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# YOUR HEALTH

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Northern Virginia  
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*In Our Next Edition ...*

## **Meet Your Local Health Professionals**

*Biographical Profiles of Your Favorite  
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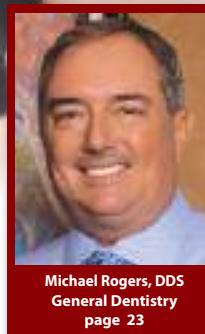
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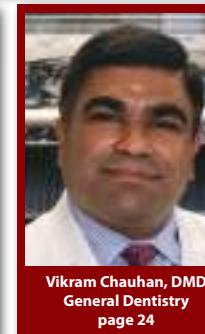
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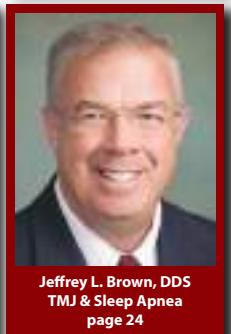
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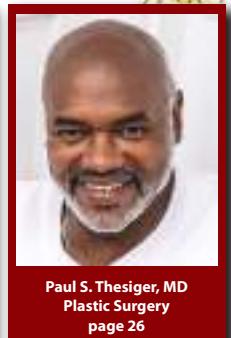
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By Deeni Bassam, MD, DABPM  
The Spine Care Center

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

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

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

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

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

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

# Pervasiveness Of Pain

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

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

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

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

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

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

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

## Back Pain? Back and neck pain *can* be treated.



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

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# Genicular Ablation For Knee Pain



By Madhavi Chada, MD  
Synergy Spine and Pain Center

Genicular ablation is an innovative option for treating knee pain without surgery. Usually it is preceded by a diagnostic block with local anesthetic agent. If adequate pain relief is confirmed, patients may proceed for radiofrequency ablation (RFA) or neurotomy.

The Genicular RFA procedure is

performed with specialized RF needles which will be placed on the target, the genicular nerve branches of the knee. After confirming the placement of needles with fluoroscopic guidance, RFA will be performed where the tips of the needles will be heated to 80°C (176°F) for 90 seconds. This will disrupt the nerves which transmit pain from the joint. This procedure is performed under mild sedation with local anesthesia.

The pain relief from this procedure may last anywhere from 6-12 months.

### Risks and Side Effects

There are few risks associated with genicular RFA, but they tend to be rare. The potential risks include, immediate or delayed allergic reaction to anesthetics/contrast, infection, bleeding, temporary increase in pain and transient facial flushing.

# Natural Skin and Hair Health Tips For 2023



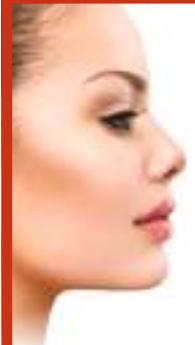
By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

It's the new way – natural-looking results, a great value, no scarring and minimal down time. A healthy lifestyle is equally important, as our skin is the mirror of everything happening within our bodies.

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

The first tip is to find a board certified dermatologist – you can ask to see their American Board of Dermatology certification – who prioritizes skin treatments that are based on listening to your unique concerns and making a customized plan.

A second tip is that you may want to select a dermatologist with European experience, whose philosophy is to be subtle and preserve your individuality so that you still look like yourself – just a more healthy, rested and relaxed version. As a way of knowing if your dermatologist is truly on the cutting edge and aware of the best new treatments, ask them if they



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# 20/20 Vision In 2023

By Jacqueline D. Griffiths, MD  
New View Eye Center

Who started this whole New Year's resolution idea anyway?

The New Year's celebration can be traced back to the ancient Babylonians over four thousand years ago. Back then, it took place in March to coincide with the spring planting season.

2023 is the year to see what you've been missing. A resolution is a goal, so plan to live in a progressive world without glasses or contact lenses. Laser vision correction is an outpatient procedure performed by an ophthalmologist that corrects nearsightedness, farsightedness, and astigmatism. A VISX S4 laser is used to re-contour and shape the surface of the cornea, enabling the eye to focus without glasses or contact lenses. The excimer laser is controlled by a computer and used by an experienced, well-trained surgeon so precise changes can be made to the shape of the cornea while touching only a small area of corneal tissue.

A preoperative evaluation can determine if you are a candidate for Lasik or PRK surgery. In general, candidates for Lasik or PRK should:

- Be at least 18 years or older.
- Have a stable prescription for one

year.

- Be nearsighted (myopia) -0.75 up to -14.00 diopters or farsighted (hyperopia) up to +4.00 diopters.
- Have astigmatism up to -4.00 diopters.
- Have healthy eyes.

100 percent of Lasik and PRK patients have improved uncorrected or normal vision.

The actual laser time is usually less than a minute and most patients are in and out of surgery in 15 minutes. The procedure itself is painless and patients are not put to sleep during the procedure. Very strong anesthetic eye drops are given about a half hour before the procedure and again immediately before the surgeon begins. Generally, most patients are quite comfortable within a very short time after Lasik and return to work the next day. Laser vision correction is very safe and with a low degree of risk.

Like DNA, or a fingerprint, your vision is unique. Traditional Lasik treatments were based on diagnostic technology similar to that used for the prescription of eyeglasses or contact lenses.

With the iDesign Advanced WaveScan Studio, individualized laser vision correction is now available. This diagnostic device maps the entire

optical path of the eye and provides precise and detailed information which the doctor calls your "fingerprint of vision."

The iDesign Advanced WaveScan Studio is combined with the Star S4 IR® excimer laser's exclusive technology providing you with a very precise treatment:

- Iris registration technology provides a noncontact, automated method to correctly align and center your treatment while allowing for instant re-registration in the event of intra-operative movement.
- Variable repetition rate (VRR) delivers Fourier-reconstructed shapes with optimized ablation time while minimizing thermal impact on the cornea.
- Variable spot scanning (VSS) technology incorporates an array of varying laser pulse diameters to ensure an accurate match between target and ablation shapes.
- ActiveTrak 3-D™ active eye tracking technology follows the eye's motions in three dimensions to capture more than 99.4% of eye movements.
- ActiveTrak™ automatic centering technology locates and automatically sets the treatment center in relation to the pupil center.



Jacqueline D. Griffiths, MD

**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 CK™, 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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### CHIROPRACTIC AND NUTRITION

Thomas K. Lo, DC, MA

A native of Hong Kong, Dr. Lo has been serving the Chantilly community since 1984. After he moved into Frederick Area, he graduated from the National College of Chiropractic in Lombard, IL and joined the Maryland Chiropractic Association and the American Chiropractic Association. He is a member of the American Academy of Clinical Nutrition and the International Academy of Clinical Acupuncture and a fellow of The American Academy of Anti-Aging Medicine. Dr. Lo is also a member of the Board of Directors for the Ballet Theater of Maryland and he was the attending Chiropractor for the World Cup Soccer Team of Argentina. He has been a member of the Maryland State Chiropractic Association for over 20 years and the American Chiropractic Association for over 30 years. He has received numerous prestigious certifications, including the American Board of Chiropractic Methods, Environmental Stress Management, low-level cold laser therapy, and an array of other modalities.

