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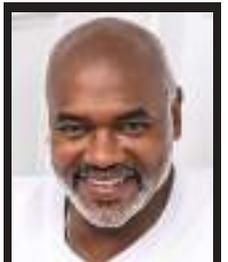
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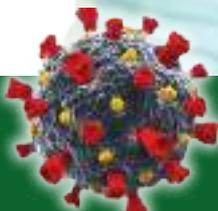
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By Deeni Bassam, MD, DABPM
The Spine Care Center

The Effects Of Pain

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

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

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

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

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

and in many ways along the pain continuum.

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

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

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

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

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

Historically, most of the medical community has viewed pain as just a symptom of underlying pathology.

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

Chronic pain has been shown to have significant negative effects on the human body and mind. These effects are as varied as they are widespread



Back Pain?

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Natural Skin and Hair Health Tips For 2022



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

the-art nonsurgical strategies. It's the new way – natural-looking results, no scarring, and minimal down time.

How can we take our cue from the stars while avoiding extremes, and look as healthy, youthful and energetic as we feel inside?

The first tip is to find a board-certified dermatologist – you can ask to see their American Board of Dermatology certification – who prioritizes safety. This article by an independent journalist has excellent information: <https://www.realself.com/news/plastic-surgery-dermatology-appointments-post-covid19>

Second, select a dermatologist with European experience whose philosophy is to be subtle and preserve your individuality so that you still look like yourself – just a more healthy and rested version. Ask your dermatologist

Please see "Health Tips," page 40



New Studies Starting This Month at our National Research Centers...

- Dermatitis (Eczema)
- Nonsurgical Facial Rejuvenation
- Prurigo Nodularis
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- Nonsurgical Jawline Contouring
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iDesign Advanced WaveScan Studio

By Jacqueline D. Griffiths, MD
New View Eye Center

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

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

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iDesign Measurement

Your vision is complex. It relies on multiple, interconnected parts of your eye to create what you see. That's what makes the iDesign procedure so

personalized: The system measures both inside and out.

- Wavefront analysis measures how light travels inside your eye and creates what you see, detailing the imperfections in your vision.
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- ActiveTrak 3-D™ active eye tracking technology follows the eye's motions in three dimensions to capture more than 99.4% of eye movements
- ActiveTrak™ automatic centering technology locates and automatically sets the treatment center in relation to the pupil center



Jacqueline D. Griffiths, MD

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& 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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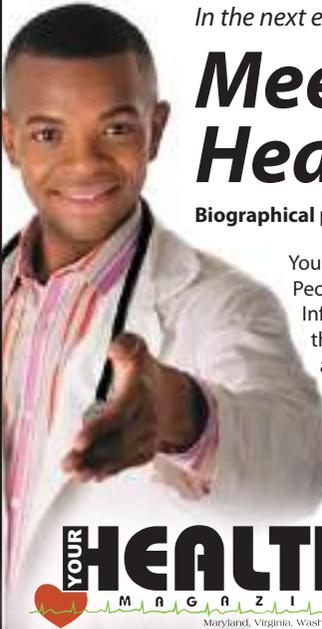


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In the next edition of Your Health Magazine...

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Biographical profiles to help people learn more about their local health professionals.

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CHIROPRACTIC AND NUTRITION
 Thomas K. Lo, DC, MA

A native of Hong Kong, Dr. Lo has been serving the Charlottesville community since 2004 and is 2019 recipient of the Frederick award. He graduated from the National College of Chiropractic in Lombard, IL in 1983. Dr. Lo is a member of the Maryland Chiropractic Association and the American Chiropractic Association. He is a diplomate of the American Academy of Pain Management, a fellow of the International Academy of Chiropractic and a member of the International Association of Medical Marijuana. He is currently practicing as a member of the Board of Directors of the Virginia Chiropractic Association. Over 35 years of his solo practice, he has acquired extensive proficiency certifications, including sports, sports, advanced chiropractic methods, environmental stress management, low-level laser therapy, and an advanced certification in dental radiology.

In his spare time, Dr. Lo remains active in the community. He volunteers at his church and plays golf at the local Fredericks, VA. On the weekends, he goes hunting and fishing, and enjoys his time with his wife and two children. He is a member of the local community and is a frequent speaker at local events. He is a frequent speaker at local events. He is a frequent speaker at local events. He is a frequent speaker at local events.

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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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

A male patient visited his chiropractic clinic without an appointment explaining that he was suffering from severe neck pain. He explained that he could not move his neck and that it was very painful if he tried. He was treated with chiropractic care with some physical therapy modalities to relieve his symptoms.

"I can't turn my head because of a stiff neck." A chiropractic clinic will probably tell you that they hear this from patients on a weekly basis.

It is important to understand the causes of a stiff neck. It occasionally happens when we sleep with poor posture or work excessively in one position for a long period of time without a break. Excessive muscular tension accidentally ends with muscle strain or local inflammation.

It could also happen occasionally when we use a muscle that we usually don't use that often or caused accidentally by sudden movement. The main concern is that the pain is so great that movement of the neck is limited.

Of course, we need treatments to relieve these neck and pain symptoms as soon as possible and your chiropractic clinic can give you the appropriate treatment options. However, it is important to take action in preventing issues like these from happening. It is better to prevent issues from occurring rather than treating them after. It

Dr. Jay Cho

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

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

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

I Can't Turn My Head Because Of a Stiff Neck

could save you time, money and most importantly – the pain.

Here are some preventative actions you can take at home to prevent neck issues.

- Perform stretches and exercise regularly.
- Perform pre-stretches before aggressive activities/exercises.
- Avoid staying in one position for a long period of time.

- During sleep avoid poor posture excessively for a long period of time.
- Avoid using smart phones or similar electronic devices excessively for a long period of time.

If you are still experiencing neck pain or issues even though you are following these steps and are taking preventative actions then it is advised to see a specialty health care provider because it is possibly related to disc

disease or pinching nerve.

Unfortunately, clinics are seeing an increase of younger patients with neck issues and pain recently. Contributing factors include the excessive use of smart phones or similar devices and poor posture during gaming. We need to perform proper exercises, take breaks and be aware of the risk factors associated with poor posture and bad habits.



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Judy Chang-Medical Aesthetician | Mars Saddat-Medical Aesthetician | Tania Sevilla-Medical Assistant & Laser Technician



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

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

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

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

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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 full periodontal exam with

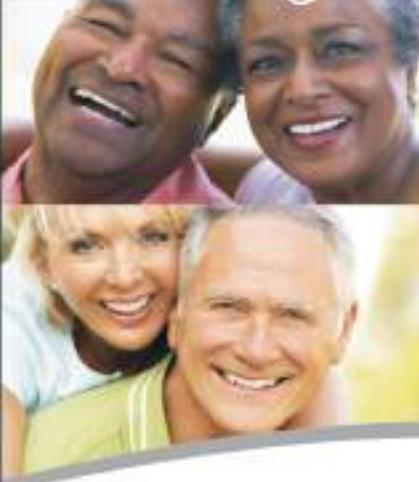
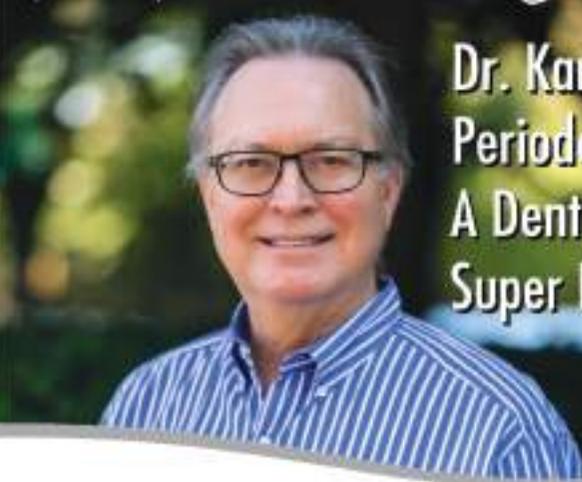
charting accomplished once a year. This provides you and your Dentist with a baseline measurement to record the pocket depth (space between your teeth and gums), the presence of gum disease, gum recession, bleeding, tooth mobility and plaque buildup.

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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Dr. Karl A. Smith
Periodontist
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Oral Issues and Nutritional Deficiency

By Shari Salartash, DDS, MAGD
Dynamic Dental Wellness
Dental Excellence Integrative Center

Nutrients, minerals and vitamins play an important role in our overall health, therefore from a holistic dentistry view they are vital for oral health as well. However, their effect on oral health goes beyond the general benefits they have for a healthy lifestyle. Lack of certain nutrients, vitamins and minerals can cause adverse dental issues such as dental

decay, gum disease and narrow jaws.

Vitamin A deficiency might result in brittleness, salivary gland degeneration, and increased risk of cavities. Vitamin A plays many roles:

- Helps the eyes adjust to light changes
- Imperative in bone growth and tooth development
- Assists with reproduction, cell division and gene expression
- Works to control the immune system
- Keeps the skin, eyes, and mucous membranes of the mouth, nose,

throat and lungs moist

- Vital antioxidant that may play a role in the deterrence of certain cancers

Food Sources for Vitamin A:

- The form that is easiest for your body to use is from animal foods—butter, milk, egg yolks, goat cheese, fish and liver. Two predominantly rich sources are fermented cod liver oil and butter.
- Some plants contain the antioxidant beta-carotene, which the body can transform to vitamin A.

