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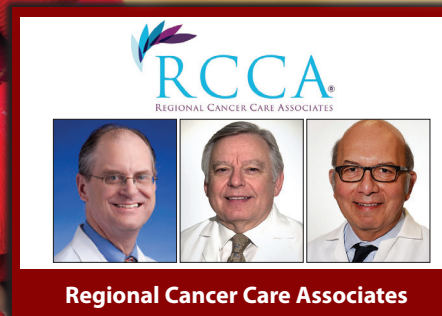
**Holiday
Health &
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• **FEATURED PROFESSIONALS** •

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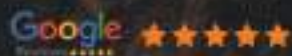


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By Deeni Bassam, MD, DABPM
The Spine Care Center

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

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

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

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

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

In general, stimulation works
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Can Electrical Stimulation Help My Pain?

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

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

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

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

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

Back Pain?

Back and neck pain *can* be treated.

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

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Six Keys To Holiday Skin and Hair Health



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

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

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

1. Get a Skin Check

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

This holiday season, like the last, we may feel a sense of emerging again into the light. There will be opportunities to spend time with our loved ones, and to fill our days with seasonal hope and cheer. The holidays are an excellent time for us to review our health goals for the New Year and beyond, and to decide if we want to make a few changes.

Our skin is an important part of this

Please see "Holiday Skin," page 22



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Spinal Compression Fracture Treatment Options



By Madhavi Chada, MD
Synergy Spine and Pain Center

Along with back pain, spinal compression fractures can also cause:

- Pain that gets worse when you stand or walk but with some relief when you lie down
- Trouble bending or twisting your body
- Loss of height
- A curved, stooped shape to your spine

Treatments

Treatments include conservative measures such as bracing, NSAIDs and muscle relaxers for 4-6 weeks. Sometimes interventional procedures such as kyphoplasty or vertebroplasty can be considered for early relief.

Kyphoplasty

Kyphoplasty, similar to vertebroplasty, is designed to stop the pain caused by a spinal fracture, to stabilize the bone, and to restore some or all of the lost vertebral body height caused

A compression fracture is a collapse of a vertebra. It may be due to trauma or due to a weakening of the vertebra (compare with burst fracture). This weakening is seen in patients with osteoporosis or osteogenesis imperfecta, lytic lesions from metastatic or primary tumors, or infection.

Symptoms

Please see "Compression," page 39



Optical Insight



Lose Years Off Your Face In Just One Hour

By Jacqueline D. Griffiths, MD
New View Eye Center

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

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

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

Procedures To Consider:



WEEK 1 (top)

WEEK 16 (bottom)

Blepharoplasty

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

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

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

Botox and Xeomin

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

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

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Jacqueline D. Griffiths, MD

Selected as a

"Super Doctor"

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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™ in 1999 where she serves as the Medical Director. NewView's Mission is to provide Excellence in Ophthalmologic services by giving personalized attention to every patient.

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

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

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



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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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My Hair Loss Is Destroying My Life – Help!



By Christopher Rosenthal and
Devin Rosenthal, Owners/Technicians,
Sanctuary Hair Extensions
& Hair Solutions

Hair loss can be devastating. This is the case for both women and men. Even though hair is not necessary for life, and it is strictly an adornment, it is absolutely incredible how powerful hair is as to how we see ourselves and our identity.

The world expects hair loss for men, but not for women. We have heard from clients that they no longer can go to work, stay in a relationship, or in extreme cases they become a shut in because they don't want to be seen by anybody, including themselves. Some people avoid looking in the mirror after a certain amount of hair loss or even remove mirrors from their house.

In cases of trichotillomania a person can feel deep shame even though this is absolutely not in their control and is nothing to be embarrassed about. But society is ignorant and uneducated about hair loss, so this increases the suffering.

With genetic forms of hair loss there are ways to help keep your hair, such as medications, vitamins, topicals, light therapy, along with other forms of blood circulation stimulation and bringing nutrition to the hair. With scarring alopecia, the hair follicles are no longer alive. With autoimmune alopecia, your body attacks your hair. Therapies are being researched for this and hopefully a cure will be found. With hair loss caused by injuries, such as burns, radiation and significant wounds, oftentimes the follicles are no longer capable of producing hair.

Hair transplants have come a very long way and are dramatically improved, but in cases of men who have lost most of their top hair, it would be difficult to transplant enough hair to give the density they would want. For women all hair on the head is susceptible to loss and with a transplant there is no guarantee the transplanted hairs will continue to live and thrive.

This leaves other options such

as toppers or wigs. The problem with most of these options is that the base is made of textiles such as silk, lace or polyurethane and can be uncomfortable and hot. The hair in these solutions must be stripped of its cuticle which is the outside protective layer of the hair and colored with textile dyes. This leaves the hair feeling dry and unmanageable

fairly quickly.

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Closing the Gaps For a Youthful Smile

By Maribel M. Vann, DDS

Bioclear Restorations: Part 3

In September's edition of *Your Health Magazine* we learned that Bioclear is a method utilizing injection-molded heated composite to create strong and esthetic restorations including veneers and crowns without having to cut down a substantial amount of tooth structure. In October we saw how Bioclear can help with closing "black triangles."

This month we present how the Bioclear treatment is also perfect for closing "diastemas" (the vertical gaps in-between two teeth). Many celebrities have a diastema including Madonna, Eddie Murphy, Jack Black, Lauren Hutton, and Willie Nelson. For some people, a diastema makes their smile unique, and they choose to keep the charming midline gap. Although a diastema is considered harmless, meaning it rarely affects dental health, some people want to close those smile gaps. Using the clear form matrices, we can transform your smile with a very natural finish.



BEFORE & AFTER

Below is another example of how Bioclear can preserve tooth structure without doing a crown on a broken front tooth.



BEFORE & AFTER

Another common dislike among patients can be "undersized laterals or peg laterals." This is where the tooth has not grown to its full capacity making the smile line look uneven. Due to the excellent quality of shaded composite materials coupled with the Bioclear system, these teeth can be built up to reveal an esthetically symmetrical and more pleasing smile in one appointment without doing porcelain veneers or crowns, which require removal of tooth structure.



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Dr. Maribel M. Vann

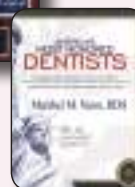
Originally from the Philippines, Dr. Vann completed her undergraduate studies and earned her first dental degree at Centro Escolar University, College of Dentistry in the Philippines in 1978. She practiced general dentistry for six years in the Philippines. She attended Georgetown University School of 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 Academy of General Dentistry, the American Academy of Oral Systemic Health, and the Schuster Center for Professional Development.



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Your Beautiful Smile Investment Is Protected by Complete Periodontal Health

By Karl A. Smith, DDS, MS

Hollywood stars know the power of a beautiful smile. Celebrities seem to have perfect teeth, but just like the rest of us, they've had a little help from their dentist.

If periodontal tooth and gum issues are not treated in advance of beautiful cosmetics, you may be wasting your time and money. Periodontics are the foundation of a healthy smile and can make the money you spend on beautiful teeth last many years longer.

Opened wide in a positive way, your smile can help make new friends, close a business deal, cheer up a broken heart and ensure that other people feel good about you. How you feel about your smile, directly relates to how much you actually use it.

Do you like your smile? If not, you may be missing out on a beautiful and healthy smile that will give you the self-confidence you deserve. And, it goes one step further, healthy teeth and gums are the foundation of a healthy body – as your oral health directly impacts your overall health.

Advanced dentistry and good periodontal (gum) care can help you achieve the ultimate show-stopping smile. Dental implants will give you back your smile with natural looking and fully functional teeth that best replace your own. Gum grafting can reduce a “gummy smile” to show more of your teeth and open up your beautiful smile.

Laser treatments that utilize less invasive procedures can control and eliminate periodontal disease to help save your natural teeth and gums. An experienced periodontist can provide you with countless options for improving your smile and keeping your gums and teeth healthy for life.

Are You Missing Teeth?

