



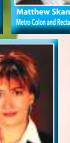


Colorectal Cancer
Awareness Month









NON-SURGICAL PAIN MANAGEMENT GET A BEAUTIFUL SMILE

ORTHODONTIC CAREIN CHILDREN

ALLERGY RELIEF

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Integrative & Complementary

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Holistic Dentistry



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Cutting-edge Therapy For Difficult To Treat Pain

By Alexander Kiefer, MD, D.ABA Georgetown Pain Managment

Pain patients often feel that just as they begin to see some progress with their painful condition, they feel that progress start to slip away. This can be demoralizing as persistent chronic pain affects all aspects of one's life: personal relationships, career advancement, self-image, leisure activities, and even religious beliefs.

Fortunately, there are many therapies that can help patients live happier and more fulfilling lives. Occasionally, however, a patient's pain might continue even after trying all of the therapies available. For these patients, we look to new technologies and cutting-edge therapies.

An exciting development in the field of pain medicine is a new

technology called a Dorsal Root Ganglion (DRG) Stimulator. The DRG is a part of the nervous system that acts like a gatekeeper for pain. When a person stubs their toe, that painful sensation travels along a nerve, up their leg, to the DRG in their back. As the gatekeeper, the DRG can either stop the pain in its tracks or it can allow the pain to travel through the gate and travel up the spinal cord to the brain. When the pain gets to the brain, the person knows that they have stubbed their toe and it is painful. If the pain signal is not allowed through, the person will never feel the pain.

An interesting aspect of the DRG, however, is that it not only can allow or prevent pain from passing to the brain, but it can also decrease or increase the level of pain. In fact, in many patients

with chronic pain, the DRG is actually malfunctioning by constantly increasing the pain dramatically before it gets to the brain, turning a whisper of pain into a shout. So, sensations that shouldn't be painful become painful; pain that should go away naturally over time continues. Sometimes a nonpainful sensation

like a bed sheet lightly touching your skin – can be instantly changed into excruciating pain by this malfunctioning nervous system.

Fortunately, there is now the DRG stimulator, designed to stop





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

> this type of malfunctioning. The DRG stimulator is a very thin wire that is placed over the DRG during a minimally-invasive outpatient procedure, which takes only about 45 minutes. It stimulates the DRG using a very small current, which is not felt by the patient. This stimulation can stop a malfunctioning DRG from increasing the pain before it gets to the brain, stopping the pain in its tracks. Before deciding whether this stimulator is the right fit, a patient can actually try it for 5-7 days without surgery or a hospital stay.

> Many patients who previously had untreatable pain can now find some relief without dangerous opioids or other medications. Patients who have been diagnosed with Chronic Regional Pain Syndrome (CRPS) or have suffered a nerve injury can often see significant improvement. Other conditions that can be treated include knee pain after knee replacement, hip pain after hip replacement, groin pain, pain after hernia repairs, stump pain, and phantom limb pain. Patients may benefit from this therapy even if they haven't from a traditional spinal cord stimulator.

If you are suffering from chronic pain, please be reassured that there are safe, effective, convenient, and minimally invasive therapies available.



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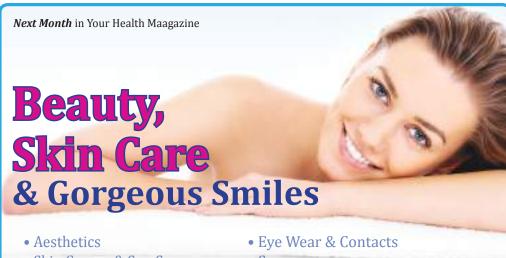
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Your Health Magazine is on a mission. There are far too many people, insured or not, who do not go to the doctor when they should, and in millions of cases, don't know who they should go to, or why.

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Supporting Employees With Seasonal Affective Disorder (SAD) In the Workplace

Submitted by Me Time Healing

Each year, millions of people in the U.S. experience seasonal affective disorder (SAD), also called seasonal depression or the "winter blues".

This is a type of depression that occurs during specific seasons, typically during the fall and winter months when there is less natural sunlight. It is believed to be caused by a lack of sunlight, which can disrupt the body's internal clock and lead to a decrease in serotonin levels.

A 2020 article by Forbes indicated that SAD can negatively affect motivation and diminish workplace communication and productivity.

SAD can have a significant impact on employees in various ways.

