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 **Integrative &
Complementary
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Mental Health Awareness

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Revolutionizing Whiplash Diagnosis

The Power of Weight-Bearing Open MRI and Digital Motion X-Rays

Submitted by
Washington Open MRI

Whiplash is a common injury that occurs in over 90% of all auto accidents. It happens when the head is suddenly jerked back and forth, which can cause damage to the soft tissues in the neck. Unfortunately, most people (90%+) who suffer from whiplash don't even realize it. And for those who do, the diagnosis is often missed or misdiagnosed. This unfortunately leads to long-term, permanent damage and disability with no compensation.

However, there is hope! Thanks to modern medical technology, we now have access to tools like weight-bearing open MRI's and digital motion x-rays (DMX) that can help detect and diagnose whiplash with greater accuracy.

Weight-bearing open MRI's are a game-changer because they allow patients to be scanned while standing upright. This means that doctors can get a more accurate picture of what's going on with the spine, particularly in cases where whiplash has caused damage to the ligaments or other soft tissues. And because the patient is in a natural weight-bearing position, the scan can capture the full range of motion and flexion, which is crucial for accurate diagnosis.

But that's not all. Weight-bearing open MRI's are also more comfortable for patients. They're less claustrophobic than traditional MRI machines, and patients can watch TV or even have a loved one in the room with them during the scan.

Digital motion x-rays, or DMX, are another tool that can

help diagnose whiplash. Unlike traditional xrays and MRIs, which are designed to capture images of a patient who is standing still, DMX captures images of the spine in motion. This is important because, as we mentioned earlier, the symptoms of whiplash often present themselves when the patient moves their neck. With DMX, doctors can see the full extent of the damage and now develop a more accurate treatment plan.

The benefits of these technologies cannot be overstated. Not only do they provide a more accurate diagnosis, but they also help doctors develop better treatment plans. This means that patients who suffer from whiplash are more likely to receive the care they need to recover fully and avoid permanent damage.

But here's the problem: many

people are unaware of these technologies, or they don't know where to go to receive them. That's why it's so important to spread the word. If you or someone you know has been in an auto accident and is experiencing neck pain or other symptoms of whiplash, it's essential to seek out a healthcare provider who offers weight-bearing open MRI's and DMX.

Remember, whiplash is a serious injury that can cause long-term, permanent damage. But with the help of modern medical technology, we can improve diagnosis and treatment outcomes.

So let's spread the word and encourage everyone to learn more about weight-bearing open MRI's and DMX. Together, we can make a difference and help more people avoid the permanent impairment caused by whiplash.

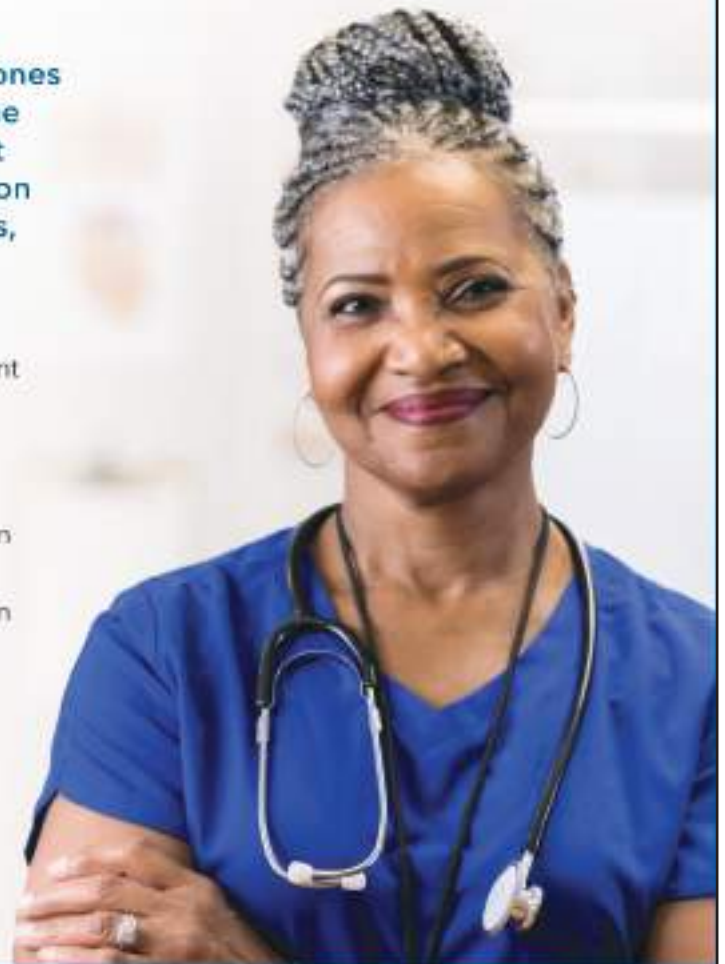
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A New Dawn For Diabetic Neuropathy

Find Relief and Reclaim Your Life With Georgetown Pain Management

By Netsere Tesfayohannes,
MD, ABA, ABAP
Georgetown Pain Management

Are you tired of living with the constant pain of diabetic neuropathy? Do you long for a breakthrough that can help you manage your symptoms without relying on medications and their unwanted side-effects? We have exciting news for you! Georgetown Pain Management, with offices in Greenbelt, MD, and Washington, DC, is offering a revolutionary and minimally invasive treatment called spinal cord stimulation that brings newfound hope to patients like you. This innovative option can provide relief from the agony of diabetic neuropathy, allowing you to regain control over your life. Read on to learn how this groundbreaking treatment could be the key to your pain-free future!

Say Goodbye to Medications and Their Side-Effects

For years, traditional treatments for diabetic neuropathy have relied heavily on medications. While these

drugs may temporarily mask the pain, they often come with many side-effects, including drowsiness, dizziness, and even memory loss. It's time to break free from the shackles of medication and embrace a more effective and sustainable approach.

Welcome Minimally Invasive Spinal Cord Stimulation

Georgetown Pain Management is proud to offer minimally invasive spinal cord stimulation, a breakthrough treatment for diabetic neuropathy. This cutting-edge therapy involves the use of a small device, similar to a pacemaker, that is implanted near your spine. Through minimally invasive techniques, the device emits gentle electrical pulses, which interrupt the pain signals traveling from your nerves to your brain, effectively reducing or even eliminating the pain associated with diabetic neuropathy.

Experience Relief Temporarily, Commitment-Free

One of the most exciting aspects of minimally invasive spinal cord stimulation is that it can be tried tem-

porarily before making a long-term commitment. Our skilled and compassionate team at Georgetown Pain Management will work closely with you to customize a trial period, during which the device is used on a temporary basis. This allows you to experience the benefits firsthand, giving you the confidence to make an informed decision about whether minimally invasive spinal cord stimulation is right for you.

Reclaim Your Life, One Step At a Time

Imagine waking up in the morning without that constant burning pain. Imagine being able to walk, exercise, and enjoy life's simple pleasures without being hindered by neuropathy. With minimally invasive spinal cord



Netsere Tesfayohannes, MD, D.ABA, D.ABAP
Medical Director
Assistant Professor of Clinical Anesthesiology,
Georgetown University School of Medicine



Alexander Kiefer, MD, D.ABA
Associate Medical Director
Assistant Professor of Clinical Anesthesiology,
Georgetown University School of Medicine

stimulation from Georgetown Pain Management, these dreams can become your reality. By minimizing or eliminating your pain, this treatment enables you to take back control of your life, empowering you to engage in activities you once thought were impossible.

Why Choose Georgetown Pain Management?

Georgetown Pain Management is a trusted name in comprehensive pain management. With our commitment to patient care and our expertise in minimally invasive spinal cord stimulation, we have helped many individuals find relief from diabetic neuropathy. Our team of highly skilled specialists will evaluate your condition thoroughly and design a personalized treatment plan tailored to your specific needs. With our state-of-the-art technology and compassionate approach, we are dedicated to helping you find relief and enhance your quality of life.

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Don't let diabetic neuropathy dictate your life any longer. Take charge of your health and embark on a journey towards a pain-free future with Georgetown Pain Management. Make an appointment at our Greenbelt, MD, or Washington, DC offices today to be evaluated for new treatment options, including the groundbreaking minimally invasive spinal cord stimulation. We are here to support you every step of the way, providing the care and expertise you deserve. Treatment is covered by most insurance companies. Call 202-935-6980 for a free insurance verification. Schedule an evaluation today!

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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
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MARYLAND & WASHINGTON, DC OFFICE

One Town Center
4201 Northview Drive, Suite 102
Bowie, MD 20716

Office (301) 805-6805 • Fax (301) 805-6808
info@yourhealthmagazine.net

VIRGINIA OFFICE

Office (703) 288-3130
production@yourhealthmagazine.net

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EDITOR-IN-CHIEF
Gregory Scott Hunter

MANAGING EDITOR
Heather L. Mahoney

**SALES & MARKETING
CONSULTANT**
Mili Parra

**PRODUCTION & DESIGN
ADMIN ASSISTANT**
Alison Doner – MD

Embrace the Power Of Positive Affirmations In the Workspace!

Submitted by
Me Time Healing

As we step into the canvas of a new year, the essence of mindfulness and self-care takes center stage. In 2024, let's embark on a transformative journey of nurturing positivity through the daily practice of affirmations, embracing a mindset that prioritizes self-discovery and well-being.

The modern workplace can be stressful, as the advantages of modern technology, such as virtual desktops, make us available 24/7, whether we like it or not. Positive affirmations can help employees stay optimistic and avoid letting workplace stress get them down.

