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SPECIAL FOCUS **Holiday** **HEALTH** PAGES 28-36



Michael Rogers, DDS
Complete Health Dentistry
page 28



Sylvie Lam, DDS, FAGD
Cosmetic Dentistry
page 28



Alfonso Patron, DDS
Dental Implants
page 29



Mark Choe, DDS
Aesthetic Dentistry
page 29



Tareq Salameh, DDS
Modern Dentistry
page 30



Kamran Raja, DMD
Maxillofacial Surgeon
page 30

PLUS

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Leila Kump, MD
Medi Spa
page 31



E. Richard Hughes, DDS
Dental Implant Specialist
page 32



Ilona Kirzhner, Owner
Grooming For Guys
page 32



Ike V. Lans, DDS
Family Dentistry
page 33

In Our Next Edition ...

Meet Your Local Health Professionals

*Biographical Profiles of Your Favorite
Local Doctors and Practitioners*

Health Directory
page 48

50 CENTS



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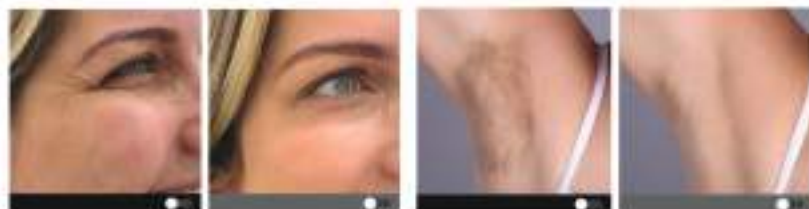


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By Deeni Bassam, MD, DABPM
The Spine Care Center

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

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

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

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

Coming up with a sensible definition of pain may be difficult but for the individual patient suffering from chronic pain the definition becomes quite easy.

When considering both the direct costs of chronic pain (doctor visits, medications, treatments, hospitalizations, etc.) along with the indirect costs, such as lost productivity, the total cost of chronic pain to society has been estimated to be around \$100 billion per year. When one further considers that each chronic pain patient is likely close with and sometimes dependant on at least two other people then the total number of people affected by chronic pain reaches 150

Pervasiveness Of Pain

million; a figure that is approximately half of the total U.S. population.

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

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

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

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

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

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

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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Forget the “New You” and Focus On the Real You



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

Look Naturally Refreshed and As Good As You Feel

How do you view midlife? If you're like most members of this modern generation, you probably have every expectation that this stage of life will be fulfilling, inspiring and productive. This year, that goal may be even stronger as we emerge from recent challenges and into the future.

Today's 30- to 70-somethings and

beyond want to reflect externally the youthful vigor and vitality that they strive for internally. In doing so, they are redefining midlife and revolutionizing health and wellness for women and men of all ages. Even our clinic patients in their 90's are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are!

This positive life philosophy has led to the development of new, non-surgical makeovers that harness our skin's natural repair processes. Recent Academy teaching for dermatologists and plastic surgeons has focused on state-of-the-art techniques and technology that preserve our individuality and avoid the “done” look. The goal is to look as healthy and vibrant as we feel inside.

To achieve the best and safest results, it's critical to find a properly qualified doctor. The American Board of Medical Specialties recognizes dermatologists, plastic surgeons, oculoplastic


Please see “New You,” page 46



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Ensuring Healthy Smiles and Sound Sleep For Your Child



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

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

SRBD refer to disturbances in normal breathing patterns during sleep, ranging from common snoring to more severe pauses in breathing

known as apnea events. These interruptions can lead to sleep deprivation and a variety of health complications. In the case of children, untreated SRBD can result in developmental, behavioral, and emotional challenges, potentially leading to conditions like allergies, ADD/ADHD, and depression.

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

The Importance Of Proper Sleep and Open Airways For Children

During the first 18 months of a child's life, crucial growth and developmental milestones occur, many of which are related to facial develop-

Please see “Healthy Smiles,” page 46



"Laser" Cataract Surgery

By Jacqueline D. Griffiths, MD
NewView Laser Eye Center

A cataract is a clouding of the lens inside the eye, causing vision loss that cannot be corrected with glasses, contact lenses or corneal refractive surgery like LASIK.

In cataract surgery, the lens inside your eye that has become cloudy is removed and replaced with an artificial lens (called an intraocular lens, or IOL) to restore clear vision.

The procedure typically is performed on an outpatient basis and does not require an overnight stay in a hospital or other care facility. Most modern cataract procedures involve the use of a high-frequency ultrasound device that breaks up the cloudy lens into small pieces, which are then gently removed from the eye with suction.

What Is the Femtosecond Laser?

Recently, a number of femtosecond lasers – similar to the lasers used for LASIK – have been approved by the FDA for use in cataract surgery to do the following steps:

- Creating corneal incisions to allow the surgeon access to the lens
- Removing the anterior capsule of the lens

- Fragmenting the cataract (so less phaco energy is required to break it up and remove it)
- Creating peripheral corneal incisions to reduce astigmatism (when needed)

A femtosecond laser can also be used to perform some of the steps of surgery to remove a clear lens or refractive lens exchange (RLE), and to make arcuate incisions in the cornea (AK) to reduce astigmatism. There are benefits and risks associated with the use of the laser, and there may be additional costs.



Lasers vs. Traditional Surgery To Remove the Lens

What Are the Possible Benefits?

Traditionally, the eye surgeon uses blades to create the incisions in the cornea (the front window of the

eye), and other special instruments to create the capsulotomy (the circular incision in the outer layer of the cataract or clear lens). The surgeon also uses a phacoemulsification device that utilizes ultrasound power to break up the lens and remove it from the eye. The femtosecond laser can be used to perform some or all of these steps.

The possible benefits of the laser include the ability to make more precise and consistent incisions in the cornea, a more circular and centered capsulotomy, and to pre-soften the cataract so less ultrasound energy is necessary with the phacoemulsification device.

How Is the Laser Used To Treat Astigmatism?

Patients with astigmatism have several choices for the reduction of astigmatism. Nonsurgical options for astigmatism correction include glasses and contact lenses. Surgical correction of astigmatism can be achieved through a toric intraocular lens, a limbal relaxing incision (LRI) made manually with a blade, or an arcuate incision made with the femtosecond laser (AK). Refractive surgery such as LASIK or PRK can also treat astigmatism. The shape and size of incisions made with the laser may be more precise.



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"

Washington Post Magazine

Voted
"Top Ophthalmologist"

Washingtonian Magazine
& Northern Virginia Magazine

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

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

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

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

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



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Sleep Hygiene

The Secret To Better Sleep

Submitted by
Me Time Healing

Although the quality and quantity of sleep directly impact our psychological and physical well-being, according to the WHO, at least 40% of the world's population suffers from some form of sleep disorder.

Good sleep hygiene refers to a set of practices and habits that promote healthy and restful sleep. Many people focus on determining the number of hours they should sleep each night when the truth is that restful sleep is a multifactorial issue. Therefore, there must be a balance between duration, timing, continuity, quality and efficiency. This is where sleep hygiene comes into play, that set of habits, techniques and circumstances that make sleep more adequate and better used.

Importance Of Sleep:

Given its importance, we want to share with you some recommendations to achieve good sleep hygiene in your rest. Among the benefits of good sleep hygiene are the following:

- It strengthens cardiovascular, metabolic and immunological health and physical performance
- Improves information processing and retention
- Reduces fatigue, irritability and lack of motivation

These practices can help individuals fall asleep faster, sleep more soundly, and wake up feeling refreshed and energized.

Here are some recommendations to achieve good sleep hygiene:

1. Stick To a Consistent Sleep Schedule: Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock and promotes better sleep quality.

2. Create a Comfortable Sleep Environment: Make sure your bedroom is cool, dark, and quiet. Use comfortable bedding and a comfortable mattress that supports your body.

3. Limit Caffeine and Alcohol Consumption: Caffeine can disrupt your sleep, so avoid consuming it in the late afternoon and evening. Alcohol can also interfere with your sleep, so limit your consumption or avoid it altogether.

4. Establish a Relaxing Bedtime Routine: Engage in relaxing activities before bed, such as reading a book, taking a warm bath, or practicing yoga or meditation. Avoid stimulating activities, such as watching TV or using electronic devices.

5. Limit Exposure To Electronic Devices: The blue light emitted by electronic devices can disrupt your sleep. Avoid using electronic devices before bed or use blue light filters.

6. Exercise Regularly: Regular exercise can help promote better sleep, but avoid exercising too close to bedtime as it can stimulate your body and make it difficult to fall asleep.

7. Manage Stress: Stress can interfere with your sleep, so practice stress-reducing techniques such as deep breathing, mindfulness, or yoga.

If you are experiencing difficulties falling asleep or cannot establish

a routine that increases your sense of well-being, it may be a good time to consult a wellness counselor, who can advise, support and help you.

Good sleep hygiene is essential in order for you to continue taking care of your emotional well-being. By simply following these recommendations, you can establish healthy sleep habits and improve the quality of your sleep and your emotions.

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Unveiling the Power Of Cryotherapy

Submitted By
Cryoxygen Clinic

In recent years, cryotherapy has become increasingly popular within high-performance sports and wellness communities for its extensive range of potential benefits to overall health and wellbeing. This innovative healing technique involves exposing the body to extreme low temperatures for short periods, stimulating the natural release of feel-good hormones responsible for healing, recovery, and overall well-being. Cryotherapy can be administered in two main forms: whole body cryotherapy and localized cryotherapy. While both types of cryotherapy have potential benefits, they differ in their approach to treatment. Let's explore in-depth the incredible benefits of cryotherapy and compare the advantages of whole body treatment versus localized treatment.