The effect of a missing tooth is not only devastating to your smile, but it's detrimental to your long-term oral and medical health. It's not just about unsightly gaps; people missing teeth lose supportive gum tissue and the bone that surrounds other teeth, and eventually the supporting bone in the jaw begins to dissolve. Studies show that people with all of their teeth can live on average 10 years longer than people with missing teeth.

Having gaps where teeth are missing affects the way the jaw closes as the remaining teeth begin to tilt and drift into the gaps. Food can become trapped in these spaces, increasing the risk of decay and gum disease. The tilting and drifting can also cause problems for the opposing teeth as your bite becomes off-balanced and you may begin to experience jaw and joint problems.

Without the support of your teeth and facial bones, your face will begin

to look prematurely aged. Lost teeth affect what you eat and how you swallow and process food and how you speak and function on a daily basis.

The good news is that an experienced periodontist has the advanced training beyond their regular dental degree to prevent, diagnose and treat periodontal (gum) disease with the most advanced laser therapy to help keep your smile healthy and beautiful. A periodontist can also offer personalized solutions to replace your

missing teeth, repair your damaged gums, and prevent or rebuild bone that may have been lost.

Your teeth provide much more function than just the ability to chew. They are necessary for the health of the gum and jaw tissues as they provide a strong foundation for a truly beautiful smile. Take control of your preventative dental health. Make an appointment for a complete periodontal evaluation with an experienced periodontist today. You will be glad you did.

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Dr. Karl A. Smith
Periodontist
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By Yeji Lee, LAc
Active Care Chiropractic
& Acupuncture

Treating Insomnia With Traditional Oriental Medicine

suffer from insomnia.

Luckily, acupuncture and other traditional oriental treatments are effective for sleep disorders and have wonderful results for those patients. Many patients state that their sleeping is much better and they are able to stop taking medications before going to bed.

Traditional oriental medicine has several kinds of treatment plans for insomnia:

- **Acupuncture** – the main acupuncture points for insomnia are located near the feet and head.
- **Cupping** – relaxes the muscles and whole body, calming the nerve system.
- **Moxibustion** – warms the body and helps blood circulation.
- **Herbs** – balance your body with herbal medication.

These treatments, alone or com-

bined, are effective ways to treat sleep disorders. Acupuncture combined with cupping treatment usually helps patients have good night sleep, and it works well after 2-3 appointments. However, have 2-3 months of treatments are recommended to fix sleep problems.

Do not give up – fix your sleep disorder. Sleeping is very important to your health, and not getting enough sleep can lead to illness.

Sleep is a vital component of every person's overall health and well-being. However, according to various medical reports, there are many people who experience sleep trouble and disorders, such as insomnia. Insomnia causes many other health issues such as headaches, muscle soreness, heart disease, stomach discomfort, and tiredness. As a result, people who suffer from insomnia experience a lot of other health disorders and fail to manage their own health by themselves.

So how can you deal with the nightmare of insomnia? There are several ways to treat it, but this article will focus on treating insomnia with traditional oriental treatments, like acupuncture.

The first step of insomnia treatment is to make sure that your sleep problem is not caused by other health issues, such as cancer, pain disorders, or medication. Then, you have to check your sleeping. There are four types of insomnia: sleep-onset, sleep-maintenance, mixed, and paradoxical. Sleep-onset insomnia is when you cannot fall asleep; sleep-maintenance insomnia is when you can fall asleep but have trouble staying asleep; mixed insomnia is when you have both sleep-onset and sleep-maintenance issues; paradoxical insomnia is when you feel like you sleep a lot less than you actually do.

The next step is to begin treatment. The first treatment the patient can try is self-home care. If you have trouble falling asleep avoid eating 2-3 hours before going to bed and try meditation. If you have problems staying asleep because of the temperature, you can change the bed conditions to either keep you cooler or warmer.

After several weeks of unsuccessful self-home care, it is time to visit your primary doctor or sleep specialist to start professional care for your insomnia. They will perform a physical exam related to your sleep disorder and prescribe medication, behavior therapy, or other treatments. Unfortunately, a lot of patients claim that these kinds of medical treatments do not work or work much less than they expected. That's why many insomnia patients give up hope and continue to



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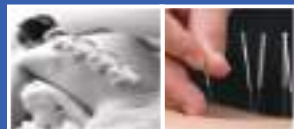
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Why the TMJ Is So Important

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

As it happens, so many people tell their doctor that “I have TMJ.” What they actually mean is that they have TMJ disorder (TMD). It really is unfortunate that TMJ disorder is so common yet so poorly understood. Basically, TMJ disorder is all about the articular discs that cover the condyles (the top of the jawbone). The disorder reflects the disc displaced and no lon-

ger protects the condyle when a person opens and closes their mouth. These discs are critical in helping a person to avoid lots of pain in their joints and which then leads to pain in the neck, back, and the rest of the body.

Many people go to their ENT, neurologist, or their GP (general practitioner) when these discs begin to dislodge and slip off the top of the condyles because they don't know where else to turn. If their major symptoms are headaches, for example,

then the neurologist would often put the person on some kind of pain killer. The GP often would refer the patient to a specialist who would probably do the same- medicate and see what happens. All of this is fine and logical, but eventually it is a good idea to figure out the real source of the problem.

By running a google search of your symptoms, many times you will land on the site of a TMJ specialist. Even then, it is wise to be careful who you visit with. Many of the “special-



Jeffrey L. Brown, DDS

ists” out there are general dentists doing this work and do not have a great handle on the problem. One of the best ways to test for this is to ask if they do an MRI of the jaw joints to check on displaced discs. Because the TMJs are complicated disc systems in the human body, the doctor owes it to the patient to diagnose fully, and this definitely requires a top-quality MRI of the joints to understand the problem. If the doctor feels they can just palpate the joint to determine the problem, it might be wise to look elsewhere.

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- Sleep Apnea
- Orthodontics

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

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

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



Jeffrey L. Brown, DDS

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



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*As it happens,
so many
people tell
their doctor
that “I have
TMJ.”*

So how do you get those pesky little discs back into the sockets? The answer is simple, sort of: Just make more room for the discs. That's easy enough to say, but it takes time and lots of experience to figure out the best way to make that happen. In some cases, just the little buildups called turbos might be enough to make the needed room for the discs. In more severe cases, the patient might need a big splint to really open up the joint space. Having an MRI really helps in figuring out a proper course of treatment and without that information the path of treatment may be incorrect.

As you can well imagine, the TM joint is very important to the human condition and when the discs are displaced the body does not function well. So, find the right doctor to work with and get yourself better.

Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

Alzheimer's disease starts with mild memory loss. What if there was a pill to prevent the disease from getting worse?

Studies of an investigational drug are underway to see if it may be effective in slowing the progression of Alzheimer's disease in people who carry two copies of a certain gene (APOE/4) that increases the risk of developing it and other dementias.

While one in four people carries one copy of the gene, only 2 to 3% of the population carries two, and hence are at greatest risk.

Results in a small, ongoing phase II trial of the drug in early Alzheimer's patients with two copies of the gene showed "significant improvement" on memory tests after six months, according to Alzheon, a Massachusetts-based company developing it and a number of potential drugs for Alzheimer's.

Phase three clinical trials of the drug, named ALZ-801, are getting underway. These constitute the final step before the FDA reviews the drug for possible approval. The company's nationwide study is called ApolloE4.

Volunteers Being Sought

In our area, people can participate in the study via Re:Cognition Health – a clinic in Fairfax, Virginia.

Anyone age 50-80 with a diagnosis of mild cognitive impairment (memory loss) is eligible to volunteer. Free genetic testing and testing for Alzheimer's will be done, and participants will be reimbursed for their time.

Participating is also an opportunity to help future Alzheimer's patients, pointed out Monica Bland, operations manager at Re:Cognition Health. "They would be contributing to science and helping people in the future," Bland said.

The 18-month, randomized, double-blind study requires nine in-person visits to Re:Cognition Health. Participants will also undergo three MRIs or CT scans (their choice).

Half of participants will receive the study drug, and the other half will receive a placebo. Each will take one pill in the morning and one in the evening.

