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YOUR HEALTH



**Northern Virginia
November 2023**

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SKIN & HAIR HEALTH

DRY EYE RELIEF

THUMB SUCKING

DENTAL IMPLANTS

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SENIOR LIVING

IN THE NEXT EDITION

**Holiday
Health &
New Year,
New You!**



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By Deeni Bassam, MD, DABPM
The Spine Care Center

The end result of many disease processes, ranging from diabetic neuropathy to nerve damage after back surgery, is pain. In some cases, this pain can be severe to the point that it interferes with all aspects of daily life. The medical profession has made the understanding and treatment of pain a priority over the past decade.

One of the tools available for the treatment of severe pain is electrical stimulation, which is used as a way to obscure pain perception in the nervous system by providing a more pleasant sensation in its place. It works for the same reason we rub our knee after knocking into the coffee table; it simply feels better when you rub it.

The medical profession has made the understanding and treatment of pain a priority over the past decade

Scientists and physicians have recorded the benefits of mild electrical stimulation in the relief of pain for millennia. As early as 15 A.D., Scribonius ordered torpedo fish treatment for pain in general after feeling the benefits for his own gout. Fast forward to the late 1960s when neurosurgeons at Case Western Reserve University implanted electrical leads along the covering of the spinal cord to provide pain relief in a terminal cancer patient.

The technology for spinal stimulation for pain has been available since 1968 and its utility, effectiveness, safety, and cost efficiency has been improved on greatly since that time. Currently, over fifteen thousand spinal stimulators are implanted each year for the treatment of severe pain. Often patients suffer without knowing that they could be a candidate for trial spinal stimulation.

In general, stimulation works

Can Electrical Stimulation Help My Pain?

best for nerve related pain in the arms or legs rather than mechanical/arthritis pain of the back or neck. An evaluation by a board certified pain specialist is required to determine if you are a candidate to try the device at home. After a brief office procedure to insert the trial lead, patients return to their daily routine controlling the

device through an external battery operated power source about the size of an iPod.

Patients use the device for several days and can determine for themselves how beneficial (or not) spinal stimulation is for their pain syndrome. For many patients, spinal stimulation turns out to be a very significant tool in their

management of chronic nerve pain, allowing them to more easily meet the needs of daily living.

We have come a long way from the time of using torpedo fish, but the principle is still the same; mild medical grade electrical stimulation of a damaged nerve can indeed ease the perception of pain.

Back Pain?

Back and neck pain *can* be treated.

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

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Six Keys To Holiday Skin and Hair Health



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

this health plan because it is the largest organ in our bodies. In association with our hair and nails, our skin is the mirror of everything that happens inside. Healthy, glowing skin is a sign of good general health, and also of energy and vitality.

Here are six tips for building good skin and hair health for the holidays and beyond.

1. Get a Skin Check

Skin cancer is now the most common cancer in the United States, and affects one in five Americans. The key to avoiding serious problems is early detection and treatment. The American Academy of Dermatology recommends annual full-body skin examinations by a board-certified dermatologist, and more frequent examinations if you have a personal or family history of skin cancers or pre-cancers. Your dermatologist can show you how to perform regular skin

Although we're still enjoying the fall weather, the holidays are only weeks away. There will be opportunities to spend time with our loved ones, and to fill our days with seasonal hope and cheer. The holidays are an excellent time for us to review our health goals for the New Year and beyond, and to decide if we want to make a few changes.

Our skin is an important part of

Please see "Holiday Skin," page 39



IV THERAPY FOR CANCER RECOVERY

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

- Anti-Aging
- Autoimmune Diseases
- Chronic Fatigue
- Dehydration/Headache/Hangover Relief
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Optical Insight



Lose Years Off Your Face In Just One Hour

By Jacqueline D. Griffiths, MD
New View Eye Center

Wrinkles may come with age, but so does wisdom. Whether your eye

lids are carrying excess skin, or your wrinkles have taken over your forehead, or your smile is outlined with parentheses, there are a number of procedures available to improve your look and feel.

Consult with your doctor to determine what products and procedures are best for the look you want to achieve. Such procedures can be surgical and non-surgical.

Procedures To Consider:



WEEK 1 (top)

WEEK 16 (bottom)

Blepharoplasty

As we age, the delicate skin around the eyes can appear puffy or saggy. Eyelid skin stretches, muscles weaken, and the normal deposits of protective fat around the eye bulge.

The surgical procedure to remove excess eyelid tissues (skin, muscle, or fat) is called blepharoplasty. Ophthalmologists are trained to perform this procedure during their medical residency.

Blepharoplasty can be performed on the upper eyelid, lower eyelid, or both. The surgery is performed for either cosmetic or functional reasons. Sometimes excess upper eyelid tissue obstructs the upper visual field or can weigh down the eyelid and produce tired-feeling eyes. Most often, people choose blepharoplasty to improve their appearance by making the area around their eyes firmer. When blepharoplasty is performed to improve vision, rather than for cosmetic reasons only, it may be covered by insurance.

Botox and Xeomin

Did you know that ophthalmologists have been using botulinum toxin (Botox) since its experimental trials began in Florida in 1986? In 1989 the FDA approval signaled the use of botulinum toxin as a safe and effective treatment for use in the eyelids, eyebrows, and facial muscles for certain medical conditions. Ophthalmologists actually discovered its wrinkle reducing effects.

Both products are non-surgical FDA approved treatments that can temporarily smooth moderate to severe frown lines in the forehead, between the brows, and the "crow's feet" on the side of the eyes in men and women ages 18 to 65.

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That's something all those expensive creams, lotions, and serums just can't deliver. In fact, it was ophthalmologists that discovered and reported one side effect of Lumigan – it increased eye lash length, while also darkening and thickening.



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"

Washington Post Magazine

Voted
"Top Ophthalmologist"

Washingtonian Magazine
& Northern Virginia Magazine

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

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

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

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

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



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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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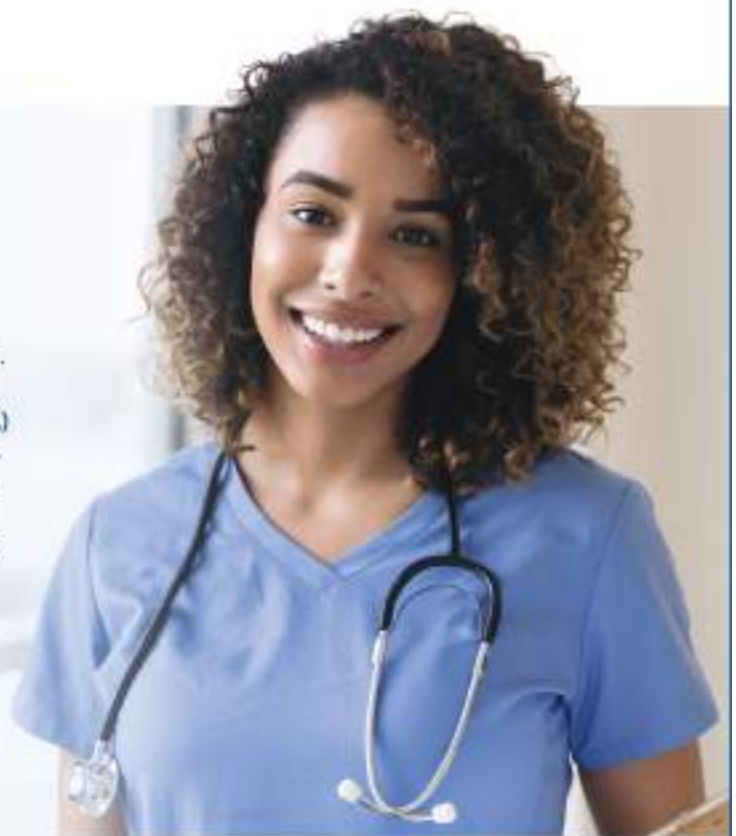
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Revitalize Your Health With Mild Hyperbaric Oxygen Therapy

Submitted By
Cryoxygen Clinic

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

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

One of the primary benefits of Mild

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

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

Please see "Hyperbaric," page 40

The Art and Science Of Self-Care

**Board-Certified Plastic Surgeon
Talks Cutting-Edge Treatments**

By Munique Maia, MD
MAIA Plastic Surgery

As a Harvard-trained and board-certified plastic surgeon who specializes in surgical and non-surgical procedures of the face, breast, and body, Dr. Maia knew early on that she would spend her life in plastic surgery. "When I saw how plastic surgery could impact patients' self-confidence and quality of life, I knew I found my passion."

Today, Dr. Maia is celebrated for her exceptional skill in delivering life-changing results. She is committed to achieving outcomes that are not just aesthetically pleasing but also look entirely natural. "I incorporate cutting-edge techniques into all my procedures to ensure that facelifts appear refreshed rather than over-pulled, scars heal discreetly, and tummy tucks have a natural, flattering belly button shape," Dr. Maia says.

Dr. Maia's decade of experience has revealed the profound effect of plastic surgery on her patients' self-perception and social interactions. "Recently, a tummy tuck patient told me that she feels different; Her husband said that she has a different persona now," She reflects, "This is why I love what I do — It improves well-being and dives into a psychological level that many people don't see."