In his spare time, Dr. Lo remains active in the community. He volunteers at his church and plays basketball for the local YMCA team. He enjoys swimming and playing pickup ball at the local Frederick YMCA. On the weekends, Dr. Lo enjoys golfing and traveling. He has officiated nearly 200 wedding dekes in the office that you must see to believe! He gives back to the community by giving free health seminars and speaking at various events throughout the year.

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**SERVING MARYLAND & VIRGINIA Since 1990**

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

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

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

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

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

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

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

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

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# A Healthy Smile Means a Healthy Body



By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

In the past, it was quite common to hear “just pull it Doc” if your tooth had a cavity, gum disease, or caused pain. After all, you have 32 of them by the time you are a teenager. Surely, you can spare a few here and there. Well, as it turns out, even pulling your wisdom teeth may not be such a great idea if there is any chance that you can keep them. Each time a wisdom tooth is extracted, you end up with four square centimeters of a hole in your skull. That is a large hole, and it is highly likely that the bones in your skull will end up falling into that hole unless there is proper support during the healing phase.

*In the past,  
it was quite  
common to hear  
“just pull it Doc”  
if your tooth had a  
cavity, gum disease,  
or caused pain.*

Some dental practitioners have learned that if you pull teeth out for braces, you could end up compromising not only the airway, but the cervical spine as well. What happens with an excision (extraction) of a tooth is that the face tends to draw back, which puts pressure on the airway – it basically causes the face to collapse backward, thus closing the airway more. In addition, this effect of collapsing the face backward changes how the skull sits on the neck – the cervical spine. Now imagine that if the cranial bones are not level and you pull out a tooth. This could cause the skull to become more asymmetrical, which could lead to more head and neck pain. It’s all connected – if you pull a tooth, or two, or ten, this could mess up your whole

body. Sorry to be so technical, but hopefully you see the logic.

An awful analogy to this is that if you break your finger, you really do not want to amputate it, do you? It just does not make much sense. For some reason, human beings became complacent with the idea that you could just pull a tooth if it went slightly wrong. Today, of course things are different,

and we want to keep every bit of our body if possible. When you have a healthy smile, it not only affects your health, but it also affects your view on the world.

Speaking strictly from a cosmetic viewpoint, everyone is well aware that when you have a great smile, full of teeth, you are more likely to be confident about life in general and will

have a better outlook on the world. A healthy smile makes us more attractive to the rest of the world and more likely to interact with others – in a healthy fashion! Not to mention, when we feel better, the endorphins tend to flow more, and this uplifts our spirits greatly. Bottom line is that when you look good, you tend to feel good, and this means a healthier mind and body.

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

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

- D. Thomas

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

- Susan

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# My Hair Loss Is Destroying My Life – Help!

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

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

hair is as to how we see ourselves and our identity.

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

mirror after a certain amount of hair loss or even remove mirrors from their house.

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



Christopher and Devin Rosenthal

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

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

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

We had searched for a solution to help our clients that would be comfortable, have beautiful quality hair and most importantly look and feel natural. The solution is called a CNC by Cesare Ragazzi. We will custom design your CNC solution and actually scan your head to map out its dimensions, then have this solution created in Bologna, Italy specifically for you. It will be mapped to fit your head and we will choose the density, hair-strand size, color, length and hair texture. Because the hair is 100% virgin, we can custom color it to look however you like, so you can look modern, natural and beautiful.

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

By Karl A. Smith, DDS, MS

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

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

## The Causes and Symptoms Of Gum Disease

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

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

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

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

## Diagnosing Periodontal Disease

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

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

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

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

flossing cleans the spaces between teeth.

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

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

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

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

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

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

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

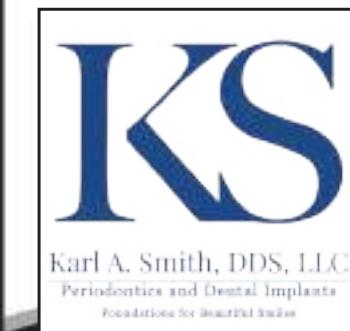


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**Periodontist**  
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By Yeji Lee, LAc  
Active Care Chiropractic & Acupuncture

The flu season is back and it seems to be worse than last year. Recently more and more patients have caught the flu, which is being called the worst flu in 12 years. Many students cannot go to school because of this bad flu. Even teachers are not available to teach their normal classes. So how can you avoid catching the flu? The answer is by boosting your immune system and strengthening your overall body condition.

These are some tips for boosting your immune system:

#### Keep Your Body Warm

Cold weather is one of the factors for the flu, so keeping warm is an important thing which you can do during your daily activities. This is not limited to wearing warm clothes but also for your eating habits. Spicy or hot food can help your body's circulation.

#### Eat Healthy Food

Do not forget to eat vegetables, which provide nutrition you are not able to make yourself. Also, tea is helpful to prevent cold, especially hot ginger tea and hot jujube tea. In Asia, people used to drink hot ginger jujube tea during wintertime to prevent cold.

#### Listen To Your Body

Your body is always trying to tell you about its condition. Do not ignore its voice. If you feel pain or have already caught the cold, you probably neglected its voice many times before. So be careful of your body's condition, and if there is something going on tell your health provider to help figuring it out.

What if the body warns you about your health condition? Then go to the hospital and maintain your immune system per your health provider's instruction.

There are several ways to boost your immune system in the clinic:

#### Acupuncture

Acupuncture will help your body's circulation and fix your health problems without medication. Also, it can manage your body's immune system to feel more energetic. This is

# Say Goodbye To the Flu

*The flu season is back and it seems to be worse than last year. Recently more and more patients have caught the flu, which is being called the worst flu in 12 years.*

the natural healing process that can help you heal more quickly.

#### Cupping

Although cupping marks can remain on your skin, these marks would erase itself in several days without pain. The most enjoyable part of cupping is relaxing the whole body and mind. At the same time it will boost your immune system without any pain

during and after treatment.

#### Moxibustion

Moxibustion will warm your body to help the body's circulation. There are many ways to do it, but the safest way is indirect moxibustion, or small weak version moxibustion.

#### Physical Therapy

Physical therapy is the common treatment of pain management which

can help your body to heal more quickly.

These are good maintaining treatments for your immune system. They can help your body feel more strengthened and at the same time can manage your health problems. If you follow these tips, you can avoid getting the flu this cold winter.



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# Get the Smile You've Always Wanted

By Michael Rogers, DDS  
Fairlington Dental

When your smile looks good, you feel good! The best combination of preventive care, tooth-colored fillings, and restorative techniques will bring optimum dental health. Modern smile makeovers are so easy (and affordable!) that there's simply no reason you can't have the perfectly beautiful, natural-looking smile you've always wanted.

## A Crown Restores a Damaged Tooth

Crowns are sometimes necessary to save a broken or worn-down tooth when a simple filling will not restore it to full functionality. A crown will save and even add strength to the damaged tooth. The most advanced materials are used to make your crown, which will look so natural you won't be able to distinguish it from a real tooth.

## An Affordable Alternative For Multiple Missing Teeth

For some patients who have one or more missing teeth, a bridge may be a suitable solution. Custom made with the same high-quality materials, a bridge is anchored on both sides with crowns and fills the gap for a return to function and comfort, as well as a full smile.

