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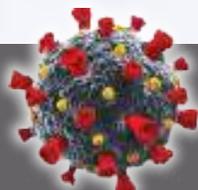
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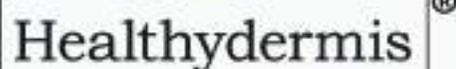
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By Deeni Bassam, MD, DABPM
The Spine Care Center

Pervasiveness Of Pain

chronic pain reaches 150 million; a figure that is approximately half of the total U.S. population.

Acute pain is often an important warning sign that something is wrong. It is almost always a signal of some underlying pathology that may need medical attention. On the other hand, chronic pain (that lasting greater than six months) does not always have an underlying or easily discernible pathology. It can persist long after the offending insult has been removed or cured.

Often, the dysfunction in chronic pain lies in the nervous system itself and cannot be detected on conventional imaging such as MRI. This can lead to a great deal of frustration on the part of the patient, as well as loved ones and healthcare providers.

Most often, successful treatment of chronic pain will employ multiple modalities including pharmacological, physiological, psychological, and interventional in order to address the multiple causes and effects of daily

persistent pain. A balanced approach without over-reliance on any one tool leads to the best outcomes.

The time to talk with your physician about your pain is when that pain consistently interferes with your ability to perform simple daily tasks such as bathing or cooking.

Treatments exist which can lessen your suffering, allowing you to get back to the tasks at hand in daily life.

The International Association for the Study of Pain defines pain as “an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage”.

Webster’s dictionary defines pain as “localized physical suffering associated with bodily disorder (as a disease or an injury); also a basic bodily sensation induced by a noxious stimulus, received by naked nerve endings, characterized by physical discomfort (as pricking, throbbing, or aching), and typically leading to evasive action.”

As one can see, coming up with a sensible definition of pain may be difficult but for the individual patient suffering from chronic pain the definition becomes quite easy.

Pain is the single most common reason for a visit to the doctor. The American Pain Foundation estimates that there are 50 million people suffering from chronic pain each year. The rates of chronic pain in the elderly approach 50%.

*Pain is the single
most common
reason for a visit
to the doctor.*

When considering both the direct costs of chronic pain (doctor visits, medications, treatments, hospitalizations, etc) along with the indirect costs, such as lost productivity, the total cost of chronic pain to society has been estimated to be around \$100 billion per year. When one further considers that each chronic pain patient is likely close with and sometimes dependant on at least two other people then the total number of people affected by



Back Pain?

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Post-Laminectomy Syndrome: When Back Surgery Fails



Submitted by Madhavi Chada, MD
 Synergy Spine and Pain Center

Post-laminectomy syndrome refers to chronic and unexplained pain you experience after back surgery. If you're suffering from neck or lower back pain of an unknown origin that develops following surgery, it could be post-laminectomy syndrome. This painful syndrome is also known as failed back surgery syndrome. Post laminectomy syndrome is associated with a specific type of back surgery

called a laminectomy.

There is no definitive reason as to why back pain persists after surgery for some patients.

Before treatment, you need a diagnosis. The first step is visiting a doctor. A physical examination will be completed followed by imaging tests, which are done to pinpoint the cause of your back pain and help with treatment planning.

Once your doctor has finished tests, they can help you determine if you're suffering from post laminectomy syndrome.

Treating post-laminectomy syndrome can be difficult, as the cause for your pain is often unknown. If you're suffering from this condition, discuss your symptoms in detail with your pain doctor. With a full list of symptoms, they can begin to develop the most effective treatment plan to manage your pain. Treatments for

Please see "Back Surgery," page 54

Achieving Skin Health and Beauty At Any Age



By Hema Sundaram, MA, MD, FAAD
 Sundaram Dermatology

to medical conditions involving the blood, intestines, heart, liver, kidneys, and every other organ 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, whether you're eating healthily, 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

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

Please see "Health and Beauty," page 55



iDesign Advanced WaveScan Studio

By Jacqueline D. Griffiths, MD
New View Eye Center

The iDesign® Advanced WaveScan Studio is the most personalized laser vision correction available.

Vision is more than just seeing better or farther, it is about being surrounded in detail – immersed in each moment – captivated by every part, of every thing. The iDesign procedure gives your doctor the ability to deliver a truly personalized LASIK or PRK procedure, designed specifically for you.

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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.

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Good Postures For Your Lower Back



By Jay Cho, DC, FIAMA
Active Care Chiropractic
& Acupuncture

Many questions arise frequently from patients who are concerned with daily postures like “How do I lie when I sleep?”, “Are there any tips when I drive for a long time?”, “What kinds of beds or mattresses do I need to buy?”, “Is it better that I stand when I work on a computer?” and “Do I need to change my chair or desk?”

It is not easy to give a simple answer for these questions because there are many factors that we need to consider including personal characteristics, individual health status, past medical history and more. Memory foam pillows could possibly have negative effects for one person while being a better choice for another. Therefore, it is always better that everyone receives expert advice with further evaluation.

In this article, we will cover some general information that we can advise without an individual evaluation or health status. We will first cover sitting postures due to the increase of sedentary lifestyles:

Sitting Postures

- It is better that the height of your chair matches your knee height.
- Firmer back cushions on your chair are generally better than soft cushions.
- Chairs without wheels are generally better than chairs with wheels.
- Sitting on the edge of your chair is not recommended.
- Sitting with legs crossed is not recommended.
- It is recommended to stand up from your chair with a short break every hour during prolonged sitting.

Changing bad habits to correct old posture can be difficult but improving your sitting posture can be beneficial for everyone’s general health status.

Standing Postures

- It is always better to straighten your lower back without unbalanced positions. There are some additional recommendations including:
- Switch your body weight from one leg to another if you have to stand for a long time.
- It is better to rest one foot on a small stool and switch to the other frequently.
- It is better to wear comfortable shoes, not high heels.

The above recommendations are for avoiding excessive pressure on one

side of the body only.

Postures During Lifting Heavy Objects

- Spread the legs slightly.
- Bend both knees, not lower back.
- Keep the object close, toward the body.
- Do not twist or lift your body or trunk to the side.

These lifting recommendations help to avoid any additional pressure on the lower back.

Postures For Sleeping

- Generally, “firm” is better than “soft”.
- Use a cushion or pillow under the knees while lying on your spine.
- Use a cushion or pillow between the knees while sleeping on your side.

As mentioned earlier, these are for general statements and recommendations. It is always better to get further evaluation from a specialist for specific or detailed advice. A specialist can help you create individualized recommendations that include considerable factors.

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Braces vs. Invisalign – Which Is Right For You?



By Maryam Avin, DDS
Avin Dental Care

Orthodontics is a branch of dentistry specializing in the diagnosis, prevention, and treatment of jaw, face and bite irregularities, known as malocclusions. Malocclusion is the technical term for teeth that don't fit together correctly. Malocclusions not only affect the teeth, but also the appearance of the face. Most malocclusions are inherited; however some are due to acquired habits such as thumb sucking and tongue thrusting. The spacing left from an adult tooth being extracted or an early loss of a baby tooth can also

contribute to a malocclusion.

Now more than ever patients are experiencing fewer incidences of cavities and missing teeth due to the heightened awareness of fluoride use and preventative dentistry. This increasing awareness on the health and look of a patient's smile has fueled the desire for many to seek out orthodontia not only as a medical necessity, but for cosmetic reasons as well.

Orthodontics can help you have the healthy, straight, beautiful smile you've been waiting for.

Orthodontic braces were historically associated with teenagers. Today, an increasing number of adults are choosing to wear braces or Invisalign to straighten their teeth and correct malocclusions.

Orthodontic braces are predictable, versatile, and incredibly successful at realigning the teeth. Braces work in the same way regardless of the age of the patient, but the treatment time is greatly reduced in patients who are still experiencing jaw growth and have

Please see "Braces," page 54

Oral Cancer: What You Need To Know



By Marvette Thomas, DDS
The Dental Spa

Although oral cancer may not get as much attention as some more widely-known types of cancer, that doesn't mean it's any less deadly. In the U.S., oral cancer is responsible for one death every hour. Oral cancer is dangerous because it isn't usually detected until it has reached an advanced stage. At that point, the odds aren't great: only about 6 in 10 people will survive after

five years of treatment.

If there were a simple test that could give you an early warning, would you take it? The good news is – there is. Early detection increases the survival rate of oral cancer to 80% or better and can truly save lives. Oral cancer screenings are part of regular dental checkups.

Oral cancer examinations are fast and painless. It identifies small changes in the lining tissues of the mouth, lips and tongue. The screening is primarily a visual and tactile (touch) examination. If necessary, a small tissue sample can be retrieved for further laboratory testing.

Who's At Risk For Developing Oral Cancer?

Oral cancer used to be thought of as an older person's disease, and it still mostly affects those over 40. But today, younger people form the

Please see "Oral Cancer," page 54



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Aquablation therapy is a new, robotic-assisted treatment for Benign Prostatic Hyperplasia (BPH), or enlarged prostate. This minimally invasive procedure helps remove enlarged tissue with a lower risk of complications than other, more traditional methods.

► For more details on GW Hospital's latest advancements, visit gwhospital.com/news



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

Treating Cancer Of the Spine

Whether the cancer started in the spine or spread to the spine from another site, its treatment seeks to achieve similar goals controlling the patient's pain, making sure that his or her neurological status remains as highly functional as possible and finally removing or stopping the cancerous growth.

A minimally invasive spinal surgery can be a very powerful tool in these situations. By offering patients a small incision and a speedy



recovery, these techniques allow other treatments like chemotherapy and radiation to start earlier than previously possible. Another exciting advance in this field is robotic radiosurgery. This allows spine specialists to deliver large doses of radiation to the cancer with surgical precision.

It is important to remember that with a team approach, a patient diagnosed with spinal cancer has significantly better quality of life along with the best treatments.