- Beta-carotene comes from orange or dark green fruits and vegetables.

Vitamin B deficiency can cause *stomatitis* (inflammation and pain of the mouth) or *glossitis* (inflammation and pain of the tongue) or oral ulcers. Get all eight B vitamins from a variety of foods:

Whole grains, meat, eggs and dairy, legumes, seeds and nuts, dark, leafy vegetables, and fruits.

Vitamin C deficiency can lead to gum inflammation, poor wound healing, bleeding gums, and loosening of teeth. Fruits and vegetables are the best sources of this vitamin:

Citrus, bell pepper, strawberries, tomatoes, cruciferous vegetables, and white potatoes.

Vitamin D deficiency can cause underdevelopment of the outer and inner layer of the tooth or tooth loss in extreme cases. Also vitamin D deficiency can lead to bone loss and periodontal disease.

Vitamin D3 helps the body use calcium and phosphorus, and it increases the amount of calcium absorbed from the small intestine, helping to form and maintain bones and teeth. This also prevents tooth decay. It also plays a role in immunity and controlling cell growth. Children especially need adequate amounts of vitamin D to develop strong bones and healthy teeth.

Food Sources for Vitamin D3:

- The main source is the sun.
- Vitamin D is also found in oily fish, as well as in cod liver oil, butter, eggs, and liver.

Calcium and Phosphorus deficiency during pregnancy may result in bone deformities, incomplete tooth calcification, tooth malformation, increased risk of tooth decay in the developmental stage. Inadequate intake through childhood and into adolescence will lead to decreased bone density and mass. If unaddressed, it will cause osteoporosis – a disorder where the bone becomes porous, brittle and subject to fracture. The other complications for calcium and phosphorus deficiency include tooth mobility, premature tooth loss, and reduced strength of jaw bone. Best food sources for phosphorus and calcium:

- Phosphorus is in almost all animal and vegetable foods and is often found in foods that contain calcium. Milk and dairy products, fish bones, and dark-green, leafy vegetables are the best sources of calcium. Magnesium, like phosphorus, is abundant in animal and plant cells.

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- Regenerating damaged nerves
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Dr. Sheri Salartash

DDS, MAGD, FICOI, FAAIP



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

New You For 2022

from skin to muscle through the fat. When the bands pull downward on the skin, the fat pushes upward. But there is more to the story...

Emtone simultaneously emits both radiofrequency and targeted pressure energy. Combined there is a synergistic effect that neither technology can achieve on its own.

How Long Does an Emtone Treatment Last?

During the first visit, your provider helps design your individual

treatment plan. Most patients undergo four treatments, scheduled once or twice a week. A treatment typically takes about 20 minutes depending on the treated area.

What Does an Emtone Treatment Feel Like?

Revolutionary Emtone technology is based on a simultaneous delivery of thermal and mechanical energy. The most common perception of the therapy is that it is similar to a hot stone massage with intense

mechanical vibrations. The treatment is performed in a relaxing lying-down position.

How Fast Will I See Results From Emtone Treatments?

Patients have reported improvements after a single treatment session. The results typically continue to improve over the next few months. With no downtime, you may resume normal activity immediately after the treatment.

After the New Year when the holidays are over, it's time to do something for yourself, like improving those areas you may be self-conscious about: your stubborn body fat or veiny legs.

A beautiful new you begins with a consultation with your dermatologic surgeon and vein specialist to see what treatments and options are best for you.

SmartLipo® Laser Body Sculpting

SmartLipo laser body sculpting is minimally invasive treatment that helps to eliminate those stubborn areas of fat works by permanently destroying fat cells. This allows you to create the curves and contours ideal for your body without the concern of fat returning in areas treated. If you maintain a healthy diet and exercise, you can finally have the body you've always wanted.

SmartLipo laser body sculpting is a laser-assisted lipolysis (fat destruction) procedure performed using a one millimeter cannula (or tube) inserted into the skin. A laser fiber inside of the cannula delivers energy directly to fat cells, causing them to rupture and drain away as a liquid, which is removed during the procedure.

Simultaneously, tissue around the area coagulates, resulting in overall skin tightening. It is a minimally invasive procedure, which usually requires only local anesthesia.

Results can be seen within a week, with continued improvement over three to six months. A compression garment is worn for a short period after treatment, depending on the body area treated.

Emtone – New Treatment For Cellulite

Emtone is the first and only device that simultaneously delivers both thermal and mechanical energy to treat all major contributing factors to cellulite.

How Does Emtone Work?

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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.



Hampton Khanna, MD

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



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.



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Dental Approach To Medical Conditions

The Many Benefits Of Using ALF Appliances



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

The ALF (Advanced Lightwire Functional) appliance was developed by Dr. Darick Nordstrom about 40 years ago. In working with an osteopath (bone doctor), it was developed with the principles of osteopathy in mind. Principles include promoting movement of the fluids within the skull especially, but these devices will also re-align distorted bones within the skull as well.

Our bodies require symmetry and balance in order to work effectively. A good example of this is when your hips are not in alignment – this can cause legs to be of different lengths, thus walking becomes difficult and painful. The same can be said for the bones inside your skull. When the cranial bones are distorted, this can cause nerve impingement, which can lead to head and neck pain.

Many patients treated with ALF appliances have originally sought treatment for migraines, tremors, vertigo, neck pain and seizures. The principle of the ALF is that it will re-align the distorted cranial bones so that the structures within the skull can function more efficiently. Think of it like if your car has been in an accident and the frame has been bent. If you continue driving the car, the ride is rough – the car vibrates and simply does not run well.

With distorted bones in the skull, blood does not pump well, cerebral spinal fluid does not move well, and lymph cannot drain as well. When cranial bones are distorted, oftentimes eyes are not level so the patient learns to tilt their head to make their eyes line up with the horizon, causing the effect of pulling on their neck. Any distortion to the cranial bones will pull the neck to the side and this is where dystonia comes from.

With children, the ALF is a valuable tool in preventing future problems. Research confirms that 95% of all chil-

dren are born with skull distortions from birth trauma. As years progress, their faces including the ears, eyes, eyebrows become uneven. ALF appliances work to make the bones in the skull more even, more balanced, over time.

Most children these days have very narrow dental arches and have crowded teeth. The ALF can also help expand the upper and lower arches to make more room for teeth, preventing the need for

extractions. Instead of pulling teeth out, more room can be gained for teeth thus avoiding bigger problems later on.

One of the hottest dental topics these days is dental sleep medicine. Research now links sleep disordered breathing (waking up at night, snoring, sleep walking, etc.) to heart disease, diabetes, and now cancer. Many dentists recommend dental sleep appliances, which open the airway and

reduce snoring.

These appliances help, but there may be an underlying cause that needs to be addressed. An experienced ALF practitioner can widen the dental arches and make more room for the tongue, promoting better breathing and will stop snoring in most cases. As you can see, the ALF is an amazing little appliance that is designed for better health – for all ages.

We Are NOT Your Typical Dental Office

We Can Help With:

- Jaw Pain, Clicking or Popping
- Head, Neck and Shoulder Pain
- Migraines
- Craniofacial Pain
- Sleep Apnea
- Orthodontics

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

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

"My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children's hospital. She was on medications for tics and associated muscle pain, OCD/repitive 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

For more reviews, search "Sleep & TMJ Therapy" on Google!

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Tips For a Healthy Smile This Holiday Season

By April Toyer, DDS
Lifetime Dental Care

The Holidays are a time to appreciate all of the blessings bestowed on you and your family. Even in 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 graz-



April Toyer, DDS

ing: 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.

The Holidays are a time to appreciate all of the blessings bestowed on you and your family.

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, D.D.S.,
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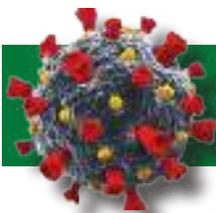
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COVID-19 Update

Therapeutics Are a Game Changer

If People Won't Take the Vaccine Will They Take the Drugs Developed To Treat COVID?

We got a vaccine developed in record speed which should have put an end to the COVID-19 pandemic, but it hasn't. This writer couldn't wait to get the vaccine and believed that every single person would line up for it.

It was and is one of the greatest and most remarkable scientific victories of all time to prove a vaccine could be developed that fast – but I am a scientist. If people understand

science and the way it works, they know the vaccine is just like getting a flu shot, or a measles vaccine, or many other vaccinations and medications we have in our medical arsenal. If they aren't scientists they can talk to their own doctor for advice. It's really that simple.

Now we have therapeutics that have been developed to treat COVID-19 that will make it possible to

treat COVID like many other diseases. Merck and Pfizer should gain emergency use authorization very soon for medicine that will reduce the impact of COVID by 80-90%. That's amazing, right?

One of the obvious and diabolic things people should have noticed is that the very same people who refuse the COVID vaccine are still getting the vaccines that have been around for a long time, they are still taking the drugs (with the associated side-effects) that they have been taking for a long time. Not only that, people are taking new medications that come online to treat everything from the common cold to cancer.

So, will they mount the type of resistance to the COVID drugs developed by the same companies that developed the vaccine? The same government funded research and development that created the vaccine are creating the therapeutics, and now seem on the brink of victory against

this horrible contagion.

