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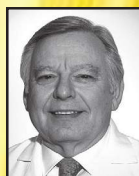
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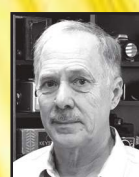
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By Deeni Bassam, MD, DABPM
The Spine Care Center

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

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

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

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

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

Chronic pain has been shown to have significant negative effects on the human body and mind. These effects

The Effects Of Pain

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

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

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

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

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

of the patient in many places and in many ways along the pain continuum.

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

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

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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Natural Skin and Hair Health Tips For 2024



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

Every celebrity we know has rigorous skin, hair and beauty regimens, yet claims their ageless look is due to healthy eating and living!

Of course, it's a necessity to look good, even under the harsh glare of studio lights and high-definition cameras. Celebrities aren't always the best example, as they can look unnatural and "overdone" if they had drastic surgery. Those who look as if

they are aging gracefully are using state-of-the-art strategies that help reverse the effects of aging without surgery. 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 skin health 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. Many new beauty

Please see "Tips For 2024," page 46

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

- Dermatitis (Eczema)
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What Is Glaucoma?

By Jacqueline D. Griffiths, MD
NewView Laser Eye Center

More than 2.2 million Americans age forty and older have glaucoma, but one half may be unaware they have this potentially blinding disease because they have no symptoms. Glaucoma is a condition in which the optic nerve becomes damaged over time. It is usually associated with elevated pressure inside the eye and can lead to slow progressive blindness. The exact cause of primary, open angle glaucoma, the most common form of the disease, is uncertain. However, some of the other forms of glaucoma may occur along with other abnormalities of the eye.



The optic nerve is a bundle of more than 1 million nerve fibers. It connects the retina, the lightsensitive layer of tissue at the back of the eye, with the brain. A healthy optic nerve is necessary for good vision. Open-angle glaucoma gets its name because the angle that allows fluid to drain out of the anterior chamber is open.

However, for unknown reasons, the fluid passes too slowly through the meshwork drain. As the fluid builds up, the pressure inside the eye rises. Unless the pressure at the front of the eye is controlled, it can damage the optic nerve and cause vision loss.

At first, open-angle glaucoma has no symptoms. Vision stays normal, and there is no pain. As glaucoma remains untreated, people may notice that although they see things clearly in front of them, they miss objects to the side and out of the corners of their eye.

Without treatment, people with glaucoma may find that they suddenly have no side vision and it may seem as though they are looking through a tunnel. Over time, the remaining forward vision may decrease until there is no vision left.

Although anyone can get glaucoma, some people are at higher risk than others. They include

- African Americans over age 40
- Everyone over age 60
- People with a family history of glaucoma

High eye pressure puts you at risk for glaucoma. It may not mean that you have the disease. Whether or not you get glaucoma depends on the level of pressure that your optic nerve can tolerate without being damaged. This level is different for each person. Although normal pressure is usually between 12-21 mm Hg, a per-

son might have glaucoma even if the pressure is in this range. That is why an eye examination is very important.



Normal Vision



Glaucoma

Although you will never be cured of glaucoma, treatment often can control it. This makes early diagnosis and treatment important to protect your sight. Most doctors use medications for newly diagnosed glaucoma; however, new research findings show that laser surgery is a safe and effective alternative.

If you are being treated for glaucoma, be sure to take your glaucoma medicine every day and see your eye care professional regularly. You can also help protect the vision of family members and friends who may be at high risk for glaucoma. Encourage them to have a comprehensive eye examination at least every two years. Remember, vision already lost due to glaucoma cannot be restored and, if left untreated, glaucoma can lead to blindness.



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"

Washington Post Magazine

Voted
"Top Ophthalmologist"

*Washingtonian Magazine
& Northern Virginia Magazine*

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

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

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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Finding Balance and Healing With MeTime

Submitted by
Me Time Healing

FOMO (Fear Of Missing Out)

FOMO, or the fear of missing out, has become a prevalent phenomenon in today's society. With the rise of social media and constant connectivity, people are constantly bombarded with images and updates of others' lives, leading to a fear that they are missing out on something important or exciting.

Social media platforms like Facebook, Instagram, Twitter, and Snapchat provide users with constant updates and glimpses into the lives of others. This constant exposure to the activities, events, and experiences of others can trigger feelings of anxiety, envy, and inadequacy in individuals who fear missing out on something exciting or important. Social media platforms often showcase the highlights of people's lives, such as vacations, parties, achievements, and social gatherings. Seeing these curated and idealized versions of others' lives can create a sense of pressure to keep up, leading to FOMO. People may feel compelled to attend every event, try every new trend, or constantly be connected to their social media feeds to avoid feeling left out.

Video game addiction can also lead to FOMO as individuals may feel anxious or fearful of missing out on in-game events, rewards, or social interactions with other players. This can create a strong compulsion to constantly play and stay connected to the gaming world, even at the expense of other activities or responsibilities.

Seeing others' achievements, progress, or social interactions in games can trigger feelings of inadequacy or the fear of being left behind, leading to an increased desire to play and keep up.

Both video game addiction and FOMO can have negative impacts on mental health, including increased levels of stress, anxiety, and social isolation. It is important for individuals to be aware of these potential risks and to establish healthy boundaries and habits when it comes to gaming and social media use.

It can be helpful to:

1. Set limits on gaming time and establish a healthy balance between gaming and other activities.
2. Practice self-care and engage in offline activities that bring joy and fulfillment.
3. Seek support from friends, family, or mental health professionals if addiction or FOMO becomes overwhelming.
4. Practice mindfulness and self-reflection to understand the underlying motivations and triggers for excessive gaming or FOMO.
5. Consider taking breaks from social media or gaming to reduce exposure to triggers and to focus on personal well-being.

It is important to remember that everyone's experience with video game addiction and FOMO is unique, and seeking professional help may be necessary for some individuals.

dividuals.

MeTime Healing Platform provides a space for individuals to disconnect, recharge, and prioritize their own well-being. By embracing JOMO (Joy of Missing Out) and finding joy in missing out, individuals can find healing, personal growth, and a sense of balance in their lives.

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The Impact Of Ozempic and Wegovy On Facial Hollowing and Volume Loss

By Mark Domanski, MD
Bluemont Plastic Surgery

Diabetes medications such as Ozempic and Wegovy have become popular for weight loss. Similar medications include Mounjaro, Trulicity, and Saxenda. Recently, Oprah Winfrey, who turns 70 in January, admitted that she is using a weight loss medication for maintenance.

Weight loss is often celebrated for its numerous health benefits, including reduced risk of chronic diseases like diabetes and hypertension. While patients are excited for their weight

loss, they are often unprepared for the impact on facial aesthetics. Shedding excess pounds can lead to facial hollowing and loss of volume, causing individuals to appear older and tired.

Physiological Changes

When an individual loses a significant amount of weight, it affects the distribution of fat in the body, including the face. Facial fat pads, which contribute to a youthful and plump appearance, diminish with weight loss. Additionally, the reduction in overall body fat leads to a decrease in subcutaneous fat beneath the skin, which can

result in a hollowed and deflated look.

Loss of volume in the mid-face is particularly common after the use of Ozempic or Wegovy. Fat deposits in the cheeks and around the eyes diminish. These physiological changes can be disheartening for individuals who are excited about their weight but left with facial features that do not reflect their newfound vitality.

Plastic Surgery Solutions

Plastic surgery offers effective solutions to address the facial effects of weight loss, helping individuals regain



Mark Domanski, MD

confidence in their appearance. Some common procedures that target facial hollowing and volume loss include:

1. Radiofrequency (RF) Microneedling:

- Electrical energy is delivered under the skin using a fine probe. This stimulates collagen production and remodeling that can help tighten skin. RF Microneedling is a popular minimally invasive treatment with minimal downtime. Patients may return to work the same day. Three treatments are often the sweet spot required for optimal results.

2. Dermal Fillers

- Injectable dermal fillers, such as hyaluronic acid-based products, can be strategically injected to replenish lost volume. Common areas to target are the cheeks and nasal labial lines.
- These fillers provide immediate results, making them a popular choice for individuals seeking a non-surgical approach to facial rejuvenation. There are some longer acting fillers such as Sculptra that are FDA approved specifically for facial fat loss (lipoatrophy).

3. Facelift Surgery

- Facelift surgery addresses sagging skin and muscle laxity in the lower face and neck.
- By lifting and repositioning tissues, a facelift can restore a more youthful contour to the face and neck, effectively reversing the signs of aging associated with weight loss. For patients with larger amounts of weight loss, fat grafting is added to a face lift for added volume restoration.

Conclusion: Medical weight loss through Ozempic and Wegovy is rapidly gaining popularity. However, the associated loss of facial volume can lead to unwanted changes in facial aesthetics. Facial hollowing can be effectively addressed through various procedures including RF Microneedling, dermal fillers, and facelift surgery.

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- Joseph Brooks, GW patient

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Healthy Mouth Equals Healthy Body

By Karl A. Smith, DDS, MS

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

The Connection Between Mouth and Body

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

Periodontal Linked Diseases

Periodontal disease is linked to diabetes, as both a cause and exacerbating factor. Studies have shown that treating periodontal disease can improve blood sugar, and just going in for regular cleanings improves diabetic control. There is also a strong association between periodontal disease and low birth weight babies. Studies have found periodontal bacteria in amniotic fluid. When bacteria get into the mouth and travel to the bloodstream they elevate prostaglandins, the same inflammatory markers that stimulate uterine contractions, causing early labor. Since pregnant women are more likely to get gingivitis because of elevated hormone levels, it's crucial that they pay attention to dental care. Periodontal disease can be a factor in lung disease as well. Bedridden elderly patients who don't or can't take good care of their teeth can breathe in bacteria, which can cause pneumonia. People with COPD need to be especially careful to avoid periodontal disease since their lungs have a reduced capacity to fight off infection.

Dentists With Super Powers

Periodontists are dentists who specialize in the treatment and pre-

vention of periodontal (gum) disease. They are experts in the treatment of oral inflammation, plaque and bacteria as they receive extensive training in these areas during their three additional years of education beyond dental school, plus continuing education throughout their careers. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease, and are trained in performing cosmetic periodontal procedures, and dental implants.

How to Get a Healthy Mouth and Body

Remedying gum disease may help

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

- Have a high risk for periodontal diseases.
- Have heart disease, diabetes, respiratory disease or osteoporosis, or are thinking of becoming pregnant.
- Have a family member with periodontal disease. Research suggests

that the bacteria that cause periodontal disease can pass through saliva, which puts children and couples at risk for contracting the periodontal disease of another family member.

- Have a mouth sore or irritation that does not get better within two weeks.
- Take control of your preventative dental health. Make an appointment for a periodontal evaluation with an experienced periodontist today. Taking care of your teeth and gums will not only help enhance your smile, but will help you maintain your overall health.



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Revolutionizing Healthcare At Home



By Amer Mian, CEO
Rio Medical Supplies

In the ever-evolving landscape of healthcare, a profound shift towards patient-centered care has given rise to the widespread utilization of home healthcare equipment and supplies. These tools not only facilitate recovery but also empower individuals to manage their health conditions within the comforting confines of their homes. Among the essential components are oxygen concentrators, nebulizers, CPAP machines, home hospital beds, and a spectrum of rehabilitation equip-

ment, each offering unique benefits to patients.

Let us take a closer look at some of the equipment which can be used by the patients at home

Oxygen Concentrators & Nebulizers

Home oxygen concentrators serve as a lifeline for individuals grappling with respiratory conditions. Extracting oxygen from the surrounding air, these devices provide a continuous and reliable supply, promoting independence and significantly enhancing the quality of life for patients managing conditions such as COPD or asthma.

CPAP Machines

Continuous Positive Airway Pressure (CPAP) machines have revolutionized sleep apnea treatment. By maintaining a steady flow of air to keep airways open during sleep, these devices ensure uninterrupted breathing, improving sleep quality and reducing daytime fatigue, thus mitigating the risk of associated health issues.

Please see "Healthcare," page 47

Dieting and Exercising and Not Seeing Results? *It Could Be Imbalanced Hormones!*

Submitted By
BeBalanced Leesburg

If you're like most of the women who walk through our doors, you've tried everything to lose weight. You're eating right, working out at the gym faithfully and yet, the scale isn't moving.

You try eating less, swear off carbs, and increase your exercise - only to be left feeling burnt out, and defeated. You might also be feeling hopeless, like nothing will ever work.

What's worse, you might also not be sleeping well, your mood is all over the place, your focus is cloudy, you're snapping at your kids or husband, and don't know why.

So, you go to your doctor who might tell you, "It's just your age," or "This is a normal part of getting older." Maybe you are recommended medications to help you lose weight, birth control to help your PMS, synthetic prescriptions to help your hot flashes, or antidepressants to help your anxiety - all which come with a long

list of negative side effects.

But you know your body. You know something is "off," and you want to take a more natural approach, but you don't know where to start. BeBalanced can help!

Is Stress Inhibiting Your Ability To Lose Weight?

