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# YOUR HEALTH

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November 2020  
Northern Virginia Edition

## COVID-19 Edition



Info From Your Health Magazine and the CDC

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Janice Lee Arnold, MD - Urologist - Reston, MD  
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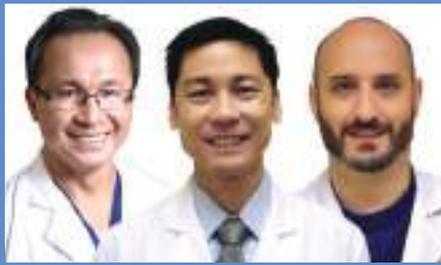
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Northern Virginia Surgical Arts  
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**PLUS, READ ABOUT:**  
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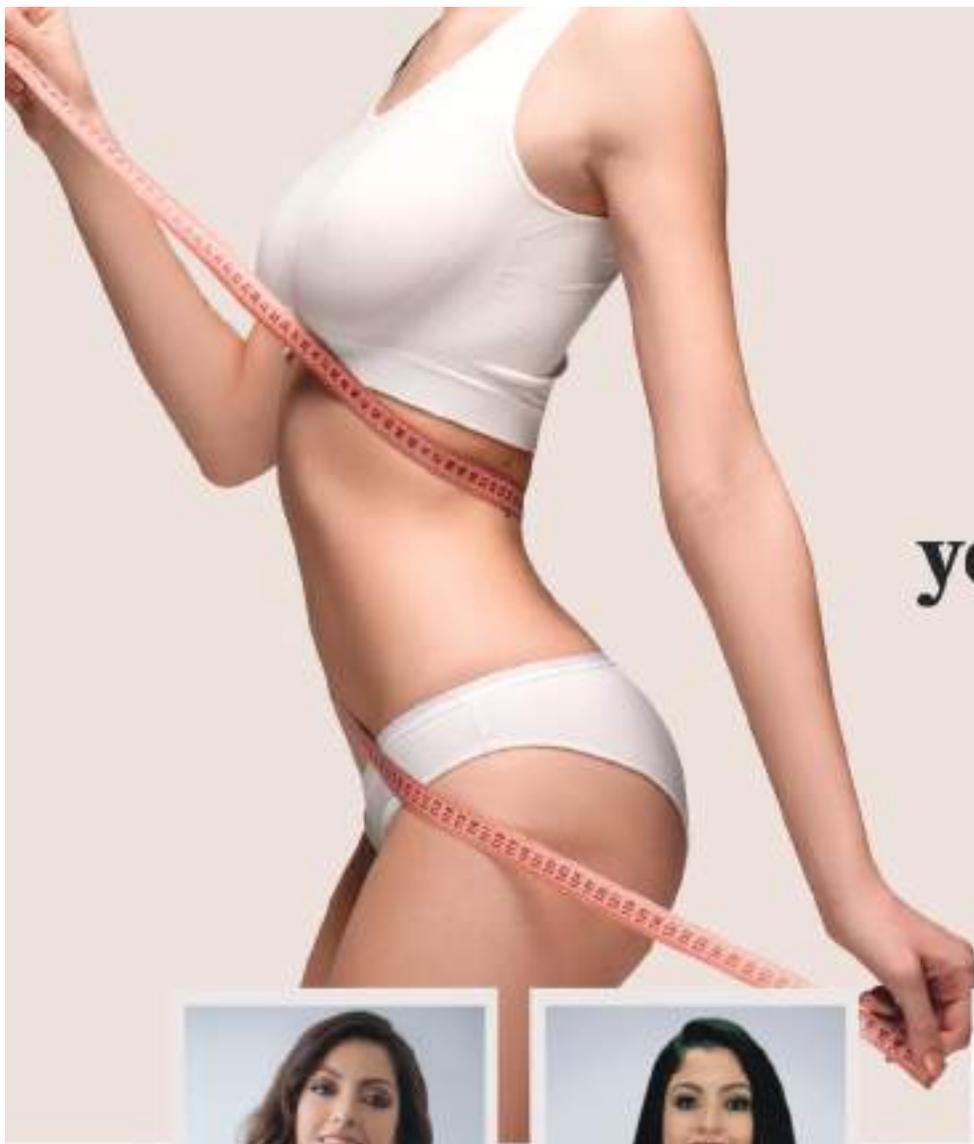
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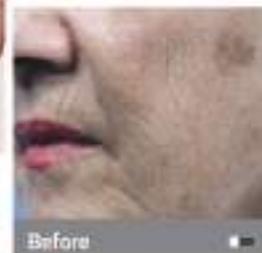
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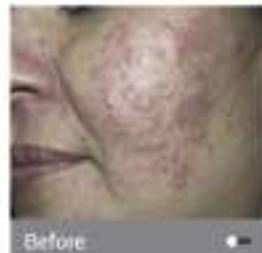


Before



After

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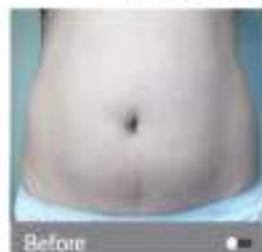


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By Deeni Bassam, MD, DABPM  
The Spine Care Center

# The Effects Of Pain

are as varied as they are widespread and include psychological effects, such as depression and irritability. Simple lifestyle disruptions occur in daily activities, such as eating and sleeping. Limitations in mobility compound both the mental and physical suffering over time.

Pain begets disability, which begets further pain, and the cycle deepens. There is often added strain caused by missed work and lost productivity. Finally, lest we forget that for nearly

every person suffering with chronic pain, there is at least one family member who loves them and can't help but be affected as well.

Pain management as a medical specialty has evolved with this rather recent understanding of the role of pain in the disease process.

Armed with a better understanding of the neural and neuro-biologic pathways involved in the propagation of painful signals, modern pain specialists can intervene for the benefit

of the patient in many places and in many ways along the pain continuum.

For an individual caught in the vortex of pain and illness, there can come a point when the pain becomes more than they can bear without reaching out for help.

When the pain of a medical burden significantly impacts an individual's daily abilities, a referral or appointment with a pain specialist may be warranted and certainly can help in many cases.

Historically, most of the medical community has viewed pain as just a symptom of underlying pathology. The search for the underlying problem was primary, and little to no attention was paid to the end effects of the pain itself. While waiting for a diagnosis or for effective treatment, patients would often suffer in agonizing pain.

While concentrating on the cure is certainly important, it is also important to understand that the patient's health can further deteriorate from the pain itself. Thankfully, our understanding has evolved towards an appreciation for pain as a problem unto itself.

*"Pain begets disability, which begets further pain, and the cycle deepens."*

Painful stimulus has been shown to elicit a powerful release of 'stress'-related hormones, including adrenocorticotrophic hormone (ACTH), antidiuretic hormone (ADH), angiotensin, glucagon, and catecholamines. Pain stimulates the release of these hormones into the blood stream, which then, in turn, over-stimulate their end-organ targets.

It was the understanding of this basic science that led clinicians to emphasize more direct ways to remove the source of the pain, while, at the same time, aggressively managing the co-existing pain as well. An example of this can perhaps best be seen in advancements in the peri-operative experience over the past two decades.

Chronic pain has been shown to have significant negative effects on the human body and mind. These effects

## Back Pain?

Back and neck pain *can* be treated.

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



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# Six Strategies For Skin, Hair Health For This Fall and Beyond

By Hema Sundaram, MD  
Sundaram Dermatology

The change of seasons has brought new daily routines, and also new skin and hair needs. This is a good time of year to take stock of our health, and perhaps even to make a few changes. The holiday season is now just weeks away and, even though it may be differ-

ent this year, there will still be social occasions as we reconnect with our loved ones and experience the festive spirit.

Here are six simple strategies to help you look and feel your best for fall, the holidays and beyond.

## 1. Get a Skin Check

Skin cancer is now the most common cancer in the United States, and one in five Americans will develop skin cancer in their lifetime.

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. More frequent examinations are often appropriate if you have a personal history of skin cancers or pre-cancers, or family members who have had skin cancer. Your dermatologist can also show you how to perform regular skin self-exams at home in between your regular office visits.



Hema Sundaram, MD

## 2. Keep Up the Sun Protection

Did you know that you can get sunburned even on a cloudy or rainy day – and that the risk is even higher when there’s snow? Protecting your skin year-round from the sun’s damaging rays – even as the days get shorter and temperatures drop – will help prevent skin cancers and pre-cancers, and also sun spots and premature skin aging. Your first line of defense against the sun is clothing. For areas that aren’t protected by clothing – including your ears and the back of your neck if you have short hair – a broad spectrum sunscreen with SPF of 30 or above can be applied daily, with re-applications every two hours or so while you’re outdoors. Our hands need extra sun

protection every time we drive, as some components of the sun’s damaging UV rays can pass through glass.

These days, there are sunscreen options to suit everyone, including natural mineral sunscreens, brush-on sunscreen powders that leave no sticky or greasy residue on your skin, and sunscreens with added skin repair ingredients such as antioxidants.

## 3. Beauty Beyond the Mask

A new skin condition that emerged this year is mask-ne – acne or other skin breakouts due to prolonged mask-wearing. This is due to the trapping of skin perspiration, breath droplets, skin oils,

Please see “Hair Health,” page 36



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## Stay Fit In Your Home: The Basics



By Alissa Harakal, Stott Pilates Certified, ACSM  
Body Design by Alissa

have a studio in the privacy of your own home, but it does not have to take a lot of money to start. Even if you don’t have a lot of space within your home, carve out a place specifically for fitness. Your exercise space should feel inviting, that way this can help you look forward to your workouts.

Everyone is working with a different budget. Below are recommendations for creating an in-home gym if you are tight on money or space. The equipment in the essentials don’t take up much room and are must haves for your fitness space. The next level fitness equipment is a bit more of an investment, but will add variety and challenge to routine.

### The Essentials

- **A set of light weights and heavy weights.** Lifting weights is essential to increasing muscle mass and metabolism. Choose weights between 3-10 pounds to start with. As you

Please see “Stay Fit,” page 49

It’s always fun to go to a Pilates studio and take a class, but sometimes you’re just not able to get out of the house. A crazy schedule could be holding you back, but you also may not feel comfortable hitting the Pilates studio quite yet with the pandemic. There’s no need to worry, your fitness does not have to suffer during this time.

Not only is it super convenient to



# iDesign Advanced WaveScan Studio

By Jacqueline D. Griffiths, MD  
New View Eye Center

The iDesign<sup>®</sup> Advanced WaveScan Studio is the most personalized laser vision correction available.

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



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Jacqueline D. Griffiths, MD

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"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<sup>™</sup> 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 CK<sup>SM</sup>, no-stitch cataract surgery, annual eye exams, contact lenses, glaucoma and diabetic screening exams, and cosmetic services including Botox, Restylane, Radiesse, Juvederm, and eyelid surgery. NewView Optical offers affordable high quality frames and lenses for the entire family (ages 5 and older).

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



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*In month's edition of Your Health Magazine...*

*Have a Holly Jolly*

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

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

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

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

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

*G. Scott Hunter, Editor-in-Chief*

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

#### MARYLAND SUBURBAN OFFICE

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

Office (301) 805-6805 • Fax (301) 805-6808  
[info@yourhealthmagazine.net](mailto:info@yourhealthmagazine.net)

#### VIRGINIA OFFICE

Springfield Corporate Center  
6225 Brandon Avenue, Suite 305  
Springfield, VA 22150

Office (703) 288-3130 • Fax (703) 288-3174  
[production@yourhealthmagazine.net](mailto:production@yourhealthmagazine.net)

**EDITOR-IN-CHIEF**  
Gregory Scott Hunter

**MANAGING EDITOR**  
Heather L. Mahoney

**ACCOUNT MANAGER**  
Mili Parra

**ASSOCIATE EDITOR**  
Steven G. Novak

**PRODUCTION & DESIGN**  
**ADMIN ASSISTANT**  
Alison Doner – MD

# Physical Symptoms Of Quarantine Fatigue



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

## Staying Home Unexpectedly For an Extended Period? Watch Out For These Symptoms

Patient occupancy rate for many local doctors' offices and other health-care offices is less than 25%. Yes, this happened because of coronavirus (COVID-19). Local offices are worrying about their financial status, but we cannot complain too loudly because we are still much better off than some other small business owners who have had to close their businesses for now, or permanently.

We are all spending an excessive amount of time at home, much more than usual, due to this isolation situation to get away from COVID-19 virus.

There is not much we can do as far as this pandemic crisis is concerned, but we can address and give you some advice for symptoms or body pain caused by quarantine fatigue – symptoms we may experience when staying at home unexpectedly for a long time.

## Dr. Jay Cho

Dr. Cho, A Doctor of Chiropractic & Qualified to Practice Acupuncture, is an expert in the proper treatment and documentation of soft tissue injuries resulting from automobile accidents and other injury cases.

Since he graduated from Life University in Marietta, GA with a Doctor of Chiropractic degree, he has helped many patients who had suffered with posture problems, unexplained symptoms, disc problems, sports injury, adhesive capsulitis, and other extremities symptoms.

Currently he is working at Active Care Chiropractic & Acupuncture in Fairfax as a specialist for Auto Accidents, Posture Analysis, and Pain Management.

### Headache

You have probably been spending a lot of time home watching TV, using the computer, or playing video games. It is possible that you could experience headaches when you spend extra or excessive time with poor neck posture. These headaches will be muscular tension type. Stretch your trapezius muscle and use a heat pack on the neck and upper back area to relieve this symptom if it happens.

### Blood Clot

Have you heard about economy class syndrome? This is when some

people experience a blood clot in a deep vein due to insufficient leg room or prolonged immobility. When we don't move actively as usual or sit in a chair for a long time, people can experience circulation problems with leg swelling or numbness. Moreover, there may be possible heart disease caused by an atrial bold clot.

Be sure to walk around and stretch often.

### Neck Pain Or Lower Back Pain

We experience neck pain or lower back pain when we perform too many activities, or when we are too inactive.

When we stay home for a long time, more than usual, we may experience neck pain or lower back pain because our soft tissues get weaker and do not function properly. Also, bad posture can lead to these symptoms because of an imbalance of body parts.

Unfortunately, we do not know yet how long we are going to stay at home. These symptoms and risk factors will increase dramatically as time continues to go by.

We need to be active every day, and we need to be healthy with home exercise to maintain our body functions.

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# Advances In Cosmetic Dentistry, The Bioclear Matrix System

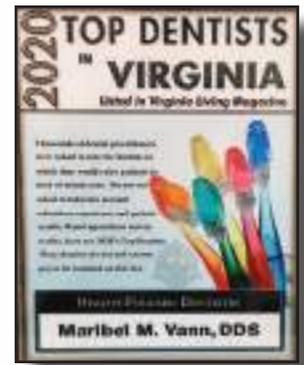
By Maribel M. Vann, DDS

Bioclear is a minimally invasive treatment using clear forms of matrices which are filled with a composite material matched to the shade of your teeth. This method fills in the black triangles in between the teeth and is also perfect for closing diastemas (the vertical gap in-between two teeth) and undersized lateral incisors or peg laterals.



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## Dr. Maribel M. Vann

Originally from the Philippines, Dr. Vann completed her undergraduate studies and earned her first dental degree in the Philippines in 1978. She practiced general dentistry for six years in the Philippines. She attended Georgetown University School of Dentistry and graduated in 1988. She has been practicing in Northern Virginia ever since.

Dr. Vann is a member of national and local dental associations, including: The American Dental Association, The American Association of Oral Systemic Health, The Virginia Dental Association, and The Northern Virginia Dental Society.