The drug has already been proven safe in phase 1 trials. It has been well tolerated in studies so far when taken twice a day with food. Alzheon is hopeful the treatment will eventually save millions from suffering from Alzheimer's disease.

Currently there are no approved drugs that stop or prevent the clinical decline typical of Alzheimer's disease.

Volunteers Being Sought

In our area, people can participate in the study via e:Cognition Health – a clinic in Fairfax, Virginia.
Travel expenses are paid, for all visits.

"Our end goal is to help patients [by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland

said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 703-520-1000.



Our brains are the key to who we are. At Re:Cognition Health we are committed to changing the future for those with memory loss and Alzheimer's Disease.



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We specialize in the diagnosis, treatment, and care of people with Alzheimer's disease, dementia, cognitive impairment or mental health concerns. Our international clinics are global-leaders in providing volunteers with access to new treatments for Alzheimer's disease, free of charge. We are delighted to be members of the Global Alzheimer Platform Foundation and are committed to providing excellent patient-centric care.

**Trials also available for healthy volunteers to stop them from getting memory loss in the first place.*

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Fairfax, VA 22031
hello@re-cognitionhealth.com

Re:Cognition Health Fairfax opened its doors in May 2018 is led by Neurologist, Dr. Scott Turner. Currently, the clinic is specializing in phase 2 and 3 pharmaceutical trials focused on finding a disease-modifying medication to treat those suffering from Mild Cognitive Impairment and Alzheimer's Disease. The research team working under Dr. Turner is made up of a variety of professionals committed to the highest quality care and patient satisfaction.

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Heather Callahan, PA-C

Heather Callahan is a Dermatology Physician Assistant certified by the National Commission on Certification of Physician Assistants (NCCPA) and holds a medical license in the state of Virginia. She is passionate about all facets of Dermatology with extensive training and experience in general Medical Dermatology, Surgical Dermatology, and Cosmetic Dermatology.

Heather is a graduate of George Mason University in Fairfax, Virginia, where she received a Bachelor of Science degree in both Biology and Psychology. She then earned her Master of Science in Physician Assistant Studies from Seton Hill University in Greensburg, Pennsylvania.

Prior to joining Dermesthetics, Heather worked in a private dermatology office in which she was instrumental in growing both the medical and aesthetic aspects of the practice. After she joined the practice in 2016, and each year for the following five years she practiced there, the clinic earned Best Dermatology Practice in the county. Heather herself was nominated for *Lifestyle Magazine's* 16th Annual Best Physician in 2021.

In 2020 Heather earned the highly prestigious honor of becoming a

SDPA Diplomate Fellow. The Society of Dermatology Physician Assistants Diplomate Fellowship™ program is an all-encompassing, didactic training program for physician assistants working in the field of Dermatology. The SDPA worked with testing industry experts and dermatology professionals to build this standardized program from the ground up. All content was validated by the Dermatology community to ensure it includes the skills, tools and knowledge set a Dermatology Physician Assistant needs to perform their job with excellence. The program covers all aspects (Medical, Surgical, Cosmetic) of dermatology. There are only 22 SDPA Diplomates in Virginia, and less than 1,000 nationwide.

Heather is a member of the following professional organizations, including:

- American Academy of Physician Assistants (AAPA)
- Society of Dermatology Physician Assistants (SDPA)
- Virginia Academy of Physician Assistants (VAPA)
- Cellular Medicine Association (CMA)

As a Dermatology Physician Assistant, Heather is licensed to perform comprehensive skin cancer screenings, identify, and treat skin cancers. She is also trained to diagnose and treat numerous other dermatological conditions, including but not limited to acne, eczema, psoriasis, warts, and rashes. She is well-versed in skin cancer prevention, delivers and manages acute and chronic skin conditions. She often incorporates exosomes and platelet rich plasma in her treatments, confident in their medical and aesthetic benefits. With an artistic eye and skilled hands, Heather is especially enthusiastic about aesthetic medicine and is passionate about injectables, i.e. Botox and filler, as well as enjoys working with a multitude of laser platforms and medical devices.

Heather's favorite medical device lately is the AviClear laser to treat acne. AviClear is the first and only FDA-cleared laser treatment for the treatment of mild, moderate and severe acne. AviClear has been proven safe and effective for all skin types and tones. What makes AviClear so unique is it targets acne at the source. This revolutionary laser treatment uses a 1726nm wavelength to selectively target and down regulate the sebaceous gland, reducing active acne safely and effectively without the need for prescription medications. There is minimal downtime and side effects with AviClear. Heather is thrilled to currently be the only practitioner in the state of Virginia offering the AviClear laser treatment. Acne is the most common skin condition in the United States, affecting up to 50 million Americans annually. Heather understands that for many people who have acne, the skin disease affects more than their appearance. Acne can take a toll on one's emotional health. She firmly believes the mind-body connection is powerful and that improved self-perception can positively impact one's well-being.

Heather is an advocate for her patients and loves to be a positive part of their self-improvement journey. Her philosophy that everyone has their own sense of what beauty is helps her develop individualized treatment plans customized to each's own aspiration, comfort level and budget. She feels we must allow every person the opportunity to express beauty without judgment. Heather feels safety is paramount, while striving to deliver exceptional and natural outcomes.

Heather strives to develop long-lasting relationships with her patients. She is a patient favorite, and it shows when you read her reviews on Google and social media. She takes a very gentle, considerate and extremely thorough approach in her practice of medicine.

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Mouth Breathing and Dentistry



By Michael Rogers, DDS
Fairlington Dental

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

When we breath through our mouth, whether because of nasal obstruction or out of habit, we are creating a situation which causes our upper jaw to become more narrow than normal. This is especially true if mouth breathing occurs during growth and development. As we grow, the tongue is supposed to act as a natural palate expander, counteracting the equal and opposite forces of the lips and cheeks pressing down and in. If the tongue is forced down so we can get air, which is our most immediate need, then the roof of the mouth still grows but in a distorted shape. It becomes narrower than genetically programmed and the palate grows higher than normal. This eventually becomes a self-perpetuating problem because the roof of the mouth is also the floor of the nose. So a high, narrow palate leaves less room in the nose for air to pass and eventually mouth breathing becomes the only way to get air to our lungs.

High narrow palates result in less room for the teeth, creating crowding and misaligned teeth. A narrow palate usually results in an exaggerated overbite, because the growth of the lower jaw is not as affected by tongue posture as the upper jaw. If the upper jaw isn't somewhat larger than the lower jaw to allow the lower jaw to fit directly underneath it, then the lower jaw tends to be forced further back.

When the lower jaw sits further back, this can lead to jaw joint problems know as TMJD (temporo-mandibular joint dysfunction.) TMJD symptoms include clicking

and popping of the jaws, headaches, neckaches, backaches, jaw pain, and forward head posture. Also, with the lower jaw further back, the tongue is forced into the throat making the airway smaller and often leading to sleep apnea later in life, an unhealthy condition where the patient stops breathing due to tongue obstruction during sleep.

Traditionally, dentists and orthodontists have just accepted the size

of the upper jaw as-is and dealt with the consequences by extracting teeth. Physicians have dealt with sleep apnea caused by small palates by using CPAP (continuous positive airway pressure) machines to keep people breathing.

Fortunately, small narrow palates can be prevented if treated during the growing years with retainer-like devices to counteract the lip and cheek pressure. Small narrow palates

in adults can also be treated with oral devices like the DNA appliance, which can encourage jaw growth even in fully grown adults. I can personally relate to this topic because I grew up breathing through my mouth due to severe allergies as a child. This led to orthodontic problems treated by extracting teeth, TMJ problems later in life, and eventually sleep apnea, which I have now managed to eliminate using the DNA appliance.

Optimum Health Begins With Oral Health



Dr. Michael Rogers Our Complete Health Approach

At Fairlington Dental, we understand the connection between a healthy

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

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

One of our greatest joys is helping patients smile again, especially those who may not have seen a dentist in a while. You'll be amazed at how the quality of life can change! We strive to create a partnership with you that starts the moment you walk through our door.