Positive affirmations are phrases that we repeat to ourselves that help us to visualize our best selves or our ideal situations. The theory behind positive affirmations is that they shift our thinking into positive patterns that allow us to remain upbeat in tough situations and make the most of opportunities that present themselves to us.

The following are a few positive affirmations that can help members of your organization see the silver lining even in the darkest clouds:

- I strive each day to do the best job that I possibly can.
- Today's activities are stepping stones to tomorrow's big goals.
- I enjoy communicating with all of my colleagues at work. I find getting along with others to be easy.
- Completing tasks on time is fun and rewarding.
- It's a pleasure to help customers resolve their problems.
- Contributing to the success of the team is something I find personally rewarding.
- I enjoy mastering the new challenges that my work presents to me.

By integrating these affirmations into the workspace, members of your team can experience improved focus, increased creativity, and enhanced overall well-being.

In 2024, let daily affirmations become a mindful practice, a moment of self-care that guides you through the ebbs and flows of the year. Celebrate your successes, big or small, and acknowledge your resilience through the lens of mindful reflection. The power of positive af-

firmations lies in their ability to craft a mindful narrative, one that uplifts, nurtures, and leads to a more intentional and joyous life

In 2024, let positive affirmations be a cornerstone of your personal development journey. Embrace the potential for growth, welcome love into your life, and cultivate a mindset that empowers you to face the future with resilience and joy.

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Navigating Natural Herbal Replacements For Fluoride In Caries Prevention

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

The dental health community continually evolves its approach to preventing dental caries, especially among vulnerable groups like children and young adults. In recent years, the American Dental Association (ADA) has acknowledged a growing interest in natural and herbal alternatives to fluoride in toothpaste and rinses. This article explores the burgeoning field of herbal replacements, underpinned by recent studies and recommendations from the ADA, to provide a comprehensive overview of how these alternatives are reshaping caries prevention.

The Shift Towards Herbal Alternatives

Fluoride's efficacy in preventing dental caries is well-documented.

However, concerns over dental fluorosis and a general trend towards natural healthcare have led many to seek herbal alternatives. These alternatives not only promise caries prevention but also resonate with the broader preference for organic and naturally sourced products. The ADA, recognizing this shift, has initiated and reviewed various studies to understand the potential and efficacy of these natural alternatives.

Why the Emphasis On Natural and Herbal Replacements?

The rationale for exploring natural and herbal replacements is twofold. Firstly, there's an increasing demand for holistic health approaches that align with an individual's lifestyle and ethical choices. Secondly, while fluoride is effective, its overuse, especially in children, can lead to fluorosis, a condition that affects the appearance of developing teeth. As such,

finding a balance between effective caries prevention and maintaining natural oral health has become a priority for many.

Herbal Replacements Under ADA Scrutiny

Several natural substances have come under the spotlight, with research often backed or reviewed by the ADA to ensure their efficacy and safety. Here are some notable mentions:

1. **Hydroxyapatite (nano-HA):** Although not an herb, nano-HA is a naturally occurring mineral that mimics the composition of tooth enamel. Recent studies have indicated its potential in remineralizing enamel and protecting against decay, with some research suggesting it could be as effective as fluoride.
2. **Xylitol:** Derived from birch trees and other natural sources, xylitol is a sugar alcohol that's been studied extensively for its ability to reduce harmful oral

bacteria. The ADA has reported on various studies highlighting its cavity-preventing properties, especially when used in chewing gum.

3. **Neem:** With a long history in traditional medicine, neem has antibacterial properties that make it a candidate for oral health care. Preliminary studies have looked into its effectiveness in reducing plaque and gingivitis, key factors in preventing caries.
4. **Green Tea Extracts:** Catechins in green tea have been shown to possess antibacterial and anti-inflammatory properties. Some ADA-reviewed studies suggest that green tea extracts in mouthwashes and toothpaste could help in reducing bacteria and improving overall oral health.
5. **Licorice Root:** Licorice has been identified for its antimicrobial properties against oral pathogens. While research is still in the early stages, some findings suggest it could be beneficial in reducing bacteria and preventing caries.

The ADA's Position and Ongoing Research

The ADA remains committed to evidence-based dentistry and has thus approached the topic of herbal replacements with a rigorous scientific perspective. While it recognizes the potential of these natural alternatives, it also emphasizes the need for more extensive and long-term studies to fully understand their benefits and limitations.

Ongoing research, much of it reviewed or conducted under the auspices of the ADA, is focused on not just proving the efficacy of these substances but also understanding their appropriate usage, side effects, and interactions with other dental care products.

The exploration of herbal and natural replacements for fluoride is an exciting and growing field, reflecting a broader shift towards personalized and holistic health care. While these alternatives show promise, the ADA and the wider dental community advocate for a cautious and informed approach. As research continues to unveil the potential of these natural substances, it's crucial for individuals, especially those responsible for the care of children and young adults, to stay informed and consult with dental professionals. The future of caries prevention is likely to be more diverse, with a blend of traditional and innovative approaches working hand in hand for optimal oral health.



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Pediatric Partial Denture to Replace Missing Teeth



Elizabeth Shin
DDS



By Priya Kaur Tahim, LPC
Kaur Counseling

Learning To Listen To Your Own Intuition

Signs To Know If You're On the Right Path

You know that feeling you get in the pit of your stomach that feels like butterflies mixed with nausea? It's called anxiety. I've been living with anxiety for a long time now, and it's been an uphill battle. I've tried deep breathing; meditation, yoga, relaxing, crying; nothing seemed to work at the time, at least not for me. That wasn't until I realized that my anxiety wasn't just plain anxiety, it was my intuition letting me know that something wasn't right.

"At times you have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself."
— Alan Alda

Learning to listen to your own intuition sounds really odd and out of the norm, but once you allow your self to listen, you'll find yourself opening your mind to the possibilities of things that you normally wouldn't have thought possible.

When I first began to recognize the difference between anxiety and intuition, I realized my body alerting my mind of certain situations that either weren't healthy for me, or decisions I was making that weren't for the best. I caught myself becoming more cautious of my choices and becoming more aware of my surroundings. My chest would get tight, and I felt my lungs getting tighter and tighter. It felt like I was having an asthma attack, and at first, I'd reach for my inhaler, but then after my inhaler would fail, I realized it wasn't my asthma, it was my body letting me know that something wasn't right. So I would take a deep breath, take a step back, and ask myself, "what is it that I really want?" If the answer to the question, wasn't the answer that I was giving myself, then I would re-evaluate the situation I was putting myself in.

Once I started to re-evaluate the situations I put myself in, or the choices I was making, I began to feel happier, and much more comfortable with where I was going in life. I began to feel like I was finally making strides to a brighter future, and on the path to where I wanted to be, or where I imag-

ined myself to want to be. Although, I have an image in my head of the ideal future, I know that life throws curveballs, so I know that things won't turn out exactly how I've imagined them to be, and I'm finally ok with that idea. Every curveball that life has thrown in my direction has made me into the person I am today. I have made some horrible decisions along the way, but now that I've been able to recognize and listen to my inner intuition, I know that even if I steer off path a little, I'll

always be able to find my way back to the yellow-brick road to the life I call my own.

Here are 5 tips to learning to listen to your own intuition:

1. If you have a feeling that something is wrong, then 98% of the time there is something wrong. You can either do something about it, or not. The choice is yours.
2. When you're in a negative situation, and you don't know what to do, take a deep breath, close your eyes and

count to 5. You know what's best for you, just listen to your gut; it won't lead you down the wrong path.

3. Trust yourself. We often instill trust in those we love, but we fail to trust ourselves. Trust is one of the most valued things in life if you can learn to trust yourself to make a decision. Our loved ones want what's best for us, but only you know what's *truly* best for you.
4. Learning to let go of the things you

Please see "Intuition," page 38

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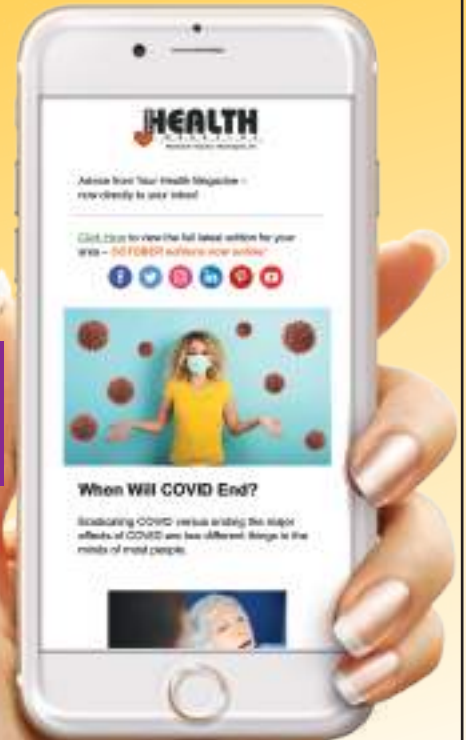
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Toe Pain and Sugar



By Lubrina Bryant, DPM
District Podiatry, PLLC

Toe pain, although it might not seem like a significant concern at first glance, can be very painful and uncomfortable if not properly managed.

Many different things can cause toe pain. Potential causes include blunt force trauma, for example. Interestingly, however, toe pain can sometimes be linked to sugar. Very high levels of blood sugar in certain individuals can lead to diabetic neuropathy. In turn, this might lead to uncomfortable feelings of numbness or tingling in the toes.