What do we do about this? The number of deaths is declining, but it's still high, too high. The unvaccinated represent 99% of the deaths among healthy adults. Around 1,200 deaths per day is roughly 438,000 deaths per year. That's a lot of deaths.

The vaccine itself could reduce that number by 90% if everyone would get it. But, for reasons only those people who refuse it will understand, a lot of people won't get it.

Now, if the therapeutics will reduce that number by 80%, will people take the pills? Are the same people who refuse the vaccine also going to refuse the new medicine?

With the vaccine and the therapeutics, the US will be at a point to very soon to declare ultimate victory over the coronavirus. What will happen? The next few months are going to be very interesting to watch!

Need an MRI?

Is Claustrophobia (Fear Of Confined Spaces) Real?

Submitted by
Washington Open MRI

The simple answer is yes.

The most common experience of claustrophobia is a feeling or fear of losing control. Your heart begins to beat faster, your senses are heightened and if uncontrolled a real fear of panic is experienced.

Although most people have no problem being in a confined space, there are a significant number who – in addition to the stress of a medical exam – just can't endure the "older technology" MRI. They describe it as an awful experience of being squeezed into a small dark tube and a sometimes uncontrollable urge to run away.

In a study involving an MRI diagnosis and claustrophobia, up to 20% of patients receiving an MRI reported having a panic attack during their procedure in the older technology "closed" MRI.

Some individuals just avoid being scanned at all, which significantly reduces their doctor's ability to provide the best care.

"Open" MRI scanners were developed in part to address this issue.

As advancements have been made in MRI technology reading radiologists report that open MRI equipment is just as effective of a diagnostic tool as the "older technology" MRI using a confining tube.

"Sit-down, stand-up" MRIs are the ultimate in MRI, as most patients can sit or stand (depending upon your doctor's prescription) and relax while watching TV."

"Sit-down, stand-up" MRIs are the ultimate in MRI, as most patients can sit or stand (depending upon your doctor's prescription) and relax while watching TV. Your loved one can also be with you to ensure that it is a pleasant experience for you.

And in many cases it's the only MRI that can most effectively visualize issues with your back, neck or knees due to the force of gravity while in a sitting or standing position.

Even if claustrophobia is not a problem for you, there's no reason to submit to being squeezed into a confined, uncomfortable space when other options are available.

In most cases, with Open MRI your doctor will have the results the same or next day.

If you suffer from claustrophobia, or just don't want to be squeezed into a tube, ask your doctor about an open MRI. Why endure the stress when there is a better alternative?

Need An MRI?

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You probably know family and friends whose lives were cut short by heart disease or cancer. Then you ask yourself “Is there any way to keep that from happening to me?” The answer is “yes.” Today there is a simple non-invasive test that can often identify these illnesses in their earliest stages, when they can most effectively be treated and cured.

It’s called the Virtual Physical. The Virtual Physical takes less than twenty minutes and is a safe, painless, high-speed full Body, Heart and Colon scan. It has already saved many lives by uncovering many illnesses like cancer, heart disease, aneurysms, and tumors.

The Virtual Physical is a test that gives you the advantage in finding diseases and abnormalities at their early stages, long before symptoms occur.

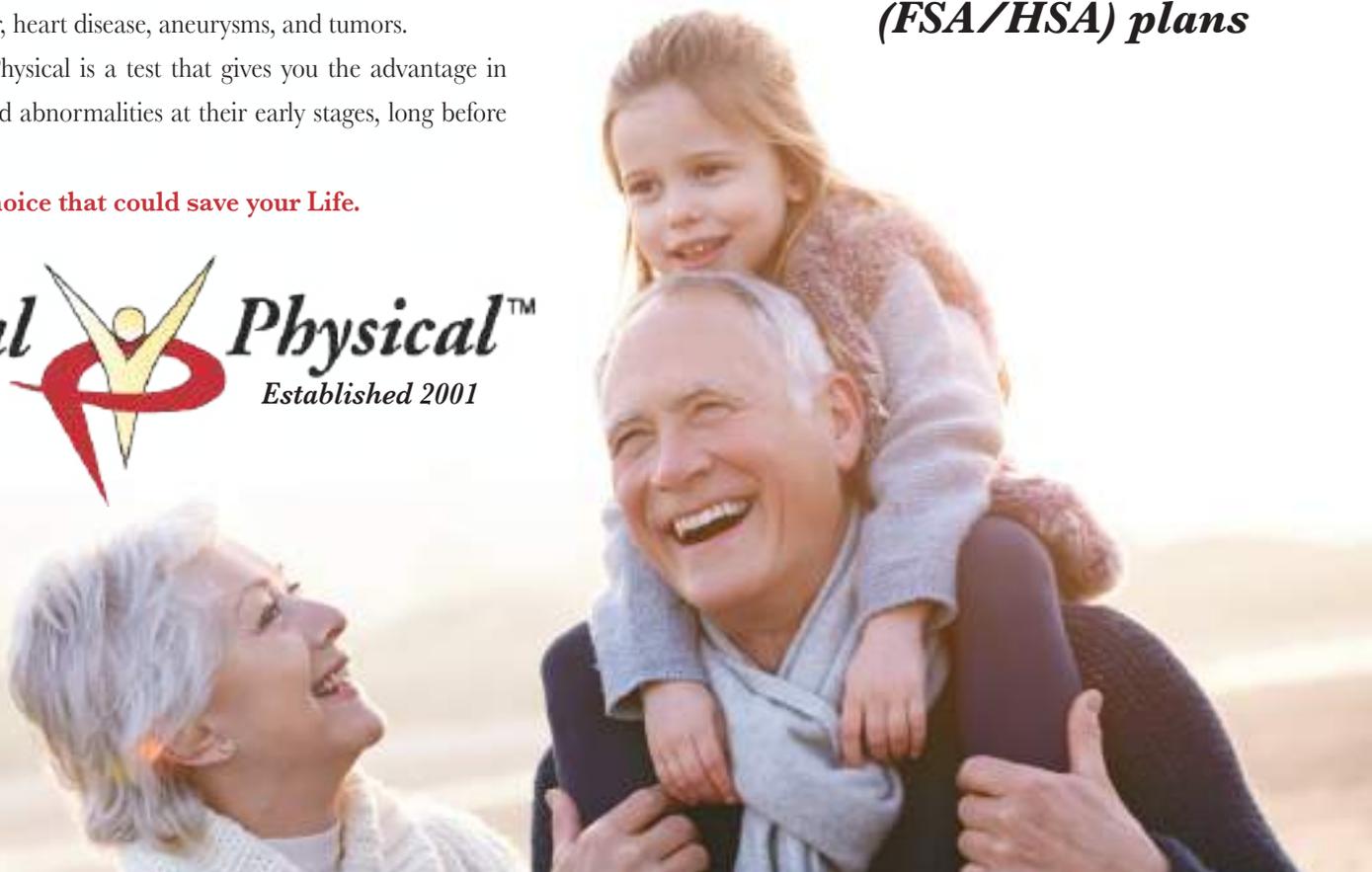
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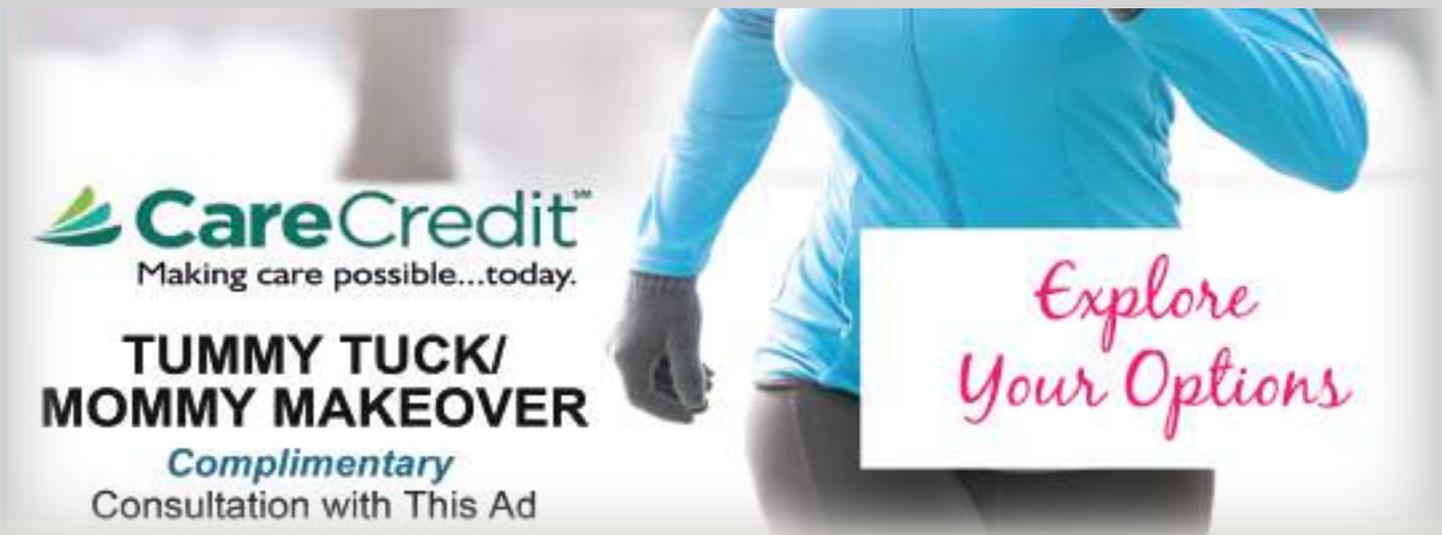
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Get a Hollywood Smile With Porcelain Veneers



By Maryam Avin, DDS
Avin Dental Care

Veneers are very thin pieces of durable, tooth shaped porcelain that are custom made (for shape and color) by a professional dental laboratory. They are bonded onto the front of teeth to create a beautiful and attractive smile.