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Dental Implants Can Be Affordable



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

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

When an adult reaches the age of 65, he or she many times feels an investment in health is less appropriate. A healthy 65 year old woman will live

23 more years 50% of the time and 29 more years 25% of the time. A healthy 65 year old male will live another 20 years 50% of the time and another 27 years 25% of the time.

An investment in their oral health is actually a better investment than a new automobile, that depreciates rapidly after purchase.

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

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

Please see "Affordable," page 39

Non-Surgical Facial Rejuvenation



By George Bitar, MD
Bitar Cosmetic Surgery Institute

the face should harmoniously interact with the other to achieve a youthful appearance. Each patient's face should be evaluated holistically.

What Can You Do To Prevent Facial Aging?

Prevention of facial aging is best achieved using a combination of common sense approaches. Maintaining your weight through regular exercise and a healthy diet prevents the effects of large changes in weight on your facial volume and skin. Avoiding tobacco products will reduce the breakdown of elastin and collagen fibers of the skin. Sun avoidance and daily protection with an SPF 30 sunscreen will also reduce the risk of sun spots, sun induced skin deterioration, and your long term risks of skin cancer. Stress is ever present in our lives and is very deleterious to our overall health as well as our appearance. Managing stress effectively with exercise and contemplative relaxation techniques can be very beneficial. Regular use of clinically

Please see "Facial," page 38

How Does Facial Aging Affect You?

Facial aging is a combination of changes in skin texture, laxity/descent of soft tissues and loss of facial volume. Our anatomy, lifestyle habits and environmental factors all have a significant impact on the face from the forehead to the neck. If one zone is addressed without taking the others into consideration, it leads to less than optimal results. One zone of

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- Do you want to eat the foods you like and look and feel better about yourself?



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Sleep-Mouth Issues and Your Baby



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

anxiety, sensory issues, and other behavioral issues seen in many toddlers and young children. Often many of these children are misdiagnosed as having ADHD.

Other symptoms include:

- Development of a narrow or long face
- Gummy smile
- Crooked teeth and misaligned jaws
- Difficult toothbrushing and gagging

- Sleeping with head and neck hyper-extended or with "butt" in the air
- Picky eating
- Bedwetting beyond potty-training
- Sleepwalking

If you notice any of these problems with your child, ask your pediatrician for a referral to a specialist or dental professional who is familiar and educated on the connection of sleep-mouth issues to overall health.



Did You Know That Breastfeeding Affects How Well Your Child's Face and Jaws Grow, and Sets Them Up For Good Sleep?

You waited nine months for the arrival of your precious baby. But what happens if you find out you are experiencing excruciating pain during breastfeeding? After all, this powerful instinct is meant to help create the bond between mother and child. Mothers in this situation either power through, supplement with bottle feeding, or they give up altogether, only to suffer from mom guilt.

Many babies have restrictions that make it difficult, sometimes impossible, to breastfeed. Typically, these situations involve anatomic, functional, and sometimes neurological issues with the baby.

When babies are not able to easily breastfeed, this impacts the growth of their face and jaws. The tongue acts as a natural pump while breastfeeding and drives the development of the face, jaws, and airway. When tongue function is compromised, breastfeeding, breathing, sleep, and the growth of the face and jaws are adversely affected.

We are born as obligate nose breathers, which means that nature intended that our tongues lay on the roof of our mouth and that we breathe exclusively through our nose. Open mouth posture and subsequent mouth breathing, noisy breathing, snoring, frequent nose congestion, teeth grinding, allergies and sometimes asthma-like symptoms can occur in the absence of good nasal breathing and often lead to breathing-related sleep disorders.

As the baby grows, non-restorative sleep generally shows as restlessness, lack of focus, attention issues,



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Live With Bad Breath? No More!

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

Research has shown that chronic bad breath affects more than 65 million people in the United States alone. And, about half those numbers have unrelenting chronic bad breath, making life miserable for millions. The putrid odors that cause untold embarrassment, from the bad taste of morn-

ing breath to the smell of rotten eggs, feces, or dirty socks coming from the mouth of chronic halitosis sufferers can now be eliminated, for good.

Mouthwash, toothpaste, tongue scrapers and brushes are great, but once you develop real bad breath – halitosis – those are unlikely to fix the problem. Why? Because the bacteria that cause halitosis live deep within the biofilm (coating) that adheres to the top of the tongue surface. And, by

definition, a biofilm grabs on to living tissue and can only be removed by some type of mechanical action, assuming you can get to it. To make it even worse, those bacteria live without air, so they can produce their waste products (odors of bad breath) – no matter how much you clean.

Research is clear on many things about halitosis. We know that bacteria cause the odors of bad breath. We also know that they live in the



Richard A. Miller, DDS

EMBARRASSED BY YOUR BREATH?



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Rub Under Their Nose?

Offer You Gums or Mints?

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depths of the biofilm (coating) on the tongue and under the gums. We also know that no matter what we spray on them, rinse them with, or scrape the top layers with, they continue to flourish, multiplying and causing more odor. The key is total removal of the tongue coating and teaching people how to prevent its return. And once done, with simple home-care routines, it need never come back.

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

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

How do you know if you need *Original Tongue Rejuvenation*? If you are getting cues from others – turning their head a bit, rubbing under their nose, or sudden coughing – you probably have a serious problem with your breath. And no one will tell you!

Because people close to us are mostly too polite or they have gotten used to the odor little by little, they won't tell you.

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

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

NO BIOFILM = NO ODOR

And once it's gone, it's gone.



By April Toyer, DDS, FAAPD
Lifetime Dental Care

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

What Are the Consequences?

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

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

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

How To Stop Thumb Sucking

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

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

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

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

What If Nothing Works?

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

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

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

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April Toyer, D.D.S., Board Certified Pediatric Dentist
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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.



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Dental Implants FAQs



By Marvette Thomas, DDS
The Dental Spa

You can't grow new teeth, but dental implants offer the next best thing if you've lost a tooth. A dental implant looks like a tiny screw and replaces the roots of a tooth. During a minor surgical procedure, your dentist creates a small opening in your jawbone and places the implant inside. Over the course of several months, the implant fuses to the bone, providing a secure foundation for the crown that will be placed on top of it. In some

cases, you may receive a temporary crown the same day you receive your implant.

Replace Multiple Teeth – When you have more than one tooth missing, implants provide an ideal replacement mechanism. You don't even need one implant for every missing tooth. Instead, implant teeth can act as supports for fixed bridgework. For example, if you are missing three teeth in a row, we can place two implants, one on either side of the gap, and a crown in between that has no implant underneath. That way, you won't need to use any of your remaining natural teeth as bridge supports, which could weaken them and make them more susceptible to decay.

Replace All Teeth Permanently – Implants can support an entire arch of upper or lower replacement teeth that are fixed into the mouth and are never removed. Sometimes the new teeth can be supported by as few as four implants. It's comparable to the

Please see "FAQs," page 39

HOLIDAY SKIN

FROM PAGE 4

2. Don't Forget the Sunscreen

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

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

3. Tackle Breakouts

Acne, skin redness or other skin breakouts can be due to blocked pores, hormonal influences, stress and hereditary factors. Wearing a mask can make things worse due to the trapping of skin perspiration, breath droplets, skin oils, and make-up. Washing your face twice a day with a gentle cleanser can help. Effective cleansers for acne can include specific ingredients like

green tea, a natural anti-inflammatory treatment, as well as salicylic acid and other antibacterials. Changing masks at least once a day, washing them daily and avoidance of make-up beneath your mask is helpful. Hanging up your mask to dry in the sunlight exposes it to UV light, which assists in killing bacteria.

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

4. Health and Beauty Throughout

For true skin health and beauty, your doctor needs to know how to analyze your whole face in 3D with advanced understanding of your facial anatomy. Highly-skilled procedures are individualized for your own skin type and concerns such as under-eye circles, wrinkles, bumpy skin or sagging. Ultherapy is FDA approved for nonsurgical brow, face and

Please see "Holiday Skin," page 38

TIPS TO PREPARE FOR YOUR BABY'S LIP & TONGUE TIE EVALUATION



4 Quick Steps to Prepare for Your Baby's Lip and Tongue Tie Evaluation

Maybe you are struggling with feeding your newborn baby, and a fellow parent, Facebook friend, or Pediatrician has told you about a lip or tongue tie that might be at the root of your troubles. Now what?