## For More Precise Impressions

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Michael Rogers, DDS

aligners, sleep appliances, and TMJ appliances, completely eliminating the uncomfortable tray and putty impression. What's more, iTero technology all but guarantees a perfect fit, so you spend less time at the dentist's office and more time enjoying your new smile.

## Smile Makeovers In As Little As Two Visits!

If you have misshapen teeth, unsightly gaps, or deep discoloration, our porcelain veneers may be the answer. This is quickly and painlessly altering crooked teeth so they look like they've had years of straightening. Veneers are thin, but very hard, sheets of the most advanced dental ceramic available. They are bonded to natural teeth in a way that makes the teeth appear straight and uniform, creating an attractive smile. Another common dental problem is chipped, cracked, or worn teeth. Veneers can be applied to the tooth to completely conceal the chip or crack and also to reshape a worn or misshapen tooth. The veneer is made to match the color of the surrounding teeth and looks completely natural.

## KöR™ Whitening – The Next Evolution In Teeth Whitening

Most whitening methods work extremely well in competent professional hands; however, even the best treatments sometimes don't work on severely stained teeth. An example of this is the staining you may have if you took the antibiotic tetracycline. But now, with KöR Whitening, even these severely stained teeth can go brilliantly white. If you've ever been disappointed in the results from other methods, you will be amazed at this technique.

## Professional-Quality Teeth Whitening – At Home!

Whitening your teeth just got much easier and faster. The patented GLO Whitening Technology™ system may be right for you. GLO stands for Guided Light Optic. You simply apply the GLO whitening gel to your teeth and use the GLO mouthpiece to activate the gel. The light and heat concentrate the power of the whitening gel. It only takes a few minutes a day, and in about five days you can have 3-5 shades of improvement. The best part? You can do it at home!

Schedule a cosmetic dental consultation today to discover how cosmetic solutions and teeth whitening can give you a brilliant new smile!

## Optimum Health Begins With Oral Health

## Dr. Michael Rogers Our Complete Health Approach

At Fairlington Dental, we understand the connection between a healthy

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

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

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By April Toyer, DDS, FAAPD  
Lifetime Dental Care

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

# Tips For a Healthy Smile This Holiday Season

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

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

are a few tips to follow during your holiday meals.

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

## Drink Water With Your Meal

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

## Avoid Dark Colored Foods

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

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

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

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

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*April Toyer, DDS*



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



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## Heather Callahan, PA-C

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

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

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

In 2020 Heather earned the highly prestigious honor of becoming a

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

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

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

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

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

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

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

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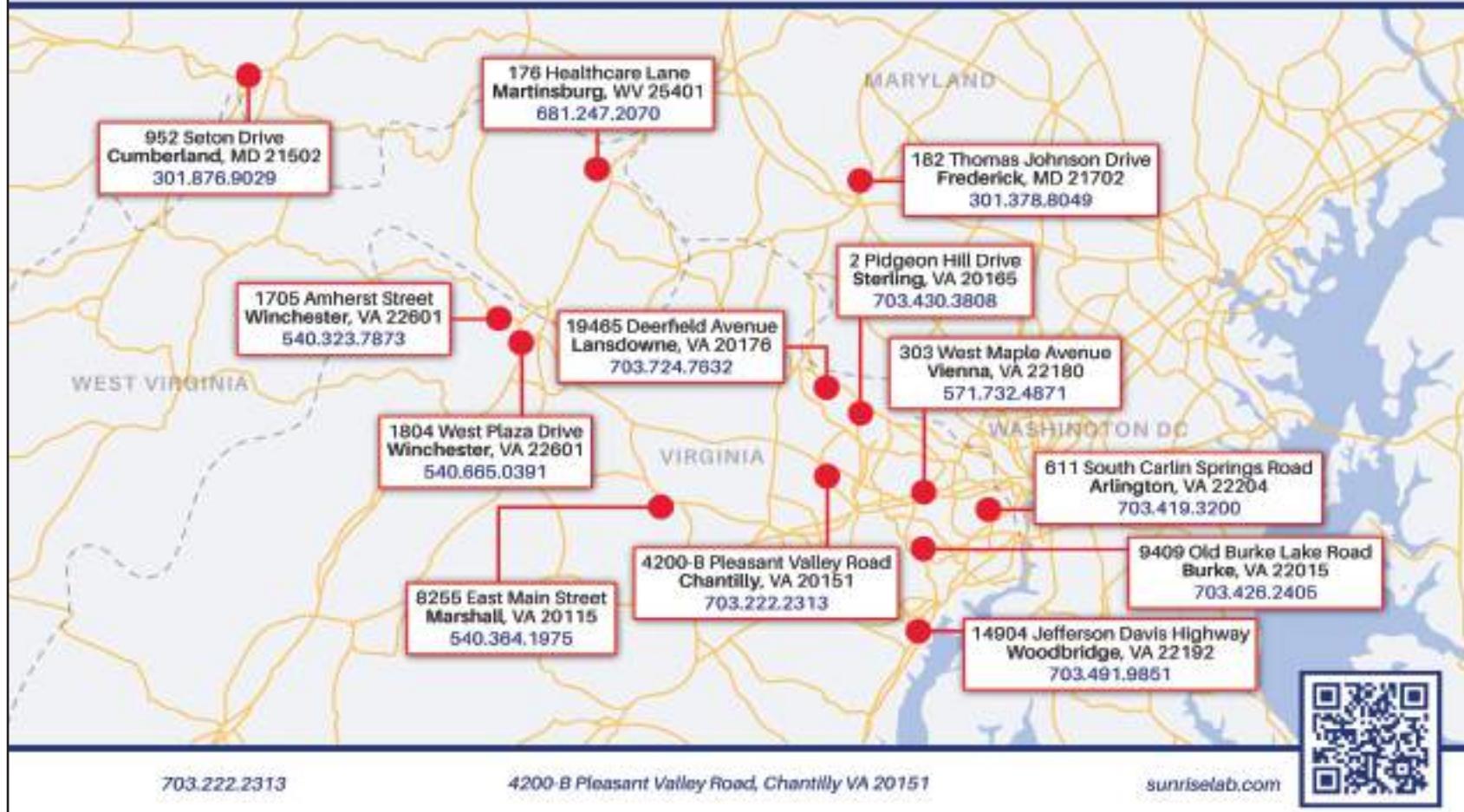
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By Richard Hughes, DDS  
Board Certified, American Board  
of Oral Implantology

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specifically, which is usually treated with a CPAP device or oral appliances, but can reduce the effects of sleep apnea and decrease the amplitude of snoring by means of a gentle, laser-induced tightening effect caused by the contraction of collagen in the oral mucosa tissue.