When it comes to cryotherapy, you have two main options: whole body treatment or localized treatment. Whole body cryotherapy involves immersing

your entire body in an enclosed chamber, while localized cryotherapy targets specific areas that need more attention. Whole body treatment offers systemic benefits for your overall well-being, while localized treatment provides targeted relief and enhanced healing for specific areas, such as joints or muscles. Depending on individual requirements, medical history, and objectives, a combination of whole body treatment and localized treatment can be used to maximize the benefits of cryotherapy.

After intense workouts or strenuous activities, our muscles can become sore and inflamed, leading to longer recovery times. Cryotherapy can help with this! Whether it's whole body cryotherapy or a localized approach, cryotherapy can alleviate muscle soreness, reduce inflammation, and promote faster recovery. By increasing blood and oxygen circulation, cryotherapy delivers necessary nutrients to affected areas, helping them heal faster. This makes cryotherapy especially beneficial for athletes and

Please see "Hyperbaric," page 47

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SOURCES: Centers for Disease Control and Prevention (CDC), National Kidney Foundation®

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Haresh Ailani, MD is a board-certified fellowship trained cornea and anterior segment ophthalmologist specializing in cornea, cataract and refractive surgery. He specializes in refractive/laser cataract surgery with standard and advanced technology intraocular lenses, and in all forms of cornea surgery.



Jennifer Dao, MD

Jennifer Dao, MD is a board-certified fellowship trained ophthalmologist who specializes in pediatric ophthalmology and strabismus. Dr. Dao specializes in amblyopia, pediatric glaucoma, cataracts and performs an adjustable suture technique for adult strabismus.



Leah Fuchs, MD

Leah Fuchs, MD is a board-certified general ophthalmologist. She specializes in comprehensive medical ophthalmology for adults, including medical eye exams, urgent and emergency eye care.



Sumeet Gupta, MD

Sumeet Gupta, MD is a board-certified ophthalmologist specializing in the management and treatment of glaucoma, including laser therapy, glaucoma surgery and cataract surgery, with or without minimally invasive glaucoma surgeries.



Marissa Albano, MD

Marissa Albano, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. She specializes in the latest glaucoma lasers and surgeries, as well as cataract surgery.



Jessica Van Looveren, MD

Jessica Van Looveren, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. She specializes in the management and treatment of glaucoma, and provides comprehensive medical and emergency eye care.



Hampton Khanna, MD

Hampton Khanna, MD is a board certified fellowship trained ophthalmologist with specialized training in pediatric ophthalmology. She specializes in strabismus surgery for children and adults.



Bethany Karwoski, MD

Bethany Karwoski, MD is a board-certified fellowship trained ophthalmologist with specialized training in pediatric ophthalmology. Her clinical interests include strabismus, nasolacrimal duct obstruction and retinopathy of prematurity.

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Improve Your Health This New Year: Take Care Of Your Teeth and Gums

By Karl A. Smith, DDS, MS

While we know eating right and tossing out the cigarettes are all part of our typical New Year's resolution to lead a healthier lifestyle, many of us are not aware of the overall health benefits of taking good care of our teeth and gums.

Tooth decay, plaque and periodontal (gum) disease is a health problem that doesn't normally get a lot of New Year's resolution attention. In fact, many adults with gum disease are not aware of the diagnosis, symptoms or its lasting effects. Medical evidence concludes that poor oral health, gum disease, cavities, plaque buildup, etc., can contribute to other problems in the body.

The Causes and Symptoms Of Gum Disease

Periodontal disease is an inflammatory disease that affects the soft and hard structures that support your teeth. In its early stage, called gingivitis:

- gums become swollen and red due to inflammation
- teeth and gums often bleed while brushing

In the more serious form of periodontal disease — called periodontitis:

- gums pull away from the tooth as infection settles in
- supporting gum tissues are destroyed
- supportive jaw bone can be lost
- your teeth will loosen and eventually fall out

Diagnosing Periodontal Disease

Periodontists are dentists who specialize in the treatment and prevention of periodontal (gum) disease. They are experts in the treatment of oral inflammation, plaque and bacteria as they receive extensive training in these areas during their three additional years of education beyond dental school. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease.

Make it your New Year's resolution to take better care of your mouth and teeth.

Brush twice daily: Your mouth is the front line for battling the bacteria.

Floss daily: Your toothbrush can't reach between your teeth. Daily

flossing cleans the spaces between teeth.

Have at least two dental cleanings a year: Your dental hygienist supplements your daily brushing and flossing.

Get a regular annual dental checkup: Preventative dentistry is better for your health.

Visit a periodontist for gum evaluation: All adult patients should have a full periodontal exam with

charting accomplished once a year. This provides you and your Dentist with a baseline measurement to record the pocket depth (space between your teeth and gums), the presence of gum disease, gum recession, bleeding, tooth mobility and plaque buildup.

Eat, drink and be wary: The enemy of oral health is the group of natural bacteria that thrive on sugar and dissolve the protective enamel covering the teeth.

Consider a new and stronger smile: Getting dental implants and crowns for missing or broken teeth isn't a luxury; these problems may leave you with shifting teeth and a vulnerability to gum disease.

Improving your dental health and preventing tooth decay can have a large health impact than just a healthy mouth and brighter teeth. Take control of your dental health and make an appointment with an experienced periodontist today.

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Nurturing Healthy Smiles

The Significance of Preventive Care and Establishing a Pediatric Dental Home for Children

By Gina Pham, DDS
BriteStars Pediatric Dentistry
and Orthodontics

Maintaining optimal oral health is crucial for children's overall well-being and development. Establishing a pediatric dental home and embracing preventive care are key pillars in ensuring a lifetime of healthy smiles.

The Foundation: Pediatric Dental Home

A pediatric dental home serves as

a central hub for a child's oral health journey. This concept, endorsed by the American Academy of Pediatric Dentistry, emphasizes a consistent, comprehensive, and family-centered approach to dental care. By choosing a pediatric dental home, parents ensure that their child receives continuous, coordinated, and age-appropriate oral health care from infancy through adolescence.

Early Start For Lasting Impact: Preventive Care

Preventive care lies at the heart of

pediatric dentistry, focusing on stopping dental issues before they begin. Regular dental check-ups, starting as early as the eruption of the first tooth, help in identifying potential problems and establishing a foundation for lifelong oral health. These early visits also allow parents to receive guidance on proper oral hygiene practices, including toothbrushing techniques and dietary recommendations.

Building Healthy Habits: Oral Hygiene At Home

Parents play a vital role in foster-



Gina Pham, DDS

ing good oral hygiene habits at home. Teaching children the importance of brushing and flossing daily instills a routine that will serve them well into adulthood. Additionally, parents should be mindful of their child's diet, limiting sugary snacks and beverages that contribute to tooth decay. A pediatric dental home serves as a valuable resource, offering guidance on age-appropriate oral care practices and nutritional advice.

Preventing Tooth Decay: Dental Sealants and Fluoride

Dental sealants and fluoride treatments are powerful tools in the arsenal against tooth decay. Sealants, applied to the chewing surfaces of molars, create a protective barrier against bacteria and food particles. Fluoride, whether through toothpaste, varnish, or water, strengthens tooth enamel, making it more resistant to decay. A pediatric dental home can administer these preventive measures, significantly reducing the risk of cavities.

Empowering Parents: Education and Communication

A pediatric dental home serves not only as a treatment center but also as an educational resource. Dentists in these settings prioritize communication with parents, ensuring they are well-informed about their child's oral health needs. Educational materials, discussions about developmental milestones, and guidance on managing oral habits like thumb-sucking contribute to a collaborative approach between parents and dental professionals.

In conclusion, the establishment of a pediatric dental home and a commitment to preventive care form the cornerstone of pediatric dental health. By embracing these principles, parents empower their children to develop lifelong oral health habits, fostering beautiful smiles that last a lifetime. Regular check-ups, coupled with effective home care and preventive treatments, create a comprehensive strategy to ensure optimal oral health for the youngest members of our communities.



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Understanding Common Anorectal Problems It's Not Always a Hemorrhoid

Submitted By
Fairfax Colon & Rectal Surgery, PC

Anorectal problems encompass a range of issues affecting the anus and rectum, causing discomfort and sometimes distress. These issues are surprisingly common but can be a sensitive subject and individuals can suffer for years before seeking medical care.

Here's a guide to some of the most prevalent problems and how they can be managed:

Hemorrhoids: Hemorrhoids are among the most prevalent anorectal problem. They are swollen veins in the lower rectum and anus. Factors like straining during bowel movements, pregnancy, or sitting for prolonged periods can contribute to their development. Symptoms include itching, pain, and bleeding. Treatment often involves lifestyle changes like consuming more fiber, staying hydrated, and using over-the-counter creams or suppositories to alleviate symptoms. There are also several procedures that can be performed, often in the office and with little down-time, for bothersome hemorrhoids.

Anal Fissures: Anal fissures are small tears in the lining of the anus, often caused by passing hard or large stools. They result in pain and bleeding during bowel movements. Treatment focuses on making stool softer and using a prescription cream to aid healing. In cases where a fissure is not getting better with medication, a surgical procedure may be necessary.

Anal Abscesses and Fistulas: An anal abscess is a painful collection of pus near the anus, while a fistula is an abnormal tunnel that forms between an abscess and the skin. These conditions typically require medical attention, often involving draining the abscess and sometimes surgical procedures to treat the fistula.

Anal Skin Tags: Anal skin tags are small, benign growths of excess skin near the anus. While they are generally harmless and painless, they can cause irritation or discomfort due to their location. Treatment for anal skin tags is usually not necessary unless they cause symptoms.

