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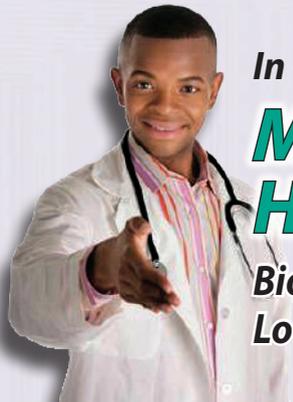
PLUS, READ ABOUT:

- Managing Stress This Holiday Season
- Skincare and Self-Care
- Dental Hygiene
- Non-Surgical Liquid Facelift
- Avoid the Holiday Blues

In Our Next Edition ...

Meet Your Local Health Professionals

Biographical Profiles of Your Favorite Local Doctors and Practitioners



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December 2020

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Plastic Surgeon



David I. Alexander, AuD, CCC-A
Audiologist



Nikta Marvdashti, DMD, CAGS
Family Dentistry



Sheri Salartash, DDS, FAGD
Cosmetic Dentistry



Chirag Sanghvi, MD
Pain Management



Brenda Dintiman, MD
Dermatology

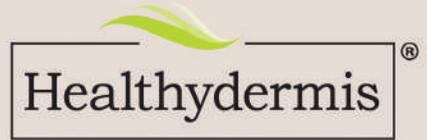
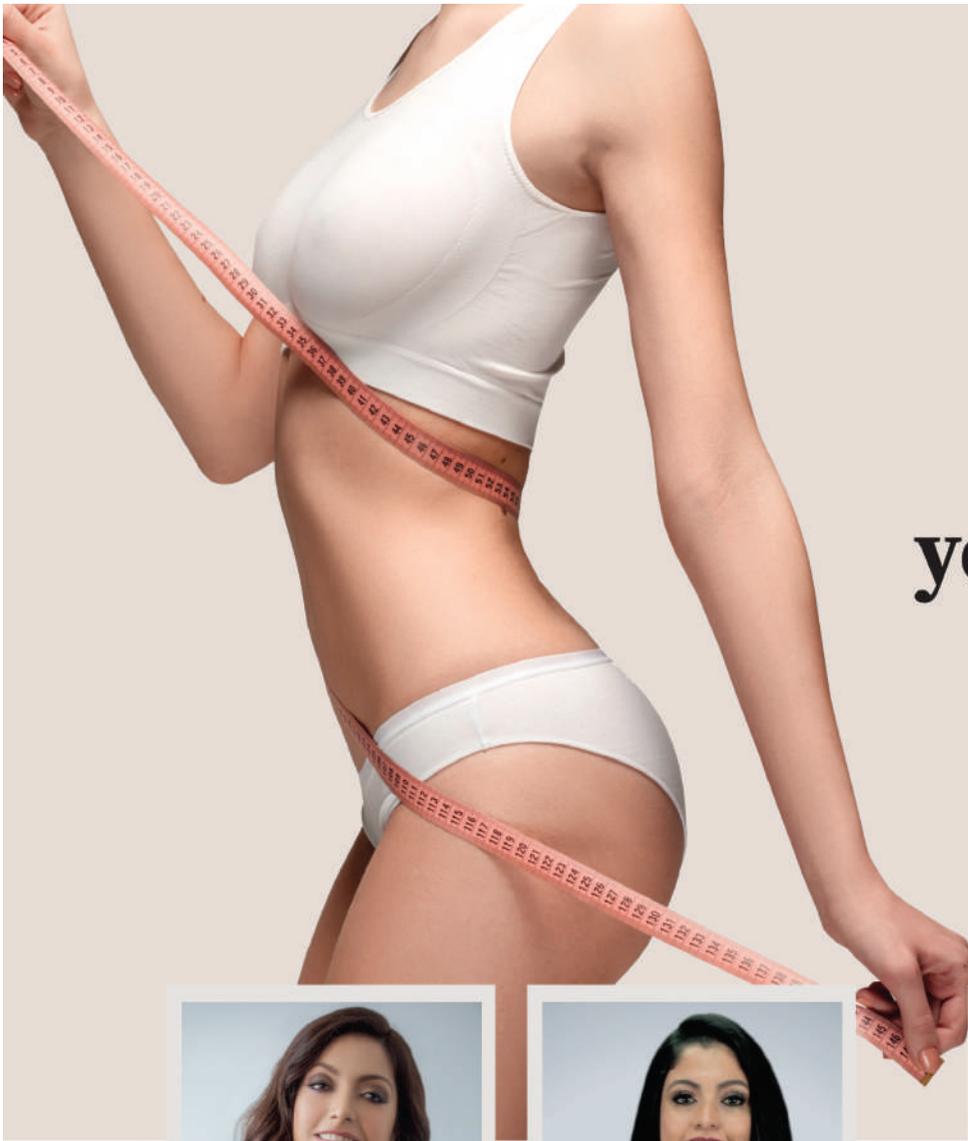
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Holiday Gatherings in 2020

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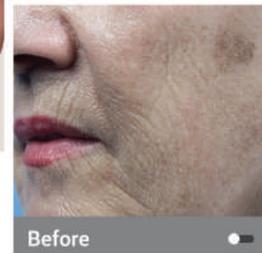
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MABIR CRUZ
HEALTHYDERMIS CEO



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MEDICAL ESTHETICIAN



Before



After

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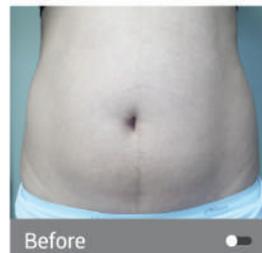


Before

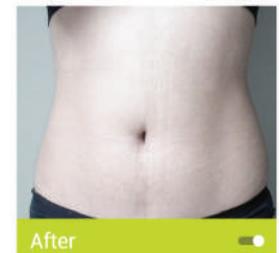


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By Deeni Bassam, MD, DABPM
The Spine Care Center

Can Electrical Stimulation Help My Pain?

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

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

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

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

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

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

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

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

The end result of many disease processes, ranging from diabetic neuropathy to nerve damage after back surgery, is pain.

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

Back Pain?

Back and neck pain *can* be treated.

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



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Five Keys To Holiday Skin and Hair Health

By Hema Sundaram, MD
Sundaram Dermatology

This year, the holiday season will be different to those we have experienced previously. However, there will still be opportunities to spend time with our loved ones, and to fill our days with seasonal hope and light. The holidays are an excellent time for us to review our health goals for the New Year and beyond, and to decide if we want to make a few changes.

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

Here are five keys to building good skin and hair health for the holidays and beyond.

1. Get a Skin Check

Skin cancer is now the most common cancer in the United States, and

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

2. Don't Forget the Sunscreen

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

Your first line of sun defense is

Please see "Skin/Hair Health," page 41

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Today, Hair Loss Is Optional



By Balvant Arora, MD, MBA
The Hair Loss Clinic

It is estimated that around 40% of men will have noticeable hair loss by the time they reach the age of 35. This rate continues to increase with age, which sees approximately 65% of men having noticeable hair loss by the age of 60 and 80% by the age of 80.

Male pattern baldness, also called androgenic alopecia, is the most common type of hair loss in men. According to the U.S. National Library of Medicine, more than 50% of all men

over the age of 50 are affected by male pattern baldness to some extent.

Around 50% of all women start losing their hair by the time they are 50 years old.

In this day and age, hair loss is optional. When it comes to surgical hair restoration, there are two techniques.

Follicular Unit Transplantation (FUT): It is also known as strip procedure. During FUT surgery, a long, thin sliver of hair bearing scalp tissue is removed from the donor area in the back and sides of the scalp. The donor site edges are then closed leaving a single, generally fine scar. Then the individual hair follicular units are removed from that strip via stereo-microscopic dissection. The hair follicular units are then implanted into the area of hair loss.

Follicular Unit Excision (FUE): It is also known as punch procedure. During FUE surgery, hair is harvested through small circular incisions over

Please see "Hair Loss," page 42



“Laser” Cataract Surgery

By Jacqueline D. Griffiths, MD
NewView Laser Eye Center

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

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

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

What Is the Femtosecond Laser?

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

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

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

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



Lasers vs. Traditional Surgery To Remove the Lens

What Are the Possible Benefits?

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

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

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

How Is the Laser Used To Treat Astigmatism?

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



Jacqueline D. Griffiths, MD

Selected as a
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“Top Ophthalmologist”

Washingtonian Magazine
& Northern Virginia Magazine

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

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

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

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

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



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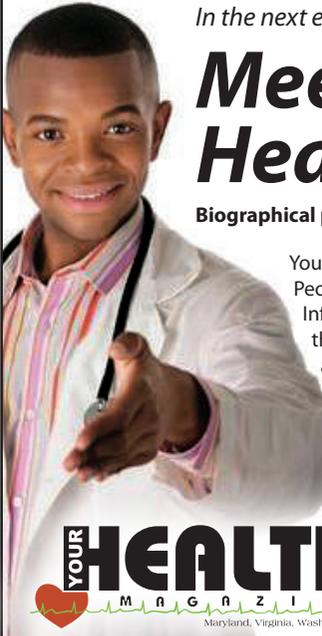
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On page 10 of the Virginia November 2020 edition, the article for Genesis Psychiatric Solutions included the wrong credentials for Dr. Olele. Dr. Olele's full name with correct credentials is "Ifeanyi Olele, DO". We apologize for any confusion this may have caused. Please refer to Dr. Olele's article in this month's edition on page 21.

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Jeffery Dormu, DO

Degrees, Training and Certifications: Dr. Dormu is triple Fellowship trained in General, Vascular and Cardiothoracic Surgery. He is Board Certified in both Vascular and General Surgery. He received his medical degree from St. John's Hospital in Roosevelt, NY and residency at St. Barnabas Regional Trauma Center in Bronx, NY.

Practice Information: Dr. Dormu is the Managing Provider of the Minimally Invasive Vascular Centers also known as MIVC. At MIVC, we are committed to addressing the vascular diseases that so commonly Dr. Dormu has performed over 2,000 Vascular/Endovascular surgeries in the past year including: Carotid Endarterectomy, Aortic/Thoracic Aortic Aneurysm Repair, Aorticograms, Bypass of blocked arteries, varicose vein removal and more.

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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My Right Leg Is Shorter...



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

When seeing your chiropractor they may tell you that one of your legs is shorter than the other and could lead to symptomatic problems later. Some may hear this and assume that their shorter leg is the root cause of issues later on in life. This may be true, but you must also look at other factors that could contribute to symptomatic issues.

A middle-aged woman may find out that she has a leg that is 0.5 cm shorter than the other and believes it is the cause of her recent chronic lower back pain. When seeing her chiropractor she found out that it was her right lower core muscles that were strained with right lumbar spinal facet joint sprain caused by over-twisted spinal movements while she was doing yoga. Her shorter leg was one of her symptoms but not the root cause.

Another patient, a 30 year old male, has been experiencing right sciatica chronically since he was a teenager. As the symptoms recently worsened he sought help from a chiropractor. Under further examination it was revealed that his right leg was

shorter by three cm. He also stated that he suffered a bone fracture three years prior and was recovering from surgery.

The final diagnosis was that his lumbar spine and pelvis had been twisted due to his shorter leg and thus was pinching his nerve. When he was prescribed an orthotic for leg balance his symptoms remarkably improved.

This leg length difference can be a problem for your body and we have probably heard this from our chiropractor before but you may be wondering when you should actually worry. Does it really ruin my body

balance and can it pinch my nerves?

If your shorter leg exceeds a difference than the other leg of more than 1 inch, it is very possible that it would cause the nerve to be pinched, sciatica, an unbalanced body or other issues. However, you will most likely be fine if your shorter leg has less than a 10 mm difference.

More than 50 people would have one leg shorter than the other with less than a five mm difference if we were to randomly examine 100 people who have no symptoms. This leg length difference would be just one of many

considering factors in the examination of the body. It would not be a main decision-making tool, unless it is more than a one inch difference.

Examinations will include many other factors including scoliosis, dominant body side, previous injury, poor posture, degenerative changes by age, and others.

Before getting worried or making any assumptions about the root cause of your problems, contact your chiropractor and discuss your symptoms and history thoroughly. They will guide you along the way.

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- Fibromyalgia
- Lower Back Pain

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.

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Snoring and Sleep Apnea

By Maribel M. Vann, DDS

Sleep disorders, including sleep apnea, are on the rise, posing a significant health issue in the United States. According to the American Sleep Apnea Association as many as 22 million Americans suffer from sleep apnea – and of those, as many as 80% have cases that are moderate to severe but may not know it. So how do you identify if you have sleep apnea, what are the risks and what can you do?

Snoring is the best indicator for sleep apnea, especially if it is accompanied by daytime fatigue. Sleep apnea is a disorder in which breathing repeatedly stops and starts while you sleep or breaths are shallow this can be very dangerous to your overall health.

Sleep apnea is widely under diagnosed and severely underreported, according to an analysis of the Sleep Heart Health Study. Untreated, sleep apnea also can lead to a host of cardiac issues including high blood pressure,

chronic heart failure, pulmonary hypertension, stroke and atrial fibrillation. Research has even confirmed links between sleep apnea and both type 2 diabetes and depression. A new study published in the *European Respiratory*

What does sleep apnea look like in kids?



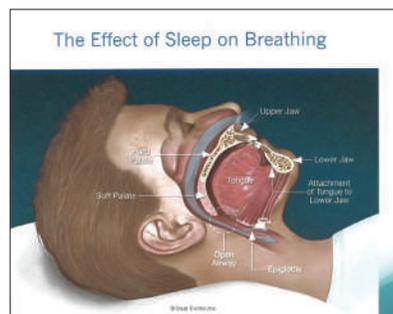
Snoring and sleep apnea not only affect adults but is also common with children. Identifying the issue early on can help prevent other conditions in the future.

Journal found a possible link between sleep apnea and dementia.