It can be an overwhelming thought that our little one might need a 'procedure', but don't fret! In Northern Virginia, we are blessed to have many ways of getting help!!

Here are some "basics" and quick tips for the best preparation if you are looking to schedule a Lip & Tongue Tie Consultation for your infant.



Contact a Lactation Consultant

Begin by reaching out to an IBCLC (International Board Certified Lactation Consultant) that is experienced in caring for babies with 'tethered oral tissues (TOTs)' aka lip and/or tongue tie. If TOTs are interfering with proper function, they may have some great recommendations for release (frenectomy) providers who have the training and experience with oral assessment. These providers have the proper tools for a thorough frenectomy procedure like a Waterlaser.



Schedule Your Consultation

You can call or text our office to schedule your virtual or in-person consultation. You will be given a link to complete all pre-appointment questionnaires. If you complete the paperwork right away, this gives the office team the best opportunity to help you with any medical or financial/insurance

considerations prior to your appointment. Pro Tip: Try to make sure that both parents/caregivers are able to attend so that everyone benefits from the education and instructions.



During Virtual or In-Person Consultation

The doctors will perform a detailed exam and have a conversation about clinical oral findings including anatomy of tongue, lips, buccal/cheeks, jaw size/shape/position and their impact on function. The doctors will review current symptoms and future considerations. This is the best time to discuss the benefits, risks, aftercare, any other medical concerns and optimal timing for procedure with your doctors in detail. Above considerations are reviewed and ruled out, we are always happy to schedule procedures for babies so that we are minimizing the number of appointments for your little one.



Plan to Rest Post Procedure

Plan to keep your schedule clear post procedure (no travel or major activities) and arrange for support at home with siblings if needed.

If you have any questions, please reach out to the office, and we will be happy to make sure you feel 100% prepared for your visits with us!



Dr. Rishita Jaju & Dr. Anh Dang
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Garima K. Talwar, DDS, MS

Board Certified Prosthodontist

Specializing in Reconstructive and Implant Dentistry

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

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

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Marvette Thomas, DDS

Cosmetic Dentistry,
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Meet Marvette Thomas:

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

PROFESSIONAL MEMBERSHIPS

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

THE DENTAL SPA

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

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

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Jeffrey L. Brown, DDS

TMJ & Sleep Apnea
Treatment



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703-821-1103



Meet Jeffrey L. Brown:

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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

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

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...
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Rishita Jaju, DMD

Pediatric Dentistry



11790 Sunrise Valley Drive
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571-350-3663



"Loved By Kids, Trusted By Parents"

Dr. Rishita Jaju, a Board Certified Pediatric Dentist, is the founding Dentist of Smile Wonders in Reston, VA.

Degrees, Education & Training

She completed her dental education at Harvard School of Dental Medicine in Boston, MA and continued to receive specialty training in Pediatric Dentistry at Children's National Medical Center in Washington, DC where she was appointed as the Chief Resident. She is the only pediatric dentist in the Mid-Atlantic region who has achieved Advanced Laser Proficiency Certification from the Academy of Laser Dentistry and Breastfeeding Specialist Certification.

Experience & Expertise

Dr. Rishita is a well-known expert provider skilled in providing specialized care in Pediatric Laser Dentistry since 2007. She enjoys the trust of her peers and colleagues when they refer their most complex cases to her care. Newborns with Tethered Oral Tissues (Tongue-Tie/Lip-Tie), children with special behavioral or medical needs and extensive dental needs that have a difficult time getting access to care have been the driving force for her to start her private practice. She has helped improve the quality of life of her patients including infants as young as 2 days old, who are struggling with challenges of nursing due to Lip or Tongue-Tie issues.

Professional Memberships

Dr. Rishita stays involved with organized dentistry and serves as one of the Board Members of Academy of Laser Dentistry. In the American Academy of Pediatric Dentistry, she has not only been selected as a member of the Council of Clinical Affairs but she is also one of the members of the Examination Committee of the American Board of Pediatric Dentistry. She is also an educator and has provided numerous seminars and trainings for introducing and promoting infant oral health, pediatric dentistry and benefits of laser applications to general dentists, pediatricians, lactation consultants, speech pathologists as well as the providers of the Infant Toddler Connection programs.

In the Community

Her passion for community service led her to become a volunteer team dentist for Operation Smile Missions to Vietnam and India and help with care for children born with cleft lip and palate.

Personal Interests

Dr. Rishita loves going home to her husband, son and 2 maltese puppies – Kaju and Kulfi. She enjoys travelling all over the world and has visited every continent (except Antarctica).

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Whether you're preparing for your child's first visit to our office or looking forward to your child's routine checkup, our top priority is helping children achieve and maintain a healthy, beautiful smile into adulthood. To schedule your child's appointment, call us today at (571) 350-3663. To learn more about the services we offer, please visit our website: www.SmileWonders.com.

www.SmileWonders.com

Ike Lans, DDS



44110 Ashburn Shopping Plaza
Suite #166
Ashburn, VA 20147

703-729-1400



Meet Ike Lans

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

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

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

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

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

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Swathi Reddy, DMD

Orthodontics



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Meet Dr. Reddy, Your Local Orthodontist!

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

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

Professional Memberships

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

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

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



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Meet Periodontist, Karl A. Smith, DDS, MS

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

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

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

WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

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

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Degrees, Training and Certificates:

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

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E. Richard Hughes, DDS

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

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

Practice Philosophy

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

Areas Of Expertise

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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

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To read more about dental implants, check out Dr. Hughes' articles @ www.YourHealthMagazine.net/Richard-Hughes/

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MEDICAL ONCOLOGY

Paul Bannen, MD

Dr. Paul Bannen specializes in Medical Oncology and is Board Certified. He received his medical degree from University of Missouri-Columbia School of Medicine and completed his internal medicine residency at University of Texas Health Science Center. He then went on to complete his fellowship at Georgetown University.

Medical Education: University of Missouri-Columbia School of Medicine

Internal Medicine Residency: University of Texas Health Science Center

Certification: Internal Medicine and Medical Oncology

Fellowship Training: Georgetown University



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MEDICAL ONCOLOGY

Frederick Barr, MD

Dr. Frederick Barr specializes in Medical Oncology and is Board Certified. He received his medical degree from Northwestern University Feinberg School of Medicine and completed his internal medicine residency at Northwestern Memorial Hospital.

Medical Education: Northwestern University Feinberg School of Medicine

Residency: Northwestern Memorial Hospital

Board Certifications: Internal Medicine, Medical Oncology

MEDICAL ONCOLOGY



Holly Dushkin, MD

Dr. Holly Dushkin, MD specializes in Medical Oncology and is Board Certified. She received her medical degree from Temple University School of Medicine and completed her residency at Temple University Hospital. She went on to complete her fellowship at Fox Chase Cancer Center.

Medical Education: Temple University School of Medicine

Residency: Temple University Hospital

Fellowship: Fox Chase Cancer Center

Board Certification: Internal Medicine

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MEDICAL ONCOLOGY

Chitra Rajagopal, MD

Dr. Chitra Rajagopal specializes in Medical Oncology and is Board Certified. She received her medical degree from Madras Medical College and completed her internal medicine residency and fellowship at Georgetown University.

Medical Education: Madras Medical College

Internal Medicine Residency: Georgetown University

Certification: Internal Medicine and Medical Oncology

Fellowship Training: Georgetown University



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MEDICAL ONCOLOGY

Frederick P. Smith, MD

Frederick P. Smith, MD, is a Board Certified Medical Oncologist who completed his oncology training at Georgetown University's Lombardi Cancer Center. A native of Burma, Dr. Smith attended Niagara University in New York and later attended St. Louis University Medical School, where he graduated cum laude. Following medical school, he completed residency and oncology fellowship at Georgetown University. He remained a full-time member of Georgetown's academic faculty for five years and actively participated in clinical trials, teaching and patient care.