Anal Condyloma: Condyloma, commonly known as genital warts, are caused by certain strains of the human papillomavirus (HPV). These warts can appear around the anus or genitals and may vary in size and appearance. They are typically painless

but can cause itching or discomfort. Treatment might involve topical medications, cryotherapy (freezing), or surgical removal.

Rectal Bleeding: Rectal bleeding, often noticed as blood on toilet paper or in the stool, can be alarming. While it can stem from relatively harmless issues like hemorrhoids or anal fissures, it could also signal more serious conditions like colorectal cancer or inflammatory bowel disease. The

causes of rectal bleeding can vary, so it's essential not to dismiss it. A colonoscopy may be required to determine the cause of the bleeding.

Rectal Prolapse: Rectal prolapse occurs when the rectum protrudes through the anus. This condition is more common in older adults and often linked to weakened pelvic floor muscles or long-term straining during bowel movements. Symptoms may include discomfort, mucous discharge, and the feeling of a

bulge outside the body. This condition often requires surgical correction.

Anorectal problems can be distressing, but many cases are manageable with the right interventions. While this article provides general information, it's crucial to consult with a healthcare professional to discuss your specific condition. Colorectal surgeons are doctors specifically trained to evaluate, diagnose, and treat anorectal problems.

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So, What Is 'Healthy Eating'?

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

We are all told by our doctors that we need to eat "healthy" in order to have a good life. So, what does that really mean? Ideally you should make sure to take in the right amounts of carbohydrates, protein, minerals, etc. The list of 'ideal' food intake requirements is huge! Depending on the doctor or nutritionist you talk to, it could vary

greatly depending on their beliefs and your needs.

When it comes to healthy eating for a TMJ disorder person, it's a bit of a different story. In almost all cases, when a person is wearing a TMD appliance, they need to be on a bit of a soft food diet. This immediately negates things like beef jerky, hard raw vegetables, and many other items. The soft food diet is for two reasons. First, the displaced discs in the jaw joints

will heal faster if there is less stress on them, i.e., soft food means less stress to the joints. Second, when wearing a splint for example, it cannot handle hard foods because the acrylic might break. This makes a healthy diet more interesting.

With all of our TMD cases, we provide an actual recipe book to help with the dietary needs while in treatment. When a patient is in appliance therapy, they need to be aware of their



Jeffrey L. Brown, DDS



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

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

healthy eating requirements. This does take some planning and preparation for the 12-18 months in therapy to comply with the program. In almost all cases, however, the person can manage both the appliances and a healthy diet just by paying attention to the details.

Once treatment has been completed, it becomes much easier to maintain a healthy diet for the long term. A simple thing that is quite obvious to good health is good sleep. And part of good sleep involves the proper levels of Vitamin D. Did you know that Vitamin D is not really a vitamin? It is actually a hormone that regulates sleep. If your D levels are too low, then the B vitamins cannot be manufactured in the gut. Good D levels are critical to good sleep and to proper B levels. This is why our patients are counselled in healthy D levels.

Another key to being healthy is hydration. That's right, you need enough water to keep your cells active and healthy. Think of proper hydration when you think of proper eating – they are both critical to your good health. As a general rule of thumb, whatever your body weight is in pounds, cut that number in half and you should consume that number of ounces of water per day. This is the bare minimum. For example, a 200-pound person needs about 100 ounces of water per day. If you drink coffee/tea/soda/etc., then that number is higher due to the dehydrating effects of caffeine.

So healthy eating means healthy thinking and healthy planning!



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
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By April Toyer, DDS, FAAPD
Lifetime Dental Care

Tips For a Healthy Smile This Holiday Season

times of hardship one can always find something to be thankful for. Since its creation Christmas has been benchmarked with togetherness of friends and family, and also the consumption of good food.

Although this season is a time usually celebrated with an assortment of savory and sweet foods, your oral health does not need to suffer. Below

are a few tips to follow during your holiday meals.

Avoid Constant Grazing – Constant nibbling throughout the day will cause the pH in your mouth to drop and gives a chance for bacteria to flourish. Frequent grazing will not allow your saliva to naturally cleanse your mouth and raise your pH back to healthy levels.

Drink Water With Your Meal – Drinking water and rinsing will allow for the cleansing of food particles that may remain in your teeth until you brush again at night. Increasing water intake is extremely important when consuming salty foods to prevent dry mouth. Drinking water may also raise the pH in your mouth to more healthy levels.

Avoid Dark Colored Foods – If you have been bleaching your teeth your teeth may be more susceptible to uptake of stain from dark colored foods and drinks. Our favorite dishes such as cranberry sauce may be mighty sweet and can also stain your teeth.

Avoid Sticky Foods – Sticky foods such as nuts, raisins, and pies can remain in the grooves of your teeth. If you have to get a taste make sure you rinse or brush afterward.

Bring a Toothbrush – If you are traveling this holiday season you may want to pack a toothbrush and floss with you to your final destination. After all with all of that food who knows when you will feel a nap coming on.

Don't Forget To Floss – Just because they are called leftovers doesn't mean food particles should be left behind between your teeth.

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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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Sleep Apnea: CPAP Is Not the Only Option



By Michael Rogers, DDS
Fairlington Dental

Sleep apnea, a serious condition characterized by brief periods of no breathing during sleep, is most often treated with CPAP (continuous positive airway pressure) also known as “the mask.” While the mask is quite effective in treating sleep disordered breathing initially, about half the patients who try it end up not using it because it can be inconvenient and

uncomfortable. Alternatives to CPAP include surgery to remove excess tissue, implanted stimulation devices, weight loss, and oral appliances.

Oral appliances, originally designed to reduce snoring, are now being prescribed for mild and moderate cases of sleep apnea, and also for patients who can’t tolerate the CPAP machine. They are reported to be effective up to 85% of the time, and are generally much more comfortable for the patient.

There are many different oral appliances designed to reduce sleep apnea, and the most common ones work by pulling the lower jaw and tongue forward. This creates more space at the back of the throat, where the obstruction most often is located. The original appliances were quite bulky, as are most of the over-the-counter varieties, but modern technology has allowed

Please see “Sleep Apnea,” page 47

Thriving Through the Holidays

Five Top Healthy-Eating Tips To Navigate Festive Feasts Without Derailing Your Weight Loss Goals

Submitted By
BeBalanced Leesburg

As you’re preparing your menus, making your grocery lists, and checking them twice, we wanted to offer our five top healthy-eating tips on how to “survive” holiday gatherings that seem to be entirely focused on food, without completely derailing your weight loss efforts.

1. Don’t “Save Room” For Later!

One of the biggest mistakes people make is to cut back on their food intake or not eat anything at all before a holiday meal. Not only will this set you up to eat everything in sight, but it can also cause your blood sugar to drop making you feel tired and grumpy (aka: “hangry”), which is never any fun! Start the day with a

balanced breakfast – such as eggs for protein and healthy fat, and veggies for fiber – to ensure your blood sugar is stable and you’ll be less likely to have cravings and overeat.

2. Have a Plan.

Establish some ground rules in advance of a gathering that allow you to indulge, if you choose, but not pig out. If you are planning to have some dessert, aim for items that are homemade as opposed to store-bought which often contain hazardous trans fats, sugars, and refined flours.

3. Bring On (Or Bring) the Veggies.

Vegetables are high in nutrients and fiber, which will help to keep you from overindulging on the other “not

Please see “Holidays,” page 47

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Got IBS? Dreading the Holidays? You Don't Have To!



By Lisa Thorne, Coach
Lisa Thorne Holistic Wellness Coach

If you are someone or know someone whose irritable bowel syndrome (IBS) symptoms are causing anxiety during the holiday season, keep reading; there is hope!

The Role Of Stress and Mindset

First, identifying what to eat for IBS is only a small portion of what may be impacting the digestive process. Understanding that the symptoms are not “all in our head”, but can be exacerbated by our stress levels, is critically important. This does not in any way mean that people with IBS are the cause of their symptoms. It means that IBS sufferers can learn to have control over the vicious cycle of “worry about symptoms causing symptoms, and actual symptoms causing worry”. Developing techniques to quell the cycle can go a long way in finding the ease from the physical symptoms that can seem out of our control.

How To Eat For IBS

Secondly, learning about not only what to eat (soluble fiber first!), but how much, when, what order, and even what temperature are excellent tools for moderating and even conquering the symptoms of IBS.

Planning For Holiday Meals and Social Events

The best way to navigate the holidays and the social outings that usually involve food begins with preparing well in advance of the event:

- Recognize that food is only a very small portion of managing and overcoming IBS
- Make time for downtime and rest
- Prioritize your self-care
- Connect with nature to find peace and solace
- Learn about the gut reflex and the foods that have the lowest index

On the day of the get-together:

- Eat soluble fiber first.
- Be sure you are well-rested.
- If possible, have an event buddy to lean on, even if it is someone to text.
- Choose loose fitting clothes!

Consider that IBS symptoms can worsen over time, so the sooner action is taken to address all the key components, the sooner healing can begin! And, the sooner committed, focused action is taken, the less time it typically takes to recover. It is never too late to begin! The road to wellness begins with one step.