If you think you are suffering from snoring or sleep apnea, your dental professional should be one of the first people you should seek for a diagnosis, if not the first. Sleep apnea may popularly be known as only a medical condition but it is actually a dental issue. It is commonly diagnosed as a medical problem due to the other medical issues that occur from it.

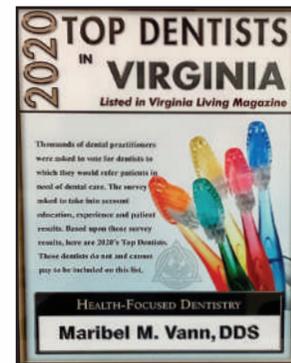
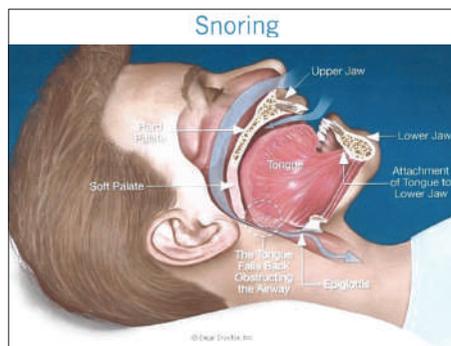
Your dental professional will see the signs of sleep apnea right away, as they are often the earliest diagnosticians of sleep disorders.

They will find sleep apnea indicators such as teeth grinding (bruxism), receding gums, jaw size/alignment and flaccid throat muscles and more importantly the analysis of your tongue. Your tongue plays an important role because either your tongue is too large or your jaw is too small. This airway obstruction is the cause for the pauses in breathing during sleep apnea.



Your dental professional can also give you the right solutions for sleep apnea. One treatment option for sleep apnea is a mandibular re-positioning appliance, which temporarily moves the mandible (lower jaw) forward during sleep. A permanent solution is to treat the retruded maxilla (upper jaw) by moving it forward. ALF appliances with the reverse pull facemask is effective in achieving this process.

If you think you are suffering from snoring or sleep apnea, it is always important to see your dental health professional regularly. They are the gateway keepers of your wellbeing because your oral health is always linked to your overall health.



Dr. Maribel M. Vann

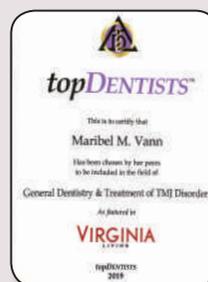
Originally from the Philippines, Dr. Vann completed her undergraduate studies and earned her first dental degree in the Philippines in 1978. She practiced general dentistry for six years in the Philippines. She attended Georgetown University School of Dentistry and graduated in 1988. She has been practicing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

Dr. Vann is a member of the Academy of General Dentistry and the American Academy for Oral Systemic Health.



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Skincare and Self-Care During This Holiday Season



By Brenda Dintiman, MD
DermUtopia

The holiday season traditionally brings disruption and challenges to our self-care routines and can lead to a flare of many skin conditions. Rosacea, eczema, acne and psoriasis can all worsen due to changes in our diet and the cold winter weather.

Although there will be less parties and gatherings during this holiday season, we will face new challenges as we continue to focus on preventing the spread of COVID-19 by wearing our mask and frequently washing our hands.

Tip # 1: Avoid mask-ne, acne flares by washing with a gentle cleanser and applying adapalene, an over the counter product, to your oily areas. This will decrease plugging of the pores under your mask. Consult a board certified dermatologist if you develop tender red cysts or pustules for further treatment.

Tip # 2: Instead of drinking an alcohol sugar filled holiday drink, make a spritzer with sparkling soda, fresh berries and lime to prevent your skin from flushing. This will help prevent a flare of your rosacea and prevent flushing.

Tip # 3: Protect your hands from irritation from frequent hand washing and antibacterial hand sanitizer dryness by applying a moisturizer after washing your hands. The best products contain ceramides or colloidal oatmeal and can be found at your local drug store. Vaseline can also be helpful.

Tip # 4: Prevent Mask-itis – itching and redness under the eyes and

Please see "Skincare," page 43

Bad Dental Hygiene Can Lead To Other Problems



By Sheri Salartash, DDS, MAGD
Dental Excellence Integrative Center

Many people are discovering the link to more serious health problems resulting from poor oral care. If you don't take care of your teeth, you face far more serious consequences than a

simple toothache or some unsightly stains. Some areas of concern:

Cardiovascular Disease

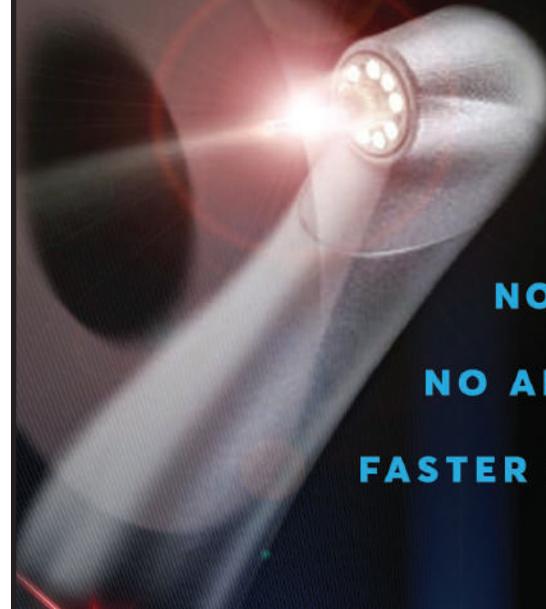
The bacteria from inflammation of the gums and periodontal disease can enter your bloodstream and travel to the arteries in the heart and cause atherosclerosis, hardening of the arteries. Atherosclerosis causes plaque to develop on the inner walls of arteries. This decreases blood flow through the body, which can cause an increased risk of heart attack or stroke. The inner lining of the heart can also become infected and inflamed, a condition known as endocarditis.

Dementia

The bacteria from gingivitis

Please see "Dental Hygiene," page 46

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Dr. Sheri Salartash
DDS, MAGD, FICOI, FAAIP

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Healthy Mouth Equals Healthy Body

By Karl A. Smith, DDS, MS

Do you have bleeding gums, a sore mouth, loose teeth or bad breath? If so, you may be among the majority of Americans who have gum disease, also known as periodontal disease. And if you have it, you should take it seriously (by making an appointment with a periodontist today) not just because of the problems it can cause in your mouth, but because it may increase your risk of developing a range of full-body diseases, from heart disease to cancer.

The Connection Between Mouth and Body

Just like bacteria, which invades the body through cuts or other breaks in the skin, germs can gain access to the bloodstream when they get far enough under the gums. Periodontal disease causes pockets between the teeth and the gums, which are ideal breeding ground for some bacteria. And, unlike external bacteria that invade through obvious routes and cause obvious infection and swelling, periodontal bacteria are silent invaders, traveling from the mouth to all the crucial organs of the body undetected until they cause or contribute to a number of deadly diseases. There may be few symptoms and no pain,

until your gums start to bleed and your teeth loosen and actually fall out.

Periodontal Linked Diseases

Periodontal disease is linked to diabetes, as both a cause and exacerbating factor. Studies have shown that treating periodontal disease can improve blood sugar, and just going in for regular cleanings improves diabetic control. There is also a strong association between periodontal disease and low birth weight babies. Studies have found periodontal bacteria in amniotic fluid. When bacteria get into the mouth and travel to the bloodstream they elevate prostaglandins, the same

inflammatory markers that stimulate uterine contractions, causing early labor. Since pregnant women are more likely to get gingivitis because of elevated hormone levels, it's crucial that they pay attention to dental care. Periodontal disease can be a factor in lung disease as well. Bedridden elderly patients who don't or can't take good care of their teeth can breathe in bacteria, which can cause pneumonia. People with COPD need to be especially careful to avoid periodontal disease since their lungs have a reduced capacity to fight off infection.

Dentists With Super Powers

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, plus continuing education throughout their careers. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease, and are trained in performing cosmetic periodontal procedures, and dental implants.

How to Get a Healthy Mouth and Body

Remedying gum disease may help lower these overall health risks. When an inflammatory condition is suspected or diagnosed, it is important to quickly consult with a periodontist, as sometimes the only way to detect periodontal diseases is through a periodontal evaluation. A periodontal evaluation may be especially important if you:

- Have a high risk for periodontal diseases.
- Have heart disease, diabetes, respiratory disease or osteoporosis, or are thinking of becoming pregnant.
- Have a family member with periodontal disease. Research suggests that the bacteria that cause periodontal disease can pass through saliva, which puts children and couples at risk for contracting the periodontal disease of another family member.
- Have a mouth sore or irritation that does not get better within two weeks.
- Take control of your preventative dental health. Make an appointment for a periodontal evaluation with an experienced periodontist today. Taking care of your teeth and gums will not only help enhance your smile, but will help you maintain your overall health.

A Healthy Mouth Equals a Healthy Body



Dr. Karl A. Smith
Periodontist
A Dentist with Super Powers

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What To Expect Before and After Your Back Surgery



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

care for you in the hospital, once you head home you must make sure you have a support system in place. This is much better than attempting to make a full recovery on your own.

Here are five types of help you may require after back surgery:

- Driving assistance, as you may not be able to sit upright in one position for too long
- Assistance walking, especially in the first couple of days after the surgery
- Assistance getting around your home, as your medical team will not want you to spend too much time in bed
- Assistance with preparing food
- Help getting into and out of the shower

The nice thing about minimally invasive back surgery is that the recovery period is not nearly as long as it is with a traditional procedure. Even so, you shouldn't expect to be back to full speed within 24 hours.

With the right support team by your side, you'll have all the assistance you require after your surgery. This goes a long way in helping you make a fast and full recovery.

Once you decide in favor of minimally invasive spine surgery, it's important to turn your attention to the preparation process. You need to prepare your mind and body for the procedure, as this goes a long way in helping you during the recovery phase.

Here are a few things you should do:

- Talk to your doctor about what to expect. It's good to have a clear idea of what your procedure entails, how you'll feel when you wake up, and potential side effects. The more you know upfront the less likely it is that you'll face a surprise in the near future.
- Understand how long you'll be in the hospital. Your doctor should be able to provide a basic idea of how long your hospital stay will last, barring any complications. This will help you plan accordingly, such as when you need to find a ride home and how much time you'll take off of work.
- Prepare your home accordingly. Upon returning home, you don't want to find yourself with a lot to do. Setup your home to ensure that it's as safe and patient-friendly as possible. Also, if you require any help after returning home, find someone who can assist you.

These are the basic steps associated with preparing for minimally invasive spine surgery. Anything else, such as sharing a medication list with your doctor, will be requested by your medical team in advance.

Even if you have minimally invasive back surgery, it goes without saying that you'll still want to get some help after your procedure.

While your medical team will

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- Spinal Stenosis
- Spinal Fractures
- Spinal Trauma
- Spinal Infections
- Failed Back Surgery



Dr. Mudit Sharma
Board Certified Neurosurgeon

Voted
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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."

– Pt. J.O.

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Diabetes and Your Eye Health

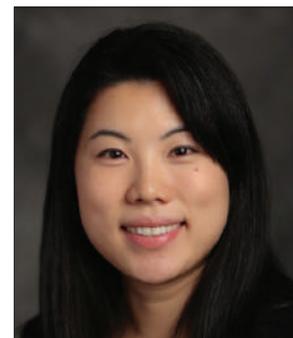
By Sophia S. Wong, MD
Virginia Retina Specialists

Diabetes is a disease that affects the body's ability to produce or use insulin effectively to control blood sugar (glucose) levels. Although glucose is an important source of en-

ergy for the body's cells, too much glucose in the blood for a long time can cause damage in many parts of the body, including the heart, kidneys, blood vessels, and the small blood vessels in the eyes.

When the blood vessels in the eye's retina swell, leak, or close off completely – or if abnormal new

blood vessels grow on the surface of the retina – it is called diabetic retinopathy. The severity of diabetic retinopathy is characterized as mild, moderate, or severe. When new blood vessels grow in response to worsening of diabetic retinopathy, it is called proliferative diabetic retinopathy – the most severe form.



Sophia S. Wong, MD

People who are at greater risk of developing diabetic retinopathy are those who have diabetes or poor blood sugar control, women who are pregnant, and people with high blood pressure and/or high blood lipids. People who are from certain ethnic groups, such as African-Americans, Hispanics and Native Americans, are more likely to develop diabetic retinopathy.

According to the Centers for Disease Control and Prevention (CDC), about 90% of diabetes-related vision loss can be prevented, but early detection is key. People with diabetes should get annual eye exams even before they have signs of vision loss. Primary care physicians will frequently remind their patients to obtain a diabetic screening or annual follow up with their eye doctors. However, studies show that 60% of diabetics are not getting the exams their doctors recommend.

Something to remember: diabetes can cause vision in your eyes to change even if you do not have retinopathy. If your blood sugar levels change quickly, it can affect the shape of your eye's lens, causing blurry vision, which returns to normal after your blood sugar stabilizes. Vision loss from diabetes often occurs secondary to swelling in the retina or bleeding within the eye. Retina specialists are able to perform laser or medication injections to reverse these conditions and stabilize the eyes.

The key to prevention of diabetic related eye disease is control of the diabetes itself and secondarily control of other systemic problems, i.e. high blood pressure or high cholesterol. It is important to see your eye doctor and/or retina specialist to monitor and treat your eyes on a regular basis.

Your Retina Is Our Specialty



Khurram Malik, MD

Dr. Khurram Malik is a vitreoretinal specialist and surgeon. He received his Doctorate in Medicine from the University of Minnesota Medical School, and completed his residency at the University of Minnesota Department of Ophthalmology. Dr. Malik completed a retina and vitreous surgery fellowship at the National Retina Institute.

Dr. Malik's clinical interests include age-related macular degeneration, diabetic retinopathy, and retinal detachment repair.

He is committed to giving our patients hope while treating with compassion and the most advanced technology available.



Neha Serrano, MD

Dr. Neha Serrano is a board-certified ophthalmologist who specializes in medical diseases of the retina and macula. She is particularly interested in age-related macular degeneration, diabetic retinopathy, retinal vascular diseases, and retinal imaging.