Veneers can completely reshape your teeth and smile. They can often be alternatives to crowns and the ideal solution in treating many dental

conditions.

As with most dental restorations, veneers are not permanent and may someday need replacement. They are very durable and will last many years, giving you a beautiful long lasting smile.

Reasons for porcelain veneers:

- Cosmetically, to create a uniform, white, beautiful smile.
- Crooked teeth.
- Misshapen teeth.
- Severely discolored or stained teeth.
- Teeth that are too small or large.
- Unwanted or uneven spaces.
- Worn or chipped teeth.

What Does Getting Porcelain Veneers Involve?

Getting veneers usually requires two visits to complete the process, with little or no anesthesia required

Please see "Veneers," page 47



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By Aazaz Haq, MD
McLean Neuropsychiatric
Treatment Center

Offering New Hope For Treatment Of Depression

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

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

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

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

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

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

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

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

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

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Esketamine (Spravato)

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



Transcranial Magnetic Stimulation (TMS)

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



Electroconvulsive Therapy (ECT)

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

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Tongue Rejuvenation Permanently Cures Chronic Bad Breath

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

“...anyone can maintain this cure.”

The tongue contains the single largest area that accumulates bacteria in the mouth and it does so day in and day out. The coating on the tongue is like a living organism, called a biofilm, with its own food supply and a sheltered living area. It is made up of millions of layers of bacteria, food,

dead skin cells, dead blood cells and other items that the bacteria use for their food supply.

The result of these bacteria digesting their “foods” is the production of their waste products – gasses that we call the odors of bad breath. The three most abundant bad breath gasses are

H₂S or hydrogen sulfide, the smell of rotten eggs; CH₃SH or methyl mercaptan, the smell of feces (yes, it is possible that someone’s breath can smell like poop); and (CH₃)₂S, dimethyl sulfide, the smell of raw cabbage or gasoline. Together, these odors make up the majority of bad breath and



Richard A. Miller, DDS

EMBARRASSED BY YOUR BREATH?



Do People . . .

Turn Away When You Get Close?

Rub Under Their Nose?

Offer You Gums or Mints?

Talk Behind Your Back?

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are what we smell when we are near someone with bad breath.

In addition, the coating also consists of microscopic food debris, containing undigested proteins from the food we eat and the mucous in our throats and sinus passages, which are easily digested by the bacteria leaving behind the odors of bad breath. The debris also contains dead skin cells from the insides of our mouths that are sloughed off like the skin of our bodies as well as dead blood cells from gums that bleed microscopically. These then become an excellent source of protein for the bacteria. In fact, the thicker the coating, or biofilm, the more odorous and destructive it is.

Because a biofilm is interwoven among the anatomy of the tongue and among the taste buds, of which we have approximately 9,000 on our tongues, Tongue Rejuvenation® is the only technique that can remove it. Once removed, the tongue is restored to its natural balance and no longer causes halitosis. And what’s more, anyone can maintain this cure with just a few minutes a day.

So why don’t mouthwash, gums, mints, or tongue cleaners work? Here’s why. Biofilms actually attach to the surfaces of the tongue and can only be removed by mechanical means. Many dentists prescribe a tongue cleaner or scraper to remove this biofilm, however, due to the thickness of this coating, a tongue scraper or tongue cleaner can only remove the top layers of coating. Tongue Rejuvenation® is a painless technique that removes the coating down to the base of the tongue. Tongue Rejuvenation® can only be performed with Biofilm Removal Instruments®, invented and patented at the National Breath Center. Over the past 30 years, this technique has been 100% successful in eliminating chronic and severe halitosis. So, if you are embarrassed by your breath Tongue Rejuvenation® can eliminate your problem, guaranteed.

Zygomatic Implants

Part Two: How It Works, After Care, and the Ideal Candidate



By Ryan Peters, DMD
Northern Virginia Surgical Arts

Last month's article described what zygomatic implants are, and how they can benefit you. Please be sure to read that article in last month's edition of Your Health Magazine or online.

The Procedure

The zygomatic implant procedure

is fairly straightforward and tends to be simple once a plan is created. Before the procedure can begin, x-rays will be taken of the patient's mouth so that doctors can better understand how to place the implant according to the amount of bone loss that has occurred. From there, the procedure goes as follows:

1. The patient is put under an anesthesia.
2. Doctors will place implants into the zygomatic bone at an angle and make sure they are secure and in the correct position.
3. Depending on stability of the implants, a dentist will fit the denture to the implants for use so you can start eating and smiling as soon as possible

This procedure is completed in one visit so you will not have to come

Please see "Implants," page 46

Advantages Of Dental Implants



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

The lower is worse and lifts up from the lower jaw by as much as 10 millimeters during eating. Partial dentures function a bit better, but they too move.

This movement acts to abrade teeth, slowly extract teeth and cause an increased rate of dental decay, due to the clasps acting as plaque traps.

I will discuss wearing dentures in more detail in another issue. However, I will state this, the Mayo Clinic did a study some time ago and found that people without teeth live on the average five years less than those with teeth.

Dental implants offer a superior solution to the afore-mentioned problems for the following reasons:

- Dentures require a training period; implants do not.
- Implants will not make your face look sunken in or change the shape of your face. Many times implants can improve the appearance over one's own natural teeth.
- Dental implants usually improve one's

During this age of the internet, space travel, medical miracles, GPS and yes, smart phones, people still suffer with dentures and partial dentures. Other than the materials, the methods to make dentures have not changed since Wellington defeated Napoleon at Waterloo. Complete dentures are not your teeth. They are a prosthesis made for appearance and very limited function.

Complete dentures at best have no less than 30% mobility for the upper.

Please see "Advantages," page 46

New Teeth and a Dazzling Smile!

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Per Jaw

- Does the embarrassment of your smile keep you from socializing with friends and relatives or dating?
- Do your dentures or teeth hurt, move around when eating or talking or limit the foods you eat?
- Do you look older than your natural age because of your dentures, missing teeth or worn out smile?
- Do you want new teeth and dazzling smile as soon as possible?
- Do you want to eat the foods you like and look and feel better about yourself?



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

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

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Richard Hughes, DDS - General Dentist
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Suite #340, Leesburg, VA

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Meet Dr. Singhvi

Dr. Chirag Sanghvi is board certified in Anesthesiology and Pain Management. Dr. Sanghvi completed his fellowship in Pain Management at the Cleveland Clinic in Cleveland, Ohio, after fulfilling his residency at Loma Linda University, in Loma Linda, California, where he served as an anesthesia and trauma clinical research specialist.

Dr. Sanghvi obtained his Masters of Public Health at the University of North Texas Health Science Center in Fort Worth, Texas, and recently served as a member of Rainer Anesthesia Associates at Good Samaritan Hospital in Puyallup, Washington. He is an active member of the American Society of Anesthesiologists and a Diplomate of the American Pain Society.

Dr. Sanghvi predominantly sees patients in Frederick and Leesburg.

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Meet Tesfaye Tetemke

Degrees, Training & Certifications: Dr. Tesfaye Tetemke is Board Certified in Internal Medicine by the American Board of Internal Medicine. He has a successful and remarkable professional career with more than 24 years of experience providing medical care.

He is a Federal Aviation Administration designated Aviation Medical Examiner, a Department of Transportation (DOT) Certified Medical Examiner, highly experienced in inpatient care as a hospitalist, and a U.S. Citizenship and Immigration Services Designated Civil Surgeon.

Dr. Tetemke received his Doctor of Medicine (MD) at Addis Ababa University in Ethiopia. He completed his Internal Medicine Residency at Howard University Hospital in Washington, DC. He studied Aerospace Medicine at the GAF Institute of Aviation Medicine in Germany and completed his Physician Pilot Training at Ethiopian Air Force Flying School in Ethiopia.

Professional Memberships & Affiliations: American College of Physicians, Aerospace Medical Association, American Medical Association, International Society of Travel Medicine

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Rishita Jaju, DMD

Pediatric Dentistry



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"Loved By Kids, Trusted By Parents"

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

Degrees, Education & Training

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

Experience & Expertise

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

Professional Memberships

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

In the Community

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

Personal Interests

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

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

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Ryan Peters, DMD

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Meet Ryan Peters

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

From here he completed his Internship and Residency training at Walter Reed National Military Medical Center in Bethesda, MD in 2018. Following his residency training Dr. Peters served as an Oral and Maxillofacial Surgeon for the United States Army at Wil-

liam Beaumont Army Medical Center in El Paso, TX for three years.