Here are some ways it can affect employees:

- 1. Mood and Energy Levels: SAD can cause employees to experience feelings of sadness, hopelessness, and low energy levels. This can make it difficult for them to concentrate and perform well at work.
- **2. Decreased Productivity:** Employees with SAD may have difficulty focusing and completing tasks, leading to a decrease in productivity. They may also have trouble staying motivated and engaged in their work.
- **3. Absenteeism:** SAD can lead to increased absenteeism as employees may feel too fatigued or unmotivated to come to work. This can result in a loss of productivity and increased workload for other employees.
- **4. Interpersonal Difficulties:** SAD can affect an employee's social interactions and relationships with colleagues. They may withdraw from social activities or have difficulty communicating effectively, which can impact teamwork and collaboration.
- 5. Increased Stress: Dealing with the symptoms of SAD can be stressful for employees. They may feel overwhelmed by their emotions and struggle to cope with the demands of their job.

Employers can take several steps to support employees with SAD:

1. Flexible Work Arrangements: Offering flexible work schedules or remote work options can help employees manage their symptoms and maintain a better work-life balance.

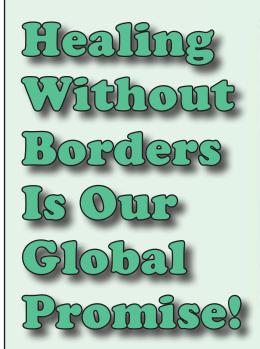
- **2. Provide Adequate Lighting:** Ensuring that workspaces are well-lit with natural or artificial light can help alleviate some of the symptoms of SAD.
- **3. Encourage Physical Activity:** Regular exercise has been shown to improve mood and reduce symptoms of depression. Encouraging employees to engage in physical activity can be beneficial.
- **4. Employee Assistance Programs:**Offering access to counseling or therapy services through employee assistance programs can provide support to employees dealing with SAD.
- **5. Raise Awareness:** Educating employees about SAD and its symptoms can help reduce stigma and encourage open communication.

This can create a supportive work environment where employees

feel comfortable seeking help.

It's important for employers to recognize the impact of SAD on employees and provide the necessary support to help them manage their symptoms and maintain their well-being.

Those with known SAD should consult a mental health professional about when to start treatment to help minimize symptoms and MeTime Healing team are here to help.





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Navigating Orthodontic Care In Children: A Pediatric Dentist's Guide

By Elizabeth Shin, DDS Bethesda Chevy Chase Pediatric Dentistry

Orthodontic treatment in children, particularly in addressing issues like malocclusions caused by habits such as thumb or pacifier sucking, is an integral aspect of pediatric dentistry. This comprehensive guide emphasizes the pediatric dentist's role in guiding parents through understanding why and when to start orthodontic treatment for their children.

Understanding the Role Of Pediatric Dentists in Orthodontics

Pediatric dentists are often the first line of defense in identifying potential orthodontic issues in children. Their expertise is not just in treating teeth but in understanding the nuances of oral development in children.

1. Early Detection: Spot subtle orthodontic problems during regular check-ups.

- 2. Preventive Approach: Advise on preventing orthodontic issues, such as guiding parents on when to wean off thumb sucking or pacifier use.
- 3. Educate Parents: Provide information on why orthodontic care is necessary and what it involves.
- 4. Refer To Orthodontists: When specialized intervention is required, pediatric dentists refer patients to orthodontists for further assessment and treatment.

Why Consider Orthodontics For Your Child?

Orthodontic treatment is essential not just for aesthetic reasons but for promoting overall oral health. Pediatric dentists help parents understand its importance:

- 1. Correcting Bite Issues: Orthodontics can resolve various bite problems, improving chewing, speaking, and oral hygiene.
- 2. Addressing Malocclusions From Habits: Prolonged thumb or pacifier sucking can lead to misalignment and bite problems. Early orthodontic intervention can guide teeth and jaw development back on track.
- 3. Enhancing Oral Health and Self-Esteem: Properly aligned teeth are easier to maintain, and a healthy smile can boost a child's confidence.

When To Start **Orthodontic Treatment**

The timing of orthodontic treatment is crucial. Pediatric dentists usually recommend:

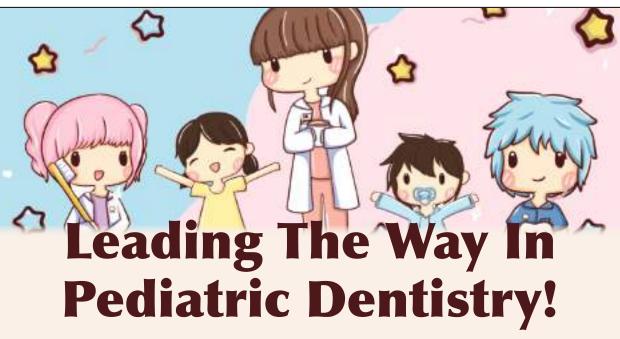
- 1. First Evaluation By Age 7: This allows for the early detection of potential issues and timely intervention.
- 2. Monitoring Growth: Regular dental visits help in monitoring the child's growth and identifying the optimal time for starting orthodontic treatment.
- 3. Collaborative Care: In cases requiring early intervention, pediatric dentists and orthodontists work together to develop an appropriate treatment plan.