The diagnosis of cancer or tumor of a spine can be a devastating blow to a patient. In addition to the burden of living with the disease, the patients have to live with significant pain and disability. Modern spinal treatments in this field have truly made some remarkable advances, providing dramatic relief to patients and prolonging their lives.

The diagnosis of cancer or tumor of a spine can be a devastating blow to a patient.

When cancer attacks the spine, it may start at that site (called primary cancer) or may spread there from another part of the body (called metastatic cancer). Spinal cancer may be discovered in a patient who is already living with cancer (e.g. breast, lung, colon, melanoma) or it may be a new diagnosis. The most common symptom of cancer in the spine is pain. It may be accompanied by weakness or numbness or other neurological problems.

The first step in dealing with cancer of the spine is an accurate and speedy diagnosis. Once a diagnostic test (CT, MRI, blood tests or biopsy) confirms cancer, the next step is a discussion between the patient and the cancer team about the next steps. A spine specialist is a vital part of this discussion.

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GASTRO HEALTH



Skin Cancer: What You Should Know



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

Radiation from the sun is the main concern linked to the development of melanoma. Factors that increase the risk of developing melanoma include blistering, severe sunburn during childhood or adolescence, fair skin, a large number of moles, a significant number of dysplastic nevi (abnormal moles) or a family and/or personal history of previous melanoma.

Prevention

Prevention and detection are the best tools for fighting all forms of

skin cancer. When exposing the skin to the sun's rays there is always a risk involved, however there are several ways in which to minimize the risk:

- SPF15 or stronger with repeated applications every two hours
- Protective clothing like sunglasses, shirts, wide-brimmed hats and special SPF clothing
- Seek shade whenever possible
- Avoid exposure during peak hours; 10AM to 2PM

Treatment varies depending on

the type of skin cancer contracted, developmental stage, bodily location of the cancer and the patient's best interests. Possible treatments include excision, laser surgery, Mohs surgery, cryosurgery, chemotherapy, radiation therapy and/or biological therapy.

Early detection is the best way to ensure successful treatment. Any change in the skin's appearance, especially pertaining to existing moles, should be brought to a board certified dermatologist's attention.

The largest organ of the human body is the skin. With this in mind, it makes sense that skin cancer is the most prevalent of all types of cancers, affecting approximately one million Americans every year.

Signs

Basal cell carcinoma (BCC) appears frequently on the head, neck, and hands as a small, fleshy bump, nodule, or red patch.

Untreated, the cancer may begin to bleed, crust over, heal, and repeat the cycle. BCC can extend below the skin to the bone and nerves, causing considerable local damage.

Squamous cell carcinoma (SCC) is typically located on the face, lips, ears and mouth. This cancer may appear as a bump, or as a red, scaly patch. SCC can develop into large masses and become invasive. Unlike basal cell carcinoma, SCC can metastasize (spread to other parts of the body).

Malignant melanoma is the most deadly of all skin cancers. Melanoma may appear suddenly or begin in or near a mole, or another dark spot in the skin. It is important to know the location and appearance of the moles on your body to detect changes early.

Risks

As with many diseases, BCC culminates from a combination of genetic and environmental factors, with the majority of impact occurring during childhood and adolescence. Overexposure to UV radiation from the sun is a major factor and has a cumulative effect. Other contributing factors include therapeutic radiation, chemical toxins and immunosuppressant medications. All of these factors are also linked with the cause of SCC. Research now indicates, however, that an additional factor may contribute to the disease. The human papillomavirus (HPV), which sometimes is a contributing factor to other cancers, may play a role in the development of squamous cell skin cancers as well.

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Oral Cancer: Symptoms and Risk Factors



By Joseph M. Arzadon, MD, DDS
Northern Virginia Surgical Arts

- Reddish patches (erythroplakia) or whitish patches (leukoplakia) in the mouth
- A sore that doesn't heal and bleeds easily
- A lump or thickening on the skin lining inside of the mouth
- Chronic sore throat or hoarseness (difficulty chewing or swallowing)

These changes can also be noticed on the lips, cheeks, palate, and gum tissue around the teeth, tongue, face, and/or neck. Pain isn't always associated with oral pathology. If you experience facial or oral pain with no obvious reason, you should seek medical attention immediately.

Routine oral cancer screenings by your dental professional are highly recommended.

Regular screenings are especially important to people who are at a higher risk for oral cancer. Knowing your

Please see "Symptoms," page 54

When it comes to the lining of the mouth, there is a special type of skin (mucosa) that is coral pink in color and smooth in texture. Changes in color or texture may indicate a warning sign for a pathological process such as oral cancer.

The following can signal a pre-cancerous or cancerous growth:

Are You Sexually Satisfied?

Submitted By Men Down

What does it mean to be sexually satisfied? Is the answer the same for men and women? This question alone may cause some people to feel stressed – is your performance in the bedroom up to par for your partner?

This stress can actually cause some men to experience certain types of sexual dysfunction. Feelings of not being enough, unworthiness, or inadequacy are known psychological factors that can especially contribute to erectile dysfunction (ED).

Yes, your state of mind can directly affect your ability to perform in bed. You may have the best of intentions, and want nothing more than to please your partner, but your worrying mind could be holding you back.

Some men worry about their body image – will she still find me attractive once our clothes are off? Penis size is another concern – how do I measure up to my wife's past sexual encounters? Research shows that women's preferred penis size is 6.3 inches long

and 4.8 inches around. While not as big as you may have imagined, those numbers can still be intimidating.

Relationship issues, including financial difficulties can also contribute to problems of sexual intimacy. It's hard to feel sexy if you've been arguing with your partner all day about bills... or the kids...or household chores.

Not all causes of ED are psychological. Hormone imbalances or neurological factors should also be considered, as well as blood circulation.

So, What's the Solution?

The most common drug used to treat ED is Viagra (Sildenafil). The way Viagra works is by stimulating the nerves of the penis. This allows the muscles and spongy materials around the penis to relax and allows blood to flow in – thus causing an erection. One little pill can have you up and running in as little as 30 minutes – a true miracle worker for some couples.

Of course not everybody is com-

Please see "Sexually," page 54

Skin Cancer Awareness, Prevention, and Screenings

Submitted By
U.S. Dermatology Partners

Good skin care begins with sun protection. Wear moisturizer with sunscreen daily. The best sunscreens are broad-spectrum and SPF 30 or greater- reapply every 2 hours or after swimming or sweating. Make sure that your sunscreens are non-comedogenic, which means they won't clog pores or cause breakouts. If wearing makeup, you can apply a powder sunscreen over your foundation to touch up your sun protection during the day. Daily sunscreen use can also slow the appearance of aging and wrinkles. When outdoors, try to seek shade and remember to reapply your sunscreen. Your dermatologist can help create and refine the right skincare routine and make sunscreen

recommendations for you!

Skin cancer is the most common type of cancer in the United States. However, with early diagnosis and treatment, patients have a better prognosis and higher cure rates.

Certain characteristics can put you at increased risk for skin cancer. If you have a personal or family history of skin cancer, previously had frequent sun exposure, tanning bed use, or sunburns, or have fair skin, red hair, and freckles, you may be at higher risk for skin cancer. Additionally, certain medical conditions including immunosuppression and history of transplant or radiation can put you at higher risk of skin cancer. Yearly skin checks (and sometimes more often for people with increased

Please see "Skin Cancer," page 22

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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 non-smokers. 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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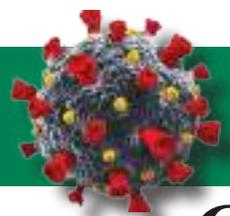
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COVID-19 Update

COVID Immunity – Do the Math



attention to all networks and news shows, the CDC, the FDA and the White House. Having said that, and having spent the time to take it in, piecing together the data and information coming from these sources is likely impossible.

With 70% of adults having received at least 1 dose of the vaccine, and another 44 mil-

lion having natural immunity from catching the virus and surviving, that equals about 90% of the adult population. That seems damn good to me!

But, wait. Cases are up. Hospitalizations are up. And, deaths are up. How is that possible? If you listen closely and read all the disjointed rhetoric coming from the news and

government, it appears that most of the cases are among vaccinated people and most of the hospitalizations are for people with an underlying ailment in addition to COVID. It appears that if you broke your leg and went to the hospital because your leg is broken and you test positive for COVID, you are classified as a COVID patient, although you never would have been there if you didn't break your leg!

Even the number of deaths being reported is a mess. Most of them died from something else besides COVID. But, they tested positive for COVID so they are a COVID death [shaking my head].

Can you figure out why this is happening? It probably has more to do with the way the hospital has to treat you if you're COVID positive, and how much they are getting paid by the government. Obviously they can't put you in with the rest of the patients, and

Please see "COVID Immunity," page 57

If you're a normal human being in America, you are having a great deal of trouble finding out what's really going on with COVID-19, masks, vaccinations, and illnesses. The information coming from the government is about as disastrous as the pull out from Afghanistan.

As a scientist and writer, I pay

Children's Vaccinations

If you're a normal human being in America, and you have children, the information and data coming from the government and news must be mind blowing. I can't figure it out, can you? Find some data that makes sense, anywhere!

By the numbers, there are roughly 330 million people in this country – 258 million adults and 72 million children. According to Wisconsin Public Radio, 105,000 children have tested positive for COVID and since the beginning of the pandemic 1,190 have died.

Please see "Children's Vax," page 57

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An ounce of prevention

Through its participation in the new 'Time to Screen' national awareness campaign, Regional Cancer Care Associates (RCCA) hopes to remind community members of the importance of regular cancer screenings.

The world was locked down last year, and many individuals were afraid that they might contract COVID-19 in hospitals, doctor's offices, and other care facilities. As a result, routine exams for many cancer modalities were put off — a trend that persists today, according to the Centers for Disease Control and Prevention (CDC).

But without those screenings, it becomes more difficult to catch and treat cancer earlier.