She received her Medical Degree from Georgetown University, where she graduated cum laude, after which she completed her internal medicine internship at the University of Chicago Medical Center. She completed her ophthalmology residency at the Georgetown University/Washington Hospital Center program, and also completed a fellowship in Medical Retina at the Duke Eye Center.



Sophia S. Wong, MD

Virginia Retina Specialists would like to welcome Dr. Sophia Wong, a board certified ophthalmologist and vitreoretinal surgeon. She earned her medical degree from Rutgers New Jersey Medical School and completed an ophthalmology residency at George Washington University, as well as a vitreoretinal surgery fellowship at University of California, Davis.

Dr. Wong is dedicated to providing her patients with compassionate and expert care in the treatment of various conditions. She looks forward to discussing your retinal health and partnering with you to preserve and improve your vision.

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By Sherry L.H. Maragh, MD
Maragh Dermatology,
Surgery & Vein Institute

Feeling Beautiful Is Not Only Skin Deep

the legs, but can occur on other areas of the body. Larger dilated blood vessels, called varicose veins, may appear raised above the skin surface. Varicose veins may occur with spider veins.

Sclerotherapy: The injection method for treating leg veins. One of several kinds of sclerosing solutions is injected directly into the vein with a very fine needle. The solution irritates the lining of the vein causing it to swell, stick together, and the blood to

clot. Over a period of weeks, the vein turns into scar tissue that fades, eventually becoming barely noticeable.

Lasers: Lasers can also be used to eliminate leg veins. Wavelengths of light are absorbed by the blood in the vein to destroy them. There are many types of lasers that can be used.

Endovenous Laser Ablation

The newest technology available for the treatment of varicose veins. A small single needle incision is made

in the leg and a fiber is inserted into the varicose vein. The laser is activated and the vein is safely closed as the fiber is moved through the vein, gently heating it.

Once the vein is closed, the blood that was circulating through this vein is simply rerouted to other healthy veins and the varicose vein vanishes. Endovenous laser is minimally invasive and performed in your doctor's office.

You don't have to live with stubborn fat areas or ugly leg veins. There are solutions available that will eliminate the need to hide those imperfections.

A beautiful 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

A revolutionary, minimally invasive treatment that helps to eliminate those stubborn areas of fat including that tummy pouch, the extra roll on your thighs, love handles, turkey neck, bra fat and back fat just to name a few areas that many people are frustrated by.

SmartLipo Laser Body Sculpting 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 canula (or tube) inserted into the skin. A laser fiber inside of the canula delivers energy directly to fat cells, causing them to rupture and drain away as liquid that 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.

You Don't Have To Suffer With Leg Veins

Spider veins are small superficial blood vessels that appear red or blue in the skin. They commonly occur on



Do you have acne scarring, sagging skin or fine lines and wrinkles?

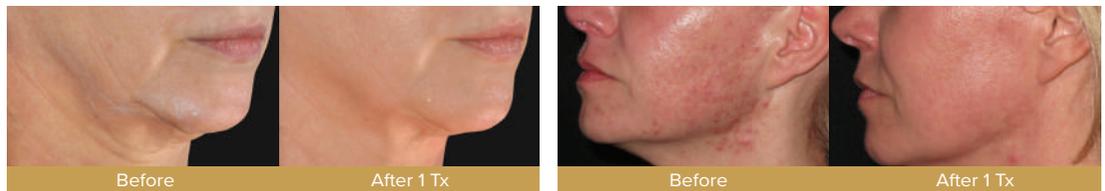


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Sherry L.H. Maragh, M.D., FAAD, FACMS, FACS

Sherry L.H. Maragh, M.D. is the founder and director of our centers. She is Board Certified in general, surgical, cosmetic and laser Dermatology by the American Board of Dermatology. Dr. Maragh is recognized as a leader and expert in the field by both her peers and patients in offering the most advanced laser technology and minimally invasive surgical techniques for facial reconstruction and body rejuvenation.



Courtesy of S. Weiner, MD

Courtesy of D. Manjoney, MD

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What Is Thermography?

What Can It Do For You?



By Sherri Hudson, CT
Holistic Family Health

Thermography, also known as digital infrared thermal imaging (DITI), is a totally non-invasive clinical imaging procedure that detects thermal differences within the body, which may indicate the presence of disease or physical injury. It can be used in conjunction with other diagnostic tools, for diagnosis and prognosis, as well as monitoring therapy progress.

DITI is used for conditions and injuries, including back injuries,

arthritis, headache, nerve damage, unexplained pain, fibromyalgia, RSD (CRPS), dental problems and TMJ, artery inflammation, heart disease, vascular disease, breast disease, carpal tunnel syndrome, disc disease, inflammatory pain, skin cancer, referred pain syndrome, sprains and strains, stroke screening, whiplash, digestive disorders and many more diseases and dysfunctions in the body.

Images, known as thermograms, can be taken of the whole body or just specific areas, such as a breast scan or a half body scan that scans for hot-spots in all the major organs of the body. These scans can be used as part of an annual wellness screening or for investigation of a specific clinical problem.

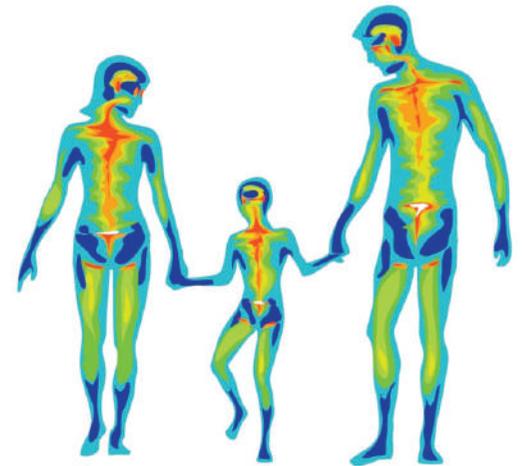
The digitized images are stored on a computer and are sent electronically to a themologist (certified doctor) for interpretation and reporting. Your report is color printed and a copy can also be sent to your healthcare

professional.

Unlike most diagnostic tests, thermography is non-invasive, uses no radiation, is painless, and there is no contact with the body. DITI is FDA approved to detect thermal differences within the body and is very affordable.

This quick and easy test starts with your medical history being taken before you partially disrobe for the scan to be performed. Standard region of interest exams take approximately fifteen minutes; a half body, thirty minutes; and a full body, forty-five minutes. Your printed report is normally completed within a few days.

Thermography results are intended for use by healthcare providers to assist in evaluation, diagnosis and treatment. They are not intended for



use by individuals for self-evaluation or self-diagnosis.

DITI fills a gap in clinical diagnosis in that x-ray, CT, ultrasound and MRI are all tests of anatomy that measure the structures of your body, while thermography shows physiological changes and metabolic processes. It provides another tool to help you and your healthcare professional safely get you back to better health.



Is your family ready to take charge of its health?

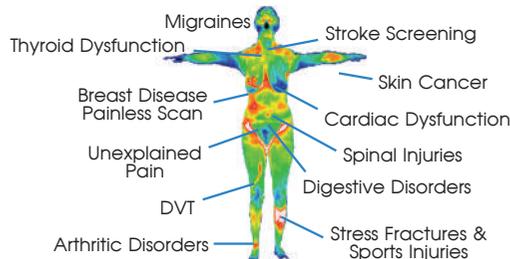
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- Cerebral Palsy
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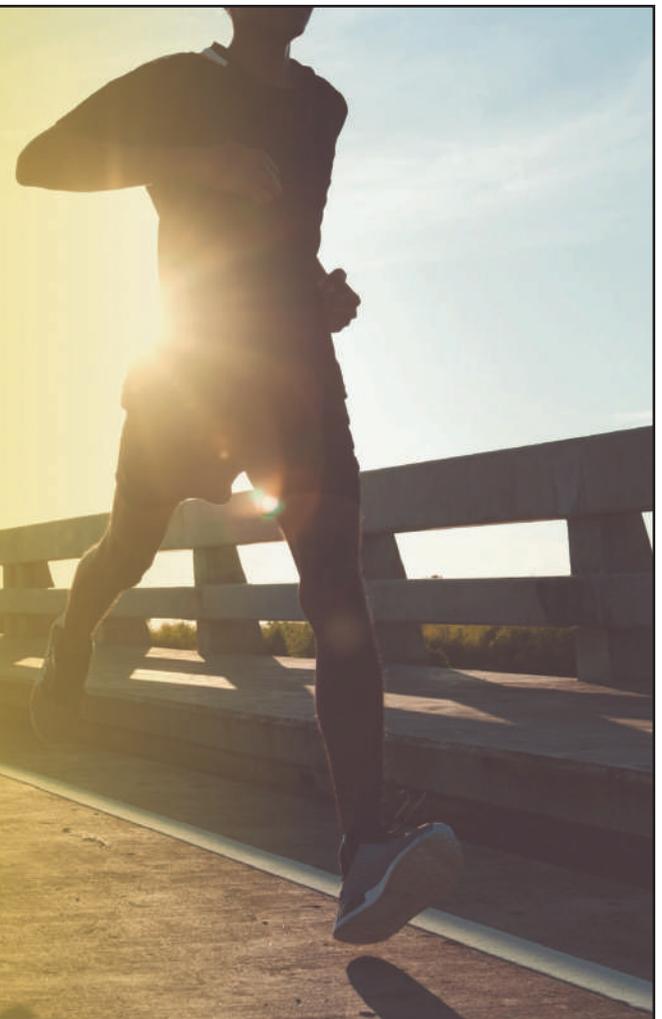
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By April Toyer, DDS
Lifetime Dental Care

Children with healthy teeth are more likely to grow into adults with healthy smiles. Your child's diet not only affects their overall health, but

their oral health as well.

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

Healthy Choices For Your Child

Introducing yogurt, cheese or other milk products with meals or as

a snack can be a great alternative to carbohydrates.

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

Fruits and vegetables, such as strawberries and apples, that contain

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

Tips To Prevent Decay

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

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

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

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

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

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

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

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April Toyer, DDS

Dr. Toyer grew up as an "Army brat," but resided many years in Bowie, Maryland.

She attended the University of Virginia and received a degree in Biology and Bioethics in 2003. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program.



Understanding Ketamine

Hope For Anxiety Sufferers

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

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year. However, with the onset of the COVID-19 pandemic and the resulting increased job stress, financial insecurity, and social isolation, the prevalence of anxiety has risen sharply since March. In fact, a report released in June by the U.S. Census Bureau indicated “a third of Americans show signs of clinical depression and anxiety [indicating] these and other mental conditions are becoming amplified during the recent pandemic.”

With more and more Americans suffering from anxiety, there is a real need for effective treatment options. While many prescription drugs and therapy approaches prove beneficial for many patients, there is a growing number of sufferers who find that they do not respond to common treatment options.

Understanding Ketamine

Developed in the 1960s and approved for use in the U.S. in 1970, ketamine has been deemed by the World Health Organization as one of the most essential medications due to its therapeutic effects and wide margin of safety. Ketamine works by inducing both hypnotic (sleep-inducing) and analgesic (pain-relieving) effects. Ketamine is deemed a complete anesthetic with minimal effects on cardiovascular function, respiratory drive, and airway reflexes. It is used extensively for pediatric and adult treatment in surgery, emergency departments, trauma medicine, and war zones.

Ketamine works on several brain areas involved in symptoms of depression, anxiety, suicidal ideation, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), postpartum depression (PPD), and numerous pain syndromes. It helps with shuttling needed neurotransmitters to where they are depleted, and has been shown to grow new neuronal connections in animal models of depression and anxiety.

Is Ketamine Safe?

Ketamine IV infusion treatments for mood disorders and chronic pain are very safe when administered by clinicians, like highly trained anesthesia providers with board certifications.

Additionally, ketamine has a strong body of evidence-based research supporting its use. In fact, researchers have found that ketamine can be highly effective and safe in depression and anxiety, and unlike opioids is physically non-addictive. These are three of the most critical factors supporting its clinical use for mood disorders and chronic pain.

Hope for Anxiety Sufferers

IV ketamine therapy has a calming effect on the nervous system and has a demonstrated history of helping anxiety sufferers get the help they need. The ideal candidate for ketamine IV infusion treatments is typically a patient that has tried many other forms of treatment without success.

Ketamine can often be the difference in a patient resuming a normal and healthy lifestyle, which usually they had not thought possible because of a history of successive treatment failures. For many, ketamine IV infusion treatments restore hope. The goal is to add ketamine IV infusions to the patient’s current treatment protocol, which will give patients the best chance at finding relief.

How IV Ketamine Therapy Works

With ketamine IV infusions, all treatments are done by a licensed practitioner. The standard treatment includes six 45-60 minute sessions spread over a 2-3 week period. Research has shown that this regimen is the most effective for the treatment of



Ladan Eshkevari
PhD, CRNA, FAAN

mood disorders. In general, patients feel effects within the first 4-5 treatments, and are recommended to continue their regular care with a mental health practitioner, as well as their current drug regimen.

If you are considering ketamine for the treatment of anxiety, patients should schedule a consultation with a licensed provider and come prepared with questions.

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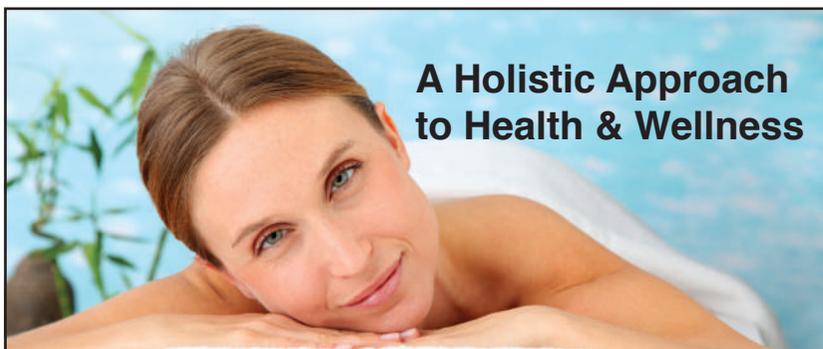


Dr. Ladan Eshkevari PhD, CRNA, L.Ac., FAAN

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

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Managing Stress This Holiday Season



By Sarah Faggert Alemi, DAc, LAc
Eastern Root Wellness, PLC

often increase those levels of stress already in our body.