Orthodontic Treatment Options

Based on the pediatric dentist's assessment, various treatments might be suggested:

- 1. Braces Or Aligners: For correcting misaligned teeth.
- 2. Palatal Expanders: Used when thumb or pacifier sucking has caused a narrow palate.
- 3. Habit Appliances: To help break sucking habits and prevent further dental issues.

Pediatric dentists play a pivotal role in guiding parents through the process of orthodontic care for their children. From early detection to education and referral to specialists, they ensure that parents are well-informed about the why and when of starting orthodontic treatment. Understanding this perspective helps in making informed decisions, leading to better oral health outcomes for children.



We provide expert pediatric dentistry to help your child improve and maintain oral health and hygiene, repair and address problematic teeth, and treat teeth, tongue and gum issues that require immediate attention. Partner with our Pediatric Dentist in Bethesda and Chevy Chase to help your child achieve lifelong oral health.

Throughout life, good oral health has a very positive impact on your child's general health, self-confidence, and discipline. We believe early positive experiences with oral health and hygiene - at the dentist and at home - set the stage for a life filled with good health, love, and success.





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Elizabeth Shin **DDS**

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Unlocking Inner Beauty

Embracing Self-Worth and Confidence For a Fulfilling Life



By Priya Kaur Tahim, LPC Kaur Counseling

Many people grow up with a low self-esteem, and low self-worth. The question is why? Is it the tough love we may have received growing up? Is it the way we are judged by our appearance? Or does it have to do with our own vision of ourselves?

Have you even looked in the mirror and asked yourself, "Why am I so (fill in the color of your skin)?" "Why am I so short?" Or said things like, "Nothing covers my rolls!" or "Nothing looks good on me!" Truth is, every single one of us has thought about our flaws, at least at one point in our lives. I'm going to let you in on a little secret, no matter your skin color, what size you wear, or whether or not you wear glasses.... nothing can change the way you feel about yourself.

No amount of make-up, partners, or flattery in general can make you feel more beautiful than acknowledging your own inner beauty. We all can make each other, as well as ourselves, feel beautiful and one of kind, with just our words; however, ironically, we also have the ability to make each other and ourselves feel like crap.

It's all about self-esteem and self-worth. How do you view yourself? Have you ever asked yourself if you're good enough for someone else? Or if you're worth it? How can you be good enough for someone else, if you don't believe you are good enough for yourself? Having self-worth and confidence is needed before you can share yourself with someone else, not just in a romantic way, but also in a friendship.

The reason that it is important to realize your inner beauty and inner self-worth is because, once you accept the fact that you are a beautiful person, inside and out, you'll gain this "Butterflies don't know the color of their wings, but the human eyes know how beautiful it is. Likewise, you don't now how good you are, but others can see that you are special."

confidence and motivation to conquer the world (or whatever it is that you desire.) You learn that you don't have to settle for other people's perceptions of what you should or shouldn't be. You have the ability to be whoever you want to be.

YOU oversee your own happiness. YOU are in charge of what you deserve. YOU are the only person that

can accomplish your dreams. Go out and live YOUR life for YOU. Life is short and nothing is guaranteed. LOVE yourself. LIKE yourself. BE happy. BE the best version of YOU.

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Kaur Counseling works to serve individuals, families and couples' from diverse backgrounds who suffer from depression, anxiety, re-building intimacy, marital conflict, familial conflict, PCOS, Infertility, low self-esteem, imposter syndrome, divorce/uncoupling, parenting and more.

Therapy can be an intimidating process, and our goal is to provide an open, safe environment to help instill support, understanding and empowerment throughout your therapeutic journey.

Whether you're looking to build confidence as an individual or within your relationships, together we can build the tools you need to succeed.



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March Madness Ready, Set, Go the Holistic Way



By Tiffany Daniel Live To Day Wellness

There are four crucial elements that must be made part of our daily healthy outlook on life in order to be successful: You, Commitment, Focus and the ability to Achieve.

If you want to lose weight (or gain weight), stay off that treadmill, out of the gym and don't touch those weights until you've first taken a long, hard look at what you eat.

The trick to good nutrition (and therefore faster results) is to feed your body a combination of protein and carbohydrates every few hours. This ensures proper recovery from workouts and optimal energy levels throughout your day. Balanced nutrition is the key. For best results, you should eat 5-6 (small) meals each day instead of the "three square meals" you're probably used to, or worse just one big meal a day.

Balanced meals are essential. You can do all the workouts in the world, but you will not be able to maximize your results until you fix the way you eat. That's why you need to start with nutrition first, otherwise most of the time you spend exercising is wasted.