At her Tysons clinic this time of year, men and

women are seeking ways to refresh and rejuvenate themselves in time for the holidays. The popularity of in-office procedures, including the mini facelift, upper eyelid lift, double chin liposuction, and labiaplasty, has seen a significant uptick. Dr. Maia notes, "These are all treatments I can perform under local anesthesia, with minimal downtime. The results are truly remarkable, leaving my patients with a positive physical and mental impact."

There is also a surge in demand for non-invasive treatments such as Botox, fillers, Morpheus8 skin tightening and the PICO Glow Facial. These procedures, loved by Hollywood celebrities, are now accessible to the Northern Virginia area. The standout feature of this season is the PICO Glow Facial, an innovative laser designed to combat fine lines, wrinkles, sunspots, and hyperpigmentation. "The treatment stimulates collagen production, leaving the skin with a radiant, natural glow, all without any downtime or discomfort," Dr. Maia shares.

In her daily practice, Dr. Maia and her team help individuals from around the world regain confidence and unlock their full potential through a concierge-level of care. She says, "We aim to provide a supportive environment at every step. Our concierge service and virtual consultations enable us to offer tailored care, ensuring our patients feel seen, heard, and understood."

Dentistry Is Expensive. Make the Investment Last.

By Karl A. Smith, DDS, MS

A radiant smile can be your most valuable asset. It's the universal language of happiness, a key to leaving a lasting impression, and a source of confidence. However, the journey to maintaining a beautiful smile extends beyond just pearly whites. The foundation of a captivating smile lies in complete periodontal health. Taking care of your gums before spending on other dental procedures is essential for safeguarding your investment in a beautiful smile.

The Hidden Power of Healthy Gums: When we think about an attractive smile, we often focus on the appearance of our teeth. While having straight, white teeth is undeniably important, they are only part of the equation. Healthy gums play a vital role in framing and supporting your teeth, and enhancing your overall smile.

The Visual Balance: Picture a piece of art in an exquisite frame. The frame complements and enhances the artwork's beauty, making it stand out. Similarly, your gums serve as a frame for your teeth. When your gums are healthy, they provide an even and symmetrical backdrop that highlights the brilliance of your teeth. Conversely, gum issues like inflammation, recession, or disease can disrupt this harmony and detract from the way your smile looks.

Gum Health and Confidence: Beyond aesthetics, your smile is a reflection of your confidence. People with healthy gums tend to smile more freely, knowing that their gums are not a source of embarrassment. On the other hand, individuals with gum problems may feel self-conscious about their smile, impacting their self-esteem.

The Consequences Of Neglect: Neglecting periodontal health can have far-reaching consequences. Periodontal disease, commonly known as gum disease, is a prevalent condition that can wreak havoc on your smile. It starts as gingivitis, causing redness, swelling, and bleeding of the gums. Left untreated, it can progress to periodontitis, leading to gum recession, tooth mobility, and even tooth loss.

The Domino Effect: Gum disease isn't just a localized issue. It can have systemic effects on your overall health. Research has shown links between gum disease and various health conditions, including heart disease, diabetes, and respiratory illnesses.

By neglecting your gum health, you might unknowingly be putting your general well-being at risk.

Protecting Your Smile Investment: Now that we understand the importance of complete periodontal health, let's explore how you can protect your beautiful smile investment:

Regular Dental Checkups: Make sure to stay on schedule for regular dental checkups with your dentist and hygienist. They can detect early signs of gum disease and provide guidance on proper oral hygiene

practices.

Daily Oral Care: Maintain a consistent oral care routine, including brushing, flossing, and using an anti-septic mouthwash. This helps remove plaque and bacteria that can lead to gum problems.

Healthy Lifestyle Choices: A balanced diet, regular exercise, and avoiding tobacco products contribute to both gum and overall health.

Professional Treatments: If you have gum issues, consult a periodontist, a specialist in gum health. They

can provide advanced treatments like deep cleaning or gum surgery when necessary.

Awareness: Stay informed about the importance of gum health and be proactive in addressing any issues promptly.

Your smile is a precious asset that deserves the best possible care. Complete periodontal health is the hidden foundation that ensures your smile remains beautiful, confident, and radiant. By prioritizing your gum health alongside your teeth, you're making a long-term investment in a smile that will continue to light up your world and save you many dollars over your lifetime. So, remember, when it comes to your smile, it's not just about the teeth; it's about ensuring total gum wellness.

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By Dawn D. Gammon, OD, FFAO
The Eyewear Gallery
at Reston Town Center

Dry Eye Relief Is In Sight With OptiLight

eye sufferers are not aware of their diagnosis or that truly effective treatments exist. Though many patients use artificial tears to provide temporary relief, unfortunately the underlying disease process can continue to progress.

Now, relief is in sight! OptiLight by Lumenis is a light-based, non-invasive treatment done in the area below the eyes to manage dry eye. The OptiLight is the first and only Intense Pulsed Light (IPL) instrument that is FDA-approved for dry eye management. The treatment is safe, gentle, and is backed by more than 20 clinical studies.

OptiLight uses precise pulses of light to reduce the inflammation that is typically associated with dry eye disease, improve tear quality, increase meibomian gland functionality and reduce the amount of demodex mites and bacteria living around your eyes. The OptiLight procedure is quick and convenient and there is no downtime required following treatment.

You don't have to suffer with dry eye discomfort anymore. Dry Eye is a complex, multifactorial disease which can require extensive time for proper

diagnosis and formulating customized treatment plans. Visit your eye doctor to get an accurate diagnosis and a treatment plan tailored to your needs.



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If you want to update your look, visit The Eyewear Gallery where our award-winning team will help you find your most flattering frames. In addition to a five-star Yelp and Google rating, The Eyewear Gallery was named Northern Virginia's Best Eye Care Provider six times in the *Virginia Living Magazine* Readers' Polls and received the Talk of the Town Customer Service Award 11 consecutive years. We like to say "Like a fine work of art, every face deserves a fabulous frame!" Call for an appointment with Dr. Dawn and The EG team today!




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Visual Disturbances and How TMD Issues Might Correlate

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It may seem surprising, but when the jaw joints (the TMJs) are out of alignment, this can create visual disturbances. The way to tell if the jaw joints are out of alignment is first by doing a visual exam of the

patient. This is simple to do: look at the person and if the eyes and ears are out of alignment, then it is quite likely that the sphenoid bone is out of alignment as well.

The sphenoid is a relatively large bone located directly behind the eyes. When we are born, quite often this bone (and others) is distorted in the

birthing process as the head is basically “squished” coming through the birth canal. Research shows that this is quite common. However, in most cases, the skull does not realign completely and keeps the distortion.

It makes more sense that if a person’s sphenoid bone has some distortion to it, then logically there will



Jeffrey L. Brown, DDS

be some degree of pressure on the eyes, and this can affect the vision. Oftentimes, it is quite easy to identify the sphenoid and if it is distorted by simply looking at the person – are their eyes uneven? Are the eyebrows uneven? If so, then the sphenoid is likely uneven as well, and this can readily cause visual disturbances.

An analogy might help here: if the frame of your car is bent from an accident, then it is likely that the car will ride a bit rough. Similarly, if your cranial bones are bent from trauma (in other words birth) then the vision will be off somewhat. This might seem very rudimentary, but it is true. Oftentimes the simplest observation is the most likely.

Visual disturbances from cranial bone distortions can present as but are not limited to blurry vision, eye strain, pressure behind the eyes, light sensitivity, and moving “spots” in your vision known as floaters. Other TMJ problems can include headaches, jaw pain, neck and back aches as well as jaw joint noises.

So, what does a person do if they are experiencing visual disturbances as related to cranial bone distortions? The ALF appliance is often the first choice in such a case. The ALF is quite a unique little device that it is an orthopedic device that will, over time, reduce intracranial pressure as the bones within the skull become more level and aligned. Through the use of very light, very gentle pressure, the bones within the skull can become more aligned which allows better blood flow and better function of the cranial system.

The ALF was developed many years ago, however, it seems very few practitioners have heard of it. There is a small group of dentists at the ALF Academy who study this remarkable device and are well aware of what it can do. If you find that you are experiencing visual disturbances, seek out an ALF provider and see if the problem might be tied to your jaw joints.

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- Craniofacial Pain
- Sleep Apnea
- Orthodontics

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

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

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



Jeffrey L. Brown, DDS

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



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By April Toyer, DDS, FAAPD
Lifetime Dental Care

Many infants and toddlers are using thumb sucking as a method of self-comfort and self-consoling. As the child evolves thumb sucking may be used for more advanced soothing needs from tiredness, sickness, fear, or even boredom.

What Are the Consequences?

The frequency and the force exerted during the behavior have the most impact on long-term damage. If your child is a vigorous or frequent thumb sucker you may need to curb the habit as early as age three or four.

This may cause a gap to develop between the upper and lower teeth called an open bite. This is not just a dental problem, but results in reshaping of the jaws as well. Once this open bite is formed a tongue thrust may occur, which will continue to alter the alignment of the teeth once thumb sucking has stopped.

The alteration of the tongue muscles can lead to problems making speech sounds like "s" and "th". Though these baby teeth will fall out, the permanent teeth will often follow the pathway of the jaw misalignment and may give an appearance of forwardly positioned or "buck" front teeth.

How To Stop Thumb Sucking

Provide motivation for your child to break the habit. Review subjects such as spreading germs, tooth posi-

tion, speech and teasing from peers. Find a book or show where your child's favorite or child friendly character talks about the habit.