If you are someone that already has diabetic neuropathy or might be susceptible to developing this condition, consider contacting a podiatrist immediately for treatment. A podiatrist is a trusted medical professional that can answer any questions you might have and provide effective treatment. It is suggested that you schedule an appointment today.

Toe pain can disrupt your daily activities. If you have any concerns, contact your podiatrist. Your doctor can provide the care you need to keep you pain-free and on your feet.

What Causes Toe Pain?

Most severe toe pain is caused due to a sports injury, trauma from dropping something heavy on the toe, or bumping into something rigid. Other problems can develop over time for various reasons.

Toe pain can be caused by one or more ailments. The most common include:

- Trauma
- Sports injury
- Wearing shoes that are too tight
- Arthritis
- Gout
- Corns and calluses
- Hammertoe
- Bunions

- Blisters
- Ingrown toenails
- Sprains
- Fractures (broken bones)
- Dislocations

When To See a Podiatrist

- Severe pain
- Persistent pain that lasts more than a week
- Signs of infection
- Continued swelling

- Pain that prevents walking
- Diagnosis

In many cases the cause of toe pain is obvious, but in others, a podiatrist may want to use more advanced methods to determine the problem. These can range from simple visual inspections and sensation tests to X-rays and MRI scans. Prior medical history, family medical history, and any recent physical traumatic events will all be taken into consideration for a proper diagnosis.

Treatment

Treatments for toe pain and injuries vary and may include shoe inserts, padding, taping, medicines, injections, and in some cases, surgery. If you believe that you have broken a toe, please see a podiatrist as soon as possible.

If you have any questions please feel free to contact your podiatrist. They should offer the newest diagnostic tools and technology to treat your foot and ankle needs.

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Our feet are important in our everyday lives. The problem is that we tend to neglect them. When this becomes a habit, it can cause significant trouble. Ignoring foot problems can mean pain, limited mobility, and expensive doctor's visits. On the other hand, if feet are cared for and looked after regularly, they will perform without pain or complication.



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The Interconnected Web

Gum Disease, Heart Health, and Beyond



By Marc P. Stanard, DDS, PC

Maintaining good oral health extends far beyond a bright smile; it is a crucial aspect of overall well-being. Recent research has uncovered a significant link between gum disease and various systemic conditions, emphasizing the importance of proper periodontal care. One such connection that has garnered attention is the relationship between gum disease and heart health.

Gum disease, also known as periodontal disease, is an inflamma-

tory condition caused by bacteria in plaque, leading to the destruction of gum tissues and the bone of your jaws, and, if left untreated, can result in tooth loss. Beyond the oral cavity, the inflammatory component of gum disease has been associated with an increased risk of heart disease. Studies suggest that the inflammation triggered by periodontal disease may contribute to the development and progression of cardiovascular issues.

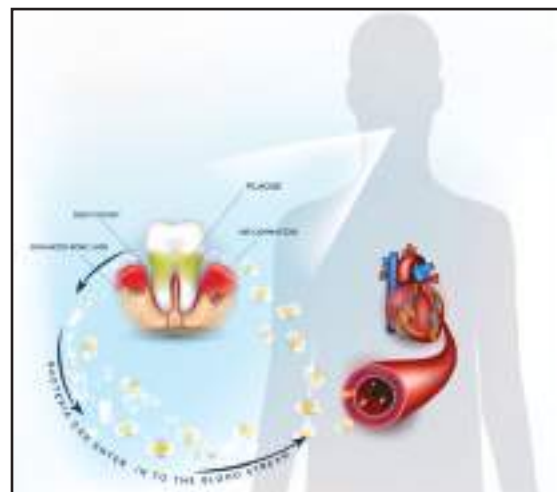
Moreover, the inflammatory response associated with gum disease has been linked to other systemic conditions, creating a complex web of health implications. Obesity, diabetes, Alzheimer's disease, and stroke have all been associated with chronic inflammation, and gum disease may act as a contributing factor. For individuals with obesity, the inflammatory response in the gums can exacerbate existing inflammation, potentially worsening the overall health outlook.

Diabetes, a condition charac-

terized by impaired glucose regulation, can be influenced by the chronic inflammation associated with gum disease. Likewise, studies have indicated a potential connection between periodontal health and Alzheimer's disease, with inflammation potentially playing a role in the progression of cognitive decline.

The link between gum disease and stroke is also under scrutiny, with inflammation being a common factor. Chronic inflammation in the gums may contribute to atherosclerosis, a condition where arteries become narrowed, increasing the risk of stroke.

Maintaining optimal periodontal health is not only about preserving a beautiful smile but is also a crucial component of overall well-being.



Regular dental check-ups, proper oral hygiene practices, and lifestyle choices that reduce inflammation can play a vital role in preventing gum disease and its potential systemic consequences. By understanding the interconnected nature of oral and systemic health, individuals can take proactive steps toward a healthier future.

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- Dr. Marc Stanard has decades of experience and a passion for his work, and he's earned numerous designations, affiliations, and awards, including Top DDS by Washingtonian and high ratings on Google and Yelp.
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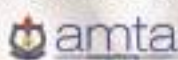
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Understanding Rotator Cuff Injuries

Causes, Symptoms, and Treatment Options



By Easton L. Manderson, MD
Manderson Orthopedic Clinic
& Joint Pain Center

The shoulder is a complex joint that allows a wide range of motion, making it susceptible to injuries such as rotator cuff tears. The rotator cuff is a group of muscles and tendons that surround the shoulder joint, providing stability and facilitating movement. When these structures are damaged, it can lead to pain, weakness, and limited mobility.

Causes and Symptoms

Rotator cuff injuries often result from a combination of factors, including overuse, aging, and traumatic events. Repetitive overhead motions, common in sports like baseball or activities such as painting, can contribute to wear and tear on the rotator cuff over time. Additionally, the natural aging process can lead to a decrease in blood supply to the tendons, making them more prone to injury.

Common symptoms of a rotator cuff injury include persistent shoulder pain, especially when lifting or lowering the arm, weakness in the affected arm, and a noticeable clicking or popping sound during shoulder movements. If left untreated, rotator cuff injuries can worsen over time, impacting the individual's ability to perform daily tasks and affecting their overall quality of life.

Diagnosis

If a rotator cuff injury is suspected, a thorough medical examination, along with imaging studies such as X-rays or magnetic resonance imaging (MRI), may be necessary to confirm the diagnosis. Early detection is crucial for effective treatment and preventing further damage to the shoulder joint.

Treatment Options

The approach to treating a rotator cuff injury depends on the severity of the tear and the individual's overall health. In many cases, conservative measures are initially recommended:

- **Rest and Activity Modification:** Giving the shoulder adequate time to heal by avoiding activities that exacerbate pain and modifying daily tasks.
- **Physical Therapy:** Targeted exercises can help strengthen the muscles around the shoulder joint, improving stability and reducing pain.
- **Anti-Inflammatory Medications:** Nonsteroidal anti-inflammatory drugs (NSAIDs) may be prescribed to alleviate pain and inflammation.
- **Corticosteroid Injections:** In some cases, healthcare providers may recommend corticosteroid injections to reduce inflammation and provide temporary relief.
- **For more severe cases or complete tears,** surgical intervention may be necessary:
- **Arthroscopic Repair:** Minimally invasive surgery using small incisions and a camera to guide the repair of the torn tendons.
- **Open Repair:** Traditional surgery with a larger incision may be required for more complex cases.
- **Rehabilitation:** Post-surgery, a structured rehabilitation program

is essential to regain strength and range of motion gradually.

Understanding the causes, symptoms, and treatment options for rotator cuff injuries is crucial for individuals experiencing shoulder pain. Early intervention, whether through conservative measures or surgical procedures, can significantly improve outcomes and restore shoulder function. Seeking prompt medical attention and following a comprehensive treatment plan tailored to individual needs is key to a successful recovery from rotator cuff injuries.

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Reclaim your life from joint pain!

Schedule a consultation with Dr. Easton Manderson today and embark on a journey to pain-free living. Don't miss out on the chance to move freely and live vibrantly – your best days are yet to come!

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A Reason To Smile Again

All-On-Four Dental Implants

Submitted By Sivakumar Sreenivasan, DMD, MDS
Dental Implant Center of Rockville

Can just four implants replace all of the teeth on the top or the bottom of your mouth? Thanks to advances in dental implant technology, that answer is a resounding yes.

Believe it or not, tooth loss is extremely common among adults, especially as we age. In fact, more than 35 million people in America are missing all of their upper and/or lower teeth. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called “all-on-four” dental implant restoration.

All-On-Four: One Full Arch Of Teeth, Four Dental Implants

To fully understand this remark-

able technique for replacing teeth, you should first understand what a dental implant is. An implant is a small titanium screw that fits inside your jawbone and replaces the root-part of a missing tooth. Minor surgery is required to insert the implants. Once the implant is in place, a crown is attached to give you a highly realistic-looking and functional prosthetic tooth.

Here’s where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on the top of your mouth, and four on the bottom, to restore your full smile. That’s the beauty of the all-on-four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

Besides ensuring that your implants are permanently fixed in place,

this bone fusion has another important benefit: it prevents future bone loss in the jaw. This helps to maintain a more youthful facial structure – and better oral health. But perhaps the biggest surprise about the all-on-four is how quickly it can transform your life.

What’s The All-On-Four Dental Implant Procedure Like?

It can be scary to get implants for the first time. Most of that fear is probably due to the uncertainty, so here is the step-by-step process for getting an All-On-Four dental implant.

