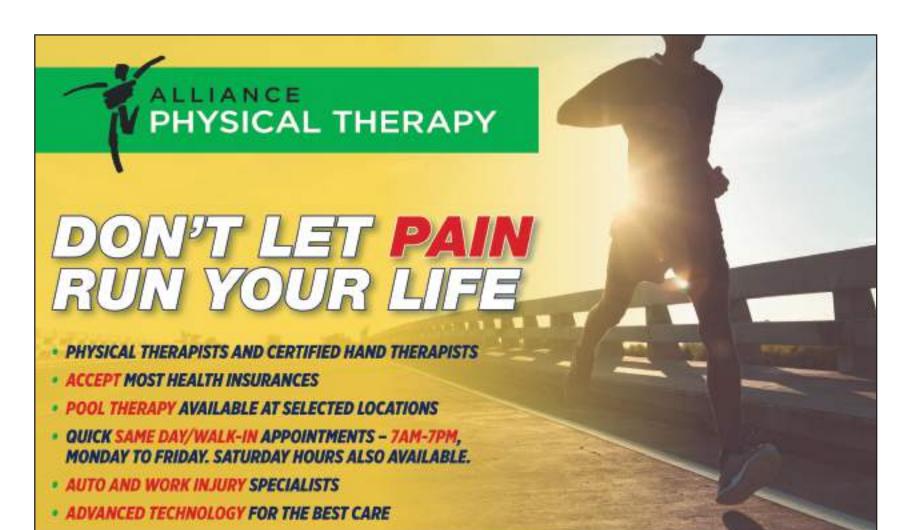
The GentleMax laser or the new Exilis Ultra – a more advanced, upgraded version of Exilis Elite – or eMatrix sublative radiofrequency lasers can be added for advanced facial lifting, contouring or skin resurfacing. They can tighten and lift sagging skin, melt unwanted fat, remove a double chin, fade wrinkles, sun spots, scars, prominent pores and other blemishes, improve stretch marks, and give your

skin a radiant glow. These lasers can be used to achieve similar results on your body, including your neck, arms, torso and legs.

Another hot trend is microneedling with platelet-rich plasma (PRP), the so-called "vampire facelift", which harnesses the power of your body's own platelet cells to rejuvenate your face and body. Scientific research shows that PRP can also be used with advanced techniques to treat hair loss and restore a healthy pattern of hair growth. For the best and safest results, select a clinic where the dermatologist or plastic surgeon is personally performing the PRP treatments.

Natural fillers such as Voluma, Restylane, Juvederm, Radiesse and Sculptra can be added to restore youthful contours to your face. These fillers are gently injected just beneath your skin to fill under-eye hollows and lines around your mouth, restore shape and fullness to thinning lips, re-contour your jawline and improve the shape of your nose with no downtime or scarring. Muscle relaxers like Botox, Dysport, Xeomin, Daxxify or Jeauveau can be added to safely smooth out frown lines,

Please see "Five Tips," page 46



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- · Foot and Ankle Dysfunction
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- Knee and Ankle Injuries
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MEET DR. BRYAN LEVAY

Dr. Bryan Levay is originally from Fresno, California. He attended CSU Fresno obtaining a Bachelor's of Science in Biology followed by attending Western University in Pomona, CA for his podiatric medical education where he graduated top of his class. Dr. Levay completed his Podiatric Surgical Residency through INOVA Fairfax Medical Center as the Chief Resident. Since graduating Residency he has worked and lived in Virginia. He has a strong surgical focus in deformity correction, trauma repair, and reconstruction. In his spare time, Dr. Levay enjoys hiking, reading, and outdoor adventures with his family and dogs.

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

The prevalence of chronic pelvic pain syndrome is 9%, effecting millions of women and men. Although this is a common problem it can take years and many doctor's visits to be accurately diagnosed. Pelvic floor physical therapists understand the many faces of pelvic pain and provide effective conservative treatments that provide relief for those suffering with pelvic pain.

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

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

Pelvic pain can lead to muscle spasms in the pelvic floor muscles. These muscles can become hypertonic and tight or the opposite can occur, the pelvic floor muscles can become weak. Both non-relaxing and weak pelvic floor muscles can be a major contributor of pelvic pain.

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

- Dyspareunia: This is pain associated with vaginal penetration during sexual intercourse. It often occurs after pregnancy at three months postpartum or it can be associated with endometriosis, menopause, and other conditions.
- Interstitial Cystitis: Also known as painful bladder syndrome, this is defined as chronic pelvic pain (lasting greater than 6 months), pressure or discomfort perceived to be related to the urinary bladder and accompanied by at least one other urinary symptom such as increased urinary urge or frequency.
- Levator Ani Syndrome: When the levator ani deep muscles don't relax, constant or frequent pain in the rectum or anus is experienced.
- Vulvodynia: This is pain or discomfort at the vulva lasting greater than three months that usually presents as burning pain.