## Maribel M. Vann, DDS

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# Anxiety During the COVID-19 Pandemic

By Ifeanyi Olele, MD  
Genesis Psychiatric Solutions

How can you deal with anxiety during the COVID-19 pandemic? Here are a few of the common discussions regarding this topic:

## “What Can I Do To Be Safe?”

Safety from COVID-19 can be within our own control. We can practice social distancing, making sure we’re

maintaining good hygiene such as washing our hands, cleaning the surfaces that we’ve touched or will touch, and wearing a mask when out in public.

## “There’s So Much Information and It’s Causing Me Anxiety. What Can I Do?”

Choose a reliable source to obtain your information. It’s also good to limit the amount of time you spend watching the news if it’s producing

anxiety. You can also pick the best time to watch news either in the morning, midday, or evening based on your level of comfort. You can also follow up on the CDC’s coronavirus site so that you can be up-to-date on current information about COVID-19.

## “I’m Experiencing New Physical Sensations. Is This Normal?”

Our bodies respond differently to situations that are anxiety produc-



Ifeanyi Olele, DO, MBA



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ing. You may experience headaches, choking sensations, chest tightness, shortness of breath, stomach aches, nausea, vomiting, muscle tension, tremors, or sweatiness.

## “What Are Some Non-Medication Techniques I Can Do To Reduce Anxiety?”

Common techniques that are used to reduce anxiety vary with different people, but here are some common coping mechanisms:

- meditation,
- yoga,
- running,
- lifting weights,
- listening to your favorite music,
- dancing,
- watching your favorite shows,
- painting,
- singing,
- cleaning your house,
- doing yard work, and
- talking with friends.

*“We can practice social distancing, making sure we’re maintaining good hygiene such as washing our hands, cleaning the surfaces that we’ve touched or will touch, and wearing a mask when out in public.”*

## “When Should I Seek Attention From a Mental Health Provider?”

When the anxiety is causing undue stress and impairing your daily functioning, you should seek help from a mental health provider such as a therapist or psychiatrist.

These are different questions that may come up when you’re experiencing anxiety during the COVID-19 pandemic. When you get a chance to reflect and use these tips, you may calm down and be able to control your anxiety.

# Artificial Disc Technology



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

Our spine is a complex and unique system. It protects our spinal cord and nerves and at the same time allows for free movement of our body. It does so through a complex system of cushions and joints.

The cushions between the bones of the spine (vertebrae) are called discs. The joints are called facets. All of these components are essential for normal function of the spine.

If any one of these components does not perform its function as it

*“Disc replacement is becoming popular as a minimally invasive alternative to traditional fusion.”*

is designed to do, the result is spinal disease. This can take many forms including degenerated discs, overgrown joints or a combination of both.

Fortunately, most of the time we can treat this disease with conservative non-surgical measures. However, when surgery becomes necessary for disc disease, one of the only surgical

options available to us until very recently was spinal fusion.

This is still a useful technique in a select group of patients. But a new technique called disc replacement is becoming popular as a minimally invasive alternative to traditional fusion. This technique allows the surgeon to completely replace the diseased disc

with an artificial disc.

The advantages are readily apparent. The patient preserves their original spine motion while gaining all the benefits of a new disc. The drawback of this technique is that it's still in its infancy and many spine surgeons are unfamiliar with its safe and proper use.

But, as is the case with all new technology, artificial discs are destined to soon become one of the leading surgical solutions for spinal disease when traditional conservative therapy has failed.

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- “Slipped Disc”
- Spinal Stenosis
- Spinal Fractures
- Spinal Trauma
- Spinal Infections
- Failed Back Surgery

### Dr. Mudit Sharma

Dr. Sharma completed his neurosurgical training at Georgetown University and is a board certified neurosurgeon. He's a Fellow of both American Association of Neurological Surgeons and American College of Surgeons. As a founder of Virginia Spine Specialists, Dr. Sharma has successfully treated thousands of patients with spinal problems with minimally invasive techniques. He routinely lectures about these new techniques at conferences around the world. He has been asked to train other spine specialists in these techniques all over the United States.



Dr. Mudit Sharma  
Board Certified Neurosurgeon

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Magazine



*“I came to see Dr. Sharma after undergoing an unsuccessful spinal operation elsewhere. After carefully reviewing my history and doing an assessment on me, he offered a minimally invasive procedure to fix my spine. I was home the next day after the procedure and I've been pain free ever since.”*

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# Ketamine – The Game Changer For Depression

By Christopher Sendi, MD  
NOVA Addiction Specialists, LLC

Depressed? Anxious? Does the change of seasons make this worse for you? Have you been unable to feel motivated about work or your favorite hobbies? Has the pandemic affected your family with loss or closed your

usual outlets for stress relief such as the gym or travel?

Over four percent of the population suffers from depression every year, and along with it comes low energy, sadness, fatigue, and even a predisposition to general illnesses such as strokes and heart attacks. Loss of sleep or excess sleep as well as significant appetite

changes are a part of this. This year will probably be worse for mental health due to the current world situation.

Many people have anxiety that runs hand-in-hand with the gloomy despair of worsening depression. Traditional antidepressants are frequently used, but many times they take a long time to work or don't work at all. In the meantime,



Christopher Sendi, MD

your job, family life, and personal life suffer as various medications are tried sequentially. Depression has been shown to alter the ability of connections within the brain to form or maintain appropriately, a process called neuroplasticity. A depressed person can have areas of the brain that shrink due to loss of neural connections, such as the memory centers and the front part of the brain that is involved in decision making, motivation, and reward. This results in brain fog and poor decision-making.

Ketamine therapy offers a rapid solution to treat mood disorders within days in over 70% of treatment resistant patients. Ketamine has been used safely for over 50 years. Numerous studies have consistently shown its rapid, beneficial effects in depression and suicidality. It has also been effective in OCD, anxiety, PTSD, bipolar depression, post-partum depression, addictions, and pain. This is due to the neuroplasticity that ketamine produces and improvement of the reward mechanisms of the brain. Anyone with depression or anxiety may be a candidate for this therapy, and especially when waiting six weeks or more to see if your new medication will work isn't an option, the possibility of receiving ketamine therapy should be considered. Schizophrenia, personality disorders, and active heart diseases are among the disqualifiers for this treatment.

Ketamine is given through a series of six or more infusions scattered over 2-3 weeks in a monitored office setting. Periodic follow-up infusions may be needed for some. This medication has been a game changer for many patients who have suffered for years. Frequently vitamins or NAD+ can be added to the infusion process to improve energy levels and dissolve fatigue. In the meantime, other traditional and integrative treatments should be incorporated, such as exercise, intermittent fasting, low carbohydrate diets, supplements, and sleep hygiene.

If you are looking for more information for this treatment, look to webmd.com for a local provider.



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# Improve Your Immune System



By Walter Wiszowaty, INHC  
La Cure Health Coaching

Learn how to improve your diet and your lifestyle. It is a common practice in emergency rooms today to administer various vitamins and minerals. This occurs because patients are deficient of certain vitamins and minerals.

More than 80 years ago, scientists were pointing out that our soil was becoming seriously depleted. It has

only become more depleted over time, with farmers only adding a few vitamins and minerals for better product appearance and shelf life.

Our bodies are very complicated and require having access to many different nutrients that we need to supply. We can tolerate deficiencies, however over time these shortages can result in conditions, symptoms and diseases.

More than half of our population suffer from one or more diseases of a suppressed immune system.

Many people have worked with a knowledgeable health coach and have achieved better health by getting their bodies in balance. Even, Dr. Fauci recently disclosed that he takes several vitamins to specifically boost his immune system. Many times an improvement in dietary habits can improve the health of an entire family. Live a fuller, healthier and longer life.

# Diabetes and COVID-19

## The Benefits of Physical Therapy



By Zamir Ahadzada, DPT, PT  
Bodies In Motion

By now, due to extensive media coverage, everyone has heard of COVID-19 or the coronavirus. There are multiple symptoms associated with it that include: fever, cough, and shortness of breath. Many people who have it will recover, but some people with comorbidities such as diabetes, lung disease, and heart disease are considered higher risk for severe illness.

Although COVID-19 is an emergent pandemic, "the emergence of type 2 diabetes (T2D) as a global pandemic is one of the major challenges to human health in the 21<sup>st</sup> century" according to the ADA.

Diabetes can increase risks for complications such as peripheral neuropathy, cardiovascular accident, such as strokes and heart attacks, retinopathy, and renal disease. Physical therapy can help patients with diabetes by providing health care guidance to better quality of life through safe daily exercises, and reducing risk for falls for those with complications such as retinopathy and diabetic peripheral neuropathy.

According to the *Journal of Orthopedic and Sports Physical Therapy*, "Benefits of physical activity include improved glucose control, insulin sensitivity, maximum rate of oxygen consumption, and blood pressure" which, in turn, lowers the risk for cardiovascular accidents, such as stroke.

Although the ADA recommends 150 minutes of moderate to vigorous intensity aerobic activity per week, many people do not know where to start or how intense is "moderate to vigorous intensity". Through blood pressure, heart rate, and oxygen level monitoring, physical therapy can provide a safe guided prescription on appropriate intensity for exercise to meet the ADA criteria of 150 minutes a week.

Please see "COVID-19," page 47

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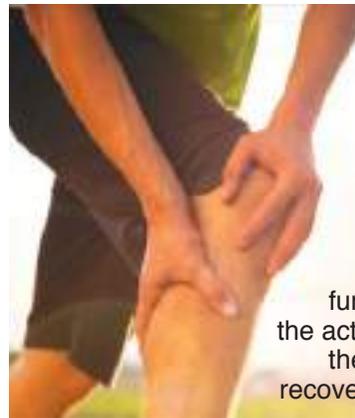
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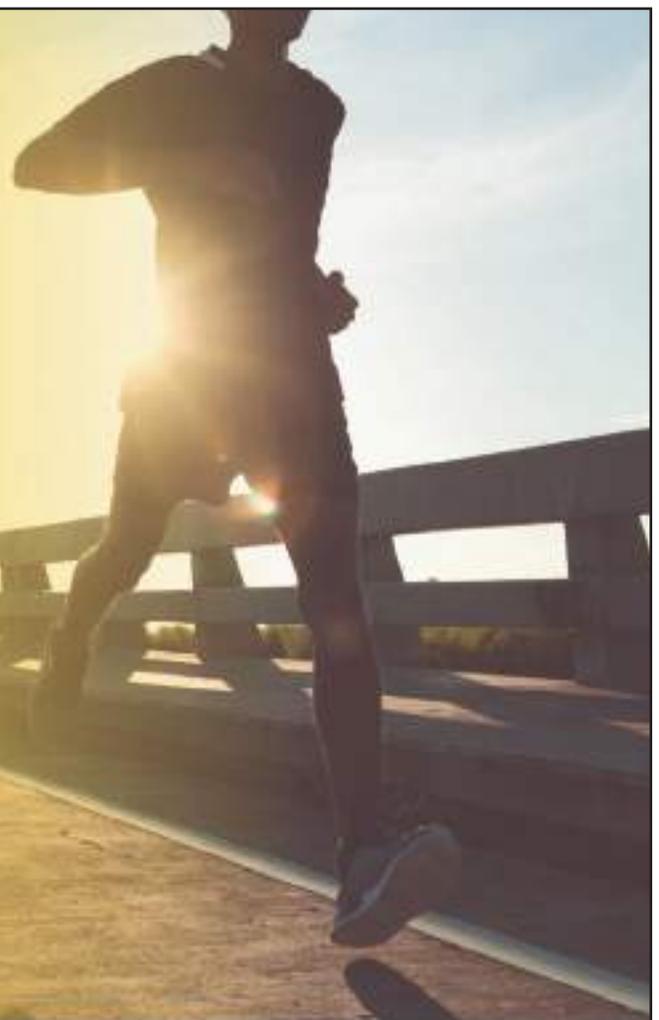
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By Marlon Maragh, MD  
Maragh Dermatology,  
Surgery & Vein Institute

# Getting a “Leg-Up” On Spider Veins and Varicose Veins

If you’ve been trying to hide those red, blue, or purple spider veins on your thighs, calves, ankles, or even your face – you’re not alone.

Spider veins, telangiectasias, spider angiomas, and benign vascular lesions are all actually dilated blood vessels. They are most common on the legs, but also may appear on the forehead, cheeks, eyelids, and upper chest.

Blood vessel dilation is due to weakening of the elastic fibers in the walls of the blood vessel. While the exact mechanisms leading to blood vessel dilation are not completely understood, visible veins are associated with excessive sun exposure, normal aging, pregnancy, steroid use, liver disease, genetics, radiation therapy, and trauma.

Visible veins are often considered to be a cosmetic issue but may also become a serious medical condition known as varicose veins.

While women are most commonly affected, men comprise about 20% of the patient population with varicose veins. Symptoms may include a heaviness in the extremity, aching legs, throbbing of the actual enlarged vessel, and most commonly, a visual change of the vessel – it may become large, rope-like and blue in appearance.

Many new treatments are available for treating both facial and leg spider veins. Minimally invasive treatments include sclerotherapy and laser treatments. Sclerotherapy uses a solution injected into the veins. Lasers use light energy. Both of these treatments cause the veins to shrink so they will look smaller or even disappear. Leg veins often respond best to sclerotherapy. Facial veins often respond best to laser. Sometimes a combination works best.

It may take several weeks to see the full effect of a given treatment session. Sometimes one treatment session will be enough, but most patients will need three to five treatment sessions and some patients may need more. It is not usually possible to eliminate 100% of spider veins no matter how many treatments are performed but a 70%-90% overall improvement is very realistic.

For varicose veins, the treatment

choices are becoming less invasive as well. The newest treatments are called EndoVenous laser ablation (EVLA) and EndoVenous laser treatment (EVLV), which treat the most common underlying cause of varicose veins: incompetence of the greater saphenous veins.

Unlike surgical stripping, EVLA permanently closes off the vein while leaving it in place. The endovenous laser is the newest technology available for treatment of varicose veins.

A small single needle incision is made in the leg and a fiber is inserted into the varicose vein. The laser is activated and the vein is safely closed as the fiber is moved through the vein gently heating it. Once the vein is closed, the blood that was circulating through this vein is simply rerouted to other healthy veins and the varicose vein vanishes.

No matter what your age, you’ll be happy to get your great legs back. And they’ll look so smooth, healthy,

and youthful, you might just want to show them off.

All of these procedures are performed in the office. Insurance does not typically cover the treatment of spider veins but may cover the treatment of varicose veins.

For more information and to see if you are a candidate for any of these procedures, it’s important to speak to a dermatologist skilled in these new technologies.

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# Feldenkrais Works Through Zoom

By Maureen McHugh,  
Feldenkrais Practitioner  
Wellness In Motion

We need to keep moving! Being at home a lot, being indoors a lot, and your situation can be – not moving enough.

It is bad for the body. It is bad for the spirit. And this can also mean bad for relationships.

Feldenkrais is a system of move-

ment that is good in many environments, and one of them is small spaces. You can experience a lot of physical change just in a 6' x 6' cleared space in your living room. Or rec room. Or bedroom.

In other times, meaning before the pandemic, you might have experienced Feldenkrais in a group class, or in a practitioner's office. But as those choices are mostly not available today, Zoom is a next best alternative, and a good one.

One attribute of Feldenkrais, and, in the current situation, an advantage, is that Feldenkrais is mostly not demonstrated. It is described. So, you can hear the instructor's voice while being in the same room, or over the Internet.

An advantage of participating by Zoom is that you enjoy all the comforts of home, and do not have to drive.