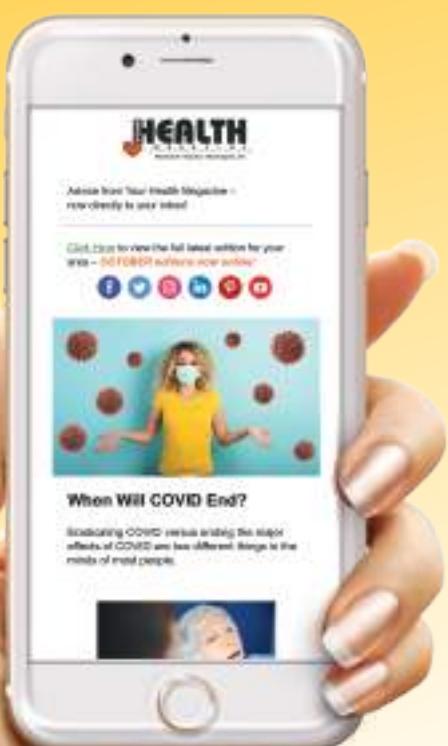
NightLase does not require surgery of the soft palate or uvula. The treatment takes usually three office visits over two months. An examination and radiographs are required prior to treatment for your evaluation. Dental and medical insurance does not cover the cost of the treatment.

NightLase works by rejuvenation of the fibroblasts in the soft palate thus stimulating the formation of collagen. Each treatment takes from 15 to 20 minutes and no anesthesia is required. The procedure is comfortable and you can resume your daily routine immediately afterwards. Results are often seen after the first session.

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# Original Tongue Rejuvenation® Permanently Cures Chronic Bad Breath

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

Bad breath comes from the bacteria that live on the tongue in a coating called a biofilm. The coating on the tongue is like a living organism, with

its own food supply and a protected living area. It is made up of millions of bacteria, food, dead skin cells, dead blood cells and other items that the bacteria use for their food supply. And the tongue keeps on accumulating bacteria

day in and day out, making odors every minute of every day. That's why people with bad breath only get partial relief or no relief at all no matter what they do.

The result of these bacteria digesting their "foods" is the production of



Richard A. Miller, DDS

their waste products – gasses that are the odors of bad breath. The three most abundant bad breath gasses are H<sub>2</sub>S or hydrogen sulfide, the smell of rotten eggs; CH<sub>3</sub>SH or methyl mercaptan, the smell of feces (yes, it is possible that someone's breath can smell like poop); and (CH<sub>3</sub>)<sub>2</sub>S, dimethyl sulfide, the smell of raw cabbage. Together, these odors make up the majority of bad breath and are what we smell from the mouths of people with bad breath.

Because a biofilm is interwoven among the anatomy of the tongue and among the taste buds, of which we have approximately 9,000 on our tongues, Original Tongue Rejuvenation® is the only technique that can remove it.

Why don't mouthwash, gums, mints, or tongue cleaners work? Here's why. Biofilms actually attach to the deepest areas of the tongue where none of these can reach. Due to the thickness of this coating, mouthwashes, toothpastes, and even professional strength products can only work on the top layers. For some people that is enough to work for an hour or more. But if you have chronic or severe bad breath, killing the top bacteria is not enough. In addition, a tongue scraper or tongue cleaner can only remove the top layers of coating. Original Tongue Rejuvenation® is a painless technique that removes the coating down to the base of the tongue- the deepest level and can only be performed with Biofilm Removal Instruments, invented and patented at the National Breath Center. Over the past 30 years, this technique has been 100% successful in eliminating chronic and severe halitosis.

Original Tongue Rejuvenation® is a painless, hands-on process only performed at the National Breath Center. The technique was invented by Dr. Richard Miller in 1993 and has been used successfully for thousands of patients since then. Once the biofilm and bacteria are removed, the tongue is restored to its natural balance and anyone can maintain this balance with just a few minutes a day.

So, if you are embarrassed by your breath, Original Tongue Rejuvenation® cures bad breath - guaranteed.

## EMBARRASSED BY YOUR BREATH?



**Do People . . .**

**Turn Away When You Get Close?**

**Rub Under Their Nose?**

**Offer You Gums or Mints?**

**Talk Behind Your Back?**

**Exclude You From Social Activities?**

## THERE IS A CURE FOR BAD BREATH!

**Original Tongue Rejuvenation® ELIMINATES THE CAUSE of Bad Breath so that YOU CAN LIVE THE LIFE YOU DESERVE!**

**We are so confident that we CAN CURE YOU  
we offer a MONEY-BACK GUARANTEE**

**LIVE THE LIFE YOU DESERVE TODAY!**

**National Breath Center®**

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

7115 Leesburg Pike, Suite #309, Falls Church, VA 22045 – 703-533-0926

# TREATING LIP AND TONGUE-TIES



What 3 things helped my struggling baby breastfeed?

Feeding a baby comfortably and efficiently is the most important aspect of a newborn's life and a precious experience for a new mom. A normal frenulum is a connective band bringing two soft tissue pieces together. In some cases, if that band connects too low or tight, it may result in a condition known as a Tongue-Tie or a Lip-Tie. These conditions can jeopardize the beautiful nursing relationship between a mother and her newborn.

## What 3 things helped my struggling baby breastfeed?

 1. **Excellent Lactation & Feeding Support** empowers parents with information and education regarding proper latch position, frequency and quantity of feeds, oral motor assessment for any restrictions or concerns regarding infant ability to effectively feed and an overall mental health support for a post-partum mom.

 2. **Skilled Frenectomy Provider** who is master of their domain in performing thorough and complete Waterlaser frenectomy of tethered oral tissues. They are an expert in oral motor function and assessment of all areas of the baby's mouth - lip, tongue, buccal ties.

 3. **Effective Body Work** recognizes the mouth and body connection and addresses muscle tension in the neck/shoulder/floor of the mouth and palate anatomy for effective seal, suction and stamina.

## A Collaborative Team approach

They say it takes a village to raise a baby and it is true! Often difficulties have several components and having a tie-savvy, supportive team to assist the baby as a whole and address all aspects can make the biggest difference!

## How Are Tongue-Ties and Lip-Ties Treated Today?

Thanks to the great advances in laser technology, healthcare providers that are educated on the laser's properties and why they are highly favorable in soft tissue procedures can provide a safe and complete release of the tissue. Waterlaser helps to provide desensitization, coagulation and cooling as it separates the tissue. The laser light beam is precisely controlled for the most thorough and safe procedure. Waterlaser virtually eliminates the need for scalpel, sutures, or anesthetic in infant frenectomy cases. The newborns we treat can feed immediately after the procedure for comfort. Moms report significant differences in personal comfort, baby's consumption, and efficiency while nursing or bottle feeding.

Breastfeeding should be a joy!