Hormones impact everything in your body, including your weight. Every aspect of your metabolism is regulated by hormones. So, no matter how much you exercise or what you eat, if your hormones are out of balance, losing weight will be a struggle.

Why? Stress! Like most Americans, you are bombarded with stress daily. Stress from work, finances, a busy family life - the list goes on and on. Not only does stress impact your mental well-being, but it can also wreak havoc on your hormones.

Aside from the traditional forms of stress we experience daily, there are other sources of stress that can

Please see "Dieting," page 47

Balance Hormones Naturally,
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improve mood, sleep, energy, and more.

This year, be done with...

- ✓ Fighting against your body.
- ✓ Exercising and NOT losing weight.
- ✓ Being told "it's your age."
- ✓ Thinking it's your fault when it's imbalanced hormones!

"Before BeBalanced, I had been doing a bootcamp for at least seven months, going three to five days a week, and I didn't lose a single pound. I was beyond frustrated. I decided to try the BeBalanced program, and in just a month, I lost 16 pounds. I was amazed. Not only did I lose weight, but I feel so much better. My sleep has improved, my mood is so much better, and I feel so much healthier. Balancing my hormones was the key."

- Deanah M.



Deanah Lost 16 lbs!*



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To a Happy and Healthy Holiday Season

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It is the time of year when we wish our friends and family all the best. We do, however, tend to overindulge and this can be a trying time for those people who want to improve their health and wellbeing.

An invitation to a buffet dinner can most certainly undermine your efforts to lose weight and improve your health. You can still stay healthy by paying attention to your surroundings and by being aware of what is put in front of you.

For the person suffering from TMD (Temporomandibular Disorder)

it's even more difficult to stick to the required dietary plan of soft foods. It is really critical that you do not eat things that could put undue pressure on those damaged or displaced discs. Although you are eating the soft cookies, mac and cheese, and mashed potatoes, they really are not going to keep you in good shape. The diet plan



Jeffrey L. Brown, DDS

we provide at our office is the ideal way to go. The recipe book is chock full of foods that provide good nutrition while protecting the joints from over exertion.

Another aspect of staying healthy during the holidays is to make sure you exercise. Sure, the holidays mean it's time to take a break, relax, eat, and enjoy! But, for so many people who suffer with TMD, exercise is an essential part of maintaining their health and wellbeing. All you need to do is get out there and walk at least once a day. Getting fresh air and moving around is what our bodies are designed to do, so just do it! This walk also helps those patients who are trying to get their sleep cycles back on track. Getting sun exposure helps your circadian rhythm. A BIG must for sleep issues.

Lest we forget, being healthy also means keeping hydrated during the holidays. This means that whatever your body weight is in pounds, you need half that amount in ounces to determine your daily water intake. Water is ideally a good choice but milk and milk alternatives, fruit and herbed infused water, or sports drinks are also hydrating. Hydration is a key component to avoiding symptom flare-ups of TMJ, your joints and muscles to function and avoid inflammation and pain. For sleep issues, extreme fatigue or just plain discomfort makes it harder to sleep. Remember, sleeping in itself is dehydrating.

Best of all and the easiest, a smile. Did you know that a smile really does make you happier? That's right, if you can put on a smile and really mean it, this stimulates the endorphins in your body to help you feel better. Better yet, you are also making someone else feel good. Maybe this is why the holidays help us. Family and friends and having some fun with all positive emotions.

From all of us at Sleep and TMJ Therapy, to all our friends, families, and patients out there, we wish you a Safe, Happy, Healthy Holiday Season!

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- Orthodontics

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

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

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



Jeffrey L. Brown, DDS

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



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Whiten Your Child's Teeth Naturally

By April Toyer, DDS, FAAPD
Lifetime Dental Care

Permanent teeth have a naturally more yellow hue than their baby predecessors. Tooth whitening is generally not recommended for children until their adult teeth are fully erupted. At about the age of 14, the nerve tissue in a child's permanent teeth has finally

developed and bleaching is safer at this time.

Bleaching too early can lead to tooth sensitivity and is often contraindicated due to concerns with cavity control and hygiene concerns. In some circumstances bleaching in children may be permitted with



April Toyer, DDS, FAAPD

low carbamide peroxide concentrations and only under a dentist's care.

Although bleaching may not be in the cards for your child check out these natural tips and tricks to keep that smile looking bright.

Avoid dark foods and drinks.

The first few weeks after your whitening procedure your teeth are more susceptible to picking up stain. Anything that can stain your shirt can also stain your teeth. Red wine, teas, dark sodas, dark juices and cigarettes can all seep into the newly opened tubules of your teeth and cause them to discolor rapidly.

Eat teeth cleansing foods. Teeth can be naturally cleansed by foods that are firm and crisp such as apples, carrots and celery. When you can't get to a toothbrush this is a great alternative

Don't forget to rinse. Water is nature's great neutralizer. After consuming dark substances rinse with water to cleanse your mouth of dyes and other food debris.

Eat more strawberries. The malic acid contained in strawberries has natural properties that contribute to tooth whitening.

Gargle with apple cider vinegar. This can be done before brushing. Vinegar is a natural cleansing agent that can help remove stains, kill bacteria and also whiten your teeth.

Brush with baking soda. In addition to normal brushing, using baking soda once a week can help keep your teeth sparkling. The abrasives in baking soda can help remove surface stain and maintain your pretty white smile. Make sure you do not swallow the baking soda or brush too harshly.

Attend regular check-ups. Sometimes the plaque or build up on your teeth can harden and form tartar. Additional debris on your teeth can be magnets for stain. Discoloration can often be signs of injury, decay or an altered internal make of the tooth structure. Make sure that you attend your check up every six months to remove excess build up and evaluate your whitening success.

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Jennifer Dao, MD

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



Leah Fuchs, MD

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



Sumeet Gupta, MD

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



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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.



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



Hampton Khanna, MD

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



Bethany Karwoski, MD

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

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By Michael Rogers, DDS
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Please see "Get the Smile," page 47

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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!

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Seven Ways To Save Your Health



By Erik A. Ward, DC, CSCS, CCSP
NOVA Pain and Rehab

Did you know that making slight alterations in your everyday habits can have a huge effect on your chances of acquiring a life threatening disease, and other health problems?

Whenever you are stressed over work issues, skip out on needed exercise or push your vegetables to the side of your plate, your body pays the price. Hypertension, adult-onset diabetes, cancer, heart disease and most other major diseases are more the result of how you have treated yourself in the past than genetics.

Neglecting seemingly small

things in your lifestyle can have a cumulative effect that usually doesn't show itself until serious damage has been done. Taking the critical steps that can change your life for the better does not have to mean a lot of change and sacrifice. These easy-to-follow tips can get you started.

1. One More Hour Of Sleep

The average person needs eight and a half to nine hours of sleep, but typically gets only six to seven. Studies have suggested that sleep deprivation can affect every aspect of how the body functions, from the ability to memorize and logically reason, to the repair of neurons and development of muscle.

2. Drink Three Or More Glasses Of Water a Day

By the time you get thirsty, your body is already about two percent low on water. Losing just one to two percent of your body weight in fluid can lower your physical and mental performance by up to 20%. The minimum amount of water is nine glasses a day (roughly 72 ounces).

3. Eat More Fresh Fruits and Vegetables

The American Dietetic Association recommends, five fruits and vegetables in the diet each day. Packed with fiber, vitamins, and anti-oxidative phytochemicals, fruits and vegetables can make a profound difference in decreasing your risk of obesity, certain types of cancer, gastrointestinal problems, and a host of other diseases.

4. Add Resistance Exercise To Your Regular Routine

By age 25, a sedentary lifestyle begins to take its toll. Since muscle burns more calories than fat, this translates into a slowed metabolism, which increases body fat.

Incorporating regular exercise can compensate for these changes. The American Heart Association recommends 30 minutes, five days per week of cardiovascular exercise. To keep those unwanted pounds off add resistance training into your week.

5. Let Go Of One Stressful Thing Each Week

Unrelieved stress affects almost every function of the body, causing insomnia, high blood pressure, constipation, depression, and an assortment of anxiety-driven aches and pains.



Left untreated, the long-term effects of stress are much more serious, contributing to heart disease, ulcers, immune-system deficiencies, and hypertension.

6. Lose a Few Pounds

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Embark on your personalized health journey in 2024 with Back in Action Health Solutions, known for its innovative and patient-centered approach to holistic healthcare. Leading this personalized health approach is Dr. Gary Blabey D.C., a forerunner in functional medicine and chiropractic functional neurological methodology. His commitment transcends mere symptom alleviation, delving deep into understanding and treating the intricate system encompassing the structural, chemical, and electrical elements within the human body.

Dr. Blabey's unique approach integrates functional medicine and neurology in great effort to address the body's needs comprehensively. Leveraging his extensive background in neurology, radiology, chiropractic care, metabolic analysis, and deep understanding of the body's interrelations, Dr. Blabey emphasizes a balanced and coordinated electrical, chemical, and structural system that is crucial for overall well-being, encompassing the mental, physical, and spiritual health of the person.

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How Dental Implants Are Easy On Your Pocketbook



By E. Richard Hughes, DDS

Due to the advances in modern medicine, nutrition and healthy lifestyles, people are living considerably longer than they use to.

Because tooth loss is directly related to age, an increasing number of adults are missing teeth. When an adult reaches the age of 65, he or she many times feels an investment in health is less appropriate.

Due to the advances in modern medicine, nutrition and healthy lifestyles, people are living considerably longer than they use to.

A healthy 65 year old woman will live 23 more years 50% of the time and 29 more years 25% of the time. A healthy 65 year old male will live another 20 years 50% of the time and another 27 years 25% of the time. So from the above, one can see that an investment in their oral health is actually a better investment than a new automobile, that depreciates rapidly after purchase.

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

Cavities are the most common cause of crown or bridge failure. 15% of the teeth anchoring (abutments)

require root canal treatment. Failure of abutment teeth is 8-12% at 10 years and 30% at 15 years. 80% of teeth adjacent to the sites of missing teeth are with no or minimal fillings.

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

The cost of a single implant, crown and abutment in Northern Virginia is \$2,777-\$5,000 or more. So one can see that dental implants are actually a cost effective way to replace missing teeth and maintain their oral health, function and esthetics.



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ACUPUNCTURE

Betsy Golem, NCCAOM *Meridian Healing Works*

Betsy Golem is licensed by the Virginia Board of Medicine. She earned her Diploma of Acupuncture from the Maryland Institute of Traditional Chinese Medicine, and her Post-Baccalaureate Certificate of Chinese Herbs from the Tai Sophia Institute. She is nationally Board Certified by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM) as a Diplomate in Acupuncture. Certification in Herbal and Oriental Medicine is pending. She has been practicing Acupuncture and Oriental Medicine for 24 years, since 1999.

It was in 1996 Betsy realized she was never going to be a famous opera singer. Holding a Bachelor's degree in Vocal music from the University of Maryland, having a love of music, but not finding continuing satisfaction in her music related job at that time, she decided it was time to make a change. Since she followed a path of meditation, and was a vegetarian, her resulting interest in health and natural healing led her to look for a career path more in line with her philosophical feelings.

At that time she was experiencing migraine type headaches, so decided to try Acupuncture to see if it would help. Ten treatments later, she had no more headaches. The ensuing years were ones of internal discovery to match the external way of viewing the body and the world she was learning. With each year she practices, she is continually amazed, and excited by the capacity of the body to heal itself. The learning never ends, and each patient is a new teacher carrying her farther along the path.



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CHILDREN'S DENTISTRY

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

Dr. Lynda Dean-Duru over the last twenty years has built one of the most progressive pediatric dental practices in Northern Virginia. Based in Ashburn, her Ashburn Children's Dentistry practice serves thousands of families and stays on the cutting edge of integrative wholistic airway-focused preventative dentistry.

For Dr. Dean-Duru, the pathway to dentistry stemmed from her childhood experience with a dentist 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. She determined, as a result of that experience, to extend that kind of care to others as her life's calling.

Her decades of study and practice have led Dr. Lynda to this focus. She holds 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, her Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry. She has undertaken numerous continuing education courses in Orthodontic training and is a fellow of the United States Dental Institute and a member of the prestigious Gnathos Orthodontic Education Group in Atlanta, GA. She holds a Certification in Orofacial Myology from the International Association of Orofacial Myology (IAOM). She has completed all 3 levels of the ALP Education Institute (Advanced Light Force Functional (Quantum ALF) program, ALF Interface Academy Foundations, Genesis, Grow, Smilease (Oralase / Babyase), Airway Collaborative Mini Residency, Pediatric Airway Mini Residency and other courses.

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 services in Northern Virginia every year.

Dr. Dean-Duru and her family live in the Ashburn/Leesburg area. Her daughter, Krystle, followed in her footsteps as a Pediatric Dentist.



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AESTHETICS

Anteneh Roba, MD, ABOM, FAARM, ABAARM *Zinnia Aesthetics & Anti-Aging Clinic*

Anteneh Roba, MD, is a leader in the field of Fat Transfer and serves as the Medical Director of Zinnia Aesthetics and Anti-Aging in Fairfax, VA. With over 30 years of Board Certified expertise in the medical field, Dr. Roba is renowned for his transformative work in sexual wellness, medical weight loss, body sculpting, and improved health span.