The key distinguishing attribute of Feldenkrais is the focus on cultivating awareness. You might say that it is analogous to the agility side of sports training.

Feldenkrais adapts to all skill levels. In any one class, the instructor has the task of shaping a lesson that fits those who are there.

Each Feldenkrais class is an exploration of a movement theme, or possibly of two. A common theme is turning. It can be very enlightening to work through all the components of the simple act of turning to look behind yourself. Another theme is the transition from sitting on the floor to lying down and then back to sitting again. Every joint in the body is called on to participate, and many need some

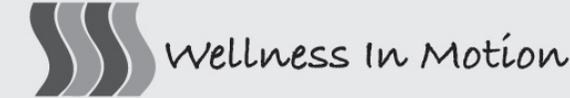


Maureen McHugh,  
Feldenkrais Practitioner

limbering up.

These are every day actions. In a Feldenkrais class they are broken down into parts, explored, and then reassembled. The benefit comes from the process of paying attention, and the increase in ease of action.

At the end of a lesson, when asked if anything feels different, people often say simple things, such as "I feel good." When pressed for more details, one will say, "I feel more grounded." And another, "I feel lighter." And often one person says she experiences both at the same time.




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**Maureen McHugh**  
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# No Pain, No Anxiety

## At Your Next Dental Visit



By Sheri Salartash, DDS, MAGD  
Dental Excellence Integrative Center

Laser dentistry is an exciting advancement that really improves treatments and allows dentists to offer new procedures. Many other health systems already use lasers for its many benefits. A laser's beam focused precisely and extremely on the treatment area alters or removes inflamed tissues and kills bacteria without hurting other healthy tissues.

Light beams do not hurt tissues, patients usually experience no pain, discomfort or bleeding after treatments and the recovery time is much quicker.

Many different dental procedures can be done involving the medical laser technology, such as removing cavities and overgrown tissue, treating gum diseases, or whitening teeth. Moreover, laser dentistry is ideal for people and children who are sensitive to needles or have anxiety of dental work due to past experiences. Anxiety associated with dental procedures is greatly reduced due to the elimination of injections, the sound of drilling and vibration.

The Erbium laser beam is concentrated light of a specific wavelength that is absorbed in water molecules. Tooth enamel and dentin contain high levels of water in their structure. The laser energy photons interact with the water molecules and remove microscopic bits

*Please see "No Pain," page 46*

# Dental Implants For Edentulous Patients



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

### What Does Edentulous Mean?

Edentulous means lacking teeth. The complete loss of teeth (edentulism) due to gum disease and tooth decay can have severe consequences on your health. Complete dentures are an unacceptable substitute for natural teeth due to slippage, discomfort and inefficient chewing. Dental implants for edentulous patients are typically the best solution.

Edentulism is a complex condition due to the interaction between the disease and aspects that do not depend

on the disease itself, such as biologic and patient factors. Edentulism presents socioeconomic problems to the worldwide health care systems.

### How Does Edentulism Impact One's Health?

Numerous studies have proved that the absence of teeth can impact the systemic health of patients in the following ways:

- Patients may reduce consumption of fruits and vegetables, fiber and carotene and they may increase the consumption of foods rich in cholesterol and saturated fats. This may lead to cardiovascular diseases such as hypertension, stroke, aortic valve sclerosis and coronary problems.
- There may be an increase in gastric and duodenal ulcers, pancreatic tumors, upper gastrointestinal tract tumors and kidney problems due to the lack of antioxidants that control the inflammatory cascade.
- There is an increased risk of insulin resistance and type-2 diabetes, due to the increases fat and long chain

*Please see "Dental Implants," page 34*

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By April Toyer, DDS  
Lifetime Dental Care

# Strengthen Your Child's Teeth Through a Healthy Diet

their oral health as well.

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

### Healthy Choices For Your Child

Introducing yogurt, cheese or

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

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

Fruits and vegetables, such as

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

### Tips To Prevent Decay

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

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

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

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

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

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

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### April Toyer, DDS



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

# Oral Cancer

## Symptoms and Risk Factors



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

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

The following can signal a precancerous or cancerous growth:

- Reddish patches (erythroplakia) or whitish patches (leukoplakia) in the mouth
- A sore that doesn't heal and bleeds easily
- A lump or thickening on the skin

lining inside of the mouth

- Chronic sore throat or hoarseness (difficulty chewing or swallowing)

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

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

Regular screenings are especially important to people who are at a higher risk for oral cancer. Knowing your risk factors and talking about them with your doctor may help you make more informed lifestyle and health care choices.

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

**Tobacco use.** Using tobacco, including cigarettes, cigars, pipes,

*Please see "Oral Cancer," page 34*

# Supplements to Support Your Immune System



Submitted by Sherri Hudson, CT  
Holistic Family Health, LLC

People spend money and consume various forms of nutritional supplements everyday. Although they can be very beneficial, taking too much can cause negative effects or have no effect at all. This is all due to the systems in your body. A supplement that your body needs may not necessarily be helpful or needed for someone else. It can be very daunting to figure out which supplements your body actually asks

for. Fortunately, the Zyto® balance scan can help you do that.

The Zyto balance scan is a high tech system that reads your body's biomarkers and gives you a full color 22-page wellness report. This report helps identify which specific toxins inhibits organs and systems in your body. Thus providing you with a prioritized list of supplements, herbs, essential oils or holistic services your body actually needs.

### How Does It Work?

**1. Zyto Hand Cradle** – Is a medical device cleared by the FDA to measure the user's galvanic skin response (GSR). It is not cleared for the diagnosis or treatment of any disease or medical condition.

**2. Galvanic Skin Response** – A measure of fluctuations in electrical conductivity of the skin. The user's baseline is measured by the Zyto hand cradle and is compared to digital signatures in the Zyto database.

*Please see "Immune System," page 21*

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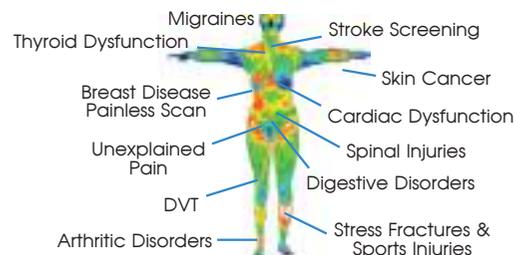
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- Immune Dysfunction
- Migraines
- Macular Degeneration
- Diabetes/Foot Ulcers
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Holistic Family Health

# Safe and Proven Support For Treatment-Resistant Depression

## *Ketamine Infusions For Depression, Anxiety, PTSD*

By Ladan Eshkevari  
PhD, CRNA, FAAN  
Avesta Ketamine and Wellness

You may have heard that ketamine is available for the treatment of mood disorders such as major depression, PTSD, anxiety as well as chronic pain, but beyond that you may not know much more. Many patients who are struggling with treatment-resistant depression, PTSD or anxiety find real relief and new hope with ketamine treatments, however, it is important to get the facts.

### What Is Ketamine?

The World Health Organization (WHO) deems, “Ketamine [is] one of the most essential medications due to its therapeutic effects and wide margin of safety.” Developed in the 1960s and approved for use in the United States in 1970, ketamine works by inducing both hypnotic (sleep-inducing) and analgesic (pain-relieving) effects. Ketamine is deemed a complete anesthetic with minimal effects on cardiovascular function, respiratory drive, and airway reflexes. It is used extensively for pediatric and adult treatment in surgery, emergency departments, trauma medi-

cine, and war zones.”

### How Ketamine Works

Ketamine works on several brain areas involved in symptoms of depression, anxiety, suicidal ideation, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), postpartum depression (PPD), and numerous pain syndromes. In the last decade, there has been mounting evidence that up to 80% of patients suffering from treatment-resistant depression have benefited from ketamine infusions.

### Are Ketamine Infusions Safe?

Ketamine IV infusion treatments for mood disorders and chronic pain are



Ladan Eshkevari

very safe when administered by clinicians like highly trained anesthesia providers with board certifications. Additionally, ketamine has a strong body of evidence-based research supporting its use. In fact, numerous certified registered nurse anesthetists (CRNAs) have conducted extensive research on stress and impacts on the brain including depression and anxiety and have found ketamine to be highly effective, therapeutic, and non-addictive, which are three of the most critical factors supporting its clinical use for mood disorders and chronic pain.

### Who Is the Ideal Candidate For Ketamine Infusions?

The ideal candidate is typically a patient that has tried many other forms of treatment without success. Ketamine can often be the difference in a patient resuming a normal and healthy lifestyle, which usually they had not thought possible because of a history of successive treatment failures. For many, ketamine IV infusion treatments restore hope.

### The Facts About Ketamine

- Patients cannot administer IV Ketamine or Esketamine (Spravato) themselves
- Unlike opioids, Ketamine is physically non-addictive
- Patients must demonstrate a clinical need
- IV Ketamine, and Spravato Ketamine are only available at a certified doctor's office or clinic

### Where Can I Learn More About Ketamine Infusions For Mood Disorders?

If you are considering ketamine IV infusion, or Spravato for the treatment of mood disorders or chronic pain it is critical that you do your own research to better determine if ketamine IV infusion treatment is right for you. Additionally, you should schedule a free consultation with a licensed provider and come prepared with questions.

Safe & Proven Support for Treatment Resistant Depression

Up to 80% of patients suffering from treatment-resistant depression have benefited from Ketamine infusions.

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Dr. Ladan Eshkevari PhD, CRNA, L.Ac., FAAN

Lead clinician at Avesta Ketamine and Wellness and Program Director and Associate Professor in the Doctor of Nurse Anesthesia Practice program at Georgetown University. Dr. Eshkevari is an expert in the areas of anesthesia, pain management, and alternative medicine, specializing in central and peripheral mechanisms of pain and stress responses.

Avesta Ketamine and Wellness is a provider of IV Ketamine Infusions for the treatment of depression, anxiety, PTSD, migraines, fibromyalgia, and chronic pain.

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# EMSculpt Build Muscle, Burn Fat

## No Surgery, No Downtime



Submitted by George Bitar, MD  
Bitar Cosmetic Surgery Institute

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This machine uses high intensity focused magnetic energy (HIFEM) to contract muscles beyond what is physically possible during a normal gym routine. Just one 30-minute ses-

sion is equivalent to 20,000 sit-ups or squats. Imagine getting sculpted without breaking a sweat.

EMSculpt results are backed by seven different clinical studies. The results show an average of 16% increase in muscle mass and an average of 19% average fat reduction after a series of at least four treatments. Clinical studies also show an 11% reduction in abdominal separation (called diastasis recti).

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

EMSculpt is a safe, effective and clinically studied treatment. However, because of the nature of

*Please see "Burn Fat," page 34*

# Facts About Food Allergies



By Andrew S. Kim, MD  
Allergy & Asthma Center Of Fairfax

mistake any bad reaction to food as a food allergy. But there is an important difference between food intolerances and food allergies.

## Food Intolerances Vs. Allergies

Food intolerances occur when the body has an abnormal reaction to food. The majority of these reactions occur due to the quality of the food itself. Eating expired fish or shellfish, for example, can cause hives, itching, nausea, diarrhea and vomiting.

While these symptoms look like allergic reactions, they are not caused by an allergy.

Bacteria and viruses can cause food poisoning. Food poisoning may cause nausea, diarrhea and vomiting which can be confused with symptoms of food allergies.

Other causes of food intolerances may be due to your child's biological makeup. Some children are naturally unable to tolerate milk. Lactose intolerance is quite common and may cause children to feel gassy, bloated

*Please see "Food Allergies," page 47*

## IMMUNE SYSTEM

FROM PAGE 19

**3. Virtual Items** – Digital signatures that represent actual items that are found in the Zyto software. The user's initial GSR reading may have changed following the software running the virtual items so the user runs a second GSR reading.

**4. Proprietary Software** – The baseline and second GSR measurement become inputs into a unique formula found only in the Zyto software.

**5. Biological Coherence** – Numeric values produced by the proprietary algorithms indicate how divergent the second GSR reading was from the baseline. Readings with less variance are considered more biologically coherent while those with higher variance are considered less coherent.

**6. Prioritized Results** – An easy to read report is generated displaying rankings of virtual items whose digital signatures resulted in higher biological coherence. This report assists individuals to choose options to maintain their health and wellbeing.

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# Your Child and the Orthodontist



By Swathi Reddy, DMD  
All Smiles Orthodontics

the face and jaws have finished growing.

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

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

A majority of children will not require orthodontic procedures until their teenage years, however an early exam allows the orthodontist to monitor the child's growth and development and if indicated begin treatment at the most appropriate time.

If your child is nearing his or her seventh birthday, schedule an orthodontic consultation appointment.

Please see "Orthodontist," page 47

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

Early consultation allows the orthodontist to identify any subtle problems associated with jaw growth and/or incoming permanent teeth.

As orthodontic treatment not only involves the teeth but also the surrounding bony structures, it is highly recommended to start treatment before

# Targeted Relief Of Pain and Stiffness



By Mary Wilkerson, CMT  
Vienna Massage Therapy

results for those who thought surgery and/or drugs were the only options left.

Trigger points can be laid down in the soft tissue as a result of overuse, repetitive use, accidents, injuries, or strains and can later wreak havoc even years after their initial formation. By calming the irritated trigger points responsible for causing discomfort and restricted range of motion over a series of high-frequency sessions, an experienced massage therapist can work with you to achieve results from issues you may have given up on.

Even stiffness, that you may have thought you just had to live with, can be caused by trigger points. Relieve yourself from the pain and stiffness that can sap your energy, impact your mood, and take away from the enjoyment of life.

Ask your doctor about trigger point therapy by a board-certified massage therapist.

Trigger point therapy, discovered by Janet Travell, MD, (JFK's White House physician), has given non-surgical, non-drug problem resolution to many, many individuals. Skillfully applied, it targets the areas in the muscles that are actually triggering the symptoms and can provide remarkable

# Enhance Your Natural Beauty Non-Surgically



By Mariam Alimi, RN, BSN  
Impressions Medispa

with non-surgical techniques that do not require down time. Botox is also an effective treatment for a non-surgical brow lift. It can lift the brows to help you look more awake and youthful and enhance your natural beauty.

## How Can Dermal Fillers Enhance Your Natural Beauty?

Dermal fillers offer subtle changes to your skin and features that can enhance your natural beauty by adding volume, smoothing lines or adding definition and contours. FDA-approved dermal fillers can sculpt, highlight, tighten and perfect the natural beauty in your lips, eyes, cheeks and jawline.

Your lips are aging along with your face and may lose fullness. Lip enhancement is an anti-aging treatment that will add volume, fullness and define your lips. If you're looking to improve your look and erase years from your face, Restylane or Juvederm lip enhancement can give you the soft results you desire.

## Cheek Augmentation and Liquid Facelifts

Liquid facelifts and cheek augmentations offer outstanding results without

Botox and dermal fillers such as Restylane, Radiesse and Juvederm can help with a non-surgical youthful lift that removes unwanted facial lines and wrinkles. With the advent of injectables, you can help your skin to look young and healthy even as you age.

Botox, Dysport and Xeomin are quick injections that relax the wrinkles in the upper face such as forehead lines, frown lines, lip lines and wrinkles around the eyes. Botox and their alternatives can also be used to rejuvenate, enhance and tighten the neck with the Nefriti lift. The contour and shape of your features can be enhanced

Please see "Natural Beauty," page 46

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# 5 Essential Ways To Fight Inflammation



By Anca Sisu, MD  
Restore Balance Integrative Medicine

and brain fog is linked to inflammation.