First, your dentist will want to make sure your comfortable, so either local or general anesthesia will be administered.

Second, the dentist or surgeon will prepare your mouth for the implants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

Next, they will begin the implantation process. This means they will

insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of your mouth and two towards the back of your mouth so the “anchors” can evenly bare the force of the denture.

After the implants have been placed, they will thoroughly clean the surgical sites and suturing all the incisions. Then you’ll be taken to a recovery room where you can relax and take time to wake up from the anesthesia.

How Do You Know If The All-On-Four Procedure Is The Right Option For You?

At your All-On-Four consultation, you’ll receive a 3D CT Scan. This scan will help determine if you need implants and assist your doctors in creating your treatment plan. So if you want to learn more about dental implants, simply schedule a consultation with an All-On-Four provider. It’s the best way to find out how dental implants can change your life.

All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

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By Deeni Bassam, MD, DABPM
The Spine Care Center

Diabetic Peripheral Neuropathy – Oh, My Burning Feet

PDPN. These medications have been shown to make a positive difference in pain levels, sleep quality, and functional capacity. It is unclear at this time if these medications will have an effect on the natural progression of PDPN.

For more advanced cases of PDPN, which do not respond to trials of readily available medications, referral to a pain specialist could be

considered to review other treatment options. In Europe, there is extensive experience with implantation of small devices in the body, which electrically stimulate certain nerve fibers, which in turn cause a significant improvement in blood flow to the feet.

This treats primarily the pain of PDPN and does so presumably by improving the blood flow and nutri-

tional state of the nerve endings. In many European countries this is used in lieu of amputation.

If you are a diabetic you should work closely with your physician in managing all that comes with this chronic condition. Remember that the best way to prevent the development of PDPN and its complications is tight control of your blood glucose level.

Diabetes is an unfortunate affliction, which plagues the lives of millions of Americans. Most of us are already familiar with the basic understanding of diabetes as a problem in the regulation of glucose (sugar) in our bloodstreams. This simple problem of too much sugar, over time, leads to a cascade of secondary effects ultimately wreaking havoc on organ systems across the body.

It would be an overreach to attempt to discuss, or even to list, all of the end organ effects of diabetes in such a humble article so, instead, we focus on only one such complication of diabetes known as painful diabetic peripheral neuropathy (PDPN).

Although several theories for the origin of PDPN exist there is significant evidence that PDPN is the consequence of dysfunctional nerve endings in our feet, which in turn is the consequence of damage to the most delicate of arteries which supply nourishment to these nerve endings. Relentless hyperglycemia in poorly controlled diabetics leads to the destruction of the micro-vascular system and an asphyxiated peripheral nervous system responds with signals of distress we know all too well as pain.

Over time, a pattern of constant burning pain in the feet develops along with loss of sensations and even changes in the overlying skin. The pain can become severe enough to interfere with simple activities of daily living and is described as "suffering" by many. In severe cases, progression of the blood flow limitation leads to dead and gangrenous tissues necessitating around two thirds of the amputations done in our country.

Thankfully, treatments do exist for both the primary causes and secondary effects of PDPN. The single greatest way to prevent the development of PDPN is tight control of blood sugar.

Your primary physician can help you with the tools to manage your diabetes effectively and evaluate you for one of several new FDA approved medications for the symptoms of

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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Nurturing Healthy Smiles

The Significance Of Preventive Care and Establishing a Pediatric Dental Home For Children

By Gina Pham, DDS
ShiningStars Pediatric Dentistry
and Orthodontics

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

The Foundation: Pediatric Dental Home

A pediatric dental home serves as

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

Early Start for Lasting Impact: Preventive Care

Preventive care lies at the heart of

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

Building Healthy Habits: Oral Hygiene at Home

Parents play a vital role in foster-



Gina Pham, DDS

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

Preventing Tooth Decay: Dental Sealants and Fluoride

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

Empowering Parents: Education and Communication

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

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

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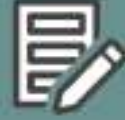
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TMD and Sleep the Connection

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It may be hard to believe, but when you have a TMJ disorder (otherwise called TMD), this can correlate to sleep-disordered breathing (SDB). The way this works is that when the jaw joint discs are displaced – just like a kneecap can slip out of place – you get pain. Pain and inflammation are quite common with a displaced jaw

disc. When you are hurting, you just cannot sleep all that well. Also, the quality of sleep is compromised because it is now harder to get the good, deep, non-REM sleep that helps our body to heal.

It is unfortunate that TMD is so poorly understood because so many people really do need help in this area. It is actually fairly easy to get a handle on this disorder, however. One of the first signs of TMD is that you have

clicking and/or popping in the jaw joints. This is often a clear sign that the articular discs (jaw joint discs) are displaced and causing an inflammatory reaction.

Another very clear sign of TMD is that you cannot open your jaw widely. The “normal” range of motion is generally considered to be around 50 mm. This means measuring from the tip of the upper front teeth to the tip of the lower front teeth when opening wide,



Jeffrey L. Brown, DDS

you should get around 50 mm. Some practitioners say that 35mm is around normal, but in general most agree that 50mm is a healthier way to be. This measurement can readily be done when you see your dentist or hygienist but most of the time it is not done.

So, now let's get back to the link to sleep problems. If and when the articular discs in the jaw joints are displaced, they are going to rub around in the jaw sockets and will quite literally pinch or rub against nerves and blood vessels in the joint. Diagnosis: It just plain hurts. In the human body when a bone rubs against bone or other vessels, it just hurts, simple as that. This in turn begins an inflammatory reaction in which the body releases the mediators of inflammation called “cytokines”. Now these cytokines are floating around inside your body causing a chronic irritation. It's kind of like being chronically sick all the time.

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

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



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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When you are hurting, you just cannot sleep all that well.

When the body is running in inflammation mode, it hurts, and this leads to sleep difficulties. What happens in so many people are the jaw joints ache, which in turn leads to the neck being irritated, and then it travels down the back as well. This makes the deep sleep – called non-REM III – unable to happen the way it should. Now you are sleep deprived and not able to heal the body like your body intended. This cycle just gets worse and worse over time. In so many people, this will lead to OSA – obstructive sleep apnea. So be safe, be smart, learn about TMD and how to treat it for a good night sleep.



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Barbara J. Brown, PhD



Dr. Brown is a seasoned psychologist and business owner who has developed an Executive Coaching practice to assist business owners and executives to create a life they love. Born out of experience and training, Dr. Brown believes that investing in the creation and implementation of one's life vision re-shapes one's personal life and business practices. The resulting shift in perspective, habits, and use of time is transformative.

Dr. Brown is the Founder and Owner of Unicorn Health Care, LLC (Unicorn) which was launched in 2022 as the

sister organization of her other company, Capitol Hill Consortium for Counseling & Consultation, LLC (CCCC) which was established in 2009. CCCC was founded as a private group mental health practice to provide accessible health care for all ages through public and private health insurance. The core principle of Unicorn is also accessibility. It was founded to serve individuals, groups, and organizations that require a higher level of discretion and those who require non-traditional mental health interventions. Unicorn is a boutique practice designed to be flexible and agile to meet the evolving needs of those we engage.

Dr. Brown is a licensed psychologist who completed undergraduate work at Wellesley College double majoring in Psychology and Sociology and completed her master's and doctoral degrees in Clinical/Community Psychology from Boston University. Dr. Brown has worked in public and private mental health agencies, hospitals, and universities for over 30 years and has mastery in professional roles such as therapist, clinical supervisor, researcher, author, consultant, speaker, educator, trainer, and business leader. Dr. Brown's clinical specialties include trauma, anxiety, mood disorders, and couples therapy. Dr. Brown's career has been dedicated to normalizing and elevating the importance of mental health care in the community.

In 2019, Dr. Brown was honored as leading a top 100 Minority Business Enterprise in the Washington, D.C. region and received an Enterprising Women of the Year Award in 2021. In 2022, she was accepted into the Women Business Leaders organization which targets thought leaders in health care. In January 2023, Dr. Brown received the coveted designation as one of the Ernst and Young Entrepreneur Access Network cohorts. She serves on the Advisory Council for the Boris L. Henson Foundation established by Taraji P Henson, the Board of the Episcopal Center for Children, and the Chairperson for the Board of Directors for the Black Women's Health Imperative. She intends to continue to grow her companies and leave a legacy to her dedicated staff to continue the mental health improvement of the communities we serve.



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Toni Greene, Owner

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Meet Toni Nandini Greene

Mission: To help people to be comfortable in their own skin, to love themselves, like themselves and be themselves and most of all accept and forgive themselves. "I'm here for you".

Specialized Degrees: Hypnotherapy, G.I.A. of America Gem (stone specialist), Advanced Yoga Training in Rishikesh India, continuing yearly training of Yoga and Ayurveda in Rishikesh India. Certified Astrologer – Charts interpreted for as little as \$49. The Big 3: Sun, Moon, Rising Ascendant.

Associations: Nath - (National Association of Transpersonal Hypnotherapists), NGH - (National Guild of Consulting Hypnotist), Y.A. (Yoga Alliance)

Areas of Interest: Hypnosis for Everything, (Fears, Phobias, Nail biting and more), Ayurveda Yoga, Yoga for Couples, Yoga for Diabetes, Yoga Teachers Training, and Life Coaching.