He recently returned to the DMV area to continue his active duty military service at Walter Reed National Military Medical Center. His time with these institutions provided a unique experience as a full-scope staff surgeon and mentor to surgery residents. Dr. Peters is Board Certified and a Diplomate of the American Board of Oral and Maxillofacial Surgeons.

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

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Our Licensed Medical Aesthetician Zineb loves skin care challenges. She has earned years of experience in helping clients with difficult skin conditions such as skin texture, melasma, acne, and deep congested skin. Zineb believes in quality which start by understanding clients' expectations and approaching each case by educating clients about their skin concerns and working together to achieve amazing results. Zineb specializes in many skin care treatments to include:

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Zineb is passionate about helping patients, especially those with difficult skin conditions including melasma, acne scars, skin texture, and congested pores. She believes that educating her patients about good skin care and providing them with a thorough skin assessment is very important to help them achieve the results they desire. In addition to skin care, Zineb has received advanced training in non-invasive treatments and body contouring procedures.



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Marvette Thomas, DDS

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

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

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

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

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

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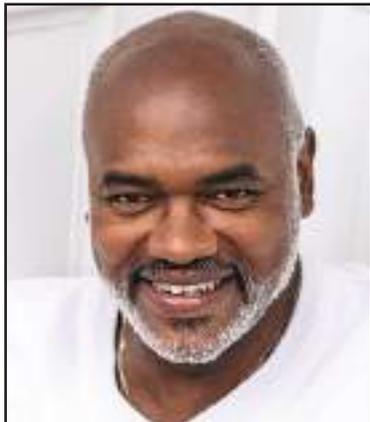
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Paul S. Thesiger, MD

Plastic Surgery

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Dr. Paul Thesiger was born in the beautiful island of Jamaica and attended Campion College, a top rated Catholic high school. He graduated with distinction and was accepted at the Johns Hopkins University, majoring in Natural Sciences with a minor in Biophysics. Dr. Thesiger was accepted to Columbia University's College of Physicians and Surgeons in 1989 and earned his doctorate in medicine.

With a desire to blend art and science he sought a residency in Surgery with a focus on further specializing in Plastic Surgery. After doing an internship at Columbia Presbyterian in New York he came to Washington, DC to study general Surgery at Howard University. He went on to the University of Miami where he completed a residency in Plastic Surgery in 2002.

Then, he was chosen to be the third Jerome Webster Fellow in Pediatric Plastic Surgery by Interplast Inc., a philanthropic organization based in Mountainview, CA. This fellowship took Dr. Thesiger to nine countries in the space of a year spanning from South America to the Far East, performing cleft lip and palate as well as hand surgery for poor children.

In January 2000, after working as an associate in private practice outside of Cleveland, Ohio, Dr. Thesiger opened his own specialized center of excellence in Washington, DC.

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

Professional Memberships

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

Clinical Interests

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

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

Accepted Insurances

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

Practice Philosophy

"Start Living Life Again."

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

Voted "Top Doctor" Northern Virginia Magazine

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

- J. O.. (Patient Testimonial)



www.VirginiaSpineSpecialists.com

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Option 1



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Jhett Arzadon Epp – Practice Administrator | **Jackie Martinez** – Licensed Esthetician/Skin Care Specialist
Delia Pomeroy, RN – Cosmetic Injector/Skin Care Specialist | **Catherine P. Arzadon, MD** – Skin Care Specialist

The Spa Clinic has a plethora of options for help in restoring your skin. This may be the boost of confidence one needs as healthy skin is a huge part of any individual's radiance. Skin damage that results from aging can benefit from neuromodulators, such as Dysport, to relax the muscles that cause wrinkles and result in a refreshed, rested appearance. With the goal of skin rejuvenation, there are chemical peels, laser and micro needling with radio frequency treatments that are specifically designed to improve laxity, pigment balance, texture, discoloration, acne scars/breakouts, lines and other concerns for you face and body. Hair removal, intense pulsed light treatments, body/face contouring, skin tightening, microdermabrasion, HydraFacial, medical facials, non-invasive fat reduction and photo facials can all be customized to the individual's needs. Dermal fillers like Restylane restore a youthful shape for anti-aging purpose as well as enhance one's natural features with a collagen stimulating plumping effect to improve symmetry. The most important part of restoring and maintaining a healthy glow is daily skin care. ZO medical-grade skin care has proven to provide skin care solutions for any type of skin or concern.

To achieve your goal of skin rejuvenation, the staff at the Spa Clinic will recommend skin and facial rejuvenation to restore a vibrant, healthy look that complements your natural appearance and features.

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Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Ike Lans, DDS



44110 Ashburn Shopping Plaza, Suite #166
Ashburn, VA 20147

703-729-1400



Meet Ike Lans

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

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

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

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

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

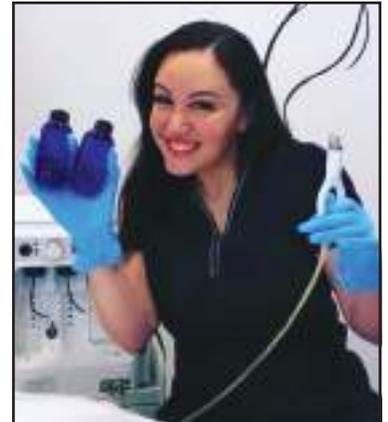
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Andrea Ristic, Owner

We offer the latest generation of treatments and technologies to rejuvenate, restore, tighten and sculpt the face and body.

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703-595-2797



Meet Andrea Ristic

The SkinBarre Medical is a full service Medical Spa. We are located in McLean, Virginia and have been around for 10 years. We offer high quality Botox treatments, PRP for facial rejuvenation or hair loss, dermal fillers such as Radiesse, Restylane, Juvederm, and Versa, microneedling and VI peels for acne care, Ultherapy, and many different types of body contouring services.

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

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

Top 5 Services:

Morpheus, IPL/PhotoRejuvenation, Hydrafacial, Diamondglow, and Peels

Awards:

- 2018 Northern Virginia Magazine Best Med Spa
- 2019 McLean Best Skin Care Clinic
- 2019 Is Clinical Gold Partner Award
- 2020 Northern Virginia Magazine Best Med Spas
- 2021 Northern Virginia Magazine Best Med Spas
- 2021 McLean Best Medical Spa Business Hall of Fame 3 consecutive years

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Raja Gupta, DDS

Cosmetic &
General Dentistry



Dental First
Associates

6116 Rolling Road, Suite #312
Springfield, VA 22152

703-323-9394



Meet Dr. Raja Gupta

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

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

Special Interests & Services

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

Professional Memberships

Dr. Gupta is an active member of the American Dental Association, the Virginia Dental Association, the Northern Virginia Dental Society, and the Vir-

ginia Millennium Study Club.

Practice Philosophy

When you visit our practice, you'll find that our dental services extend well beyond the procedure itself. We try to educate our patients and provide all the necessary tools so that they are fully prepared to maintain their beautiful smiles for a lifetime.

As in any field, Dental technology and techniques change rapidly to become more efficient and comfortable. Dr. Gupta and his team are frequently attending continuing education courses and seminars to remain in touch with the newest advances in dentistry. All patients

deserve modern techniques, materials, and methods that are backed by research and clinical success! We believe that continually enhancing our education will allow for higher patient comfort, better preventive strategies, increased longevity of treatment, greater patient satisfaction, and a smile that is natural and healthy.

Hobbies & Personal Interests

Dr. Gupta was born and raised in Columbia, MD. He now lives with his wife Paroni in Northern VA and has twin boys. Away from the office, Dr. Gupta enjoys volunteer work and traveling.



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Meet Carlton H. Scroggins

Dr. Carlton Scroggins, MD has practiced Plastic Surgery in Maryland for the last 32 years. He has performed thousands of reconstructive and cosmetic surgical procedures.

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E. Richard Hughes, DDS

**Comprehensive
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Implantologist
(Dental Implant
Specialist)**

46440 Benedict Drive
Suite #201
Sterling, VA 20164

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

www.ERHughesDDS.com

Maria Soledad Dubourg, AuD

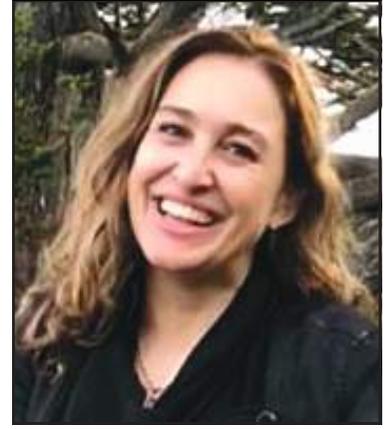
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**Virginia Head & Neck
Surgeons, PC**

19455 Deerfield Avenue
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Leesburg, VA 20176

703-858-4439



Meet Maria Soledad Dubourg, AuD,
the newest member of your care team
at Virginia Head & Neck Surgeons, PC

Maria Soledad Dubourg, AuD grew up in Buenos Aires, Argentina. Dr. Dubourg completed her undergraduate studies at George Washington University where she earned a Bachelor of Arts degree in Speech and Hearing Sciences. She earned a Doctorate Degree in Audiology from Gallaudet University in 2010, following graduation she completed a yearlong Fellowship at Georgetown University Hospital.

Prior to joining Virginia Head and Neck Surgeons, PC, Dr. Soledad Dubourg worked with the Fairfax County Public School Systems, where she served as a pediatric audiologist for 10 years. She had the opportunity to provide services for children and their families with multiple co-existing diagnosis and several different cultural backgrounds (including Hispanic in their native language).