Specializing in cutting-edge procedures such as Fat Transfer, the Priapus Shot® (P-Shot®), and Vampire Breast Lift®. As an esteemed instructor at REVIVE™ Advanced Training Consultants, he imparts his knowledge on PRP, contributing to the education of fellow medical professionals through evidence-based protocols. He also focuses on Erectile Dysfunction. This holistic approach to age management encompasses comprehensive personalized functional medicine, wellness, sleep, nutrition, and supporting detoxification.

Dr. Roba integrates state-of-the-art techniques, including epigenetic testing, peptide therapy, and hormone testing, into his practice. Through these innovative methodologies, he skillfully reverses the effects of aging and proactively prevents age-related diseases, empowering patients to not only look and feel better but also age with vitality and grace.



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CHIROPRACTOR

Mohammad Komaily, DC *Chiropractic Care Center*

I graduated from Life Chiropractic College West in 2003. Other degrees: University of Maryland. Honors: LCCW Clinical Honors. I have been practicing for over 20 years in the Fairfax area. I have been blessed with three beautiful daughter's and a beautiful wife Amy. My goal is to offer family oriented gentle, safe, natural, chiropractic care centered on the individual needs of each patient. We provide the best alternative healthcare to meet your needs.

Our main focus at the Chiropractic Care Center is to serve and educate families on chiropractic and physical therapy modalities. We are committed to providing optimal care to patients on an individual basis.

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CHILDREN'S DENTISTRY

Krystle Dean-Duru, DDS *Ashburn Children's Dentistry*

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, VA and completed my Pediatric Residency at Interfaith Department of Dental Medicine in Brooklyn, NY, 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.



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CHIROPRACTOR

Erik A. Ward, DC, CSCS, CCSP *NOVA Pain & Rehab Center*

Dr. Ward first graduated from the University of Florida in 1993. He then entered chiropractic school and graduated from Life University in 1997 with a doctorate in chiropractic. He has trained extensively in physical rehabilitation, functional conditioning and the management of injuries.

Training and Certifications: Dr. Erik A. Ward is licensed by The American Board of Chiropractic Sport Physicians as a Certified Chiropractic Sports Physician, The American Strength and Condition Avocations as a Certified Strength and Conditioning Specialist, and is an L-2 Certified CrossFit Coach. Dr. Ward is also certified in ART (Active Release Technique), Dry Needling and Kinesiology Taping.

Accomplishments: Dr. Ward has been noted in the Who's Who of Northern Virginia in 2004 and 2008 for his practices with the Washington Commanders, the Washington Wizards and the Potomac Professional Rugby League. Dr. Ward not only treats athletes but is an athlete himself. He is an L-2 CrossFit coach, has completed 3 IronMan triathlon's, qualified for the 2017 USA Triathlon National Championship and qualified for the 2019 Spartan World Championship. This same dedication is also evident in the treatment Dr. Ward provides to his patients.



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COLON AND RECTAL SURGERY

Rami Makhoul, MD, FASCRS, FACS

Metro Colon and Rectal Surgery, PC

After completing his Fellowship in Colon and Rectal Surgery at the prestigious Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Hospital in 2014 to serve patients in the DC Metropolitan area. In January 2018, he joined Metro Colon and Rectal Surgery, PC. Upon graduating from medical school, Dr. Makhoul first completed his internship in General Surgery at the University of Massachusetts Medical School. He then completed his Residency training in General Surgery at the George Washington University Hospital in Washington, DC.

During his Residency training at GW, Dr. Makhoul spent a year in clinical research where he published much of his work in colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures. He continued with his passion for research and published peer-reviewed articles during his Fellowship training. Several of his works were presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American and Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotics, laparoscopy, transanal total mesorectal excision and transanal endoscopic microsurgery.

As part of his commitment to surgical training and education, Dr. Makhoul serves as a Clinical Instructor of Surgery at the George Washington University. Dr. Makhoul holds the position of Cancer Liaison Physician for Holy Cross Health, where he manages and oversees clinically related cancer activities in collaboration with the Commission on Cancer and American Cancer Society.

When he is away from the office, Dr. Makhoul may be found spending time with his family. He also enjoys skiing, running, scuba diving, tennis, and travelling.



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DENTAL IMPLANTS

Alfonso Patron, DDS

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

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

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



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COLON AND RECTAL SURGERY

Matthew Skancke, MD

Metro Colon and Rectal Surgery, PC

Dr. Matthew Skancke is a colon and rectal surgeon serving Maryland, Virginia and Washington, DC. Dr. Skancke grew up in Great Falls, VA earning his undergraduate degree in electrical and biomedical engineering at the University of Virginia's engineering school. After engineering school he spent three years working for a Swiss based GPS company U-blox America while going to night school to finish his pre-medical degree. He then attended medical school at the University of North Carolina at Chapel Hill where he did basic science research of mesenchymal stem cells to progress the field of regenerative medicine. Dr. Skancke continued his General Surgery training at the George Washington University Hospital and subsequently did his Colon and Rectal Surgery Fellowship at the Cleveland Clinic.

During his training, Dr. Skancke has published over 24 peer reviewed publications, authored three book chapters, and presented over 45 times at national conferences in medicine and surgery. He has participated in clinical trials of bench top and mechanical sciences and is a member of the American College of Surgeons and the American Society of Colon and Rectal Surgeons. Dr. Skancke is Board Certified in General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons Quality and Safety National committee.

Outside of work, Dr. Skancke has found a new love for French cooking and North Carolina barbecue. To offset these vices, Dr. Skancke also enjoys running and powerlifting in his free time.



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DENTISTRY

Narjes Abtahi, DDS

Your Community Smile

With 20 years in practice, Dr. Abtahi is always finding new ways to best accommodate her patients' needs. She not only accepts most insurances, but she has also created a **Wellness Plan** for patients without insurance and offers **Interest Free Financing**.

Dr. Abtahi received her Doctor of Dental Surgery (DDS) degree from Virginia Commonwealth University. She transitioned into dentistry with a background in Nursing. She obtained her Bachelor of Science in Nursing (BSN) degree from Georgetown University. Her training in nursing has taught her to look at the overall health of her patients.

Dr. Abtahi is devoted to creating excellence in all phases of patient care. She understands that some patients fear dentistry and she is able to put them at ease with her caring attitude and a gentle touch.

In addition, to ensure patients the highest quality of care possible, Dr. Abtahi continuously pursues advanced training in dentistry and invests in up-to-date technology. She uses a **3D X-Ray machine** for better treatments and Implant Planning, and a couple of **scanners** to make **Same-Day Crowns** which mostly can be made in her office with **High Tech Milling Machines**. **Intra-oral Cameras** are used daily for better observation of dental conditions to discuss with patients.

Cosmetic Dentistry, Orthodontics, Restorative, Implant Reconstructive Dentistry and Root Canal Therapy are her areas of interests.



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DENTISTRY

Zina Alathari, DMD

Tyson's Dental Corner

Degrees, Training & Certifications: Dr. Zina Alathari graduated from Tufts University School of Dental Medicine in 1994. In addition to her General Dentistry training, Dr. Alathari takes continuing education each year in advanced clinical procedures and technologies – concentrating on cosmetic dentistry, teeth reconstruction, and pain relief. Her wide range of service to the public has given her experience to understand each patient's individual needs.

Services: Cleanings & Exams, Dental Implant Restorations, Dentures & Partials, Teeth Whitening, Tooth Colored Fillings, Gum Therapy, Cosmetic Veneers, Cerec® One Day Crowns, and more!

Practice Philosophy: In our office you will experience all that modern dentistry has to offer, including a comprehensive list of general, restorative and cosmetic dental services to meet the needs of the whole family. Our goal is to assist each patient in achieving and maintaining long term dental health and a beautiful smile.

"As always, everything was done in a very professional manner. Staff is always friendly and conscientious. Office and treatment areas are orderly and spotless. I have been coming here for years and can't fathom going anywhere else for my dental needs."

– Jim R., Leesburg, VA, Designer

21155 Whitfield Place
Sterling, VA
703-444-5553
www.LoudounDentalCare.com

7121 Leesburg Pike
Suite #104, Falls Church, VA
703-237-5600
www.TysonDentalCorner.com

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DENTISTRY

Marjun Ayati, DDS *Fairfax Dental Group*

Dr. Marjun Ayati received her BS and DDS from the University of Maryland. She has been practicing in Northern Virginia since 1995. She is a standing member of the American Dental Association, Virginia Dental Association and the Northern Virginia Dental Society. She has served as a representative at the House of Delegates for the Virginia Dental Association. Dr. Ayati was one of the few selected dentists to join The American Society of Implant & Reconstructive Dentistry (ASIRD) and has been nominated as "Top Dentist" in the *Virginia Living* and the *Washingtonian* since 2009. She has been an Invisalign provider since 2006.

Dr. Ayati has been participating in the Give Kids A Smile and the Virginia Dental Society Dentures for the underprivileged programs for years. She is an active member of the community and a participant in local nonprofit organizations such as Our Daily Bread and Food For Others charities.

Dr. Ayati is married with two children and has a Tibetan Terrier named Phoebe. She loves to spend time with her family, cook and go for a jog. Most of all she loves to read and has been a member of a book club for over 17 years. Ask about her latest book she is reading - she has great recommendations!

Dr. Ayati is a member of the American Society of Implant & Reconstructive Dentistry (ASIRD). ASIRD is committed to improving the quality of care for dental implant patients by elevating the standards of surgical and restorative dental education and practice. Not every dentist routinely restores and maintains dental implants and not all places of dental implants are surgeons. By using an ASIRD team, rest assured that your dentist routinely restores and maintains dental implants and only a trained dental implant focused oral surgeon will place your implant.



8316 Arlington Boulevard
Suite #226, Fairfax, VA
703-560-6301
www.FairfaxDentalGroup.com



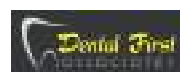
DENTISTRY

Raja Gupta, DDS *Dental First Associates*

Dr. Gupta was born and raised in Columbia, MD. He obtained his undergraduate degree in Neurobiology Physiology from the University of Maryland. He stayed in the Baltimore area while attending the University of Maryland Dental School.

Dr. Gupta furthered his training by spending one year at the Philadelphia Veterans Affairs Medical Center. There he received advanced training in all aspects of general and implant dentistry. Since that time, he moved to Virginia and now has a busy private practice in Springfield. His office is equipped with the latest innovations in digital dentistry, like 3D scanning, cameras and digital sensors for imaging.

Dr. Gupta puts in a tremendous number of hours advancing his knowledge and staying current with advanced methods and materials through extensive continuing education, study clubs, and active association memberships. He is an active member of the American Dental Association, the Virginia Dental Association, and the Northern Virginia Dental Society.



6116 Rolling Road
Suite #312
West Springfield, VA
703-323-9394
YourDentalFirst.com



DENTISTRY

Cary T. Birkitt, DDS *Birkitt Dental*

Dr. Cary T. Birkitt, DDS is a distinguished practitioner in the field of cosmetic and restorative dentistry, infusing his work with the precision and artistry reminiscent of Renaissance painters. With over five decades of expertise, Dr. Birkitt, along with his skilled team at Birkitt Dental, transforms dental care into a masterpiece, emphasizing detail and aesthetics.

Residing in Leesburg with his wife, Judi, and their son, Hunter, Dr. Birkitt's commitment extends beyond the dental chair. Beyond his 2007 graduation from the University Of Tennessee Memphis College Of Dentistry, he finds joy in biking, gardening, and music, cherishing moments with family and friends.

Dr. Cary Birkitt's legacy is a testament to a life devoted to creating smiles that are not just healthy but also aesthetically pleasing, reflecting a true passion for the art and science of dentistry.



18 Loudoun Street, SE
Leesburg VA 20175
703-777-4440
BirkittDental.com



DENTISTRY

Ike Lans, DDS *Ike Lans, DDS and Associates Family Dentistry and Orthodontics*

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

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

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

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



44110 Ashburn Shopping
Plaza, Suite #166
Ashburn, VA
703-729-1482
LansFamilyDentistry.com



DENTISTRY

Vikram Chauhan, DMD *Mayberry Dental*

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 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. 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



112 Pleasant Street, NW
Suite H, Vienna, VA
703-281-2111
www.MayberryDental.com



DENTISTRY

Michael Rogers, DDS *Fairlington Dental*

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, Abington 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.



4850 31st Street South
Suite A, Arlington, VA
703-936-4166
FairlingtonDental.com

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DENTISTRY

Afreen Sayeed, DDS *Samfar Dentistry*

Dr. Afreen Sayeed graduated from University of Texas, School of Dentistry at Houston. She also attended St. John's University in New York where she focused not only on the sciences but studied and developed a deep interest in Ethics and Philosophy. With several years of dental experience working with all age groups, Dr. Sayeed strives to build trusting and genuine relationships with each patient and is committed to providing the best that dentistry today has to offer. She seeks to improve her patients' overall health and lifestyle through healthy teeth and gums, allowing for improved self-esteem and self-confidence through a beautiful smile. While utilizing her extensive training and experience to treat even the most challenging dental situations, Dr. Sayeed believes modern dentistry should be pain and stress free, provide excellent clinical and radiographic results, and remain cost effective.