Hypnosis is a very useful tool to use in alleviating or diminishing pain in the body by at least 50% to not having pain at all. Hypnosis is a process whereby you are lead into a deep state of relaxation. In this state of deep relaxation you become aware of the pain. In hypnosis you are put in a hypnotic trance. In this trance it is suggested that you become aware of your breathing; breathing is emphasized to help regulate your sympathetic nervous system.

The sympathetic nervous system is the system in the body that serves to accelerate the heart rate, constrict blood vessels and raise blood pressure. It also becomes out of balance because of our unawareness of our thoughts, and actions. Pain and disease in the body has a lot to do with the imbalances in the body due to our diet and lifestyle. Mental or physical stress and an unhealthy diet, including refined sugars, fried food and over indulgence in food and drink, can cause pain in the body as well. This is a major cause of inflammation in the body that causes pain.

Acidic foods, and left over or stale foods, build up toxins in the body and can cause pain and inflammation in the joints that cause joint pain such as arthritis, burning sensation, swollen ankles, knees, and legs. Hypnosis will help you through the hypnotic suggestion so that you are mindful of the foods you eat and the thoughts we think. Stress in the body and mind is intimately related with causing pain in the body.

We use hypnosis in controlling the thoughts to manage or alleviate the pain in the body. With positive suggestions to you in a hypnotic state (trance), you will be reminded to be mindful of the new suggested way of eating with awareness, and you will realize as a result of awareness the lack of pain in the body. Hypnosis is a useful, natural tool that can be used to manage pain, stop over eating, smoking, phobias and more. Hypnosis is used to ease the pain of surgery or excessive pills taken for pain management.

When the conscious part of the brain is temporarily relaxed the person focuses on relaxing and letting go of distracting thoughts, thereby allowing the mind to slow down the pulse and respiration. When the pulse and respiration is slowed, the heart rate and respiration is then slowed causing relief in the body and mind and the pain is released or just simply gone.

When using hypnosis for pain management there may need to be a series of sessions. There are different levels of pain, and discomfort we carry in the body and mind. The sessions can vary depending on the severity of the discomfort in the body and mind.

Hypnosis is a pain-free technique used in healing the body and mind. Hypnosis only requires your participation and willingness and it will happen, the pain will be gone from the body, or three degrees milder, or more. Give it a try.

Eboni Cornish, MD

Amen Clinics

10701 Parkridge Boulevard
Suite #110, Reston, VA
703-880-4000



Meet Eboni Cornish

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.

yhm.news/Happy-Hour-Yoga

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Jean Ann Beaton, MD

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Jean Ann Beaton, MD
Dupont Private Health
1850 M Street, NW
Suite #230, Washington, DC
202-968-3699



CONCIERGE INTERNIST

Jean Ann Beaton, MD, is a Board Certified Internal Medicine physician at Dupont Private Health, a concierge medicine practice located in Washington, D.C. She is also part of the Castle Connolly Private Health Partners (CCPHP).

Dr. Beaton received her undergraduate degree in Biology from the University of Nebraska, after which she earned her medical degree at Mount Sinai School of Medicine. While at Mount Sinai she was recognized for her academic and clinical achievements and received both The James Felt Memorial Prize for Highest Overall Academic Achievement and the Florence J. Oppenheimer Prize for Excellence in Surgery. After completing her Residency at New York-Presbyterian/Weill Cornell Medical Center and obtaining Board Certification in Internal Medicine in 1998, Dr. Beaton worked as a Biotech Consultant.

She considered the experience to be particularly mind-opening as she was able to delve into medical therapeutics and diagnostics. However, Dr. Beaton's early and true passion for the practice of clinical medicine led her back to Internal Medicine. She practiced as an Internist in both Virginia and Maryland until joining and partnering with the independent GW MFA-affiliated group practice: Kaufman, Greenlee, Wheaton, and Beaton.

Dr. Beaton is passionate about promoting wellness for her patients and helping them develop a healthy lifestyle. In 2020 along with her partners, Dr. Lisa Kaufman and Dr. Allen Greenlee, she transitioned to a concierge-style internal medicine practice. Dr. Beaton believes that quality healthcare requires more than 15-minute visits, and prioritizes spending the necessary time to deliver more comprehensive patient care with a focus on lifestyle and wellness.

In Dr. Beaton's free time she enjoys cooking with her friends, and her two grown children. She also loves traveling and is inspired by her early years in New York City, she particularly enjoys city life and all that D.C. has to offer.



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Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103



Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...
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Michael Rogers, DDS

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4850 31st Street South
Suite A, Arlington, VA

703-936-4166

Meet Michael Rogers:

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

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

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

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



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Meet Dr. Sreenivasan:

Dr. Sreeni came to the United States as an Oral and Maxillofacial Surgeon in the year 1990 and put himself through dental school again at Boston University and Oral and Maxillofacial Surgery residency at University of Medicine and Dentistry of New Jersey.

As an Oral and Maxillofacial Surgeon, Dr. Sreeni manages a wide variety of problems relating to the Mouth, Teeth and Facial Regions. He practices a full scope of Oral and Maxillofacial Surgery with expertise ranging from Corrective Jaw Surgery to Wisdom Teeth Removal. His passion is in implant surgery and he is well known for same day placement of implants following teeth removal be it for single teeth or a complete "makeover" (Smile in a day). He can also diagnose and treat Facial Pain, Facial Injuries and TMJ disorders and perform Bone Grafting and Sinus lift procedures.

Dr. Sreeni completed a residency in Anesthesiology at Mount Sinai Hospital, New York in 1994 and has worked as an Attending providing anesthesia services for children and adults in the ambulatory out-patient center of the hospital.

Dr. Sreeni is an Advanced Cardiac Life Support instructor with the Adventist group. He is also certified in Pediatric advanced life support and is very capable of handling emergencies that could possibly arise in the office. Dr. Sreeni's staff are trained in assisting with IV Sedation/General Anesthesia within our state of the art office setting. Patients are continuously monitored during and after surgery. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.

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Meet La Vergne Andre-Hayes

Before entering Podiatry School, Dr. Andre visited some local podiatrist to find out what Podiatrists do. She found out that they didn't like to perform house calls and that she needed to fill that void - taking the Podiatry office to the patient!

Since Dr. Andre offers direct care, you can schedule an appointment as often as necessary - in the comfort, privacy, safety and convenience of your home or office.

One of the treatments she offers is a treatment for Neuropathy. Neuropathy is numbness, tingling, burning, shooting pain in the feet or hands and is usually treated with drugs - which are not very effective and have side effects. People with neuropathy may fall and need to stop driving because they cannot sense whether they are pressing on the brake or gas.

The treatment she offers is safe, effective, non-invasive and non pharmacologic. This treatment is also effective for circulation issues, inflammation, joint pain and last but not least peripheral neuropathy. Her practice philosophy is "Non-invasive (without surgery or injections) pain elimination so that you can enjoy and participate in the activities of daily living - driving, sports etc.

Ingrown toenails treated on the same day, thick ugly nails, corns and calluses are also conditions she addresses in the comfort, convenience, safety and privacy of the home or office.

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About Dr. Andre's Practice: Dr. Andre offers waterless pedicures. A Medical Pedicure includes Diabetic and non-Diabetic foot care, trimming and debridement of thick ugly nails and laser therapy for ugly toenails; trimming of painful or non-painful corns and calluses. Heel fissures are also a part of the treatment. "When your feet hurt, you hurt all over." Dr. Andre also treats painful ingrown toenails, to keep you walking comfortably. She treats a variety of podiatric conditions, as well as sprains/strains and other foot and ankle injuries and Diabetic Foot Care.

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Garima K. Talwar, DDS, MS

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Specializing in Reconstructive and Implant Dentistry



Dr. Garima Talwar specializes in Full Mouth Reconstructive and Implant Dentistry.

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Lida Vargas, DDS

Creating Beautiful and Healthy Smiles

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703-385-3800



Meet Lida Vargas

Dr. Lida M. Vargas graduated from University Del Bosque, Colombia, South America, in 1994. She then attended dental school at the University of Maryland at Baltimore (UHAB), graduating in 2005. Dr. Vargas received two years of training with implant seminars and has advanced training in CEREC® and Invisalign®. She also has a certificate with Progressive Orthodontics (POS). Dr. Vargas has been practicing in the area for more than 20 years and is a member of the Academy of General Dentistry and the American Academy of Cosmetic Dentistry as well. Her goal as a dentist is to provide dental services in a different and relaxed environment for patients of all ages. The patient's needs always come first.

Continuing education is necessary in Virginia every year, as we need to update in areas like orthodontics, surgery, CEREC, and the Sirona cone beam. Dr. Vargas is an honorary member of Who is Who in Dental Professionals and Northern Virginia Top Doctors. She is also an Invisalign Preferred Provider and has received the CEREC specialist award and has certifications in CEREC CAD/CAM single visit dentistry and diagnostic and CEREC CAD/CAM guided surgery implant training.

Dr. Vargas also offers regenerative medicine and is certified in Dr. Miron PRFedu Platelet Rich Plasma fibrin in facial cosmetics and has a certification in Cleopatra technique TM PRF for facial cosmetics as well. She is a specialist in laser dentistry and has a Fotona PAST certification in General Dentistry, Endodontics and Periodontal Dentistry as well. She effectively treats sleep disorders via her certification in Fotona Nightlase TM which is highly effective for the treatment of snoring and sleep apnea.

Additionally, Dr. Vargas received her certification for the Smoothlase TM which is utilized for the treatment of fine lines in the perioral area. She also has achieved the Dr. Harvey Shiffman Advance Laser Cosmetics Certification, Dr. Terry Alford and Larry Lieberman Mastery in Laser Cosmetics and Photobiomodulation and she completed her masters degree in Laser Dentistry from Slovenia in October 2022.