Dr. Dubourg is a licensed audiologist and hearing aid dispenser in the state of Virginia. Soledad is an active member of ASHA and a Fellow of AAA.

Specialties & Clinical Interests

Dr. Dubourg is fluent in Spanish,

and enjoys working with patients of all ages, ranging from newborn infants (early intervention) to adults. Services she provides include infant hearing screenings, complete audiologic evaluations, hearing aid fittings and repairs, custom ear products, as well as specialized testing of the inner ear and auditory nerve.

Learn More About Our Practice

Founded by Dr. Andrew Silva, Virginia Head and Neck Surgeons & Specialized Hearing Center is family-owned and operated in Leesburg, VA. Since opening in 2006, we've treated every customer like they were a part of our family. Dr. Silva has been named as a *Washingtonian* Top Doctor for Otolaryngology Head and Neck Surgery multiple times. In addition, we are pleased that our surgeons have been recognized by *Guide to American Top Physicians*, *Northern Virginia Magazine*, Patient Choice Awards, *Posh7* Best of Suburbia and *Loudoun Times* Best of Loudoun.

We provide ENT (Ear/Nose/Throat) and Audiology care for all ages.

Our other practitioners include Andrew Silva, MD (Pediatric Otolaryngologist), Lisa Fox, MD (Otolaryngologist), Ambrosia Santana, PA-C (Physician Assistant), and Katherine Stover, AuD (Audiologist.)

To schedule an appointment, call us today: 703-858-4439

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Meet Periodontist, Karl A. Smith, DDS, MS

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

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

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

What To Expect On a Visit With Dr. Smith:

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

"Please call my office to ask about our
New Patient Special – \$179.00"

Mention: **DRSmithVA1221**

Degrees, Training and Certificates:

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

www.DrKarlSmith.com

Tara White, President



1201 N. Orange Street
Suite #7581
Wilmington, DE 19801

302-295-0511



Meet Tara White

Cardiac arrest occurs when the heart suddenly stops beating and can lead to death if immediate action isn't taken. When a person is in cardiac arrest, blood is no longer able to flow to the brain and other vital organs. This can be caused by certain heart conditions and many other risk factors. According to the American Heart Association, over 70% of those cardiac arrest take place outside of the hospital, of which a staggering 90% of the victims die.

Tara White knows the devastating effects of cardiac arrest all too well. While traveling to Disney World with her family, her uncle choked on a hot dog, which led to him going into cardiac arrest and needing CPR and defibrillation. After five days in the hospital, he passed away. This was the catalyst for a crusade for Tara to learn CPR and then teach as many people as she possibly could, so they would never have to feel the feeling of helplessness that overcame her.

In a time when 47% of Americans have high blood pressure, 42.4% are obese, 21 million Americans have some sort of substance abuse issues, the overdose rates have tripled over the past thirty years, and heart disease is the number one leading cause of death in this county; it is more important than ever that citizens are CPR trained, have access to and know how to use an AED. The likelihood that a person who experiences cardiac arrest will be at home, in their community, or anywhere other than the hospital is great.

Recognizing that there are communities that Socioeconomics impacts the chance of surviving a cardiac arrest in lower income communities, Tara founded the Touching Hearts Project, a nonprofit established to address this issue. The Touching Hearts Project's mission is to raise the percentage of lay-responders who are CPR trained and provide equal access to AEDs in every community. The organization provides AED units to at-risk communities and free CPR training to those who can't afford it and, most likely, need it the most. Their website, www.thetouchingheartsproject.org, provides information about their initiative and opportunities for citizens to contribute any size donation to help save lives by ensuring that everyone is trained.

Certifications:

- American Safety and Health Institute Active Violence Emergency Response Training Instructor Trainer
- American Safety and Health Institute FA/CPR/AED Instructor Trainer
- American Safety and Health Institute Basic Life Support Instructor
- American Red Cross FA/CPR/AED Instructor Trainer
- American Red Cross Basic Life Support Instructor Trainer
- American Red Cross CPR for the Professional Rescuer Instructor
- American Red Cross Emergency Medical Response Instructor Trainer
- American Red Cross Babysitting Training Instructor Trainer
- American Heart Association Basic Life Support Instructor Faculty
- Nationally Registered Emergency Medical Technician (EMT)
- EMT for the State of Delaware



www.TheTouchingHeartsProject.org



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Straighter Teeth With Invisalign



Swathi Reddy, DMD

By Swathi Reddy, DMD
All Smiles Orthodontics

We live in a society that places great emphasis on first impressions. A smile filled with beautifully aligned teeth will make a better impression than one that has crooked teeth. Recently, a lot of people have used Invisalign as a means to achieve this goal.

Invisalign is manufactured and marketed by Align Technology, Inc, which was founded in 1997 and re-

ceived FDA clearance in 1998. Since then, this technology has been widely used as an alternative to traditional braces. Usually the treatment is covered by insurance the same way as traditional orthodontic treatment.

The treatment consists of a series of clear, removable aligners or trays. These aligners need to be worn 20-22 hours per day. The success of Invisalign treatment is largely dependent on patient commitment. Like braces, these aligners put gentle pressure on

the teeth to move them into a new position.

Each set is worn for 2-4 weeks before proceeding to the next set. Besides the obvious cosmetic advantage, they are more comfortable than traditional braces there are no wires or metal to rub against your cheeks.

While eating, trays can be removed and you need not worry about food being stuck between the front teeth. These trays can also be removed for brushing, flossing and special occasions.

To get started, you must first contact an orthodontist or dentist who is a certified Invisalign provider. Upon evaluation, if you are a good candidate, impressions of your teeth are made and sent to Align Technology. A 3-D graphic representation of the doctor's treatment plan (Clin-Check)

is created from these impressions.

This allows you to see up front the series of movements your teeth will go through over the course of treatment. After the orthodontist reviews the treatment plan, a series of custom-made aligners are produced that corresponds to your Clin-Check.

Invisalign may not be the option for everyone. The first step is to contact an orthodontist/dentist who is certified in Invisalign so you can have the beautiful smile you've always wanted.

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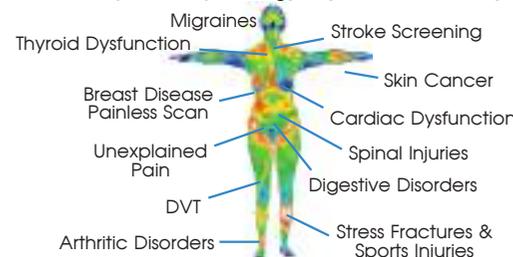
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- CO2 Poisoning
- Chronic Fatigue
- Fibromyalgia
- Cerebral Palsy
- Immune Dysfunction
- Migraines
- Macular Degeneration
- Diabetes/Foot Ulcers
- Chron's disease
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- Post Herpetic Pain
- Pelvic Pain
- Abdominal Pain
- Cervicogenic Headaches
- Osteoarthritis
- Spinal Cord Injuries
- Cancer Pain
- Failed Back Surgery
- Neuropathic Pain



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Why Are Feet Flat?



By Edward S. Pozarny, DPM
Arlington Podiatry Center

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 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

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.

Symptoms

Discomfort from flat feet often doesn't appear for years. At some point, pain may be felt and walking may

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Making Your New Year's Resolution Stick



By Rose Buono, C. Ht.
Rose Buono Hypnotherapy

unhealthy habits.

Did you know that your conscious mind – your logic, reason, will power, judgement, and decision making – is only about 10-12% of your mind? Some studies even state that our subconscious mind – the part responsible for your automatic behaviors, make up as much as 95% of our mind.

When you have goals you're trying to achieve or healthy habits that you'd like to establish, your subconscious behaviors are the ones that prevent you from making positive changes as quickly or permanently as you'd like.

When the new year begins, many people begin to think of the positive changes they'd like to create in their lives. But, after that initial rush of enthusiasm dies down, we often find ourselves repeating our same

This can seem unfair, but in fact your subconscious mind is always trying to protect you. For example, if your mom gave you a chocolate chip

Please see "Resolution," page 47

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Broad-spectrum sunscreen is essential for skin health – even in winter. Damaging ultraviolet rays can pass through car or house windows. Year-round sun protection helps prevent skin cancers and pre-cancers, also sunspots, wrinkles and premature skin aging. Modern sunscreens include natural minerals, brush-on powders, and added skin repair ingredients.

The next step can be non-surgical procedures.

Ultherapy Non-Surgical Face, Neck and Body Lifting, a unique micro-focused ultrasound with no recovery time, lifts and tightens your jawline, neck, forehead, cheeks, chest, arms, buttocks, abdomen and knees. Featured on Dr. Oz and The Doctors, Ultherapy is the only FDA-approved treatment for non-surgical lifting. Christie Brinkley considers Ultherapy a secret to youthful beauty in her mid-60's.

Platelet Rich Plasma (PRP), the so-called "Vampire Face Lift", harnesses your body's own restorative power to naturally treat wrinkles, scars, pigmentation – and also hair loss. Many stars, including Kim Kardashian, Bar Refaeli and Rupert Everett, have spoken out about how PRP maintains youthful skin and hair.