As a dental professional and health care provider, she remains current on the latest advancements in dentistry through continuing education courses in implants, Invisalign and CEREC technology.

In this manner, Dr. Sayeed may educate her patients with all available options and present a comprehensive treatment plan. She understands and is fully aware that her patients have placed a great deal of trust in her and her abilities and strives to not only meet, but exceed her patients' expectations.

Dr. Sayeed believes that preventative care and education are the keys to optimal dental health. She offers a full range of dental services tailored to meet your dental needs, and maintains a focus on practicing conservative dentistry for better oral health whenever possible. Conservative dentistry means she would rather prevent a cavity with an emphasis on regular dental visits, placement of sealants, maintaining proper oral hygiene and educating her patients.

With Dr. Sayeed's extensive experience in pediatric and adolescent dentistry, now all her patients can also benefit from and take advantage of her refined, gentle dentistry!



11213 A Lee Highway
Fairfax, VA

703-591-4111
www.NCGEnvision.com



EXPERT SPINE PHYSICIAN

Deeni Bassam, MD *The Spine Care Center*

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

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

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

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

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



8525 Rolling Road
Suite #200
Manassas, VA

703-705-4471
www.SpineCareVA.com



ENDODONTIST

Faranak Mahjour, DDS, PhD *Purcellville Endodontics*

Dr. Mahjour is a highly experienced Board Certified Endodontist, dedicated to delivering top-quality care utilizing evidence-based dentistry. With over 12 years in the field, she holds diplomate status with the American Board of Endodontics.

Following her DDS degree in 2011, she pursued a Ph.D. program in Oral Biology at Boston University Goldman School of Dental Medicine, supported by a Fellowship award. Dr. Mahjour has presented at numerous scientific dental meetings and received prestigious awards, including consecutive first-place honors from the American Association of Dental Research (AADR) - Boston chapter and the Russek Student Achievement Award.

To further specialize in endodontics, she completed an advanced Residency program at the State University of New York at Buffalo. This provided her with extensive training in complex root canal treatments and micro preapical surgery, utilizing cutting-edge technologies. Her achievements during Residency led to her being featured in the American Association of Endodontists (AAE) newsletter. She has published over 15 peer-reviewed articles in respected journals such as the *Journal of Endodontics*, *Journal of Dental Research*, and *Nature-Oncogenesis Journal*.

Dr. Mahjour is an active member of several professional organizations, including the American Association of Endodontists, the College of Diplomates of the American Board of Endodontics, the American Dental Association, and the Northern Virginia Dental Society.



609 East Main Street
Suite P, Purcellville, VA,
540-900-0970
PurcellvilleEndo.com



EXPERT SPINE PHYSICIAN

Arjun Ramesh, MD *The Spine Care Center*

Arjun Ramesh, MD is trained in both Pain Management and Anesthesiology and joined The Spine Care Center in 2020 after completing his Fellowship at the world-renowned Cleveland Clinic!

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

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

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

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



8525 Rolling Road
Suite #200
Manassas, VA

703-705-4471
www.SpineCareVA.com



ENERGY HEALINGS AND YoRiQi

Bonnie Mazaris, RYT-200 *Beyond Bonnie's Hands*

Bonnie has been involved in healing arts since she was young, starting with her family as a caregiver and coach. She mentored her family and friends before she ever knew what energy work was. Through hard times and emotional times, Bonnie has served as a vessel to all who needed her loving, healing energy. Bonnie has been training in yoga since 1976, Energy and Healing field since 1990 and also has experience in the field of wellness.

YoRiQi is a self-healing technique that consists of light exercise and stretching with Kundalini, Korean, Yen, restorative Yoga methods and finding the energy flow with tapping the body to release stagnant energy. This brings in a new fresh flow of energy and enhances the circulation and breath. It includes vibrational dancing and laughter Yoga to take your experience to the next level. You will then relax to a beautiful sound bath meditation, that takes you to an even higher level of completion.

Services: Through the art of healing herself and others she has many other modalities which include long distant healing, acupressure and clearing chakras. She offers Reiki, a form of energy healing. Reiki is also called palm healing or hands-on healing as a form of alternative medicine. Reiki is a spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui.

Methodology: She starts with a combination of clearing the stagnant energy and opening up the chakras. She includes a light shaking for relaxation, light tapping or touching, and light or heavy acupressure if needed. Bonnie will also use her warm healing energy with her hands to embrace your body and soul with universal loving, healing energy that flows from her heart.

Call for group, birthday, couples sound bath healing meditation information. For a faster response please text me for class occupancy and private healings. I will get back to you ASAP. All COVID-19 regulations are in process. For your safety we are taking as many precautions as possible for a safe environment. Bring your own mat and a small pillow. Couple of blankets if you will be coming for healing sound bath meditation.

Personal Interests: Bonnie enjoys cooking, music, dancing and the arts.

Benefits of Reiki: Reiki is very beneficial for cancer, colon problems, abdominal pain, breathing problems, headache, back, legs, knees, feet, hands, throat and heart and many more. You may experience emotional releases of stress and a series of three or more treatments will stimulate the body's natural healing process.



703-598-5197
www.BeyondYoRiQi.com
bonnie@beyondYoRiQi.com



EXPERT SPINE PHYSICIAN

Usman Zafar, MD *The Spine Care Center*

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

Originally from Pottsville, PA, he began his academic career in the city of Philadelphia. In 2003 he gained acceptance to the accelerated seven year dual degree program at Drexel University and graduated Cum Laude in 2006 with a B.S. degree in Biology before completing his Medical Degree in 2010. After medical school he spent one year at Hahnemann University Hospital in Philadelphia, completing his medical internship prior to his Residency. Dr. Zafar then furthered his medical education at Tufts Medical Center in Boston where he spent three years completing an Anesthesiology Residency. It was during these years that he first gained experience treating patients with acute and chronic pain conditions. This experience ultimately led him to pursue a Fellowship in Interventional Pain Management.

Dr. Zafar completed his Interventional Pain Fellowship at Mount Sinai-Roosevelt Hospital in New York City in 2015, where he learned various multimodal techniques for treating pain, including fluoroscopic and ultrasound guided spine and joint injections, spinal cord stimulation and radiofrequency ablations. After being hand selected to join The Spine Care Center and trained directly by Dr. Bassam, Dr. Zafar has safely performed thousands of interventional spine procedures. By being Board Certified in Anesthesia as well as Pain Management, he can offer a more comfortable experience by providing mild sedation when performing spinal procedures.

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

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



8525 Rolling Road
Suite #200
Manassas, VA

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www.SpineCareVA.com

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FAMILY AND COSMETIC DENTISTRY

Marv Thomas, DDS *The Dental Spa*

Degrees, Training & Certifications: Dr. Marv Thomas established The Dental Spa in 2002. She graduated from Howard University College of Dentistry with honors and did an internship at Sloan Kettering Cancer Center in Manhattan, NY in Oral Cancer Reconstruction.

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

Dr. Thomas has been on and has sponsored numerous international dental and health missions in Jamaica, Haiti, India, Kenya, and Dominica Republic.

Areas Of Expertise: Invisalign® for Teens & Adults (discreet, removable aligners to straighten teeth & improve your smile), Bonding, Crowns & Bridgework, Cosmetic Dentistry, Dental Implants, Fillings, Oral Cancer Screenings, Orthodontic Treatment, Periodontal (Gum) Disease Therapy, Porcelain Veneers, Professional Teeth Cleanings, Removable Dentures, Root Canal Treatment, Sealants, Sedation Dentistry, Sleep Apnea, Teeth Whitening, TMJ/TMD Treatment, Tooth Extractions, and more.

Practice Philosophy: The Dental Spa is not only known for its tranquil environment and anti-anxiety atmosphere, but as a state of the art modernized facility. It is where Feng Sui and technology comes together.

We were voted "Best of Prince William" (INSIDENOVA, 2018)



12351 Dillingham Square
Woodbridge, VA

703-580-8288

www.TheDentalSpaOfVirginia.com
#DentalSpaVA



FAMILY MEDICINE

Rajesh Mehra, Medical Director *Board Certified Medical Review Officer (AAMRO) Board Certified Family Practice Doctor (AAFP) Award Winning Consumer Research Best Family Doctor*

Dr. Rajesh N. Mehra is the Medical Director and Principal of the Global Medical Center. Dr. Mehra's tenure with state and federal medical projects span over two decades and have earned him a reputation of being dedicated and thorough, even in the most complicated cases.

- Diplomate of the American Academy of Family Practice (AAFP)
- Board Certification in Family Practice (ABFP)
- Board Certified, American Association of Medical Review Officers (AAMRO)
- Certified Medical Review Officer (MRO)
- George Washington University, Associate Professorship
- UCSIC designated civil surgeon
- Medical Assistant Training Institute, Medical Director
- Medical Society of Northern Virginia, Board Member
- Pfizer Pharmaceuticals (Northern Virginia Region), Board Member
- On Staff at Fair Oaks Hospital, Fairfax Hospital, and Reston Hospital
- Hands-on training on civilian deployment requirements at Ford Benning, Georgia
- Principal Investigator for Quintiles and other pharmaceutical companies



4437 Brookfield Corporate
Drive, Suite #109
Chantilly, VA

703-968-7277

ChantillyFamilyPractice.com



FAMILY DENTISTRY

Zahra Kavianpour, DDS, FCCDS *Brighter Smile Family Dentistry & Orthodontics*

Degrees, Training and Certifications: Dr. Zahra Kavianpour graduated in 1982 with a Biochemistry Degree and received her D.D.S. (Doctor of Dental Surgery) degree in May 1987 from the University of Maryland. In private practice for more than 30 years, she is a highly skilled esthetic and restorative dentist who regularly upgrades her skills through continuing education and postgraduate courses in Cosmetic Dentistry, Dental Implants, Orthodontics, and Sedation Dentistry to insure that you receive the benefit of state-of-the-art techniques and materials. She has trained at the Las Vegas Institute for Advanced Dental Studies in Cosmetic Dentistry.

Professional Memberships: Dr. Kavianpour is a member of the American Dental Association, the Virginia State Dental Association, the Northern Virginia Dental Association, the U.S. Dental Institute in Orthodontics, and the Dental Organization for Conscious Sedation. She has recently been added as a member of the National Academy Of Dental Sciences and she has completed her LVI program certification.

Areas of Expertise: Restorations, Chipped or Crowded Teeth Correction, Smile Evaluations, Cosmetic Bonding, Porcelain Veneers, Orthodontics, Invisalign, Dentures, Extractions, Dental Implants, Sedation Dentistry, and more!

Practice Philosophy: Dr. Zahra Kavianpour is committed to giving the highest quality service and treatment to each of her clients. She not only develops an understanding of the health and function of each patient's mouth but also takes the time to understand his/her fears, goals and priorities. Her focus is on the complete well being of each person.



46400 Benedict Drive
Suite #109, Sterling, VA

703-444-3412

www.BetterDentist.com



FUNCTIONAL MEDICINE

Eboni Cornish, MD *Amen Clinics, DC*

Dr. Cornish, a highly regarded physician, provides integrative medicine services to a diverse global patient community. Currently serving as the Functional Medicine Director of the Amen Clinic East Coast Division, she specializes in brain imaging, autoimmune diseases, Lyme disease, environmental toxicity, gut imbalances, and various other chronic conditions. Employing a holistic approach, Dr. Cornish identifies the root causes of health issues within the body's biological systems, offering comprehensive treatment to both adults and children. Her treatment philosophy is integrative and evidence-based.

Within Amen Clinics, Dr. Cornish has been instrumental in developing the Neuroinflammatory Intensive program—a two-week inpatient initiative addressing neurological complications arising from chronic infectious diseases, mold illness, and other chronic inflammatory conditions including brain imaging.

Dr. Cornish's educational journey includes earning honors at Brown University for her undergraduate studies and obtaining her medical degree (M.D.) from Brown University Medical School. She further refined her skills through a Family Medicine Residency at Georgetown University.

As a Howard Hughes Medical Fellow, Dr. Cornish conducted translational research at the National Human Genome Research Institute NIH, working under the guidance of Francis Collins, MD, PhD. She currently serves as the Treasurer of the Board for the International Lyme and Associated Diseases Society.

Acknowledged as an authority in her field, Dr. Cornish was honored as Northern Virginia's Top Doctor for family practice in 2021 and 2022. She has also been recognized by *Continental Who's Who* as an Exceptional Woman in Healthcare, highlighting her professional excellence at Amen Clinics.