A daily sticker chart, or positive reward system can also help. Set small goals at first due to your child's habit frequency. Set a big reward for the 2-4 week mark that your child will be excited to work towards. Remember to give verbal praise several times a day.

Over-the-counter products can be used as well, including bad tasting nail polish, plastic thumb devices, finger covers, gloves, ace bandages at the elbow to prevent arm bending, and an alternative comforting object such as a blanket or toy.

What If Nothing Works?

Attempt to determine if your child has a stressor or underlying anxiety. This will be a difficult process for

your child if they are not ready. Inform all childcare providers and family members of your process so they can receive consistent reinforcement when they are not in your care.

If there is no success after prolonged intervention feel free to reach out to a pediatric dental office to discuss your child's risk for altered tooth alignment and the possible need for an orthodontic appliance.

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April Toyer, DDS

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



POST / SUMMER GLOW

WRITTEN BY: MELISSA PUPPO
PHOTOGRAPHY BY: MOSHE ZUSMAN

Summer may have ended, but you don't have to say goodbye to your radiant glow for the rest of the year. Regardless of your upcoming plans, you can trust Impressions MediSpa to enhance your skincare routine. Here, aesthetic director Mariam Alimi, MSN, FNP reveals the latest offerings and treatments designed to keep your skin healthy and radiant all year round.

WHAT ARE YOUR SKINCARE RECOMMENDATIONS FOR POST-SUMMER SUN?

While going out in the summer sun is fun and exciting, it, unfortunately, may create sun spots, melasma, fine lines and wrinkles. Popular services that address sun damage include laser treatments such as Intense Pulse Light, Fractional CO2 Resurfacing and Vipeels. Botox, Dysport and dermal fillers are still the most popular for addressing fine lines and wrinkles.

WHAT TREATMENTS ARE POPULAR IN THE FALL AND WINTER?

Our most popular treatments for the fall and winter are getting holiday-ready. Our office is an Allergan Platinum account, so injectables such as Restylane, Juvederm and Sculptra are in high demand before the holiday season. Fall is the perfect time to undo sun damage, so treatments to consider getting the skin glowing without the risk of hyperpigmentation are microneedling combined with PRP (Platelet-Rich Plasma) or exosomes, laser resurfacing, RF (radiofrequency) microneedling and chemical peels.

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THE MODERN MAN'S PATH TO SELF-CARE: A COMPREHENSIVE GUIDE TO REVITALIZING YOUR CONFIDENCE

In the fast-paced world of the 21st century, men are embracing self-care like never before. Gone are the days when self-care was seen as solely a domain for women. Modern men understand that taking care of their appearance, well-being, and confidence can be a game-changer in both their personal and professional lives.

This comprehensive guide is here to explore the world of self-care for men and delve into the transformative power of services like Botox, Laser Hair Removal, Skin Tightening, PRP for Hair Growth, and Body Sculpting. These cutting-edge treatments are redefining what it means to be a confident and empowered modern man, regardless of age.

The Rise of Modern Men's Self-Care: Beyond the Stereotypes

Before we dive into the specifics of these life-changing treatments, it's essential to acknowledge that self-care for men goes beyond stereotypical assumptions. It's not about vanity or superficiality; it's about feeling your best, both inside and out. Self-care is about achieving a sense of well-being, confidence, and contentment that positively influences all aspects of your life.

Understanding the Modern Man's Self-Care Toolkit

To embrace the journey of self-care, it's crucial to have the right tools in your toolkit. This involves a combination of traditional practices, such as regular exercise and a balanced diet, and more contemporary approaches. Here, we'll focus on the latter, exploring the world of non-surgical treatments and procedures that can rejuvenate your appearance and enhance your self-esteem.

1. Botox for Men: Reversing the Hands of Time

Botox, once predominantly associated with women, is now a widely sought-after treatment among men. This non-invasive procedure is perfect for smoothing out wrinkles and fine lines, providing a refreshed and youthful appearance. Discover how Botox can help you regain your confidence and maintain a dynamic, expressive face.

2. Laser Hair Removal: A Permanent Solution to Unwanted Hair

Say goodbye to the endless cycle of shaving and waxing with laser hair removal. This revolutionary technique eliminates unwanted hair for the long term, leaving you with smooth, hair-free skin. Learn how this treatment can save you time and effort while boosting your confidence.

3. Skin Tightening: Reclaiming Your Youthful Radiance

Skin tightening treatments use advanced technologies to combat sagging skin and promote collagen production. Discover how this non-surgical approach can enhance your facial contours, reduce wrinkles, and give you a rejuvenated appearance.

4. PRP for Hair Growth: Restoring Your Lustrous Locks

Thinning hair is a common concern among men. Platelet-Rich Plasma (PRP) therapy is a regenerative treatment that stimulates hair growth, making it thicker and healthier. Explore how PRP can help you regain a full head of hair, and with it, your self-assuredness.

5. Body Sculpting: Crafting Your Ideal Physique

Body sculpting procedures offer an effective way to target stubborn fat and achieve the physique you desire.

Whether it's for a chiseled midsection or sculpted arms, these treatments can help you attain your body goals, boosting your self-esteem.

Throughout this article, we will delve deeper into the benefits, considerations, and the experiences of men who have embraced these treatments, transforming their self-care journey. You'll gain insights into the science behind these procedures, the ideal candidates, and what to expect during and after treatment.

As you embark on your path to self-care and confidence, remember that you are not alone. The modern man's journey to self-care is a shared endeavor, and by exploring these transformative treatments, you are taking the first steps toward becoming the best version of yourself.

Stay tuned for more in-depth insights into each of these self-care solutions, as we embark on a journey to reveal the true power of self-care for the modern man.



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Making an Easier, More Comfortable Dental Visit



By Michael Rogers, DDS
Fairlington Dental

Modern dentistry is always developing ways to make your visits faster, easier, more comfortable, and better for the world around us. The latest advances allow for earlier, less-invasive treatment, which means faster healing times and greater precision for dental procedures. And the results can be outstanding.

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Please see "Dental Visit," page 44

The Real Cost Of Weight Loss Injections



By Jan Benjamin
Be Balanced

and vomiting – to name a few, serious digestive complications have been reported, and those statistics continue to rise.

Second, you aren't just losing body fat...

According to trial results, of the 15% of weight participants lost over 68 weeks, close to half of it was lean body mass. And what is lean body mass? It's muscle, organs, and bone. What it isn't is body fat.

Data shows that weight loss from taking GLP-1 medications like Ozempic and Wegovy can cause a decrease in muscle mass, lessen bone density, and lower your resting metabolic rate, leading to sarcopenia (the gradual loss of muscle mass, strength, and function and is typically associated with aging).

Third, the chances of gaining weight back, once you stop taking these medications, is alarmingly high.

Research published in the journal *Diabetes, Obesity and Metabolism* indicates that once people stop using the medication semaglutide any weight

Unless you are one of the few people whose insurance covers weight loss injections and other similar medications, you could be paying thousands (and thousands) of dollars to reach your weight loss goals.

Plus, these medications could be costing you more than just your hard-earned income.

First, the side-effects can be devastating.

Aside from the widely known common side effects such as nausea, diarrhea,

Please see "Injections," page 40

Optimum Health Begins With Oral Health



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

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

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In patients with vertical bands in the neck, platysmaplasty can be performed to reduce the appearance of the bands. Excess or sagging skin in the lower face and neck or jowls may require incisions following the contour of the front of the ear. This procedure is also called a lower face and neck lift.

Return To Your Youthful Appearance

A neck lift is an excellent way to correct an abundance of hanging skin under your chin, wrinkles, jowls, and other aesthetic problems that affect your lower facial appearance.

After the procedure, your neck will look firmer and more youthful for years to come.



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Ensuring Healthy Smiles and Sound Sleep For Your Child

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

Proper breathing during sleep is crucial for the overall well-being of children, yet many parents may not be fully aware of potential issues related to Sleep-Related Breathing Disorders (SRBD), which includes pediatric obstructive sleep apnea (OSA).

SRBD refer to disturbances in normal breathing patterns during sleep, ranging from common snoring to more severe pauses in breathing known as apnea events. These interruptions can lead to sleep deprivation and a variety of health complications. In the case of children, untreated SRBD can result in developmental, behavioral, and emotional challenges, potentially leading to conditions like allergies, ADD/ADHD, and depression.

Pediatric OSA, a condition where the airway is partially or completely blocked during sleep, is often caused by enlarged tonsils or adenoids and a lack of tongue space. It differs from adult OSA, as it may manifest alongside behavioral issues and daytime sleepiness in children.

The Importance Of Proper Sleep and Open Airways For Children

During the first 18 months of a child's life, crucial growth and developmental milestones occur, many of which are related to facial development. Ensuring proper breathing is essential for a child's health and development, impacting facial features, jaw development, and overall growth. Mouth breathing can set off a chain reaction of issues, altering the growth of the lower and upper jaws, midface, and nasal bones, ultimately affecting the child's facial balance.

Pediatric Sleep-Related Breathing Disorders (SRBD) & OSA Symptoms

Children with SRBD may present a range of symptoms, including:

- Difficulty falling or staying asleep
- Sleepwalking, night terrors, and other parasomnias
- Excessive daytime sleepiness
- Mouth breathing, dry lips, bad breath
- Dark circles under the eyes
- Tonsil and adenoid problems
- Snoring
- Teeth grinding
- Bed-wetting
- Inner ear infections
- Limited tongue/lip mobility
- Hyperactivity
- Difficulty concentrating

- Selective eating habits
- Bedwetting

In the case of pediatric OSA, symptoms may involve snoring, breathing pauses, restlessness, and coughing or choking episodes during sleep.