Another key factor is water. Drink half your body weight in ounces of water. You will need to drink even more, when exercising.

The next thing is don't starve yourself. Stay out of starvation mode, also known as the catabolic state. This is a condition that is mainly caused by excessive training coupled with a lack of adequate nutrition, especially protein. In other words, the body is breaking down its own tissue. This happens when you don't eat enough

protein. Your body is essentially eating itself, which is not good. At this point, getting enough protein is extremely important.

Always start your workout with a warm-up. The goal of the warm-up is to get your body prepared to workout. It gets the heartbeat going and the blood circulating a little

quicker, which should last no more than about five minutes. Don't forget to include a stretch while warming up also. This will help get the body limber for your workout.

If weight loss is your goal, then for exercise combine aerobic with strength training. Aerobic exercise is excellent for your heart and circulatory system; it also helps burn more calories.

When you add on strength train-



ing, the goal turns out not to just be for building muscle for a toned, lean look on the outside, but the inside too, as muscle burns calories fast.

And last but not least, your cool down. Again, no more than five minutes is required.

That's right, you've got it and now you are in the home stretch. Remember your goals. You've got this down to the "final four" You, Commitment, Focus, Achieve.



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By Marc P. Stanard, DDS, PC

Maintaining optimal dental health involves a deep understanding of various procedures, including teeth extractions, bone grafting, and implant placement. These procedures play a crucial role in restoring oral function and aesthetics, ensuring a healthy and confident smile.

Teeth extractions are often necessary due to severe decay, trauma, or periodontal disease. However, extraction alone may lead to bone loss over time. To prevent this, concurrent bone grafting or guided bone regeneration (GBR) is recommended. GBR helps preserve the natural bone structure by promoting new bone formation, creating a

Comprehensive Dental Health

Understanding Teeth Extractions, Bone Grafting, and Implant Placement

stable foundation for future dental implants.

When considering delayed implant placement after an extraction, it's essential to understand the significance of bone grafting. This procedure enhances bone volume and density, ensuring the implant has a solid foundation for long-term success. The bone grafting process involves placing biocompatible materials into the extraction site, covering it with either a dissolvable and/or non-dissolvable membrane. This membrane holds the space for bone growth and prevents the downgrowth of soft tissue into the socket, maintaining or enhancing the overall integrity of the jawbone. It stimulates new bone growth, contributing to the overall health and stability of the jawbone.

Immediate implant placement is another option that has gained popularity in recent years. This approach involves placing a dental implant immediately after extraction. Strict adherence to specific guidelines is crucial to ensure the success of immediate implant placement. Factors such as an atraumatic extraction, lack of the presence of a large infection, sufficient initial stability, appropriate bone quality and quantity, and infection control are essential considerations in this procedure.

Ridge augmentation is recommended in cases where significant bone loss has occurred, leading to a reduced ridge height or width. This procedure aims to restore the natural contour of the jaw, providing a stable foundation for dental implants.

Ridge augmentation involves grafting materials, with at times the use of growth factors to stimulate and rebuild the lost bone, creating an environment conducive to successful implant placement.

Understanding the interplay between teeth extractions, bone grafting, and implant placement is vital for comprehensive dental health. Whether opting for immediate or delayed implant placement, the incorporation of bone grafting techniques ensures a stable and durable foundation, contributing to long-term oral well-being and a confident smile. Regular consultations with a dental professional are essential to determine the most suitable treatment plan based on individual needs and oral health conditions.



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Causes Of Pinky Toe Pain



By Lubrina Bryant, DPM District Podiatry, PLLC

Experiencing pain in the pinky toe can be discomforting, yet understanding the causes behind it can offer clarity and relief. One common culprit is wearing ill-fitting footwear, particularly shoes that are too narrow or have inadequate toe space, which can compress the pinky toe and lead to friction and discomfort. Additionally, repetitive activities such as running or walking long distances can strain the muscles and joints in the pinky toe, resulting in pain and inflammation. Injuries such as stubbing the toe or dropping a heavy object on it can also cause acute pain and swelling.

Moreover, conditions like bunions or hammertoes can affect the alignment of the toes, putting extra pressure on the pinky toe and causing pain over time. Understanding the diverse causes of pinky toe pain empowers individuals to take proactive measures, such as wearing properly fitting shoes, and practicing good foot hygiene. If your pinky toe hurts, it is suggested that you contact a podiatrist who can determine what the cause is, and offer appropriate treatment options.

Toe pain can disrupt your daily activities. If you have any concerns, contact your local 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 local podiatrist. They will 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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Consulting Hypnosis



By Toni Greene, Owner Happy Hour Yoga

There are many ways of healing. Healing is an awareness that you sense from your inner self (subconscious mind), that tells you that you need to explore what's happening within yourself internally and consciously. Mind, body, and spirit (the soul) all need healing. The mind tells you what you are experiencing in the given moment. The body reacts as the mind releases the thought. The thought can be positive or negative, and the thought sends the message to the body organs, and then the organs respond to the thought.