Lisa Thorne
Holistic Wellness Coach

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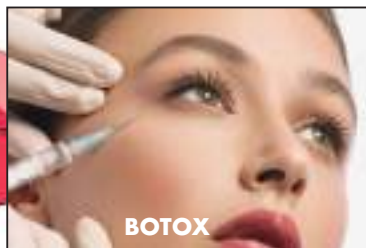
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Submitted By
Back In Action Health Solutions

In the quest for optimal health and well-being, the exploration of alternative therapies has gained significant momentum. Pulsed-Electromagnetic Field (PEMF) Therapy is utilized by many, including well-known American author, coach and speaker Tony Robbins, who elaborates on the benefits of PEMF in his book, *"Life Force."* Embracing a holistic health approach, PEMF therapy offers a non-invasive, results-driven means of enhancing cellular detox and optimal cellular function for your overall well-being. Several benefits we'd like to highlight: inflammation and pain reduction, facilitation of the body's ability to repair and regenerate, promotes relaxation and stress reduction, improving quality of sleep, and providing a non-invasive pain solution.

PEMF therapy is based on the scientific understanding that electromagnetic fields have an impact on the body's cellular function. The Exposure to these pulsating fields aligns with the body's natural frequencies, promoting balance and vitality. One of the primary holistic benefits is its ability to reduce inflammation and provide pain relief via specific physiological mechanisms. Inflammation is the body's response to stress, injury, or infection and can lead to various health issues when persistent. PEMF therapy operates as an effective anti-inflammatory agent, alleviating pain and promoting faster healing. The electromagnetic fields generated by PEMF stimulate cell membranes, improving blood flow and oxygenation. This heightened circulation assists in the removal of inflammatory mediators and reduces swelling. PEMF therapy modulates the release of signaling molecules, such as cytokines, further regulating the inflammatory response.

PEMF therapy has also been recognized for its positive impact on cellular health. By enhancing cellular function and promoting better communication between cells, PEMF therapy facilitates the body's ability to repair and regenerate. This is why it is typically referred to as cellular exercise. PEMF therapy does not only address physical ailments, but extends its benefits to mental well-being. By

promoting relaxation and reducing stress, PEMF therapy encourages a harmonious balance between the mind and body. This holistic approach is crucial in today's fast-paced world, where stress and anxiety often take a detrimental toll on one's health and well-being. Another noteworthy aspect of PEMF therapy is its positive influence on sleep patterns. Quality sleep is foundational to holistic health, as it allows the body to repair and rejuvenate.

PEMF therapy has shown promising results in promoting restful sleep, making it a valuable tool for those struggling with insomnia or irregular sleep patterns.

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

Colon and rectal health is a crucial aspect of overall well-being, often overlooked until problems arise. Colon and rectal surgeons provide a range of services to address various issues affecting this part of the digestive system. These

explore some of the key services offered by colon and rectal surgeons and underscore the importance of prioritizing colon and rectal health.

Robotic Surgery: Advancements

services are essential in maintaining good health and preventing more severe conditions. Here, we will

in technology have revolutionized the field of colon and rectal surgery. Robotic surgery allows for minimally invasive procedures with smaller incisions, shorter recovery times, and reduced postoperative pain. It's especially beneficial in the treatment of conditions such as colorectal cancer and inflammatory bowel diseases.

THD Surgery: Transanal Hemor-

rhoidal Dearterialization (THD) is a technique used to treat hemorrhoids. By locating and ligating the arteries that feed the hemorrhoids, THD can effectively alleviate the discomfort and bleeding associated with this common condition.

Conditions Treated: Colon and rectal surgeons are experts in diagnosing and treating a wide range of conditions, including anal pain and itching, anorectal abscesses and fistulas, cancers of the colon and rectum, fissures, fecal incontinence, hemorrhoids, inflammatory bowel diseases, polyps of the colon and rectum, pilonidal disease, rectal prolapse, and more. Seeking professional care for these conditions is crucial for accurate diagnosis and effective treatment.

Colonoscopy: A colonoscopy is a preventive screening tool recommended for adults over a certain age or individuals at risk for colorectal cancer. It allows colon and rectal surgeons to detect polyps, abnormal growths, and early-stage cancers, providing an opportunity for timely intervention.

Colorectal Genetic Testing: Some individuals have a higher genetic predisposition to colorectal conditions. Genetic testing can identify this risk and inform screening and treatment plans.

Inflammatory Bowel Diseases: Conditions like Crohn's disease and ulcerative colitis require specialized care. Colon and rectal surgeons are well-equipped to manage these diseases and improve patients' quality of life.

Hereditary Polyposis Syndromes (FAP/HNPCC): Hereditary polyposis syndromes are genetic conditions that increase the risk of colorectal cancer. Specialized care is necessary to monitor and manage these conditions effectively.

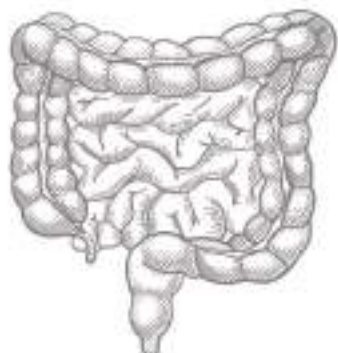
Colon and rectal health is a vital component of overall well-being. The services offered by colon and rectal surgeons, such as robotic surgery, and the treatment of various conditions, play a crucial role in preserving and restoring health. Early detection and timely intervention are key to preventing more severe issues. It's essential to prioritize colon and rectal health and seek professional care when needed to maintain a high quality of life.



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By E. Richard Hughes, DDS

Mouth-Body Connection

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

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

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

Periodontal and tooth infections, and infections in general, can cause fatigue. I tell my patients that their overall energy level will improve after the treatment of periodontal disease and the removal of tooth infections.

All of them tell me they have improved health and increased energy levels after the treatment of such conditions.

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

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

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

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

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

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

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

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

Pregnant women due to hormonal changes are more prone to periodontal

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HOW IS DENTAL TECHNOLOGY KEY TO YOUR CHILD'S DENTAL EXPERIENCE?



Most modern Pediatric Dental offices utilize state of the art technology to make children feel comfortable while receiving top quality and enjoyable dental care. Because of the technology, there is reduced fear and anxiety during dentist visits for kids who haven't had the opportunity to become familiar with their dentist.

Here are a few tech items to ask about when searching for a Pediatric Dentist for your child:



Laser Dentistry

Laser Dentistry is one of the most advanced dental treatments available today. By utilizing laser energy and water, Pediatric Dentists are able to perform a wide range of dental treatments in a comfortable manner for kids. The Waterlaser is very effective in desensitizing teeth during restorative treatment, reducing the need for needles and local anesthetic.

It is also much more gentle than sharp instruments, such as scissors or scalpels, during soft tissue procedures. The Waterlaser's gentle approach allows for a much easier recovery. Waterlasers help eliminate the fear associated with dental treatment and foster a healthier mindset about oral care.



Intraoral Digital Cameras

When it comes to helping you understand your child's dental diagnosis or treatment, intraoral digital cameras allow you to see exactly what the Pediatric Dentist sees.

These cameras produce instant images of your little one's teeth. The images can be saved as stills or video. The cameras are designed to be slim and small, so children can easily tolerate having pictures of each tooth taken.



Digital X-Rays

Diagnostic x-rays have long been invaluable to dentistry. The emergence of digital technology within the past decade have made dental x-rays significantly more safe and comfortable.

Digital technology allows the reduction of radiation exposure to patients by as much as 90% over traditional x-rays. In fact, eating 2 bananas can expose a person to more radiation than what is used for 1 dental x-ray.

In addition to how safe digital X-rays are, they save time as pictures are developed quickly. They also provide sharper images that can be enhanced instantly to show detail. Since the images are captured so quickly, tolerating the sensors is often more comfortable for children rather than traditional film.



TV/iPad

The best and most child friendly offices have technology that kids and parents are already familiar with, such as TVs or iPad. These help children to feel at ease when entering a dental setting. A play area filled with toys, books, and iPads will excite kids about visiting the office. Child-friendly games and apps can be used to keep kids occupied while they wait for their appointment.

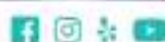
TVs at each operatory chair can be used to play popular TV shows or movies to help distract children from being nervous and bring their attention to something more exciting than a teeth cleaning or filling.



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Paperless Charts Our electronic system for storing files allows for fast access to files, improves office efficiency and productivity and ensures that records are never misplaced.

With so many advances in health technology available, be sure to see if your Pediatric Dentist is able to utilize them so your little ones can continue to build happy, healthy oral hygiene habits for life!



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Michael Rogers, DDS

**We Understand
the Connection
Between a Healthy
Smile and a
Healthy Body.**

4850 31st Street South
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703-936-4166



Meet Michael Rogers:

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

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

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

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



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Sylvie Lam, DDS, FAGD

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Meet Sylvie Lam

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

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

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

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

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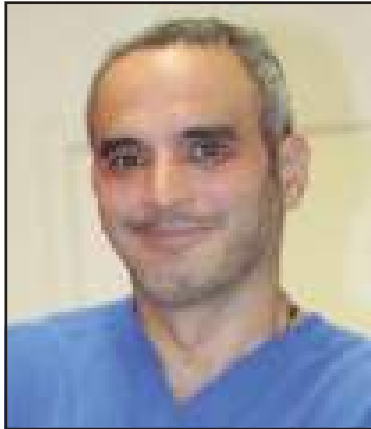
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Alfonso Patron, DDS

**Improving Your
Oral Health,
Smile, and
Quality Of Life**

1600 Wilson Boulevard
Suite #960, Arlington, VA
703-465-5080
apatrondds@gmail.com



Meet Alfonso Patron

Dr. Patron is a Colombian born dentist. He completed his dental degree at Javeriana University in Bogota, Colombia in 1996. Dr. Patron worked as a general dentist in private practice in Colombia until 2001 before moving to the United States to pursue his training in Periodontics and Implant Surgery at the University of Pennsylvania School of Dental Medicine in Philadelphia, Pennsylvania.