Dentist's Role

Contrary to conventional belief, pediatric dentists with specialized training are well-equipped to address symptoms related to sleep and airway conditions. The airway, mode of

breathing, and malocclusion are closely interconnected and should be addressed early and holistically by dentists. Advanced technology, such as cone beam 3D imaging, allows dentists to effectively diagnose airway issues and guide proper growth and development. Early intervention is essential in guiding proper growth and development.

Convenient at-home sleep study tests are now available to diagnose pediatric sleep apnea and breathing issues.

These tests provide comprehensive, accurate data for proper diagnoses.

Treatment goals encompass the elimination of detrimental habits, guiding optimal cranial, jaw, and facial development, preventing dental misalignment, and enhancing airway health and oxygen sufficiency. Various therapies, including oral appliances, myofunctional therapy and positive airway pressure therapy, can effectively alleviate symptoms.



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The Future Of Non-Surgical Pain Solutions Is Here

StemWave Regeneration Therapy

Submitted By
Back In Action Health Solutions

In the ever-advancing realm of medical technology, a game-changer has arrived that provides hope to those with unresolved chronic joint pain. StemWave Regeneration Therapy is at the forefront of this paradigm shift, offering non-surgical solutions

for chronic unresolved, musculoskeletal injuries or joint dysfunction by harnessing the body's own regenerative capabilities. Discover what StemWave Regeneration Therapy is and how it works, understand what the three key benefits are, and why you should try it.

What is StemWave Regeneration Therapy? A revolutionary medical technology that harnesses the regen-

erative potential of our body's natural healing capacity to target an area of inflammation, pain or scar tissue. Developed in Europe, StemWave was initially applied to athletes in chronic conditions. This groundbreaking approach features focused acoustic sound waves which stimulate the body's natural healing mechanisms, and promote tissue repair and regeneration. The therapy works by trig-

gering the release of growth factors and drawing healing nutrients to the inflamed area, aiding the repair of damaged tissues for a longer healing result. This technology is transforming the way we treat various unresolved joint issues by providing faster recovery with minimal discomfort, and long-lasting results. Here at Back in Action, we've been treating patients with StemWave technology for the last year. With over a thousand treatments performed, many of our patients experienced significant relief after their first treatment!

The three amazing benefits of StemWave are: decreased pain, decreased inflammation and increased range of motion in a joint or region. This is an effective therapy to decrease the need for harmful steroid injections, decrease the need for opioid medications, all the while decreasing the likelihood of surgical intervention. Shown to be effective in treating a variety of conditions, including chronic pain, musculoskeletal injuries, and joint dysfunction. At the office, StemWave has been shown to be highly effective for many conditions, including plantar fasciitis, lateral epicondylitis, failed knee or back surgery, rotator cuff and hip injuries, etc.

Why try StemWave Therapy? If you're suffering from chronic pain or an unresolved musculoskeletal injury, it's time to get out of pain and back in action! This has been proven to be an extremely effective, non-invasive treatment to decrease pain, increase range of motion and speed recovery time. A great draw is decreased likelihood of surgery and need for steroid injections, opioid or other medications. StemWave Regeneration Therapy represents a remarkable leap forward in healthcare technology.

Come try StemWave yourself for a discounted offer of just \$59! Dr. Blabey will assess your needs and administer a full treatment and work with you to develop a personalized treatment plan that addresses your unique needs and goals. Try StemWave Therapy today risk-free! (703) 356-6284.

Experience Non-Surgical Healing

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Dr. Gary Blabey, DC.

8306-C Old Courthouse Rd. Vienna, VA 22182

www.BackinActionVA.com



Dental Implants Can Be Affordable



By E. Richard Hughes, DDS

Due to the advances in modern medicine, nutrition and healthy lifestyles, people are living considerably longer than they use to. Because tooth loss is directly related to age, an increasing number of adults are missing teeth.

When an adult reaches the age of 65, he or she many times feels an investment in health is less appropriate. A healthy 65 year old woman will live 23 more years 50% of the time and 29 more years 25% of the time. A healthy 65 year old male will live another 20 years 50% of the time and another 27 years 25% of the time.

So from the above, one can see that an investment in their oral health is actually a better investment than a new automobile, that depreciates rapidly after purchase.

Dental implants are 97% successful over ten years. Let's compare a single tooth replacement with a dental implant verses a three tooth cemented bridge. The estimated life span of a cemented bridge is 50% at 10 years.

Cavities are the most common cause of crown or bridge failure. 15% of the teeth anchoring (abutments) require root canal treatment. Failure of abutment teeth is about eight percent to 12% at 10 years and 30% at 15 years. 80% of teeth adjacent to the sites of missing teeth are with no or minimal fillings.

The potential lifetime cost of a single crown replacement prior to dental implant treatment is at least \$9,000 or more. The potential lifetime cost for a three unit fixed (cemented) bridge replacement is at least \$19,300 to \$22,300. The cost of a single implant, crown and abutment in Northern Virginia is about \$2777 to \$5000 or more.

So one can see that dental implants are actually a cost effective way to replace missing teeth and maintain their oral health, function and esthetics.

Dental implants are the natural-looking replacement solution missing teeth. Since implants are permanently anchored into the jawbone, this "fixed" cosmetic dentistry solution allows for better chewing than removable dentures.



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- Does the embarrassment of your smile keep you from socializing with friends and relatives or dating?
- Do your dentures or teeth hurt, move around when eating or talking or limit the foods you eat?
- Do you look older than your natural age because of your dentures, missing teeth or worn out smile?
- 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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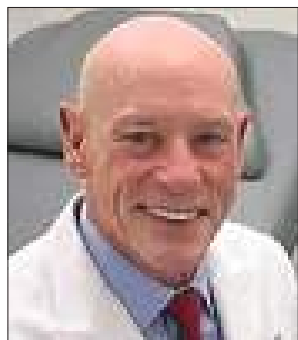
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**Richard Hilburn,
MD, FACP**

Doctor Richard Hilburn MD, FACP, provides outstanding primary care to adults living and working in Fairfax and Loudoun counties proximal to Reston and Herndon, Virginia. He has been board certified in internal medicine and geriatric medicine. At Goals of Care, PLLC, Dr. Hilburn and nurse Sandra McGuire employ a holistic approach that addresses exercise, diet, sleep, and spiritual/psycho-emotional health within an evidence-based medicine framework. His office is located inside of My Doctor's Pharmacy in Herndon where there are three doctors of pharmacology, two nutritionists, an herbalist, a massage therapist and a robust vaccination clinic.

Dr. Hilburn is a three-war veteran, having served in the United States Army in four airborne infantry units, the U.S. Army Special Operations Command and the Army Intelligence and Security Command. He began his career in 1969 as a private and trained as a medic. Later he became a practical nurse, then Physician Assistant and eventually attended medical school at the Medical College of Georgia in Augusta. Dr. Hilburn was serving on the Army Surgeons General staff when he retired as a full colonel after seven deployments during 35 years of service. His decorations include the Silver Star, Legion of Merit, Bronze Star with "V" device, Defense Meritorious Service Medal, Army Meritorious Service Medal, NATO Service Medal and Army Commendation Medal. He has worked for the Veterans Administration, Inova Health Systems and now has a private practice in Herndon, Virginia where he provides primary care for adults in his clinic, retirement communities and makes house calls when needed.

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SHOULD I WHITEN MY CHILD'S TEETH?



Having discolored teeth can cause embarrassment in a child, especially through the awkward years. A clean, bright and 'white' smile can boost self-esteem, as well as encourage children to maintain better oral health.

In children, there are a number of causes for tooth discoloration that can be generally broken down into 2 major categories:

External Causes

- Inadequate brushing and poor dental hygiene that causes plaque to build up
- Food and drink stains (pigments)
- Medications containing iron, such as vitamin supplements
- Lighter spots when braces are removed due to decalcification of enamel
- Trauma and infection on a baby tooth that leads to spot discoloration on a permanent tooth

Internal Causes

- Tooth trauma and/or nerve damage
- Tooth decay
- Mom taking tetracycline during pregnancy or breastfeeding
- Excessive fluoride from powdered or liquid concentrate infant formula mixed with fluoridated water
- Medical condition that interferes with teeth development during pregnancy or infant's early years of life

Should I Whiten My Child's Teeth?

The best way to handle discoloration is to try to avoid it in the first place. Professional cleaning and good daily dental hygiene go a long way in preventing or removing normal tooth discoloration.



Brush Twice a Day

Brush at least twice a day (morning and evening) with a pea-sized amount of fluoride toothpaste. Use an ADA-approved kid's toothpaste

that contains a mild abrasive if necessary. For children under the age of 3, until they learn to spit, use only a rice grain-sized smear of toothpaste.



Visit Dentist Twice a Year

Visit your pediatric dentist twice a year for a professional exam and cleaning.



Avoid Certain Foods

Avoid foods that stain. Offenders can include dark-colored fruit juices and sodas, tea, popsicles, balsamic vinegar, soy sauce, tomato sauce, blueberries, and beets.



Use only water in sippy cups

Use only water in sippy cups.

Tooth whitening products include:

Over the counter tooth whitening products - whitening toothpaste or whitening strips.

Professional whitening procedure - custom dental trays, in-office professional bleaching, laser whitening.