Consulting hypnosis – helping everyday normal people with every-

day normal problems – can help you with problems or situations by helping the way you interpret the thought and then respond to the thought. The thoughts that bring fear often affect the kidneys, and the thoughts that trigger anger often affect the liver and heart.

The organs reside in the body and mind by way of the body systems. The systems are managed, controlled, balanced, repaired, or healed according to the thoughts you are having about that system and the methods you choose to heal or repair that system.

Often you will hear people say that the doctor can't seem to find their problem. Whether the doctors find or don't find the cause of your pain (mental, physical emotional, or spiritual) it is uncomfortable. You simply want relief. You want the doctors to tell you something so that the thought can trigger an emotion in certain organs to heal or not.

Consulting hypnosis can help you sort out everyday problems such as the thoughts that surround COVID-19, or your children, spouse, boss, or whomever – the consulting hypnotist

Please see "Hypnosis," page 38

Medicinal Marijuana Hurts Fertility



By Oluyemisi Famuyiwa, MD FACOG, MSD Montgomery Fertility Center

Marijuana Effects On Fetus

Medical marijuana is now so prevalent and is now akin to a miracle panacea for a host of medical problems. There is increasing usage marijuana among women and men of reproductive age. Along with that is an increasing wave of aftereffects that is surging through the fertility world.

There are little known facets of marijuana that will soon make the uptick in infertility seem like a small factor.

Marijuana has several effects on the reproductive system before conceiving as well as after conceiving.

Effects On Gametes:

Let's take a systematic look at some of these.

Marijuana has been studied and found to affect human sperm. Some studies suggest that marijuana use may have adverse effects on male fertility by reducing sperm production and altering sperm morphology (size and shape). Marijuana can bind to cannabinoid receptors in the testes, which may interfere with normal sperm development.

Marijuana use has been associated with changes in hormone levels, including a decrease in testosterone. Testosterone plays a crucial role in

Please see "Marijuana," page 38





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Medical Director Dr. Famuyiwa, a double board certified fertility specialist and an advocate for personalized holistic fertility care, is at the forefront of providing state-of-the-art care based on emerging and advanced new technologies in the most compassionate of manners.

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Colon Cancer Risk Reduced 38%

In Women Using HRT

Submitted by New Day Vitality Hormone Center

Among postmenopausal women, hormone replacement therapy (HRT) use was associated with a 38% reduction in overall colorectal cancer (CRC) risk, according to a study published in *Journal of the National Cancer Institute (JNCI) Spectrum*.

Another study published in *BMC Cancer* found that even in patients diagnosed with CRC, the current use of HRT is associated with lower risks of both CRC-specific mortality and overall mortality. This research was a metanalysis of four randomized control trials and 16 observational studies and included 10,013 colorectal cancer survivors.

Colorectal cancer is the third most common cause of cancer mortality in women. An American adult has about a six percent chance of developing CRC in his/her lifetime. Most CRC is preventable through regular screening but early detection also helps catch any cancer at more successfully treatable stages. In fact, the five-year survival

for stage 1 colon and rectum cancer is 90.1%.

The JNCI study results indicate that both estrogen-only and estrogen plus progestin HRT formulations reduce CRC risk but CRC risk reduction was not seen in past HRT users. And "although this study includes populations in many locales, the participants were predominantly white, and therefore, these findings may not be generalizable to other racial and ethnic groups."

Although some studies have determined minor variations in HRT impact on subtypes of colorectal tumors, the underlying mechanisms of how HRT impacts CRC requires further study.

It is important to note that only 39.4% of CRC cases are diagnosed at the local stage. About one-third of adults aged 50 or older (about 22 million people) have not been screened as recommended.

HRT is safe for almost all women according to the latest medical research and does not increase all-cause mortality. Talk to your doctor or a hormone specialist about the benefit/risk value of hormone replacement therapy today!





Dos and Don'ts During Burn Injuries

By Vienna, Virginia Attorney Paul Samakow

Burn injuries can be excruciatingly painful and require immediate attention and proper care to prevent further damage and aid in healing. Whether it's a minor burn from touching a hot pan or a severe burn from a fire, knowing what to do and what not to do in the critical moments following the injury can make a significant difference in the outcome. In this guide, we'll outline the dos and don'ts during burn injuries to help you respond effectively in such emergencies.