"When patients do return for screening again, we find a higher incidence of more advanced cancer and other co-morbidities," said Terrill Jordan, president and CEO of Regional Cancer Care Associates, a leading provider of individualized and compassionate care for cancer and blood disorders.

Health care providers are hoping to change that with Time to Screen, a national public awareness campaign initiated by the Community Oncology Alliance (COA) and supported by leading cancer care practitioners and stakeholders, including RCCA.

"Through the 'Time to Screen' campaign, we hope to see patients restarting their regular screenings and re-engaging with their other physician specialists to ensure that if there's a chance they may have cancer, it's identified and they're referred to a community oncologist as soon as possible, because time is of the essence," Jordan said.

According to a recent study by Avalere Health, breast, colon, prostate and lung cancer screenings nationwide have declined from 56% to 85% over the past year — a reality that concerns cancer care providers.

"We often say that 'cancer doesn't wait' — as a result, and especially during the pandemic, it's more important than ever to pursue regular

screenings and identify any conditions early on so that in the event of a cancer diagnosis, treatment options can be less aggressive and outcomes more favorable," Jordan said.

Launched on July 22, the Time to Screen campaign will involve a year-long series of press releases, public service announcements and advertisements, as well as an endorsement by two-time Grammy Award-winner and "Godmother of Soul" Patti LaBelle; a vocal advocate of preventative screenings following the loss of all three of her sisters to cancer. In addition to a dedicated website and toll-free hotline, the campaign will offer a Practice Toolkit with resources to help clinical teams get involved, and a Stakeholder Toolkit enabling employers and others to join the campaign.

"From colonoscopies, which identify precancerous polyps and prevent the development of colon cancer; to highly sensitive CT scans, which can now detect even early lung cancer and improve survival; strongly persuasive evidence shows that routine screening exams prevent the risk of more advanced disease and lead to a defined decline in mortality from a range of cancers," said Frederick Smith, MD, medical oncologist at RCCA in Chevy Chase, Md. "Over the decades, people had gotten into a good routine of annual mammograms for appropriate age groups, periodic colonoscopies, general checkups and CT scans for individuals at risk for lung cancer, and other important screenings, and we need to get back to that."

Call **855-53-SCREEN** or visit **TimetoScreen.org** to learn about the benefits of screening and to find your convenient screening location.

For more information about RCCA, please call **844-386-0157**.



Terrill Jordan, president and CEO of Regional Cancer Care Associates.



Frederick Smith, MD, medical oncologist at Regional Cancer Care Associates' Chevy Chase, Md., office

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Does My Child Really Need Dental X-rays?

By April Toyer, DDS
Lifetime Dental Care

It might be shocking to realize that children often need dental X-rays more often than adults. Your child is constantly growing and changing, and they are often more susceptible to tooth decay than adults. The enamel on children's teeth is generally thinner

allowing decay to spread more rapidly than on adult teeth. The American Academy of Pediatric Dentistry recommends that X-rays are performed every six months to a year or more depending on their risk for tooth decay.

What Is the Purpose Of X-rays On Children?

Many parents are frustrated that their dentist reports that their child now has cavities, but at their previ-

ous check up they were cavity free. Cavities can form rapidly on children, however the absence of X-rays at a previous visit due to age or behavior may be the cause for the initial under diagnosis. Most parents are shocked to find that their child has cavities because they regularly brush twice a day and limit high consumption of sugars in their child's diet.

Many parents admit that they



April Toyer, DDS

have not yet begun flossing due to either lack of child cooperation or failure to realize the importance of flossing at such a young age. X-rays can detect cavities that form in the areas between your child's teeth that may not be seen on visible inspection. Once cavities are visually seen on areas between the teeth, these areas may be quite large, and actually approach the nerve of the tooth requiring more extensive treatment.

Eruption patterns of teeth can also be diagnosed with X-rays. Many children have delayed or advanced eruption patterns, or may even have permanent teeth that are missing or developing in an incorrect location. Early detection of these occurrences may help determine if early intervention or orthodontic treatment may be necessary. Many of these problems are more difficult to treat after the growth process is complete.

Children are known to being highly active and unfortunately prone to injury. Most commonly the upper front teeth take the brunt of the abuse and can suffer from root fracture, tooth displacement, color change, and mobility. Your child's dentist may elect to take regular X-rays of this area to determine if any damage has occurred to the baby teeth or the permanent teeth underneath.

Are X-rays Safe?

Radiation is all around us, from microwaves, to airplanes, and even from the sun. With the amount of radiation we are exposed to with daily activities, the radiation from dental films is very negligible. Different dental offices have different forms of X-ray technology and therefore different levels of radiation from their equipment.

Digital X-rays offer the lowest form of radiation to patients, in some cases up to 80% lower than the traditional films most adults had as children. All dental offices are required to have routine inspections of their X-rays equipment by their state. It is also required that a lead apron be placed on your child for additional protection.

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SKIN CANCER

FROM PAGE 14

risk factors for skin cancer) are recommended.

Changing, dark, or new moles, non-healing wounds, bleeding or painful spots on the skin, new rough areas, or new bumps can be signs of skin cancer. Your dermatologist can

help evaluate these spots and initiate a treatment plan that is right for you.

Whether for a mole check, a skin cancer screening, or other skin problems, your dermatologist can help you address and treat these concerns.

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4 Things About Colon Cancer

Submitted by Gastro Health

Most people go through life without much thought of colon health. Though there may be jokes and puns aplenty, the state of your colon is not something to take lightly. Colon cancer is the second-leading cause of cancer deaths in the United States among men and women, according to the Centers for Disease Control and Prevention. For men, the risk is greater. The only way to change this statistic is to make your health a priority, take preventative measures and schedule your colon cancer screening colonoscopy. A colonoscopy is a lifesaving procedure. Early detection and the removal of polyps before they become malignant prevents the development of cancer and saves lives. Here is what you should know:

#1: Colon Cancer Is Common

Colon cancer is extremely common. The United States Preventive Services Task Force (USPTF) has lowered the colorectal cancer screening age to 45. This means all people

at average risk should start screening for colon cancer at age 45. During the procedure, your gastroenterologist will look for growths that look like cancer or could become cancer. If caught early, colon cancer's five-year survival rate is 90%, according to the Centers for Disease Control.

#2 Colon Cancer Runs In Families

If you have a family history of colon cancer, you have a higher chance of being diagnosed. If a first-degree relative was diagnosed with colon cancer before age 65, a colonoscopy is necessary once you are 10 years younger than they were upon being diagnosed.

#3 Colon Cancer May Not Have Symptoms

There are often no symptoms associated with colorectal cancer. If detected in the early stages, colorectal cancer is usually treatable and beatable. A colonoscopy may prevent cancer from developing by finding and removing precancerous polyps.

Please see "Colon Cancer," page 57

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Massage Therapy For Physical Health and Emotional Well-Being



By Emily Farmer, LMT
Farmhouse Spa

Massage is the application of manipulating soft tissues in the body. It not only has relaxation benefits but can also help reduce pain, reduce inflammation, decrease muscle soreness, improve circulation, and create more energy and awareness, among many other benefits. Massage is an old healing tradition mainly coming from Greek, Indian, Egyptian and many Chinese practices where their societies were convinced that massage therapy

can help alleviate a variety of ailments.

Massage is the application of manipulating soft tissues in the body.

Massage therapy is the practice of kneading and manipulating a person's muscles and body to improve their overall well-being. Massage therapists apply pressure to the muscles, tendons, ligaments and fascia (a connective tissue over the muscles). They manipulate these muscles by using a wide variety of modalities, which include deep tissue, myofascial release, craniosacral, Swedish massage, reflexology, hot stone, etc.

Not only can massage therapy help improve physical health but it also improves emotional well-being by reducing stress and anxiety. It is important to tailor each massage to whatever best fits the client's needs, be it to create some calm or help alleviate an acute injury or chronic pain.



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Living With Bad Breath? No More!

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

Research has shown that chronic bad breath affects more than 65 million people in the United States alone.

And, about half those numbers have the chronic type of bad breath, unrelenting in its ability to make life miserable for millions. The putrid

odors that cause untold embarrassment, from the bad taste of morning breath to the smell of rotten eggs, feces, or dirty socks coming from the mouth of chronic halitosis sufferers can now be eliminated, for good.

Mouthwash, toothpaste, tongue scrapers and brushes are great, but once you develop real bad breath, halitosis, those are unlikely to fix the problem. Why? Because the bacteria that cause

halitosis live deep within the biofilm (coating) that adheres to the top of the tongue surface. And, by definition, a biofilm can only be removed by mechanical means (it grabs on to living tissue), assuming you can get to it. To make it even worse, those bacteria live without air, so they can produce their waste products (odors of bad breath) – no matter how much you clean.

Research is clear on many things



Richard A. Miller, DDS

about halitosis. We know that bacteria cause the odors of bad breath. We also know that they live in the depths of the biofilm (coating) on the tongue and under the gums. We also know that no matter what we spray on then, rinse them with, or scrape the top layers with, they continue to flourish, multiplying and causing more odor. The key is total removal of the tongue coating and teaching people how to prevent its return.

The problem is coming from the bacteria and odors within the biofilm. That biofilm is very difficult to penetrate. Over the counter tools and treatments usually cannot penetrate deep enough into the biofilm, so they are unable to reach the millions of bacteria that are causing the problem.

Tongue Rejuvenation® using common technology in dentistry, along with new halitosis elimination instruments, can eliminate the biofilm and cure bad breath in as little as 2-3 visits.

NO BIOFILM = NO ODOR

How do you know if you need Tongue Rejuvenation? If you are getting cues from others – turning a bit away, walking away, rubbing under their nose, or sudden coughing – you probably have a serious problem with your breath.

If someone you love has told you so, then you know you have bad breath. But what if no one has told you? You're not out of the clear because people close to us are mostly too polite or they have gotten used to the odor little by little.