More permanent measures for teeth whitening can include enamel tooth veneers or porcelain crowns.

Contact Smile Wonders

At Smile Wonders, we like to wait until adolescence to perform teeth whitening, until after at least four front upper adult teeth have come in. We begin with a thorough cleaning and spot treatment, and then progress to using our EPIC™ X diode laser and/or Waterlaser™.



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Meet Periodontist, Karl A. Smith, DDS, MS

Dr. Smith is a dentist who also specializes in treatment of gum disease, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the dentist, he strives to make your visits as comfortable and pleasant as possible. He strongly believes that value and comfort is an important part of quality dental care.

The right to choose a dentist and provider of care is an important freedom. Referrals from patients and friends of the practice are welcome. We also work closely on referral from your family dentist, but a referral is not required to visit our office. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist for screening.

Dr. Smith's colleagues describe him as a gentle, easy-going person that provides expert care to patients. People come from near and far to experience the comfort of his office and patient-oriented team. He has been consistently voted by his peers a Top Dentist in *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. 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 in 1996. Fellowship in the Academy of General Dentistry and in DOCS, a sedation organization for dentists.

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Meet Dr. E. Richard Hughes, a Renowned Implantologist Offering Life-Changing Dental Care

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

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

Practice Philosophy

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

Areas Of Expertise

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

Credentials & Memberships

- Diplomate, American Board of Oral Implantology/Implant Dentistry (less than 500 worldwide with this designation)
- Honored Fellow & Fellow of the American Academy of Implant Dentistry
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To read more about dental implants, check out Dr. Hughes' articles @ www.YourHealthMagazine.net/Richard-Hughes/

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Creating Beautiful and Healthy Smiles

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Meet Lida Vargas

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

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

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

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

Our office has the best reviews on Google and Yelp. There is a low number of referrals from our office, as we provide a multi clinical approach in even complex cases. I recently learned that I am considered a Biological Dentist. We connect the oral cavity to the whole body and its health.



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Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



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Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

Do you have TMD or Sleep Apnea?

TMD Symptoms: Noise in the jaw joints when opening and closing your mouth, difficulty chewing, limited opening, tender facial muscles, ear ringing, uncomfortable bite, jaw locking, headaches, migraines, dizziness, vision issues as well as pain in the jaw area which can radiate to the ears, head, neck, shoulders, and back.

Sleep Apnea Symptoms: Snoring, waking up gasping for air, feeling tired and irritable in the morning, difficulty controlling weight, concentration problems, morning headaches, episodes of not breathing, waking with a sore throat, forgetfulness and mood changes.

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...
Call today to schedule a consultation with Dr. Brown: 703-821-1103.*

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Meet Sylvie Lam

Dr. Sylvie Lam is dedicated to delivering high-quality, personalized care, influenced by her military and civilian training, emphasizing excellence and integrity. With 13 years of experience in government and private practices, patients appreciate her genuine commitment, upbeat personality, and energy. She graduated from the University of Maryland School of Dental Surgery in 2008 and completed an Advanced Education General Dentistry (AEGD) Residency at Wright Patterson Air Force Base in 2009, followed by service as a dental officer at the Pentagon Tri-Care Clinic. Dr. Lam has spent the last ten years in private practice, focusing on cosmetic, restorative, and rehabilitation treatments.

Before becoming a dentist, she was a licensed CPA, working for national and regional accounting firms. Dr. Lam holds dual B.S. and B.A. degrees in Biology and Accounting from the University of Richmond. She also earned an MBA and a DDS from the University of Maryland College of Dental Surgery in 2008.

In 2019, Dr. Lam received the Fellow Distinction from the Academy of General Dentistry (FAGD), achieved by only 5% of dentists nationwide, signifying her commitment to lifelong learning. She is passionate about enhancing oral health and creating beautiful smiles as an art, as seen in her portfolio of cosmetic and restorative cases.

Dr. Lam is a member of the Academy of General Dentistry (AGD), American Dental Association (ADA), Academy of Cosmetic Dentistry (ACD), and Northern Virginia Dental Association (NVDA). She volunteers her time with dental missions and not-for-profit organizations, including Operation Smile, HOPE for Tomorrow, and the Northern Virginia Dental Clinic.

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Ike V. Lans, DDS



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703-729-1400



Meet Ike V. Lans

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

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

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

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

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

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Yolanda C. Holmes, MD, PC

General Dermatology
and Advanced
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1737 20TH St. NW
Washington, DC 20009

202-737-6800



Meet Dr. Yolanda C. Holmes

Dr. Yolanda C. Holmes, M.D., P.C., is a highly respected and board-certified expert in General and Surgical Dermatology, known for her unwavering commitment to providing exceptional care to her patients.

A Distinguished Career in Dermatology

Dr. Holmes is a distinguished alumna of Drexel University, where she earned her Doctor of Medicine degree. Following her medical journey, she pursued a residency in dermatology, further honing her skills in diagnosing and treating a wide range of skin conditions. Her commitment to excellence is underscored by an internship in internal medicine, equipping her with a comprehensive understanding of skin health complexities.

Unveiling Your Radiant Skin

Specializing in the treatment of acne, hair loss, dark spots, rosacea, and other common skin conditions, Dr. Holmes is well-versed in the latest advancements in dermatological care. Her expertise extends to surgical dermatology, offering services such as mole checks and removal to minimize the risk of skin cancer. With her personalized approach, patients can trust that their concerns will be heard, and tailored treatment plans will be crafted to achieve their unique goals.

A Trusted Expert and Beacon of Excellence

Dr. Yolanda C. Holmes is more than a dermatologist—she is a trusted expert, a compassionate healer, and a beacon of excellence in the dermatology community. Her dedication to her patients' well-being has garnered her the trust and loyalty of those she serves. If you are seeking exceptional results and top-tier service, look no further than Dr. Yolanda C. Holmes for all your General and Surgical Dermatology needs.



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Meet Rizwana Zaidi



Dr. Rizwana Zaidi is a highly accomplished physician with extensive experience in Internal Medicine. Board Certified and trained at esteemed institutions, she brings a wealth of knowledge to her concierge medicine practice.

In addition to her expertise in Internal Medicine, Dr. Zaidi holds certifications in Addiction Medicine and Aesthetic Medicine. With her diverse skill set, she offers comprehensive care that addresses both medical and aesthetic aspects of her patients' lives.



Dr. Zaidi's commitment to healthcare extends beyond her concierge practice. She continues to practice Hospitalist medicine in the Northern VA area, demonstrating her dedication to patient care. Previously, she served as Assistant Director of the Hospitalist Group at Reston Hospital and led COVID treatment teams at INOVA Fairfax Hospital.



Choose Dr. Rizwana Zaidi as your concierge medicine physician to experience expert care delivered with compassion. Benefit from her extensive training, diverse certifications, and leadership experience, ensuring top-quality healthcare tailored to your unique needs.

Schedule a consultation with Dr. Zaidi today!



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Melissa A. Delgado, MD, FACOG

THE CHRONIC PELVIC PAIN CENTER
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Meet Dr. Delgado:

Dr. Delgado has spent the past 10 years dedicating her time to understanding complex and persistent pelvic pain. She specializes in treating endometriosis, interstitial cystitis, and their co-occurring chronic conditions. She is an expert in minimally invasive, excisional robot-assisted surgery. After seeing the benefits of integrative medicine, Dr. Delgado also became certified to practice acupuncture in 2007.

Dr. Delgado earned her medical degree from the Universidad Autónoma de Guadalajara and New York Medical College before completing her OB/GYN Residency at Riverside Regional Medical Center in Virginia, where she served as Chief Resident. She is also a Fellow of the American College of Obstetricians and Gynecologists.



YOUR PARTNER IN CARE

We pride ourselves on offering the most comprehensive, integrative, and modernized care available, thanks to Dr. Delgado's unique, individualized approach to addressing endometriosis, chronic UTIs, interstitial cystitis, and IBS.

An experienced, Board Certified OB/GYN, Melissa A. Delgado, MD, FACOG, knows that pelvic pain is rarely caused by just one factor. For this reason, she believes in treating the entire person. She listens to her patients to help them make the best decisions for their health and achieve physical, emotional, and spiritual wellness.

HOW WE TREAT CHRONIC PELVIC PAIN (CPP)

Dr. Delgado specializes in identifying, treating, and managing endometriosis, chronic UTIs/interstitial cystitis (IC), and irritable bowel syndrome (IBS), as well as their accompanying symptoms and sub-conditions (including trauma).

Ozone Therapy is Dr. Delgado's modality of choice for CPP.

In some cases, a combination of treatments or therapies may provide the most relief.

www.PelvicPainDR.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Lynda Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Lynda Dean-Duru

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

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

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

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

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

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



www.KidzSmile.com

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Krystle Dean-Duru

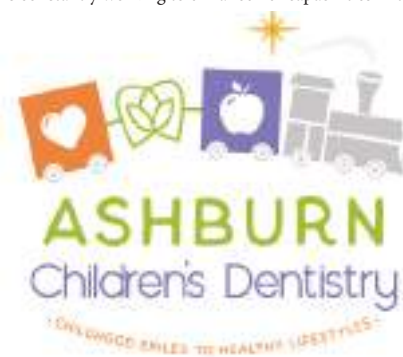
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn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

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

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

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

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



www.KidzSmile.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Marjun Ayati, DDS

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703-560-6301



Meet Marjun Ayati

Dr. Marjun Ayati received her BS and DDS from the University of Maryland. She has been practicing in Northern Virginia since 1995. She is a standing member of the American Dental Association, Virginia Dental Association and the Northern Virginia Dental Society. She has served as a representative at the House of Delegates for the Virginia Dental Association. Dr. Ayati was one of the few selected dentists to join The American Society of Implant & Reconstructive Dentistry (ASIRD) and has been nominated as "Top Dentist" in the *Virginia Living* and the *Washingtonian* since 2009. She has been an Invisalign provider since 2006.