### Functional Issues

#### BEFORE



Lip Tie



Tongue Tie



- ✓ Shallow ineffective latch
- ✓ Gassiness/Reflux symptoms
- ✓ Poor weight gain
- ✓ Maternal pain / Mastitis

### Benefits of Laser Frenectomy

#### AFTER



No Lip Tie



No Tongue Tie



- ✓ No anesthesia
- ✓ No scissors or sutures
- ✓ Baby feeds immediately after

Dr. Rishita Jaju & Dr. Anh Dang  
Board Certified Pediatric Dentists

571-350-3663

11790 Sunrise Valley Drive, Suite 105  
Reston, VA 20191

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## Rishita Jaju, DMD

### Pediatric Dentistry



11790 Sunrise Valley Drive  
Suite #105, Reston, VA 20191

**571-350-3663**



### "Loved By Kids, Trusted By Parents"

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

#### Degrees, Education & Training

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

#### Experience & Expertise

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

#### Professional Memberships

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

#### In the Community

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

#### Personal Interests

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

### Smile Wonders (Pediatric Dentistry in Reston, VA)

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

**www.SmileWonders.com**

## Michael Rogers, DDS

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



4850 31st Street South  
Suite A, Arlington, VA

**703-936-4166**

### Meet Michael Rogers:

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

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

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

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



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## Vikram Chauhan, DMD

Dental Services You Can Rely On

112 Pleasant Street, NW  
Suite H, Vienna, VA

**703-281-2111**



### Meet Vikram Chauhan:

#### Degrees, Training, and Current Practice:

Vikram Chauhan, DMD was born and raised in Northern Virginia. Dr. Chauhan completed his undergraduate degree at VCU and earned a Masters of Biomedical Sciences from Rutgers University. He received his Doctor of Medical Dentistry from Tufts University School of Dental Medicine in 2018. After successfully earning a DMD degree, he went on to further his education at Marshall University in the General Practice Residency program. During his residency program, Dr. Chauhan was introduced to implant dentistry and has since not looked back. He has completed the Implant Pathway Continuum and the Doctores Valencia Surgery for Excellence course.

Upon completion of his education Dr. Chauhan knew it was time to return home to continue his growth in the dental profession. Dr. Chauhan feels extremely blessed to have found Dr. Rodney Mayberry who is a retired dentist in Vienna, VA ready to sell his practice to Dr. Chauhan. Dr. Mayberry is a Diplomate of the American Board of Oral Implantology and is eager to act as a consultant to Dr. Chauhan in all facets of implant dentistry. Dr. Chauhan is committed to becoming credentialed with the American Academy of Implant Dentistry and American Board of Oral Implantology. Dr. Chauhan was recently awarded Fellow status with the International Congress of Oral Implantology.

Dr. Vikram Chauhan would like to invite you, your family and your friends to come in for a complimentary evaluation. During this visit Dr. Vik (as his staff and patients like to call him) will examine you and offer his qualified no obligation opinion. It will include a 3-Dimensional CT scan x-ray and any other needed X-Rays he might need to give you a proper diagnosis. Dr. Vik and his staff are excited to meet you.

Awarded Fellow of International Congress of Oral Implantology

Member of Academy of General Dentistry and American Association of Implant Dentistry

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## Jeffrey L. Brown, DDS

**TMJ & Sleep Apnea Treatment**



2841 Hartland Road  
Suite #301  
Falls Church, VA

**703-821-1103**



### Meet Jeffrey L. Brown:

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

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

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

#### Degrees & Certifications

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

#### Outside the Office

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

#### Professional Affiliations

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

#### Do you have TMD or Sleep Apnea?

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

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

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...  
Call today to schedule a consultation with Dr. Brown: 703-821-1103.*

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

# Featured Health Professionals

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## Meredith Minix, Owner

*Have the  
Energy To  
Do What You  
Love!*



5597 Guinea Road  
Fairfax, VA

**703-250-5333**

### Meet Meredith Minix:

**YEARS OF EXPERIENCE** – 27 Years

#### CREDENTIALS

- Bachelor of Science Degree in Exercise Science and Commercial Recreation
- Certified in CPR, AED and Choking for Infants, Children, and Adults
- TRX Qualified Coach
- Kettlebell Certified
- Connective Tissue Massage Certified

Meredith is a native of West Virginia getting her start in exercise and wellness at a young age playing many sports throughout her youth and college career. Weight lifting and exercise became her passion during college when she realized the profoundly positive role that they had, and continue to have, on her mental health. She began teaching, training and educating clients in her early 20's, progressing into management and then ownership of her own studio. "Teaching and educating clients will always be a passion of mine. It is always amazing to see the changes that can be made to the mental, physical and emotional health with a little bit of exercise and proper nutrition."

#### In My Free Time I Like To:

As a business owner and single mom of 3, my free time is very valuable, but a limited commodity. I truly believe that without my physical and mental health, I can't be the Mom or the person that I want to be. So, if I'm not with my kiddos, I'm working on my own wellness goals. You can find me at a pool, in a gym, on a trail or road getting the workout of my choice. I also love to read, and whenever possible, I'm spending time outdoors at the beach or in the mountains.

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## LaSondra Gray, CMLSO, CNNC

*Cosmetic  
Dermatology,  
Aesthetics & Wellness*



44125 Woodridge Parkway  
Suite #220  
Lansdowne, VA 20110

**703-539-6002**



### Meet LaSondra Gray:

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

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

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

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

### THE WELLNESS CENTER AT REFLECTIONS

Clients that follow the Wellness Center at Reflections research based program under the guidance and direction of Dr. Lisa Majete are usually able to lose 3-5 pounds the first week and 1-3 pounds every week thereafter. Generally, with type 2 diabetics, we can assist in decreasing the amount of insulin use in 2-3 weeks. We can reverse disease and assist with ceasing medication in some cases.

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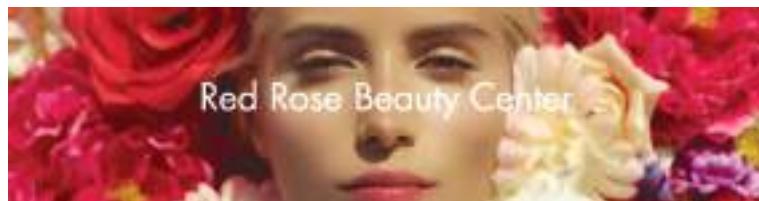
Local Professionals Empowering and Encouraging People To Live Healthier

## Nasser Sitta, MD

**Red Rose  
Beauty Center  
Med Spa**

462 Herndon Parkway  
Suite #101, Herndon, VA 20170

**703-646-2321**



Dr. Sitta is certified by the Aesthetic Advancements Institute (AAI) and performs minimally invasive Aesthetic procedures, including neurotoxin cosmetic injection, facial fillers, and Kybella. He is also Board Certified in Emergency Medicine and Internal Medicine.

At Red Rose Beauty Center, we offer non-surgical procedures in the Northern Virginia area that will give you a fresh look without the risks and costs of surgery or downtime. Quick and simple, these "lunchtime procedures" allow you to have the



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Laser Treatment

rest of your day free to get back to your busy lifestyle.

Please call for an appointment and meet Dr. Sitta in person for a free consultation.

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- Fillers
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- Xeomin



Three For Me

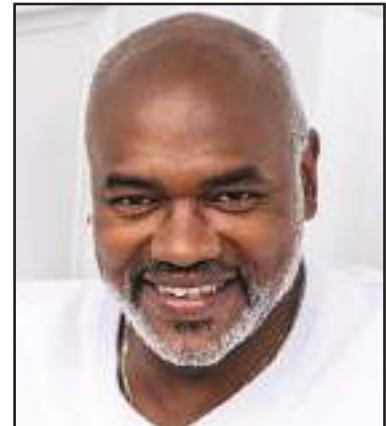
**[www.RedRoseCenter.com](http://www.RedRoseCenter.com)**

## Paul S. Thesiger, MD

### Plastic Surgery

5550 Friendship Boulevard  
Suite #110  
Chevy Chase, MD

**301-951-8122**



### Meet Paul S. Thesiger:

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

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

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

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

### SERVICES OFFERED INCLUDE:

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
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| Tummy Tuck                           | Microdermabrasion                     |
| Liposuction                          | Plasma Injections<br>for Rejuvenation |
| Face and Neck Lift                   | Facials                               |
| Carboxy Therapy                      | Vela Shape III                        |
| Stretch Mark Treatments              | AND MANY MORE SERVICES                |



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## Ginger Delph, Founder/CEO



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## Where Your Peak Performance Is Only A Drip Away

### Weight Loss Services

If you're looking to lose weight, Core IV is here to help. Weight loss can be very challenging and often isn't as simple as improving diet or exercising more, particularly when you want to target specific areas on your body. With our diverse selection of services, you can choose options that best fit your unique goals and lifestyle.