Dr. Smith is well-published, having contributed to over 70 oncology publications throughout his career. He has been in private practice in the D.C. metropolitan area for many years and has been an integral advocate in the community to promote access to clinical research. In practice, he continues to pursue cutting-edge cancer care focused on the comfort and satisfaction of each patient and his or her family.

Medical Education: St. Louis University (cum laude)

Residency: Georgetown University

Fellowship: Georgetown University

Board Certifications: Medical Oncology

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Soheila Rostami, MD, FAAO, FAACS



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Dr. Rostami is a double board-certified oculofacial cosmetic plastic surgeon with more than 21 years of experience. She is much sought-after for her precise technique and skill level with finesse eyelid surgery, dermal filler, and neurotoxin injections. She is highly knowledgeable about cutting edge anti-aging laser and radio-frequency technologies available today. She is also a national trainer for cannula, microneedling, dermal filler and neurotoxin injection protocols.

Dr. Rostami is a graduate of the Howard University School of Medicine in Washington DC, where she was elected by her peers as chief resident of ophthalmology. She then went on to complete her oculoplastic & reconstructive surgery fellowship at the University of Maryland. Dr. Rostami is board certified with the American Board of Ophthalmology (FAAO) and American Board of Cosmetic Surgery. She also serves as the chair of oral examination committee for the American Board of Facial Cosmetic Surgery (ABFCS) & American Board of Cosmetic Surgery (ABCS).

Dr. Rostami is the former Section Chief of Ophthalmology at Reston Hospital Center, the current Assistant Clinical Professor of Ophthalmology at The George Washington University, the adjunct Associate Clinical Professor at State University of New York (College of Optometry), on the Board of the Medical Society of Virginia, the Assistant Professor of Ophthalmology at Howard University, and she is the President of the Medical Society of Northern Virginia.

She has received numerous awards over the years including Dean's Honor Roll, Beta Kappa Chi Honor Society, Phi Beta Kappa Honor Society, Dr. Charles I. West Award, Trustee Scholarship, Member of AOA Medical Honor Society Gamma Chapter, peer-voted Northern Virginia Top Doc, voted Best Eyelid Surgeon of Modern Luxury DC 2021, voted one of Modern Luxury's Dynamic Women 2021 and a Top Doctor 2022 by *Northern Virginia Magazine*.

Having performed thousands of cosmetic and medically necessary eyelid surgeries, Dr. Rostami is known as the surgical eyelid expert in the DC metro area. She is honored that other physicians trust her with their own eyelid surgeries and with those of their patients. Dr. Rostami is also accomplished with facelifts, brow and forehead lifts, mid-face, as well as neck rejuvenation surgery. She is well-known for her natural and never over done aesthetic results.

Dr. Rostami is the CEO and medical director of Rostami Oculofacial Plastic Consultants, a medical/cosmetic practice in Reston, VA with focus on Ophthalmology and Oculofacial plastic surgery. She is also the CEO and Medical Director of Sanctuary Cosmetic Center with locations in Tysons Corner, and Dulles, VA that excels in facial plastic surgery and body rejuvenation treatments of all kinds. She is also the CEO and Medical Director of her en-suite AAAHC-accredited surgical center that operates at the highest standards.

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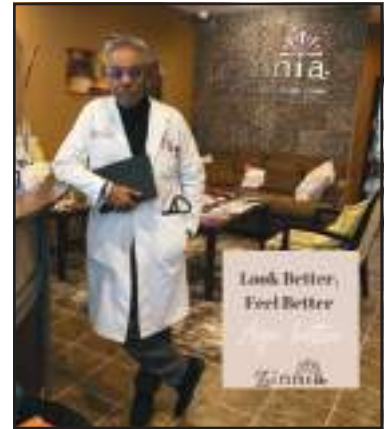
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Meet Anteneh Roba:

Anteneh Roba, MD, and his team of aesthetics specialists offer a wide range of cosmetic and anti-aging treatments for men and women. Zinnia Aesthetics & Anti-Aging Clinic specializes in the latest cosmetic, anti-aging medicine, sexual wellness, regenerative medicine, hormone replacement therapy, preventive medicine, fat grafting and body sculpting procedures. They also offer a range of non-invasive aesthetic treatments, including Botox®, Xeoman, dermal fillers, PRP procedures and the latest in medspa treatments for hair removal, microdermabrasion and chemical peels.

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LaSondra Gray, CMLSO, CNNC

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Meet LaSondra Gray:

LaSondra Gray, CMLSO, CNNC, Cosmetic Dermatology, Laser Surgery & National Wellness & Nutrition Coach is Northern Virginia's hidden gem and expert in laser technology — from head to toe. She understands and knows the value and benefit that advancements in laser technology have on resolving multiple issues including the elimination of pain. This knowledge has proven invaluable to her as she has traveled the world, training multiple disciplines in the safety and efficacy of laser technology.

Her passion began over 15 years ago when she began working with some of the world's most renowned dermatologists, plastic surgeons and pain management professionals. Her travels throughout the US and internationally allowed her to study under the surgeons and skincare experts from some of the top institutions in the world.

LaSondra has trained and lectured on the safety and efficacy of laser and soft tissue interaction. As a result, LaSondra has received accolades for her efforts in opening and expanding laser centers throughout the world.

She has paired her studies along with her own personal philosophy to become renowned for achieving true, positive, visible results — garnering her some of the most elite clientele in the area. She caters to people who seek exceptional results and services that support a natural, healthy look and lifestyle — today and tomorrow.

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Joseph Davidson, MD



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571-203-1300

24430 Stone Springs Boulevard
Suite #240
Stone Ridge, VA

703-893-3937



**Rostami Oculo Facial Plastic Consultants
is pleased to welcome the newest addition,
Dr. Joseph Davidson to our qualified team!**

Dr. Davidson brings a blend of excellent clinical and surgical experience, education, and enthusiasm with a strong passion for natural looking results and the safety and satisfaction of our mutual patient's needs!

Dr. Davidson is a board certified ophthalmologist and ophthalmic plastic and reconstructive surgeon. He completed three subspecialty fellowships (medicine's highest form of formal education).

He distinguished himself at several of North America's most prestigious institutions, including Harvard University, Georgetown University, McGill University, and the Armed Forces Institute of Pathology.

Harvard University: B.A degree (1988)

Georgetown University Medical School: M.D. degree (1992)

Armed Forces Institute of Pathology: Fellow, Ophthalmic pathology (1993)

Georgetown University Hospital: Resident, Transitional/Medicine (1994)

McGill University: Resident, Ophthalmology Chief Resident (1997)

McGill University: Fellow, Oculoplastic Surgery (1999)

Dr. Davidson has over 20 years of experience specializing exclusively in cosmetic and non-cosmetic surgery of the eyes and upper face. He has performed tens of thousands of successful surgeries.

In addition to experience handling unique and difficult situations, Dr. Davidson continues to perfect new techniques. These include new procedures for watery eye correction and cosmetic eyebrow lifting with quick recovery and minimal downtime.

In his free time, Dr. Davidson enjoys traveling, computer programming, walking and reading.

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Michael Rogers, DDS

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Meet Michael Rogers:

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

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

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

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



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Naturopathic Supplements – Which Are Safe?



By Lakita Conley-Ware, PhD
Naturopathic Health Consultant

Most people when they decide to take various types of supplements, herbs or superfoods assume that they are all safe. As with everything in life, some are better for you than others and becoming educated about which ones are best is going to help you improve your health.

The US Dietary Supplement Current Good Manufacturing Practices states supplements manufactured in the USA cannot be contaminated with heavy metals. There are several US based companies that produce naturopathic supplements that screen against chemicals, are pure organic and are GMO free.

Most people when they decide to take various types of supplements, herbs or superfoods assume that they are all safe.

One such solely American based naturopathic firm called Shaklee does extensive screening in their US bases research and development center. Shaklee Corporation is an American manufacturer and distributor of natural nutrition supplements, weight-management products, beauty products, and household products. The company is based in Pleasanton, California with global operations in Canada, China, Indonesia, Japan, Malaysia, and Taiwan.