Dr. Patron graduated in 2005 and served as a junior faculty member of the Department of Periodontics at the University of Pennsylvania School of Dental Medicine where he received intensive training in Dental Implants. Dr. Alfonso Patron has practiced Periodontics and Dental Implant Surgery since 2006 in Northern Virginia.

His approach and philosophy when treating patients is to provide quality care in a compassionate, gentle and state of the art setting. He also believes that preventative care and education are the keys to optimal dental health and spends time with his patients to help them understand how they can improve their oral health. Giving his patients something to smile about is what he cares about most!

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Mark Choe, DDS

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Meet Mark Choe

Do unto others as you would have them do unto you.

My Mission: To treat each and every patient the way I would want to be treated, and to provide the best dentistry to my best ability.

Education: University of Maryland - Baltimore County, Bachelor of Science. Baltimore, MD

Baltimore College of Dental Surgery, Doctorate of Dental Surgery. Baltimore, MD

Baltimore College of Dental Surgery, Advanced Education General Dentistry. Baltimore, MD

Georgetown University, Fellowship of Oral Surgery. Washington, D.C.

Continuing Education & Professional Memberships: Dr. Choe is currently an active member of the Academy of General Dentistry. He has received advanced training in TMJ, Sleep Apnea, Straight Wire Orthodontics, and Invisalign.

Life & Hobbies: When he isn't practicing dentistry, Dr. Choe enjoys gardening.



www.LortonDental.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Tareq Salameh, DDS

Family-Oriented Dental Practice

10620 Crestwood Drive, Suite A
Manassas, VA

703-361-2911

manassasmoderndentistry@gmail.com



Meet Tareq Salameh

Dr. Tareq Salameh is most passionate about providing top-quality dental care for everyone. What he enjoys the most about his work is providing what his patients need with precision care. Dr. Salameh loves what he does and looks forward to his work and patients every day.

Dr. Salameh loves getting to know his patients, but most importantly he enjoys being able to provide them with the dental care they need. At the end of the day, he enjoys seeing them leave with a smile knowing he was able to take care of their pain or discomfort or perfect a tooth they had a small insecurity about.

Excellence In Education

Dr. Salameh has more than 15 years of experience practicing in the dental field and has been practicing since he graduated from the University of Colorado School of Dentistry.

Dr. Salameh is a member of the ADA, the primary source for the latest advancements in research and technology in the field of dentistry and oral health. He chooses to participate in continuing education because he's passionate about dentistry and learning about the newest technology and information the dental field has to offer. There are constant advancements and discoveries in dentistry, and he wants to be up-to-date on those advancements so that he is fully informed and always ready when providing dental care to his patients.

Outside the Office

When Dr. Salameh isn't working, you'll find him at home spending quality time with his friends and family. In his free time, he enjoys watching historical and national geographic documentaries, reading, or playing a match of soccer with fellow dentist friends after work.

A Focus On Community

Dr. Salameh is dedicated to his community. He helps his community by providing free dental services for underserved prospective patients a couple of days a month – not only because they need assistance and healthcare provided to them, but because he enjoys helping those in need and striving to help whoever he can in any way.

In fact, he chose to join the oral healthcare field because he saw that it was a healthcare service not being provided enough to underserved communities and he is here to change that!



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www.Manassas-ModernDentistry.com

Kamran Raja, DMD

Maxillofacial (Oral & Facial) Surgeon



24805 Pinebrook Road
Suite #318, Chantilly, VA

703-653-0989



Born and raised in Northern Virginia, Dr. Kamran Raja graduated from George Mason University with his degree in Biology. He continued his education at Boston University Goldman School of Dental Medicine, earning his DMD in 2003. During dental school Dr. Raja published numerous research articles while working at the National Institutes of Dental and Craniofacial Research, NIH.

Dr. Raja went on to complete a six-year dual degree Oral and Maxillofacial Surgery Residency at the University of Maryland Medical Center and the prestigious R Adams Cowley Shock Trauma Center, earning his MD in 2006 and completing his Residency in 2009. During this time, he also completed one year of general surgery, including training in Plastic and Reconstructive Surgery, Pediatric Surgery, and Adult and Pediatric Anesthesia.

Over the past 10 years, Dr. Raja has worked in private practice while continuing to train Oral and Maxillofacial Surgery residents. During this time he has become inducted into the prestigious FACS (Fellow of the American College of Surgeons).

My Values & Beliefs

- **Advanced Technologies & Continued Research** – Dr. Raja believes and maintains a strong commitment to continued education, attending local and international meetings to stay at the forefront of his profession while delivering the latest research and advancements in oral surgery to his patients.
- **Quality Service & Commitment to Community** – Dr. Raja truly believes in providing the highest quality of care without sacrificing his commitment to his community. His commitment is to provide affordable, exceptional oral surgery without compromising the patient's needs.
- **Nurturing & Kind Bedside Mannerism** – His nurturing bedside manner is evident from his past patient's experiences and he strives to provide attention to detail that is unparalleled.

Dr. Raja's Approach

Dr. Raja is actively involved with teaching oral surgery residents at the Washington Hospital Center and Children's National Hospital. He is always looking for the latest evidence-based approaches that deliver the best results for his patients and students.

His practice is a full-scope oral and maxillofacial surgery center with procedures ranging from corrective jaw surgery to wisdom tooth removal, dental implants, dental extractions. He is able to diagnose and treat facial pain, facial injuries, and TMJ disorders, and perform a full range of dental implants, advanced bone grafting, orthognathic surgery, head and neck pathology/cancer, and significant facial trauma and reconstruction procedures/surgeries.

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E. Richard Hughes, DDS

**Comprehensive
Dentist, Renowned
Implantologist
(Dental Implant
Specialist)**

46440 Benedict Drive
Suite #201, Sterling, VA

703-444-1152



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

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

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

Practice Philosophy

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

Areas Of Expertise

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

Credentials & Memberships

- Diplomate, American Board of Oral Implantology/Implant Dentistry (less than 500 worldwide with this designation)
- Honored Fellow & Fellow of the American Academy of Implant Dentistry
- Fellow of the American Academy of Prosthodontics

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Ilona Kirzhner, Owner



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Meet Ilona Kirzhner

A multi-unit franchise owner and an area representative for Hammer & Nails Grooming Shop for Guys for DC, Maryland, Virginia, West Virginia and Delaware. Kirzhner is a passionate entrepreneur by way of franchising with previous experiences that specialize in performance improvement, government contracting, enterprise transformation, data science, change management and change leadership. Her academic resume includes a Master of Science degree from Harvard University and a Master of Business Administration from The College of William and Mary, on top of a Bachelor of Electrical Engineering from Ohio State University. She holds a Lean Six Sigma Master Black Belt along with several other industry certifications. A passionate and personable mother of three, Vodka enthusiast, and always up for a challenge.

HammerAndNailsGrooming.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Ike V. Lans, DDS



44110 Ashburn Shopping Plaza
Suite #166
Ashburn, VA 20147

703-729-1400



Meet Ike V. Lans

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

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

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

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

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

LansFamilyDentistry.com

Nilofar Naderi, LCSW

Winter Blues

2000 15th Street, North
Suite #1003, Arlington, VA
571-554-6697
Nilofar.naderi@gmail.com



Meet Nilofar Naderi

Colder weather, shorter daylight, and preparing for the Holidays can be joyful for some people and overwhelming for others. The pressure of family gatherings, planning and shopping can be exhausting, stressful and sometimes even anxiety provoking. For people with Seasonal Affective Disorder (SAD), the winter months can be especially challenging as their depressive symptoms worsen. I am a master clinician with 18 years of experience providing consultation to schools, working with children, teens, adults and couples. I have availability on Saturdays and some evenings for in person or virtual sessions. My specialty includes using CBT and an integrated/holistic approach to make your therapy experience safe and enjoyable. With the right support and services, the Holidays can be better and more enjoyable..

Services: Individual, couples and family therapy. I specialize in working with teens and adults using CBT, Mindfulness, and an integrative approach depending on your needs.

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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Laura Deter, Sobriety Coach



9610 Waterline Drive
Burke, VA
703-831-7099

Meet Laura Deter

Drinking too much is NOT your fault!

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Are you tired of worrying about your alcohol use?

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Are you tired of wondering if you made a fool of yourself or sent an inappropriate text, phone message, or email?

Will someone find out?

Our society pushes alcohol for every occasion - weddings, funerals, births, sporting events, relaxing after work, dealing with stress... I know there are more...

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What Does "Drink Responsibly" Mean Anyway?

Not being honest with your doctor about alcohol use can be life threatening!

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Padmaja Yalamanchili, DDS

General & Cosmetic Dentistry



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Meet Dr. Padmaja Yalamanchili

For over 18 years, Padmaja Yalamanchili, DDS, has been serving patients throughout Northern Virginia with her extensive dental expertise, personalized one-on-one care and state-of-the-art dental technology. She and the entire team at her practice Dr. Padmaja Yalamanchili, DDS, PC in Fairfax, VA are committed to helping patients achieve their healthiest, most beautiful smiles. She is well-reputed in the area, and she emphasizes on preventive dentistry.

Dr. Yalamanchili graduated with her Doctor of Dental Surgery degree from the New York University College of Dentistry in Kips Bay, Manhattan. This prestigious New York City institution is the third oldest dental college in the country and is a global leader in top-tier dental care and innovation.

After earning her degree, Dr. Yalamanchili committed herself to serving patients throughout Northern Virginia with her clinical expertise and personalized care. She offers each patient her extensive knowledge and takes the time to customize a care plan to their specific oral health needs and smile goals. She serves patients of all ages through this tailored one-on-one approach. In fact, the rapport she builds with each patient leaves many fondly referring to her as "Dr. Y."