We recommend combining services for best results. Here are some of the services we offer so you can make an informed choice.

#### SHOTS

At Core IV, our clients love our Shot Bar, which includes a range of vitamin shots that help solve problems like low energy, anxiety, and stress. But some of them also supercharge your metabolism to help you burn fat. We prefer to offer shots rather than pills because the body better absorbs them — and does it faster.

Some of the best injections we offer for weight loss are LipoB12, semaglutide, Vitamin D, and MIC.

#### DRIPS

In addition to shots, Core IV also offers a variety of drips, with the NAD and cleanse/detox drips being the most effective for weight loss.



#### SERVICES

In addition to drips and shots, we offer services like vibration therapy.

\*\*\*\*\* Our services are meant to compliment and aid weight loss in addition to a nutritious diet and exercise. No weight loss is sustainable without proper diet and exercise. These statements have not been evaluated by the FDA \*\*\*\*\*

**CoreIVTherapy.com**

## Garima K. Talwar, DDS, MS

### Esthetique Dentistry

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### Advanced Dental Care

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### Meet Garima K. Talwar:

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Dr. Garima Talwar brings 25 years of experience in Full Mouth Reconstruction and Implant Dentistry to the DC Tristate area.

Her dedication to cosmetic and full mouth reconstructive dentistry has won her many patients and their testimonials are self evident of their life changing experiences. She has been recognized as one of the best Prosthodontists by Top Dentist' and *Washingtonian Magazine* and by her peers.

Dr. Talwar has been trained at leading centers in the world, including the US, England and India. She completed her training and masters in Prosthodontics from the School of Dentistry, University of Maryland. She is Assistant Professor at the Post Graduate Program of Prosthodontics at School of Dentistry, University of Maryland and Clinical Instructor in Prosthodontics and Oral and Maxillofacial Surgery at Johns Hopkins Hospital Baltimore, MD. She maintains her private practices in Virginia – Ashburn and Leesburg.



**EsthetiqueDentistryAshburn.com**  
**AdvancedDentalCareLeesburg.com**

# Featured Health Professionals

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## MEDICAL ONCOLOGY

### Paul Bannen, MD

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

**Medical Education:** University of Missouri-Columbia School of Medicine

**Internal Medicine Residency:** University of Texas Health Science Center

**Certification:** Internal Medicine and Medical Oncology

**Fellowship Training:** Georgetown University

18111 Prince Phillip Drive

Suite #327, Olney, MD

**301-774-6136**

9715 Medical Center Drive  
Suite #221, Rockville, MD

**301-279-7510**

22616 Gateway Center  
Drive, Suite C  
Clarksburg, MD

**301-685-6300**



## MEDICAL ONCOLOGY

### Frederick Barr, MD

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

**Medical Education:** Northwestern University Feinberg School of Medicine

**Residency:** Northwestern Memorial Hospital

**Board Certifications:** Internal Medicine, Medical Oncology



5454 Wisconsin Ave.  
Suite #1300  
Chevy Chase, MD  
**301-657-4588**

## MEDICAL ONCOLOGY



### Holly Dushkin, MD

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

**Medical Education:** Temple University School of Medicine

**Residency:** Temple University Hospital

**Fellowship:** Fox Chase Cancer Center

5454 Wisconsin Ave.  
Suite #1300  
Chevy Case, MD  
**301-657-4588**

**Board Certification:** Internal Medicine

## MEDICAL ONCOLOGY



### Chitra Rajagopal, MD

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

**Medical Education:** Madras Medical College

**Internal Medicine Residency:** Georgetown University

**Certification:** Internal Medicine and Medical Oncology

**Fellowship Training:** Georgetown University



## MEDICAL ONCOLOGY

### Frederick P. Smith, MD

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

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

5454 Wisconsin Ave.  
Suite #1300  
Chevy Chase, MD  
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**Medical Education:** St. Louis University (cum laude)

**Residency:** Georgetown University

**Fellowship:** Georgetown University

**Board Certifications:** Medical Oncology

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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Jacqueline D. Griffiths, MD

### Ophthalmology



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#### Degrees, Training & Certifications

Dr. Griffiths is a Board Certified Ophthalmologist. She received her undergraduate degree from Yale and her medical degree from the University of Michigan. She then completed her Ophthalmology residency at Georgetown University Medical Center.

#### Professional Memberships & Affiliations

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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"Keep Your Eyes Young and Healthy" by Dr. Jacqueline Griffiths, MD on Page 5

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#### Meet Julie Zhun Li Kaipat:

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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Lynda Dean-Duru, DDS

### Ashburn Children's Dentistry

44025 Pipeline Plaza  
Suite #225, Ashburn, VA

**703-723-8440**

info@kidzsmile.com



#### About Lynda Dean-Duru

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

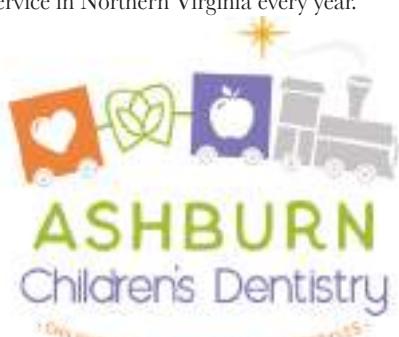
For Doctor Lynda, the pathway to dentistry started during her own childhood experience with a dentist's impact in her native Nigeria. As the eldest of nine children (including seven brothers), she witnessed a total transformation in the health of one of her little brothers after his aches and pains were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

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

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

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

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



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

## Krystle Dean-Duru, DDS

### Ashburn Children's Dentistry

44025 Pipeline Plaza  
Suite #225, Ashburn, VA

**703-723-8440**

info@kidzsmile.com



#### About Krystle Dean-Duru

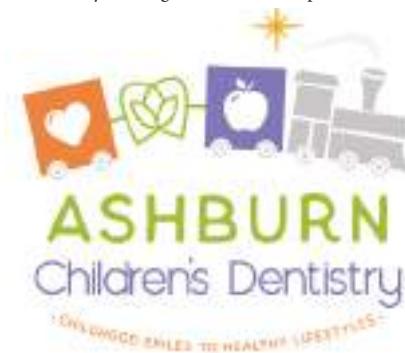
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn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

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

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

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

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



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

# Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

Studies of an investigational drug are underway to see if it may be effective in slowing the progression of Alzheimer's disease in people who carry two copies of a certain gene (APOE4) that increases the risk of developing it and other dementias.

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

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

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

## Volunteers Being Sought

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

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

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

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

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

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

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

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

"Our end goal is to help patients [by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 703-520-1000.