Dos

- 1. **Cool the Burn:** Immediately run cool (not cold) water over the burned area for at least 10-20 minutes. This helps to stop the burning process and provides relief from the pain.
- 2. Remove Constrictive Items: If the burn occurs on an area with clothing or jewelry, remove these items as soon as possible. This prevents further injury if swelling occurs.
- 3. Cover with a Clean Cloth: Once the burn is cooled, cover it with a sterile, non-adhesive bandage or clean cloth to protect it from dirt and germs. Avoid using cotton balls or any material that may stick to the wound.
- 4. Seek Medical Attention: For severe burns, especially those affecting large areas of the body, seek medical attention immediately. Don't attempt to treat severe burns at home as they may require specialized care.
- 5. Take Over-the-Counter Pain Medication: If the pain is unbearable, you can take over-the-counter pain medication like ibuprofen or acetaminophen to alleviate discomfort. Follow the recommended dosage instructions.
- Keep the Burn Elevated: If possible, elevate the burned area above the heart to reduce swelling and pain.
- 7. Watch for Signs of Infection: Keep an eye on the burn for signs of infection such as increased pain, redness, swelling, warmth, or drainage. If you notice any of these symptoms, seek medical attention promptly.

Don'ts:

- **1. Do Not Use Ice:** While it may seem intuitive to use ice to cool a burn, it can cause further damage to the skin. Ice can restrict blood flow and worsen the injury.
- Avoid Popping Blisters: Blisters that form because of a burn serve as a natural barrier to protect the skin underneath. Popping them increases the risk of infection and slows down the healing process.
- Do Not Apply Butter or Ointments: Contrary to popular belief, applying butter, oil, or ointments to a burn can trap heat and bacteria, leading to infection. Stick to cool water and sterile dressings for treatment.
- Don't Break Burned Skin: If the skin is intact, do not attempt to break it. Breaking
 the skin increases the risk of infection and delays healing.
- 5. Avoid Tight Bandages: While it's important to cover the burn, avoid wrapping it too tightly as it can impair circulation and cause additional pain.
- 6. Do Not Remove Clothing Stuck to the Skin: If clothing is stuck to the burned area, do not attempt to remove it. Cutting around the clothing is a safer option to prevent further damage to the skin. Let a medical professional remove the clothing.
- 7. Don't Delay Seeking Medical Help: If the burn is severe or covers a large area of the body, do not delay seeking medical attention. Prompt medical treatment is crucial for preventing complications and promoting healing.

By following these dos and don'ts during burn injuries, you can effectively manage the situation and provide the necessary care until professional medical help arrives. Remember, quick and appropriate action can make a significant difference in the outcome of a burn injury, so stay informed and prepared to handle such emergencies.

Attorney Paul Samakow has a national practice representing burn injury survivors. If you or a loved one has suffered a burn injury, please call 1-833-MY-BURNS and be sure to visit his website – www.nationalburnattorney.com – for additional information and resources.

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-onfour" dental implant restoration.

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

To fully understand this remark-

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All-On-Four Dental Implants

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

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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





By Deeni Bassam, MD, DABPM The Spine Care Center

The United States is the world leader in medical innovation by far. Over the past 10 years more medical drug discoveries have occurred in the United States than in Japan, the UK, Germany, and Canada combined. Some of the most significant discoveries in medicine in our lifetime have come from the great engine of innovation that is the United States including MRI, CT scans, and cholesterol lowering "statin" drugs to name a few.

Plus, our understanding of normal and pathological processes of the spine has grown exponentially during the modern era. The future holds great promise for patients who suffer from painful and debilitating conditions of the spine and patients in the US will continue to enjoy first access to these cutting edge technologies.

Our understanding of the basic science of spine anatomy at the cellular level in both normal and pathological states will certainly expand in the next decade. Already we are learning more about the role of inflammatory mediators in the propagation of pain signals in acute back pain and how microscopic disruptions of our aging discs are associated with these painful episodes.

Understanding these inflammatory cascades offers greater opportunity to intervene medically to lessen the painful symptoms. Although we are a long way off from truly reversing the effects of time on our bodies we can at least offer treatments to reduce the pain and productive time lost when we are affected by these painful episodes. Look for medications to be more and more specific in their targets to intervene in the inflammatory process allowing for improved pain control with a reduction in side effects.

Surgery will continue to play an important role in the treatment of some severe conditions of the spine. The objectives will continue to be stabilization and decompression but the means to those ends will surely continue to evolve.

Future Trends In Spine Research

Already, many options for "minimally invasive" fusion of the spine are available allowing for a more speedy recovery, with shorter hospitalizations and blood loss. Nerve and spinal cord stimulators used in the treatment of refractory neuropathic pain will shrink in size as they grow in stimulation options.

A surgical option for painful degenerative disc disease which is safe and effective will one day materialize. Disc replacement surgery is being performed in very select individuals at this time and this will likely grow as surgical techniques improve. Look for improvements in accurate diagnosis of painful conditions of the spine to guide practitioners treatment options. The

trend is towards a multi-disciplinary approach to treatment of spine disorders, particularly patients afflicted with chronically painful conditions.