Chronic stress is when our body continues to respond as if it were in a "fight or flight" situation over a prolonged period, even if there are no real threats. A body that is continually engaging in the stress response will affect both our physical and psychological well-being, leading us to feel debilitated, overwhelmed and with the increased potential to develop major illnesses, such as heart disease, obesity, insomnia, and depression. Chronic stress ultimately hinders our body's ability to function properly.

What can we do to manage stress this unique holiday season? Acupuncture is one modality that can be used for the treatment of chronic stress, both for the symptoms that come with prolonged stress (upset stomach, insomnia, fatigue) as well as the root

Stress is a natural response of the body, intended to help us overcome temporary threats or hurdles. While short-term stress can be beneficial, a lot of us are living with the effects of long-term or chronic stress. This has for some only been amplified these past few months by the pandemic. Unfortunately, the holidays can also

Please see "Holiday Stress," page 46

Knee Pain and Dry Needling



By Zamir Ahadzada, DPT, PT
Bodies In Motion

performance deficits, movement coordination deficits, and mobility deficits.

There is research evidence that shows the benefits of dry needling for people with knee pain in combating these four categories. Thus, the focus of this article is to briefly demonstrate how Dry Needling can be used as a tool to help combat movement coordination deficits, muscle performance benefits, mobility deficits, and help decrease pain.

Dry needling is essentially the use of monofilament needles, without injections, to treat muscular and neural system dysfunction. This differs from acupuncture in that goal of Acupuncture is to restore the chi, or flow of energy, in the body using specific points in the body called meridians.

Originally, dry needling originated with the focus of targeting the trigger points in the body. Current research, however, suggests that it also influences other structures, such as the ligaments, muscles, subcutaneous fascia, scar tissue, peripheral nerves, and neurovascular bundle. This is because the trigger point anatomy is

As winter is coming and days are getting shorter, more people are turning to indoor activities including, walking or running on a treadmill, and stationary bicycling. However, this might be difficult for some due to knee pain.

According to a systemic review, most people who complain of knee pain have difficulty with running, hiking, bending, and squatting. But what could be causing this? According to the American Physical Therapy Association (APTA) clinical guidelines knee pain can be divided into four basic categories: overuse, muscle

Please see "Knee Pain," page 43



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Whether acute or chronic, pain can have a large impact on our daily function and limit our ability to perform the activities we love. Fortunately, physical therapy can help patients at any stage recover and return to pain-free movement.

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Submitted by George Bitar, MD
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showing fat loss as well as defined and sculpted muscles to the abdomen and buttocks following a series of four treatments.

How Does It Work?

This procedure targets problem areas, by using high-intensity focused electro-magnetic (HIFEM) technology to stimulate the muscle contractions. These contractions stimulate muscle growth and burn unwanted fat, producing the desired results. This stimulation is said to mimic the effect of 20,000 squats/sit-ups in each 30-minute session.

Who Is The Right Candidate?

Emsculpt is a treatment that helps with muscle building and fat loss, not weight loss. Thus, the ideal candidate should be someone within 10-20 lbs of their goal weight, with a BMI of 30 or below. The ideal patient is in good shape and looking for more definition of the abdomen or lifting of the buttocks.

Please see "Burn Fat," page 42

Benefits Of Immediate Dental Implants



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

pointments associated with extensive bone grafting, because the implant in many respects acts as the graft and is placed at the time of the extraction appointment.

The number of times one may have any discomfort is greatly reduced. There is less bone loss associated with immediate dental implants.

The only time you do not place immediate implants, is when the roots of the extracted tooth are close to the main nerve in the lower jaw.

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So, in this fast paced northern Virginia society where people are pressed for time, the immediate dental implant is something that can be a good fit for many peoples' busy lives.

An immediate dental implant is placed when a tooth has just been extracted. This sounds like a lot for someone to go through, but actually it's not that bad. Dentists have been placing immediate implants for years.

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By Ifeanyi Olele, DO
Genesis Psychiatric Solutions

2020 has been an unprecedented time. The pandemic has taken a lot from all of us. Many of us have lost loved ones, jobs, and businesses. We may have seen our own physical and mental health become compromised. We naturally want to be surrounded by the people we love during these stressful and uncertain times, especially during the holiday season. However, this year we each have to do our part to ensure the safety of our families and friends.

COVID-19 Holiday Safety Tips:

- Don't plan for large family gatherings because home space may hinder social distancing.
- Encourage everyone to wear masks during family gatherings. We all may let our guard down because we are around family, but you cannot account for if other people exposed them to the virus.
- If family and friends do visit your home, have hand sanitizer available.
- Encourage frequent hand washing.
- Make sure to clean and disinfect frequently touched surface areas.
- For meals, you can give your guests disposable utensils and dishware.
- If you plan on traveling to see family in another state, consider driving. Traveling in a car can lower your exposure to COVID-19. Planes, trains, and buses may have fewer opportunities for social distancing.
- To avoid crowded flights and bus and train rides, try traveling at less busy times and dates.
- If on planes, trains, or buses, carry a spare mask and your own personal travel-size sanitizer.
- Check to see if COVID-19 cases are rising in the area you will be visiting.
- Communicate with friends or family if you have had COVID-19 exposure in the last 14 days or having symptoms.
- If you live in a warm area, consider hosting your friends and family outdoors instead of indoors to avoid ventilation issues and potentially restricted social distancing space.
- If you are at risk for severe illness from

How To Stay Safe and Manage Holiday Stress 2020

COVID-19, then consider not traveling for the gathering. If you do, make sure that you avoid large gatherings.

- You may want to recommend to guests that they quarantine 14 days before coming to your household to limit the chances of exposure.
- Your family may decide to have a virtual gathering. Every household can prepare the same meals to replicate the in-person gathering.
- If you're not having an in-person gathering, you can order gifts online for family and friends.

Handling Holiday Stress

Talk with a friend or family member about your feelings about the

gatherings. Speaking with others about your fears can help reduce the "fear of the unknown." Realizing "we're all in the same boat" can help lower the general anxiety that comes from the unpredictable nature of holiday gatherings, especially during this pandemic.

You can practice role-playing family interactions with a trusted friend or relative. This does not replace the real event, but practice can help ease anxiety, and creating scenarios will help you visualize the day of the holiday reunion.

Activities such as listening to music, dancing, exercising, praying, meditation, painting, drawing, or watching your favorite TV show or movie are

some ways to reduce holiday stress. Staying up to date with reliable local COVID-19 news can help reduce stress and anxiety.

If you have a medical or psychiatric condition, continue taking your medications to prevent flare-ups.

Follow up with your mental health provider if the holiday and COVID-19 stress is impairing your personal and occupational functioning.

These are some practical safety tips and ways to deal with holiday stress from family gatherings. We are all unique, but making your mental health a priority during the pandemic and holiday season is important.



Ifeanyi M. Olele, DO, MBA, MS

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By Mary Babcock, DO
Artius Integrative Medicine

Treating Pain and Headaches Without Opioids

Medical Acupuncture Gains Mainstream Acceptance

acupuncture is considered by many especially effective in treating acute and chronic pain and headaches.

Extensive research has been conducted by the National Institutes of Health (NIH) and the National Center for Complementary and Integrative Health (NCCIH) to support the use of acupuncture treatments. Acupuncture is practiced widely today in Asia, the Soviet Union, and Europe – and more

and more patients and physicians in the United States are turning to acupuncture.

Reducing and Possibly Eliminating Opioids Usage

The United States military has even adopted medical acupuncture (combined with other treatment approaches) to reduce opioid use for pain management in Army patients. “In 2011, 26% of all service mem-

bers were prescribed at least one type of opioid medication,” Brig. Gen. Norvell V. Coats said. In 2013, that number was 24%, due in part to the use of acupuncture, yoga, and other treatment alternatives.

Treating Headaches With Medical Acupuncture

One of the most common types of pain that acupuncture successfully treats is headaches. Anyone who has ever suffered a migraine knows that finding the right treatment can be a long and stressful process. Medical acupuncture can be used to treat the four types of headaches: tension, migraine, chronic, and dangerous. Why is this often a treatment of choice? Not only is acupuncture a natural alternative to many synthetic drugs, but it also has few to no side effects.

Combining Modalities Can Optimize Outcomes

Another benefit of medical acupuncture is that treatments can be given simultaneously with other treatment modalities, like conventional western medicine, osteopathic or chiropractic adjustments, and homeopathic or naturopathic prescriptions.

But remember: It’s important that you inform your health care providers of your medications and some treatments insert fine needles as stimulation; others apply heat or electrical stimulation at precise acupuncture points. Whatever the approach, many acupuncture patients are experiencing immediate pain relief; others are seeing significant relief after just a few sessions.

Acupuncture can also treat the pain that comes from a wide variety of conditions and disorders, including back and neck pain; sports injuries, tendinitis; osteoarthritis; and urinary, menstrual, and reproductive issues.

Stop Suffering – Try a New Approach

If conventional treatments and medications aren’t doing enough to relieve your pain and improve your quality of life, it may be time to explore integrative treatments. Consider joining the ranks of patients seeking lasting pain relief with nonoperative, nonopioid treatments that are backed by evidence-based research and physicians themselves. Who knows? Your insurance plan may offer coverage and you did not even know it.

A centuries-old treatment is gaining new acceptance in mainstream medicine: medical acupuncture, or the practice of promoting natural healing and improving function by stimulating specific points on the body. Medical

Dr. Mary Babcock

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About Dr. Mary S. Babcock, D.O.

Dr. Babcock entered private practice after notable turns as an attending physician at Walter Reed Army Medical Center and teaching faculty at the Uniformed Services University of the Health Sciences in Bethesda, MD. Dr. Babcock specializes in treating traumatic muscular and neuromuscular injuries and other chronic pain conditions. She is equally accomplished in alternative treatment modalities including: prolotherapy, osteopathic manual medicine, medical acupuncture, Botox injections for pain, and leading-edge regenerative medical procedures. Believing wellness springs from a balanced life, Dr. Babcock enjoys hiking, painting, playing the ukulele & violin, and spending time with her family and pets. Her years in the military and caring for her mother with chronic pain has enriched Dr. Babcock with unique perspectives in functional medicine, diagnosis and treatment of musculoskeletal conditions and biomechanical instability.



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What Are Cataracts and Cataract Surgery?

Submitted by Eye Consultants of Northern Virginia

A cataract is a clouding of the natural lens of the eye. Light enters the eye and is focused through the front structures onto the retina, the seeing tissue that lines the back of the eye. Near the front of the eye is the lens. The lens is solid with a clear outer covering like a piece of plastic wrap.

The lens can become cloudy causing blurring, glare or halos around lights. The change of the lens from clear to cloudy is a cataract.

Symptoms

Patients with cataracts often do not experience any symptoms when the condition first develops. Cataracts will continue to progress with no apparent pain, although patients may experience:

- Blurred or hazy vision
- Double vision
- Poor vision in bright light
- Seeing halos around lights
- Poor night vision
- Yellowish tinged vision
- Frequent changes in eyeglasses or contact lens prescription

Treatment

The first treatment for a cataract is a change in glasses. When glasses are no longer able to provide adequate vision for what you need or want to do – such as driving, reading or watching television – the cataract can be removed and replaced with an artificial lens called an intraocular lens (IOL) implant.

Cataract surgery is the most commonly performed surgical procedure in the US, and can be performed quickly and easily with a success rate of over 99% and a minimal risk of complications.

Procedure

Cataract surgery is a minimally invasive procedure often performed at an outpatient surgical center. The surgical procedure takes approximately 15 minutes and there is no

stitching or patching of the eye following.

During the procedure, the eye will be numbed with a topical (eye drop) anesthetic and twilight sedative will be given to induce relaxation. The surgery involves making a tiny incision into which an ultrasonic probe is inserted. The probe breaks

up, or emulsifies, the cloudy lens into tiny pieces and then suctions them out of the eye. Once the cloudy lens has been removed, an IOL is implanted to focus the eye after surgery.

Options

Over the past decade, femtosecond laser assisted cataract surgery

and advanced technology IOLs have become available. Newer IOLs, including astigmatism reducing and multifocals, can customize your vision decreasing spectacle dependence after surgery. Your doctor can discuss the options and recommend a lens best for you based on your lifestyle and vision needs.

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Edward Parelhoff, MD

Edward S. Parelhoff, MD is a board-certified fellowship trained ophthalmologist with specialized training in pediatric ophthalmology. He specializes in strabismus surgery for children and adults.



Haresh Ailani, MD

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.



Marissa Albano, MD

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



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.



Benjamin Abramowitz, MD

Benjamin Abramowitz, MD is a board-certified fellowship trained glaucoma specialist and general ophthalmologist. He specializes in the latest glaucoma lasers and surgeries, as well as cataract surgery with standard and advanced technology intraocular lenses.



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.



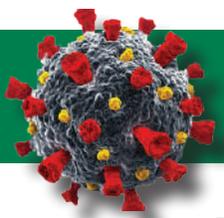
Leah Fuchs, MD

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

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COVID-19 Update

The 2020 Holidays Are Here

How To Stay Safe With Gatherings and Family Celebrations

The year 2020 will be remembered for a lot of things – the pandemic, the shutdown, the election. Not to mention, how many birthday parties and weddings have either been canceled or postponed? Now we have the major holidays to consider. What to do now?

Holiday and family gatherings will be remembered for being different than any other year in our memory, with more concerns about the coronavirus pandemic as cases surge across the country, and for that matter, the whole world.

And, people are just sick of the whole thing. COVID fatigue has set in, and many people feel like there is no way to stay safe, and many people have lost their will to even try to exercise caution. That can lead to some very bad outcomes, for sure!

How Can You Have a Safe Holiday Celebration?