When the root cause has been addressed and cleared away, as in the case of a virus or an allergic reaction, the inflammation subsides and everything goes back to normal. However, if the inflammatory process goes on for too long or if it occurs in places where it is not needed, that becomes problematic.

A combination of multiple factors is often found to be the cause of chronic inflammation, such as poor diet, food sensitivities, exposure to toxins, nutritional deficiencies, gut imbalances, certain medications, inadequate sleep, chronic stress, a sedentary lifestyle, or low grade infections.

Here's what you can do to help fight chronic inflammation:

**1. Diet.** Avoid processed food, sugars, and packaged foods. Opt for dark leafy greens, wild-caught salmon, sardines, mushrooms, almonds, whole grains, healthy fat sources. Eat brightly colored fruits and vegetables. Rosemary, turmeric, ginger, garlic, cinnamon, cayenne, clove, black pepper are

*Please see "Inflammation," page 47*

If regulated and under control, inflammation is an important component of the immune system function which is necessary for fighting pathogens and healing from injuries.

The symptoms of acute inflammation, redness, swelling and pain, are noticeable. Chronic inflammation has more subtle symptoms. If not addressed, it can spread throughout the body and have damaging effects on our health. Almost every chronic disease, from diabetes, heart disease, depression, digestive issues to fatigue

## Are You Tired Of Not Feeling Well?



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# Enjoy a Stress-Free Dental Visit

By Karl A. Smith, DDS, MS

For many patients, dental anxiety is a very real issue. In fact, fear of the dentist can prevent people from seeking and planning the important care they may need to maintain a beautiful smile and a healthy body. There is good news – dental anxiety can be overcome. A dentist with advanced training and skilled staff members can even offer sedation options to help ease your fears and eliminate the stress of general dental care, cosmetic dentistry, and advanced gum treatments.

Your dental visits can be more enjoyable when you:

- Share your fears with the dental office. The more they understand, the more they can help you.
- Avoid caffeinated beverages, as these can increase your feelings of nervousness.
- Find a dentist who offers sedation.
- Avoid high-stress traffic situations by arriving early to your appointment.
- Breathe deeply during the appointment to help your body stay calm and relaxed.

- Learn as much as you can in regards to your treatment. Ask questions about the planned procedures, recovery time, options, etc. The more you know, the less you'll be afraid of the unknown.

## Yes, You Can Laugh At the Dentist

Laughing gas, or nitrous oxide, has been used routinely in many dental offices since 1863. It's a safe, effective sedation option for dental patients seeking a way to control feeling overly anxious about their treatments. Nearly 75% of patients experience mild to severe dental anxiety.

Sedation dentistry is a great

choice if:

- You are uncomfortable in the dentist's office.
- You are too scared to even call the dentist to make an appointment.
- You are phobic about needles and/or anxious about dental drills.
- You have had a previous painful experience at the dentist's office.
- You are dealing with general anxiety, mood, or post-traumatic stress disorders.
- You are feeling out of control or helpless.
- You have a low pain threshold or fear of pain.
- You have a sensitive gag reflex.

## Sleeping Is an Option

With modern dentistry, advanced gum treatment and dental implants, it is now possible to relax in total comfort before, during and after your planned dental treatment. Sedation dentistry is safe and surprisingly simple.

Patients are provided with a pill the evening before their visit to help them relax and ensure a restful night's sleep. Then, an hour before the appointment, another safe, quick-acting sedative with virtually no side effects is taken by mouth. Because it makes you drowsy, you'll need to be driven back and forth to your appointment. Once you are comfortably situated, your dental treatment can begin. Patients are conscious during oral sedation dentistry, but are in a state of such deep relaxation they often fall asleep.

When you choose the option of "sleep dentistry" you can:

- Avoid the unpleasant tastes, noises, smells, and pain that you may have associated with dental treatment.
- Feel completely relaxed, calm and comfortable.
- Save time by consolidating all of your dental treatment into a single visit.
- Wake up to a better smile and a healthier mouth.
- Have a quicker recovery time with less stress through your entire dental treatment.

Dental sedation is a modern miracle. Dentists who offer this advanced treatment option can finally help fearful patients relax and obtain the dental treatment they need. For many, it is the answer they have been looking for all their life. Take control of your dental health and make an appointment with a dentist who offers sedation today.

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# “Maskne” Is the New Acne

## *It’s Caused By Wearing a Face Mask*

Submitted by  
U.S. Dermatology Partners, Fairfax

You have likely heard of acne, a common skin condition that impacts millions of adolescents and adults. But, what about “maskne” – acne related to wearing face masks during the COVID-19 pandemic? If you’re dealing with breakouts caused by frequent mask wear, your dermatologist can help you prevent and treat this condition.

Most commonly, acne is caused when pores are clogged with sebum (oil), skin cells, sweat, dirt, and other foreign matter. These clogs can trap naturally occurring bacteria beneath the skin’s surface, causing infection, inflammation, and the development of “pimples.”

### **What Is Maskne, and Is It Different?**

The type of acne most people think about is caused by a combination of clogged pores, hormones, and *C. acnes* bacteria, but this is only one form of acne. Another common form is “acne mechanica.” This type of acne is caused by friction against the skin that leads to skin irritation. Over time, continued friction leads to inflammation that can block pores and lead to breakouts.

Maskne is a form of acne mechanica that causes breakouts in the areas covered by a face mask – the jaw, cheeks, nose, chin, and around the mouth. Moisture and sweat trapped on the skin when wearing masks can contribute to these breakouts.

### **Can I Prevent Maskne?**

In addition to working with your dermatologist to develop a care plan, you should keep the following tips in mind:

- **Clean your reusable masks** – You need to wash your mask frequently. If you’re wearing a mask for a few minutes, you can probably wear it again later, but if you wear the face mask for an hour or longer, wash it and switch to a different mask. Use hypoallergenic clothes detergent to wash your face mask as residue from these products can also irritate the skin.
- **Exchange disposable masks often** – You should use a new disposable face mask each day, or any time your mask is damaged or appears visibly dirty or damp.
- **Simplify skincare** – The more products applied to the skin below a

mask, the more likely people are to experience irritation and breakouts. Use a gentle cleanser to wash the face in the morning and evening, apply a fragrance-free moisturizer regularly, and use sunscreen as directed.

- **Skip the makeup** – We all want to look our best, but foregoing your

makeup routine can significantly reduce the risk for clogged pores and skin irritation under your mask. If you do wear makeup, minimize your routine and use a gentle cleanser or micellar water to remove the makeup.

- **Pay extra attention** – While you’re wearing a mask, make a change right

away when you notice irritation, excess moisture, pain, or other concerns. We know healthcare workers can’t always excuse themselves to apply a little petroleum jelly around their mask lines, but as soon as reasonable, excuse yourself to make an adjustment if you notice issues. Don’t just live with irritation or discomfort all day.

U.S. DERMATOLOGY partners

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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Why HIFU for Prostate Cancer Treatment?

Not Your Father's Prostate Cancer. Not Your Father's Treatment

By Janice Lee Arnold, MD

Most men are well aware of their potential to develop prostate cancer with aging. It's not at the top of your checklist at age 40 years. However, by the time you're 45-50 (for African American men) and 50-55 (for white American men), your primary care physician is recommending a prostate-specific antigen (PSA) blood test, and a digital rectal exam (DRE). It's no fun by any means, but cancer detection and treatment for most men can truly save lives. So if that's the case, why wouldn't all men be running to their physicians or healthcare providers at lighting speed to get this done?

Well, the word is out, the prostate biopsy performed to detect cancer is no cakewalk and prostate cancer treatment side-effects can be devastating. Fortunately, much has changed over the last few years. This is not your father's prostate cancer and it is certainly not your father's treatment. We are understanding so much more about this disease and it is al-

lowing for a more personalized approach to treatment.

High-Intensity Focused Ultrasound (HIFU) is the focal treatment of prostate cancer without surgery and without radiation.

It uses therapeutic ultrasound waves that pass through human tissue at such a rapid rate that

it heats the prostate and destroys the cancer. The entire prostate can be treated

or instead, smaller portions of the gland where the cancer is located can be treated with fewer side effects. It is done with such precision, that often penile erectile function and urinary bladder function remain intact. The treatment is as effective as surgical removal or radiation therapy. However, it

is outpatient, with anesthesia, and performed in under 1-1.5 hours on a Saturday morning. Usually, narcotic pain medications are not required afterward.

A requirement of any successful treatment of prostate cancer is having a better understand-

ing of the locations of cancer within the gland. Undergoing a free-hand Transperi-

neal prostate biopsy or MRI-Fusion prostate biopsy are the better methods used to detect specific cancer sites within the gland. As the first urologist in the state of Virginia to adapt the freehand transperineal biopsy, I can quickly attest to its usefulness in more accurately locating cancer within

the prostate. No detection tool is 100% accurate but transperineal biopsy gets us close. It not only helps map out the cancer locations but also samples areas of the prostate gland that may be difficult to reach with ordinary transrectal prostate biopsy. These newer methods of prostate biopsy can also be performed awake, or with IV sedation and therefore rendered completely painless.

Call our office if you are interested in these more recent, efficient, effective, state-of-the-art tools for the detection and treatment of prostate cancer. Transperineal and MRI-fusion prostate biopsy are the way to go to detect prostate cancer and HIFU treatment will provide a curative, comparable result to surgery and radiation with far fewer side effects. It is time we treat prostate cancer as breast cancer has been treated for years, many patients can receive focal therapy instead of total gland therapy with enduring results, great post-treatment outcomes, and with fewer side effects.



Ablatherm Device

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Janice Lee Arnold, MD

HIFU Treatment Expert

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## Sheri Salartash, DDS, MAGD

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Dr. Sheri is voted among her peers  
as a **TOP DENTIST** by the  
*Washingtonian* (2019)

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Dr. Sheri has years of experience in **Advanced Lightwire Functionals (ALF)**, Orthodontics, **Neuro-Muscular** Orthodontics Appliance Therapy, **Sleep Apnea** treatments, Functional Cosmetics and Aesthetics, for all aged groups. She never stops enhancing her professional skills and thriving to pursue the highest knowledge about dental care for her patients.

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## E. Richard Hughes, DDS

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Renowned Implantologist  
(Dental Implant Specialist)

### E. Richard Hughes, DDS

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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 dur-

ing 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
- Fellow of the American Academy of Prosthodontics

### Missing Teeth?

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Tired of Wearing Dentures?**

Call us today at 703-444-1152 to learn if dental implants are the right solution for you. Ask us about our *Flexible Financing Options!*

To read more about dental implants, check out Dr. Hughes' articles @ [www.YourHealthMagazine.net/Richard-Hughes/](http://www.YourHealthMagazine.net/Richard-Hughes/)

[www.ERHughesDDS.com](http://www.ERHughesDDS.com)

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Mudit Sharma, MD

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**D**r. Sharma, a board certified Neurosurgeon, specializes in minimally invasive surgery of the spine for low back and neck problems. He was one of the first Neurosurgeons in Prince William and Fauquier counties to offer artificial spinal disc replacement and has continued to offer state of the art surgical treatment for spinal problems to thousands of patients for more than a decade.

### Professional Memberships

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

### Clinical Interests

*Conditions We Treat:* Neck pain – Arm pain and/or Numbness, Back Pain – Leg pain and/or Numbness, Herniated Disc(s) – Lumbar & Cervical, Sacroiliac Joint (SI) Pain, Slipped Disc (Spondylolisthesis)

*Minimally Invasive Procedures:* Anterior Cervical Discectomy & Fusion (ACDF), Total Disc Arthroplasty (Artificial Disc – Cervical), Posterior Cervical Fusions & Laminectomy, Sacroiliac Joint Fusion, Spinal Cord Stimulators & Peripheral Stimulators

### Accepted Insurances

Medicare, Medicaid (Including VA Premier, InTotal Health), Tricare (Prime & Select), Anthem & Anthem HealthKeepers Plus, Aetna – All Plans, Cigna – Excludes EPO Connect, UHC – All Plans

### Practice Philosophy

*"Start Living Life Again."*

We often see patients who have been debilitated by pain and suffering from spinal problems and have altered their lifestyle in trying to avoid the pain. Wait no longer. VSS offers relief in the form of conservative care and minimally invasive spinal interventions.

## Voted "Top Doctor"

Northern Virginia Magazine

*"I came to see Dr. Sharma after undergoing an unsuccessful spinal operation elsewhere. After carefully reviewing my history and doing an assessment on me, he offered a minimally invasive procedure to fix my spine. I was home the next day after the procedure and I've been pain free ever since."*

- J. O.. (Patient Testimonial)



Read Dr. Sharma's article about Spine Surgery on page 11.

[www.VirginiaSpineSpecialists.com](http://www.VirginiaSpineSpecialists.com)

## Brenda Dintiman, MD

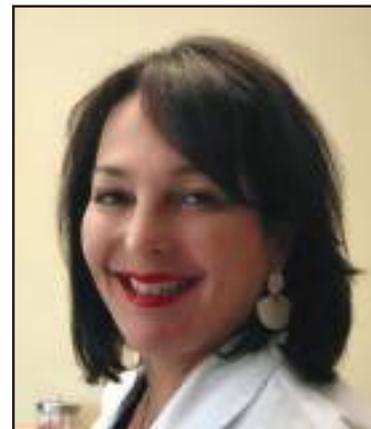
Dermatology

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### Start Your Skincare Journey with DermUtopia

Since 1985, Dr. Brenda Dintiman has offered patients a caring environment and the latest in research-based, innovative medicine – widely recognized for excellence, particularly since she began specializing in dermatology in 1991.

"Dermatology requires listening to and understanding your patients, as well as being committed to clinical medicine and cosmetic treatment," Dr. Dintiman notes. "I've always believed some things don't go out of style: being on the cutting edge of knowledge and skill, advocating for medical and cosmetic advancements and – **most important** – giving patients of all ages a truly care-based experience."

Family members who worked in the medical field inspired Dr. Dintiman early. In her teens, she spent hours in her aunt's dental practice and with her uncle, a radiologist. She grew to love medicine via reading x-rays and honing her bedside manner. After graduating from the University of Richmond (VA), she was accepted into the Medical College of Virginia.

Following graduation, Dr. Dintiman completed her internship training at the University of Hawaii and her dermatology residency at the University of New Mexico. Then, as a new physician in the Northern Virginia area, she founded the Fair Oaks Skin Care Center.

### Special Interests and Expertise:

- Skin cancer prevention and surgery;
- Using chemical peels for treating scars and wrinkles;

- Using Pulsed dye laser for blood vessels and Rosacea;
- Platelet-rich plasma therapy and microneedling for hair loss, scars, and wrinkles;
- Using fillers and neurotoxins to create a more youthful appearance;
- Teenage acne, acne scars, maskne.

Outside of her daily practice, Dr. Dintiman has volunteered as a physician and as a board member for Project Access of Northern Virginia (PANV), which provides pro-bono specialty care for underserved patients. She also has been president of the Medical Society of Northern Virginia (MSNVA) and remains a dedicated member, working to better the medical community for doctors and patients, as well as improve access for patients in underserved areas. In 2015, Dr. Dintiman started a lectureship at the University of New Mexico in honor of Dr. Walter H. C. Burgdorf to enhance the education of dermatology residents and the community.

Dr. Dintiman understands that limited access to care is a significant issue that must be overcome. She participated in telemedicine for the American Association of Dermatology (AAD) and, in 2010, received the Presidential Award for Volunteerism in Telemedicine. In 2018, Dr. Dintiman became a driving force in establishing DermUtopia, where she provides patient-centered care through both in-person and telemedicine visits.