10701 Parkridge Boulevard
Suite #110, Reston, VA

703-880-4000

AmenClinics.com



FAMILY DENTISTRY

Monica Restrepo, DDS *Perfect Sonrisa Dental*

With over 25 years of expertise in family dentistry, Dr. Monica Restrepo stands out as a respected dental care professional utilizing cutting-edge technology, including Itero, to deliver high-quality dental services across all age groups. Offering a range of services such as Crowns, Whitening, Orthodontic treatments (Invisalign), Bridges, Dentures, Gum Disease treatments, Fillings, and more. Dr. Restrepo earned her advanced degree in General Dentistry from Saint Mary's Hospital, an affiliate of Yale University School of Medicine. Committed to aiding patients in enhancing their dental well-being, she is devoted to her mission of delivering exceptional care to everyone. Dr. Restrepo remains dedicated to staying current in her field by consistently pursuing additional education through various dentistry courses.

Dr. Restrepo is a member of the ADA - American Dental Association, VDA - Virginia Dental Association, and NVDSW - Northern Virginia Dental Society.



11130 Fairfax Boulevard
Suite #100, Fairfax, VA

571-407-7030

PerfectSonrisa.com



GASTROENTEROLOGY

Anita Kumar, MD *Inova Gastroenterology*

Dr. Anita Kumar, a Board Certified Gastroenterologist at Inova Health System since 2022, brings over a decade of expertise to her practice. Prior to joining Inova, she served as an Assistant Clinical Professor in Gastroenterology and Hepatology at GW Medical Faculty Associates and George Washington University in Washington, DC. Dr. Kumar completed her Internal Medicine Residency and Fellowship in digestive and liver diseases at George Washington University Hospital, earning accolades for clinical education. Her academic focus encompasses ulcers, gastrointestinal bleeding, acid reflux, colon polyps, and women's gastrointestinal health. Dr. Kumar emphasizes patient education, delivering preventive care, and employing a multidisciplinary approach. Her clinical interests include gastroesophageal reflux disease, dyspepsia, gastritis, celiac disease, and various colon disorders. Dr. Kumar values long-lasting patient relationships through clear communication and trust. Beyond medicine, she enjoys travel, dance, and fitness. Dr. Kumar is affiliated with esteemed professional organizations, including the American College of Gastroenterology and the American Gastroenterological Association.

Fair Oaks
3620 Joseph Siewick Drive
Fairfax, VA

703-391-3955

ICPH
8081 Innovation Park Drive
Fairfax, VA

571-472-6431

Lansdowne
44055 Riverside Parkway
Leesburg, VA

703-858-6202

Inova.org

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GENERAL DENTISTRY

Oscar Dominguez, DDS

Let's Smile Dental

Dr. Oscar Dominguez is part of our general dentistry team in our Springfield, Alexandria and Purcellville locations. Dr. Dominguez grew up in Mexico City, Mexico and studied at Howard University in Washington D.C. During his many years of experience, Dr. Dominguez has established himself as a reputable and trusted provider. Serving the local community and being able to restore oral health and transform the lives of his patients has always been his ultimate goal. Dr. Dominguez hopes to offer the best dental service and establish a long-standing relationship with Let's Smile Dental patients and their communities. His reviews speak for themselves!

Nothing beats his love of coffee! If he had to drink just one beverage for the rest of his life, it would be coffee.

"Give me a good cup of coffee and a book, and I'll be happy."



Offices In:

Centreville • Fairfax
Fredericksburg
Herndon • Purcellville
Reston • Springfield

703-382-5513

LetsSmile.com



HEALTH AND WELLNESS

Patti Lee

BSN, FNP, MSN

Montage Health and Wellness

Family Nurse Practitioner Patti Lee, RN, ARNP, FNP-C, MSN, MEd, brings her experience in Semaglutide weight management, men's and women's health, IV therapy, and hormone replacement to Montage Health and Wellness.



5631 Burke Centre Parkway, Burke, VA

571-464-3142

MontageHealthandWellness.com



GENERAL DENTISTRY

Sylvie Lam, DDS, FAGD

Smile Design Of Northern Virginia

Dr. Sylvie Lam is committed to providing top-tier, personalized dental care, shaped by her diverse military and civilian training, emphasizing excellence and integrity. With 16 years of experience in both government and private practices, her patients value her genuine dedication, positive demeanor, and expertise. Graduating from the University of Maryland School of Dental Surgery in 2008, she completed an Advanced Education General Dentistry Residency at Wright Patterson Air Force Base in 2009 and served as a dental officer at the Pentagon Tri-Care Clinic.

Dr. Lam, previously a licensed CPA, holds dual B.S. and B.A. degrees in Biology and Accounting from the University of Richmond, along with an MBA and DDS from the University of Maryland. Awarded the Fellow Distinction from the Academy of General Dentistry in 2019, she embodies a commitment to ongoing learning. Passionate about oral health and aesthetic dentistry, her portfolio showcases a range of cosmetic and restorative cases. An active member of various dental associations, she dedicates her time to volunteer work, contributing to missions like Operation Smile, HOPE for Tomorrow, and the Northern Virginia Dental Clinic.



11351 Random Hills Road Suite #290, Fairfax, VA

703-865-6677

www.SmileDesignNOVA.com

8300 Boone Boulevard Suite #140

Tysons Corner, VA

703-714-7374



HYPNOSIS

Joy Cheriell Brown

Joy Cheriell Brown is an accomplished filmmaker, author, and certified hypnotherapist. Her brand is focused on helping people recognize the powerful creators they are, and empowering them to make their dreams come true.

She has a Bachelor of Arts from Howard University where she studied film and English and graduated Summa Cum Laude, and a Master of Fine Arts in creative writing from National University. She received her training and certification in hypnotherapy from Marisa Peer, Britain's leading hypnotherapist, who developed Rapid Transformational Therapy.

Joy is the founder of Third Person Omniscient Productions, a production company whose mission it is to produce powerful, meaningful, thought-provoking movies, plays, and television shows that enlighten audiences about the human condition, shed light on the meaning of life, and raise the collective consciousness. Her first feature film is currently in development by her production company.

Joy has written for *Script Magazine* and other media outlets, and has a YouTube channel. She is also the author of *"The Secret of Life Through Screenwriting: How to Use the Law of Attraction to Structure Your Screenplay, Create Characters, and Find Meaning in Your Script,"* which is available on Amazon.

Joy@JoyCheriellBrown.com
www.JoyCheriellBrown.com



GENERAL DENTISTRY

Padmaja Yalamanchili, DDS

Fairfax Family Dental

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

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

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

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

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

10875 Main Street Suite #103, Fairfax, VA

703-591-4010

www.FairfaxFamilyDentist.com



IMPLANT DENTISTRY

E. Richard Hughes, DDS

Degrees, Training & Certifications: Dr. Hughes received his Bachelor of Science in Microbiology from the University of Maryland in College Park, MD. He graduated from Meharry Medical College School of Dentistry in Nashville, TN with a degree as a Doctor of Dental Surgery. His Post Doctorate Certificate in Oral Implantology is from Howard University of Dentistry in Washington, DC. Dr. Richard Hughes is a fellow of the American Academy of Implant Dentistry and the American Academy of Implant Prosthodontics, and Board Certified by the American Board of Oral Implantology/Implant Dentistry. He is also a reviewer for the *Journal of Oral Implantology*, and is on the surgical staff of INOVA Loudoun Hospital in Leesburg, VA. Dr. Hughes, with 21 years of experience in implant dentistry, is a national and international lecturer on numerous topics about implant dentistry, an implant surgical demonstrator and clinical investigator.

Special Interests: Dental Implants, Cosmetic Dentistry, Restorative Dentistry

Professional Memberships & Affiliations: Part One Test Construction Committee, American Board of Oral Implantology/Implant Dentistry, Oral Examiner, American Board of Oral Implantology/Implant Dentistry, Board of Directors, The American Academy of Implant Prosthodontics, Editorial Advisory Board, Journal of Implant and Advanced Clinical Dentistry, Infection Control Committee and Cancer Committee, INOVA Loudoun Hospital, Leesburg, VA; on the Board of Trustees of the American Academy of Implant Dentistry

Practice Philosophy: You'll love the personal attention we give to your comfort and appearance. And, you'll appreciate our use of the latest materials, modern treatment techniques and our pleasant relaxed environment.

Patient Testimonials: "Dr. Hughes is the Picasso with dental implant and cosmetic procedures. Thank you for my new smile."

"Dr. Hughes, you gave me better health and a new bite out of life."

46440 Benedict Drive Suite #201, Sterling VA

703-444-1152

www.SterlingImplantDentist.com

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INTEGRATIVE HEALTH CARE

Lakita Conley-Ware

Degrees, Training & Certifications: Dr. Conley-Ware's career started with 10 years in clinical research, followed by a second career for more than 25 years in advanced computer technology in the federal community as a data architect/ knowledge engineer covering subjects from data modernization, cyber technologies to the earlier usage of telemedicine. In the 2000s she integrated this experience to start an additional focus in naturopathic wellness/healthcare.

She received her undergraduate degree from George Washington University (GWU) and post graduate studies from Harvard University where she studied Pathology and GWU where she conducted early research in Fetal Alcohol Syndrome. Her PhD was from GWU School of Engineering & Applied Sciences with a research focus in crisis/ emergency management, where she adapted the methodology of medical differential diagnoses to address cybercrime using Artificial Intelligence (AI) and knowledge focus technologies. Combining her medical and computer academics with her professional experience, Dr. Conley-Ware ventured into the world of naturopathic healthcare to help change the lives of those looking for alternatives to health and wellness.

Client Demographic: Her customer range spans from college students that need healthier ways to get energy, to parents wanting alternatives for child wellness, to baby boomers that desire to change their genetic destiny as well as the elderly. She provides naturopathic consulting services throughout the DC, MD and VA area.

WellnessConsultant1st@gmail.com



LIFE INSURANCE

Maria Christopoulos, CEO

Maria Christopoulos, acclaimed CEO and sonographer, stands as a trailblazer in both healthcare and financial services. She earned a Bachelor's Degree in Behavioral & Social Sciences from the University of Maryland, leading to a successful banking career where she ascended to VP in the retail division at SunTrust Bank.

Maria's financial expertise expanded when she became a National Insurance Producer and a licensed independent Life & Annuity agent. Her strategic approach as a retirement strategist allowed her to craft comprehensive financial plans, ensuring her clients are well-prepared for the future. Leveraging her background as a business executive and life insurance agent, Maria not only excelled in the financial realm but also revolutionized the healthcare industry. As the visionary CEO of PregnantSee Inc., she pioneered advancements in obstetric sonography procedures, partnering with GE and reshaping the landscape of women's healthcare.

Her outstanding leadership recently earned her the title of Top CEO of the Year for 2024 by the International Association of Top Professionals (IAOTP). Her dedication has garnered global recognition, leading to induction into Marquis Who's Who in America and an upcoming feature in *TIP Magazine*. Maria's multifaceted career, spanning finance and healthcare, exemplifies her dedication to making a lasting impact on individuals' lives.

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INTEGRATIVE MEDICINE

Mary Babcock, DO, DAPMR

Artius Integrative Medicine

Degrees & Training: Dr. Babcock entered private practice after notable turns as an attending physician at Walter Reed Army Medical Center and teaching faculty at the Uniformed Services University of the Health Sciences in Bethesda, MD.

A veteran of physical medicine and rehabilitation, Dr. Babcock specializes in treating traumatic muscular and neuromuscular injuries and other chronic pain conditions including: Ehlers-Danlos syndrome, arthritis, back, neck and pelvic pain, degenerated or herniated discs, fibromyalgia, headaches, neuromuscular disease, neuropathic pain, plantar fasciitis, sports & muscle injuries.

Specialties: Dr. Babcock is equally accomplished in alternative treatment modalities including: prolotherapy, ozone therapy, osteopathic manual medicine, medical acupuncture, Botox injections for pain as well as Cosmetic Botox, PRP and Stem Cell Therapies.

Hobbies: Believing wellness springs from a balanced life, Dr. Babcock enjoys hiking, painting, playing the ukulele & violin, and spending time with her family and pets. Her years in the military and caring for her mother with chronic pain has enriched Dr. Babcock with unique perspectives in functional medicine, diagnosis and treatment of musculoskeletal conditions and biomechanical instability.

Practice Philosophy: Holistic in her approach, Dr. Babcock believes listening to the patient is paramount to developing an effective treatment plan that restores an individual's health and quality of life as quickly as possible.

We accept Medicare and most insurance plans.



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info@artiusmedical.com



MEDICAL SPA

Zahra "Najma" Mohseni, DNP

Flawless Beauty Medical Spa

Flawless Beauty Medical Spa is owned and operated by Dr. Zahra Najma Mohseni.

Dr. Mohseni is a nurse practitioner with doctorate degree. She obtained her Nurse practitioner degree from Georgetown University in 2011 and Doctorate degree from The George Washington University in 2017. She is a double-specialty provider. She works in the Neurosurgery department at Inova Fairfax Hospital full time and runs her own Aesthetic and Wellness clinic part time. You will find the following services at Flawless Beauty Medical Spa: Botox, Fillers, microneedling, weight loss program, IV therapy and sclerotherapy. Looking forward to seeing you soon!