There is a lot of guidance available from the CDC and U.S. Public Health Service to help you plan an event or gathering.

If you're planning to be around your own family, without additional members coming in, then you should be pretty safe. You should know if the people you are spending time with have symptoms or have tested positive. You should also know who they have been around. Either way, don't let your guard down. Stay vigilant to help control the spread of COVID-19.

Reasonably speaking, if no one coming to a family gathering has the virus, then there is a very good chance no one will contract it. So, one thing you can do is quarantine for a period of time (7-14 days) prior to a gathering in order

to have confidence that you're not the one bringing the virus with you.

You could all get tested and then maintain your distance prior to the event. It makes sense to get tested anyway if you're going to be around family and friends during the holidays. But, you must also realize, that after a negative test, you need to keep your distance, if not quarantine to be sure that negative test doesn't turn positive in the meantime.

If You're Sick, Everyone Will Understand If You Don't Show Up

If you do have symptoms, if you're sick, if you have a fever, then for all intents and purposes, isolate



yourself from others, and call the doctor if you get worse. Everyone will understand if you feel like you might be a carrier and don't want to attend and put everyone else at risk. In fact, people will respect your sensitivity and caring if you think you might have the virus.

Considering we are in a pandemic, this advice also goes for other colds, like the flu. At this particular time, more than ever, if you're sick, from anything, people would most likely prefer that you stay home.

Contact Tracing Your Own Guests During A Pandemic. Honesty and Caution Are Keys To Maintaining Safety.

Now, on the other side of that, how many friends and relatives are coming to join you and you have no idea where they have been or who they have been in contact with? For example, do you have college age people returning from far away places on airplanes, trains, or even in cars?

This is where it gets a lot trickier. How do you know what to do? One thing that is really important is for people to be honest and forthright about where they have been and who they have been in contact with. This can help avoid the unintended super-spreader who unwittingly shows up and transfers the virus to everyone. If you have someone coming who might fall into this category, use caution!

Safety Recommendations To Help Keep You Safe

The CDC, and every scientific body in the world, recommends hygiene, sanitizing, wearing masks and



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Please see "COVID-19 Update," page 42

Importance Of Having All Of Your Teeth – Natural Or Artificial



**By Garima K. Talwar, DDS, MS
Board Certified Prosthodontist
Specializing in Reconstructive
and Implant Dentistry**

A healthy smile can truly transform our visual appearance, the positivity of our mind-set, as well as improving the health of not only our mouth but our body too.

But what exactly is the importance of having all of our teeth?

Facial Aesthetics

The teeth help to hold the cheeks and the lips in place giving us a younger and fuller look to our faces. Without teeth the cheeks are able to “sink” in to the face more and we begin to look like we have a different appearance than we did with teeth. This happens in the back of the mouth with the cheeks just as much as it does in the front with the lips. You can imagine that as we remove teeth in the front of the mouth not only will our smile be lacking the teeth, but the lips will “sink” back into the mouth giving us a more pronounced chin and nose.

Replacing Teeth

However, if you have lots of bad, broken, painful, infected, loose or decayed teeth then sometimes the best or only way to deal with them is to have them removed. They can be a constant source of pain and infection. But losing all your teeth is losing a unique and important part of yourself. You use them every day and it is going to affect the quality of your life.

Dentures

Dentures are probably the most common replacement for a full arch of missing teeth. Understand though that dentures are a prosthetic and issues can be summed up as problems in comfortably wearing them, loss of bite strength, and problems with retention (too much movement or loose fit). Well-fitted dentures and a well-adjusted patient with the right attitude can overcome some of these problems.

Dental Implants

A dental implant is an artificial tooth

root that is surgically anchored into your jaw to hold a replacement tooth or bridge in place. The benefit of using implants is that they don't rely on neighboring teeth for support and they are permanent and stable.

Implants are a good solution to tooth loss because they look and feel like natural teeth.

Implant material is made from different types of metallic and bone-like ceramic materials that are compatible with body tissue. There are different types of dental implants: the first is placed directly into the jaw bone, like natural tooth roots; the second is used when the jaw structure is limited, therefore, a custom-made metal framework fits directly on the existing bone.

Latest In Implants

- Implant restoration can be done in a day (Teeth-In-A-Day)
- Procedures can be done with sedation or local anesthesia

How Do Dental Implants Work?

Strategically placed, implants can now be used to support permanently cemented bridges, eliminating the need for a denture. The cost tends to be greater, but the implants and bridges more closely resemble real teeth.

Can Anyone Receive Dental Implants?

Talk with your dentist about whether you are an implant candidate. You must be in good health and have the proper bone structure and healthy gums for the implant to stay in place. People who are unable to wear dentures may also be good candidates.

What Is The Cost Of Implants?

Since implants involve surgery and are more involved, they cost more than traditional bridgework. However, some dental procedures and portions of the restoration may be covered by dental and medical insurance policies. Your dentist can help you with this process.

Dr. Talwar is available at the following locations and will happy to respond to any questions or concerns.
Please email her at garima.talwar@esthetiquedentistry.com

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EsthetiqueDentistryAshburn.com

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AdvancedDentalCareLeesburg.com

1602 Village Market Blvd. SE

Suite 130, Leesburg, VA 20175

Aches and Pains? Think Outside the Box

By Mary Wilkerson, CMT
Vienna Massage Therapy

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

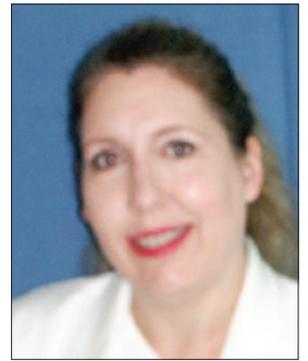
symptoms and can provide remarkable results for those who thought surgery and/or drugs were the only options left.

Trigger points can be laid down in the soft tissue as a result of overuse, repetitive use, accidents, injuries, or strains and can later wreak havoc even years after their initial formation. By calming the irritated trigger points responsible for causing discomfort and restricted range of motion over

a series of high-frequency sessions, an experienced massage therapist can work with you to achieve results from issues you may have given up on.

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

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



Mary Wilkerson, CMT

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Feldenkrais Extends Youthfulness



By Maureen McHugh,
Feldenkrais Practitioner
Wellness In Motion

What kind of action will be asked? Perhaps, something as simple as raising your arm. The challenging part is to do it with awareness. To use an adult word, this is a kind of meditative movement. But in the terms of a young person, it is a call to feel yourself.

Over an hour, a sequence of instructions will unfold. Remaining in your own inner space, you will take movements slowly and gently that are from the activities of daily living. The point is to attend to the quality of your movement. A goal is to become smoother, more supple and better coordinated, as the young everywhere are.

There are ways to keep young. The main one is to keep moving. But what kind of moving?

The Feldenkrais Method, named after its founder Moshe Feldenkrais, is a vehicle for keeping-you-young-through-moving.

Feldenkrais is a kind of exercise class, taught by Feldenkrais Practitioners who, in the U.S., have been trained and certified by the Feldenkrais Guild of North America.

What happens in these classes? First of all, you are indoors, with men and women, in a medium-sized room, wearing ordinary clothes and without shoes. To begin the instructor may ask you to stand or sit, but more commonly to lie down. She, or he, begins with a scan – guiding you to focus inwardly and pass your attention sequentially through your body. The purpose is to register more clearly your starting condition. Then, there will be an instruction to do something. The action will most likely be described and not demonstrated.

At first, you may deeply wonder where these movements are going, but gradually insights may arise:

- There is more than one way to do the same thing.
- It is possible to be more relaxed.
- The center of the body can be frozen. Activating it is a task.
- Coordinating the center of the body with the limbs brings power.
- Breathing while moving is often neglected, but helpful.
- Work with the eyes can make a surprisingly big contribution.
- The unknown is interesting.

Near the close of the class, the instructor will guide you through the scan again. You may be surprised by how much better you feel.

In standing and coming out of your meditative bubble, you may prefer to remain silent. Or you may turn to a classmate, smile, and say: "I feel good!"

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By Mariam Alimi, RN, BSN
Impressions Medispa

Non-Surgical Liquid Facelift For a New You

is also an effective treatment for a non-surgical brow lift. It can lift the brows to help you look more awake and youthful and enhance your natural beauty.

How Can Dermal Fillers Enhance Your Natural Beauty?

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

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

Cheek Augmentation and Liquid Facelifts

Liquid facelifts and cheek augmentations offer outstanding results without incisions or downtime. Wrinkle correction, cheek enhancement, facial contouring and volumizing are possible with non-surgical treatments such as Juvederm Voluma, Radiesse and Restylane Lyft. A liquid facelift will enhance your natural beauty subtly as it adds strategic lift and volume to your skin.

Smooth Wrinkles and Folds Around the Nose and Mouth

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

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

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



Before/After Lip Filler
(Actual Patient)



Non-Surgical Liquid Lift
(Actual Patient)

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

Botox, Dysport and Xeomin are quick injections that relax the wrinkles in the upper face such as forehead lines, frown lines, lip lines and wrinkles around the eyes. Botox and their alternatives can also be used to rejuvenate, enhance and tighten the neck with the Nefriti lift. The contour and shape of your features can be enhanced with non-surgical techniques that do not require down time. Botox



Advice On Looking Your Best For The Holidays

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Dr. Balvant Arora, MD, MBA is passionate about comprehensive and holistic Hair Loss treatments that go above and beyond regular "one-size-fits-all" solutions.

Degrees, Training, and Certificates:

Dr. Balvant Arora came to the U.S. in September 1992 as a certified Plastic Surgeon by the Medical Council of India. Once he was in the United States, he obtained ECFMG certification in 1994. Dr. Arora then did his general surgery residency from 1995-1998 at Stony Brook University Hospital and plastic surgery residency from Oregon Health Sciences University from 1998-2000.

This was followed by one year of fellowship in cosmetic surgery from Lenox Hill Hospital in 2001. Dr. Arora then joined Stony Brook University Hospital as Assistant Professor in the division of Plastic Surgery, where he was actively involved in research and teaching.

In 2008, he relocated to Fredericksburg and worked at Mary Washington and Stafford Hospital as staff Plastic Surgeon. Dr. Arora held the position of Chief of Surgery and President of Medical Staff at Stafford Hospital.

A life-long learner by nature, Dr. Arora went on to complete an MBA in Healthcare Management in 2013 where his B School honored him with the "Outstanding Student Award" for his achievements and excellent performance. He is also Board Certified by The American Academy of Anti-Aging Medicine.

His key focus lies in understanding the uniqueness of case and then taking the necessary steps to provide a personalized plan to obtain the best results. His in-depth study about the science of hair, the genetics behind it and the physical, mental and environmental factors affecting hair give him the edge as a Hair Expert.

Dr. Arora typically likes to treat patients in such a manner that the results last for a lifetime. His medical treatments restore the health of hair and involve the use of medications and non-invasive or minimally invasive surgical procedures. Surgical treatments include hair transplants which are carried using different techniques. Not only does he focus on medication and surgical procedures as needed, but also on the need of importance of nutrition and supplements to further enhance the growth of hair and its health.

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Board-Certified Audiologist



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Meet Dr. Alexander, a Board-Certified Audiologist and the newest member of your care team at Virginia Head & Neck Surgeons, PC.

David Alexander, AuD, CCC-A grew up in Vineland, New Jersey. Dr. Alexander completed his undergraduate studies at Loyola University Maryland where he earned a Bachelor of Arts degree in Communication Disorders and commissioned into the Army as an Aviation Officer in 2002. He received an Honorable Discharge in 2014 and earned a Doctorate Degree in Audiology from the University of South Dakota in 2015. Prior to joining Virginia Head and Neck Surgeons, PC, Dr. Alexander worked at Cincinnati Children's Hospital Medical Center, Maryland School for the Deaf, and was a Clinical Assistant Professor at Towson University. Dr. Alexander also serves in the Army Reserves as an Audiologist since 2017.

Dr. Alexander is a licensed audiologist and hearing aid dispenser in the state of Virginia. He is a member of the American Speech-Language-Hearing Association (CCC-A).

Specialties & Clinical Interests

Dr. Alexander is fluent in American Sign Language, and enjoys working with patients of all ages, ranging from newborn infants to adults. Services he 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.

Professional Accolades

Award for Continuing Education (American Speech-Language-Hearing Association, 2018)

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*, and the Patient Choice Awards.

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Meet Dr. Nikta, a Family Dentist in Aldie, VA

Dr. Nikta Marvdashti has been a family and cosmetic dentist for over 29 years. She obtained her DDS degree from the Shiraz University of Medical Sciences Dental School in 1991 and completed a residency program, Advanced Education in General Dentistry at the Boston University Goldman School of Dental Medicine (2007-2008). There, she passed the Northeast Regional Board of Examiners (NERB) with one of the highest scores in her class.

Philosophy & Special Interests

Dr. Nikta's advanced academic training attained during her residency program, many years of experience, and continuous education qualifies her to provide optimal care for her patients. Her insistence to keep up with the latest dental advancements is derived from her passion for finding the most effective methods to ensure her patients' comfort while delivering the best overall oral health. Her comprehensive approach to dental health addresses issues early-on before they develop into bigger and more costly experiences.

Recently, Dr. Nikta has completed a mini residency in Sleep with American Academy of Dental Sleep Medicine (AADSM) to care more for overall patient's health and community awareness.

Professional Affiliations

Dr. Nikta currently is a member of the American Dental Association (ADA), American Academy of Dental Sleep Medicine (AADSM), Virginia Dental Association (VDA), and Northern Virginia Dental Society (NVDS).

Personal Interests & Hobbies

Dr. Nikta resides in Fairfax with her family. She enjoys hiking, biking, exploring nature, and admiring works of art. Her appreciation of the arts has inspired her own creativity in the form of nature photography, her favorite hobby.