### Medical and Cosmetic Services:

- Acne/Acne Scars
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### Joseph M. Arzadon, DDS, MD

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

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

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



### David Liang, DDS, MD

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

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



### Kenneth Blais, DMD, MD

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

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



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# Featured Health Professionals

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## Andrew S. Kim, MD

Allergy, Asthma,  
Immunology



Allergy & Asthma Centers

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Lorton, VA

703-339-1660

8140 Ashton Ave, #110  
Manassas, VA

703-844-0440

1300 Thornton St, #200  
Fredericksburg, VA  
540-371-6810



**D**r. Andrew S. Kim serves as our medical director of the Allergy & Asthma Center of Fairfax. He is active in many publications about allergy & asthma in both local and national levels. Dr. Kim has been featured by WebMD, *Good Housekeeping*, *Woman's Day*, Fox News, *Huffington Post* as well as Disney on various allergy topics. He also serves as the medical advisor for Alexandria Food Allergy Support Group.

### Professional Awards

Dr. Kim has been recognized as one of the area's Top Doctors by *Washingtonian Magazine* and by *Northern Virginia Magazine*. He also received the Pillsbury Fellow Award at the Rush University

Medical Center in Chicago, IL.

### Degrees & Training

After receiving his medical degree from the Medical College of Virginia, Dr. Kim has completed 6 additional years of residency and fellowship training in family practice, internal medicine and allergy, asthma and immunology. Dr. Kim is board certified by The American Board of Allergy & Immunology and The American Board of Internal Medicine.

### Special Interests

Allergic Rhinitis (Hay Fever), Asthma, Atopic Dermatitis (Eczema), Urticaria (Hives), Food Allergy, Sinusitis, Insect Allergy, Drug Allergy, Immunologic diseases

*"Thank you so much for everything you and your staff did for my daughter. I can't express to you the incredible difference in her. She can sleep and wakes up without any problems. She is such a joy to be around and I'm so glad to have my daughter back!"*

-Allyson S. (Patient Testimonial)

## Allergy & Asthma Centers

Board-Certified Top Doctors in Pediatric and Adult Allergy & Immunology

At the Allergy & Asthma Centers, our goal is to implement old fashioned care with state of the art medicine. A compassionate atmosphere along with a strong commitment to practice up to date, evidence based medicine, allows us to offer the highest quality of care in a patient oriented approach. Our expertise in treating a variety of conditions, as well as any age group, allows for superior care in allergy, asthma, eczema, food allergy, hives and recurrent sinus problems.

Call us at any of our 3 convenient locations (phone numbers at the top of this display) to schedule your appointment!

[www.AllergyAsthmaDoctors.com](http://www.AllergyAsthmaDoctors.com)

## Ahmed Butt, MD

Allergy, Asthma,  
Immunology



Allergy & Asthma Centers

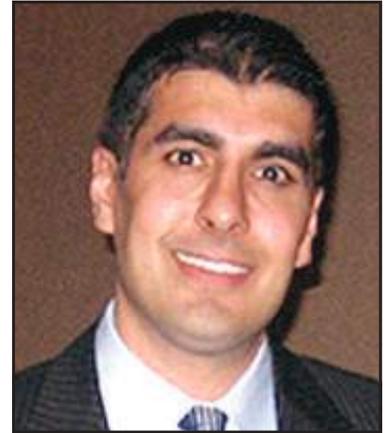
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Lorton, VA

(703) 339-1660

8140 Ashton Ave, #110  
Manassas, VA

(703) 844-0440

1300 Thornton St, #200  
Fredericksburg, VA  
(540) 371-6810



**D**r. Ahmed Butt, a native of Northern Virginia, received his medical degree from West Virginia University. Upon completion of a 4 year dual residency program in Internal Medicine & Pediatrics, Dr. Butt spent 2 additional years training in an allergy and immunology fellowship at the University of South Florida. During his fellowship, he was actively involved in numerous research projects, some of which included advancements in the treatment of asthma, eosinophilic esophagitis and chronic hives. Dr. Butt has presented several of his publications at national, as well as international scientific conferences. He is board certified by the American Board of Allergy

& Immunology and the American Board of Internal Medicine. He serves as a medical advisor for the Allergy & Asthma Network and is an assistant clinical professor at Medical College of Virginia.

### Special Interests

Allergic Rhinitis (Hay Fever), Asthma, Atopic Dermatitis (Eczema), Urticaria (Hives), Food Allergy, Sinusitis, Insect Allergy, Drug Allergy, Immunologic diseases

### Practice Philosophy

We take pride in educating our patients and community. Starting with the staff at the front desk, to our specially trained allergy nurses, we will do our absolute best to make you feel at ease so you can experience the most comprehensive medical care.

*"I was so impressed with your office from the front staff to the nurses, everyone was absolutely wonderful and made our visit much easier. Allergy testing was so much easier than I thought especially with the new plastic skin testing."*

-Emily S. (Patient Testimonial)

## Allergy & Asthma Centers

Board-Certified Top Doctors in Pediatric and Adult Allergy & Immunology

At the Allergy & Asthma Centers, our goal is to implement old fashioned care with state of the art medicine. A compassionate atmosphere along with a strong commitment to practice up to date, evidence based medicine, allows us to offer the highest quality of care in a patient oriented approach. Our expertise in treating a variety of conditions, as well as any age group, allows for superior care in allergy, asthma, eczema, food allergy, hives and recurrent sinus problems.

Call us at any of our 3 convenient locations (phone numbers at the top of this display) to schedule your appointment!

[www.AllergyAsthmaDoctors.com](http://www.AllergyAsthmaDoctors.com)

# 10 Mental Health Quarantine Tips



Dr. Jessica L. Cardwell, PsyD  
Licensed Clinical Psychologist

**1. Set up a routine and stick to it.** People of all ages thrive with structure and experience increased anxiety without it. Establish times for sleep, work, school, self-care, exercise, entertainment, and other regular activities.

**2. Maintain basic healthy habits.** Focus on daily habits promoting physical health including regular sleep, daily exercise, healthy eating

habits, staying hydrated, and maintaining basic hygiene.

**3. Spend at least 30 minutes outside daily.** Our bodies need fresh air and exposure to sunshine. This can be combined with exercise, walking the dogs, or simply sitting outside and reading.

**4. Schedule regular social interactions.** Children benefit from special 1:1 time with each parent/caregiver. Everyone benefits from social interaction with someone outside the home daily. Use FaceTime, Skype, Zoom, Facebook Messenger for Kids etc. to set up virtual mealtime and play dates.

**5. Everyone needs some space.** Establish a place for each family member to go to spend time alone. Have self-care items and solo activities available in each alone space (e.g. rocking chair, stuffed animal, book).

**6. Have a list of activities for the family and each member to engage in for distraction.** Jigsaw

*Please see "Mental," page 34*

# Say Goodbye To Acne Scars, Wrinkles, Hair Loss



By Brenda Dintiman, MD  
DermUtopia

## What Is Microneedling?

Microneedling initiates the skin's healing response by causing micro-injuries in a targeted way. The resulting micro-channels stimulate the skin to heal – promoting new collagen and blood vessel formation and triggering your immune system to remodel the scar tissue, while keeping the overall structure of the skin intact.

## What Is PRP?

Platelet-rich plasma (PRP) is de-

rived from the patient's blood. Platelets help blood to clot, and are therefore vital for healing wounds and injuries. PRP is full of growth factors that aid in tissue repair, promote cell growth, and encourage new collagen production.

During the microneedling with PRP treatment, platelets are first separated by spinning the patient's blood in a centrifuge, leaving the "liquid gold" plasma, which has healing properties. A board-certified dermatologist then applies the patient's PRP topically before microneedling the skin using SkinPen®, the only FDA-approved tool on the market. PRP is then applied again after treatment to remain on the skin for about four hours.

## Who Is a Good Candidate For Microneedling?

Microneedling works on women and men, every skin tone, and requires only a minimal recovery time of about 3-5 days. It is ideal for patients who want to improve skin texture, sun

*Please see "PRP," page 34*



## Could Your Family Benefit from Mental Health Support?

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# Acupuncture For Hearing/Vision Loss



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

Acupuncture is a technique in which practitioners stimulate specific points on the body – most often by inserting thin needles through the skin. It is one of the practices used in Oriental medicine. It has been proven to be effective in the treatment of conditions such as back/neck pain, osteoarthritis/knee pain, headaches, anxiety, depression, nausea, and infertility. However, researchers are

only beginning to understand whether acupuncture can be helpful for various other health conditions.

### Hearing Loss

Sudden sensorineural hearing loss, commonly known as sudden deafness, occurs as an unexplained, rapid loss of hearing, either at once or over several days. In nine out of ten cases, hearing loss is limited to only one ear. This type of hearing loss is due to auditory nerve damage.

While research is still being conducted, studies have shown that acupuncture can be an effective solution for patients experiencing hearing loss of this nature. They suggest that the use of acupuncture in addition to drug therapy increases blood flow and the flow of oxygen to the ear, thereby facilitating the recovery of nerve function.

Research published in the *International Journal of Clinical and Experimental Medicine* supports this theory. The researchers conclude that acupuncture “can significantly improve the hearing of patients with nerve deafness, and the efficacy of acupuncture in combination with medication is superior to medication alone.”

### Vision Loss

Your eyes are a reflection of your overall health. Illnesses such as diabetes and cardiovascular disease can be revealed in the eyes. Conditions such as glaucoma, optic neuritis or vision loss are often associated with systemic health problems. It is this interconnection between your eyes and your health that acupuncture and Oriental medicine can tap into and utilize to treat eye and vision problems.

When you are treated for an eye condition with acupuncture, any underlying imbalances that are contributing to your symptoms will be addressed. The eye problems will also be treated directly by promoting circulation of Qi (life force) and blood around the eyes.

Common eye problems treated with acupuncture include glaucoma, cataracts, chronic dry eyes, macular degeneration, R.P. (Retinitis Pigmentosa), night blindness, optic neuritis, and optic atrophy.

### Is Acupuncture Right For Me?

If you're experiencing vision or hearing loss, it is imperative to see a doctor immediately. It's also worth your time to find an acupuncturist who has experience treating vision/hearing loss, to see if their services can help facilitate recovery.



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VA, MD, DC Licensed Acupuncturist

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- Parade Magazine in 2001, 2002, 2004

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**Ear:** Deafness, Tinnitus, Hearing Loss, Auditory Nerve Disease, Dizziness, Vertigo

**Brain Circulation:** Alzheimer's (Dementia), Autism, Depression, Manic Depression, Insomnia, Migraine Headache, Addictions

**Tumor:** Breast Cancer / Non- Malignant Breast, Rump & Tumor, Thyroid & Skin Tumor/Cancer.

**Livers:** Cirrhosis, Digestive Disorders

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



### Testimony:

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

- DC Resident, Mrs. Zhang

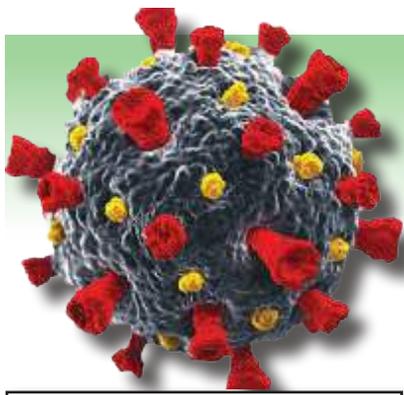
For more testimonies, please visit: [www.eyecure.net](http://www.eyecure.net)

### Reference:

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

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

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# COVID-19 News

Information from Your Health Magazine and the CDC

## Socializing During the Pandemic

We are all aware of restrictions during the pandemic but those need to be reinforced as many times as necessary so people can have the best chance of making it through these tough times.

### Here are some basic guidelines:

- Stay home if you are sick or have been around anyone who has exhibited signs and symptoms of the virus.
- Wear masks in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Use social distancing (stay at least 6 feet away from others). Even when outside, it's important to realize that maintaining a safe distance makes a difference.
- Wherever you are going, call ahead and ask what extra prevention strategies they are using, like requiring staff to wear masks.
- Wash your hands with soap and water for at least 20 seconds when you get home.
- Get tested. If you feel like you have the symptoms of the virus, then look up your local testing site and get tested. In most locations it doesn't take much time and the results can be obtained fairly quickly.

## You Can Still Get Married *Some Advice On Planning and Preparing*

If you've ever thought planning or having a wedding was a demanding experience, those of you who planned to tie the knot in 2020 have found out just how daunting it can be. You can still get married, but the challenges are more complicated and the impact more serious.

While it seems almost everything has been delayed or cancelled since the beginning of the pandemic, marriage planners have tried to stay open and assist couples and families through these uncertain and disruptive times. One couple says they planned for a big wedding in April that got cancelled because the airlines were all-but shut-down. They planned it four more times

*Please see "Married," page 50*



## Is It Turkey Time, Yet? *Holiday Celebrations In 2020*

No doubt everyone is preparing for their normal holiday activities, but, wait – how is this going to be possible during a pandemic? Well, simply stated, it's not!

Celebrating virtually or with members of your own household pose low risk for spread. If you live with people, and are following safe guidelines, then having your normal holiday gathering is pretty low risk.

There are several factors that contribute to the risk of getting infected or infecting others. In combination, these factors will create various amounts of risk, so it is important to consider them individually and together:

- **Community levels of COVID-19** – Higher levels of COVID-19 cases and community spread in the gathering location, as well as where attendees are coming from, increase the risk of infection and spread among attendees. Family and friends should consider the number and rate of COVID-19 cases in their community and in the community where they plan to celebrate.

- **The location** – Indoor gatherings generally pose more risk than

outdoor gatherings. Indoor gatherings with poor ventilation pose more risk than those with good ventilation.

- **The duration of the gathering** – Gatherings that last longer pose more risk than shorter gatherings.

- **The number of people** – Gatherings with more people pose more risk than gatherings with fewer people. The size of a holiday gathering should be determined based on the ability to reduce or limit contact between attendees, the risk of spread between attendees, and state, local, territorial, or tribal health and safety laws, rules, and regulations.

- **The behaviors of attendees prior** – Gatherings with attendees who are not adhering to social distancing (staying at least six feet apart), mask wearing, hand washing, and other prevention behaviors pose more risk than gatherings with attendees who are engaging in these preventative behaviors.

- **The behaviors of attendees during** – Gatherings with more preventive measures, such as mask wearing, social distancing, and hand washing, in place pose less risk than gatherings where

fewer or no preventive measures are being implemented.

People who should not attend in-person holiday celebrations:

- **People with, or exposed to, COVID-19.** Do not host or participate in any in-person festivities, if you or anyone in your household:

- Has been diagnosed with COVID-19 and has not met the criteria for when it is safe to be around others
- Has symptoms of COVID-19
- Is waiting for COVID-19 viral test results
- May have been exposed to someone with COVID-19 in the last 14 days
- Is at increased risk of severe illness from COVID-19

- **If you are at increased risk of severe illness from COVID-19,** or live or work with someone at increased risk of severe illness, you should:

- Avoid in-person gatherings with people who do not live in your household.
- Avoid larger gatherings and consider only attending activities that pose lower risk.

# BURN FAT

FROM PAGE 21

the electromagnetic waves, it is not suitable for patients with metal IUDs, implanted defibrillators, drug pumps, pacemakers, and other metal implants. Patients who have malignant tumors, as well as, patients who are pregnant or nursing should not have the treatment. Please discuss your medical

history with your EMSculpt provider at your visit.

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

# PRP

FROM PAGE 31

damage, tone, pore size, acne scarring, surgical scarring, hyperpigmentation, and fine lines and wrinkles.