Dr. Ayati has been participating in the Give Kids A Smile and the Virginia Dental Society Dentures for the underprivileged programs for years. She is an active member of the community and a participant in local nonprofit organizations such as Our Daily Bread and Food For Others charities.

Dr. Ayati is married with two children and has a Tibetan Terrier named Phoebe. She loves to spend time with her family, cook and go for a jog. Most of all she loves to read and has been a member of a book club for over 17 years. Ask about her latest book she is reading – she has great recommendations!

Dr. Ayati is a member of the American Society of Implant & Reconstructive Dentistry (ASIRD). ASIRD is committed to improving the quality of care for dental implant patients by elevating the standards of surgical and restorative dental education and practice. Not every dentist routinely restores and maintains dental implants and not all placers of dental implants are surgeons. By using an ASIRD team, rest assured that your dentist routinely restores and maintains dental implants and only a trained dental implant focused oral surgeon will place your implant.



www.FairfaxDentalGroup.com

Swathi M. Reddy, DMD

Orthodontics



9010 Lorton Station
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Meet Dr. Reddy, Your Local Orthodontist!

Dr. Reddy has been serving the Lorton area for over 13 years as a full-time orthodontist. She graduated Dental School with high honors from Boston University. She has a deep desire to learn and treat patients in the field of Orthodontics and has pursued further specialty training in the field of Orthodontics and Dentofacial Orthopedics.

Before entering private practice, Dr. Reddy worked as a faculty member at UNLV, School of Dental Medicine, Orthodontics Residency Program.

She is a proud mother of two kids. In her free time, she loves spending time with her family and travelling.

Professional Memberships

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

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

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



www.AllSmilesBraces.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

April Toyer, DDS, FAAPD

Board-Certified Pediatric Dentist



14573 Potomac Mills Road
Woodbridge, VA 22192

703-499-9779



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Meet Dr. April Toyer

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

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

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

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



www.LifetimeDentalCareVA.com

Leonard Toyer, DDS

Board-Certified General & Cosmetic Dentist

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

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

Meet Dr. Leonard Toyer

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

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

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|--|----------------------|--------------------------|
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| • Sleep Apnea | • Dental Sealants | • Dental Implants |
| • Gum Disease | • Tooth Extractions | • Crowns & Bridges |
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| • Inlays & Onlays | • Teeth Cleaning | • Tooth-Colored Fillings |
| | • Dental Mouth Guard | • Dentures |
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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Raja Gupta, DDS

Cosmetic &
General Dentistry



Dental First
Associates

6116 Rolling Road, Suite #312
Springfield, VA 22152

703-323-9394



Meet Dr. Raja Gupta

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

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

Special Interests & Services

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

Professional Memberships

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

Practice Philosophy

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

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

Hobbies & Personal Interests

Dr. Gupta was born and raised in Maryland.

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

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Michael Rogers, DDS

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703-936-4166

Meet Michael Rogers:

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

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

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

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



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Garima K. Talwar, DDS, MS

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Advanced Dental Care

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Meet Garima K. Talwar

**Board Certified Prosthodontist
Specializing in Reconstructive, Cosmetic
and Implant Dentistry**

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

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

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



Esthetique Dentistry



**EsthetiqueDentistryAshburn.com
AdvancedDentalCareLeesburg.com**

Garima K. Talwar, DDS, MS

Board Certified Prosthodontist

Specializing in Reconstructive and Implant Dentistry



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

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

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HOLIDAY SKIN

FROM PAGE 4

self-exams at home in between your regular office visits.

2. Don't Forget the Sunscreen

We are still vulnerable to sun damage in fall and winter, even though the days are colder and less bright. This includes while driving, as some of the sun's damaging ultraviolet light rays can pass through glass. Year-round sun protection helps prevent skin cancers and pre-cancers, as well as sunspots, wrinkles and premature skin aging.

Your first line of sun defense is clothing. For your hands, ears and the back of your neck, apply a broad-spectrum sunscreen with SPF of 30 or above daily, and re-apply every two hours while you're outdoors. Modern sunscreen options include natural mineral sunscreens, brush-on powders that leave no sticky or greasy residue, and sunscreens with added skin repair ingredients such as antioxidants and peptides.

3. Tackle Breakouts

Acne, skin redness or other skin breakouts can be due to blocked pores, hormonal influences, stress and hereditary factors. Washing your face twice a day with a gentle cleanser

can help. Effective cleansers for acne can include specific ingredients like green tea, a natural anti-inflammatory treatment, as well as salicylic acid and other antibacterials. They can also help with dark marks and light scarring from acne.

A board-certified dermatologist can examine you fully and recommend a holistic plan including prescription creams, plus oral medications if needed for severe acne or rosacea. In-office procedures can also be helpful. Chemical peels with natural fruit acids, or Derasweep MD with customized skin infusions will cleanse, exfoliate and unblock clogged pores, as well as improving pigmentation and fine lines and restoring skin radiance.

4. Health and Beauty Throughout

For true skin health and beauty, your doctor needs to know how to analyze your whole face in all three dimensions, with advanced understanding of your facial anatomy. Highly-skilled dermatologists and plastic surgeons individualize your treatment for your own skin type and concerns such as under-eye circles,

Please see "Holiday Skin," page 46





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Common Nail Disorders



By Edward S. Pozarny, DPM
Arlington Podiatry Center

Ingrown Nails

An ingrown nail is the result of a nail growing into the skin that surrounds it, and often occurs at either edge of the big toe. Improper trimming, inherited nail deformities, injuries, fungal infections, or pressure may cause ingrown nails.

The main symptom is pain at the tip of the toe. An ingrown nail can possibly lead to infection, inflammation, or a more serious condition. It is advisable to see a podiatrist who can

determine the extent of your problem.

The podiatrist will examine the infected area, and will take blood tests, cultures, or x-rays if a more severe problem is suspected.

If the nail isn't infected, your podiatrist may trim the corner of it to help relieve your symptoms. He or she may need to remove one side of your nail back to the cuticle. The base of the nail is then treated to keep the ingrown part from growing back.

Severe infections or ingrown nails may require antibiotics and removal of a portion of the nail.

Thickened Nails

Abnormally thick or crumbling nails may be caused by injuries, pressure from shoes, fungal infections, or conditions such as diabetes, psoriasis, or vascular disease.

A thickening nail may appear ridged, brittle, or yellowish, and may even cause pain when pressure is applied to it. This type of nail disorder may be a symptom of an underlying medical condition.

Please see "Nail Disorders," page 46

Great Smiles At Any Age



By Swathi Reddy, DMD
All Smiles Orthodontics

Your smile is one of the first characteristics noticed by others and it is never too late to create a beautiful and balanced smile. A smile with beautifully aligned teeth will definitely make a better first impression.

Over the past several years adult orthodontic therapy has increased in popularity. Oral health awareness, longer life expectancy and higher quality of life play into this trend. A study conducted in March, 2010 by Michigan's Wayne State University, concluded that people with bigger smiles may actually live longer.

Adults want and expect to preserve their natural teeth and maintaining what we have has become more important than ever. According to the American Association of Orthodontics, from 1994 to 2004 there was a 37% increase in adult patients, and the percentage keeps increasing. Some famous adult orthodontic patients who improved their smiles include Tom Cruise, Kelly Brook, Diana Ross, Whoopi Goldberg, Dr. Joyce Brothers, Nicolas Cage, Venus Williams, Cher and the list goes on.

Tom Cruise got his braces when he was 40 years old and filming *Minority Report*. Check out his smile in *Rain Man* or *The Firm* and compare to post-braces Tom in *Valkyrie* or *Tropical Thunder*.

The biological process involved in tooth movement is the same in both adults and children. As long as the periodontium (supporting bone and gums) is healthy, teeth will respond to orthodontic treatment. With all the recent innovative advancements in orthodontics, wearing braces has never been easier.

The newer appliances greatly reduce discomfort, decrease the frequency of

Please see "Great Smiles," page 46

HYPERBARIC

the immune system, and reduce fatigue, ultimately improving patients' overall well-being and quality of life during their cancer treatment journey.

The use of Mild HBOT can also promote detoxification within the body. The increased oxygen levels help eliminate toxins and remove free radicals. Free radicals occur naturally during metabolism or when exposed to environmental toxins. As the body builds up these free

radicals, an imbalanced immune system can deteriorate, causing cell damage, diseases, and accelerate the aging process.

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

FROM PAGE 10

INJECTIONS

FROM PAGE 21

they've lost is likely to return. This study found that after a year, injection users had regained two-thirds of the weight they had lost.

Because semaglutide decreases your appetite along with the potential loss of muscle, gaining weight after stopping the injections seems inevitable, unless you have addressed the underlying cause of weight gain in the first place.

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

you keep the weight off for good. In fact 62% of our clients reported they maintained their weight for 6 months, compared to the typical 20%.