Help For Pelvic Pain Sufferers

- Pelvic Floor Dysfunction: The function of pelvic floor muscles is to support the pelvic organs, prevent incontinence, allow for ease of defecation and urination and they provide a sexual function. Pelvic floor dysfunction can cause constipation, painful sexual intercourse, pelvic organ prolapse, urinary frequency, chronic pelvic pain and both urinary and fecal incontinence.
- Endometriosis: This is a common condition that causes chronic pelvic and/or abdominal pain and very painful periods. One in 10 women suffer from this condition however most women see eight doctors over 10 years before getting diagnosed.

This is a complex condition and the • Manual therapy – internal and exsymptoms vary.

Vaginismus: This is instantaneous and involuntary tightening of the pelvic floor muscles in anticipation of vaginal penetration causing the inability to participate in sexual intercourse.

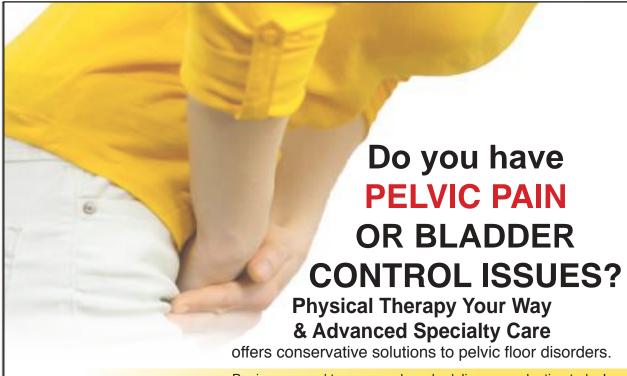
What to Expect During Pelvic Floor Physical Therapy

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

Treatments may include one or more of the following:

- ternal techniques
- · Visceral mobilization
- · Therapeutic Exercises
- Neuro-muscular reeducation
- · Specific functional training
- · EMG biofeedback
- Electric stimulation

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



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From Page 38

worry lines, crow's feet and wrinkles around your mouth and on your neck. For treatment that looks so natural that it's undetectable, it's best to have an expert dermatologist or plastic surgeon with in-depth understanding of facial anatomy perform these treatments.

The most expert treatment doesn't just soften wrinkles – it can actually reshape your whole face to give it more ideal proportions while preserving your facial expressions so you never look "frozen", and stimulate new collagen and elastin for long-term results. We've all seen bad Botox, fillers and lasers – but those who have expert treatments simply look youthful and are typically told by others that they never seem to age!

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and you can return to regular activities immediately after treatment. LipoLite is a no-downtime laser lipo treatment that safely and comfortably removes fat deposits from your abdomen, thighs, buttocks, chin, arms and elsewhere, and also tightens the overlying skin. Advanced body sculpting combines these fat-busting technologies with lasers to improve cellulite, stretch marks and loose skin, and further reduce your thighs, abdomen, arms and other areas. You will typically drop several dress sizes and lose several inches.

Asclera is a new pain-free treatment for spider veins on your legs. It's advisable to start this treatment in the fall and winter. For smooth, holiday-perfect skin and to be ready for summer, try the new GentleMax Pro laser, which safely and quickly removes hair of all colors, even light colored hairs, from all skin types. Treatment is very effective, and so comfortable that there is no need even for numbing cream.

A new and important part of wellness is feminine rejuvenation. Childbirth or aging can cause concerns that impact quality of life, such as leaking of urine when coughing or sneezing, vaginal dryness or less satisfying sexual function. These concerns were rarely discussed previously, but now can be addressed in many women by non-surgical treatment with the CO2RE Intima laser. There is no recovery time, and patients typically report dramatic improvements in their sense of wellbeing and quality of life. The difference between the CO2RE Intima and other treatments like radiofrequency that are advertised for feminine rejuvenation is that the CO2RE Intima is a true laser, to give quicker, longer-lasting treatment with fuller results. The first step is to consult with an expert in feminine rejuvenation, who will then devise the most appropriate treatment plan in collaboration with your gynecologist.

Be Time and Cost-Effective

The Syneron Triniti, eMatrix and eTwo lasers can rejuvenate all three layers of your skin simultaneously. You can remove sunspots and spider veins, improve wrinkles and tighten your skin during the same treatment session and return to regular activities immediately afterwards.

The CO2RE, eMatrix and eTwo

sublative lasers are advanced fractional resurfacing treatments for ultimate skin rejuvenation through removal of wrinkles, acne and other scars, prominent pores and skin discolorations. The CO2RE Intima laser offer true feminine (vaginal) rejuvenation to improve symptoms related to childbirth or aging such as dryness

Final Tips

Advanced dermatology and plastic surgery clinics should offer many options, including a variety of different lasers, the newest equipment and techniques, intense pulsed light (IPL) photo facials, radiofrequency and infrared skin rejuvenation. Qualified dermatologists and plastic surgeons are properly trained in all these procedures and technologies. Those who are most on the cutting edge teach and train other doctors, are principal investigators for the newest research, and publish scientific papers in medical journals.