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



### Accurate Diagnosis

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

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

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hello@re-cognitionhealth.com

**Re:Cognition Health Fairfax** opened its doors in May 2018 is led by Neurologist, Dr. Scott Turner. Currently, the clinic is specializing in phase 2 and 3 pharmaceutical trials focused on finding a disease-modifying medication to treat those suffering from Mild Cognitive Impairment and Alzheimer's Disease.

The research team working under Dr. Turner is made up of a variety of professionals committed to the highest quality care and patient satisfaction.

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## Straighter Teeth With Invisalign



By Swathi Reddy, DMD  
All Smiles Orthodontics

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

Invisalign is manufactured and marketed by Align Technology, Inc,

which was founded in 1997 and received FDA clearance in 1998. Since then, this technology has been widely used as an alternative to traditional braces. Usually the treatment is covered by insurance the same way as traditional orthodontic treatment.

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

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

While eating, trays can be re-

Please see "Invisalign," page 39

## Why Are Feet Flat?



By Edward S. Pozarny, DPM  
Arlington Podiatry Center

point, pain may be felt and walking may become awkward as increasing strain is put on your feet and calves.

### Related Problems

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

### Medical History and Physical Exam

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

### Testing

If your problem is severe and a bone problem is suspected, x-rays may be needed. If other problems are suspected, magnetic resonance imaging

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

### Causes

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

### Symptoms

Discomfort from flat feet often doesn't appear for years. At some

Please see "Feet Flat," page 39

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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.



### **Jennifer Dao, MD**

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



### **Leah Fuchs, MD**

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



### **Jessica Van Looveren, MD**

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



### **Hampton Khanna, MD**

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



### **Sumeet Gupta, MD**

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

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# Exfoliation Is the New Cleansing Step

By Margarita Zorkina, Master Aesthetician, Alya Salon & Spa

Begging at puberty, skin's cellular turnover slows down significantly.

During infancy, cells are shed daily; during puberty, once every 10-14 days; and by the age of 30, once every two months. This dead skin buildup clogs

pores and increases the appearance of fine lines, wrinkles and discoloration. Exfoliating improves skin's appearance by unclogging pores to restore flow of natural moisture agents to the surface, ridding the surface of blackheads and debris and reducing potential breakouts, sloughing discolored skin cells to fade dark spots, reducing the appearance of pores and scarring, minimizing fine lines and wrinkles, clearing the surface to better absorb products, and stimulating skin to produce collagen and elastin.

Based on these benefits, exfoliation should be a regular part of every skin care routine and a primary step in every professional treatment.

## Types Of Exfoliation

Physical exfoliation manually removes dead skin using a hard matter to disrupt or scrub surface cells while chemical exfoliation utilizes hydroxy acids or enzymes to remove dead skin cells.

**Physical Exfoliation** – Micro-granules are ultra-fine particles derived from natural elements like seeds and crystals.



Margarita Zorkina

**Chemical Exfoliants** – Alpha hydroxy acids are derived from fruit, nuts, milk or sugar. Lactic acid and glycolic acid are among the most common.

**Mechanical Exfoliants** – Micro-dermabrasion uses a handheld device to sandblast skin with tiny particles and vacuum suction the dead skin away.

**Dermplaning** is a non-invasive procedure in which a blade removes excess vellus hair, and also exfoliates the epidermis by scraping the surface.

Combined exfoliating techniques improve the outcomes greater than stand alone techniques. Here are some general rules of thumb for selecting exfoliators when combining peels with mechanical treatment by skin type:

**Combination Skin** – Combined

Please see "Exfoliation," page 38

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# Open Season and Your Dental Insurance Coverage

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By Tontra Lowe, DDS  
Awesome Smiles Dental Care

determine if you need to make any changes or modifications to make 2023 your healthiest year.

There is so much information and misinformation passed along from one person to the next this time of year concerning the open season and what it really means for you and your family. As you conduct your research and decide what will work best, here are a few tips to help:

**Tip #1:** Know when the open season begins and ends with your employer. Open season, also known as open enrollment, is a specific time each year when employees can modify current insurance carriers and benefits, cancel insurance benefits, or sign up for insurance for the upcoming year. During open enrollment, you will have the best opportunity to ask critical questions

Are you tired of seeing open season or open enrollment commercials for Medicare and other insurance companies this time of year? Have you checked your medical, dental, or vision benefits lately? Your HR department may have already sent out several email reminders regarding when the open season begins with your company. Now is the perfect time to

Please see "Coverage," page 36



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with them during the procedure. Also a plus for older patients or those with dementia. Sedatives are usually unnecessary so you can go back home or work immediately after your scan.

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Board of Dental Sleep Medicine Diplomate  
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By Shari Salartash, DDS, MAGD  
Dynamic Dental Wellness

Are you seeking healthy holiday advice to maintain a clean, healthy mouth? It's crucial to make sure you follow the right procedures to prevent gum disease or tooth decay, especially once the holidays arrive. Everyone indulges in sweet seasonal goodies as the days grow shorter and the fall season arrives. There are numerous events in the upcoming months, including Christmas, New Year's Celebrations, Valentine's Day and more – all of which will feature fantastic cuisine and delectable sweets. Read this article to learn how to keep your teeth clean.

## Brushing Properly

Even if it's the holidays, you still need to continue brushing your teeth. You may have a clean, fresh smile by brushing your teeth at least twice a day to remove food particles and plaque. After consuming any holiday desserts, be sure to wash your teeth. You should also set up an appointment with a den-

tal specialist for a checkup.

## Eating Fresh Fruits

There will undoubtedly be an abundance of desserts and sugary foods everywhere you go over the holidays. This is why it's crucial to counterbalance those sweets with healthier alternatives, like fruit. Fruit is a great substitute for traditional holiday desserts because it still retains a sweet flavor while being healthful.

## Drinking Water

Your teeth and mouth will benefit from several aspects of water. Water can help you breath better, treat indigestion, and more. It can also remove new bacteria that accumulates in your mouth.

## Not Eating Hard Food With Your Teeth

Around the holidays, you could indulge in a variety of hard foods and sweets that are bad for your teeth. You must take care to avoid damaging your teeth by shattering objects with your teeth. Hard candies and nuts can damage your teeth and even the nerves in your teeth. If eaten improperly, the rough surface of most nutshells and hard candy can severely harm teeth and gums, so it is imperative to follow the necessary procedures to protect your teeth.

## Don't Snack Continuously

Try to not snack continuously during holidays. Every time you snack, the mouth gets acidic. The more acidic the mouth gets the higher chance of tooth and gum disease.

# COVERAGE

FROM PAGE 34

be significant.

**Tip #3:** If your favorite dentist is becoming an unrestricted provider with your insurance carrier, as seen more frequently in this post-COVID environment, make sure you have in and out-of-network benefits to help cover your dental expenses.

Take advantage of the opportunity to update, change, or sign up for dental insurance during this open-season period. Remember, your decision will profoundly impact what is covered or not for the next full year. Do your research based on what treatment you need and make the best decision for your mouth and overall health. You, and your family, are worth it.