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Renee Bovelle, MD

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Meet Dr. Bovelle

Board Certified, Ophthalmology
by the American Board of Ophthalmology

Degrees, Training and Certificates: UCLA Medical School; Yale University Hospital for Residency; Louisiana State University for Cornea and Refractive Fellowship

Professional Memberships/Associations: American Academy of Ophthalmology; American Society of Cataract and Refractive Surgery; International Society of Refractive Surgery

Areas of Interest: All laser custom LASIK; Cataract Surgery; Botox; Dermal Fillers; Cornea Comprehensive Ophthalmology

Practice Philosophy: Envision Eye and Laser is committed to delivering superior ophthalmic care with state-of-the-art technology and patient education in a caring, compassionate environment. We cater to a diverse population of adults and work with your primary care physician to improve the quality of your overall health and life. Your best vision is our focus.

Your Heart's Best Support This Year!

The 9 Pillars to Prevent Heart Disease

By Linda Penkala, Author
LMT, Speaker

The month of February offers one beautiful reminder to pay attention to, and care for our hearts whether through choices, or loving others, along with ourselves. One bottom line is clear ~ there are NO do-overs, so what we have now, and lifestyle decisions we make daily, will create the future of our health.

From my journey of one medical moment with my heart years ago, to the book I wrote, *The Pause to Relax Ladies for Robust Heart Health*, comes my 9 Pillars of Heart Disease Prevention, part of my Wise Heart Health Program:



- 1. Know Your Numbers – LDL, HDL** and triglyceride levels, blood pressure, fasting blood sugar, weight and hs-CRP or high sensitivity C reactive protein, an inflammation marker. High amino acid, homocysteine also is an inflammatory indicator, along with possible B vitamin deficiency.
- 2. Assess Stress** – burden of toxic relationships, anger, unforgiveness, grief, or chronic negativity. Pay close attention to work/home stress levels and have tools to reset and restore balance.
- 3. Movement As Medicine** – lack of exercise doubles the chance of dying from heart disease. If inactive, work up slowly to 30 minutes, 3-5 days a week. Find an activity you love, and do it!
- 4. Stop Smoking** – the #1 preventable risk factor that is in your hands.
- 5. Eat and Drink Heart Healthy** – Eat more red - tomatoes, beets, watermelon, chili, cumin, radishes. Hydration is key, so drink 1/2 your body weight in ounces of water. Alcohol affects the heart, so moderation or abstaining is prudent for heart health. Monitor caffeine as it is a stimulant and add magnesium rich foods like avocado, almonds,

and dark chocolate.

- 6. Slow Down To Relax** – nourish quiet time of prayer, meditation, yoga. Embrace massage therapy to reduce cortisol levels, anxiety and blood pressure. Chiropractic, acupuncture, breathwork, Yin Yoga all help calm the central nervous system, lessening fight, flight, and freeze patterns.
- 7. Gather With Girlfriends** – women

socializing and joining in laughter, camaraderie and fun is a better indicator of heart disease than current standard tests. Nurturing friendships psychologically and biologically is the answer for your heart's need for connection and longevity.

- 8. Regular Dental Cleaning** – the connection between oral and heart health is based on solid research that disease

can originate in the mouth beginning the process of inflammation throughout the body.

- 9. Use Nature To Nurture** – walk on grass, or the beach by the water to get grounded, benefiting from negative electrons emanating from the earth. Aromatherapy is a centuries old healing modality from plants to comfort, calm or energize the entire body.

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Linda Penkala, Author, LMT, Holistic Healthcare Presenter, and Wellness Catalyst shares her passion and heart for holistic lifestyle choices through:

- Presentations
- Massage Therapy
- Aromatherapy
- Wellness Articles
- Breathwork for Healing
- Her book, *The Pause to Relax Ladies for Robust Heart Health*



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- Nine Pillars to Prevent Heart Disease
- Wise Heart Health for Women
- Navigating New Waters of Wellness
- Tapping with Essential Oils for Health

LIVE ZOOM PRESENTATIONS

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- Mindful Massage and Stretching (at desk)
- Aromatherapy 101
- Essential Oils and Your Pet
- Wise Self Care for Life
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The Pause to Relax



Optimum Health for Life



Linda Penkala



By Shawn Samad, DDS
Laurel Pines Dental Group
The Bowie Dental Group
Bethesda Dental Group

Bruxism, the dental term for teeth grinding, is a common condition that affects both adults and children. While

Understanding Bruxism

A Comprehensive Guide To Teeth Grinding

occasional teeth grinding may not pose significant risks, persistent bruxism can lead to serious damage to teeth and other oral health complications. This article aims to shed light on the causes, symptoms, and potential consequences of bruxism, along with preventive measures and treatment options.

Teeth grinding involves forceful contact between the upper and lower teeth, which can manifest as either loud and grating or silent and clenching.



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Many individuals may be unaware of their condition, especially if they grind their teeth primarily during sleep. However, it's essential to note that bruxism can also occur during waking hours.

Children, as well as adults, can be affected by bruxism. In children, this condition often develops in response to factors such as colds, infections, teething, or earaches, which induce discomfort and lead to teeth grinding. As for adults, bruxism can be exacerbated by factors such as alcohol and drug use, along with certain sleep disorders.

The consequences of untreated bruxism can be severe, including damage to tooth enamel, increased tooth sensitivity, and even jaw disorders. The persistent grinding can wear down teeth, leading to fractures, chipping, or the need for extensive dental work. Additionally, bruxism can contribute to headaches, earaches, and facial pain.

Preventing and managing bruxism is crucial for maintaining optimal oral health. Dentists often recommend the use of custom-fitted mouthguards, which provide a protective barrier between the upper and lower teeth, reducing the impact of grinding. Stress management techniques and lifestyle adjustments can also help alleviate bruxism symptoms.

Regular dental check-ups are essential for early detection of bruxism, allowing timely intervention to prevent further damage. Dentists may recommend lifestyle changes, stress management strategies, or dental devices tailored to the individual's needs.

Bruxism is a dental condition that requires attention and proactive management. Understanding the causes, symptoms, and potential consequences of teeth grinding is the first step toward maintaining a healthy smile. If you suspect that you or your child may be affected by bruxism, consult with a dentist for a comprehensive assessment and personalized recommendations to safeguard your oral health.

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Chinese Medicine For Chronic Low Back Pain

By Quansheng Lu, CMD, PhD, LAc
Wholelife Chinese Medicine
& Acupuncture Center

Understanding Lower Back Pain

Lower back pain affects a significant majority of adults in the United States, with approximately four out of five experiencing this discomfort at some stage of their lives. Typically, back pain can be categorized as acute,

lasting from a few days to a few weeks, or chronic, persisting for more than three months. While various factors can contribute to lower back pain, the primary culprits often include muscle strain and degenerative disc disease.

In the context of traditional Chinese medicine (TCM), lower back pain can be attributed to external influences such as severe weather conditions, injuries, and excessive sexual activity.

According to TCM theory, these factors can lead to a blockage of Qi and blood, believed to be the root cause of lower back pain if concentrated in the lower back region. Traditional Chinese Medicine offers a range of practices, including Chinese herbal medicine, acupuncture, moxibustion, cupping, scrapping, tui-na, qi-gong, and specific exercises, with acupuncture and Chinese herbal medicine as key components.

The Role Of Acupuncture In Managing Lower Back Pain

Lower back pain often hampers daily activities and stands as the second most common reason for physician consultations. Extensive utilization of acupuncture for treating lower back pain has been noted in previous studies. A meta-analysis aimed to evaluate the efficacy of acupuncture in managing lower back pain by examining 33 randomized, controlled trials. These trials were categorized based on acute or chronic pain, the style of acupuncture used, and the control groups involved. The analysis indicated that, as a primary outcome for relieving chronic pain in the short term, acupuncture proved



Quansheng Lu, CMD, PhD, LAc

significantly more effective than sham treatment or no additional intervention. Consequently, the study inferred that acupuncture could effectively alleviate chronic lower back pain.

Frequency and Safety Of Acupuncture Sessions

The number of acupuncture sessions required depends on the nature of the back pain. Generally, acute back pain might necessitate 1-3 sessions, while chronic back pain may require 6-16 sessions for effective management. For optimal treatment outcomes, a twice-weekly session frequency is recommended.

Is Acupuncture a Safe Option?

Acupuncture is considered a safe treatment. However, as with any medical procedure, there can be occasional side effects such as dizziness, local internal bleeding, dermatitis, nerve damage, or increased pain.



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Steps To Preventing Diabetes



By Janet V. Johnson, MD
Loving Care Pediatrics

control, exercising more, eating a healthy diet, and not smoking.

Weight Control

Having excess weight is the single most important cause of type 2 diabetes. Being overweight increases one's chances of developing type 2 diabetes seven-fold. Being obese makes you 20-40 times more likely to develop diabetes than someone with a healthy weight.

Losing weight can help if your weight is above the healthy-weight range. Losing 7-10% of your current weight can cut your chances of developing type 2 diabetes in half.

Active Lifestyle

Inactivity promotes type 2 diabetes. Working your muscles more often and making them work harder improves their ability to use insulin and absorb glucose. This puts less stress on your insulin-making cells. Long bouts of hot, sweaty exercise aren't necessary to reap this benefit. Walking briskly for a half hour every day reduces the risk

Please see "Prevent Diabetes," page 38



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Suffering From IBS? You Don't Have To!