Services We Provide

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

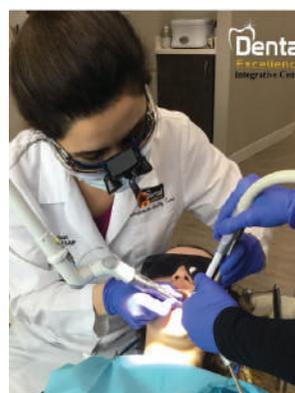
Holistic Dental Practice in Northern Virginia

Dr. Sheri wants to make sure that the office and her team always deliver the best dental care to their patients as they can. Dr. Sheri Salartash is a **whole health focused mouth doctor** as she seeks to help patients with not just dentistry, but overall healthy body lifestyles. She focuses on the dental contributions to medical symptoms and natural wellness.

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

Dental Excellence Integrative Center (DXIC) strongly believes in natural wellness, **comprehensive**, and contemporary focus in medical approaches. DXIC not only provides General Dentistry, Orthodontics, Cosmetic, Biocompatible & Functional Dentistry but also **Advanced Laser Dentistry**. Several noticeable differences set DXIC apart relating to their care about patient's health. The office is totally **mercury free** and they strictly follow mercury safe removal certified-procedures. Dr. Sheri and her team utilized the **most advanced** and **greenest technology** available for diagnosis and treatments.

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Meet Dr. Sanghvi

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 diplomat of the American Pain Society.

Dr. Sanghvi predominantly sees patients in Frederick and Leesburg.

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Dermatology

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

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

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

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

Special Interests and Expertise:

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

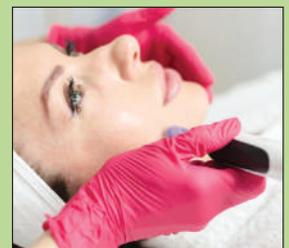
- Using Pulsed dye laser for blood vessels and Rosacea;
- Platelet-rich plasma therapy and microneedling for hair loss, scars, and wrinkles;
- Using fillers and neurotoxins to create a more youthful appearance;
- Teenage acne, acne scars, maskne.

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

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

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

Professional Awards

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

Medical Center in Chicago, IL.

Degrees & Training

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

Special Interests

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

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

-Allyson S. (Patient Testimonial)

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Ahmed Butt, MD

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

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

Special Interests

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

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

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-Emily S. (Patient Testimonial)

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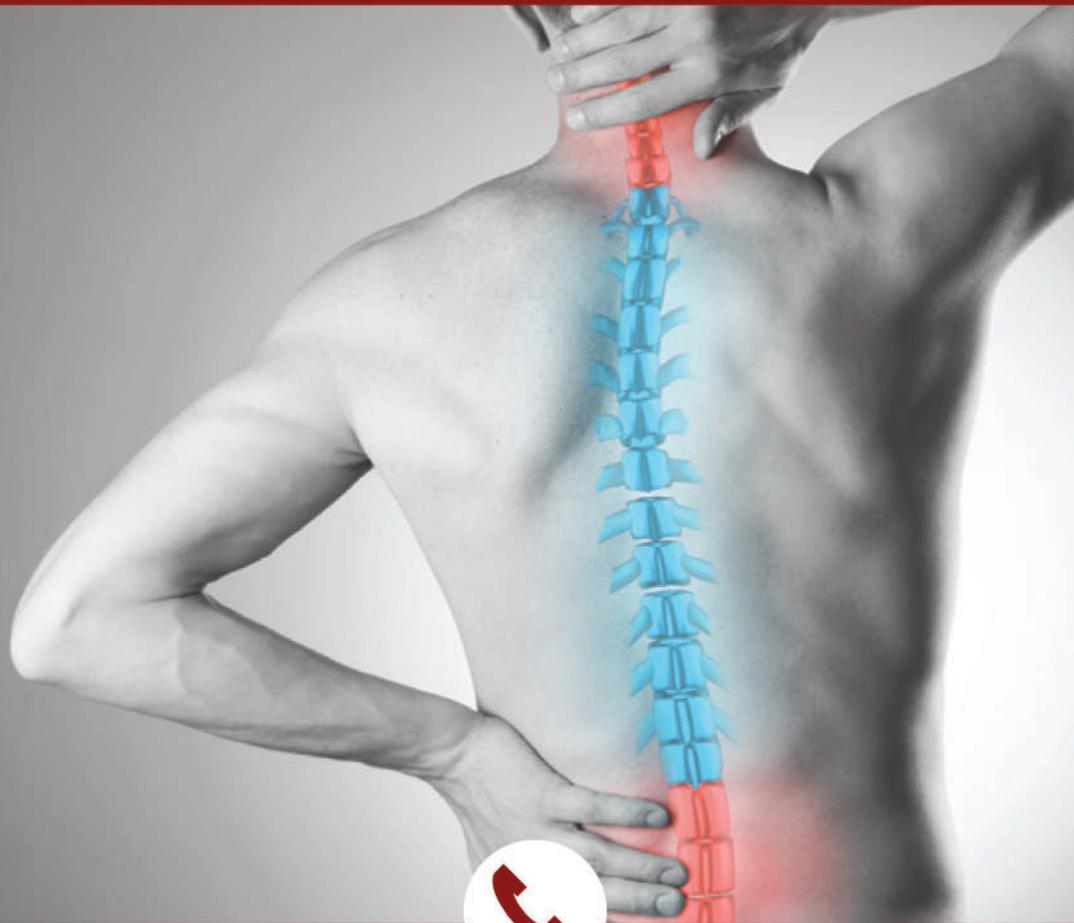
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Do You Get “Winter Skin”?



By Adriana Muñoz, Master Esthetician, Miracle Hands

Winter can affect your skin, making it itchy, dry, dull and irritated. It might feel like there is no way out: cold, blustery winter conditions leaving your skin feeling raw. While indoors, heat zaps moisture from the air and from your skin.

Things that we truly enjoy, for example sitting around fire, could dry our skin. Even a hot shower strips some of the natural oils away.

There are simple ways to combat the causes of dry skin to leave your

skin moist all season long, including simple everyday routines like taking a not-so-hot shower, apply heavy moisturizers, etc.

10 Tips For Healthy Winter Skin

1. Invest in a humidifier in the winter. Set it to around 60%, a level that should be sufficient to replenish the top layer of the skin.
2. Limit yourself to one 5- to 10-minute bath or shower daily. If you bathe more than that, you may strip away much of the skin's oily layer and cause it to lose moisture. Use lukewarm rather than hot water, which can wash away natural oils.
3. Minimize your use of soaps; if necessary, choose moisturizing preparations such as soap-free cleansers. Steer clear of deodorant soaps, perfumed soaps, and alcohol products, which can strip away natural oils.
4. To avoid damaging the skin, stay away from bath sponges, scrub brushes, and washcloths. If you don't

Please see “Winter Skin,” page 47

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Esketamine Offers Relief For Your Depression



By Colleen Blanchfield, MD
Full Circle Neuropsychiatric
Wellness Center

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

In the United States, Major Depressive Disorder (MDD) is one of the most common mental health disorders. In any given year 16.2 million Ameri-

cans suffer from depression. Patients dealing with depression may need several trials of antidepressant medications before they have a positive response. Of those who seek treatment for depression only 60% will respond to an antidepressant medication and this may not occur until after several medication trials.

The 40% who do not respond are considered to have treatment resistant depression (TRD) and continue to experience symptoms of sadness, decreased motivation and energy levels, or persistent thoughts of death or suicide. TRD can often affect core aspects of life and give a person little desire to live. TRD can worsen the outcomes of other medical conditions and is known to reduce life expectancy. It is one of the leading causes of disability in the United States, as well as worldwide, and for years psychiatrists have struggled to help these patients.

In March 2019 the FDA approved

Please see "Depression," page 47

Common Home Selling Questions Answered



By Jennifer Wong, Owner,
Principal Broker
W Homes, Inc.

Are you at the stage where you're starting to begin thinking that it is time to downsize your home and move into a more manageable accommodation in your twilight years? You're not alone. Every year many seniors take the leap to move into a smaller more manage-

able property.

This month, we're detailing some of the most common questions we've received when people ask about downsizing their home.

How Can I Stage My Home For Buyers?

When thinking about staging your home there are a few things to consider. One of the easiest ways to go about this is removing any non-neutral items and decluttering the viewing areas. You want your potential buyer to see the home as their future, so keeping it open and clean allows them to envision themselves in your space.

How Do I Begin the Decluttering Process?

The best way to start the decluttering process is to start it early and start out small. Go room by room and orga-

Please see "Selling Questions," page 47

How To Overcome Treatment Resistant Depression

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focused around your preferences and what's right for you."*



Stubborn Pockets Of Fat?

VASERShape Can Help



By Anita Grimes, Owner
Slender Spa

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

Some people choose cosmetic surgery to address their trouble spots,

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

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

Please see "VASERShape," page 47

How Orthodontic Treatment Benefits Adult Patients



By Swathi Reddy, DMD
All Smiles Orthodontics

bites can lead to speech problems, uneven tooth wear, chewing and periodontal problems.

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

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

Orthodontic treatment not only aligns the teeth, but it also ensures proper alignment of both the upper and

Please see "Orthodontic," page 44

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

Malocclusion is the technical term used by orthodontists for crooked, crowded and protruded teeth. Literally the word means "bad bite." Untreated malocclusions or bad

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What areas can be treated?

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Holiday Tips For Healthy Feet



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

With the drop in temperature and the twinkle of Christmas lights on the main streets, it's become quite obvious that "the summer's passed, it's too late to cut the grass", to coin a lyrical phrase from Paul Westerberg. With this in mind, we begin the ritual of switching out our lighter clothes for the bulkier and warmer, but we must not forget the importance of our feet and footwear during this time of year.

Simple tips for keeping your feet healthy during the cold winter months are to remember to first, stretch your feet and ankles daily, whether you are a runner, a holiday shopper and/or holiday dancer. Stretching is important because we become less flexible in the

colder months becoming more prone to stiffness and possible injury. Simple stretches or exercise to ward off cramps include pointing and curling your toes for five seconds, cupping your heel with your hand and passively rotate your ankle roughly five times slowly.

Moisturize daily with a cream based lotion avoid Vaseline which tends to just sit on the skin.

Our feet tend to sweat more with wearing winter shoes and boots so make a point to wear wool socks to help wick away moisture from the skin to keep feet warm and dry.

Massage your feet either with your hands or using a tennis ball to gently roll your foot over. This releases tension and increases blood flow to the foot.

Lastly, soak feet in warm water and Epsom salts along with elevating your feet above your heart especially after a long day on your feet holiday shopping or just taking in the sites.

In conclusion, wear sensible shoes, while it's OK to wear the fancy high heels or dress shoes for the holiday bash, but lose the high heels for more comfortable, supportive shoe gear if the plan is to be on your feet spreading holiday cheer making sure the shoe has good support in the arch and a padded sole.

White Teeth For the Holidays



By Thu-Nga Ortega, DDS
Dental Cosmetix

Many patients are picking this time during the pandemic to have smile makeovers or other major dental treatment and not have to worry about people seeing them during the interim stages of treatment. Once the pandemic is over, you can pull off your mask to unveil the beautiful smile you have always wanted people to notice.

There are several ways to whiten

your teeth; here is an overview of a few options.

In-Office Whitening/ Jump Start Whitening

Your teeth are polished to remove plaque and prepare the surfaces of your teeth for the whitening gel. Your lips are then pulled off your teeth with retractors to keep them away from the strong whitening gel. A liquid gel that is hardened is then placed down along your gumline to protect your gums from the whitening gel during the treatment. Then the whitening gel is placed onto your teeth. You will then sit and relax while the whitening light activates the whitening gel.

After your session is over, the gel and the gum protectant as well as the retractor will be removed. Your mouth is rinsed and you will be on your way.

Pros: Fast, easy, whiter smile, all

Please see "White Teeth," page 44

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Got Swelling? Lymph Massage Can Help

By Kim Derrick, LMT, CLT, FDN-P
The Teal Center

Lymphatic massage or manual lymphatic drainage (MLD) is a helpful tool in the treatment of swelling. Whether caused by disease, a muscle injury, from standing too long, or surgery, well-executed MLD can go a long way to easing painful symptoms caused by a buildup of our body's nutrient-rich watery inner ocean.

Containing protein, fats, cellular components, minerals and lots of water, this ocean is a magical watery matrix that swirls through and around everything inside us, providing a reservoir of assets for our cells and tissue to use, and a transport system for waste removal and processing. It helps transport fatty acids from the digestive process and also plays an important role in our immunity. Since it flows everywhere, it needs a network of vessels to help counter gravity and

maintain hydraulics. Once the fluid enters this network, its name changes to lymph. This network of lymphatic vessels also directs lymph through lymph nodes providing filtered fluid to the bloodstream at the end of its journey.

Since the lymphatic network isn't connected to a pump like the heart, you might wonder what moves it uphill once we're standing? Usually this help comes in the form of exercise. Each moving joint serves as a pump for shuttling lymph closer to the end of its journey at the venous angles at the base of the neck. But sometimes, when our couch-potato bodies are not in shape, a little added stimulation from quality MLD goes a long way to mobilizing and maximizing this nourishing, cleansing and vital fluid exchange.

Thus, MLD assists with your journey towards optimal health in myriad ways. Among other things, it helps with general detox as it speeds up the removal of waste tissue, and also reduces edema (fluid collection) and swellings caused by injury. Lowering the swelling often improves pain,



Kim Derrick, LMT, CLT, FDN-P

especially in post-surgery procedures such as liposuction. It's also very relaxing for the superficial muscle tissue and so clients often fall asleep while experiencing Zen-like healing and de-stressing.

Are there contraindications? Yes, there are. Although MLD can provide a wonderful boost for health, it is not suitable for everyone. Persons with acute infections and fever, with cardiac problems, kidney disease, venous obstructions, open sores, and conditions that could be made worse by improving lymph movement should not have one. If you have no contraindications however, why not try one today?