Body Contouring: Exilis Ultra, a state-of-the-art, no-downtime laser combines radiofrequency and ultrasound to painlessly melt away unwanted fat or cellulite on your chin,

Please see "Health Tips," page 46

Acupuncture and Erectile Dysfunction



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

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

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

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

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

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

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

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

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

Erectile dysfunction is an age-old problem. What better way to find relief than with the time-tested, age-old remedy of acupuncture?



Young C. Yi, "One of the best practitioners of Oriental Medicine in the U.S."
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Tumor: Breast Cancer / Non-Malignant Breast, Rump & Tumor, Thyroid & Skin Tumor/Cancer.

Livers: Cirrhosis, Digestive Disorders

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



Testimony:

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

- DC Resident, Mrs. Zhang

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

Reference:

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

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

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Reversing the Signs Of Facial Aging



By LaSondra Gray
CMLSO, CMNC
Reflections Image Center
& Skin Care Institute

approach to facial rejuvenation, shifting the focus from individual wrinkle treatment and lift procedures, to a holistic paradigm that considers the entire face and its structural framework.

The key components for improving facial cosmesis include augmentation of volume loss, protection with sunscreens and antioxidants, microlaser peels, microdermabrasion, collagen stimulation and remodeling via light, ultrasound, or radiofrequency (RF) based methods, muscle control with botulinum toxin, and promotion of epidermal cell turnover with techniques such as superficial chemical peels.

For the treatment of wrinkles and for the augmentation of pan-facial dermal lipoatrophy, several types of fillers and volumizers are available. The combination of treatments with fillers, toxins, light, sound, and RF-based technologies may help to forestall the facial aging process and provide more natural results as opposed to using just one of these techniques as a stand-alone therapy.

Multiple types of anti-aging treatments are required to address the various causes of facial aging. Soft-tissue augmentation provides a minimally invasive option for patients seeking

to look younger. However, due to changes in facial skin, musculature, fat and bone, anti-aging treatment requires a multifaceted approach.

Injectable fillers may be combined with neurotoxins to resolve superficial wrinkles and restore facial volume. These modalities may be used with laser resurfacing or chemical peels to address epidermal and superficial dermal problems. Combining injectable soft-tissue augmentation treatments allows clinicians and patients to take advantage of the benefits of each modality and to address the multiple effects of facial aging.

Facial rejuvenation should take into consideration all the dimensions of the face to make a truly youthful look achievable.

Our evolving understanding of the skin and, in particular, the aging face, has prompted a growing field of aesthetic technology. Restorative procedures are taking advantage of improved and refined biotechnology, which continues to evolve at a rapid pace.

Facial rejuvenation should take into consideration all the dimensions of the face to make a truly youthful look achievable.

Whereas surgical correction of skin laxity is the norm, there are now many topical options available to encourage healthy and youthful skin, for many patients. With an ever-growing, increasingly perfected depot of minimally invasive injectable dermal fillers, we can now pave a pathway for volumizing and stimulating the skin by non-surgical means.

The growth indicators for this market are as striking as the science. However, successful use of dermal fillers is not only a function of the quality of science leading to improved biocompatibility, but also the "art" of client selection, filler application, and vigilant follow up. Even the "ideal" filler is subject to unique interactions with both the practitioner and the patient.

Improved understanding of the anatomy and physiology of the aging face has laid the foundation for adopting an earlier and more comprehensive



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The Effects Of CBD Hemp Extract On Opioid Use

By Andrea Grant, Owner
Bethesda Health and Wellness

Most of the industrialized nations around the world. About 20% of U.S. adults experience chronic pain, according to a study. Opioids are a class of drugs naturally found in the opium poppy plant. They work in the

brain to produce a variety of effects, including pain relief. Typically the pain may be caused by inflammation or dysfunctional nerves. Opioids can be prescription medications often referred to as painkillers, or they can be street drugs, such as heroin.

Many prescription opioids are used to block pain signals between the brain and the body and are typically prescribed

to treat moderate to severe pain. In addition to controlling pain, opioids can make some people feel relaxed, happy or “high,” and can be addictive.

In recent years, there has been a dramatic increase in the acceptance and use of prescription opioids for the treatment of chronic, non-cancer pain, such as back pain or even osteoarthritis, according to the CDC. Opioid

abuse is a serious national crisis that affects public health as well as social and economic welfare.

In a study published by the NIH, the context was that cannabinoids, and specifically cannabidiol (CBD), were proposed as an opioid alternative, having comparable efficacy with better safety profile. The objective of the study was to investigate the impact of full hemp extract cannabidiol (CBD) on opioid use and quality of life indicators among chronic pain patients. An initial sample of 131 patients was recruited from a private pain management center. Ninety-seven patients completed the eight-week study – the patients were between 30-65 years old with chronic pain and have been on opioids for at least one year. The results were that over half of chronic pain patients (53%) reduced or eliminated their opioids within eight weeks after adding CBD-rich hemp extract to their regimens. Almost all CBD users (94%) reported quality of life improvements.

Another equally compelling study was conducted by seven pain clinics in Southern California. A total of 253 participants were recruited for a study about the effects of Cannabidiol (CBD) as treatment for chronic pain. The majority of the respondents reported using CBD for back and neck pain; however, others used it for limb and nerve pain as well as for Fibromyalgia and migraines. In a 32-question survey, the findings were as follows:

- 19.9% say that CBD “completely” helped their chronic pain while 39.1% reported CBD helped “a lot” or a total 59% responded favorably.
- 67.6% “strongly agree” or “agreed” that CBD enabled them to reduce the amount of pain medication while taking CBD products.
- 53.7% of the respondents “strongly agreed” or “agreed” that CBD enabled them to reduce the amount of opioid medication they were taking.

According to the CDC, between 1999–2019, nearly 500,000 people died from opioid overdose. Another 2 million people are addicted. Until recently, opioid addiction treatment was limited to Methadone, Buprenorphine and Naltrexone. These findings suggest that CBD can offer an alternative for people who have chronic pain and rely on medications, such as opioids, that can be habit-forming and cause more side effects. CBD has no recorded history of addiction partly because our bodies naturally produce a type of cannabinoid.

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Korean Acupuncture and Metal Body Type

medicine. In general, Korean acupuncture places more of an emphasis on your body type or constitution when developing treatments. These eight constitutions are pulmotonia (metal major), hepatonia (wood major), colonotonia (metal minor), cholecystonia (wood minor), pancreotonia (fire major), renotonia (water major), gastrotonia (fire minor), and vesicotonia (water minor). The theory is that one should know one's own unique constitutional physiology, as well as general physiology, in order to lead a healthy life.

Korean acupuncture is a broad categorization of acupuncture that includes some unique techniques and applications, as well as techniques and theories from traditional Chinese

This article will focus on metal yang body type. It is believed that people who have metal yang body type generally have externally broader shoulders, more developed chests, and more beautiful skin than other body types. They possess ingenuity, creative talent, progressive action, and faster thinking or decision-making skills. Also, they enjoy music and like to sing. Singing makes them happy.

On the other hand, they are also believed to be impractical, unsociable, and introspective. Even though they have soft facial features and quiet manners, they can be fierce when they lose their temper. They may have liver qi deficiency, which means there are certain foods that their bodies cannot process well, such as meat.

When they do eat meat (beef, chicken, pork, etc.), it is believed that the liver qi deficiency leads to poor digestion. This can, in turn, lead to displeasure, which may manifest as rude behavior and anger issues.

Food containing MSG may cause people with metal body type to develop skin irritations. In addition, they may be prone to skin problems in general. People with metal body types are also thought to not like standing or walking for long periods. Korean acupuncture theory believes that people with this body type should eat more vegetables and seafood to protect their liver qi.

Acupuncture and oriental medicine may be able to help certain health issues in people with metal body type.

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Preparing Your Skin For Winter



By Leah Hardin, LME
Alya Salon & Spa

this season.

As temps cool down, it's important that your skin's hydration levels go up. Maintaining your skin's barrier function is crucial to its overall health and appearance. When choosing products, you want to look for hydrating ingredients, such as ceramides (these lipids are the glue that hold your skin together and, when applied topically, help strengthen your barrier), hyaluronic acid (this humectant attracts moisture from the air and works synergistically with your skin to replenish and hydrate the outer layers), and niacinamide (a multi-tasking antioxidant which increases your skin's natural ceramide production, while also improving uneven skin tone and redness, reducing the appearance of large pores, and softening fine lines and wrinkles).

Winter is coming. And, with it comes temperature drops, hustling and bustling, and a multitude of things to do, people to see, presents to buy, etc. This is a busy time of year, but don't forget to make your skin a top priority on your winter checklist.

As the weather gets colder, it's important to notice our skin will go through changes, as well. Our skin can become more dry and, in some cases, irritated. Did you know that it isn't necessarily the cold temperatures outside making your skin dry but can often be from the heat running in your home, office, and car? Blasting heat strips moisture from the air – therefore, it's a good idea to invest in a humidifier

Another important thing to remember – warm up with warm beverages, not hot showers. Try to fight the urge to immediately jump into a hot shower after battling the cold all day. Long, hot showers make skin itchy and flaky. Instead, take a 10-minute warm (not hot!) shower and follow up with your favorite moisturizer packed with

Please see "Winter Skin," page 47

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back for any additional procedures in the following weeks. Though your surgeon will likely schedule follow-up appointments with you to make sure that the implants have settled in properly. Like traditional implants, additional surgeries may be required if implants need to be uncovered or complications arise, although unlikely. Your surgeon will be working with a dentist in an effort to have a denture fitted to your implants as soon as possible. This can be as early as the same day of surgery, where you can be walking out of the office with a functional denture and smile that day.