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# NATURAL SKIN

FROM PAGE 4

serve as a Principal Investigator on FDA studies to bring these treatments to our country, teach at the Dermatology and Plastic Surgery Academies, and publish scientific papers. These are all indicators of a real expert.

Healthy skin and hair begin with at-home treatment... but we need to look for proven science. Better to invest in what's actually in a skin cream or hair lotion than to pay for fancy packaging and expensive celebrity endorsements. Leading dermatologists are researchers who identify key ingredients that can truly turn the clock back, by stimulating new skin collagen and elastin or reducing hair shedding. Dermatologist-dispensed skin care includes medical-grade antioxidants, growth factors, retinoids, peptides, DNA repair, vitamins A, C and E, hyaluronic or glycolic acid, and other scientifically proven active ingredients.

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

The next step can be to consider non-surgical procedures - with the key being to look natural at all times. This article by an independent journalist has excellent information on some new, no-down time treatment options and combinations that you can discuss with an expert dermatologist:

<https://www.realself.com/news/botox-or-fillers-first>

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

**Platelet Rich Plasma (PRP):** Sometimes known as the Vampire Face Lift, this harnesses your body's own restorative power to naturally treat wrinkles, scars, pigmentation – and also hair loss. Many stars, including Kim Kardashian, Bar Refaeli and Rupert Everett, have spoken out about their use of PRP to maintain youthful skin and hair.

**Body Contouring:** Exilis Ultra, a state-of-the-art, no-downtime laser that combines radiofrequency and

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

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

**Beyond Botox:** Expert treatment with the four available muscle relaxers – Botox, Dysport, Xeomin and Jeuveau – safely smoothes out your frown lines, forehead wrinkles, crow's feet, and lines around your mouth and neck. Gwyneth Paltrow, Vanessa Williams and Brooke Shields are among many who have publicly spoken about their positive experiences.

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

**Expert Tip:** The American Board of Medical Specialties recognizes board certified dermatologists and plastic surgeons as the core aesthetic specialists who are appropriately trained to perform cosmetic procedures. Some European countries now have patient

safety laws that allow only dermatologists and plastic surgeons to perform cosmetic procedures independently.

As we look with anticipation towards a new year, today's treatments in expert hands empower us to reflect outwardly the good health, energy and vitality we strive for internally. Consulting a qualified expert removes the fear of looking unnatural or experiencing a complication after a procedure.

The final and very important

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

## FEET FLAT

FROM PAGE 32

(MRI) or computerized tomography (CT) may be done, which reveals cross-sectional images of soft tissue and bone.

### Treatment Methods

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

### Nonsurgical Care

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

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

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

### Surgery

If your flat feet cause chronic pain, surgery may be needed to correct the alignment of the bones in your feet,

or to support or reinforce the tendon structures in your feet.

### What Can I Do About Flat Feet?

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

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

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

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

## EXFOLIATION

FROM PAGE 34

chemical and mechanical exfoliation is perfect for this skin type. A glycolic acid chemical peel prior to mechanical exfoliation diminishes oil in the T-zone and removes surface debris, discoloration, and dry skin patches.

**Acne** – A mechanical exfoliator may be too rough for irritated skin and can potentially spread bacteria, making breakouts worse. Prior to microdermabrasion, a chemical peel with a beta hydroxy and glycolic acid combination can reduce inflammation and kill bacteria without transepidermal water loss or over-drying skin.

**Oily Skin** – Traditionally, oily skin tolerates exfoliation well, so a peel in advance of mechanical exfoliation will allow a deeper penetration and resurfacing.

**Dry Skin** – Dry skin is less ab-

sorbent of moisture-bearing ingredients, therefore, a pre-peel preparation removes dead skin cells on the surface, providing better absorbency and improved penetration. Glycolic acid is preferred because it has a smaller molecular size for penetration into dry skin and does not cause transepidermal water loss.

**Sensitive Skin** – A combined protocol of pre-peel actually opens up the opportunity for sensitive skin types to be candidates for mechanical exfoliation. By using a light alpha or beta hydroxy acid peel before the procedure, the skin care professional can apply much less pressure and choose the lowest settings for a great outcome.

**Photoaged Skin** – A chemical peel of glycolic acid will slough off dull, sun damaged skin cells as well as boost collagen production while minimizing dark age spots.

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# INVISALIGN

FROM PAGE 32

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

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

is created from these impressions.

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

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

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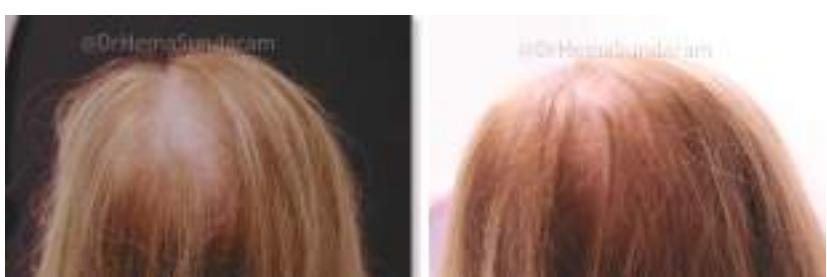
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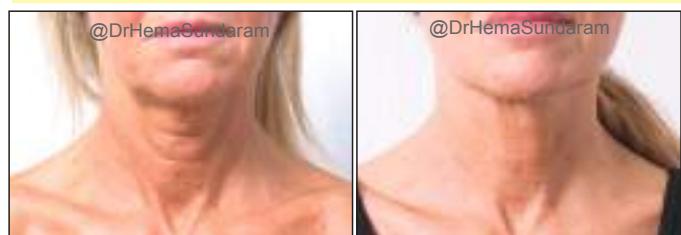
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Your skin is the largest organ in your body and, together with your hair and nails, the mirror of everything that's happening internally. After over twenty years as a fellowship-trained, Board Certified dermatologist and as a cosmetic surgeon, I am 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.

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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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**703-820-1015**

#### FAIRFAX

8501 Arlington Blvd., #110 • Fairfax, VA 22031  
**703-205-1919**

#### HERNDON / RESTON / STERLING

102 Eilden St., #12 • Herndon, VA 20170  
**703-581-8999**

#### MANASSAS

8609 Sudley Rd., #102 • Manassas, VA 20110  
**703-366-3626**

#### MOUNT VERNON

2616 Sherwood Hall Ln., #104 • Alexandria, VA 22306  
**703-704-5771**

#### SPRINGFIELD (BACKLICK RD.)

5501 Backlick Rd., #118 • Springfield, VA 22151  
**703-750-1204**

#### SPRINGFIELD (BLAND ST.)

6812 Bland St. • Springfield, VA 22150  
**703-451-3494**

#### TYSONS / VIENNA

8206 Leesburg Pike, #402 • Vienna, VA 22182  
**703-356-3470**

#### WOODBRIDGE / OCCOQUAN

13590 Jefferson Davis Hwy. • Woodbridge, VA 22191  
**703-492-5050**

#### WOODBRIDGE / SMOKE TOWN

13854 Smoketown Rd. • Woodbridge, VA 22192  
**703-670-9935**

**Hours of Operation:** Alliance Physical Therapy is open Monday through Friday from 7AM to 7PM with Saturday hours by appointment only. Hours vary by location. Please check with individual clinic if you have questions.