These and other innovations will ultimately benefit all of humanity and will most certainly continue to be a source of growth for the United States for generations to come.

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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- · SI Joint Dysfunction
- Musculoskeletal Pain
- · Complex Regional Pain Syndrome
- Reflex Sympathetic Dystrophy (RSD)
- · Radiculopathy

- Neuralgia
- * Sciatica
- · Post Laminectomy Syndrome
- . Shingles (Post Herpetic Neuralgia)
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Why Is Sleep So Important?

By Jeffrey L. Brown, DDS Sleep & TMJ Therapy

As human beings, we require sleep on an almost daily basis. Without proper sleep, our body tends to breakdown. In the past, very little was understood about why we need sleep, but now we are learning more about why we need to snooze. When you first lay down in bed, your body goes through various cycles as it approach-

es deep and later REM sleep in which we dream. Even the dreaming stage is not really well understood, but we do know our body needs it. As the body progresses through the various cycles of sleep it is believed that the cells are resting, repairing, and regenerating to prepare for the next day.

Sure, you can miss some of the sleep cycles and get less sleep than is needed now and then, but it does

catch up with how you feel. Sleep deprivation can lead to headaches, drowsiness during the daytime, irritability, and even hallucinations. At our younger ages it is imperative that we get plenty of sleep. Infants need at least 12-16 hours of sleep each night and they are happier if that cycle stays on a consistent time track. Teens need only 8-10 hours of sleep and adults need 7-9 hours of sleep.



Jeffrey L. Brown, DDS

As we cycle through sleep each night, we start off with stage N1 sleep and spend about 5% of the night in N1. From there, we move to N2 and spend about 45% of the night in N2 sleep. After this, we go into N3 for about 25% of the night and finally into REM for about 25% of the night. While sleeping, we cycle through this pattern several times and with all good luck wake up feeling refreshed and alert the next morning.



Unfortunately, too many people these days do not sleep very well and wake up tired and cranky the next morning. This can sometimes be attributed to the medications they are on, their stress levels, travel into different time zones, and even obesity which is becoming more and more common. This is why sleep doctors and dentists have a harder job each year. Sleep apnea is becoming more the norm than the odd condition. Too many people are suffering the effects of apnea. Now, individuals are experiencing medical conditions associated with sleep deprivation.

One of the biggest problems with not getting enough sleep is that you wake up tired, and that is not a good way to start the day. The research is also clear that sleep deprivation and sleep apnea are directly related to diabetes, cardiovascular disease, and even cancer. When the body does not get enough sleep, its systems start to breakdown and that body is more prone to these serious conditions. If you need some help, reach out to your doctor and find out what steps can help you.



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

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

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

"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

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A Gentle Touch: The Comfort and **Health Of Dental Lasers**



By Karl A. Smith, DDS, MS

Lasers have long been the standard of care in medicine for many surgical and cosmetic procedures. Lasers are used for vision correction, wrinkle and hair removal, vein therapy, and anti-aging treatments.

In the world of dental care, advancements like laser dentistry and laser periodontal therapy are not just technological leaps; they are helping find new ways to improve overall body health and well-being including how mental thoughts affect oral conditions.

For many, a visit to the dentist can evoke feelings of anxiety and discomfort. However, the advent of laser-based treatments has begun to transform these perceptions, offering a gentler, more reassuring experience.

Laser dentistry, with its precision and minimally invasive approach, has become a beacon of comfort for patients. This modern technique, using focused light beams, allows dentists to perform various procedures with minimal impact on surrounding tissues.

For patients, this precision translates to less pain and quicker recovery. The emotional relief provided by laser dentistry is profound. Patients who once felt anxious at the mere thought of a dental drill now find solace in the quiet, gentle hum of the laser. The reduced need for anesthesia and the minimal bleeding during procedures further alleviate fears, creating a more relaxed and comfortable dental experience.

Treating gum disease, a common and often distressing condition, has become much less daunting. Patients undergoing laser periodontal therapy report not only physical ease but also a sense of emotional relief. They feel reassured, knowing that the treatment is thorough yet conservative, targeting only the diseased areas while preserving healthy gum tissue.

This results in the best outcome for the patient because the teeth remain covered with pink, healthy gum tissue instead of being "long and ugly." Patients can quickly recover with few or no

sutures (stitches) and very little discomfort. This is a dramatic improvement over older periodontal treatment techniques where a lot of good gum and bone was removed to "reduce pockets."

taken a significant step towards bet-

ter oral health without enduring a traumatic experience.