And, you may not have even smelled your own bad breath for the same reason – you got used to it over time. How to tell if you have a problem? Vigorously wipe a piece of white gauze over your tongue for 30 seconds. If the gauze is discolored, you have a problem. People with no halitosis have a clear colored gauze.

With Tongue Rejuvenation® you can get it treated today. You will thank yourself, and a lot of other people will thank you too.

EMBARRASSED BY YOUR BREATH?



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By Maureen McHugh,
Feldenkrais Practitioner
Wellness In Motion

The Path To Better Posture

It offers a way that combines the two choices. It teaches you, gradually, how to be your own teacher. To begin, though, you take the role of a student.

The Feldenkrais Method is taught in individual sessions and group classes by Feldenkrais Practitioners. They are certified in the US by the Feldenkrais Guild of North America. The teaching is based on the discoveries of Moshe Feldenkrais (1904 -1984).

The fundamental insight of the Feldenkrais Method is that each of us can profit – often hugely – by cultivating more awareness of ourselves. For our physical life, this means more awareness of the body, in motion and at rest.

In general, the body carries on unconsciously. It repeats patterns learned a long time ago. As long as life is satisfactory, this is fine. But, when there is trouble, the patterns have to be investigated.

Poor posture is a pattern. It shows up most obviously in the chest and head. But closer examination reveals that every part of the body is affected, including the eyes, shoulders and arms, back, pelvis, knees and feet.

With such all-entangling tentacles, how do you make a change?

One of Feldenkrais' big discoveries is that you can interrupt the pattern anywhere. Better posture, for instance, can begin with the feet. An advantage of this type of distant intervention is that it surprises – outfoxes, even – the protective parts of ourselves that maintain the hunching over.

Another pivotal understanding is that better posture is biologically

preferred – even if, for a while, not socially preferred. Once the new pattern begins, say in the feet, and with a matching welcoming attitude, it diffuses upward.

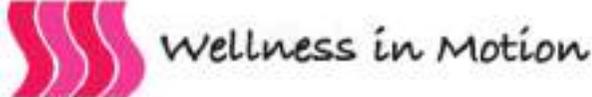
As sensitivity develops, at a certain magical moment, a new awareness shows up in your life. Without making a conscious effort, you find yourself, say in the kitchen, coming into a new feeling of uprightness. Tall! That's you! You smile, and know that you feel good.

Whenever you want to learn something, you have the choice of trying on your own or of seeking out a teacher and a teaching.

If you want to improve your posture, which route should you take?

Trying on your own, you can pull your shoulders down and back and implore yourself to "Sit up straight" and "Stand up straight." If this works, perfect. Usually, though, the process is tiresome, and the results unimpressive.

Taking the next step, and searching for a teacher-and-a-teaching, you may come across the Feldenkrais Method. What does this approach offer?




Maureen McHugh
Feldenkrais Practitioner

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Qwo For Cellulite Reduction



By George Bitar, MD
Bitar Cosmetic Surgery Institute



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

Is Qwo a Surgical Procedure?

No. Qwo is an injectable treatment option that is thought to target a primary structural cause of cellulite – the fibrous septae. The exact mechanism for the treatment of moderate to severe cellulite is unknown.

Please see "Cellulite," page 54

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

How It Works

Enzymes called collagenases tar-

New Teeth In One Day



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

time saving technology to give you back the smile you had before tooth loss. It has a proven record of success and rehabilitates the patient with immediate function and comfort with unsurpassed esthetics in usually one appointment.

Another important consideration is the financial aspect of dental treatment to save teeth, graft bone, or a combination thereof. While these are respected and valuable methods of tooth treatment, in many cases, the teeth cannot really be saved and the time and expense to go that route may not be the best avenue for the patient.

The dental implant method can save the patient time and financial expense by avoiding expensive and time consuming bone grafting and trying to save questionable teeth. This procedure also uses fewer dental implants with the "new teeth in a day" All-On-4 technique.

Patients who have dentures and partials also have a new option that

People who have lost their teeth, or are going to lose their teeth, are looking for the latest technology as a solution. Of course, this is a very difficult problem for a number of reasons, and finding the right solution for you can be a life-changing experience.

Dental implants have evolved to the point where you can now get new teeth in one day. This gives you the benefit of a proven, efficient, and

Please see "New Teeth," page 57

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- Do you want new teeth and dazzling smile as soon as possible?
- Do you want to eat the foods you like and look and feel better about yourself?



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

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

Call for a Complimentary Consultation (\$500 Value)

Richard Hughes, DDS - General Dentist
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10 Signs Your Mouth Is Making You Sick

By Shari Salartash, DDS, MAGD
Dynamic Dental Wellness

Most people think of the mouth as a place where food comes in and where you smile, but it is far more than that. The mouth is the gateway to the rest of your body, and affects the rest of the body's health. The truth is that your oral health impacts your systemic health and can manifest warning signs of something more serious occurring.

1. Leaky gut and dental issues are a chick and the egg situation. It's hard to determine where exactly the problem starts, the gut or the mouth. The mouth is the beginning of the gut, and anything that enters the mouth will also enter the gut. It is known that the same type of inflammation that causes leaky gut also causes gum disease. Without addressing the mouth, little progress can be made to heal the gut.

2. Grinding and clenching is not just a bad habit but can be signs

of stress, trauma, unresolved problems, and abnormal jaw position and growth. Grinding and clenching can also be related to sleep apnea and airway problems. The ultimate treatment for long-lasting healing is to consider addressing the jaw and airway structure.

3. Nighttime urination is often connected with sleep apnea and airway issues. It can occur even if you don't snore. This affects both adults and children. It can cause long-term damage on the overall health.

4. Chronic headaches can be a sign that something more serious is occurring. Old mercury fillings release toxins for more than 30 years. These toxins can pass the blood brain barrier and placenta, causing heavy metal exposure and a variety of symptoms such as headaches. Bone infections in the jaw can also be a contributing factor.

5. Autoimmune disease is the result of a genetic predisposition, leaky gut, and environmental trigger. For example, if you are predisposed to have an autoimmune disease and have a leaky gut, oral infection (environmental factor) can trigger the autoimmune disease.

6. Food intolerances are the result of dysbiosis of bacteria in the oral and gut environment. If the mouth has an imbalance of microbiome there is a large chance the gut, has it too. Harsh bacteria-killing oral care products, such as alcohol-based mouthwash, can often cause an imbalance of microbiome. The good microbiome is constantly being killed, allowing the bad microbiome to over grow. Probiotic or prebiotic products are a good alternative and can help restore the good oral microbiome.

7. Joint pain is caused by inflammation of the joints. Research has discovered that people with joint pain are also likely to have oral infection, cavities, periodontal disease, and imbalance of oral microbiome.

8. Chronic infections can be due to harmful bacteria or infections lurking in cavitation, old root canals, and even old fillings and crowns. Bacteria from the mouth can easily travel and infect the rest of the body.

9. Bleeding gums is a major warning sign that something else is going on, and should not be ignored. Bleeding gums cause gum disease, which has been found to be linked to heart disease, strokes, and pre-term labor.

10. Bad breath can be embarrassing but it's a major indicator of an unhealthy mouth. There can be multiple issues at play, such as imbalanced oral microbiome, gum disease, gut issues, abnormal saliva pH, and even silent infections in old root canals, cavitation, and crowns.

When you understand the connection between oral health and systemic health you know that good oral health can ultimately save your life.

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By Aazaz Haq, MD
McLean Neuropsychiatric
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Offering New Hope For Treatment Of Depression

effects, esketamine has been reported to show antidepressant effects as early as 24 hours. The most common side effects of esketamine are sedation and disassociation, which generally wear off within 1-2 hours.

ECT is the gold-standard, often life-saving treatment for severe depression. ECT should be considered early in the treatment of severe depression, particularly when psychotic features, severe suicidality, catatonia, or severely

diminished food and water intake are present. ECT involves the delivery of a brief electrical stimulus to the brain to induce a brief, controlled, and closely monitored seizure, which brings about changes in brain activity leading to clinical improvement. The patient is under anesthesia and complete muscle relaxation during the treatment. ECT has much higher response rate than antidepressants; approximately 80% of patients treated with ECT see symptom

relief, usually much sooner and more definitively compared to medication therapy. Some patients can have mild memory side effects, which can be minimized with modern modifications to ECT technique.

There is always hope for relief from depression, even when your brain tells you otherwise. If you suffer from depression and have not improved with psychotherapy or medications alone, consider the above options.

Anybody who has battled depression can attest: Depression is painful, and the pain is often hidden from view of others. Depression can have devastating consequences on one's life, including withdrawal from the world, feelings of loneliness and isolation, loss of enjoyment and motivation, disrupted sleep and appetite, pervasively negative mood, and a sense of hopelessness and worthlessness. Some people with depression wonder whether life is worth living, and some tragically end up acting on suicidal thoughts.

The good news is that depression is eminently treatable. Talk therapy can be very effective for some people, as can a whole variety of antidepressant medications. These treatments should generally be tried first. However, a substantial percentage of people with depression simply do not respond to these first-line treatments. Fortunately, for such people, transcranial magnetic stimulation (TMS), esketamine treatments, or electroconvulsive therapy (ECT) can offer substantial relief.

TMS is a noninvasive brain stimulation therapy FDA cleared for treatment of depression. A TMS machine delivers magnetic pulses to the left frontal part of the brain, which contains regions that are often underactive in patients with depression. The resulting activation of these regions results in clinical improvement of depression. Up to 40-60% of patients with depression have a positive response to TMS, with 30-40% of patients showing complete remission of symptoms. TMS is generally well tolerated, with most common side effects being a mild headache that resolves with Tylenol.

Esketamine, or Spravato, is another novel treatment recently FDA-approved for depression. Esketamine is a nasal spray derived from the anesthetic medication, ketamine, and works by modulating receptors of the neurotransmitter, glutamate, in the brain, although the mechanisms of its antidepressant effects are not yet fully determined. While traditional oral antidepressant therapy may take weeks to demonstrate full therapeutic

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Esketamine (Spravato)

Esketamine is a novel, FDA-approved nasal spray indicated for treatment-resistant depression in adults in conjunction with oral antidepressant therapy. Esketamine works by modulating receptors of the neurotransmitter, glutamate, in the brain, although the mechanisms of its antidepressant effects are not yet fully determined.