After the Procedure

In the days following your procedure you may notice discomfort, swelling, bruising, and bleeding. These are all normal symptoms and don't need additional treatment unless they persist for an extended period of time after your procedure. You may want to begin icing your face for the first two days after your procedure in order to lessen the appearance of swelling or bruising.

Taking care of your implants after your procedure is incredibly important as you want them to be in the best condition possible for as long as possible. After you are home, surgeons recommend that you:

- Don't touch, probe, or otherwise disturb the surgical area.
- Do not smoke for at least three weeks following your surgery.

- Brush your teeth but do not use toothpaste for the first four days following your procedure.
- Do not use a Waterpik to clean your teeth.
- Don't blow your nose for three weeks following your surgery.
- Sneeze with your mouth open to limit disruption of your healing sinus.

If you have any additional questions about your post-operative oral care it is best to consult with your surgeon and they will direct you accordingly. If your dental implant feels loose or as though it's falling out, contact your surgeon immediately.

Who is an Ideal Candidate?

Zygomatic dental implants are perfect for those who are not candidates for other types of dental implants due to insufficient bone mass or large maxillary sinus cavities. This is because they are anchored to the facial bones instead of to any dental structures. Most patients that undergo this procedure will not need bone grafting or other specialized add-on treatments or procedures to obtain a successful final result. Zygomatic implants therefore cut-down on treatment time and provide high-quality results.

If you are wondering if you are a candidate for this surgery, you should consult a maxillofacial surgeon for their professional opinion.

FEET FLAT

(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.

HEALTH TIPS

neck, arms, abdomen, waistline, hips, thighs, buttocks and other areas. Results are quick and effective, with skin tightening, lifting and a radiant glow. Kybella effectively dissolves away submental fullness (double chin). LipoLite Laser permanently removes stubborn fat deposits resistant to exercise and a healthy diet, to recontour your chin, abdomen, arms, thighs, and other areas. Treatment is quick, comfortable, and requires only local numbing. Celebrity devotees include the Real Housewives of New York City, Omarosa from The Apprentice (who has tweeted about her body contouring in our clinic), and Khloe Kardashian.

Liquid Face Lifting: Natural fillers such as Voluma, Juvederm, RHA, Restylane and Sculptra remove under-eye hollows and bags, restore youthful cheeks and lips, and lift your jaw line. They can improve bony, veined hands and sun-damaged necks and chests. French cannula techniques stimulate new collagen for better and longer-lasting results. Truly expert dermatologists have early access to the newest fillers, and know how to re-shape your whole face. They also offer filling using your own natural fat with stem cells. Cindy Crawford and Joy Behar are among those who describe fillers as a key to ageless beauty.

Beyond Botox: Expert treatment with four muscle relaxers – Botox, Dysport, Xeomin or Jeuveau – safely smooths out frown lines, forehead wrinkles, crow's feet, and mouth and neck lines. Gwyneth Paltrow, Vanessa Williams and Brooke Shields are among many who've spoken publicly

about their positive experiences.

Advanced Lasers: Dedicated clinics have the best technologies. GentleMax Pro offers rapid, effective and pain-free removal of face and body hair in all skin types. VBeam Perfecta is the gold standard and celebrity go-to for scars, facial and spider veins, leg veins, sunspots, scars, stretch marks and birthmarks. Elos Plus, featured on CBS News and the Rachel Ray Show, rejuvenates all skin layers together, while fading sunspots, veins, wrinkles, scars and other blemishes.

Expert Tip: The American Board of Medical Specialties recognizes board certified dermatologists and plastic surgeons as core aesthetic specialists with the right qualifications to perform cosmetic procedures. Some European countries now have patient safety laws that allow only dermatologists and plastic surgeons to perform cosmetic procedures independently.

As we look with hope towards a new year, today's treatments in expert hands empower us to reflect outwardly the good health and vitality we strive for internally. The final and very important health tip is to get a skin check. Skin cancer now affects one in five Americans. The key is early detection and treatment. The American Academy of Dermatology recommends annual full-body skin examinations by a board-certified dermatologist, and more frequently if you have personal or family history of skin cancers or pre-cancers. Your dermatologist can show you how to perform at-home skin self-exams between regular office visits.

ADVANTAGES

speech, because you do not have the movement or slippage that you get with dentures.

- Implants will improve digestion because you will be able to chew better, stronger and safely.
- In the long run, dental implants are easier on your pocketbook. (I will discuss this in another edition.)
- Implants are good for your self-esteem and give you a major change in life style.

Implants are used to replace many parts of the human body and they are accepted because they are not organic and are biocompatible materials, which

means friendly to the body.

So, in summery, implants offer these major health advantages they enable you to chew your food properly and have healthy digestion; they can even help you live longer; they prevent further bone and gum shrinkage; and implants also eliminate the psychological issues associated with wearing dentures and partials.

Dental implants are also used to support remaining natural teeth and bridges and anchor dentures. These are some of the advantages of dental implants. So, can you imagine a life without dentures?

VENEERS

FROM PAGE 22

during the procedure. The teeth are prepared by lightly buffing and shaping the surface to allow for the thickness of the veneer. A mold or impression of the teeth is taken and a shade (color) will then be chosen by you and the dentist.

On the second visit the teeth will be cleansed with special liquids

to achieve a durable bond. Bonding cement is then placed between the tooth and veneer and a special light beam is used to harden and set the bond.

You will receive care instructions for veneers. Proper brushing, flossing and regular dental visits will aid in the life of your new veneers.

RESOLUTIONS

FROM PAGE 38

cookie whenever you skinned your knee, you have a positive association with chocolate chip cookies. Chocolate chip cookies make you feel better. This is not a bad thing. But, when your current goal is to lose 15 pounds, a chocolate chip cookie still makes you feel good, but isn't fuelling your body in a healthy way for your current goals.

That's where hypnotherapy comes in. Hypnotherapy helps build new subconscious behaviors. When you're using hypnotherapy, you're giving the subconscious mind a new belief system. We really don't need chocolate chip cookies to help us feel good any more.

This is what makes hypnotherapy such a powerful tool for achieving

your goals, reducing pain, improving sleep, and so much more. You're getting your subconscious mind on board with your conscious goals.

There are countless things hypnotherapy can help with. Just a few new year's goals that hypnotherapy is perfect for include:

- Quitting smoking
- Maintain a healthy lifestyle
- Improving sleep
- Preparing for labor and childbirth
- Enhancing sports performance
- Decreasing pain
- Treating symptoms of anxiety

This new year, why not give yourself every advantage by using close to 100% of your brain power?

WINTER SKIN

FROM PAGE 44

potent hydrating ingredients.

With a multitude of products available, it's important to consult with a skincare professional on which products are best for your specific skin type and concerns. It's also a good time to add a few professional treatments to your routine. A visit to the spa can be

truly and unbelievably relaxing, while also keeping skin healthy.

With supply chain issues this year, a gift card to the spa is a great experience to gift yourself or a loved one this season. All of these simple, yet effective tips will help keep your skin dewy and happy all season long.

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Low Back, Neck and/Or Knee Pain Killing You?

Solution: Relief That Lasts!

By Rudjar Good, RDH, DC
Highland Chiropractic and Patapsco
Integrative Medicine and Rehab

Are you suffering from severe back, neck or knee pain? When your back, neck or knees are really killing you, you might worry that something is seriously wrong. The pain may seem unending. The good news is that while joint pain is a major inconvenience, it is rarely an urgent medical issue. In many cases, early treatment incorporating therapy and natural medicines can resolve your pain completely!

What Exactly Is Knee, Low Back and Neck Pain and How Do They Correlate Together?

The most common form of arthritis is caused by the breakdown of cartilage. Your cartilage cushions the ends of your bones where they meet to form joints. Without this protective layer, the bones rub together, causing stiffness, pain and loss of joint movement. Arthritis is inflammation of one or more of your joints. Pain, swelling, and stiffness are the primary symptoms of arthritis. Any joint in the body can be affected by the disease.

Every part of your body has a special and unique function, but each part relies on others for optimal performance. When your body is functioning well, you feel invincible. When you are falling short due to an injury or illness, it's hard to function. The same is true with many interacting body parts. For example, one common connection is when back pain causes knee pain. Even though the back and knee aren't directly connected, there is a very real link that can help explain why, when your back hurts, your knees may hurt too. When one of the joints has broken down, the surrounding muscles become involved, causing your body to overcompensate. This is another contributing factor to triggering discomfort and pain!

There is a variety of medication available for knee pain. These medicines include both oral and injectable medication, depending on the source of your pain. A holistic, global approach with physical therapy, chiropractic, acupuncture, massage, and integrative medicine, which utilizes



Rudjar Good, RDH, DC

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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

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

- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural Safety.
- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
- Author of "Face Value: The Truth About Beauty and a Guilt-Free Guide To Finding It" - selected for the National Press Club Authors' Night.
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