Dr. Yalamanchili is a member of the American Dental Association, Virginia Dental Association, and Northern Virginia Dental Society.

Dr. Yalamanchili is fluent in English, Hindi, and Telugu. When she's not serving patients, you can find her spending time with her husband and two children, cooking, reading, watching a Bollywood movie, or practicing Bikram yoga.

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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Lynda Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Lynda Dean-Duru

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

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

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

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

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

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



www.KidzSmile.com

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Krystle Dean-Duru

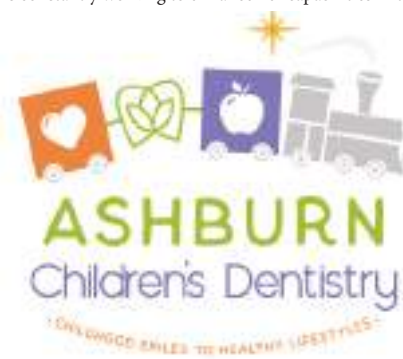
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn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

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

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

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

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



www.KidzSmile.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

If you suffer from a spine problem, chances are that the spinal experts at The Spine Care Center have successfully treated a similar problem
THOUSANDS OF TIMES!



Personally
Performed 35,000+
Spinal
Procedures

Deeni Bassam, MD

Deeni Bassam, MD, has more than 15 years of experience in treating back pain. He has cared for tens of thousands of patients in the Washington, D.C. area by performing interventional spinal procedures that offer relief from pain. If you have a spinal problem, then chances are he's treated it successfully, hundreds, if not thousands of times. His high-quality care has earned him repeated recognition as a "Top Doctor" in the Washingtonian and Northern Virginia Magazine.

Degrees, Training & Certifications: Dr. Bassam is a native of northern Virginia and earned his medical degree from the University of Virginia School of Medicine. He completed his Residency in Anesthesia at New York Hospital - Cornell Medical Center. He completed his Fellowship at Texas Tech Health Science Center, one of the most respected interventional pain management programs in the nation. In 2005, Dr. Bassam returned home to northern Virginia and founded The Spine Care Center in Manassas. He is Board Certified by the American Board of Anesthesiology, with a Certificate of Added Qualification in Pain Management. He was the first doctor in Virginia to perform the Mild® procedure for lumbar spinal stenosis and is one of the only physicians in the area who implants intrathecal pain pumps.

Areas of Expertise: Epidural Steroid Injections, Spinal Cord Stimulator Placements, Radiofrequency Ablations, and many other minimally invasive spinal procedures.

Personal Interests & Hobbies: Dr. Bassam and his wife are raising their four kids in Northern Virginia. In his free time, he enjoys horseback riding, reading, and scuba diving.

Practice Philosophy: The Spine Care Center is a comprehensive, multi-specialty medical group that provides world-class minimally invasive surgical and non-surgical treatments for both acute and chronic conditions of the spine. We are committed to helping you restore function and relieve pain.



Trained At the
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Cleveland Clinic

Arjun Ramesh, MD

Arjun Ramesh, MD is trained in both pain management and anesthesiology and joined The Spine Care Center in 2020 after completing his fellowship at the world-renowned Cleveland Clinic!

Dr. Ramesh is originally from the Northern Virginia area. He earned his undergraduate degree at the University of Virginia with a major in Biology and Chemistry and a minor in Philosophy. He then obtained his medical degree in 2015 at the University of Virginia.

Dr. Ramesh went to Chicago where he completed his anesthesiology training at Rush University Medical Center. During his time in Chicago, he developed an interest in pain management and subsequently completed a fellowship in pain management at the Cleveland Clinic in Ohio, where he was trained by leading experts in the field.

During his training Dr. Ramesh gained expertise in all aspects of pain management including medical and interventional management. He is able to provide minimally invasive pain management procedures utilizing both fluoroscopic and ultrasound guidance. He was also involved with research trials for cutting edge spinal cord stimulators and peripheral nerve stimulators.

Dr. Ramesh has authored several peer reviewed articles and written multiple textbook chapters relating to pain management. He provides a full suite of interventional, non-interventional, and implantable therapies and tailors each treatment plan to the individual patient to provide the best possible outcome. As he is trained in both anesthesiology and pain management, he is able to offer sedation during interventional procedures to provide a more comfortable experience. Dr. Ramesh possesses the type of professionalism, skill, training and expertise needed to be a top spine doctor at The Spine Care Center.



Personally
Performed 20,000+
Spinal
Procedures

Usman Zafar, MD

Usman Zafar, MD is Board Certified in both Anesthesia and Pain Management, and he joined The Spine Care Center in Manassas in 2015.

Originally from Pottsville, PA, he began his academic career in the city of Philadelphia. In 2003 he gained acceptance to the accelerated seven year dual degree program at Drexel University and graduated Cum Laude in 2006 with a B.S. degree in Biology before completing his Medical Degree in 2010. After medical school he spent one year at Hahnemann University Hospital in Philadelphia, completing his medical internship prior to his Residency. Dr. Zafar then furthered his medical education at Tufts Medical Center in Boston where he spent three years completing an Anesthesiology Residency. It was

during these years that he first gained experience treating patients with acute and chronic pain conditions. This experience ultimately led him to pursue a Fellowship in Interventional Pain Management.

Dr. Zafar completed his Interventional Pain Fellowship at Mount Sinai-Roosevelt Hospital in New York City in 2015, where he learned various multimodal techniques for treating pain, including fluoroscopic and ultrasound guided spine and joint injections, spinal cord stimulation and radiofrequency ablations.

After being hand selected to join The Spine Care Center and trained directly by Dr. Bassam, Dr. Zafar has safely performed thousands of interventional spine procedures. By being Board Certified in Anesthesia as well as Pain Management, he can offer a more comfortable experience by providing mild sedation when performing spinal procedures.

Dr. Zafar's goals are simple: to provide his patients with a safe, comfortable, and effective interventional spine procedure. Not only to treat painful conditions, but also to improve function and the quality of life for patients.

His dedication to quality spinal care has recently earned him recognition as a Top Doctor in Washingtonian magazine.



Thousands of
Minimally Invasive
Spine Surgeries
Performed

Faisal A. Siddiqui, MD

Faisal Siddiqui, MD, FACS, is a Board Certified and highly-skilled Spine Surgeon with more than 15 years of experience performing minimally invasive spine surgeries. He has helped thousands of patients find relief from back pain with safe, effective surgical treatments. He currently works at The Spine Care Center in Manassas, where he uses his expertise to help patients find relief for their back pain.

Originally from Ohio, Dr. Siddiqui earned his medical degree from Vanderbilt Medical School, where he graduated with honors. He completed a residency in orthopedic surgery at Strong Memorial Hospital at the University of Rochester Medical Center, where he was recognized as Resident of the Year and given the Alfred P. Sloan Foundation humanitarian award.

After residency, Dr. Siddiqui sought out additional specialty training in spine surgery. He completed his fellowship training at the Charlotte Spine Center at Carolinas Medical Center. During his fellowship, he learned how to treat back pain and injuries by using the most minimally invasive surgical procedures possible.

In 2007, Dr. Siddiqui joined The Spine Care Center in Manassas. He and Dr. Bassam imbued the practice with the principle that surgery should only be used for patients who have no other choices for meaningful pain relief. Before deciding to operate on a patient, Dr. Siddiqui ensures they are a good candidate for surgery and that the surgery can be performed safely with minimal risk. Patients are more likely to experience lasting pain relief, less risk of infection and blood loss, and faster recovery times as a result of his minimally invasive techniques. His careful approach to spinal care helps all of his patients receive the most effective and least invasive treatment for their painful condition.

Dr. Siddiqui's specialized training has also allowed him to bring new procedures to the Washington, DC area. He was one of the first surgeons in northern Virginia to perform the minimally invasive TranS1® and extreme lateral interbody fusion (XLIF) spinal fusion procedures using computer-assisted navigation. During his career, he has performed thousands of procedures, ranging from complex 10-hour surgeries for traumatic spine injuries to 45-minute minimally invasive endoscopic procedures. He is dedicated to a lifetime of learning and continues to undergo additional training to give his patients access to the latest, groundbreaking surgeries.

Dr. Siddiqui is a recognized expert in spine surgery and has been repeatedly awarded Top Doctor distinctions from both Washingtonian magazine and Northern Virginia magazine. Throughout his career, he has had original orthopedic and spine surgery research published in numerous peer-reviewed medical journals. He also routinely gives lectures to other physicians and medical professionals on minimally invasive spine surgery and has trained multiple physicians in the D.C. area to perform the latest procedures in the field.

In his free time, Dr. Siddiqui enjoys being with his wife and two children. His hobbies include golfing and skiing.



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Why Are Feet Flat?



By Edward S. Pozarny, DPM
Arlington Podiatry Center

Symptoms

Discomfort from flat feet often doesn't appear for years. At some point, pain may be felt and walking may become awkward as increasing strain is put on your feet and calves.

Related Problems

The excess strain from flat feet can cause other foot problems, such as hammertoes, bunions, heel spurs, arch strain, corns, neuromas and sagging joints. Flat feet can also affect other parts of the body, causing fatigue, pain, or stiffness in the ankles, knees, hips, and lower back.

Medical History and Physical Exam

To determine the best treatment for your problem, your podiatrist looks at your medical history, such as any medical problems you may have had in the past. He or she asks about the length and frequency of your symptoms, the types of activities you do, and any pain or problems you may have in other parts of your body. Your podiatrist does a complete examination of your foot, including a gait analysis to observe the movement

Please see "Feet Flat," page 46

The arch of your foot is its main supportive structure. If this arch loses strength, the bony framework begins to collapse, causing your foot to flatten. Like a sagging bridge, the weakness in the middle strains the joints at both ends of your foot.