Transcranial Magnetic Stimulation (TMS)

TMS is a non-invasive brain stimulation therapy cleared by the FDA for treatment of moderate to severe depression. TMS uses electromagnetic pulses to stimulate activity in the parts of the brain that are underactive in depression.



Electroconvulsive Therapy (ECT)

ECT is the gold-standard, often life-saving treatment for severe depression. It involves the delivery of a brief electrical stimulus to the brain to induce a seizure, which is brief, controlled, and closely monitored. ECT brings about changes in brain activity leading to clinical improvement.

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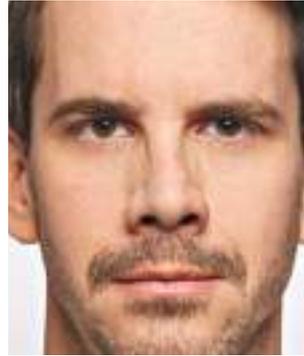


By Mariam Alimi, MSN, FNP, BC
Impressions Medispa

Botox and Dermal Fillers



Before BOTOX



After BOTOX



Before Filler



After Filler

As we age, natural collagen and elastin in the skin decreases which in turn causes fine lines and wrinkles to form. The skin also has hyaluronic acid and as we age this diminishes over time and the face will begin to lose volume and sag.

Botulinum toxin, Botox® is a purified protein which is used to temporarily relax facial muscles that cause the formation of lines and wrinkles.

Dermal fillers contain hyaluronic acid or calcium hydroxylapatite and are used to help lift, restore volume and fill in lines. The chart that follows is a quick snapshot of the difference between Botox and dermal fillers.

BOTOX	DERMAL FILLERS
Botox is a Muscle Relaxing agent	Fillers are Injectable gels comprised of hyaluronic acid or calcium hydroxylapatite
Brands include Botox, Dysport and Xeomin	Brands include Restylane, Juvederm, Beletoro, Radiesse and Sculptra
Smooths fine lines and wrinkles	Lifts, stimulates collagen, restores facial volume and shape
Most commonly treated areas are: frown lines, crow's feet and forehead lines	Most commonly treated areas are: cheeks, nasal folds, lips, marionette lines and pre-jowl sulcus
Results last 3 to 5 months	Results last 6 to 18 months
No downtime	Slight bruising and swelling
Treatment time 15 to 20 minutes	Treatment time 30 to 60 min



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Dr. Douglas Semler is originally from Columbus, OH. He attended the University of Michigan, Ann Arbor for his Bachelor of Science undergraduate degree in Biological Sciences. He then attended University of Cincinnati College of Medicine where he earned top honors and graduated Alpha Omega Alpha. He completed his internship year in Internal Medicine at Case Western Reserve University/University Hospitals of Cleveland. His residency training in Dermatology was completed at Case Western University/University Hospitals of Cleveland.

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- Hiram B. Weiss Award for Distinguished Scholarship, University of Cincinnati College of Medicine

Dr. Semler has published peer-reviewed journal articles and has presented at national and local meetings.

In his free time, he enjoys travel, hiking, skiing, and spending time with his family.



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Hamed Khosravi, MD

Oncology

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Meet Dr. Hamed Khosravi

Dr. Hamed Khosravi is a board certified Medical Oncologist and has been treating cancer patients for over 15 years. He founded Northern Virginia Hematology Oncology Associates in 2004 to provide cutting-edge cancer care to the residents of Prince William County. He is the recipient of numerous awards and has been recognized as TOP DOCTORS by *Northern Virginia Magazine* and

Patient's choice awards. He is on staff at Sentara Northern Virginia Medical Center, dedicated to improving cancer care in the community; and an active member of the medical staff at Prince William Hospital.

He is a fellow of the American Society of Clinical Oncology and the American Society of Hematology.

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- Ask our office how you can receive these drugs in the convenience of our state-of-the-art infusion center with experienced nurses.

I found the staff of Northern Virginia Hematology & Oncology Associates to be very professional. And they were very understanding and accommodating of my specific needs. They efficiently and with flexibility scheduled my treatments. Overall, they are a very pleasant and personable staff providing treatment in a difficult situation. I highly recommend them.

Overview

At Northern Virginia Hematology Oncology Associates, our goal is to provide cutting-edge cancer care to the residents of Northern Virginia, closer to home. We treat all types of cancers as well as pa-

tients with blood disorders. We recently moved to a new office location with ample parking space and state-of the art infusion center with 6 separate private bays with experienced infusion nurses.



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Joseph M. Arzadon, DDS, MD

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

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

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



David Liang, DDS, MD

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

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



Kenneth Blais, DMD, MD

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

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



Ryan Peters, DMD

Dr. Ryan Peters was born and raised in Kohler, Wisconsin. He completed his undergraduate studies at Macalester College in St. Paul, Minnesota as a scholar athlete majoring in Biology. While earning his B.A. degree, he played golf, selected twice as team captain and earning academic all-conference all four years. After college, he was selected by the United States Army as a Health Professions Scholar to attend the University of Pennsylvania School of Dental Medicine in Philadelphia where he received his D.M.D. in 2014. From here he completed his Internship and Residency training at Walter Reed National Military Medical Center in Bethesda, MD in 2018.

Dr. Peters is Board Certified and a Diplomate of the American Board of Oral and Maxillofacial Surgeons. His special interests include dentoalveolar surgery, dental implants and bone grafting, treatment of oral maxillofacial pathology, orthognathic surgery, trauma surgery, and reconstructive surgery. Outside of work, Dr. Peters is always active. He enjoys traveling, music, and playing sports. He is an avid golfer and strong supporter of all Wisconsin-based sports teams.

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

Professional Memberships

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

The Dental Spa

The Dental Spa of Virginia has received several awards over the years and was

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

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

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Meet Periodontist, Karl A. Smith, DDS, MS

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

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

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

What To Expect On a Visit With Dr. Smith:

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

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Degrees, Training and Certificates:

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

www.TheDentalSpaOfVirginia.com

www.DrKarlSmith.com

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Lizeth Alvarado

3D Areola/Nipple Tattooing for
Breast Cancer Survivors,
Permanent Makeup Artist



8233 Old Courthouse Road
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Meet Lizeth, Master Permanent Makeup Artist & Medical Tattoo Expert
Specializing in 3D Nipple Tattooing for Breast Cancer Survivors and Reconstructive procedures.

For as long as she can remember, Lizeth has been completely drawn to women's fashion, beauty, and helping others – in fact, she first got her start doing backstage hair and makeup as a high school student. Today, after years of specialized training, she is proud to have taken her offerings to the next level with cosmetic breast reconstruction, scar camouflaging, lash extensions, and many other services that inspire her clients to live happier, more self-fulfilled lives. She wants to help your natural beauty shine from within!

As a diligent and focused student in her formative years, Lizeth knew that establishing a strong foundation through her education, would be the key to her future success in any business.

She attended George Mason University to pursue a degree in Communication, but never lost her first love, beauty art. When she wasn't studying, she was busy booking jobs at fashion shows and events, as a freelance style consultant, make-up artist, hair stylist or just about anything related to beauty.

After graduating from GMU, she established a career as a finance professional. Although she built a Finance foundation for herself, she also focused her energy on completing technical school and receiving certifications as an Eyelash Extension Stylist and a Masters in Permanent Make Up Artistry.

Lizeth feels blessed to be able to

help restore confidence in both women and men who have undergone a mastectomy and other breast reconstructive surgeries. She offers 3-Dimensional Areola Nipple Tattooing for breast cancer survivors.

Many people don't realize that beauty treatments can go far beyond the results you see in professional photos – they can also help those negatively affected by cancer, traumatic injury, and other scarring experiences to recover their self-confidence.

Lizeth's experience and working with various plastic surgeons enables to address minor and medical beauty needs alike, and she continues to be the 'go to' person to help in the final stages for many looking to feel happy and whole again.

Areas of Expertise:

- 3D Nipple Tattooing for Breast Cancer Survivors
- Eyelash Extensions
- Permanent Makeup
- Scar Camouflage
- Body & Facial Waxing
- Makeup Application
- Bridal Makeup & Hair

To learn more about Lizeth, visit www.epicbeautyrx.com.

To schedule a consultation, call 703-775-0627 or email Lizeth@epicbeautyrx.com.

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Rishi R. Sood, MD

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Dr. Rishi R. Sood, MD is an Interventional Radiologist in Maryland, District of Columbia and Virginia. He received his medical degree from George Washington University School of Medicine and has been in practice for less than 3 years.

Dr. Sood, MD performs a Uterine Fibroid Embolization. This procedure is Nonsurgical and is used to block blood flow to fibroids, causing them to shrink.

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Dr. Sood, MD prefers the Uterine Fibroid Embolization over the traditional Abdominal Hysterectomy that surgically removes the uterus.

Dr. Sood, MD feels the Uterine Fibroid Embolization is a less invasive surgery that does not leave any scars.



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Symptoms of Eye Floaters

Floaters can be grey or dark areas that can move in and out of your visual field:

- Spots • Strings • Cobwebs • Rings • Lines

While floaters aren't typically harmful, they can be very annoying – especially when they routinely interfere with your line of sight.

It's important to schedule a dilated eye exam if you are experiencing floaters so your doctor can monitor your condition. If your floaters are becoming a nuisance to your daily life, our eye floater doctor in Reston, VA, can assess your condition and determine if laser treatment is warranted.