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www.FlawlessBeautyMedicalSpa.com



LICENSED ESTHETICIAN

Adrian Cratch, Licensed Esthetician

DMV Body Sculpting, LLC

Adrian, the owner of DMV Body Sculpting, LLC, passionately combines aesthetics with empowering women. Her haven offers diverse cutting-edge treatments like CoolSculpting, Emsculpt, Botox, facials, and post-tummy tuck care, along with high-quality skincare products.

Beyond aesthetics, Adrian strives to empower women by providing comprehensive training for entrepreneurship within DMV Body Sculpting. Her commitment extends to offering free training and machines to domestic violence survivors, fostering independence.

Specializing in non-invasive body sculpting, Adrian's expertise in Hi-Emt Treatment and innovative technologies like Cavitation/Radio Frequency and Laser Lipo ensures effective fat reduction and muscle toning. Her focus on pre and post-operative care promotes smooth surgical procedures.

Adrian's team emphasizes exceptional customer service, backed by over two decades of combined experience. DMV Body Sculpting isn't just a spa but a sanctuary where beauty, wellness, and empowerment converge, showcasing Adrian's commitment to transforming lives through innovative treatments and community support.



9810 Liberia Avenue
Manassas, VA
703-439-9152
DMVBodySculpting.com



NURSE PRACTITIONER

Rachel Bonner, NP

Rachel B Well

My career journey took unexpected turns towards enhancing metabolic health, optimizing hormones, and slowing aging among patients. Initially, as a Nurse Practitioner during the HIV crisis, I cared for a severely ill patient group, fostering a deep understanding of the imperative nature of health preservation.

Believing in the adage "Health is Wealth," I value each patient's uniqueness, engaging in active listening and collaboration to address their health objectives. For 16 years, I've focused on holistic hormone evaluation, striving to diminish illness risks and enhance well-being.

My roots in rural Pennsylvania fostered a health-conscious upbringing, shaping my passion for healthcare. Graduating in Nursing from Pennsylvania State University in 1994, I later pursued a Master of Science in Nursing, becoming a Board Certified Family Nurse Practitioner through a joint program between George Mason University and George Washington University School of Medicine.

Continuing education in integrative, anti-aging, and conventional medicine, I've completed certifications in various areas and regularly engage with expert podcasts and literature to broaden my knowledge on health optimization and extending human health-span.



215 Depot Court, 2nd Floor
Leesburg, VA
703-662-3004
RachelBWell.com

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MEDICAL ONCOLOGY

Paul Bannen, MD

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.

Board Certification: Internal Medicine and Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor



18111 Prince Phillip Drive
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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

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.

Board Certifications: Internal Medicine and Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor



5454 Wisconsin Ave.
Suite #1300
Chevy Chase, MD

301-657-4588

MEDICAL ONCOLOGY



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.

Board Certification: Internal Medicine and Medical Oncology

5454 Wisconsin Ave.
Suite #1300
Chevy Chase, MD

301-657-4588

MEDICAL ONCOLOGY



Chitra Rajagopal, MD

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.

Board Certifications: Internal Medicine and Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor

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18111 Prince Phillip Drive
Suite #327, Olney, MD

301-774-6136

22616 Gateway Center
Drive, Suite C
Clarksburg, MD

301-685-6300



MEDICAL ONCOLOGY

Frederick P. Smith, MD

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. Following medical school, he completed residency and oncology fellowship at Georgetown University. Dr. Smith has been in 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.

Board Certification: Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor



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NURSE PRACTITIONER

Kayleen Galvan, NP

Rachel B Well

I take a holistic approach in treating my patients; I firmly believe that each treatment plan should be as unique as the patient it is created for! I also believe that a person's mental, emotional, and spiritual health cannot be separated from one's physical health. I seek to treat the whole person in front of me, and work with my patients so they feel vibrant, healthy, and better than ever!

When I was in my late teens and early twenties, I was diagnosed with PCOS. I remember feeling overwhelmed in my own health journey, and I was especially "stuck" in my struggle to lose weight.

I felt like I was doing everything "right" by conventional wisdom, and yet the scale wouldn't budge! My health challenges piqued my interest in the role of integrative medicine in weight loss and hormonal health and has given me great empathy for anyone struggling to maintain a healthy weight! It brings me joy to be able to work alongside Rachel Bonner—who helped me tremendously in my own health journey—and to offer the same hope and help to my own patients that she gave to me!



215 Depot Court, 2nd Floor
Leesburg, VA

703-662-3004

RachelBWWell.com



OPTOMETRY

Dawn Devaney Gammon, OD, FAAO

The Eyewear Gallery at Reston Town Center

Dr. Dawn graduated with high honors from Nova Southeastern College of Optometry in North Miami Beach, FL. She completed her Residency at the Veterans Affairs Medical Center/Southwestern Blind Rehabilitation Center in Tucson, AZ. She is an expert in treating dry eye disease and is one of the only doctors in the area offering Optilight, the latest FDA-approved procedure to treat dry eye. Dr. Dawn has over 25 years of experience with all types of contact lenses and refractive surgery co-management. She had successful LASIK surgery herself in 1999!

Dr. Dawn was recognized as the Best Eye Care Provider in Northern Virginia in *Virginia Living Magazine* 6 times through 2021. She loves working with people and is fully dedicated to taking the time and energy to meet the needs of each patient. Her practice, The Eyewear Gallery in Reston Town Center, offers unique frames from around the world where their motto is "Like a fine work of art, every face deserves a fabulous frame!"

In her spare time, Dr. Dawn serves on the Board for Runway to the Cure, an annual fashion show held in Reston Town Center to benefit Breast Cancer Research. She is raising two teenagers and enjoys west coast swing dancing, traveling and spending time with friends and family.



Reston Town Center
11900 Market Street
Reston, VA

703-709-5400

www.Eyewear-Gallery.com



OPHTHALMOLOGY

Claiborne M. Callahan, MD

NewView Eye Center

A native of Leesburg, VA, Claiborne M. Callahan, MD graduated with distinction from The University of Virginia in 1996. In 2000, she graduated from The University of Virginia School of Medicine. She completed her Ophthalmology Residency at Tulane University in 2004.

Prior to joining NewView Eye Center, Dr. Callahan was in private practice in Virginia, Florida, and Alabama. Her knowledge, experience and patient-centered focus allows her to spend quality time with each patient to diagnose, educate and treat them. She understands that patients have a choice with whom to entrust their eye care needs, and she prides herself on adhering to the highest ethical standards in the practice of medicine.

Dr. Callahan has performed thousands of cataract surgeries, as well as laser, glaucoma and eyelid plastic surgeries. She has treated a myriad of eye conditions throughout her career. She is committed to ongoing education and stays current with diagnoses and treatments. She attends several educational and training meetings yearly to remain in the forefront of ophthalmology advancements.

She is a Diplomate of the America Board of Ophthalmology, a Fellow of the American Academy of Ophthalmology, and others.



20 Davis Avenue, SW
Leesburg, VA

703-777-1244

12110 Sunset Hills Road
Suite #50, Reston, VA

703-834-9777

www.NewViewEye.com



ORAL SURGEON

Kamran Raja, DMD, MD

South Riding Oral & Implant Surgery

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

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

Over the past 14 years, Dr. Raja has worked in private practice while continuing to train Oral and Maxillofacial Surgery residents. During this time he has become inducted into the prestigious FACS (Fellow of the American College of Surgeons).



24805 Pinebrook Road
Suite #318, Chantilly, VA

703-653-0989

SouthRidingOS.com



OPHTHALMOLOGY

Jacqueline D. Griffiths, MD

NewView Eye Center

Dr. Griffiths is one of this area's most experienced surgeons and offers state-of-the-art Laser Vision Correction, Cataract Removal, Multifocal Lens Implants, and Comprehensive Ophthalmology. She has helped thousands of patients who struggle with their vision. Her knowledge, compassion, and attention to detail are the reasons she was voted by her peers to be one of this area's most elite physicians.

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.

"Top Ophthalmologist" *Washingtonian* and *Northern Virginia Magazine*



20 Davis Avenue, SW
Leesburg, VA

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Suite #50, Reston, VA

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ORTHODONTICS

Swathi M. Reddy, DMD

All Smiles Orthodontics

Degrees, Training & Certifications: Dr. Swathi M. Reddy, DMD received her DMD from Goldman School of Dental Medicine, Boston University. She graduated with high honors and was inducted into the Omicron Kappa Upsilon National Dental Honor Society. She received additional training to be a specialist in Orthodontics and Dentofacial Orthopedics at University of Nevada.

Professional Memberships: Dr. Swathi M. Reddy, DMD is an active member of many organizations, including the American Association of Orthodontists, American Dental Association, Northern Virginia Dental Society, Southern Association of Orthodontics, and Virginia Dental Association.

Best Health Advice: It is recommended by the AAO (American Association of Orthodontics) that all children get a check-up with an orthodontist no later than age 7. An orthodontist can identify any problems with emerging teeth and jaw growth, even while some baby teeth are still present.

Services: All Smiles Orthodontics offers complimentary consultations with convenient office hours and flexible payment plans with interest free financing.

Practice Philosophy: "My philosophy is to provide the best orthodontic treatment at the most appropriate age. It is important to analyze each patient's specific needs, because in-depth planning leads to superior results and higher patient satisfaction. I strive to maintain a balanced and harmonious facial appearance with a functional bite, in addition to providing a long-lasting beautiful smile." — Dr. Swathi M. Reddy, DMD



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ORTHODONTICS

Lida Vargas, DDS

Virginia Dental Group

Dr. Lida M. Vargas, a graduate of University Del Bosque, Colombia in 1994, furthered her education at the University of Maryland at Baltimore (UHAB), earning her dental degree in 2005. With extensive training in implants, CEREC®, Invisalign®, and a certificate in Progressive Orthodontics (POS), she brings over 20 years of experience to her practice. As a member of prestigious dental organizations like the Academy of General Dentistry and the American Academy of Cosmetic Dentistry, her patient-centric approach prioritizes individual needs.

In Virginia, she undergoes annual continuing education focusing on orthodontics, surgery, CEREC, and Sirona cone beam updates. Dr. Vargas has earned recognition as an Invisalign Preferred Provider and received accolades such as the CEREC specialist award. She's certified in various specialized techniques including PRFedu Platelet Rich Plasma fibrin for facial cosmetics, Cleopatra technique TM PRF, laser dentistry, and treatments for sleep disorders like Fotona Nightlase TM and Smoothlase TM.

Her pursuit of expertise led her to complete a master's degree in Laser Dentistry from Slovenia in 2022. Dr. Vargas's office boasts outstanding reviews on Google and Yelp, emphasizing a comprehensive clinical approach, notably in complex cases, as a testament to her biological dentistry ethos, connecting oral health to overall well-being.



3911 Blenheim Boulevard
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VirginiaDentalGroup.com



PEDIATRIC DENTISTRY

April Toyer, DDS, FAAPD

Lifetime Dental Care | Board Certified Pediatric Dentist

Degrees, Training and Certificates: Dr. Toyer attended the University of Virginia and received a degree in Biology and Bioethics in 2003. There she volunteered at the Charlottesville Free Clinic and developed a love for dentistry. Dr. Toyer attended dental school at the University of Maryland and took part in the Pediatric Dentistry Clerkship program. It was there that she met her husband, Dr. Leonard. During her summers off from dental school, Dr. Toyer worked for the Department of Education to be surrounded by young smiles. After graduating from dental school in 2007, she attended Howard University for her Residency in pediatric dentistry, which she completed in 2009.

Professional Memberships: Dr. April became a Diplomate of the American Board of Pediatric Dentistry in 2011, which "certifies pediatric dentists based on standards of excellence that lead to high quality oral health care for infants, children, adolescents, and patients with special health care needs. Certification by the ABPD provides assurance to the public that a pediatric dentist has successfully completed accredited training and a voluntary examination process designed to continually validate the knowledge, skills, and experience requisite to the delivery of quality patient care."

Hobbies: In her spare time Dr. Toyer enjoys writing, running, and playing the piano.

Practice Philosophy: Our mission is to provide our patients with the highest quality of pediatric, family, and cosmetic dental care in a warm, relaxing, and fun environment. Our office is a Dental Home that provides services for your family for a lifetime, from age 1 to 101.



14573 Potomac Mills Road
Woodbridge, VA

703-499-9779

www.LifetimeDentalCareVA.com



PAIN MANAGEMENT

Madhavi Chada, MD

Synergy Spine and Pain Center

Dr. Madhavi Chada is an Interventional Pain Management Physician and is triple Board Certified in Pain Management, Anesthesiology and Internal Medicine. Dr. Chada completed her fellowship training in Interventional Pain Medicine at Tufts University – Baystate Medical Center, MA. Dr. Chada completed her dual Residencies in Anesthesiology at Brookdale Medical Center, NY and in Internal Medicine at SUNY Stony Brook, NY.

Dr. Chada is an active member of the American Society of Interventional Pain Physicians (ASIPP), North American Neuromodulation Society (NANS) and American Society of Anesthesiologists (ASA). She is also affiliated with the American Medical Association (AMA).