They screen all new botanicals for 350 contaminants, for 250+ pesticides, and conduct over 100,000 quality product tests yearly for potency, safety and purity. They have over 125 medical/nutritional publications. Their staff – MDs and scientific PhDs – are naturopathic specialists. With this type of testing, this company offers a series of naturopathic products that are healthy and safe for everyone, from children to the elderly. Shaklee has also partnered with NASA to develop products that help astronauts be as healthy as possible. There are even Olympic athletes who claim use of Shaklee products helped them win medals.

It is important to know what is safe and going to help you live healthier. Some products are obviously better than others, and that goes for supplements as well. So, make sure you always read the labels first, before taking them.

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Veterans Day

Submitted By
Washington Open MRI, Inc.

The 11th hour of the 11th day of the 11th month was declared as the date and time to end hostilities in World War I.

November 11 is now officially recognized as Veterans Day in which we pause to honor the contributions and sacrifice made by our many

“citizen soldiers” who have fought and died for our freedom in all wars.

There is no question that diagnostic tests like an MRI can cause claustrophobia – or a debilitating fear of being in a confined space – accompanied by the stress and uncertainty of illness or injury.

But for our beloved veterans all these factors can be much worse as they are often compounded by prior

life-threatening experiences.

Open MRIs are often the last resort for those who cannot endure being scanned in the confined space of a standard “closed” MRI. Washington Open MRI is the preferred provider of MRI scans for our Veterans Administration, and we are proud to assist our military veterans or any among us who have a great fear of being confined during this important diagnostic

medical test.

For those who are or who have served we wish to offer our most heartfelt respect and thanks. For those who have passed may they rest in peace.

All of us at Washington Open MRI wish to offer our most sincere thanks to all veterans with a prayer recognized as commemorating the
“War To End All Wars”
or
World War I

*In Flanders fields the
poppies blow
Between the crosses,
row on row,
That mark our place;
and in the sky
The larks, still bravely
singing, fly
Scarce heard amid
the guns below.
We are the Dead.
Short days ago
We lived, felt dawn,
saw sunset glow,
Loved and were
loved, and now
we lie
In Flanders fields.
Take up our quarrel
with the foe:
To you from failing
hands we throw
The torch; be yours
to hold it high.
If ye break faith with
us who die
We shall not sleep,
though poppies
grow
In Flanders fields.*



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8 Ways To Avoid Dry Hair This Winter

By Lauren Grimsley, Colorist
Bridal Hair and Makeup Artist
Alya Salon & Spa

As much as we love sweater weather, pumpkin everything and

blondes going back to the dark side, there is one thing that the cold weather is not good for and that is keeping our hair healthy and full.

There are several reasons our hair

is drier in the winter and I'm here to help solve some of those problems.

First things first, get regular trims every 8-10 weeks. The best way to help prevent further breakage and split ends is to give your hair a fresh blunt edge. This will keep existing split ends from running up the hair shaft and further damaging the cuticle.

Only use purple shampoo or clarifying shampoos once a month. Both products have purpose for sure but can be exceptionally drying when over used.

Bi-weekly deep conditioning treatments are important. Whether you do them at home or treat yourself in the salon, your hair will certainly thank you for it!

Keratin/protein treatments such as a Brazilian Blowout will also help. These treatments will add that keratin/protein back into the hair and physically seal the cuticle down around it resulting in shiny, smooth goodness. Treatments also drastically cut down on dry time and frizz.

Wash your hair once or twice a week. When you wash your hair every day, your scalp learns to make more



Lauren Grimsley

sebum (oil). If you're currently washing every day, start by taking one wash at a time away so you and your scalp can get used to your new routine and use dry shampoo on your non-wash days.

Make sure to use salon quality products, including shampoo and conditioner. This can not be stressed enough. There is a black market for hair and skin products. Some online retailers will sell you the "same" product for less because although the packaging is the same, the product is literally watered down.

Use less heat. If you do use hot tools on your hair 1) always use a heat protectant and 2) give your hair a break on down days.

Lastly but certainly not least, use hair oil. Use a light oil such as Kevin Murphy Young Again Oil on your mids to ends, never at the root.

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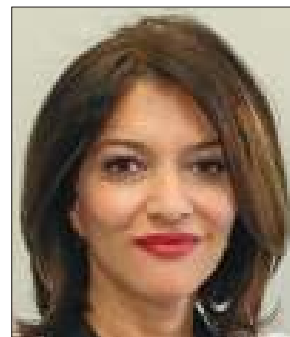
ZINA ALATHARI, DMD

Dr. Zina Alathari is a graduate of Tufts University School of Dental medicine. In addition to her general dentistry training, Dr. Alathari takes continuing education each year in advanced clinical procedures and technologies. Her wide range of service to the public has given her experience to understand each patient's individual needs.

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What Is CEREC Dentistry?



By Zina Alathari, DMD
Tysons Dental Corner

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

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

CEREC crowns are more efficient



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

Please see "CEREC," page 39

Great Smiles At Any Age



By Swathi Reddy, DMD
All Smiles Orthodontics

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

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

concluded that people with bigger smiles may actually live longer.

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

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

The biological process involved in tooth movement is the same in both adults and children. As long as the periodontium (supporting bone and gums) is healthy, teeth will respond to orthodontic

Please see "Great Smiles," page 39

Common Nail Disorders



By Edward S. Pozarny, DPM
Arlington Podiatry Center

Ingrown Nails

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

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

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

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

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

Thickened Nails

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

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

Please see "Nail Disorders," page 39

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Andrea is the creator of The SkinBarre Medical. She is from Caracas, Venezuela and is fluent in English and Spanish.

She is certified in: Plasma IQ pen, Medical grade peels, Microneedling, Dermaplaning, Lasers, and PMU (lip blush).

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Snoring

Does It Sound Like a Train Is Coming Through Your Bedroom?



By Tontra Lowe, DDS
Awesome Smiles Dental Care

We all know friends, family, co-workers, neighbors, or someone with multiple medical conditions impacting their overall health and well-being. Since the mouth is part of the body, those same conditions may impact the condition of their ability to eat for proper nutrition, chew to aid in adequate digestion, and smile with

confidence to ward off depression or anxiety. Sometimes, just breathing is hard for people. So outside of a mask and hoses to help your loved one stay alive through the night, you may want to consider an oral medical device instead to reduce the annoying and sometimes deadly noises.

It is estimated that roughly 50-70 million adults in the US have a sleep disorder. Globally, over 100 million people suffer from some form of sleep apnea. Does this sound like anyone you know: they snore, have hypertension, congestive heart failure, or another form of heart disease? They complain of digestive issues such as frequent heartburn or reflux disease. What about frequent trips to the bathroom at night? Does someone you know always need a nap during the day because they are tired? This is called daytime tiredness;

Please see "Snoring," page 39

FACIAL

FROM PAGE 18

active skin care can dramatically reduce the signs of aging. The most important components of a good skin care regimen include sunscreen, Vitamin A derivative creams, alpha-hydroxy acids, and antioxidants like Vitamin C. These products have the strongest level of clinical evidence to support their use.

Non-Surgical Treatments Available To You

If preventive measures are no longer effective in reducing the visible signs of aging, then you may want to consider some of the therapeutic options currently available. Fine lines, pore size, and hyperpigmentation can be effectively treated with various chemical peels with varying downtimes. Pore size and acne scarring can be improved with a series of micro-needling treatments. Broad Band Light treatments are very effective for treating red and brown spots of the face and stimulating collagen production to achieve skin rejuvenation over the long term with no down-time. There are a plethora of lasers on the market today that improve skin tone and texture through full resurfacing or fractional resurfacing. These laser treatments are usually less aggressive than lasers of the past so multiple treatments are usually required to achieve noticeable improvement.

More aggressive laser treatments yield faster results at the expense of longer downtime. Newer technologies such as radio-frequency devices and focused ultrasound technologies are emerging as the most effective way to tighten facial skin without surgery. When combined with facial fillers and muscle relaxing injections results can be quite impressive.