Causes

There are many causes of flat feet. Some people are born with them. Others acquire flat feet as a result of arthritis, trauma, or musculoskeletal disorders. Overuse or repeated pounding on hard surfaces can also weaken the foot's arch.

How Orthodontic Treatment Benefits Adult Patients



By Swathi Reddy, DMD
All Smiles Orthodontics

A bad bite distributes pressure unevenly across the mouth and puts unhealthy forces on the bones that support the teeth and chewing muscles. If left untreated, years of uneven chewing can lead to problems, such as headaches, TMJ syndrome, and face and neck pain.

Crowded teeth are often difficult to brush and floss, while spacing between teeth leads to food impaction. Both conditions make it harder to keep the teeth clean. Over a period of time these problems can lead to tooth decay, gum diseases, bone loss and loss of teeth.

Orthodontic treatment not only aligns the teeth, but it also ensures proper alignment of both the upper and lower jaws. When both jaws fit together in the right way, they eliminate occlusal trauma, function better and improve the patients' long-term oral health.

The benefits of orthodontic treatment not only include an attractive smile, but also a healthier mouth and teeth that are more likely to last a lifetime.

Many people seek orthodontic treatment for an attractive smile. However, the benefits of orthodontic treatment go beyond the obvious physical changes of straight teeth.

Malocclusion is the term used by orthodontists for crooked, crowded and protruded teeth. Literally the word means "bad bite." Untreated malocclusions can lead to speech problems, uneven tooth wear, chewing and periodontal problems.

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Dr. Edward S. Pozarny

Diplomate, American Board of Foot and Ankle Surgery
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Optimal Dental Health

Achieving Orofacial Harmonization



By Lida Varga, DDS
Virginia Dental Group

Orofacial harmonization is an essential aspect of maintaining excellent dental health. It refers to the balance and alignment of the structures within the oral and facial region, including the teeth, jaws, and soft tissues. When these elements work in perfect synergy, it not only enhances your appearance but also contributes to overall oral health. In this article, we will explore the importance of orofacial harmonization and ways to

achieve it for a confident and healthy smile.

The Importance Of Orofacial Harmonization

- **Aesthetics:** Orofacial harmonization improves facial aesthetics, making your smile more attractive and boosting self-confidence. Aligned teeth and properly balanced facial features are not only visually appealing but also promote a more youthful appearance.
- **Functional Benefits:** Orofacial harmonization plays a significant role in oral function. When teeth and jaws are correctly aligned, it becomes easier to chew, speak, and maintain proper oral hygiene. This reduces the risk of issues like temporomandibular joint (TMJ) disorders and speech impediments.

Ways To Achieve Orofacial Harmonization

- **Orthodontic Treatment:** Orth-

Please see "Dental Health," page 47

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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.

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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 (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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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.

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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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Calorie Restriction: Semaglutide encourages a decrease in calorie intake without the discomfort of extreme hunger.

How to Administer Semaglutide for Weight Loss

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Benefits of Semaglutide for Weight Loss:

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Health Improvements: Losing weight can lead to improved blood pressure, better blood sugar control, and a reduced risk of obesity-related health conditions.

Enhanced Quality of Life: Achieving a healthier weight can positively impact your overall well-being and daily life.

Semaglutide presents a promising opportunity for individuals striving to achieve significant and sustained weight loss. However, it should be used as part of a comprehensive weight management plan under the guidance of a healthcare provider. If you are interested in semaglutide for weight loss, schedule a consultation with us to determine if it's a suitable option for you and to receive personalized guidance.

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

Return To Your Youthful Appearance

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Acupuncture For Pain Relief



By Betsy Golem, LAc, DiplAc
Meridian Healing Works

Acupuncture has been used for thousands of years. Pain relief is one of the biggest uses for acupuncture. In Chinese medicine we have a saying, "Where there is pain, there is no free flow." This means, the energy in our body that is normally moving and flowing freely, allowing for freedom of movement is getting stuck, and causing pain. For acute and chronic pain, acupuncture is able to restore this free flow of energy, and quality of life. Depending on how long-standing the pain has been, Acupuncture can bring relief in as few as three treatments, with 10 or more treatments on the farther end of the scale.

In 1998, the National Institutes of Health (NIH) recognized acupuncture as an effective treatment, and found that it relieved a number of issues in an average of 10 treatments. Pain relief is one of those issues, including people with all manner of neck and shoulder pain, low back pain, and knee pain, and other types of post-operative pain from dental procedures, cancer surgery, hip, knee or hernia surgery.

Whether it is from an injury, frozen shoulder, overuse from sports, or too

much raking in the yard, people seek acupuncture for relief of neck and shoulder pain. It's hard when someone can't turn their head, or lift their arm without pain, or restricted movement. It can be limiting and frustrating, but acupuncture is effective at returning this regular motion, and easing the pain.

Lower back pain is probably the most common pain issue. Sometimes it will just be the lower back, but it can combine with hip, leg, or sciatic type pain. People sometimes can hardly stand straight with each step creating shooting, stabbing pains, and within a few treatments they are beginning to walk normally, and the pain has greatly diminished.

*Pain relief
is one of
the biggest
uses for
acupuncture*

Knee pain is another common pain complaint that can be a separate issue, or can also combine with lower back and/or hip pain. Whether it is aching, clicking, burning, or sharp pains, it can all be relieved by acupuncture.

And even though people often feel post-operative pain is there to stay, that is not always the case. These types of pain can also respond very favorably to acupuncture, restoring normal life for many people. So, all in all, acupuncture can be extremely helpful at pain relief.

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surgeons and facial plastic surgeons as being the only four specialists having the right qualifications to perform cosmetic procedures. If in doubt, ask your doctor what specialty they are board certified in. The most respected experts serve as principal investigators for the FDA studies that bring new technologies to our country, and write scientific publications about this important research. You can check your doctor's publications by Googling their name + "Pubmed".

The latest concept is to renew your skin layer by layer. This approach reflects an advanced understanding of the aging process and treats the root causes of aging. If started in time, this can save you from ever having to consider the surgical knife.

The uppermost layer of your skin can be restored with Elos Plus photofacials (actually a sophisticated combination of two lasers), micropneels, VBeam pulse dye laser, and other advanced technologies, to fade discolorations, spider veins, acne and rosacea, minimize pores, and give your skin a beautiful glow. There is typically little or no recovery time.

Photofacials can be alternated with DermaSweep MD, a physician-strength, aluminum-free and more effective version of microdermabrasion, which painlessly polishes your skin and then infuses it with customized therapies to fade discolorations, tighten pores, improve acne, and restore skin radiance.

The middle skin layer can be stimulated to produce new collagen and elastin with lasers for fractional and skin tightening such as the new eMatrix Sublative, eTwo, CO2RE or Fraxel resurfacing laser. These are breakthrough technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Fillers like Voluma, Juvederm, Restylane and RHA are pure synthetic forms of the hyaluronic acid that naturally supports your skin and is lost with time. Radiesse is a natural calcium-based filler. Sculptra is another effective volumizing treatment. Volite is the newest addition, to hydrate your skin from within for smoother, more elastic skin. The key to undetectable results with fillers is expert understanding of facial anatomy and dynamics. An expert dermatologist or plastic surgeon can also use your own natural fat with stem cells to fill lines around the mouth and gaunt cheeks to make thinning lips full again and to free you of under eye hollows. The stem cells create a dramatic improvement in skin elasticity and resilience.

Expert techniques don't just fill

wrinkles...they can actually reshape your face, to restore your youthful facial contours and lift your face subtly and beautifully with no scarring and minimal down time. Recent research shows that precise and targeted placement of these fillers can also stimulate your skin to produce its own permanent collagen and elastin, for better and longer lasting results.

A new addition is platelet-rich plasma (PRP) with microneedling the so-called "Vampire Face Lift" that harnesses the regenerative power of your body's own platelet cells to restore smooth, radiant skin. Advanced PRP is also a successful treatment for hair restoration.

The lowest layer of your skin can be treated with Ultherapy micro-focused ultrasound, Exilis Ultra or Sublime lasers, the newest no-downtime treatments for non-surgical skin lifting. Ultherapy stimulates collagen and elastic tissue to lift your brows and cheeks, re-contour your chin and jaw line and tighten and lift your neck, chest, abdomen, buttocks, arms and elsewhere. You will see prompt, long-lasting and completely natural-looking results that improve even further over time. These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on body areas such as your stomach, arms, knees, buttocks and legs.

Kybella injections or LipoLite laser lipo can remove unwanted fat with no down time and no anesthesia to re-contour your jawline. You can also painlessly melt fat away from your hips, abdomen, waistline, buttocks, arms and other areas.

Precise doses of Botox, Dysport, Xeomin or Jeuveau neuromodulators can be injected in the right places to safely rebalance overactive muscles, smooth frown lines, worry lines, crow's feet, lines around the mouth and neck wrinkles. Expert treatment preserves your natural facial expressions, gives you a beautiful skin glow, and avoids that telltale frozen look.

Rather than focusing on individual procedures, this multi-level makeover integrates state-of-the-art techniques to achieve the most natural-looking results with no scarring and minimal recovery time.

This highly sophisticated approach does not morph you into a "new you." Better yet, it balances how you feel inside with how you look outside and allows you to re-discover the real you. Projecting good health and energy can maximize our personal and professional success as we move forward into 2024 and beyond.

ment. Ensuring proper breathing is essential for a child's health and development, impacting facial features, jaw development, and overall growth. Mouth breathing can set off a chain reaction of issues, altering the growth of the lower and upper jaws, midface, and nasal bones, ultimately affecting the child's facial balance.