Risk Factors for Floaters

Your risk of developing eye floaters increases as you grow older (over age 50). Other conditions may also increase your risk

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The Facts About Oral Cancer

By Zahra Kavianpour, DDS
Brighter Smile Family
Dentistry & Orthodontics

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

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

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



Zahra Kavianpour, DDS

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

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

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

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

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

Cavities and Your Child's School Performance



By Tontra Lowe, DDS
Awesome Smiles Dental Care

the new school year. The goofy selfies taken, along with some of the scars from long bike rides, and your child's favorite skateboard will serve as great conversation starters for months to come at the family dinner table. Typically during all of these fun times, keeping teeth clean and gums healthy don't really come to mind when people ask how your summer break was spent. Now is the time to get back on track.

Parents should remember that cavities are the number one childhood illness that affects children. Although Little John and Cindy may have smaller and fewer teeth, they still hurt like big ones when they are infected or have massive decay. Research has shown that children with deep decay perform poorly in school since it is so hard to concentrate with a tooth-ache. Just like you may have to set new boundaries for sleep patterns (no more staying up all night playing X-box games), you will need to implement the same strategy for brushing and flossing.

If you have not taken your children in to see the dentist for their back-to-school cleaning and check-up, please call your local dental professional immediately to do so. Getting them back on track as quickly as pos-

Thank goodness, I am so excited! I can't believe summer is over. Where did the time go? No more sleeping in, I guess. Do any of these sound familiar to you?

From the excited preschooler to the working parents with childcare woes, heading back to school is a welcome change for so many families. As you get the new book bag selected, clothes purchased, and lunch menus ready, don't forget to restart those good brushing habits.

Summer can leave so many precious memories for everyone. The smell of sea salt and the rush of the beach waves may still be in the minds of your children as they prepare for

Please see "Cavities," page 57

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What Is “Two-Phase” Orthodontic Treatment?



By Swathi Reddy, DMD
All Smiles Orthodontics

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

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

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

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

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

Please see “Two-Phase,” page 57

Hypnosis For Pain Relief



By Rose Buono, C. Ht.
Rose Buono Hypnotherapy

Because anxiety and poor sleep exacerbate pain, by using hypnosis to improve sleep quality and manage anxiety, you can begin to improve your comfort level fairly quickly.

Hypnotherapy for pain relief often involves therapeutic imagery. By imagining a peaceful, relaxing scene in nature, your parasympathetic nervous system is activated. The parasympathetic nervous system is vital to help the body recover from stress (like the stress of enduring months of chronic pain). Guided imagery has been found to reduce tension, blood pressure, and heart rate. The goal of guided imagery is to redirect the mind away from thoughts of discomfort and fill it with healing, peaceful thoughts.

This state of relaxation increases endorphins, which are the body’s natural pain killers. Endorphins are known as the “feel good” chemical and also decrease your stress.

Hypnotherapy for pain relief also incorporates teaching the cli-

Please see “Hypnosis,” page 57

Chronic pain is one of the most common reasons for seeking medical assistance. Chronic pain is defined as pain that persists longer than three to six months and can include headaches, migraines, arthritis pain, and fibromyalgia. It also affects your emotional health, causing stress, anxiety, and lack of sleep.

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Jean Cruz is a board-certified, Doctor of Chiropractic who graduated from Life University-Marietta, GA. He is also trained on a double-fellowship Anti-Aging, Metabolic & Functional Medicine, and Functional Neurology. Jean Cruz was born in Arecibo, PR where he attended primary and secondary school. He graduated from Interamerican University of Puerto Rico with a Bachelor of Business Administration, also taking a pre-med curriculum and studying Risk Management.

He is trained to specifically deal with neurological diseases, diagnostic methods, and specific techniques and practices to take care of the patients.

During his training, Jean was directly mentored by past and current presidents of the American Chiropractic Association, International Chiropractic Association, and several presidents of different Chiropractic Schools. He trained in Washington, DC VA Hospital to receive certifications in RockTape Basic & Performance Series, RockBlades Basic & Advanced Series. Dr. Jean Carlos is also trained on Dry Needle Therapy.

Jean Cruz values communication and compassion. He lives in Springfield, VA, where he enjoys spending time with his family, Dr. Monica Lopez, and his dog Logan.



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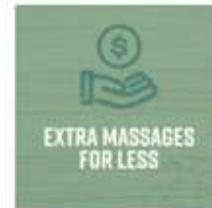
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Style and Enhance Your Look In 2021

3 Key Trends/Tips

By Bligen Wright
Junior Stylist/Apprentice
Alya Salon & Spa

If you're like most of us, finally making your way back to the salon, and consistently apologizing to your stylist for trying those "pandemic proof" Tik-Tok hairstyling hacks, then you're probably ready to learn everything we've got to share about taking your look to the next level.

To share, we've narrowed down the best trends, techniques, and hair care guides of 2021 into these top three tips professionals will swear by. And

the road to fabulous hair starts here:

Tip #1: Natural Hair Is the New Black

When it comes to hair color, a lot of us usually turn to the beautiful plum purples or burnt burgundies of the fall season to make a statement. However, this year, we're recommending something a little different, take on a more natural look. Allow for new growth and embrace those roots to melt seamlessly in with your summery highlights. This natural, effortless look transitions with us from one season to the next, on trend, and in budget. So next time you're decid-

ing on trying something different, try channeling your inner Meredith Grey and embrace a natural look to pair with that fresh cut.

Tip #2: Forget the Curls, Side For Crimps Instead

What's there not to love about curls? Their bouncy, voluminous ways make us all feel and look more powerful in any setting. However, when it comes to styling, there seems to be a new curl in town, or should we say crimp, and her ways possess just as great a power. Whether created by braiding the hair, or a mere crimping iron, beautiful, polished waves are



Bligen Wright

the rave of 2021. Which is why we are including them in our top tips. So, ladies, do us and your hair a favor, opt for the crimping iron instead and say goodbye to the curls for now, because this year it's all about that crimp.

Please see "3 Key Trends," page 54

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Are You At Risk For Gout?



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

stomach Qi is damaged from eating heavy meals, junk foods, and drinking alcohol. It creates a huge amount of dampness in the body.

Dampness is the water nature characteristic. Dampness usually flows down to the foot where gout occurs most of the time so it harms the toes, ankles, and knees. When dampness accumulates and unites, it produces heat and creates burning pain.

We can see the nature of this phenomenon. For example, if we monitor a heap of damp grass, over time the grass spoils and produces heat.

This is the same phenomenon in the body. Therefore, this dampness and heat blocks the acupoints of meridians, or channels, of the body to cause blood stagnation in the affected area in the lower limbs. In terms of Oriental medicine, the blood stagnation causes pain in the body according to pathological conditions. So, there is more Yang condition during the day, but Yin condition at night.

The dampness and blood stagnation are more of Yin's nature. That is why people who have gout mostly suffer from pain at night.

Gout occurs as a type of acute arthritis. It develops in an attack of sudden burning pain, stiffness, and swelling in a joint, usually a big toe. The pain is more severe at night and can damage your joints, tendons, and other tissues. Gout is most common in men and can happen over and over unless it is treated appropriately.

According to western medicine, gout is caused by too much uric acid in the blood. In terms of Oriental medicine, it is caused by dampness, heat and blood stagnation. At high levels of uric acid in the blood, the uric acid may form hard crystals in your joints. But, many people have high blood uric acid levels and do not have gout. So, it is unclear if you will get gout even if you have high blood uric acid levels.

In terms of Oriental medicine, gout is caused when the spleen and

The treatment of gout through acupuncture and Oriental medicine helps remove the dampness, heat and blood stagnation to improve the spleen and stomach Qi through blocking production of dampness. Plus, treatment with acupuncture and Oriental medicine has no side effects if treated properly.

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Fat Cells Are Essential To Your Body's Health



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

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

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

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

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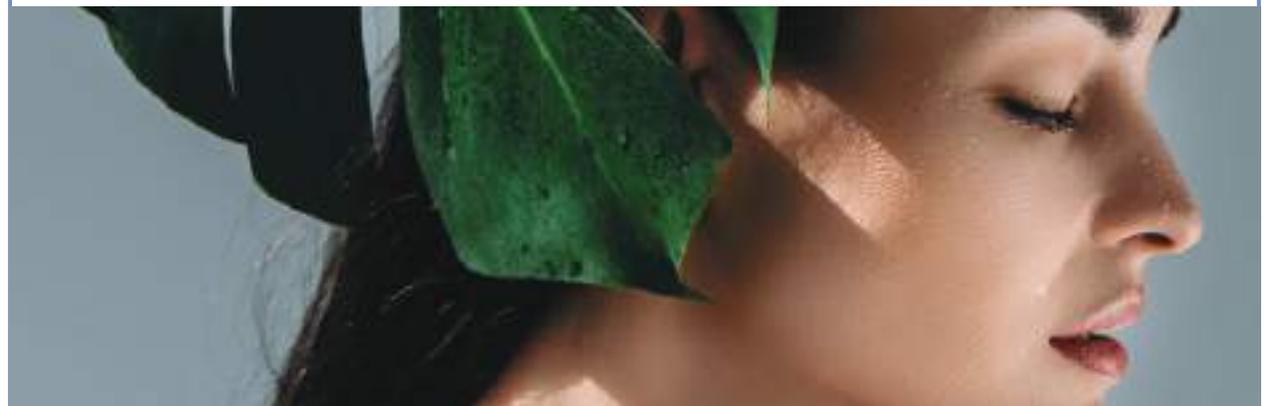
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Statistics show that surgically removing fat cells can, at best, provide temporary improvement in your appearance.