Dr. Chada has been providing Maryland, Virginia and Washington, DC metropolitan area communities with comprehensive chronic pain management treatments for the past several years. She is the Founder and Medical Director of Synergy Spine and Pain Center, LLC. Dr. Chada is committed to high-quality patient care and is unwavering in her dedication to providing personalized treatment.



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Silver Spring, MD

240-641-5922

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Suite D, Fort Washington, MD

240-260-3828

12150 Annapolis Road
Suite #209, Glenn Dale, MD

240-929-6652

www.SynergySpineMD.com



PEDIATRIC DENTISTRY

Leonard Toyer, Jr., DDS

Lifetime Dental Care | Board Certified Pediatric Dentist

Dr. Leonard grew up traveling as an "army brat." His family finally settled down in Fairfax County, VA in his teenage years. After high school, Dr. Toyer went on to receive his undergraduate degree in biology from Hampton University. Always knowing he wanted to be a dentist, he next attended Virginia Commonwealth University to obtain his Doctorate in Dental Surgery in 2003. Wanting to increase his speed and proficiency in advanced dental techniques, Dr. Toyer then went to the University of Maryland to receive his two year certificate in Advanced General Dentistry, completed in 2005. There he practiced implant placement and restoration, rotary endodontics, hard and soft tissue surgeries, and cosmetic procedures in addition to general dentistry. Since the completion of this program he has been in private practice in Northern Virginia. Dr. Toyer enjoys spending time with his family and he is an active member in the community. He volunteers his time at local clean-up programs and homeless shelters. He also is involved in youth programs, mentoring students, and participating in scholarship drives with the local chapter of his fraternity Alpha Phi Alpha.

Dr. Toyer is committed to advanced education in his field. He has been trained by the Hiossen Advanced Dental Implant Research & Education Center to become proficient in implant placement and restoration.

Practice Philosophy: Our mission is to provide our patients with the highest quality of pediatric, family, and cosmetic dental care in a warm, relaxing, and fun environment. Our office is a Dental Home that provides services for your family for a lifetime, from age 1 to 101.



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www.LifetimeDentalCareVA.com



PEDIATRIC DENTISTRY

Gina C. Pham, DDS

BriteStars Pediatric Dentistry

Dr. Gina Pham grew up in Denver, CO where she received her undergraduate Bachelor of Science from the University of Colorado. After graduation from Howard University, College of Dentistry with her DDS, she focused on her specialty training in pediatric dentistry at the University of Pittsburgh, School of Dental Medicine. In 2002, Dr. Gina completed her Residency training and earned her certificate in Pediatric Dentistry. Dr. Gina has been practicing Pediatric Dentistry in private practice and has only been treating infants, children and adolescents for over 15 years.

She is a Diplomate of the American Board of Pediatric Dentistry and is currently a member of the American Academy of Pediatric dentistry, Virginia Society of Pediatric Dentistry and the American Dental Society of Anesthesiology.

She always tries to find ways to improve herself and help kids in her community. In her spare time, she enjoys spending time with her husband, son and her little dog. When she is not spending time with her family, Dr. Gina enjoys reading, movies and swimming at her gym.

13900 Noblewood Plaza
Dale City, VA

703-490-5060

12602 Lake Ridge Drive
Woodbridge, VA

703-490-5050

www.BriteStars.net



PEDIATRICS

Ravneet Dhaliwal, MD

Night Watch Urgent Care

Dr. Dhaliwal loves offering quality health care to children, and peace of mind to their parents and families.

She is a Certified Pediatrician with four years of experience working in her local community's Pediatric ED and privileges at Inova Children's Hospital in Annandale, VA.

She is a member of the American Academy of Pediatrics and the Society of Pediatric Urgent Care.

When she's not busy treating patients, she enjoys traveling, reading, going to the gym, and spending time with her family. She currently resides in Loudoun County, VA, with her husband, two children, and her dog.



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Suite F, Falls Church, VA

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11700 Sudley Manor Drive
Manassas, VA

703-589-9695

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Karl A. Smith, DDS, MS

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As a periodontist, Dr. Karl Smith specializes in periodontics and implantology. Periodontists are experts in treatment of gum disease, establishing and maintaining periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one really likes to go to the dentist, we strive to make your visits with us as comfortable and pleasant as possible. Patients' comfort is an important part of quality dental care. If you aren't safe and comfortable you won't go and going is just a good thing for your body!

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

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and safety of his office and patient-oriented team. He is consistently rated by his peers as a Top Dentist 2010-2022 in *Virginia Living*, *Washingtonian* Magazine, and *Northern Virginia Magazine*.

His patient's say: "I'd give 10 stars if I could. Dr. Smith is so kind, caring and explains everything so that you understand. His assistants are thorough, knowledgeable and gentle."

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301-638-4867
www.DrKarlSmith.com



PODIATRY/HOUSE CALLS

Gregory Cardinal, DPM

Podiatrist In Motion

Degrees, Training & Certifications: Dr. Cardinal is a Midwest native and finished his undergraduate studies at the University of Minnesota. He pursued his doctoral education at Scholl College of Podiatric Medicine in North Chicago, IL and graduated with a dual degree of Doctor of Podiatric Medicine and Master of Science in Healthcare Administration and Management. Dr. Cardinal went on to complete a 3-year medical and surgical residency with the VA Maryland Healthcare System with a focus in wound care, general podiatry and surgery. Dr. Cardinal is board certified by the American Board of Podiatric Medicine and is a fellow of the American College of Foot and Ankle Orthopedics.

Special Interests/Services: Podiatrist In Motion is a unique practice whose primary focus is house calls for foot and ankle concerns. Dr. Cardinal will come to you, to your home or office; meaning no waiting rooms, no traffic and no rushed visits. He treats all ages specializing in many general podiatric concerns such as heel pain, medical pedicures, ingrown nails, warts and pediatric podiatry. He performs biomechanical exams and casting for custom orthotics. Dr. Cardinal also offers cutting-edge treatments such as laser therapy for fungal nails and musculoskeletal pain.

Personal Interests & Hobbies: In his free time, Dr. Cardinal enjoys playing tennis, running, spending time with family and friends and playing the guitar.

Practice Philosophy: Podiatrist In Motion's mission is to bring the foot care clinic to you, in the comfort of your own home, office or wherever you may need care. Private-pay only.



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PELVIC FLOOR PHYSICAL THERAPY

Mary Nalls, PT, MPT

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Mary Nalls PT, MPT is the CEO of Physical Therapy Your Way & Advanced Specialty Care, PLLC with locations in Alexandria and Lorton, VA. She earned her Master of Physical Therapy degree at Hahnemann University in Philadelphia, PA.

Mary specialized in pelvic floor physical therapy since 1991 and brought this new niche to Northern VA. In 1994, she created Fairfax Hospital's first women's health pelvic floor physical therapy program.

Before entering private practice, the jobs Mary was employed by required high patient volume productivity standards. This patient care model frustrated her; hence in 2002, she opened her own private practice and since then her entire staff exclusively provides full-hour one on one personalized physical therapy.

Mary is the co-author of the American Physical Therapy Associations Women's Health Manual. In 1992 a group of pioneering women's health physical therapists collaborated and wrote the manual to guide other therapists on the standards of proper evaluation and treatment techniques for pelvic floor disorders.

She, and her staff of 10 other pelvic floor therapists, currently treat bladder, bowel, and pain conditions of women, men and children. Pelvic floor disorders include urinary and fecal incontinence, pelvic and spine pain, dyspareunia (painful intercourse), pelvic organ prolapse, constipation, prenatal and postpartum rehabilitation, diastasis recti (abdominal muscle separation), bedwetting, urinary frequency, and prostatitis.

In addition to specific pelvic floor rehabilitation, Mary utilizes a holistic approach to her treatments. She focuses on full-body movement analysis, corrective exercise prescriptions, nutrition, mindfulness training, stress management strategies, and helping everyone find a functional and pain-free way to live an active and healthy lifestyle.



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PODIATRIST

Edward Pozarny, DPM, FACFAS

Arlington Podiatry Center

Since 1984, Dr. Edward Pozarny has been working to provide the best podiatric care for patients in Arlington and throughout Northern Virginia. Dr. Pozarny's experience in podiatry and foot care is coupled with his genuine concern and fabulous bedside manner.

Degrees, Training & Certifications: BS Physical Therapy from Boston University, DPM Degree from California College of Podiatric Medicine, Residency at Monsignor Clement Kern Hospital Michigan. Faculty at Georgetown Medical School. Podiatry Speaker at National Health Explorers Exposition - NIH Bethesda, MD. Board Certified Foot & Ankle Surgeon since 1990.

Professional Memberships & Affiliations: American Board of Foot and Ankle Surgery, American College of Foot & Ankle Surgery, Arlington Host Lions Club, Northern Virginia Podiatric Medical Association, American Podiatric Medical Association

Special Interests & Services: Bunions, Fractures, Ankle Injuries, Corns, Hammertoes, Ingrown Toenails, Heel Pain, Calluses, Warts, Custom Foot Supports, Corrective Surgery, Flat Foot Conditions, Athletic Injuries, Children's Podiatry, Diabetic Feet

Personal Interests & Hobbies: Dr. Pozarny is a jazz guitarist and piano musician who performs locally. He enjoys skiing, camping, and other outdoor activities.

Practice Philosophy: Our staff at Arlington Podiatry is dedicated to your foot health as well as your overall health, making sure that you are treated with the best care possible. Our goal is that our patients have healthy feet and ankles and maintain those healthy feet and ankles to ensure that their quality of health is the best that we can provide.



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PODIATRY

Robert A. Breiner, DPM

Robert A. Breiner, DPM & Associates

For over 30 years, Dr. Breiner has been a Podiatrist and Foot Surgeon in the Northern Virginia area. He is a Diabetic Foot Care Specialist. The business was started in 1972 in Springfield and it has been serving the people of this region for the last 53 years. Dr. Breiner took over the practice in 1990 and is now proud to work with four practitioners, Dr. Rich Okino, Dr. Philip Gaspar, Dr. Rebecca Metz and Dr. Bryan Levay.

Special Interests: Dr. Breiner treats all types of foot and ankle structural disorders. During your consultation, he will perform a detailed assessment of your problem, describe his finding clearly and suggest a treatment and recovery plan that is customized to your specific needs. He will present all your options in a clear and comprehensive manner so that you are able to participate equally in the decision making. At our foot care facility, we treat ingrown toe nails, nail fungus, warts, heel pain, diabetic ulcers, vascular foot care, sports medicine, foot and ankle injuries, corns and calluses, and we can provide orthotics.

Professional Memberships: American Podiatric Medical Association, American Professional Wound Care Association, Knights of Columbus, Lions Club International, Catholic Charities USA.

Practice Philosophy: Dr. Breiner is one of the most respected podiatrists and foot surgeons in the Northern Virginia area. He has been practicing in this region for more than three decades. Dr. Breiner only recommends surgery when it is absolutely necessary and strongly feels that the procedure should be minimally painful for the patient. Also, the aesthetic result of any surgical procedure is not secondary for him. In fact, it is as much a priority as the corrective function of the surgery.

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703-941-7770
www.RobertABreinerDPM.com



PRIMARY CARE AND AVIATION MEDICINE

Tesfaye Tetemke, MD, FACP

Skyline Medical Center

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

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

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

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

Areas of Expertise: Primary Care & Internal Medicine (Preventive Care, Comprehensive Clinical Care), Aviation Medical Examinations & Flight Physicals, DOT Commercial Vehicle Driver Fitness for Duty Medical Exams, Immigration Medical Exams, Immunizations, Travel Health, Disability Medical Exams, School Health Physicals, Workers Compensation Exams, and More!

Practice Philosophy: We are committed to providing our patients with the best healthcare possible, and assisting them in making informed health decisions. We believe that patients should be educated about the major health conditions and leading causes of death so that they can evaluate their risk, seek proper preventative care and get professional advice to help them make informed decisions about their health.



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Nomi Shaool, MD

Executive MD

Nomi Shaool, MD is an highly experienced physician dedicated to the care of her patients. She is determined to maintain the highest standards of medical care that patients expect from their physicians.

Dr. Shaool has over 25 years of experience as an urgent care and primary medical doctor both in private and Military sector as a Medical Officer stationed with the US Marines. She was responsible for the primary care and any emergencies that occurred during training. Dr. Shaool worked in an urgent care for 18 years, she then joined Dr. Mamana at Executive MD. She is an expert at primary care, nutrition, urgent care and preventative medicine. Dr. Shaool is committed to her patient's well being, treating the whole person – body and mind.

Dr. Shaool has a Bachelor's of Chemistry from University of South Florida, earned her MD from Meharry, completed an Internship at Union Memorial hospital in Surgery and a Residency at Thomas Jefferson Hospital in Emergency Medicine.

Dr. Shaool loves spending time with her family, running 5K-10K races, fantasy football, the Opera and dining in Mediterranean restaurants.