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Tips To Avoid the Holiday Blues



By Jessica L. Cardwell, PsyD
Licensed Clinical Psychologist

Many people experience the increased stress and sadness during the holiday season commonly referred to as the "holiday blues." Studies have shown most people with mental illness find that the holidays makes their condition worse. People are likely to experience increased stress this year due to COVID-19 impacting holiday get-togethers and traditions. It is hard to cope when stress is at its peak, so try to prevent stress and the holiday blues from occurring this year with

some planning ahead.

- 1. Set reasonable expectations.** Accepting that the holidays are going to be different this year is a helpful first step. Focus on new traditions and alternative ways to celebrate when you cannot get together in person. Planning ahead can greatly decrease holiday stress.
- 2. Maintain basic healthy habits.** Focus on daily habits promoting physical health including regular sleep, daily exercise, healthy eating habits, staying hydrated, and maintaining basic hygiene.
- 3. Acknowledge your feelings.** The holiday season can increase feelings of sadness and grief over past losses. This is a normal part of the grieving process. Tell yourself that it is okay to take time to cry, express your feelings, and to not feel happy throughout the holidays.
- 4. Reach out and stay connected.** If you are struggling with feeling

Please see "Holiday Blues," page 42



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Vita Nova's Highly Training Director of Aesthetics

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Immune Health Boosting



By Lakita Conley-Ware, PhD
Naturopathic Health Consultant

Within the natural line of products that one can seek, there should be an understanding of what vitamins and other natural components one should take, examples are pure vitamin C, vitamin D and zinc. Health research scientists have discovered that elderberry also provides support to the human immune system.

For those that say “I drink orange juice daily,” those glasses of juice will not provide even half the minimum daily dose of vitamin C one needs in today’s viral world. At a minimum, 500-1000 mg should be taken daily. Also, the vitamin C taken must be checked for unrelated chemicals, which are often used as a binding component.

When taking zinc, one has to be aware of the digestive problems that can occur if taken on an empty stomach.

Just going to the store and buying random brands of vitamins can also be a major concern. Yes, we hear about the non-branding by FDA on supplements. However, if one must look at the science behind the natural brand

Please see “Boosting,” page 47



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by science and research: **SHAKLEE**



SKIN/HAIR HEALTH FROM PAGE 4

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

3. Tackle Mask-ne

Mask-ne – acne or other skin breakouts due to prolonged mask wearing – is due to the trapping of skin perspiration, breath droplets, skin oils, and make-up. Changing masks at least once a day and washing them daily will help, as will avoidance of make-up beneath your mask. Hanging up your mask to dry in the sunlight exposes it to UV light, which helps to kill microbes.

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

4. Beauty Above/Below the Mask

For true beauty above the mask, your doctor needs to know how to analyze your whole face in 3D with advanced anatomical understanding. Highly-skilled procedures are individualized for your own skin type and concerns such as under-eye circles, wrinkles, bumpy skin or sagging. Ultherapy is FDA approved for nonsurgical brow, face and jawline lifting; delicate doses of Botox or natural fillers like Restylane and Juvederm can relax crows' feet and forehead wrinkles, shape your brows and widen droopy eyes. Expert, European-style techniques achieve a completely natural-looking result with no "frozen" look and little or no down time. Stimulation of new collagen and elastic tissue can take years off your face.

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

5. Hair Removal and Restoration

If you suffer from excess hair,

a board-certified dermatologist can examine you medically to identify underlying causes such as polycystic ovarian syndrome (PCOS). The hair itself can be removed safely, quickly and painlessly from all skin types with the state-of-the-art Gentle YAG laser.

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

6. Feminine (Vaginal) Rejuvenation

The changes that women experience as they go through childbearing, hormonal shifts and aging include vaginal laxity, stress urinary incontinence, and uncomfortable vaginal dryness. The first step is a gyn exam. If there are no underlying health problems, it can be transformative to treat these concerns with rapid, hormone-free non-surgical options such as the CO2RE Intima laser, which is the gold standard treatment to remodel the tissue of the vagina and vulva by stimulating new collagen. Fillers can correct volume loss and improve the external shape and appearance of the vaginal lips or vulva.



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BURN FAT

FROM PAGE 19

How Many Treatments Do I Need?

A series of four weekly treatments is recommended to see visible results. Each individual treatment is 30 minutes long. This can vary depending on the treated area, treated indication, and other factors.

What Does The Treatment Feel Like? Is It Painful?

No, the treatment should not be painful. The Emsculpt procedure feels like an intensive workout. You can lie down and relax during the treatment.

What Kind Of Results Can I Expect To See?

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Are There Any Side Effects Or Contraindications?

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How Fast Will I See Results?

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

HOLIDAY BLUES

FROM PAGE 38

lonely and isolated seek support and companionship, even if it has to be online for safety. Reach out to friends and family members who may also be struggling with isolation. Consider volunteering for increased social contact and to improve your mood by helping others.

5. Get help and support when you need it. There has been a significant increase in mental health difficulties this year leaving people more prone than usual holiday blues. If needed seek support through mental health providers which can meet via teletherapy or in-person options.

Is Stone Massage Right For You?



By Mary Fairbairn, NCMT
Hands In Demand Professional
Massage Therapy

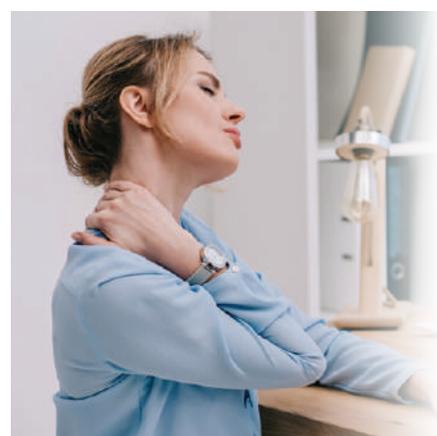
tone Therapy, the original stone massage says, "Geo-thermo-therapy is believed to increase the blood flow through the skin, detoxification is increased, supporting the liver, bowels, kidneys, lymphatic and circulatory systems. All of the body's systems continue to respond for seventy-two hours after a LaStone treatment, during which healing occurs within the body. When using heated/warm stones throughout the body, you increase the blood flow to these areas. Isolating chilled/cool stones to an inflamed area will facilitate the removal of toxins and inflammation, encouraging a healing response deep within the body's system."

When you think of stone massage you may only consider it to be a relaxing treatment at a day spa. The use of heated and chilled stones is actually a tool used to achieve therapeutic results. There is no doubt that the use of heated stones in a massage session is relaxing and almost sedating, but alternating with chilled stones will also promote healing.

Mary D. Nelson, creator of LaS-

An example of such effects is if the client comes in with a headache or migraine. The client will lay on top of covered heated stones and heated stones are placed on top of the sheet which covers the abdomen/sternum. Applying chilled stones to the head and face causes constriction of blood

Please see "Stone Massage," page 47



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HAIR LOSS

FROM PAGE 4

larger areas of the donor zone on posterior scalp and side of the scalp leaving behind tiny, round, scars. The hair follicular units are then implanted into the area of hair loss. FUE procedures have grown increasingly popular with the development of new handheld devices and motorized devices.

Both FUE and FUT have pros and cons. Each may be preferred in a given patient at a given time depend-

ing on multiple factors, and because of changing circumstances they may both be used during an individual's lifetime to obtain optimal results.

So, when it comes to hair transplant surgery, remember, "It is not the tool that matters but the hands that hold the tool that matters". In a nutshell, make sure that the procedure is done by a competent surgeon along with the technician team.

COVID-19 UPDATE

FROM PAGE 24

social distancing. If someone has the virus and you spend too much time too close to them, you will probably contract it as well. If they breath on you, you will probably get it. If you sit in the same chair they were sitting in, this too could result in contracting it. So, be careful! Do the things the CDC and others recommend to keep yourself safe – and keep your loved ones safe too!

Visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>.

This a very nice resource to help

you understand what we are all up against and how to manage your way through it. We may not be able to completely avoid the virus, but we can put our thinking caps on and learn from the experts and people who have gone through this enough to know what we can and cannot do safely.

One last piece of advice: "An ounce of prevention is worth a pound of cure." If you pay attention, you can do a lot to prevent the spread of the virus. There is no cure, so far, so a pound of cure might not even be enough.

Stay safe and have a happy holiday.

Pointers For Pleasanter Parenting



By David Trautmann, LCSW
New SpiritTherapy

Parents don't generally recognize they have the power to set the tone in their interactions with their children. More often it's the kids who set the tone, especially through whining and fussing, setting everybody on edge. Yet, it's the parent's tone, expression, and body language that kids respond to. Words mean little, by comparison. But it's the tone that upsets or soothes, whether parents or children. And it's an angry, threatening, rising tone that children react negatively to, no matter how much we may try to help or reason with them.

And it's by giving vent to frustration anger and rage and imperiousness that parents commonly defeat their best efforts to control and teach and train their child.

The bottom line requirement of effective parenting, then, is for the parent to learn how to manage their tone – even when upset with the child. This is hard to do, but is a skill that can be learned and makes a tremendous difference, not only in the results we get with our children, but in the reduction of tensions within the household. And as we start controlling our tone, it becomes self-reinforcing because of the good results we start getting, suddenly making parent-child relations much more pleasant.

The key to managing tone of voice is to consciously do so; to refuse to argue, and to withdraw from discussion when it starts getting heated. Also, not to take provocations personally; not to engage in self-defeating power struggles with the child; not getting sucked into negotiating what is non-negotiable; to be firm and clear

Please see "Parenting," page 46

SKINCARE

FROM PAGE 9

across the cheek by applying a thin coat of Vaseline or ceramide containing moisturizer.

Tip # 5: Although it's the season for baking cookies and treats, try to include fruits and nuts in your diet to help prevent a flare of your rosacea and acne.

Tip # 6: Add a meditation practice to your routine. Stress and anxiety can also cause flares of psoriasis and eczema.

Tip # 7: Wear gloves when decorating or gathering plants to decorate your house. Beware of allergic reac-

tions that can develop due to touching evergreens and even plants such as rosemary and poinsettias.

Tip # 8: Take time this holiday season to practice gratitude and to reach out to others in need. The practice of gratitude helps create a sense of well-being and releases endorphins. Take a walk outside or reach out to a friend by phone or writing a letter. Sometimes the smallest gesture can help support and bolster someone in need during these stressful times.

KNEE PAIN

FROM PAGE 18

firmly anchored in the anatomy of the neural and muscular systems.

Due to the influences on the muscular and neural system, dry needling can be a strong tool for knee pain. It can influence all the categories mentioned above that can cause knee pain due to its effect on the neural and muscular system which includes tendons, ligaments, subcutaneous fascia, scar tissue, and trigger points for pain relief.

This is used in conjunction with electrical stimulation to "retrain" the muscles so that the muscle unit can perform optimally when running or with squatting. Needling can also decrease trigger point cycle, and thus help decrease pain in the fascia and tendons underlying the kneecap itself. Thus, dry needling can be a beneficial tool to help people get back to running, walking, and squatting for the winter season.



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Mental Health During the Holidays



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

With the hustle and bustle of the holiday season gradually coming upon us, the holidays can bring about a mix of emotions for people, whether that's a sense of excitement and joy or the creation of anxiety, stress, and dread. And if we're sincere, it could genuinely be a mix of everything.

This holiday season has been much different from the previous years with the national health crisis of COVID-19, economic instability, and daily life struggles. We have had

to juggle so much more and it will be essential to think about what is needed to cope during this holiday season now rather than wait until you are in the midst of it. By waiting, we don't allow our emotions the opportunity to think rationally and clearly to create proper coping mechanisms. Practicing various coping techniques ahead of time before the challenges occur provides one with the tools needed if high-level emotions arise so one can handle them smoothly.

Here are some tools you can utilize to aid in coping with anxiety and depression during the holiday season:

- **Keep It Simple.** Try writing in a journal each day to monitor any emotional changes.
- **Practice Breathing Techniques.** Youtube is your best friend. They have a ton of breathing and relaxation videos to utilize.
- **Do Something Nice For Yourself.** Self-care is an essential tool many often overlook, especially during the

Please see "Mental Health," page 47

Why Are Feet Flat?



By Edward S. Pozarny, DPM
Arlington Podiatry Center

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, your podiatrist will do a complete medical history and examination of your feet.

If your problem is severe, x-rays may be needed. If other problems are suspected MRI or CT may be done.

Treatment Methods

If diagnosed at an early age, chances are good that nonsurgical treatment, such as strapping, custom shoe inserts (orthotics), or medication can help.

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 tem-

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

Some people are born with flat feet. Flat feet can also be the 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 become awkward as increasing strain is put on your feet and calves.

Please see "Flat Feet," on page 46

ORTHODONTIC

FROM PAGE 36

lower jaws. When both jaws fit together in the right way, they eliminate occlusal trauma, function better and improve the patients' long-term oral health.

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

WHITE TEETH

FROM PAGE 37

in one session

Cons: Cost, sometimes extreme sensitivity, whitening may regress after first day, about 20% of patients still require some take-home whitening product for better success.

Opalescence Go (Take-Home Strips)

You can buy these from your dentist and they will evaluate if you are a candidate for this treatment. If you have very dark teeth from tetracycline staining, this whitening may or not work. The treatment time for this is 10 days of upper and lower trays.

Whitening Gel In a Custom Tray Or Invisalign Retainer

You can use whitening gel in your custom made trays or custom made aligners only if the trays do not sit on your gums. If your trays cover your gums, then they will allow the whiten-

ing gel to get to your gums and cause a chemical burn to your gums. These treatments are usually done for days straight.

Endo Whitening For Dark Root Canaled Tooth

If you have one specific dark tooth that has been root canaled and needs to be whitened, there is an option to do an internal bleaching of that tooth. This procedure involves the dentist placing the gel into your tooth and you will need to come back for 2-3 visits in the span of a couple weeks to whiten the tooth.

Keep in mind that if you have had restorations on your front teeth they will not be able to be whitened. These restorations will have to be replaced. A consultation with a dentist is always your best option.