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

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

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

In the case of pediatric OSA, symptoms may involve snoring,

breathing pauses, restlessness, and coughing or choking episodes during sleep.

Dentist's Role

Contrary to conventional belief, pediatric dentists with specialized training are well-equipped to address symptoms related to sleep and airway conditions. The airway, mode of breathing, and malocclusion are closely interconnected and should be addressed early and holistically by dentists. Advanced technology, such as cone beam 3D imaging, allows dentists to effectively diagnose airway issues and guide proper growth and development. Early intervention is essential in guiding proper growth and development.

Convenient at-home sleep study tests are now available to diagnose pediatric sleep apnea and breathing issues. These tests provide comprehensive, accurate data for proper diagnoses.

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

FEET FLAT

and stability of your legs and feet as you walk.

Testing

If your problem is severe and a bone problem is suspected, x-rays may be needed. If other problems are suspected, magnetic resonance imaging (MRI) or computerized tomography (CT) may be done, which reveals cross-sectional images of soft tissue and bone.

Treatment Methods

If flat feet are diagnosed at an early age, chances are good that non-surgical treatment, such as strapping, custom shoe inserts (orthotics), or medication can help the problem.

Nonsurgical Care

Strapping – Taping your feet may help by temporarily maintaining the proper position of your feet.

Orthotics – Custom orthotics can readjust the weight bearing position of your feet. Soft, semi-flexible, or rigid inserts may be used, depending on your weight and physical activity.

Medication – You may be given anti-inflammatory medication to temporarily relieve pain caused by flat feet.

Surgery

If your flat feet cause chronic pain, surgery may be needed to correct the alignment of the bones in your feet, or to support or reinforce the tendon structures in your feet.

What Can I Do About Flat Feet?

To help ease the pain of flat feet, try the following as part of your daily routine. If you have continuing problems, be sure to see your podiatrist.

Stretching – To stretch your soles and tendons, try this Lean on something stationary, with one leg in front of the other and both heels flat. Bend the front knee. Hold for 10 seconds. Bend your back knee, bringing the heel up. Hold for 10 seconds. Do this five times with each leg.

Shoes – Be sure your shoes are supportive and comfortable, with enough space in the toe box for toes to wiggle. Women should wear low-heeled shoes, not pumps.

Soaking and Massage – Warm-water soaks or ice massages can help relieve pain. But if you have diabetes or a circulation problem, talk with your podiatrist first.

HYPERBARIC

fitness enthusiasts who want to recover quickly and get back to their activities.

Are you dealing with pain from a sports injury, arthritis, joint pain, or chronic pain? Cryotherapy may be the solution for you! By applying ultra-cold temperatures to localized regions, such as joints or sore muscles, local cryotherapy can reduce inflammation, alleviate pain, and promote healing. The extreme cold triggers vasoconstriction, reducing blood flow to the area, which in turn numbs the nerves and reduces swelling. This natural and non-invasive technique offers individuals a drug-free alternative for managing chronic pain, sports injuries, and other localized discomfort. Experience the targeted benefits of local cryotherapy and take control of your pain management journey.

If you're trying to shed a few pounds, cryotherapy may give your weight loss efforts a boost. Whole body cryotherapy has been found to temporarily enhance metabolism and potentially lead to weight loss. The extreme cold temperatures during cryotherapy sessions force your body to work harder to maintain its core temperature, which increases metabolic activity and calorie burn. When combined with a healthy diet and regular exercise, cryotherapy can

SLEEP APNEA

dentists to create very light, very comfortable custom fitted oral appliances that are effective and durable. Many patients prefer these newer devices, such as the Panthera, to the older bulky devices and the CPAP machine.

Recently, another oral appliance called the DNA (day and night) appliance, can actually cure sleep apnea in some cases. This oral appliance works by stimulating the upper jaw to grow and create more space for the tongue, which in turn creates more space at the back of the throat. At the upper jaw grows, the roof of the mouth tends to flatten out a bit, giving more room in the nose to breathe (the roof of the mouth is the floor of the nose.) Since DNA treatment can be quite lengthy, another version of the DNA call the mRNA (mandibular repositioning night appliance) can be used to hold the jaw forward until the

help you reach your weight loss goals.

Do you want to take your physical performance to the next level? Cryotherapy can help with that too! By boosting energy levels, increasing alertness, and elevating endorphin release, cryotherapy enhances physical performance. It also promotes blood flow and oxygen levels, which improve endurance. Additionally, cryotherapy can speed up recovery times between workouts or sports events, allowing you to train harder and longer. So, whether you're an athlete or someone who wants to improve their physical performance, cryotherapy can give you that extra edge.

Cryotherapy has become a revolutionary healing technique for enhanced physical and mental well-being. It offers a wide range of potential benefits, from promoting faster recovery and reducing inflammation to aiding pain management, boosting metabolism, and enhancing physical performance. Cryotherapy provides a valuable addition to promoting optimal health and wellness for athletes and non-athletes alike. This can be performed through whole body treatment and localized treatment, and it is essential to seek professional advice and follow safety considerations to ensure a safe and effective experience.

upper jaw is wide enough to accommodate the tongue.

I have personal experience with all of these appliances. I wore one of the old bulky appliances for many years to treat my snoring. When I later developed sleep apnea I treated it with a more modern appliance similar to the Panthera, and found it comfortable and effective. When I learned of the DNA appliance, I went through the required training and tried the appliance for myself. Although it took over a year, I was able to eliminate my sleep apnea with just moderate growth of my upper jaw.

As with any medical condition, it is important to know all the options, and to understand the while one option may be perfect for one patient, it may not be appropriate for the next patient.

FROM PAGE 8

DENTAL HEALTH

FROM PAGE 39

odontic interventions, such as braces and clear aligners, can correct misalignments and achieve straight teeth. They help in positioning teeth and jaws correctly for improved orofacial harmonization.

- **Dental Implants and Restorations:** Missing teeth can disrupt orofacial harmony. Dental implants and restorations replace missing teeth, restoring both function and aesthetics. They also help maintain proper jaw alignment.
- **Maxillofacial Surgery:** In some cases, surgical intervention may be necessary to address severe misalignments of the jaw or facial bones. Maxillofacial surgery can correct these issues and restore harmonious facial proportions.
- **Orofacial Myofunctional Therapy:** This therapy focuses on retraining orofacial muscles to promote proper tongue posture and swallowing patterns. It can aid in

preventing dental issues associated with improper muscle function.

- **Temporomandibular Joint (TMJ) Treatment:** Orofacial harmonization is closely linked to TMJ health. Managing TMJ disorders through therapy, medications, or even surgery can contribute to overall harmony in the oral and facial region.

Orofacial harmonization is not only about achieving an aesthetically pleasing smile but also about promoting optimal dental health and function. It's a holistic approach that considers the interplay of various oral and facial elements. To achieve orofacial harmonization, consult with a qualified dentist or orthodontist who can assess your unique needs and recommend the most suitable treatment options. By prioritizing orofacial harmonization, you can enjoy a healthy, beautiful smile that enhances your overall well-being.

HOLIDAYS

FROM PAGE 18

so nutritious" items. But it's hard to add veggies to your plate if there are no actual vegetables being served at your holiday dinner. Consider bringing a dish of non-starchy veggies to the festivities.

4. Balance Your Plate.

A balanced plate means a quality animal protein (bring on the turkey), good fat (butter, avocado, nuts and olives for example) and healthy carbohydrates (mostly non-starchy vegetables). This combination will help balance your blood sugar, keep your metabolism revving, your mood stable, and give your body the nutrients it needs to function properly.

5. Don't Be Too Hard On Yourself.

Remember that the holiday season should be a time of celebration and relaxation. If you do happen to eat more than you planned, don't beat yourself up, just get right back on track.

Don't Just Survive the Holiday Season... THRIVE!

Do the holidays have you feeling stressed and out of sorts? Are you having trouble sleeping or do you lack the energy to keep up with the never-ending list of to-dos? Are you struggling to lose weight no matter what you try? It's not your fault! It's the stress of everyday life throwing your body out of balance, and we want to help.

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

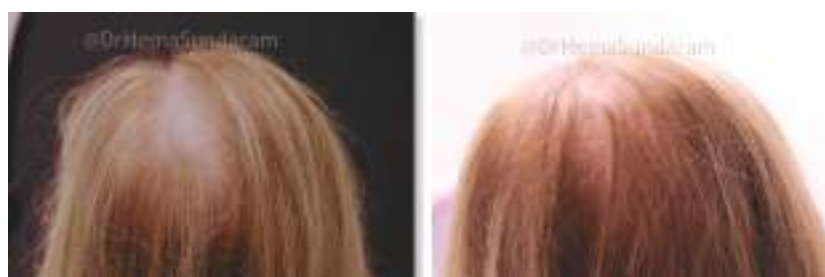
My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert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

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

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

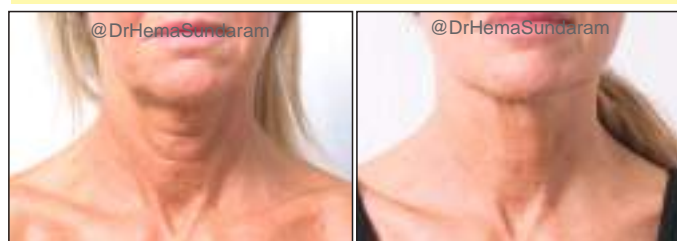
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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



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

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