TMJ AND SLEEP DISORDERS

Jeffrey L. Brown, DDS

Sleep & TMJ Therapy

Dr. Jeffrey Brown grew up in the state of Maine and went to Bowdoin College, where he graduated Magna Cum Laude in 1982. He accepted early decision into the Georgetown School of Dentistry, and graduated from there in 1986. While at Georgetown, Dr. Brown worked in the Neurology Department as an assistant on a project that involved studying the regeneration of nerve tissue in the spinal column after major trauma.

Upon graduation from Georgetown Dental School, Dr. Brown worked for a short time as an associate in a practice in Falls Church, VA. From there, he moved on and built his own practice in the Fairlington neighborhood in Arlington, VA, creating one of the largest practices ever seen on the East Coast.

Dr. Brown took a short sabbatical to help raise his four young children and to continue his education. It was then that he began the process of understanding sleep apnea and how it correlates to TMJ treatment. His knowledge in the combined fields of TMJ, sleep and orthodontics has given him a perspective unlike most other practitioners who perform basic dentistry. In addition, Dr. Brown has also learned the advanced techniques involved in expanding an airway so that both children and adults can breathe better. His training continued over time at the famous Sleep Medicine Center near the Emory University Hospital. He is a certified Fellow of the American Academy of Craniofacial Pain, awarded the Level of Legacy with the ALF Interface Academy and holds memberships with many academies.

In 2013, Dr. Brown met Dr. Brendan Stack and was immediately impressed with the success Dr. Stack had in treating TMJ cases and being able to repair so many damaged lives. For Dr. Brown, helping people by dealing with their debilitating TMJ issues became his second calling. And, as they say, the rest is history!



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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.



UROLOGY AND UROLOGIC SURGERY

Michael Whalen, MD

*Associate Professor of Urology | Chief, Urologic Oncology
Director, Genitourinary Multi-Disciplinary Clinic | Site Director, National Cancer Institute
Fellowship in Urologic Oncology | Urology Residency Research Mentor*

Dr. Michael J. Whalen, MD, is an accomplished Associate Professor of Urology and Director of Urologic Oncology at the George Washington University School of Medicine. A graduate of Harvard College and Columbia College of Physicians & Surgeons, he completed Residencies at New York Presbyterian Hospital-Columbia University Medical Center. Dr. Whalen holds Board Certification in Urology and underwent specialized Fellowship training in Robotic and Minimally Invasive Urologic Oncology at Mount Sinai Hospital and Urologic Oncology at Yale-New Haven Hospital.

Renowned for expertise in urological cancers, Dr. Whalen excels in both major open and minimally invasive surgeries, including pioneering the supine-position robotic retroperitoneal lymphadenectomy for advanced testicular cancer. His clinical focus spans prostate, bladder, kidney, and testis cancers, utilizing advanced techniques like robotic surgery with the DaVinci system and transperineal prostate fusion biopsy.

Apart from clinical practice, Dr. Whalen is actively involved in clinical outcomes research, contributing to numerous peer-reviewed journals. Recognized as a dedicated mentor, he received the Teacher of the Year award from Urology residents in 2019. Acknowledged for excellence, Dr. Whalen was awarded the Commission on Cancer, Cancer Liaison Program Outstanding Performance Award in 2021 and listed as one of Washingtonian's Top Doctors in 2023. His commitment extends to education and cutting-edge clinical trials, solidifying his reputation as a leading figure in urology.



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PSYCHOLOGY/PSYCHIATRY

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WELLNESS COACH

Janice Benjamin

Be Balanced – Leesburg

I am a wife of 32 years and a proud mother of 2 amazing adult children. I have worked for the federal government and private industry for a combined 30+ years and was tired of accomplishing someone else's goals and objectives. In my quest to find what I wanted to do with my life I found BeBalanced in the fall on 2018, and opened my store in Leesburg in May of 2019. I did the program in October 2018 and lost 22 lbs. in a month and more importantly went on to lose a total of 50 lbs. and have kept it off for over 5 years now! I feel amazing! I have so much more energy, sleep better and don't wake up soaked in sweat. Since losing my weight I am back to riding my horses multiple times a week and believe me they appreciated a lighter me too! I am excited to have the women of Loudoun County join me on this journey to better health and wellbeing.



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Garima K. Talwar, DDS, MS

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The Hidden Link Oral Bacteria and Systemic Disease



By Lida Varga, DDS
Virginia Dental Group

Maintaining good oral health isn't just about a sparkling smile; it's also crucial for overall well-being. Recent research has shed light on the intricate connection between oral bacteria and systemic diseases, highlighting the importance of proper dental care beyond the confines of the mouth.

The human mouth is a bustling ecosystem teeming with various bacteria, some beneficial and

others harmful. When oral hygiene is neglected, harmful bacteria can flourish, leading to the formation of plaque—a sticky film on teeth. If left unchecked, this plaque can develop into tartar, providing a breeding ground for harmful bacteria to thrive. As these bacteria multiply, they can infiltrate the bloodstream through the gums, initiating a cascade of systemic health issues.

One of the most notable connections is between oral health and cardiovascular diseases. Studies suggest that the same bacteria responsible for gum disease may contribute to the development of atherosclerosis, a condition where arteries become clogged with fatty deposits. This raises the risk of heart attacks and strokes.

Furthermore, the relationship between oral health and diabetes cannot be ignored. Periodontitis, an advanced stage of gum disease, can adversely affect blood sugar control

Please see "Oral Bacteria," page 47

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Ensuring Healthy Smiles and Sound Sleep For Your Child



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

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

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

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

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

The Importance Of Proper Sleep and Open Airways For Children

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

Please see "Healthy Smiles," page 46



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Straighter Teeth With Invisalign



By Swathi Reddy, DMD
All Smiles Orthodontics

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 and there are no wires or metal to rub against your cheeks.

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

Please see "Invisalign," page 47

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

30-Minute Foot Workout



By Edward S. Pozarny, DPM
Arlington Podiatry Center

There are many different exercises that can help you strengthen the muscles of your feet. The three contained in this article are just an example of how simple stretching and flexing can help.

The Heel-Toe Wiggle

Sit on a chair with feet flat on the floor and shoes removed. With heels remaining on the floor, raise the forefoot and toes as high as you can and move them to the right. Bring the toes back down to the floor and raise your heels as high as you can. Move them to the right until they are parallel with your toes. Bring your heels back down to the ground. Repeat the process to the left. Do this for approximately ten minutes.

The Foot Loop

Lie on your back. Loop a towel or other long cloth under one foot. Keeping your knee straight, pull your toes toward your head and hold for five seconds. Then push your toes down against the cloth as far as you can and hold for five seconds. Relax your foot and pull the side of the cloth

Please see "Foot Workout," page 47

Your feet work hard. They support your total body weight. They absorb the shock of your body pounding against the ground and adjust to the many different surfaces you walk or run on. Each foot contains 26 bones, 33 joints, and many different muscles, tendons, and ligaments.

If any of those bones, joints, or soft tissues are out of place or working incorrectly they can cause your foot to have pain. If you have a medical problem such as diabetes, improper foot biomechanics can cause a serious health risk.

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technologies in North America were actually developed in Europe. The ideal philosophy is for your dermatologist 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 serve as a Principal Investigator on FDA studies to bring these treatments to North America, 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 of the sun's 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. It's important for your sunscreen to be customized to your skin type and unique daily needs.

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:

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 an FDA-approved treatment for non-surgical lifting. Christie Brinkley considers Ultherapy a secret to her youthful beauty at the age of 69.

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, model Bar Refaeli and actor 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). Laser Lipo permanently removes stubborn fat deposits that are resistant to exercise and a healthy diet, to recontour and tighten 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: This is a popular but not really accurate term! Natural fillers such as Voluma, Juvederm, RHA, Restylane and Sculptra remove under-eye hollows and bags, restore youthful cheeks and lips, and define your jawline. 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 re-shape 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.

Botox and More: Expert treatment with muscle relaxers like Botox, Dysport, Xeomin, Jeuveau and Daxxify 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 the 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 a 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.

HEALTHY SMILES

FROM PAGE 42

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

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

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

- Difficulty falling or staying asleep
- Sleepwalking, night terrors, and other parasomnias

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

In the case of pediatric OSA, symptoms may involve snoring, breathing pauses, restlessness, and

coughing or choking episodes during sleep.

Dentist's Role

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

development.

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

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

DIETING

FROM PAGE 12

impact your ability to lose weight such as overexercising, processed foods, chemicals in your household products, artificial lights, eating foods (even healthy foods) that your body is sensitive to, and inflammation (pain).

At BeBalanced we address the root cause of hormone imbalances through a holistic approach, focused

on eliminating stressors through a whole-foods diet, natural supplementation, and relaxation techniques. On average, our clients lose 15-21 pounds in just 30 days, plus nearly 70% say they experience improvements in their PMS and menopausal symptoms.

Ready to learn more? Schedule your free consultation today!

HEALTHCARE

FROM PAGE 12

Home Hospital Beds

Beyond traditional sleeping arrangements, adjustable home hospital beds offer comfort, support, and enhanced mobility. Particularly beneficial for patients recovering from surgery or managing chronic illnesses, features like adjustable height and side rails contribute to both patient safety and caregiver ease.

Home Physical Therapy

Home-based physical therapy introduces a range of tools for personalized recovery. From TENS units for pain management to portable ultrasound units, and rehab-friendly home exercise gear like resistance bands, exercise balls, pulleys, and peddlers for light workouts, these empower patients to actively participate in their healing process, accelerating recovery.

Financial and Emotional Benefits

Integrating home healthcare equipment yields substantial financial benefits. Reduced hospital visits and

prolonged stays translate to cost savings for both patients and healthcare systems. Beyond the physical advantages, the immeasurable emotional benefits of having loved ones around during the healing process play a vital role in recovery, fostering a sense of security and well-being.

In concluding this transformative journey, it is evident that there truly is no place like home for healing. The integration of home healthcare equipment signifies a paradigm shift in healthcare delivery, offering not only physical advantages but also financial and emotional benefits. From life-sustaining benefits to enhanced comfort and personalized recovery, these tools empower individuals to take control of their health within the home environment, fostering a holistic and supportive approach to healing. As technology advances, the landscape of home healthcare will expand, promising even more opportunities for improved outcomes and an enhanced quality of life.

INVISALIGN

FROM PAGE 44

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.

FOOT WORKOUT

FROM PAGE 44

on the outside so that your foot bends sideways out for five seconds, then pull the other side of the cloth so that your foot bends sideways in for five seconds. Repeat with the other foot. Do for approximately ten minutes.

The Foot Grabber

Place a dishcloth or towel flat on the floor. Sit in a chair with your feet on one end of the cloth. Curl your toes and pull the cloth under your feet. As

you release, point only your toes up and spread them out as far as you can. Lower them back onto the cloth for the next grab. Repeat the process, spreading the cloth back out as necessary. Do for approximately ten minutes.

By doing these simple exercises for 30 minutes each morning, you can strengthen your feet and toes and lessen the likelihood of developing serious muscular/skeletal problems.

ORAL BACTERIA

FROM PAGE 41

in individuals with diabetes, making it harder to manage the condition.

Pregnant women also need to pay special attention to their oral health, as gum disease has been linked to preterm birth and low birth weight. The bacteria responsible for periodontitis may trigger an inflammatory response that can affect the developing fetus.

The impact of oral health on respiratory health is another area of concern. Oral bacteria can be aspirated into the lungs, potentially contrib-

uting to respiratory infections such as pneumonia.

In conclusion, the connection between oral bacteria and systemic disease underscores the importance of maintaining good oral hygiene. Regular dental check-ups, proper brushing and flossing, and a balanced diet are essential components of a comprehensive oral care routine. By prioritizing oral health, individuals can contribute to their overall well-being and reduce the risk of developing serious systemic diseases.

GET THE SMILE

FROM PAGE 19

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!



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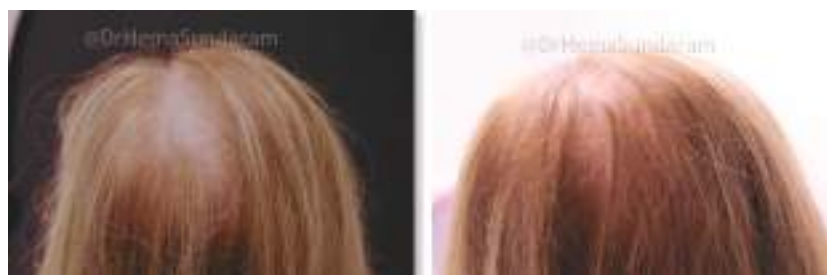
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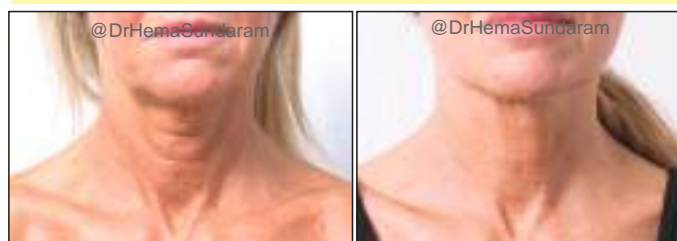
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