Selection of the most expert doctor assures you of a sophisticated action plan that can be individualized to address your own unique pattern of aging.

Hyperbaric

From page 8

and reducing fatigue. By increasing oxygen levels in the body, HBOT can improve the efficacy of chemotherapy and radiation therapy, alleviate discomfort from treatment side effects, strengthen the immune system, and reduce fatigue, ultimately improving patients' overall well-being and quality of life during their cancer treatment journey.

The use of Mild HBOT can also promote detoxification within the body. The increased oxygen levels help eliminate toxins and remove free radicals. Free radicals occur naturally during metabolism or when exposed to environmental toxins. As the body builds up these free radicals, an imbalanced immune system can deteriorate, causing cell damage, diseases, and accelerate the aging process.

At our clinic, we offer state-ofthe-art Mild HBOT treatment that provides a relaxing and comfortable experience. With benefits such as increasing oxygen levels within the body, reducing inflammation, and improving mental clarity, it's a non-invasive and stress-free natural therapy.

ALMOST OVER

From page 38

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 treatment 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.

PLANTAR WARTS

From page 37

method helps discourage re-growth.

The other surgical option is to make two small semielliptical incisions surrounding the wart. Then the wart and the surrounding skin are removed. The edges of the skin are then brought together with stitches. These surgical options are usually done under a local anesthetic. The post operative consideration for surgical removal is that the patient will want to try to remain non-weight bearing on the foot for approximately one week. Also, daily dressing changes will need to be done to prevent infection.

Laser surgery and cryosurgery are two other methods of removal. When utilizing a laser the wart is vaporized using focused high frequency light. Cryosurgery is the use of intense cold to destroy the lesion. Liquid nitrogen and carbon dioxide are most commonly used to freeze the tissue.

After laser surgery the patient can ambulate normally immediately. However, after the cryosurgery a painful blister may develop which is removed in approximately 10-14 days.

After your podiatrist treats your warts, protect your feet from future infection by keeping them clean and dry. Avoid going barefoot in public places like showers, gyms and locker rooms. The wart virus may spread easily in moist settings like these. Wear thongs or sandals on your feet.

If you're considering using overthe-counter medications for warts, ask your podiatrist first. Some of these treatments can damage skin and may be dangerous if you have diabetes or poor circulation.

ORTHODONTIST

From page 37

their teenage years, however an early exam allows the orthodontist to monitor the child's growth and development and if indicated begin treatment at the most appropriate time.

If your child is nearing his or her seventh birthday, schedule an orthodontic consultation appointment. You don't need to have a referral to see an orthodontist.

Many pro-actively schedule a

consultation appointment either as a new patient or to seek a second opinion.

However, you should see your family dentist for professional cleanings and check-ups every six months, or more often if recommended.

Early treatment may prevent more serious problems from developing and may make treatment at a later age less complicated.

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Jaw Joints

From page 19

when the conscious brain is not thinking about it.

The main goal of the involuntary nervous system is survival. This requires placing more importance on certain areas of the body than others. Most important is the brain itself. Second are the vital organs that supply the brain with oxygen. Finally, among others, is the jaw, so the involuntary nervous system does whatever it needs to in order to protect the jaws. Humans can't live without jaws because the tongue is connected to the lower jaw, and the tongue controls what goes down which pipe, it's responsible for taste, nutrition, communication, and the mouth is the back-up breathing source.

Patients with chronic TMD usually have irritated jaw joints, which aren't that painful. Whether due to a bad bite, a slipped disk, or trauma to the joints, one way the body can take pressure off the joints is to change the head position. By holding the head in a different position (usually forward), the bite changes just enough to take the pressure off the irritated jaw joint. In

order to do this, however, the neck and shoulder muscles must be constantly contracted to keep the head from falling over. This constant tension also compresses the nerves that pass through these muscles, so some TMD patients also suffer from shoulder pain and even numbness or tingling in the fingers. In order to maintain balance and not fall forward, the body may also compensate by rotating the hips, resulting in lower back pain, and flaring the feet out, resulting in foot pain.

Sometimes holding the head forward is not possible or is not enough to change the bite, and the joint remains painful as well. In certain cases the jaw position puts pressure on the ears, causing ear pain and even hearing loss. Sometimes the extra stress on the nervous system causes other unrelated problems to flare up, such as allergies, sinus problems, and eyelid twitching. And in many cases, the chronic pain combined with the stress can lead to depression and mood swings.



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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.

Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology

- Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.
- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural Safety.
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