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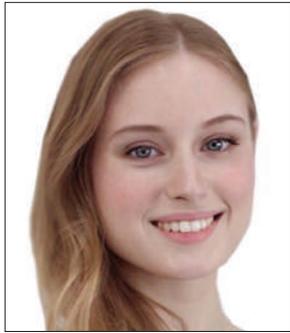
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A Different Kind Of Skincare Routine



By Sydney Walters,
Social Media Coordinator
Alya Salon & Spa

Skin care routines are a daily practice for many women and men around the globe. For some, it can be a five minute ritual with a simple moisturizer or an eye cream. For others, it can take up to eight hours a day. Now, who in the world takes eight hours to apply their skincare routine? It all starts with two simple letters: EB.

EB stands for Epidermolysis Bullosa. It is a rare genetic skin disease that causes the skin to blister and break away anywhere on the body. It is typically diagnosed in infancy, affects nearly 200 babies a year in the U.S. alone, and is often fatal.

Those who are diagnosed with EB live a life of constant pain and suffering. There is no cure for this disease, and its treatment consists mainly of wound care and pain relief, such as applying specialized ointments and bandages to blistered areas, and

administering pain medication, commonly morphine. It has been dubbed "The Worst Disease You've Never Heard Of", a slogan that is a hard pill to swallow, but nevertheless the hard truth.

An EB skincare routine is a world away from most, and not only does it affect those who suffer from it. EB takes its toll on their families as well. During these uncertain times, they need all the help and support that they can get.

There is an organization called DEBRA, which stands for the Dystrophic Epidermolysis Bullosa Research Association. It is a medical research charity founded by a team of incredibly hard-working and compassionate individuals. Their main goal is to provide support to EB sufferers and their families in the form of cash donations, wound care supplies, and funding for medical specialists to assure that those with EB are receiving the daily treatment that they so desperately need. DEBRA also leads a team of researchers who are currently conducting clinical trials in order to find a new way to fight against EB. In addition to that, DEBRA also provides the necessary educational materials on the diagnosis of EB, how to care for wounds, blisters, and how to recognize infections on their official website, www.debra.org.

It's not about having glowing, blemish-free skin for the young men

Please see "Skincare," page 47

Tips On Choosing the Best Dentist For You



By Zahra Kavianpour, DDS
Brighter Smile Family
Dentistry & Orthodontics

Effective dental care depends on a great relationship between the dentist and the patient so you may want to visit more than one before making your decision.

"Effective dental care depends on a great relationship between the dentist and the patient..."

Choosing the right dentist for your needs is one way to give you the best chance of maximizing your oral health.

If you don't already have a dentist – or want to find one better suited to your needs – here are a few points to consider.

- Get recommendations from family, friends, neighbors or co-workers
- Ask your physician or a local pharmacist
- If you are moving to a different area, ask your current dentist for recommendations in your new location
- Contact the local or state dental society
- You can also use Yellow Pages or the American Dental Association directory at www.ADA.org.

To help decide if a dentist is right for you, consider:

- Is the office easy to get to from your home or job?
- Are the staff helpful and friendly?
- Does the office appear to be clean, tidy and well organized?
- Is the appointment schedule convenient for you?
- What arrangements are made for handling emergencies outside of office hours?
- Does it cater for any special needs you have?

As you'll need to work closely with your dentist in caring for your oral health, it's worth taking time to ask questions and take notes to make sure you choose the right one for your needs.

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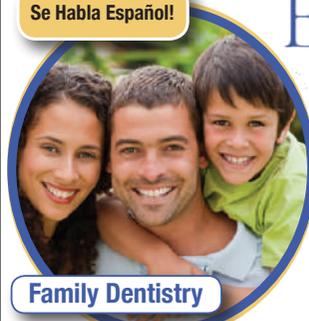
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Communicating With Patients In Unprecedented Times



By David I. Alexander, AuD, CCC-A
Virginia Head and Neck Surgeon

It has been said that we are living in “unprecedented times” due to COVID-19. Despite that, we still need to communicate vital information to our patients. Properly wearing face masks help to minimize the spread of the disease, but it also increases communication difficulties.

Masks attenuate speech in the high frequencies by 3-12 dB. The degradation of speech can have deleterious effects on communication. Although we cannot remove the physical barriers on our faces, there are ways in which we can metaphorically remove barriers to communicate effectively with our patients.

Regardless of the type of mask used, one simple measure that can be employed is to speak slower. Adults speak at an average of 160-200 words per minute (WPM). By slowing one’s speech to about 120 WPM (similar to American icon, Mr. Rogers) will help increase speech understanding.

HOLIDAY STRESS

FROM PAGE 18

causes (continual activation of the stress response).

Acupuncture is the insertion of thin, filiform needles into specific points of the body that trigger a cascade of biophysiological reactions. It is these reactions that help treat chronic stress and other conditions.

Acupuncture causes the production and release of various neurotransmitters, hormones, and chemicals in the body, such as endorphins and serotonin. This causes the body to move from “fight or flight” to the “rest and digest” nervous system. It is this system that allows our body to rest, heal and restore itself to equilibrium.

It is acupuncture’s ability to affect

Other measures that we can do to facilitate communication easier is to face the person when speaking with them. This ensures the patient is receiving the maximum amount of acoustic energy. Enhance your communication with visual references by using notes (common speaking points or images). You can also ask your patient if they understood what you said and request that they repeat certain information back to you. You can also repeat or rephrase what you say to your patients. If possible, one can use portable amplifiers to amplify their own voice for patients.

Finally, while complying with your institution’s guidelines (and other pertinent regulations) about the use of face covering, use a mask that has a transparent area where the mouth can be seen by the patient so that mouth and facial cues can be read by the patient.

If you suspect a patient may have hearing issues, refer them to an audiologist. An audiologist can assess, diagnose, and treat hearing loss. They can make the appropriate recommendations to help patients (or make the appropriate referral) communicate in their choice of modality (i.e. auditory/oral, American Sign Language, total communication, etc). Audiologists are also experts in digital hearing aid technology, cochlear implants, osseointegrated devices, amplifiers, and communication strategies.

We are one team. While we are in unprecedented times, we will work in unprecedented ways to break down the walls that try to prevent us from communicating effectively with patients.

the neurological system that helps reduce the symptoms associated with long-term stress as well as reset the body to a more homeostatic state. It is the acupuncturist’s job to help support and restore the integrity and vitality of the patient and their body.

Along with acupuncture, the practitioner will also discuss lifestyle and at home habits with the patient that they can incorporate into their daily routine to counteract the effects of chronic stress and deal with the holidays and this pandemic in a more healthful way.

If you find yourself constantly overwhelmed and stressed, acupuncture has been proven to be a safe, effective, and natural treatment.

HYGIENE

FROM PAGE 9

may enter the brain through nerve channels in the head or through the bloodstream, which could lead to the development of Alzheimer’s disease.

Respiratory Infections

Gum disease could cause infections in the lungs, including pneumonia. While the connection might not be completely obvious at first, this is a result of inhaling bacteria from infected teeth and gums over a long period of time.

Diabetic Complications

Inflammation of the gum tissue and periodontal disease can make it harder to control your blood sugar and make your diabetes symptoms worse. Diabetes sufferers are also more susceptible to periodontal disease, making proper dental care even more important for those with this disease.

Brushing and flossing keep more than your pearly whites healthy – they also could help prevent serious illnesses. Poor dental care is also a possible factor in other conditions, such as immune system disorders, weak

bones, problems with pregnancy and low birth weight.

As the inflammation from pathogens or periodontal disease damages the tiny blood vessels in your gums, oral bacteria are allowed to enter your bloodstream. Although the body has many systems in place to manage these bugs, some harmful species have been associated with a number of diseases and conditions, such as diabetes, heart disease, adverse pregnancy outcomes, Alzheimer’s disease and even depression.

Practicing proper dental care and taking care of issues in the mouth is critical to maintaining overall health.

Encourage your family to practice good oral hygiene by brushing after every meal with a natural toothpaste, flossing daily and using a mouth rinse to kill bacteria. You should also visit a dental professional regularly for cleanings and the prevention and treatment of cavities. Remember, people who keep their teeth live longer.

FLAT FEET

FROM PAGE 44

porarily relieve pain.

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 your problems continue, 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-heels, 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 to your podiatrist first.

PARENTING

FROM PAGE 43

and specific, and follow through on what we’re asking children to do, communicating at their level after securing their attention, and checking for understanding. And by physically controlling them instead of yelling when the child is emotionally out of control, talking it over later when the child has regained control.

Also, allowing the child emotional expression. This is generally the hardest thing for parents to do. Empathetic understanding helps a lot. This means being able to see the child’s point of view and why they’re feeling and behaving as they do, even

if we don’t like or agree with what they’re doing. Because it’s kids’ sense of being misunderstood and uncared about that feeds tantrums most strongly.

None of this is easy or comes naturally. And unfortunately, this kind of communication is not generally taught. But it is very important and useful in most any kind of relationship, including in parenting, on the job, and in marriage. And it’s a skill most counselors and therapists are taught and love to teach – which can be a great resource to consider if you want some coaching in this.

WINTER SKIN

FROM PAGE 34

want to give them up altogether, be sure to use a light touch. For the same reason, pat or blot (don't rub) the skin when towel drying.

5. Apply moisturizer immediately after bathing or washing your hands. This helps plug the spaces between your skin cells and seal in moisture while your skin is still damp.
6. To reduce the greasy feel of petroleum jelly and thick creams, rub a small amount into your hands and then rub it over the affected areas

until neither your hands nor the affected areas feel greasy.

7. Never, ever scratch. Most of the time, a moisturizer can control the itch. You can also use a cold pack or compress to relieve itchy spots.
8. Use fragrance-free laundry detergents and avoid fabric softeners.
9. Avoid wearing wool and other fabrics that can irritate the skin.
10. Have a special moisturizing and replenishing skin treatment done by a professional.

DEPRESSION

FROM PAGE 35

Esketamine (Spravato) for patients with TRD. Most important, Esketamine has a novel mechanism of action offering patients relief from their depression. Esketamine is used for TRD and allows intranasal dosing that is noninvasive and self-administered in a doctor's office under the direct supervision of clinical staff and is to be used concomitantly with a patient's current antidepressant.

medications.

Many of those who have decided to try Esketamine report that they feel as though they are themselves again. They are participating in more activities with friends and family, report that they are more focused and energized, and that their moods have significantly improved.

If you feel that you may have treatment resistant depression and would like to know more about esketamine treatments, reach out to a health professional today.

To be considered for this medication, you must have tried and failed at least two anti-depressant

SELLING QUESTIONS

FROM PAGE 35

nize items into keep, toss, sell and store piles. This will help you determine the items you'll bring with you, those to pass down to loved ones and those that you no longer need. This will make staging – and moving *much* easier.

make all the difference when selling your home.

What Do They Mean By "Curbside Appeal"?

Curbside appeal is what someone sees when they look at your home from the outside. As they say, "you only have one opportunity to make a first impression." So, when selling your home consider what your potential buyer is going to see when they first walk up. Ensure that any grass areas are cut and healthy, hedges are trimmed and the driveway is clean and clear of debris – it can make all the difference.

Selling your home can be a stressful time, but it doesn't have to be. Following the few steps above can make selling an enjoyable and exciting experience.

What Should I Do About Renovations?

When reviewing your home prior to putting it on the market, start to make a list of repairs and small renovations that might assist in the selling of your home. For example, is your wall to wall carpet more suited to the 80's than the 2020's? It might be time to invest in new carpeting or hardwood. Is your lighting drab and outdated? Consider recessed lighting. These small changes can

BOOSTING

FROM PAGE 40

product to make sure the products are bottled and manufactured in the USA. Then you have a better opportunity of getting purity in products you purchase.

company has several immune support products that have been backed by numerous scientists. Many people, including the elderly, have seen the change for the positive when taking these products.

In relation to the science, look to see what medical/health journals have released articles on the product. If the product is not backed by health care MDs and/or PhDs, you should think twice before consuming that particular product.

In addition to vitamin C, zinc and elderberry, probiotics are also strong in supporting a healthier immune system. Again, the same warning signs for purity and effectiveness on over-the-counter probiotics need to be taken as with other natural products and vitamins.

One recommended product is Triple Immune Boost by Shaklee. The

www.yourhealthmagazine.net

SKINCARE

FROM PAGE 45

and women living with EB. Their daily skincare routine is painful, time-consuming and all in all a method of survival compared to most. So, the next time you apply your morning skincare routine, if you can find it in

your heart please consider helping protect the skin of those afflicted by this disease by becoming involved with DEBRA and their efforts in the fight against EB. Together we can make a difference.

VASERSHAPE

FROM PAGE 36

45-50 minutes depending on the time required to heat the desired area to the optimal temperature of 40-43 degrees celsius.

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

With VASERShape:

- Clients do not experience swelling or inflammation of the treated area

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- There are no negative side effects
- Most clients see an immediate difference
- Results look natural
- Areas of the body that surround the treated area often show signs of improvement as well

So, if you are tired of struggling to get that last bit of fat off of your stomach, love handles or thighs, a non-invasive treatment such as VASERShape may just be the answer.

STONE MASSAGE

FROM PAGE 42

vessels-decreasing pain. The short application of chilled stones reduces discomfort of strains, sprains, bruises and muscle spasms.

is not recommended for a pregnant client, although a spot treatment of chilled stones to the sacrum can relieve lower back discomfort.

The LaStone instruction manual states there are contraindications to stone massage such as neuropathy and diabetes where nerve damage is present so that client may not sense actual temperatures applied.

Make sure you are given an intake form with specific questions regarding your response to heat/cold. This will allow the massage therapist trained in stone massage to customize the massage to assure safe and effective results.

A full-body heated stone massage

MENTAL HEALTH

FROM PAGE 44

holidays. By caring for ourselves, we are better able to give to others. It is impossible to give from an empty cup.

different than what we've all hoped for but that allows us the opportunity to be creative and build new, lasting memories.

- **Enjoy the Holidays.** Yes, it's a little

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Meet Your Local Health Professionals

Biographies to help people learn more about their local health professionals.

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

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

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

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

Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
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