## Microneedling With PRP Benefits:

- Improves skin quality and texture
- Reduces hyper-pigmentation and evens skin tone
- Reduces fine lines and wrinkles, including smoker's lines
- Reduces surgical scars and acne scars
- Reduces black heads, pore size, and sebum (oil) production
- Improves sun-damaged skin
- Improves stretch marks

## Why Is PRP Good For Hair Loss?

PRP for hair loss is a natural way to boost your hair follicle growth. By injecting your own plasma into your scalp, we can stimulate new and thicker hair growth in areas where hair is thinning.

Traditional hair loss treatments, such as hair transplants, can reverse hair loss, but the procedure is invasive, expensive, requires extensive recovery time and leaves visible scars. PRP for hair loss has virtually no side effects.

## Who Is a Good Candidate?

PRP for hair loss works best in patients who have experienced hair loss recently, have a diagnosis of Telogen effluvium or androgenic/hormonal hair loss, and those who still have hair follicles.

## How Much Does PRP Cost?

Prices vary depending on the practice, but a common price is \$800 for one session of PRP treatment, and discounts are usually offered when purchased in a package, so a 3-session bundle may cost around \$2,100.

# MENTAL

FROM PAGE 31

puzzles, coloring, crafts, art activities, crosswords, sudoku, and board games can provide an engaging activity to decrease anxiety and boredom.

7. **Limit watching news to specific daily times.** Focus on how this is a temporary situation. Increase positivity by thinking about the many helpers getting us through this. Send a thank you note/drawing to a helper.

8. **Learn something new or take on a project.** Use online resources to learn a new language, skill, activity, or complete a home project. Teach your children important life skills like cooking, laundry, and budgeting.

9. **Continue to celebrate.** Your

plans might be different but it is important to continue to celebrate anniversaries, birthdays, graduations, and special events. Order a special take-out meal, bake a cake, or plan a virtual party. You can also plan additional ways to celebrate after the quarantine ends.

10. **Get help and support when you need it.** There has been a significant increase in mental health difficulties during the last few months. Do not be afraid to take advantage of the many resources available in the community to support you and your family during this difficult time. Mental health providers can meet via teletherapy and some provide in-person options.

# ORAL CANCER

FROM PAGE 19

chewing tobacco, and snuff, is the single largest risk factor for head and neck cancer. 85% of head and neck cancer is linked to tobacco use.

**Alcohol.** Frequent and heavy consumption of alcohol increases the risk of head and neck cancer. Using alcohol and tobacco together increases this risk even more.

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

- Prolonged sun exposure

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

# DENTAL IMPLANTS

FROM PAGE 17

carbohydrate consumption.

- People may decrease daily physical and social activity.
- People may develop sleep disorders, such as sleep apnea.

Diet appears to play a decisive role in the relationship between edentulism and general health. There are studies that report a significant decrease in blood concentrations in vitamins A, C, folate and beta carotene in edentulous versus those with teeth.

It is abundantly clear that a compromised or absent dentition has consequences, such as the restriction on the choice of foods, choking on food, poor digestion, alteration of taste, change in chewing efficiency, discomfort and premature facial aging. The self-image issues associated with edentulism adversely impact on ones socialization.

Studies show that 39% of the elderly edentulous patients cannot eat the food they want, 29% report a decrease in satisfaction from food and 14% avoid eating with other people.

Dental implant treatment can tremendously improve all the above-mentioned issues.

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# Why Hotheads Hair Extensions?



By Regan Yosifov, Colorist and Hair Extension Specialist  
Alya Salon & Spa

A lot of clients come to the salon with fine hair. Stylists want to help them feel beautiful and confident every single

day. If you look good, you feel good. Once these clients are fitted with Hotheads extensions they never look back.

Hotheads pioneered tape-in hair extensions, and they continue to perfect them today. Hotheads tape-ins use a medical-grade adhesive that creates a waterproof bond on the hair. They are the go-to choice for many stylists.

Hotheads did not stop at tape-ins. They saw a demand on the market for sew-in extensions, and continued to raise the bar by creating sew-ins for every hair type.

Their hand-tied sew-ins are great for finer hair, and they can add in some damage-free color, too. They also have machine-tied sew-ins which are perfect

for thicker, coarser hair. The two different types can be combined with each other, along with their tape-ins, to create a truly personalized look for each individual.

The tape-ins can be used 2-3 times, and the sew-ins can be used from 3-5 times.

If you are struggling with thinning hair, these extensions will add voluminous layers to your locks, giving you a luxurious feel and the appearance of fullness that you've been dreaming of.

Hothead's hair extensions are 100% human hair extensions and are sourced from India, and they go above and beyond by partnering with the charity Heart for India to help children and young women gain access to education.

They are also associated with Project Zero, a corporate program that assures businesses are working to minimize the negative effects of manufacturing on people, animals and the environment, such as planting trees to help offset their carbon footprint.

All in all, with Hotheads extensions you can be sure to receive a beautiful, unique look that you can feel good about knowing that you are helping under-privileged children and contributing to maintaining the environment.

We sometimes dismiss how important our hairstyle is. We wear it everyday as a part of our identity and personality. It is a statement that we make daily.

## Gum Disease May Relate To Heart Attack Risk



By Zahra Kavianpour, DDS  
Brighter Smile Family Dentistry & Orthodontics

Previous studies have found the incidence of heart disease is about twice as high in people with periodontal (gum) disease, but until recently no plausible cause had been suggested. Now studies indicate that the most common strain of bacteria in dental plaque may cause blood clots. When blood clots escape into the bloodstream, there is a relation to increased risk of heart attacks and stroke.

People with periodontal disease (over one half of the adult population) have an infection that causes chronic inflammation of the gums. A recent study describes the association between heart disease and gum disease to be at least as strong as the linkage of heart disease to cholesterol, body weight, or smoking.

### Are You At Risk For Periodontal Disease?

This quick quiz can tell you:

- Do you smoke?
- Is your diet low in important nutrients?
- Are you currently taking medications such as heart medications, antidepressants, or oral contraceptives?
- Do family members have gum disease?
- Are you under a great deal of stress?
- Are your gums pulling away from your teeth and receding?
- Noticed changes in the way your teeth fit together?
- Do you have bad breath?
- Are you pregnant?
- Do you have diabetes?
- Do you grind or clench your teeth?
- Do your gums bleed when brushing or flossing?
- Do you have teeth that appear to be loosening?
- Have you recently lost any teeth?

If you have checked off two or more disease indicators you may be at risk for periodontal disease. Please ask your dental professional to measure your gum pockets and check for infection.

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# HAIR HEALTH

FROM PAGE 4

and make-up if you wear it, beneath your mask. To avoid mask-ne, change masks at least once a day, and wash reusable masks daily. Hanging up your mask in the sunlight to dry exposes it to UV light, which can help to kill bacteria. Avoid wearing make-up under your mask. If the problem persists, a board certified dermatologist can examine your skin and recommend a skin care regimen including prescription creams or gels. Severe mask-ne may also require medication by mouth. In-office procedures such as chemical peels with natural fruit acids, or Dermasweep MD with customized infusions to cleanse, exfoliate and unblock clogged pores may also help, with the added benefit of improving pigmentation and fine lines, and restoring skin radiance.

Another effect of mask-wearing is increased focus on the eyes. Rather than paying a lot for eye creams with fancy packaging and an expensive advertising campaign, it’s a better investment to look for proven science. A board certified dermatologist can make evidence-based recommendations for eye creams and a complete skin care regimen, based on whether your concerns have a medical or cosmetic cause.

To achieve the best cosmetic results, your doctor needs to know how to ana-

lyze your whole face in 3D and have a deep understanding of facial anatomy. An advanced cosmetic approach combines highly-skilled procedures that are individualized for your own skin type and concerns such as wrinkles, under-eye circles, bumpy skin or sagging. Treatments can include Ultherapy, which is FDA approved for nonsurgical brow and face lifting; delicate doses of Botox to relax crow’s feet and forehead wrinkles, shape your brows and widen droopy eyes; and natural hyaluronic acid fillers like Restylane and Juvederm. With expert, European-style techniques, there are no scars, little or no down time, and a completely natural-looking result with no “frozen” appearance. Your skin can be stimulated to form new collagen and elastic tissue, taking decades off your face.

## 4. Zoom Aesthetics

Now that work meetings, interviews and social gatherings have gone virtual, there is an increasing focus on jawlines. Webcams add about 10 pounds under the chin, and they also make your neck look more wrinkled. A double chin is often hereditary and worsens with age. Raising your laptop or applying contour makeup may help a little, but many men and women are looking for more effective, longer-lasting solutions to maintain their professional and personal edge and project youth and vitality.

Liposuction can be performed well and safely under local anesthetic, to permanently remove unwanted jowl and under-chin fat. Ultherapy – or Exilis Ultra - a unique, painless laser that combines radiofrequency and ultrasound energies – can melt pockets of fat and tighten loose skin on your face and neck, as well as the abdomen, waist, hips, buttocks, arms, and other areas with no recovery time. Rigorous scientific studies have shown how these technologies target and destroy unwanted fat cells and stimulate new collagen and elastic tissue. Kybella is an injectable treatment for double chin (submental fullness) that is now offered by a select group of experts in the U.S.

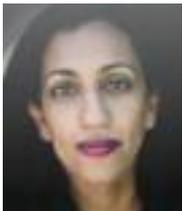
Although it may seem strange to add fat in this situation, re-contouring a weak chin or shrinking jawline with injections of your own natural fat or with fillers can work wonders for a double chin. The stem cells in the fat have a regenerative effect and make your skin noticeably firmer and more glowing.

Perhaps because webcams can also highlight unwanted hair, there has also been an increase in those seeking hair laser treatment, especially now the holidays are approaching. The advantage of seeing a board certified dermatologist is that you can also be examined medically to identify any underlying causes of excess hair.

Please see “Hair Health,” page 46

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# Have Expectations For Your Children?



By Daphne King, EdD  
Loudoun Counseling  
& Coaching, LLC

for raising children in today's society with so many uncertain outcomes and challenges faced.

So parents, do you have any expectations for your children? And, if you do have expectations for your children, have you communicated those expectations to your children? Do you have expectations for your children regarding school, interacting with their teachers, friendships, and following house rules? As you engage with your family during family dinners, think about your expectations for your children and talk to them about those expectations.

Here are a few suggestions on setting expectations for your children:

1. Identify 1-5 expectations for your children. Anymore than five and they will not remember them. The expectations can be surrounding school/grades, following house rules, interaction with teachers and

*Please see "Expectations," page 46*

A theme that has come out is children not knowing their parents' expectations for them. Parents, you are the best protective factor for your children against bullying, suicidal ideation, violence, and so many other things that children face in our society. You are the best advocate your child will have. I also want to commend you

# Want To Straighten Your Teeth?

## Here's What You Need To Know



Submitted by  
T. Wesley Daczowski, DDS  
Daczowski Orthodontics - Manassas

the U.S. Invented in the early 1800's, these devices have since become widely popular. At any given time, at least 4 million people in the U.S. are undergoing orthodontic treatment. The majority of them are children and teens, although the U.S. has seen a sharp increase in adult orthodontics over the past few decades.

Here are some of the most common orthodontic treatments:

### Clear Braces

Ceramic braces are made of clear materials and less visible than other braces. For this reason, ceramic braces are used mainly on older teenagers and adult patients who have cosmetic concerns. Clear ceramic braces should not be confused with Invisalign® clear aligners, another option for more discrete orthodontic treatment. Also, clear braces use brackets that reduce the orthodontic treatment time and the number of adjustments.

### Traditional Braces

Traditional metal braces are the

*Please see "Straight Teeth," page 47*

Choosing to straighten your teeth is a big decision that affects not only your appearance, but your lifestyle as well. As an adult, you may be looking to improve your smile for business and social reasons, or even for a special occasion like your wedding day. Or, perhaps you're a teen or the parent of a teen looking for an effective yet modern-day solution.

Braces are the most commonly used fixed orthodontic appliance in

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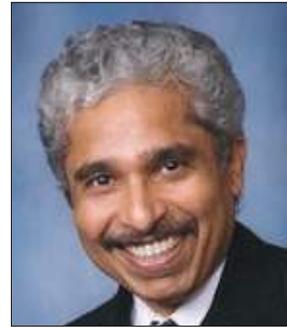
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# Hair Thinning Or Hair Loss?

## PRP Is an Exciting New Treatment



By Balvant Arora, MD, MBA  
The Hair Loss Clinic

PRP (Platelet Rich Plasma) is an exciting treatment option for hair thinning and hair loss. A number of scientifically-based articles have shown its efficacy in increasing hair count, hair thickness, and the growth phase of the hair cycle. Just as PRP has been used for years in sports medicine for direct injection into injured areas to heal tendons and accelerate collagen production, it is used similarly in skin

and hair care to kick start the body's natural regenerative processes.

### How Is PRP Done For Hair Loss?

A tube of blood is drawn from your arm, and immediately spun down in a centrifuge to isolate the plasma, rich in platelets, growth factors, and nutrient-rich proteins. Your doctor then injects the plasma directly into the scalp at the level of the hair follicles. The process is thorough – with injections beginning across the scalp, approximately at every half inch over the area of thinning and hair loss. The growth factors in your platelets and plasma play the role of messengers, signaling hair cells to function, stimulating the activity of the hair follicles, and promoting new hair growth and increase its thickness.

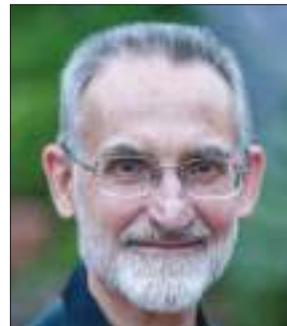
### Who Is a Good Candidate For PRP Injections For Hair Loss?

Anyone experiencing hair thinning and hair loss is a possible candi-

*Please see "Hair Loss," page 47*

# Coping With Calamity

## Finding Acceptance In Difficulty and Disaster



By David Trautmann, LCSW  
New Spirit Therapy

"These are times that test men's souls", Winston Churchill famously said during the Second World War.

The same could be said today, when many people are feeling stressed – perhaps beyond endurance – by a global pandemic, social fragmentation, pervasive injustices, environmental catastrophes and their resulting effects in social disintegration, isolation, unemployment, poverty, rapid and drastic change, domestic turmoil, and mental and emotional distress. All of this can

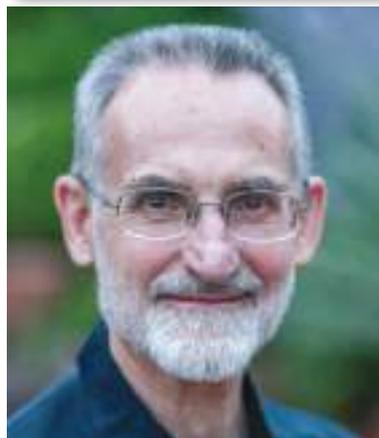
be overwhelming, deeply worrisome, depressing, and can result in multiple illnesses, emotional paralysis and incapacity. How is it possible to cope?

Among the most important and effective keys are to:

- Realistically accept the situation rather than resisting it – accepting it for what it actually is rather than just bemoaning it. It may help to vent. But complaining, by itself, usually doesn't solve anything and may make everyone, including yourself, feel worse. On the other hand, when we recognize the necessity and inevitability of difficulty and suffering, and it's potential benefits, this releases our energy to look for solutions. This enables us to find the new needs and opportunities change brings, and to find personal purpose and meaning in the situation in service to others – committing to getting through it and coming out better despite it.