By Lisa Thorne, Coach
Lisa Thorne Holistic Wellness Coach

Are your IBS symptoms making you miserable? Depressed? Scared to Eat? Afraid to go out?

I've been there. I get it. But the truth is, it doesn't have to be this way!

For years (literally, decades), I suffered from IBS and was led to believe there was not much I could do about it. Now that I know for a fact it is entirely possible to heal, and to feel better than I did in years, I want to share the message of hope and healing that it is absolutely possible to find freedom from IBS! Believing in your body's innate ability to heal is a key first step. Read on for more info about the other critical areas that released me from the pain, suffering, and embarrassment of IBS.

The Role Of Stress and Mindset

First, identifying what to eat for IBS is only a small portion of what may be impacting the digestive process. Understanding that the symptoms are not "all in our head", but can be exacerbated by our stress levels, is critically important. This does not in any way mean that people with IBS are the cause of their symptoms. It means that IBS sufferers can learn to have control over the vicious cycle of "worry about symptoms causing symptoms, and actual symptoms causing worry". De-

veloping techniques to quell the cycle can go a long way in finding the ease from the physical symptoms that can seem out of our control.

How To Eat For IBS

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

Planning For Meals and Social Events

The best way to navigate the meals and the social outings that usually involve food begins with basic self-care routines that can have a huge impact on our wellness:

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

As you heal, remember to:

- Eat soluble fiber first.
- Be sure you are well-rested.
- Choose loose fitting clothes!

Consider that IBS symptoms can worsen over time, so the sooner action is taken to address all the key components, the sooner healing can begin! It is possible to feel significantly better in as little as three months! If you are reading this in February and start your healing journey by March, you could have life-changing improvement by JUNE!

The sooner committed, focused action is taken, the less time it typically takes to recover. It is never too late to begin! The road to wellness begins with one step.

Lisa Thorne
Holistic Wellness Coach

Are you suffering from IBS? You don't have to!
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I've been there. I understand. And I am here for you!

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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 development. 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) & 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.



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Look and Feel Your Best

New Lasers and the Latest No-Downtime Procedures



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

How do you view midlife? If you're like most, you have every expectation that this stage of life and beyond will be active, fulfilling and productive.

Recent scientific studies have shown that first impressions matter, not only personally but also professionally. Of course, our skin is the first thing that everyone sees. Our skin is the largest organ in our body and the mirror of everything inside. It's natural, as well as a good personal and professional strategy, to want our skin to reflect externally the youthful vigor and vitality we strive for internally. This life philosophy is redefining midlife, and revolutionizing skin health and beauty. We are especially inspired by our patients in their 90's who are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are!

The idea of looking and feeling good at any age has inspired groundbreaking non-surgical strategies that naturally rejuvenate you, while preserving your individuality and avoiding the "done look." For the latest thinking from the world's cosmetic experts, read the recent article "*Injectables of the Future*" in *Harper's Bazaar* linked here: <https://www.harpersbazaar.com/beauty/skin-care/a42100260/injectables-of-the-future/>

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In recent Academy teachings for dermatologists and plastic surgeons, we have focused on the science and research behind state-of-the-art techniques and technology. The key concept is to rejuvenate your skin layer by layer by harnessing your body's own capacity to renew itself. This approach is based on advanced understanding of the aging process and, if started in time, can save you from ever having to go under the surgical knife.

The American Board of Medical Specialties recognizes four types of specialists as being appropriately qualified and trained to perform cosmetic procedures – board certified dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons. It's important to ask your doctor not only if they are board certified, but in what specialty.

The uppermost layer of your skin can be treated to fade discolorations, spider veins, prominent pores, acne and rosacea and give your skin a beautiful glow, with Elos Plus photofacials, VBeam pulsed dye laser, micro-laser and chemical peels,

These treatments can be alternated with DermaSweep MD, a more effective, crystal-free alternative to microdermabrasion, which painlessly polishes your skin with silk and other brushes and then infuses it with customized therapies to fade discolorations, tighten pores and make your skin radiant and youthful. The finest silk brushes in the DermaSweep MD treatment can even be used to revitalize the delicate skin around the eyes.

The upper and middle skin layers

can be stimulated to create new collagen and elastin with fractional resurfacing lasers like the new eMatrix Sublative, eTwo, Co2RE or Fraxel. These are exciting technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Fillers like Voluma, Juvederm, Restylane, Sculptra and RHA are pure, lab-made forms of natural hyaluronic acid to precisely replace the support that your skin has lost with time. Radiesse is a natural calcium-based filler. Sculptra is another effective volumizer. These fillers, as well as your own natural fat containing stem cells, can fill "smoker's lines" around the mouth, gaunt cheeks and under-eye hollows, shape your brows, and sculpt your profile. Truly expert technique doesn't just fill wrinkles – it actually reshapes your face, to restore ideal contours and lift your face subtly and beautifully with no scarring or down time. Recent research shows that expert filler placement can also stimulate your skin to produce new collagen and elastin, for longer term results.

A recent addition is platelet-rich plasma (PRP) with microneedling – the so-called "vampire face lift" – that harnesses the regenerative power of your body's own healing processes to restore smooth, radiant skin. Studies show that PRP is also effective for hair restoration. Exosomes are now being used for skin rejuvenation but it's important to use skin formulations with proper science and regulatory approvals.

The lowest layer of your skin can be treated with Ultherapy, Exilis Ultra or Sublime lasers, the newest no-downtime, no-surgery face and body lifting and tightening. These treatments tighten col-

lagen and elastic tissue, to lift your brows and cheeks, define your chin and jawline, and tighten and lift your neck, chest, abdomen, buttocks, arms and elsewhere. You will see prompt results that improve even more over time. Stimulation of your skin's self-tightening is long lasting and can take years or decades off you.

These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on areas such as your stomach, arms, buttocks and legs.

Kybella injections or Laser Lipo can remove unwanted fat with no down time and no anesthesia to chisel your jawline. You can also melt fat away painlessly from your hips, abdomen, waistline, buttocks, arms and other areas.

Precise doses of neuromodulators like Botox, Dysport, or Xeomin can be injected in the right places to gently and safely relax overactive muscles, smooth frown lines, worry lines, crow's feet, lines around the mouth and neck wrinkles, while preserving your natural facial expressions and avoiding a telltale frozen look.

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

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The Role Of Mental Health Support In Managing Diabetes and Cardiovascular Risks

Submitted By
A+ Counseling Center

The intricate relationship between mental health and physical well-being is increasingly recognized as a crucial factor in managing chronic conditions such as diabetes and cardiovascular diseases. As we delve into the complex interplay between mental and physical health, it becomes evident that mental health support plays a pivotal role in enhancing the overall management and prevention of complications associated with these conditions.

Understanding the Connection

Diabetes and cardiovascular diseases are not isolated concerns; they are often accompanied by psychological challenges such as stress, anxiety, and depression. The chronic nature of these conditions can lead to emotional distress, impacting the individual's ability to cope with the physical aspects of their health. Moreover, stress and negative emotions can contribute to unhealthy lifestyle choices, exacerbating the risk of complications.

Mental Health Support As a Coping Mechanism

The emotional toll of managing chronic illnesses can be overwhelming. Individuals with diabetes or cardiovascular diseases may experience fear, frustration, and a sense of loss of control. Mental health support provides a crucial outlet for these emotions, offering coping mechanisms and strategies to navigate the challenges of living with a chronic condition.

Counseling and Education

Educational counseling plays a vital role in empowering individuals to understand the connection between their mental and physical health. Counseling sessions can provide insights into the impact of stress on blood sugar levels, blood pressure, and overall cardiovascular health. Through education, individuals gain valuable tools to manage their conditions more effectively and make informed decisions regarding lifestyle choices.

Stress Reduction Techniques

Implementing stress reduction techniques is a cornerstone of mental health support for individuals managing diabetes and cardiovascular risks. Techniques such as mindfulness, meditation, and relaxation exercises can positively influence both mental well-being and physical health.

These practices help reduce stress hormones, improve emotional resilience, and contribute to better overall disease management.

Building a Support System

A robust support system is essential for individuals facing the challenges of diabetes and cardiovascular diseases. Mental health support extends beyond individual counseling sessions to include family, friends,

and community resources. Creating a supportive environment fosters a sense of belonging, reduces feelings of isolation, and promotes healthier lifestyle choices.

In the intricate tapestry of health, the integration of mental health support is indispensable for managing diabetes and cardiovascular risks. As healthcare professionals recognize the symbiotic relationship between

mental and physical well-being, a holistic approach emerges, offering individuals the tools they need to navigate the complexities of chronic conditions. By prioritizing mental health support, we pave the way for a comprehensive and effective approach to managing diabetes and cardiovascular risks, ultimately improving the overall quality of life for those affected.



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PREVENT DIABETES

FROM PAGE 32

of developing type 2 diabetes by 30%. Similar diabetes-prevention benefits have been reported for brisk walking of more than five hours per week.

Television-watching is a detrimental form of inactivity: For every two hours spent watching TV instead of pursuing something more active increases the chances of developing diabetes by 20%; it also increases the risk of heart disease (15%) and early death (13%).

Dietary Changes

Four dietary changes can have a big impact on the risk of type 2 diabetes.

1. Choose whole grains and whole grain products over highly processed carbohydrates.

2. Skip the sugary drinks, and choose water instead.
3. Choose good fats instead of bad fats.
4. Limit red meat and avoid processed meat; choose nuts, whole grains, poultry, or fish instead.