How Do You Define Success?

As unique as we all are, the aforementioned treatments require some customization. Physical findings, recovery requirements and cost considerations are all taken into account when developing a treatment plan to meet your objectives. Better results are obtained if more than one modality is combined. Being open to multiple treatments with shorter downtime over an extended period is also helpful in achieving significant improvement. It is important to acknowledge that no one treatment is a silver bullet for this multi-factorial condition.

Most patients find this approach quite acceptable and fit it into their schedules without difficulty. Patients have been very satisfied with this approach and are pleased with how many compliments they get about their refreshed appearance.

HOLIDAY SKIN

FROM PAGE 22

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

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

5. Hair Removal and Restoration

If you suffer from excess hair, a board-certified dermatologist is the expert who can examine you to identify underlying medical causes such as polycystic ovarian syndrome (PCOS). The hair itself can be removed safely, quickly and painlessly from all skin types with

the state-of-the-art Gentle YAG laser.

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

6. Feminine (Vaginal) Rejuvenation

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

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

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

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

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

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

COMPRESSION

FROM PAGE 4

by a compression fracture(s).

During kyphoplasty a small incision is made in the back through which the doctor places a narrow tube. Using fluoroscopy to guide the tube to the correct position, a path is created through the back into the fracture area through the pedicle of the involved vertebrae.

Using fluoroscopy images, the doctor inserts a special balloon through the tube and into the vertebrae and then gently inflates this balloon. As the balloon inflates it elevates the compression of the vertebra and creates a cavity inside the vertebrae, which is filled with a cementlike material called polymethylmethacry-

late (PMMA). This material hardens quickly, stabilizing the bone.

The procedure takes about one hour for each vertebra involved. Patients will be observed closely in the recovery room immediately following the kyphoplasty procedure for about 1-3 hours. Patients should not drive until they are given approval by their doctor.

Risks and Side Effects

The potential risks of side effects are very low and include infection, bleeding, allergic reaction, and prolonged increases in pain. Your physician will use x-ray guidance and sterile techniques to reduce these risks, as well as to reduce the risk of nerve damage and spinal headache.

NAIL DISORDERS

FROM PAGE 37

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

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

Black-and-Blue Nails

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

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

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

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

Prevention of Nail Problems

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

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

SNORING

FROM PAGE 38

many people think extra coffee will cure them. They are wrong.

Do you know anyone with a history of stroke or unexplained loss of libido? Is anyone you know diabetic? Is anyone complaining about the weight they cannot lose and suffering from other ailments discussed? These could all be linked. What about unexplained lower jaw or neck pain that travels to your shoulders? Yes, even this could be secondary to sleep apnea because of the tension you put on your teeth and neck muscles when trying to restart breathing. You can help stop the train from coming to your bedroom.

Make sure to talk to your dentist

if you have any sleep apnea signs. People die every day from suffocating in their sleep, and you do not want to be a statistic. Snoring is common but NOT normal and does not sound fun to your bed partner or anyone else. Know the signs so your dentist can help you or refer you to us so we can help you. These oral medical devices are usually covered by medical insurance to some degree, or you can pay as you would for anything else you want or need. Breathing is living, and living is breathing. Don't you and your bed partner deserve to rest well and sleep well without a train coming between you?

AFFORDABLE

FROM PAGE 18

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

So one can see that dental

implants are actually a cost effective way to replace missing teeth and maintain their oral health, function and esthetics.

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

GREAT SMILES

FROM PAGE 37

treatment. With all the recent innovative advancements in orthodontics, wearing braces has never been easier.

The newer appliances greatly reduce discomfort, decrease the frequency of visits and shorten treatment time. Adults have many treatment options available now. Modern metal braces are smaller in size, less visible and more hygienic.

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

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

FAQs

FROM PAGE 22

structure of a table, which only needs four legs to hold it up. In cases where jawbone density and volume have deteriorated, five or six implants might be needed to support a row of 10-12 teeth. Dental implant replacement teeth protect your jawbone, won't slip, and should last a lifetime.

Aren't Implants Expensive? –

The initial costs of dental implants may seem high when compared to the cost of bridges and dentures, but it's important to consider the lifetime costs of each tooth replacement option. With proper care, your implant will last your entire life, while bridges and dentures may need to be replaced several times.

Dental implants offer several

benefits that other replacement options don't, including:

- **No Jawbone Loss** – Your teeth roots constantly stimulate your jawbone and keep it strong. When you lose a tooth, the bone underneath begins to recede. Since dental implants take the place of your roots, you don't have to worry about jawbone loss.
- **Better Chewing** – If you choose dentures to replace lost teeth, you may not be able to eat certain hard foods. Eating isn't a problem with dental implants.
- **Easy Care** – You'll care for your implants the same way you do your natural teeth. Infections are rare if you practice good oral hygiene.

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Jessica Mapes - Medical Aesthetician | Dina Spencer - Aesthetic Lead Injector Nutritionist
Sofie Rodrigues - Aesthetician**



Andrea is The SkinBarre's founder and creator. She is from Caracas, Venezuela, and is fluent in both English and Spanish. She was inspired to pursue skincare health after her mother was diagnosed with a brain tumor. She cared for her mother during this trying time and saw firsthand how her mother's health improved by having someone dedicated by her side.

This caring touch was what laid the foundation for what she did next.

In 2004, Andrea followed her passion by graduating from the Esthetic Institute. Since then she has grown as a Licensed Medical Aesthetician, Medical Assistant, Surgical Tech, and Oncology Aesthetician.

Andrea is always looking for ways to enhance her skill set and grow her team with ongoing education and training. She wants to make a difference with every client she touches and teaches the same to her team.

What started with one treatment room 17 years ago has now grown to a building with 6 busy treatment rooms. The SkinBarre is located in the heart of Mclean, Virginia. We offer high-quality Botox treatments, PRP for facial rejuvenation, hair loss, dermal fillers such as Radiesse, Restylane, Juvederm, and Versa.

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The SkinBarre, "escape the ordinary." Personalization is key, that is why we perform a complimentary consultation with all our first-time clients. Whether you are seeking us out for lash extensions, waxing, Morpheus8, facials, IPL, or anything else.



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

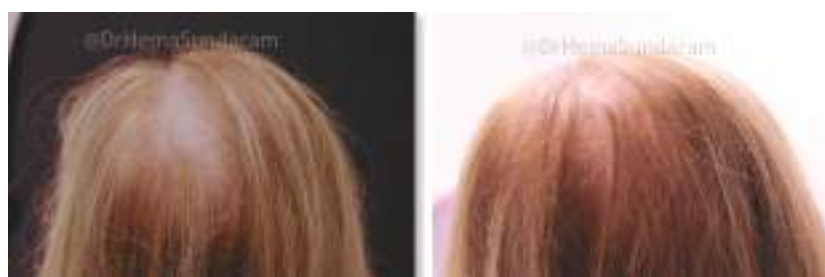
My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert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

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

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

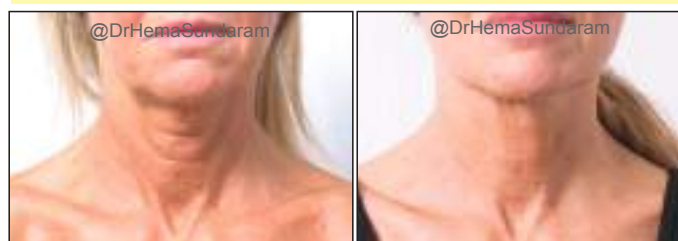
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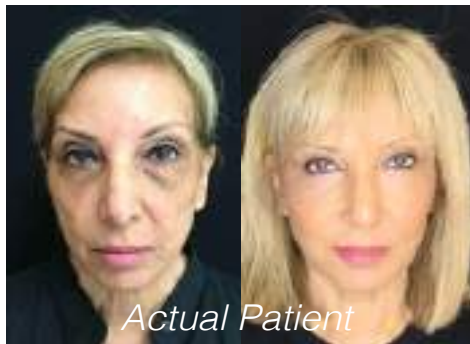
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