- Most important is to communicate and work together cooperatively with others, both for personal support

*Please see "Calamity," page 45*



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- Knee (Genicular) Pain
- Post Herpetic Pain
- Pelvic Pain
- Abdominal Pain
- Cervicogenic Headaches
- Osteoarthritis
- Spinal Cord Injuries
- Cancer Pain
- Failed Back Surgery
- Neuropathic Pain



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# Feet Problems In Children



By Gregory Cardinal, DPM, MS  
Podiatrist in Motion, LLC

Children can present with many worrisome problems to the new parent and some that get overlooked quite frequently occur in their feet.

Yes, flat feet, in-toeing and toe walking are conditions that many children have and can outgrow, but it's when they reach a certain age that if these have not resolved or are severe to begin with, then it may warrant a

trip to see the podiatrist.

## Flat Feet

Some common milestones that one should keep track of is that it is normal for a child's foot to look flat, usually up until the ages of 3-4. This is due in large part to the degree of thickness of the fat pad on the baby's foot, but soon, a child's arch can be seen taking shape around age three and their adult foot type is often developed by the ages of 10-12.

A child 3-4 years of age with a flat foot accompanied with pain or collapsing-inward appearing ankles or who are still flat footed by age five should be evaluated for orthotics to support the arch and align the heel.

## In-Toeing

In-toeing is another common development in children. This is when a child's feet point inwards, also known as pigeon-toed. The opposite of this

and less common is out-toeing or duck walking when their feet point outwards. These can be caused by the degree of rotation or muscle deficiencies in the child's core, hips and lower limbs and is commonly remedied by stretching, strengthening exercises, bracing and children's orthotics.

## Toe Walking

Lastly, toe walking is another condition that usually occurs shortly after a child first begins to walk. However, if it's six months to a year

later and your child is still tip-toeing around, then she or he may need to be evaluated for tight heel cords, vision discrepancies and neuromuscular function.

These are a few of the common conditions that parents need to be aware of so you can speak to the podiatrist about your child. We all know that letting these things go can possibly make them worse down the line. So, check your child's feet, and see the podiatrist for an evaluation.

## Could You Use a Massage?



By Mary Fairbairn, CMT, Owner  
Hands in Demand  
Professional Massage Therapy

2020 has been like no other year. Have you thought, "I could really use a massage," but just not sure how to do so safely during the COVID-19 outbreak? The state of Virginia has been in Phase 3 opening since June and many massage establishments have been open for business since then. They should be using the strictest precautions. Obviously if you have a vulnerable condition, not getting a massage is the best decision at this time.

According to the AMTA (American Massage Therapy Association), all massage establishments should institute thorough cleaning, disinfecting and sanitizing protocols in the massage room and communal areas. Hand wash-

ing is an important protection against COVID-19. When a client enters the facility they should be asked to wash their hands, their temperature should be taken, and they should be asked COVID-19 precaution questions.

The massage therapist should take extra care, washing hands for a full 20 seconds with hot water prior to giving the massage. The client as well as the therapist should wear a mask and social distance as much as possible during the intake process.

Some massage establishments may have the intake form available online so that step can be done prior to arriving for your appointment. The client can remove their mask while receiving the massage. The client can request the therapist wear medical-grade gloves if it makes them feel more comfortable. The client appointments should be spaced adequately apart to minimize interaction with multiple persons in the reception area.

Stress management during this unusual time is important to our health. Talking to the massage therapist when making your appointment and asking her COVID-19 precaution protocol questions should alleviate any concerns you may have.

Take a few deep breaths and enjoy a massage.

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# Therapeutic Massage, Acupuncture During COVID-19

By Crystal Kaplan, LMT, BCST  
The Teal Center

Local providers are grateful to be able to provide healing and support to the Northern Virginia community during these challenging times. Practitioners are seeing many people coming in with higher levels of anxiety and

increased body pain. We have also witnessed an increase in the number of people who are curious about healing, not just their physical body, but also their emotional and mental bodies. Through energy medicine, massage and acupuncture, healing can be accessed and supported at all levels of our being.

Local massage and acupuncture

offices that re-opened in late June had a heavy decision to make. The risks and benefits had to be weighed with a close eye to the rolling average infection rate, the testing positivity rate in Northern Virginia and the hospital vacancy rate. In the end, offices cautiously reopened after implementing precautionary measures, which are detailed below.

Even with precautions, people with compromised health conditions, such as heart or lung disease, diabetes, or any immune-deficiency disorder, are not encouraged to schedule an in-person session.

To keep our staff and clients safe, the following precautions have been implemented:

- Everyone – staff and clients – wear face masks 100% of the time when in the suite.
- Pre-screening of all clients for a variety of risk factors, including travel, contact with COVID-19, symptoms of illness, and participating in group events. Anyone who does not meet these health



Crystal Kaplan, LMT, BCST

- requirements will be rescheduled.
- Everyone – staff and clients – have their temperature taken and wash hands upon arrival.
- The number of practitioners working at the same time has been limited and front desk staff are working offsite.
- The break time between sessions has been increased to allow for full disinfecting of the room in between clients.
- Hospital-grade disinfectant is being used on all surfaces touched by therapist and client after each session
- HEPA air filters are being used in each room and opening windows during and/or in-between sessions based on the client's and therapist's preference.



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# Dental Anxiety?



By Marvette Thomas, DDS  
The Dental Spa

There's so much dentistry can do these days to make your mouth healthier and your smile more beautiful. Yet many people don't take advantage of this because of a long-standing fear of dental treatment. If you are one of these people, rest assured that it's possible to have an experience that's free of anxiety and pain. This can be accomplished by blocking your sen-

sations of pain with local anesthetics or by giving you medication that can help you relax.

**Oral Sedation** – Oral sedation (by mouth) is a popular option for many people precisely because it does not require the use of needles. Oral sedatives are either swallowed whole in pill form or can be dissolved under the tongue. Both methods work in a matter of minutes. A variety of oral sedative and anxiolytic (anxiety-dissolving) medications have been developed through extensive research and testing to make your experience of dental treatment as comfortable and relaxing as possible.

**Inhalation Conscious Sedation** – Nitrous oxide, a sedative you inhale, has been used in dental offices for nearly 100 years. It is a relatively poor pain reliever but a very good anti-

*Please see "Anxiety," page 46*

# Swollen Toe Or Ankle?

*It Could Be a Gout Attack*



By Edward S. Pozarny, DPM  
Arlington Podiatry Center

Have you ever been awakened at night by a hot, painful feeling in your big toe or ankle? Did the painful joint appear swollen and red (inflamed)? These can be symptoms of a gout attack.

Gout is a disease that affects the joints. Left untreated, it can lead to painful foot deformities and even kidney problems.

Gout is caused from excess uric acid, a waste product made by the body. The uric acid forms crystals that collect in the joints, bringing on a gout attack. If you have many gout attacks, crystals may form large deposits called tophi.

The good news is that by treating

gout early, you can relieve the pain and help prevent future problems. Gout can usually be treated with medication and proper diet. In severe cases, surgery may be needed.

## Treating Gout Attacks

The first step is having a doctor physically examine you. Your doctor will want to know where and how often you feel pain, about your diet, other medications you are taking and how much alcohol you drink.

X-rays may be taken to check for tophi or changes in your bones. Your doctor may take some fluid from your joint to check for uric acid crystals. A blood sample may also be taken.

A daily long-term control medication can reduce levels of uric acid. This may help prevent gout attacks. Other medications can help relieve pain and swelling during an attack.

Medication may reduce pain and prevent attacks in the future. There are also some things you can do at home to relieve symptoms, such as resting and elevating the painful joint.

## Who Is At Risk For Gout?

Men are more likely to have gout than women. But women can also

*Please see "Gout Attacks," on page 45*

# Mental Health In a Digital World



By Candice McKinney, MA, LPC  
Beyond Counseling, Inc.

In the middle of the COVID-19 pandemic, companies across the globe have become increasingly grateful for the technology that allows telework to be a viable solution to ensure that business continues without too much interference. Thankfully, the mental health field has been utilizing the benefits of telehealth over the years and due to the recent shutdown, has proven to be for the best.

With so much uncertainty going on in our world, therapy is needed now more than ever. Many have the ability

to solicit continuous support to deal with their mental health challenges that can be heightened during difficult times. While some may question the validity of telehealth, it is important to note that virtual sessions can be just as impactful as in-person sessions. That said, here are some wonderful benefits of telehealth:

**Convenience.** You never have to leave the comfort of your home and therefore may be able to feel more relaxed during your sessions.

**Affordable.** Many insurances offer coverage for telehealth sessions. Even if your insurance does not cover telehealth sessions, many therapists offer affordable rates.

**Simple.** All you need is access to a phone or a computer to utilize telehealth services.

**Consistency.** You never have to worry about missing a therapy appointment if you cannot physically make it to an appointment. Telehealth allows for you to stay consistently in line with your treatment plan.

**Support.** You can have support  
*Please see "Mental Health," page 47*

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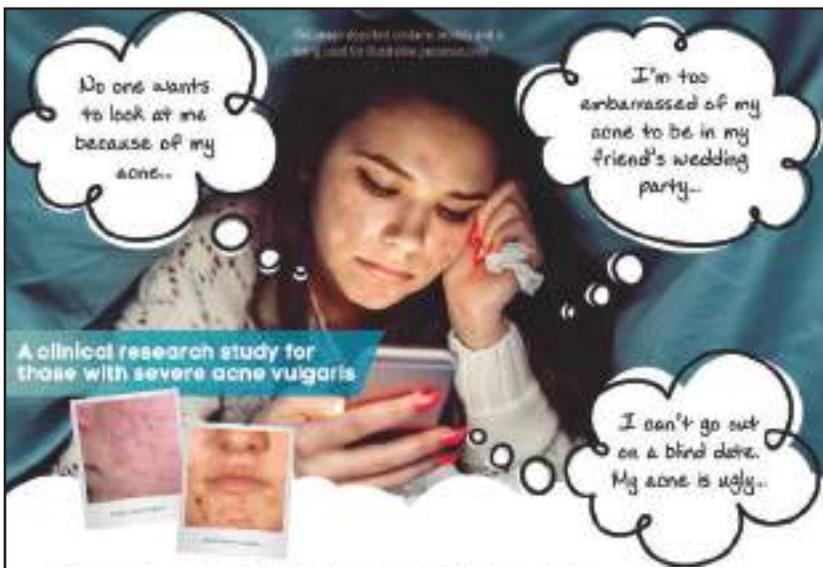
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# Spravato

## New Treatment For Depression



By Colleen Blanchfield, MD  
Full Circle Neuropsychiatric Wellness Center

Although we have come far in our understanding of the brain, much still remains unknown. Through research and development, there have been significant strides in understanding mental health disorders and how to treat them.

In the United States, major depressive disorder (MDD) is a common mental health disorder affecting 16.2 million Americans annually. Patients with depression may need several trials of antidepressants before achieving

a positive response. Of those who seek treatment, only 60% will respond to medication and many of those will require trials of several medication before experiencing remission. The 40% of patients who do not respond to medications are considered to have treatment resistant depression (TRD). These patients will continue to experience symptoms of sadness, decreased motivation and energy levels, and persistent thoughts of death or suicide.

Treatment resistant depression affects the outcomes of other medical conditions and reduces life expectancy. It is a leading cause of disability in the United States and worldwide. For years psychiatrist have struggled to help these patients.

In March 2019, the FDA approved esketamine, (sold under the brand name Spravato®) for patients with TRD. Esketamine has a novel mechanism of action to offer patients relief from depression. It is self-administered via non-invasive intranasal dosing in a physician's office. It is given in conjunction with routine

*Please see "Depression," page 47*

### How To Overcome Treatment Resistant Depression

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# Stubborn Pockets Of Fat?

## VASERShape Can Help



By Anita Grimes, Owner  
Slender Spa

Diet and exercise are effective ways to reduce weight and improve one's health. However, despite our best efforts, most of us find it difficult to achieve the body that we want with diet and exercise alone. More often than not, we seem to have stubborn pockets of fat that just won't go away. These "problem areas" require a different approach.

Some people choose cosmetic surgery to address their trouble spots,

but what if you don't want the risks that come with anesthesia and surgical procedures? You may want to consider one of the non-invasive treatment options available on the market today. VASERShape offers a non-surgical solution that is both safe effective.

VASERShape technology uses a combination of zonal massage and ultrasound to attack these problem areas. The first step for this procedure uses zonal massage to "activate" the lymph glands. Next, ultrasound is applied to the targeted area, which causes heat to generate in the subcutaneous fat layer of the target area. As the cells are exposed to the ultrasound waves, they begin to oscillate and collide which in turn weakens the cell wall. Fat is then excreted through the cell wall and released into the body where it is safely eliminated through the lymphatic system. The ultrasound portion of the treatment takes approximately 45-50

*Please see "VASERShape," page 49*

# GOUT ATTACKS

FROM PAGE 43

be affected, mostly after menopause. Some health problems, such as obesity and high cholesterol make gout more likely. Medications, such as diuretics (water pills), alcohol consumption and certain foods can trigger gout attacks.

### Foods to avoid if you have gout:

- Alcohol (beer, red wine).
- Certain meats (red meat, processed meat, turkey).
- Organ meats (kidney, liver, sweet bread).
- Shellfish (lobster, crab, shrimp, scal-

lop, mussel).

- Certain fish (anchovy, sardine, herring, mackerel).

### Prevent gout attacks:

- Avoid alcohol and foods that trigger gout.
- Take any long-term control medications prescribed by your doctor.
- Lose weight if you need to.
- Control blood pressure and cholesterol.
- Drink plenty of water to help flush uric acid from your body.

# CALAMITY

FROM PAGE 38

and to work meaningfully for progress and change. This provides useful outlets for the energy the emotions of frustration anger, grief and loss engender.

- Often, talking with an objective, sympathetic and wise third party can help a lot. It helps us get a broader perspective, see things more objectively, and get our feelings out safely – all of which often brings relief in itself, freeing up energy for constructive action. This is where a pastor, advisor, personal counselor, doctor or therapist can help. They will also offer practical solutions from personal and professional experience.

Most people don't recognize that it is through hardship and difficulties

that we find strength and ability to do things we otherwise would never have to learn to do or discover we could do. This can grow us. It is by being open to this that trouble can be turned into benefit – something that most people, being naturally pleasure-seeking and stress-avoidant, may never discover. This is how trying times benefit people's souls.

Difficulties make us stronger when accepted and adapted to. They are necessary for progress. This process is greatly eased when people support each other and work together. This requires communication and cooperation. Therapists are trained to help people do this, and are now widely available through telehealth.

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# HAIR HEALTH

FROM PAGE 36

Whether there is a medical condition such as polycystic ovarian syndrome (PCOS) or not, the state-of-the-art Gentle YAG laser, can safely and quickly remove hair of all colors from all skin types. Treatment is painless and there is no need even for numbing cream.

## 5. Hair Restoration

While almost everyone loses some hair as the years go by, stress-related hair loss has become much more common over the past 6-8 months. It can be devastating to notice clumps of hair on your pillow, in the shower or on your clothes. This is because stress tends to push more of your hairs out of their active growth phase and prematurely into a shedding phase. A board certified dermatologist can perform a comprehensive medical exam, check blood tests and, if appropriate, take a small sample of your scalp skin for microscopic analysis to investigate the cause of your hair loss. If it's stress-related shedding, medical-grade supplements may help. A growing body of scientific studies and peer-reviewed publications support the use of platelet rich plasma (PRP) for no-downtime hair restoration. PRP is prepared by concentrating platelets and natural growth factors from a small sample of your own blood. This is then injected carefully and gently into your scalp. A series of sessions is typically needed to see maximal hair regrowth, and maintenance treatment may be required until the source of stress has passed.