Although our method is all-natural and medication free, our clients lose an average of 15-21 pounds in the first 30 days, and close to 80% reported improvements in symptoms related to mood, sleep, energy, and more.

We also work with clients who are on weight loss medications, enhancing their results, and helping them learn how to sustain their weight loss if and when they choose to stop taking medication.

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What Is CEREC Dentistry?



By Zina Alathari, DMD
Tysons Dental Corner

CEREC stands for “chairside economical restoration of esthetic ceramics” and is a computer-aided design and manufacturing system for dentists. CEREC combines a camera, computer, and milling instrument into one machine allowing tooth restorations to be created in the dentist office, all within a single visit.

In 1985 Serona launched CEREC, which marked the beginning of digitalization in dentistry.

CEREC crowns are more efficient



and technologically advanced and have become the preferred option. While it can take weeks to receive a traditional dental crown, a CEREC crown uses computer-aided design (CAD) and computer-aided manufac-

Please see “CEREC,” page 46

How To Get the Perfect Smile



By Thu-Nga Ortega, DDS
Dental Cosmetix

Have you ever considered how your smile can make you feel more confident? Do you tend not to smile as much because you are not confident with your smile? Now there are conservative ways to enhance your smile without injections, multiple appointments, and it costs a lot less than veneers.

What Is a Veneer?

A veneer can be porcelain or composite. Porcelain veneers are stronger and require two or more appointments. They are the best in terms of being as

close to your tooth hardness and look polished like your own teeth.

The downside to veneers is that you will need to have injections to have them done and they require the dentist to slightly shave down the front of your teeth that you need to have veneered. When you have had many large fillings in your front teeth and you want to have just one color, veneers are a great option to make your teeth look more uniform in one shade, and straight. The other downside is that veneers are costly – but they are beautiful.

Composite veneers are made with micro or nano glass particles, which can make them stronger. They polish up well to be close to a porcelain veneer, but they can chip easier than porcelain veneers. Composite veneers can be done in one visit and they give your dentist a better edge to match to your adjacent tooth when only one or two composite veneers are done in an arch.

Please see “Perfect Smile,” page 46

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Breaking Free Strategies For Overcoming Feeling “Stuck” and Achieving Happiness

By Lisa Thorne, Coach
Lisa Thorne Holistic Wellness Coach

Feeling “stuck” is a common experience describing feeling frustrated, unmotivated, or unfulfilled. Whether related to your relationships, career, or personal development, the sensation of being trapped can be debilitating, and if left ignored or unattended, even dangerous. Acknowledging that if you have the desire to change, you also have the power to break free and embark on a journey toward a life of happiness and fulfillment.

Here are some strategies that can be used to get unstuck and achieve a life of great joy:

Practice Authentic Self-Care. Taking care of not only your physical

body, but your emotional and mental well-being is crucial. Understand that you are ultimately seeking ways to feel better with your choices. To make the best choices for your optimal well-being, ensure that you are getting adequate rest, eating well, and finding downtime from life’s demands. Learning mindfulness techniques to reduce and manage stress and anxiety can be wonderful tools to use as part of a routine, or during the day when stress or anxiety heightens.

Being Self Aware. Examine what current practices and habits you currently have, and reflect on whether they are true to who you are today. Often we develop habits based on someone’s recommendation or old,

out-dated beliefs. As we as individuals grow and change, so too do our needs for fulfillment. Define what happiness, purpose, and fulfillment mean to you, and look honestly at what achievable goals would help them manifest. Are your current practices and habits in keeping with your ideal vision of what you desire for your life?

Embrace Change. Though it often feels scary, remember that change is necessary for personal growth. Rather than feeling like a threatening unknown, learn to see change as a sign of expansion and an opportunity that can lead to new and wonderful experiences.

Seek Support From Others. You do not have to navigate your journey alone! Share your feelings and concerns, your hopes and desires, with friends and family you trust. Connect with a therapist or coach who can provide different perspectives and emotional support. Seek out like-minded people (in real life or virtually) who



Lisa Thorne

inspire and motivate you, and who serve as examples of what you are striving for.

Remember that life is a continual learning process. As you embrace new knowledge and skills, accept that sometimes old habits and beliefs will still show up, but that does not mean you have “failed”. Developing resilience as the inevitable, normal, expected setbacks occur

Please see “Happiness,” page 46

Feeling “stuck”?
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Are Dental Implants Right For You?



By Zahra Kavianpour, DDS
Brighter Smile Family
Dentistry & Orthodontics

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

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

Healthy jaw bone. The titanium implant acts a tooth root or anchor which will hold the individual crown or bridge, if multiple teeth need to be replaced. By a process called osseointegration, the jaw bone will heal and grow around the implant, bonding it

Please see “Dental Implants,” page 46

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DENTAL VISIT

FROM PAGE 21

and safer delivery of anesthesia. The STA works immediately, whereas the typical anesthetic can take 8-12 minutes, and lasts as long as traditional anesthesia. This technology has been clinically proven to provide a pain-free injection.

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Intra-Oral Camera Makes You a Part Of the Team

The intra-oral camera is an amazing device. It is a miniature video camera that displays a close-up picture of the inside of your mouth. You can see for yourself what work needs to be done and which teeth are doing fine. You then become a participant in each dental decision. You'll love

how this works.

Three-Dimensional Dentistry

Think of this as a three-dimensional X-ray that is far more accurate than traditional X-rays, takes much less time, and does all this with much less radiation exposure.

A great advantage of using ultra cone beam images when diagnosing patients and evaluating treatment options is the dentist's ability to clearly see the patient's anatomy in 3-D, instead of flat, two-dimensional images. This leads to much greater accuracy for all dental treatment, especially implant placement and any oral surgeries.

Artificial Intelligence (AI)

AI is now available for dentistry, making diagnosis more accurate and predictable. It can catch small cavities the dentist may miss and make very accurate measurements of bone level and gum recession. In the future we expect AI to be a common diagnosis tool among leading dentists.

Nothing beats an easier, more comfortable dental visit! Schedule your dental appointment today.

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HOLIDAY SKIN

FROM PAGE 39

wrinkles, bumpy skin or sagging. Ultherapy is FDA approved for non-surgical brow, face and jawline lifting. Delicate doses of Botox or natural fillers like Restylane, Voluma and Juvederm can relax crow's feet, forehead wrinkles and lines around the mouth, shape your brows and widen droopy eyes, and smooth out neck wrinkles. Expert, European-style techniques achieve a completely natural-looking result with no "frozen" look and little or no down time. Stimulation of new collagen and elastin can take years off your face.

Double chins show even more on Zoom because webcams add about ten pounds under the chin and make our necks look more wrinkled. Ultherapy and Exilis Ultra lasers use ultrasound and radiofrequency to tighten skin and melt fat with no down time, to re-define your jawline, and also sculpt the abdomen, waist, hips, buttocks, arms and knees. Kybella is an injectable fat dissolver. Re-contouring the chin and jawline with your own natural fat containing stem cells, or with fillers, can also work wonders for a double chin.

5. Hair Removal and Restoration

If you suffer from excess hair, a board-certified dermatologist is the expert who can examine you to identify underlying medical causes such as polycystic ovarian syndrome (PCOS) or other hormonal imbalances. The hair itself can be removed safely,

quickly and painlessly from all skin types with the state-of-the-art Gentle YAG laser.

A board-certified dermatologist can also help hair loss due to stress or other causes, first with a comprehensive medical evaluation and second with scientifically validated solutions such as platelet rich plasma (PRP), which concentrates natural growth factors from a small sample of your own blood.

6. Feminine (Vaginal) Rejuvenation

The changes that women experience as they go through childbearing, hormonal shifts and aging include vaginal laxity, stress urinary incontinence, and uncomfortable vaginal dryness. The first step is a Gyn exam. If there are no underlying health problems, it can be transformative to treat these concerns with rapid, hormone-free non-surgical options such as the CO2RE Intima laser, which is gold standard treatment to remodel the tissue of the vagina and vulva by stimulating new collagen. Fillers can correct volume loss and improve the external shape and appearance of the vaginal lips or vulva. Based on our own patient experiences, these often-overlooked treatments enable women to lift their children and grandchildren without fear of urinary leakage, and revitalize their personal relationships.

CEREC

FROM PAGE 41

turing (CAM) to create crowns in a single appointment. Not only that, but they allow for a better bite and more natural teeth for patients.

CEREC crowns fit perfectly. They look and feel like a real tooth thanks to computer-aided technology.

At your appointment, your dentist will use a small camera to create a 3D digital impression of your mouth. A milling unit is then utilized to create the ceramic crown. The dentist will then paint and glaze each tooth to match the rest of your mouth. Once this is complete, the dentist can bond the tooth into your

mouth in a matter of minutes. It's that quick and easy.

The entire process should only take about two hours. The CEREC crowns are created with advanced accuracy and precision, look and feel like a real tooth, and every step of the process is much more comfortable for the patient.

You won't need to wear a temporary crown or have uncomfortable impressions of your mouth taken. Plus, you will experience much less post-operative sensitivity. And don't forget, you only need to schedule a single appointment.

GREAT SMILES

FROM PAGE 40

visits and shorten treatment time. Adults have many treatment options available now. Modern metal braces are smaller in size, less visible and more hygienic.

Aesthetic clear braces and lingual braces are another very popular option. Some patients may even be candidates

for treatment with Invisalign.