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

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By Edward S. Pozarny, DPM
Arlington Podiatry Center

Plantar Warts – Warts On the Bottom Of Your Feet

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 electrodesiccation, or electrical cauterization. This 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 com-

Please see "Plantar Warts," page 57

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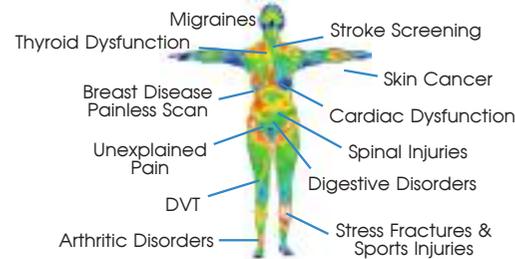
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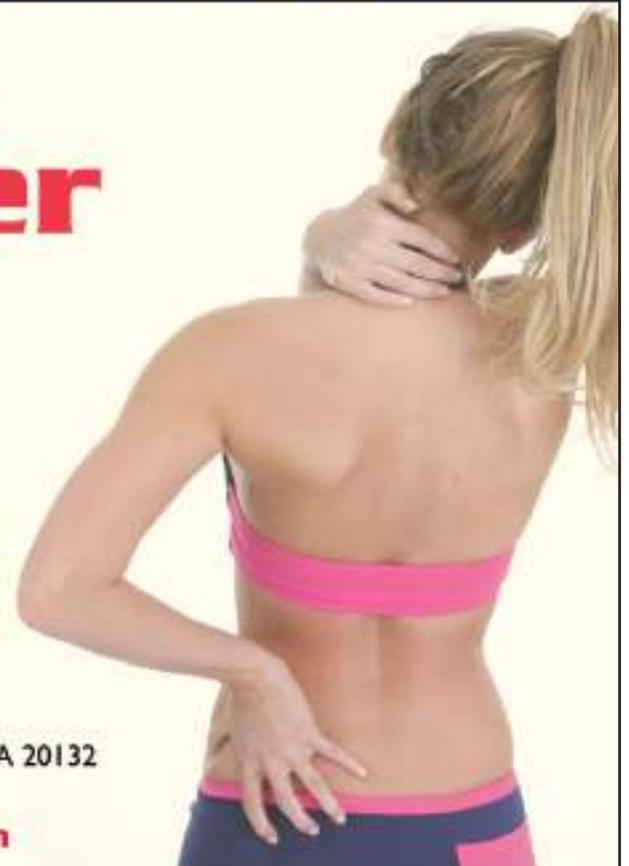
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Acupuncture and Erectile Dysfunction



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

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

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

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

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

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

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

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

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

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



Testimony:

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

- DC Resident, Mrs. Zhang

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

Reference:

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

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

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A Reason To Smile Again

All-On-Four Dental Implants

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

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

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

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

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

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

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

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

It can be scary to get implants for

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

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

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

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

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

anesthesia.

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

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

All-On-4: Same Day Smiles







Missing Teeth or Tired of Wearing Dentures?

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

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3 Innovative Technologies For Your Customized Beauty Plan



By LaSondra Gray
CLA, CQA, MBA
Reflections Image Center
& Skin Care Institute

Does the way you look on the outside no longer match how you feel on the inside? As the years go by we inevitably start to age, no matter how young we still feel on the inside. Unwanted wrinkles start to pop up. Stretch marks make us feel self-conscious in our favorite dress or bathing suit. Unwanted fat pads on our stomach, hips, thighs, and just about everywhere else we don't want it.

Thankfully we live in a new age when it comes to our health and beauty. Technologies are available right down the street at local medical spas that our parents and grandparents could have only dreamed about when they reached our age. No longer do we have to grin and bear aging gracefully. Medical spas have sprung up across the country, offering the latest advanced technology to help you look your best, at any age.

When choosing the right medical spa for you, be sure to look for a center offering the latest innovative technologies with notoriety and a wide range of lasers and other services at their disposal. That way you can be sure you are receiving not only the best care, but also the best cutting-edge technology available.

Here are 3 technologies, proven to give excellent long-term results, that you will definitely want to try out.

Coolsculpting

Have you tried dieting and or exercise to get rid of unwanted fat in certain problem areas, but haven't seen the results you are looking for, no matter how hard you try? As crazy as it sounds, today we actually have the technology to freeze the fat away. Isn't science amazing?

Many of you have probably already heard about Coolsculpting,

the FDA approved non-invasive procedure that uses controlled cooling to freeze unwanted fat cells. The technology effectively targets the fat under your skin but leaves the skin unaffected. So now it's easy to sit back, relax and say goodbye to stubborn fat.

Skin Tightening

Your eyes are windows to your soul and speak volumes about your sleep cycle and age. As years go by, we start developing laugh lines that

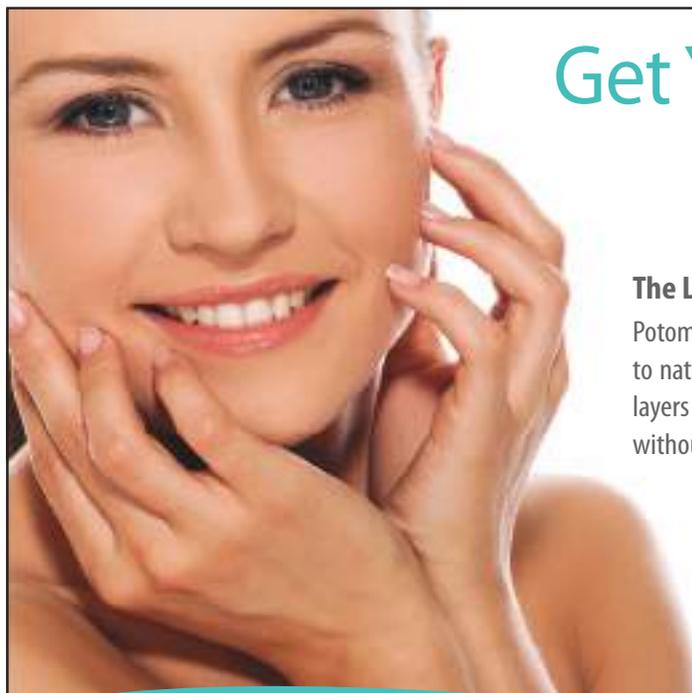
can be bothersome and make you feel older. With skin tightening technology you can say goodbye to those pesky wrinkles around your eyes, and other wrinkles on your face including laugh lines and any fine lines, and say hello to a younger, more radiant face.

Laser Skin Resurfacing

Laser skin resurfacing is another go-to option for reversing the visible effects of aging such as age spots, scarring from acne or sun damage. Laser

resurfacing can be performed over the entire face or in targeted areas, such as around the eyes and mouth. Laser resurfacing results are often dramatic and last longer than other superficial treatments.

If you have a few wrinkles that have been bothering you or some unwanted fat that has refused to go away after trying out various diets or exercise, visiting a medical spa near you to learn what your options are is definitely worth your time.



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BACK SURGERY

FROM PAGE 4

post-laminectomy syndrome may include:

- Physical therapy
- Medications, such as NSAIDs or antidepressants
- Epidural steroid injections
- Spinal cord stimulation
- Radiofrequency ablation
- TENS therapy
- A mixture of these therapies

Interventional Treatments

Patients suffering from severe and chronic pain may benefit from more intensive forms of treatment.

One of the best options are epidural steroid injections. This type of therapy can provide significant pain relief. It's also minimally-invasive. Your doctor can perform it in an outpatient setting.

Spinal cord stimulation is another treatment that has been shown to provide measurable pain relief. This treatment involves inserting a device

that emits electrical impulses near your spine. This device sends out electrical impulses near painful areas. These impulses help control pain signal transmission from the spinal nerves, thereby reducing your pain.

Radiofrequency ablation is another treatment option. Studies have shown this treatment to be quite effective in more than 50% of cases.

Finally, another alternative, minimally-invasive treatment is transcutaneous electrical nerve stimulation (TENS) therapy. TENS units are small devices that are similar to spinal cord stimulation, except they go on top of the skin. Electrodes are placed on the skin's surface. These electrodes deliver a very small electrical stimulation to the affected area. Like spinal cord stimulation, this can interrupt pain signals.

If you need help with your lower back and neck pain, and think it may be caused by a previous surgery, it's time to find help.

ORAL CANCER

FROM PAGE 8

fastest-growing segment among oral cancer patients. This is primarily due to the spread of the sexually transmitted human papilloma virus (HPV16).

Other major risk factors apply, including: Being middle aged or older, a moderate to heavy drinker or a long-time tobacco user. Chronic exposure to the sun, long known to cause skin cancer, is associated with cancers of the lips. Genetic factors also play a role.

Detecting Oral Cancer

Oral cancer screenings are part of dental checkups – another reason why you should be examined regularly. Screenings include a visual assessment of your lips, tongue, and the inside of your mouth, including a check for red or white patches or unusual sores. Palpation (pressed with

fingers) detects the presence of lumps and swellings. Lights, dyes, or other procedures may also help check any suspect areas. If anything appears to be out of the ordinary, a biopsy can be easily performed.

Abnormal sores or color changes in the tissue of your mouth, lips and tongue, may be symptoms of oral cancer – most, however, are completely benign. Sores or other unusual changes that haven't gone away by themselves after 2-3 weeks should be examined. Remember, the only way to accurately diagnose oral cancer is through a laboratory report. Early diagnosis, aided by thorough screenings at your regular dental checkups, is one of the best defenses against oral cancer.

SEXUALLY

FROM PAGE 14

fortable going into their doctor's office, and looking him (or her) in the face and telling them they are having problems obtaining an erection. Asking for a Viagra prescription can be embarrassing, right?

The good news is that online options are available, so you can order Viagra from the privacy of your own home without having to see a doctor face-to-face. It is now possible to prescribe, diagnose and dispense men's healthcare products 100% online. Licensed physicians who are

experienced in diagnosing ED and prescribing the right medication to treat it will review your information on a case-by-case basis to ensure you are a qualified candidate.

Men – no more excuses. You are not the only one suffering from ED, and discreet, private help is available so you can satisfy your partner, now.

Women – your man may be too embarrassed to talk about these things with a doctor. Let him know online help is available to him (and you)!