## 6. Feminine (Vaginal) Rejuvenation

In the past, women have sometimes been embarrassed to discuss changes that occur as they go through childbear-

ing, hormonal changes and aging. These include vaginal laxity, stress urinary incontinence (e.g. when coughing or sneezing), and vaginal dryness. There is more emphasis now on addressing these issues as women have every expectation that the second half of their lives will be as enjoyable and productive as the first.

The first step should always be to have a gynecological examination. If there are no underlying health problems, a growing number of rapid, hormone-free non-surgical options are available. The CO<sub>2</sub>RE Intima laser is the gold standard treatment to remodel the vaginal and vulvar tissues by stimulating the formation of new collagen. Patients often report a significant improvement in quality of life, such as being able to lift their children or grandchildren again without worrying about urinary leakage. Fillers can be injected gently and precisely to correct volume loss and improve the external appearance of the vaginal lips or vulva.

The right reason to have a cosmetic procedure is to rebalance how you look with how you feel – to regain self-esteem and a sense of well-being. In this time of increased safety awareness, it makes sense to trust your face and body to a doctor who is board certified in a specialty recognized by the American Board of Medical Specialties as having the correct qualifications to perform cosmetic procedures. These “core four” specialties are dermatology, plastic surgery, oculoplastic surgery and facial plastic surgery. A board certified dermatologist can also offer you medical treatment where appropriate, as part of your master plan for healthy skin and hair.

# NO PAIN

FROM PAGE 17

of tooth structure with virtually no pain or discomfort for most people.

For children and adults with special needs, the lack of noise is a benefit and helps the patient manage fear and anxiety. The laser also helps to reduce bacteria in the tooth structure and helps prevent leakage and recurrent cavities under new fillings. The Erbium laser creates a surface on the tooth that enables high levels of adhesion to restorative material.

Laser solutions utilize light technology to bring the most comfortable dental experience; bleeding and gum damage is also reduced drastically. In comparison with other traditional techniques, laser treatments are much better.

- Little or no pain/discomfort
- Non-invasive
- No needles/injections
- No anesthesia or numbness
- Safe and more effective

## Shorter recovery time Laser Dentistry Can Be Used To Treat:

- Gum disease
- Gum reshaping
- Canker sore and cold sore pain treatments
- Root canal disinfections
- Removing inflamed tissues
- Killing bacteria and virus
- Biopsies
- Exposing wisdom teeth
- Clearing airway or removing throat tissue that causes sleep apnea
- Regenerating damaged nerves
- Bone regeneration
- Removing benign oral tumors
- Lip/Tongue tie release
- Stimulating natural collagen production
- Wrinkles
- Eliminating eye bags
- Other esthetic and oral issues

# NATURAL BEAUTY

FROM PAGE 22

incisions or downtime. Wrinkle correction, cheek enhancement, facial contouring and volumizing are possible with non-surgical treatments such as Juvederm Voluma Radiesse and Restylane Lyft. A liquid facelift will enhance your natural beauty subtly as it adds strategic lift and volume to your skin.

## Smooth Wrinkles and Folds Around the Nose and Mouth

The wrinkles and folds around your nose and mouth can be treated with fillers. Results are immediate and will continue to develop during the first few weeks after the injections.



Before/After Lip Filler (Actual Patient)



Non-Surgical Liquid Lift (Actual Patient)

If you don't get enough sleep or suffer from allergies, you may experience dark, sunken circles under your eyes. Age is also a common culprit of eye bags and dark circles. The fat pads that support your lower eyes will naturally lose volume as you age. This creates dark shadows and a sunken, hollow area beneath your eyes. Tear-trough augmentation with Restylane is injected into the area under the eye; this fills the hollow areas and reduces dark shadows.

Ultimately, there are several different products on the market that can keep you looking youthful as you age, contact a medi spa to discuss your non-surgical options.

# ANXIETY

FROM PAGE 43

anxiety medication. It is administered through a nasal hood, which resembles a small cup that is placed over your nose. The oxygen mixed with nitrous oxide provides a light-headed or even euphoric feeling, which is quick to wear off so there is no “hangover” effect. All bodily functions remain essentially normal during the use of this sedative, which is very safe.

**IV Conscious Sedation** – Sedatives delivered directly into the bloodstream intravenously (into the vein) are more potent than when taken orally, and the amnesic effects may be more profound. Because IV sedation has an almost immediate effect on the body and its functions – including heart rate, blood pressure and breathing – there is

a higher degree of risk associated with it than with other types of sedatives. There is also a higher level of training required for those who administer it. As with all sedation (except nitrous oxide), you must be monitored with specialized equipment throughout your IV sedation treatment. The main advantage is that drugs administered this way work immediately and the level of sedation can be adjusted more quickly and easily.

The main advantage is that drugs administered this way work immediately and the level of sedation can be adjusted more quickly and easily. And with most sedatives you won't remember about your dental procedure after the sedative wears off.

# EXPECTATIONS

FROM PAGE 37

other school personnel, friendships/interactions with friends, your hopes for them for the future.

1. Identify three basic house rules for your children.
2. Talk to your children about the expectations and house rules, and make sure they are realistic for your children to meet.
3. Post the expectations and house rules in a place where your children can see them daily. This can be as simple as getting a piece of poster board and writing the expectations and house rules on it and then posting it in a place in the house where

your children can view them daily. This way, you do not have to constantly remind/nag your children about the expectations and house rules, and this puts some responsibility back on your children.

Talking to your children about your expectations for them and the house rules will also help with anxiety they may have about performance at school. Having this open dialogue with your children will strengthen your bond and relationship as parent/child, as well as provide some stability and structure for your children.

# COVID-19

FROM PAGE 13

Physical therapy can also reduce the risk for falls for patients with complications of diabetes that include retinopathy and peripheral neuropathy (PN).

Since balance is primarily made up of somatosensory system, vestibular system, and visual system, retinopathy and peripheral neuropathy will affect two of the three systems that effects balance. This means people who have difficulty seeing due to retinopathy or people who have decreased sensation in

their feet due to PN are at increased risk for falls. Physical therapy can target these areas and improve ways through proprioceptive training, strength training, and vestibular training to reduce risk for falls with these patients.

Due to the influences physical therapy has in the overall well being, patients with diabetes can benefit from it by reducing risk for strokes, heart attacks, and reducing risk for falls through education and prescription for exercise.

# ORTHODONTIST

FROM PAGE 22

You don't need to have a referral to see an orthodontist.

Many pro-actively schedule a consultation appointment either as a new patient or to seek a second opinion.

However, you should see your fam-

ily dentist for professional cleanings and check-ups every six months, or more often if recommended.

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

# DEPRESSION

FROM PAGE 44

antidepressant medications.

Many patients who have tried esketamine report they feel more like themselves again. They note improvement in focus, energy, and describe marked improvements in mood. Patients describe improved interest and participation in activities with friends and family.

Patients who have tried and failed at least two antidepressants medication are potentially eligible for this medication. Patients who feel that they have TRD and are interested in esketamine treatments, should contact a local certified Spravato treatment center for information.

# MENTAL HEALTH

FROM PAGE 43

when you need it most and not wait for an in-person appointment to deal with issues that you cannot process on your own.

Telehealth makes mental health services convenient and accessible. Often, the breakthrough you need is just a phone call away.

# STRAIGHTEN TEETH

FROM PAGE 37

most common type of braces and are more comfortable today than ever before.

Made of high-grade stainless steel, metal braces straighten your teeth using metal brackets and arch wires. With metal braces, you have the option of adding colored elastics (rubber bands) for a more unique and colorful smile. Some patients like to decorate their braces with color around the holidays or around their favorite sports team.

## Invisalign

Invisalign is another treatment that works for most patients and allows the patient to remove the Invisalign trays when eating.

Like braces, it is painless and through a series of different sized trays, your teeth slowly move each week until the desired result is achieved monitored by the doctor to ensure the alignment is not affecting the health of other teeth.

Here are some of the advantages:

- **The Clear Alternative To Adult Braces:** Invisalign aligners are made of a virtually invisible plastic. In fact, you'll be surprised to find out how many people won't even notice you're going through treatment. They work slowly over time changing trays as needed until the teeth are straight.
- **Live Life the Way You Want:** With Invisalign smooth, comfortable aligners, there are no irritating brackets or wires to worry about and no food restrictions that will change your eating habits. Plus with fewer doctor visits, they fit conveniently into your busy lifestyle.
- **Maintain Oral Hygiene:** The treatment not only straightens your teeth, it allows you to continue to brush and floss as normal since the aligners are removable. As you know, having straight teeth can not only affect your oral health, it can impact your professional and social life as well.

# FOOD ALLERGIES

FROM PAGE 21

and have diarrhea.

Another problem could be a condition such as celiac disease, which may cause your child to get sick from eating grains like wheat, rye and barley.

While not allergic, these reactions can affect your child's quality of life and should be managed with help from a physician.

So what is a food allergy? As allergists, we consider a food allergy, in general, to be a reaction that occurs when the body's immune system mistakes harmless proteins in food as a threat to health. When the immune system goes on attack, as it would with a virus, chemicals released can lead to allergic reactions.

The majority of food allergies in childhood involve one of eight foods:

- Milk
- Egg
- Peanuts
- Wheat

- Tree nuts
- Soy
- Fish
- Shellfish

Fortunately, many food allergies, such as milk and egg, are outgrown by a child's fifth birthday. However, peanut, tree nut, fish and shellfish tend to be life-long. These foods are also commonly associated with more severe allergic reactions.

## Symptoms Mild To Severe

Most food allergies will occur immediately within minutes to a couple of hours. Skin is the most commonly effected and may include mild itching or hives. At times, some allergic reactions to foods can be severe and even life-threatening.

Severe allergic reactions are called anaphylaxis. The prompt administration of epinephrine may be life-saving in an anaphylactic reaction. To find out more information about food allergies, diagnosis and treatment, visit a qualified allergist today.

# INFLAMMATION

FROM PAGE 23

well known anti-inflammatory spices.

**2. Remove toxins from your food and environment.** Most conventional food production uses pesticides, which exposes us to different levels of pesticide residues. Knowing when to choose organic versus conventional produce is extremely important. The Environmental Working Group (EWG) publishes a guide of the items most important to buy organic – find it by Googling "EWG Shopper's Guide." Also be sure to choose non-toxic, natural cleaning products for your house.

**3. Exercise.** Studies have shown a strong relationship between regular exercise and reductions in low-grade chronic inflammation. Move and stay active and make realistic fitness goals that best fit your schedule and ability.

**4. Stress Management.** Chronic, high levels of stress can have a damaging effect on health. Removing ourselves from toxic, stressful situations and relationships when possible, walks in nature, practicing yoga and or meditation can be extremely beneficial for lowering our levels of inflammation.

**5. Sleep.** Poor sleep triggers inflammation. The best way to maintain good sleep hygiene is by having a consistent sleep schedule, avoiding heavy meals and alcohol before bedtime, and maintaining a healthy sleep environment.

Work with your functional medicine doctor to guide you through a personalized, targeted approach to identify the causes of inflammation in your body and to achieve better health.

# HAIR LOSS

FROM PAGE 38

date for PRP treatments. Specifically those with early hair loss and thinning tend to respond the best, according to the studies. Some studies have shown that PRP is also beneficial in patients with androgenic alopecia: a genetically determined type of hair thinning and loss that typically occurs along the top of the head. In women, this might look like a widening part on top with normal hair at the back of the head.

## How Long Does PRP Treatment Take?

Upon arrival, you are evaluated. Then, you are taken to the procedure room where your blood is drawn. Then

it is centrifuged. In the meantime, you are given local anesthesia to numb the scalp. Then plasma rich in platelets, growth factors, and nutrient rich proteins is extracted from the tubes and then it is injected into the scalp. The whole procedure takes about 45 minutes.

## What Is the Downtime?

The numbness from the local anesthesia may last 45 minutes to an hour. You may also feel little bumps. These usually resolve within an hour. There are essentially no side effects associated with this treatment. Once you're home, you can shower, shampoo, and condition as normal from the next day.

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minutes depending on the time required to heat the desired area to the optimal temperature of 40-43 degrees celsius.

There are several non-invasive fat reduction treatments on the market, so you should do some research to find the right treatment and provider for you. Some things to consider are price, effectiveness, longevity of results and side effects.

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- There are no negative side effects
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So, if you are tired of struggling to get that last bit of fat off of your stomach, love handles or thighs, a non-invasive treatment such as VASERShape may just be the answer.

get stronger, increase reps and then purchase heavier weights.

- **Exercise bands.** Bands are perfect when recreating exercises from machines. Bands are cheap and perfect for people who have little space.

### The Next Level

- **A balance ball.** A balance ball will challenge you and tone your entire core. The ball allows you to work your abs in a different way by forcing them to move through a greater range of motion and maintain abdominal engagement throughout each exer-

cise. Abdominal crunches, oblique crunches and seated arm exercises are great to perform on the balance ball.

- **A bosu ball.** A bosu ball will add extra challenge and core engagement to squats, arm exercises and Pilates.
- **A foam roller.** The foam roller will add a balance challenge to abdominal exercises and can also help relieve muscular tension.
- **EZ sliders.** EZ sliders are made for moving furniture, but are also an awesome tool to tone your buns and inner and outer thighs.



In next month's edition of *Your Health Magazine*...

## Have a Holly Jolly Healthy Holiday

### 37 ways to have a Healthy Holiday Season during the pandemic.

Tips and advice from local doctors and practitioners, so you and your family can enjoy the holidays...without endangering your health.



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# MARRIED

FROM PAGE 33

before settling on a small social distanced event with masks and barriers.

So many couples have been impacted you might have begun hearing terms like “minimonies” or “microweddings” and no doubt elopements have increased during this time. Social distancing and protecting the elderly and more vulnerable family members is paramount to making it happen.

Most states are restricting gatherings to under 50 people, but that varies from state to state, so check in with state governments to see what they are doing. Also, many states are deferring some of these guidelines to counties and cities, so not only are federal and state guidelines important, those of local jurisdictions are too.

Not all wedding venues are the same either, and many vendors have their own rules, in addition to CDC and other government guidelines. So, it's important to talk to your venue and vendors to see what they suggest and how they are managing the situation.

It's probably true that not everyone on your original guest list is going to be able to make it, either for travel restrictions, or for safety reasons. See who can and can't come, and make some decisions about the impact of people not being there in person.

You can Facetime or live stream the ceremony and even have people who aren't there participate from afar. A virtual toast or enjoying a bite of wedding cake is something that can be done virtually, and can be a lot of fun.

Make sure your guests are fully aware of the “rules” and “restrictions” that will be in place for the celebration, dining and reception. Don't leave this to chance or assume everyone knows what they should do. You may actually need to assign certain people to police the event to make sure everyone, especially the elderly and more vulnerable participants, understand what they need to do, and make sure they follow the guidelines.

Most of all, even with the coronavirus, it's important to remember that you are having a wedding to celebrate your love for each other and sharing it with your friends, relatives and loved ones. Your commitment to each other and your life together does not stop because of COVID. If anything it makes it stronger. It may even turn out that having a small wedding and many virtual guests makes the celebration even more special and memorable. One thing for sure, we will never forget 2020!

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SE HABLA ESPAÑOL

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Through commitment to research and education, Dr. Sundaram has been involved in pivotal studies of many of the advanced aesthetic technologies available in North America, and teaches them nationally and internationally to dermatologists and plastic surgeons

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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

**Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology**  
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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