Smoking Cessation

Since we know, smokers are roughly 50% more likely to develop diabetes than nonsmokers, and heavy smokers have an even higher risk. Quitting would be beneficial and decrease the risk of type two diabetes.

The bottom line to preventing type 2 diabetes is to stay lean and stay active.

INTUITION

FROM PAGE 9

can't control. If you let go of what you can't change, you're allowing your body, mind and soul to move forward towards a healthier future.

5. Looking for signs is the universe's way of letting your intuition speak to you. I truly believe that there are certain things that happen in life that are there to guide us in the right direction. It's a way for our subconscious to communicate the wants and needs our heart; whether it's a dream, a déjà vu moment, or a moment that you can't explain. A sign is there for a reason, use your intuition to find that reason.

Once you begin to listen to your

intuition, you'll start to see doors opening that you never sought before. Out of my own personal experience, I can say I'm in a place I never thought I'd be. Every moment in my life has led me to the person I am today.

Learning to listen to my intuition, has taught me that it's okay to say no, and it's okay to not be perfect in a society that is known to be perfect. I am perfectly happy with being flawed. I am happy with who I am, and with the mistakes I've made, because without them, I wouldn't be as successful as I am.

"Intuition is seeing with the soul." – Dean Koontz

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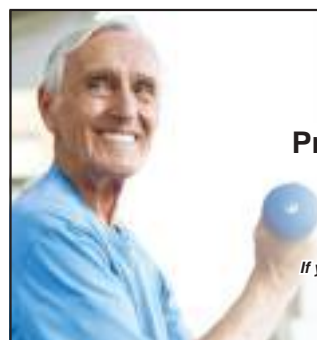
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Self-Care Guide For People With Diabetes

Submitted by
Kensington Pharmacy

You want to learn how to live well with diabetes. Here is an easy guide to help you understand and address the factors that impact your success.

Healthy Eating Tips

Understand how the foods and fluids you eat and drink affect your diabetes control.

- Focus on the right foods in the right amounts.
- Aim for variety and balance.
- Make healthy choices when shopping and eating away from home.
- Treat low blood sugar.
- Be consistent with meals and snacks.

Being Active

Whether you take daily walks, work in the garden or start a fitness program, being active regularly can help you control diabetes and decrease risks for complications.

Monitoring

Monitoring your blood sugar can help you manage your diabetes. Knowing your numbers, you'll have helpful information to support the de-

cisions you make regarding food and activity. It's important to monitor other aspects of your health to help reduce the risk of diabetes complications.

Make the most of monitoring by using these tips:

- Use the results of self-monitoring blood sugar to achieve blood sugar control.
- Monitor your weight and blood pressure.
- Inspect your feet regularly.
- Be sure your doctor schedules tests for lipids, kidney function and more.

Taking Medications

When medications are taken correctly, they can help you stay your healthiest.

Problem Solving

Learning to solve problems is important in taking charge of your life. This is especially true when you manage diabetes.

Try These Tips:

- Approach one problem at a time.
- Explore what might be causing the problem.
- Ask your diabetes care team to help you develop your own "what to do if" plan, such as if you have low

blood sugar, if you want to eat extra food or if you are too sick to eat.

- Keep track of how well you solve problems and ask for help if you are having trouble.

To be sure you gain the benefits from your prescribed medications, use these tips:

- Take medications in the right amount, at the right time and in the right way.
- If you are new to taking medications on a regular basis, keep a medication record to help you develop good medication-taking habits.
- Understand how to take your medications by asking questions and getting answers that you understand.

Healthy Coping:

Coping with diabetes is an ongoing process. Work with your healthcare team to learn what works for you.

- Learn how to manage living with diabetes.



- Identify things that cause you distress and stress.
- Understand that depression is more common among people with diabetes, and it is okay to ask for help.
- Ask for guidance to develop healthy coping skills.

These Are Tips To Help You Get Started:

- Know your treatment goals and ask your diabetes care team for help if you experience trouble in reaching those goals.
- Develop and maintain healthy behaviors to reduce your risk.
- If you use tobacco, find a way to quit.
- Have an annual flu shot.
- Get a pneumonia shot to help prevent pneumonia.



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Return To Your Youthful Appearance

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What Is Diabetic Eye Disease?

By Jacqueline D. Griffiths, MD
New View Eye Center

Approximately 20.8 million Americans have diabetes. More than half of these individuals are at risk for vision loss and other health problems, because they don't know they have the disease.

Diabetic eye disease, a group of eye problems that affects those with diabetes, includes diabetic retinopathy, cataracts and glaucoma. The most common of these is diabetic retinopathy, which affects 5.3 million Americans age eighteen and older.

Diabetic retinopathy is a potentially vision threatening condition in which the blood vessels inside the retina become damaged from the high blood sugar levels associated with diabetes. This leads to the leakage of fluids into the retina and the obstruction of blood flow. Both may result in vision loss.

The National Eye Institute (NEI), the Federal Government's lead agency for vision research, urges all people with diabetes to have an eye examination through dilated pupils at least once a year.

Blurred vision may occur when the macula – the part of the retina

that provides sharp, central vision – swells from the leaking fluid. This condition is called macular edema. If new vessels have grown on the surface of the retina, they can bleed into the eye and block vision. But, even in more advanced cases, the disease may progress a long way without symptoms. That is why regular eye examinations for people with diabetes are so important.



More than one third of those diagnosed with diabetes do not receive the recommended vision care and may be at risk for blindness. Because there are often no symptoms in the early stages of diabetic retinopathy, your vision may not be affected until the disease becomes severe.

Once diagnosed with diabetes, schedule a complete dilated eye examination with your eye doctor at least once a year. Make an appointment

promptly if you experience blurred vision and floaters that:

- Affect only one eye
- Last more than a few days
- Are not associated with a change in blood sugar

In advanced cases of diabetic retinopathy, laser treatment has been shown to reduce the loss of vision. This surgery does not cure diabetic retinopathy, nor does it prevent future vision loss, especially if diabetes or blood pressure is not well controlled.

Diabetes can also affect your vision by causing cataracts and glaucoma. If you have diabetes, you may get cataracts at a younger age and your chances of developing glaucoma are doubled.

Early diagnosis of diabetes and effective control of blood sugar and hypertension through proper diet, exercise and medication can help reduce your risk of developing eye diseases associated with diabetes. Finding and treating the disease early, before it causes vision loss or blindness, is the best way to control diabetic eye disease. So, if you have diabetes, make sure you get a dilated eye examination at least once a year.



Jacqueline D. Griffiths, MD

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“Top Ophthalmologist”

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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.

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



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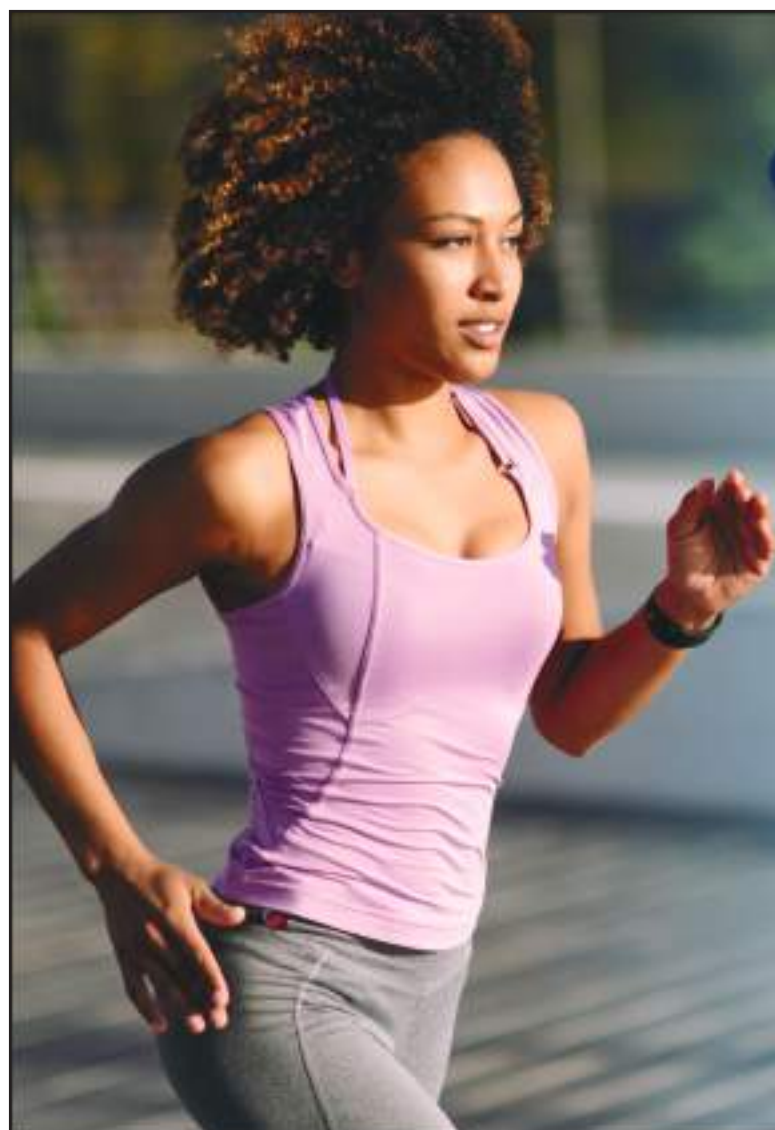
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