3 KEY TRENDS

FROM PAGE 44

Tip # 3: Invest In Your Hair Care, Capitalize Your Look

Unless you're a fierce Beyonce feeling herself in her trendsetting hairstyles, a 1970s Farrah Fawcett in her prime, or are of the names Kim, Kourtney, or Khloe, you probably struggle with *Keeping up with the Kardashians*, let alone the latest hair styles of the 2021-2022 year. Thankfully, this third and most important tip will level out the playing field.

Here it is: invest in your hair like

you would a business you believe in. Your hair is your business – literally! Celebrities, like the few mentioned, are known for capitalizing upon their looks and great hair. That is because they've all come to recognize this one fact, style matters. So why not invest in it? Yes, buy the bag and the shoes, but please girl, don't forget your hair care products, maintain that beautiful, healthy hair of yours, and capitalize your look.

After all, they say the future is female.

CELLULITE

FROM PAGE 27

How Do I Know If Qwo Is Right For Me?

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

Are There Side Effects Of Qwo?

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

SYMPTOMS

FROM PAGE 14

risk factors and talking about them with your doctor may help you make more informed lifestyle and health care choices.

The risk of oral and oropharyngeal cancer is greatly increased by two factors:

Tobacco Use. Using tobacco, including cigarettes, cigars, pipes, chewing tobacco, and snuff, is the single largest risk factor for head and neck cancer. 85% of head and neck cancer is linked to tobacco use.

Alcohol. Frequent and heavy consumption of alcohol increases the

risk of head and neck cancer. Using alcohol and tobacco together increases this risk even more.

Other factors that can raise a person's risk include:

- Prolonged sun exposure
- Human papillomavirus (HPV)
- Gender – men are more likely to develop than women.
- Fair skin
- Age – people older than 45 have an increased risk for oral cancer.
- Poor oral hygiene/diet/nutrition
- Weakened immune system

BRACES

FROM PAGE 8

not been affected by gum disease. In short, an adult can experience the same beautiful end results as a teenager, but treatment often takes longer.

There are a wide range of fixed and removable orthodontic devices available, depending on the precise classification of the malocclusion.

What Are the Main Types Of Orthodontic Braces?

Traditional Braces – These braces are strong and tend not to stain the teeth. They are comprised of individual brackets, which are cemented to each tooth and accompanied by an arch wire which constantly asserts gentle pressure on the teeth. Traditional braces are generally metal but are also available in a clear synthetic

material and “tooth colored” ceramic. The ceramic brackets are usually more comfortable than the metal alternative, but can become discolored by coffee, wine, smoking, and certain foods.

Invisalign – Invisalign aligners are clear trays and should be worn for the recommended amount of time each day for the quickest results. Invisalign aligners are more comfortable and less obtrusive than traditional braces but also tend to be more costly. Not all patients are candidates for Invisalign.

Lingual Braces – These appliances are usually metal and fixed on the tongue side of the teeth, therefore cannot be seen when a patient smiles. Lingual braces tend to be moderately expensive and can interfere with normal speech.

repair the skin and body. Antioxidants in the right formulations can also be effective when applied to the skin. There are now a host of other topical treatments with skin health and anti-aging research behind them such as retinol, growth factors, DNA repair, 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 little or no down time and no scarring. These options can be fitted 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 teach, chair and direct scientific sessions at 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 jaw line, tighten and lift your neck and cheeks, and lift sagging eyebrows. It also lifts the buttocks, arms, knees and other areas.

The Gentle Max 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 or Jeuveau

can be added to safely smooth out frown lines, 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 stimulates new collagen and elastin for long-term results. We've all seen bad Botox, fillers and lasers – but those who have expert treatments are typically told by others that they never seem to age!

Don't Forget Your Body

We all want to be in the best shape possible. Exilis Ultra and Vanquish are non-surgical, no-downtime, completely painless lasers to melt stubborn fat deposits from your abdomen, hips, thighs, arms, buttocks, chin and other areas. A select group of experts in the U.S. have served as physician trainers for Kybella, a non-surgical injectable treatment to dissolve unwanted fat from your chin and neck. All these treatments are performed in your doctor's office, 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 Gentle Max 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 radiofrequency treatments 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 Trinitis, 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.

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PLANTAR WARTS

FROM PAGE 48

monly 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 over-the-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.

HYPNOSIS

FROM PAGE 42

ent self-hypnosis. Learning self-hypnosis allows you to create a comfortable, relaxed state for yourself, decreasing anxiety and increasing pain tolerance.

Another common method in assisting people in learning to deal with pain is self-coping statements. For example, thinking or saying, "This will go away in a while," rather than focusing on discomfort.

Most studies of hypnosis as a pain management tool focus on the analgesic effect, however, hypnosis has many other benefits, including improved sleep quality, reduced anxiety, and improved quality of life.

Hypnosis is also extremely effec-

tive acute pain, such as the pain associated with labor and childbirth. Women who use six sessions of hypnosis in preparation for labor report shorter stage-1 labor, less labor pain, less pain medication, and a more pleasant birth experience.

The number of sessions required when seeking hypnotherapy for pain control can vary depending on whether the pain is acute or chronic. Most issues require about 6-8 sessions to achieve success.

Hypnosis provides welcome relief for people suffering from chronic pain. No matter the original source for the pain, hypnosis will help your brain perceive the pain differently.

CHILDREN'S VAX

FROM PAGE 18

While no one wants a child to perish, it happens every day everywhere in the world, regardless of the COVID pandemic. The statistical conclusions are what they are.

By the numbers, the percentage of children dying from COVID is somewhere around 0.0017 percent. That's right. That's the percentage.

The typical flu season results in approximately 180-200 deaths in children. That is about 0.00028 percent.

Now, consider this. Each year about 15,700 children are diagnosed with cancer and approximately 1,790 will die from the disease. Cancer is the leading cause of death among children – more than the flu and COVID combined.

Another piece of information that would be nice to know is: How many children have already had COVID?

Well, like the rest of the fragmented and inaccurate data and opinions being thrown around, we do not know, and all there is, is a bunch of speculation. Why don't we know? Whose running this operation?

Children generally do not even show symptoms of the virus so it's

not possible to rely on symptomatic patients to collect the data. What we need is rapid testing and rapid antibody testing. The US is far behind the rest of the developed world in providing this and there is almost no mention of it by the government or media. It is somewhat unbelievable that our government doesn't have a better handle on this after 18 months of facing it.

And, the children who do become ill or perish are almost entirely those who have an underlying condition like diabetes, or cancer, etc.

Now, having said that, when we do more testing of children, do you think the number of cases will go up? Of course! And, the media and government will do the little "freak out" they always do with very little explanation of anything. And, the vast majority of those will have little or no symptoms except for those with underlying conditions.

If you do the math, there is very little chance of a normal child becoming very ill from COVID, and there is very little chance they will spread it to vaccinated people, and not a great chance they will spread it to unvaccinated people, either.

COLON CANCER

FROM PAGE 14

#4 Colonoscopies Are Simple and Noninvasive

No matter your reason for needing a colonoscopy, it's a simple procedure, not surgery. The preparation – skipping solid food for one day and taking a bowel prep – may cause anxiety, but

it's improved over time. Additionally, there aren't many preventable cancers. Colon cancer is one of the few that can be prevented so, while a colonoscopy may not sound fun, it's much easier and more comfortable than dealing with cancer.

NEW TEETH

FROM PAGE 27

can help people who feel like they are stuck with dentures for the rest of their lives – to get rid of those dentures and have all new teeth in as little as one day.

The treatment time is much shorter than with conventional dental implant treatment and there are fewer appointments. This treatment improves one's health by being able to efficiently and painlessly chew food, therefore improving digestion and nutrition and maintaining proper oral hygiene.

It can also make some people look younger by opening the bite and filling

out the face. Speech, appearance, and self-esteem are improved. One can interact socially and eat food with confidence. People can definitely live better than they were without teeth and perhaps live longer. With this procedure, age is usually not an issue.

It may be time to look into dentures, but with implants and the All-On-4 technique, patients may find this to be a better choice. Most patients are healthy enough to have new teeth through dental implants so there is no reason for them to wear dentures.

COVID IMMUNITY

FROM PAGE 18

they have to use special procedures to keep from spreading the virus. But, at some point, enough is enough. At least tell people the real data, and get it right, for a change!

If you do the math, if you're vaccinated you have about the same chance of getting really sick or dying from COVID as you do of getting hit by a city bus in Kansas. If you're not vaccinated but have natural immunity, your chances are even lower. If you're unvaccinated and don't have

natural immunity, there is absolutely no way to tell what your risk is! I submit that the government and media have screwed it up so badly, that the data we're getting means almost nothing.

What you have now is a whole host of talking heads, across all government agencies and all news networks, expressing opinions and supporting their own agendas.

Then you get to the children – well that's another subject.

CAVITIES

FROM PAGE 40

sible will ensure a less stressful and healthier school year. You never know when Old Man Winter will wreck plans for an early summer start, but with consistent dental visits with

fluoride treatments, you can ensure Mr. Tooth Pain stays away as long as possible. Backpack, lunch box, homework, gym suit, notebook here we go again!

TWO-PHASE

FROM PAGE 42

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

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

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

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

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

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



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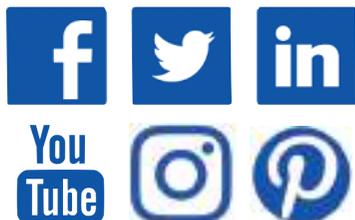
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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

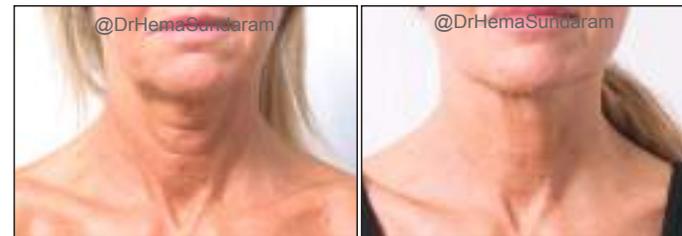
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• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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