So if you are an adult with orthodontic needs, don't wait. To learn more, call an orthodontist experienced in all the newest innovative technology. Most orthodontists offer complimentary consultations.

PERFECT SMILE

FROM PAGE 41

On the other hand, if you have teeth that have no fillings but you feel that you don't like the shape of your teeth, you can be a candidate for bonding. Bondings are conservative restorations which are filling materials that are layered to blend to your existing tooth structure to add corners and fix/lengthen teeth that are not the same length or shape.

Many times, teeth can be made to look beautiful in just one easy visit. Without numbing, multiple appointments, and conservative preservation of your own tooth, bonding can be done to yield a beautiful smile. Many dentists can do bonding, but not all bondings can be made to look as beautiful as those done with an experienced cosmetic dentist. Cosmetic dentists who are experienced in cosmetic dentistry know

the techniques of layering composite to give the exact shade and contour of the composite to give it the most flawless look. Bonding done right, will blend seamlessly to your tooth so that not even you or your dentist can tell where the bonding has been done. They cost less than veneers but only your dentist can give you the best advice on when to do a porcelain veneer, a composite veneer, or bonding.

It is best having a cosmetic consultation with an experienced cosmetic dentist before starting a cosmetic procedure with your front teeth. You only have one set of front teeth, make sure you are getting the best advice before starting your treatment. Ask your cosmetic dentist for a consultation before embarking on your smile makeover.

HAPPINESS

FROM PAGE 42

is a crucial step to truly becoming unstuck and achieving the life of your dreams.

Everyone's path to happiness, joy, and fulfillment is unique, so be kind to

yourself as you find your unique way. Embrace change, seek support, and prioritize self-care to unlock your full potential and create the life you desire.

NAIL DISORDERS

FROM PAGE 40

If the nail is not infected, your podiatrist can thin the nail.

If a fungal infection is present, oral or topical anti-fungal medications may be needed.

Black-and-Blue Nails

A black-and-blue nail is usually caused by sudden or repetitive injury to a toe.

Bruised, broken blood vessels cause the black-and-blue colors under the nail. If the condition is the result of a sudden injury, pain may be severe and an evaluation of your entire foot should be done.

If pain is severe, the nail may be removed or a hole may be drilled

in the nail to allow drainage, which relieves the pressure. Pain may also be relieved with medications, or by soaking or icing the area. If pain is not severe, you may not need treatment.

Prevention of Nail Problems

Wearing the right shoes and trimming your nails properly can prevent many nail problems. Wear shoes that are supportive, roomy, and made of natural materials such as leather, which allow your feet to breathe.

Trim your nails straight across without cutting down into the corners. To help avoid infection, keep your feet clean and dry.

DENTAL IMPLANTS

FROM PAGE 42

in place. An orthodontist will ensure your comfort and relaxation with a local anesthetic.

Excellent oral hygiene. If you are committed to your oral health and hygiene, then dental implants may be for you. Implants and the surrounding gum tissue require diligent care to ensure they are both healing correctly and maintained. In addition to regular brushing, we recommend that you maintain regular visits with your orthodontist so that they can continually monitor any changes in the gum tissue and bone. Toothbrushes that can reach

between each tooth are particularly helpful in getting to the hard-to-reach spots around your implant.

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

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



The Revolution Of Robotic Surgery In Colorectal Procedures

Smaller Incisions, Faster Recovery

By Matthew Skancke, MD & Rami Makhoul, MD
Metro Colon and Rectal Surgery

Colorectal surgery has entered a new era of advancement, thanks to the remarkable innovation of robotic surgery. This cutting-edge technology has not only reduced the risk of complications but also revolutionized the recovery process for patients. In this article, we will explore how robotic surgery is transforming the landscape of colorectal procedures, making them safer and more efficient.

The Robotic Revolution

Robotic surgery has made significant strides since its inception in the late 1990s when the first procedure was performed in the United States. Today, it has become a staple in the field of surgery, with around 400,000 robotic-assisted procedures conducted annually. As multi-armed robotic systems gain popularity, the applications for this technology continue to expand.

Minimal Incisions, Maximum Benefits

One of the key advantages of robotic colorectal surgery is the minimal invasiveness it offers. Patients typically require only three or four small incisions, each averaging just two centimeters in length. This not only reduces the risk of infection but also accelerates the healing process, leaving little to no scarring behind.

Reduced Risk Of Complications

Another remarkable benefit of robotic surgery is the significantly lower rate of blood transfusions during the procedure compared to traditional open surgery. Patients who undergo robotic colorectal surgery experience nearly zero percent transfusion rates, contributing to a safer surgical experience.

Swift Recovery

The speed of recovery after a colorectal procedure can be a critical factor in a patient's overall well-being. While recovery timelines can vary depending on the specific procedure and individual health, robotic surgery consistently leads to shorter hospital stays compared to open surgery. Patients typically experience less pain and a quicker return to their normal diet and bowel function.

Personalized Care

It's important to note that each

patient's experience with robotic colorectal surgery is unique. Factors such as the type of procedure and individual health can influence the recovery process. However, the overall trend points toward a smoother, faster, and less painful recuperation period.

Looking Ahead

The field of robotic surgery is expected to evolve even further. These innovations will likely improve patient outcomes and expand the range of conditions that can be treated with robotic assistance.

Robotic surgery has ushered in a new era of colorectal procedures,

offering patients minimally invasive options that reduce the risk of complications and expedite recovery. With smaller incisions, lower transfusion rates, and shorter hospital stays, robotic colorectal surgery is transforming healthcare, ensuring a brighter and healthier future for those in need of these life-changing procedures.

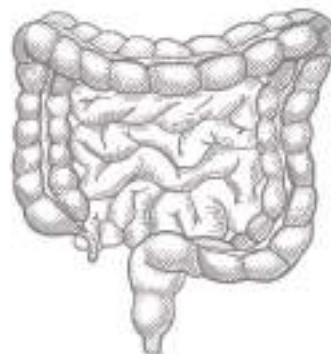


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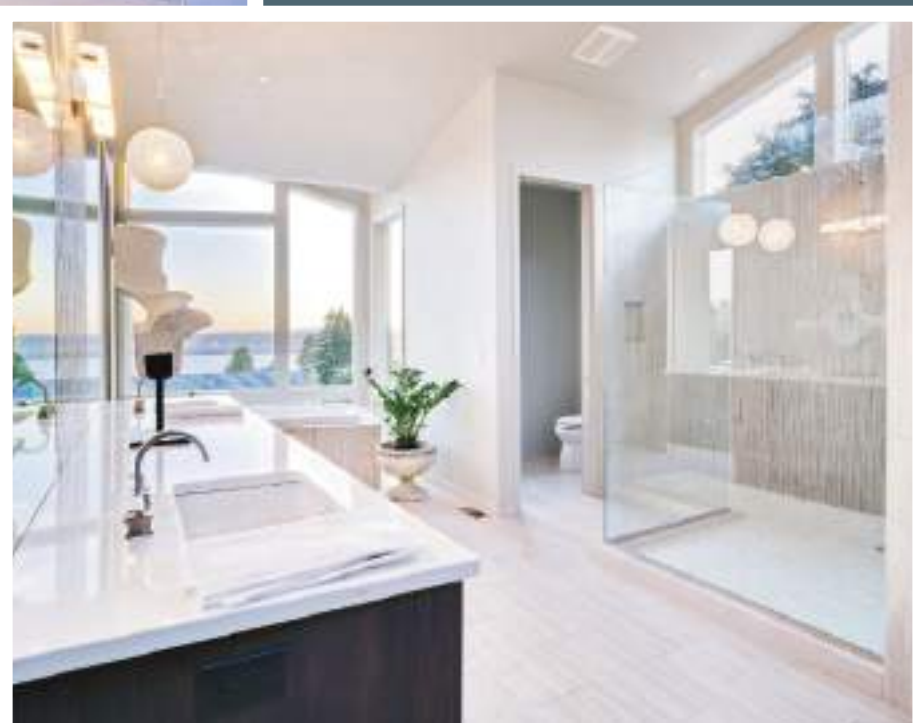
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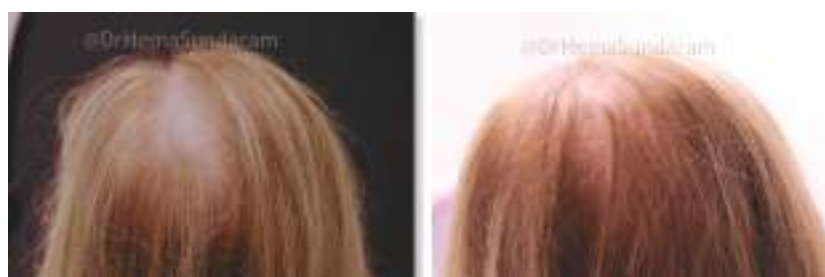
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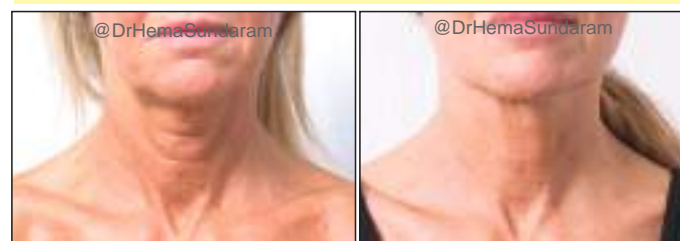
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