This sense of accomplishment and the relief of having pain-free, efficient treatments can dramatically change one's outlook on dental care. Laser dentistry and laser periodontal therapy are a gateway to a more positive comfortable dental experience.

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(and they love to refer to us as friends and family). My team works together to ensure your visit is enjoyable, and that your treatment is gentle and pain-free. We are deeply committed to help you prevent and treat periodontal (gum) disease, and to enhance your smile to improve your overall health.

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Meet Dr. Rami Makhoul

After completing his fellowship in Colon and Rectal Surgery at Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Health Hospital in 2014 to serve patients of the DMV area.

Upon graduating from medical school, Dr. Makhoul first completed his internship in General Surgery at the University of Massachusetts Medical School. He, then, completed his residency training in General Surgery at the George Washington University Hospital in Washington, DC.

During his residency training at GW, he spent a year in clinical research where he published some of his work on colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures performed in the Colon and Rectal Surgery field. He continued with his passion for research and published peer-reviewed articles during his fellowship training. Several of his work, was presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American and Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotic, laparoscopic, and transanal minimally invasive surgery. Dr. Makhoul is Board Certified in both General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons education committee.

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

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



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Meet Dr. Matthew Skancke

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

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

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



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Professional Memberships:

- Board Certified in Psychiatry by the American Board of Psychiatry and Neurology.
- Board Certified in Addiction Medicine by the American Board of Preventive Medicine.
- Fellow of American Psychiatric Association (APA);
- Member of Maryland/Washington DC Psychiatric Society;
- Member of American Society of Addiction Medicine (ASAM).
- Licensed in Maryland, Virginia, and Washington DC.

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Deborah Cheryl Mallu, DVM, CVA, MAc



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Meet Dr. Deborah Cheryl Mallu

I knew I wanted to be a veterinarian when I was 5 years old. At age 14, in 1966, I started work in the first of many veterinary clinics. Now, caring for you and your pets as a family is my passion, and I dedicate my whole life to this purpose. I graduated from The Ohio State University with my DVM degree in 1977.

After ten years of clinical practice, I became discouraged with the state of our pets' health and knew that there must be something else. In 1988, I discovered veterinary acupuncture and received certification from the International Veterinary Acupuncture Society. This opened the door to the world of holistic medicine. In 1992, I became certified by the National Association of Natural Health Professionals. I then went on to complete a year's training in veterinary homeopathy with the world-renowned Dr. Richard Pitcairn.

In 1993, I sold my veterinary practice in Maryland and moved to Sedona, AZ, a very spiritual place, seeking a spiritual journey. While there, I became Buddhist and took ordination as a Tibetan Buddhist nun from 2002 until 2023. I believe in the equality of all life and dedicate myself to the relief of suffering.

Since I believe in the motto "Healer Heal Thyself," I completed a self-healing journey and learned Energy Healing at the Barbra Brennan Energy Healing School and the School for Enlightenment and Healing in 1994.

After spending time volunteering during the Katrina Relief efforts, I volunteered for Tara's Babies Animal Sanctuary. This was a life-altering experience – seeing so much suffering and helping the animals and the people so affected by that storm. I have also volunteered for Garuda Aviary Parrot Sanctuary in Poolesville, MD.

Upon my return to Maryland in 2006, I worked in Bethesda at Veterinary Holistic Care. Then in 2013, Dr. Kitty Raichura and I established Holistic Veterinary Healing.

As I practiced holistic medicine with my animal patients, more and more of my clients asked me if I could treat them too. I decided to deepen my studies and spent three years in postdoctoral training at Tai Sophia, where I earned my Master's degree in Human Acupuncture in 2010. I saw both human and animal patients until my partner, Dr. Kitty Raichura, died in 2016. Since then, I have dedicated my skills solely to animal patients.

I am certified in Medical Ozone Therapy for Animals and am also a Certified Fear Free Practitioner.

I live in Germantown with my two dogs, Bodhi, a Poochon, and Jack, a Yorkiepoo. My previous dog, Janelle, a chow husky cross who came to work with me every day and acted as the clinic nurse calming the patients, died in 2020. In my spare time, I like to stay in touch with my family and friends, watch movies, and play with my dogs at my friend's farm. My favorite pastime is sitting in my recliner relaxing, meditating, praying, and watching my dogs play or sleep.

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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 Assendant

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.

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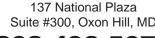
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Dr. Tiffany Daniel, EdD









Meet Dr. Tiffany Daniel

Degrees: BS in Psychology, MDiv; Doctorate in Christian Education, EdD

Certificates: Behavioral Health and Nutrition, Personal & Small Group Fitness Instructor, Certified Health & Wellness Coach, IIN Alumni, MRT & SEL(F) Instructor, Yoga 200Level and Zumba Instructor

Training: Mindful Movement and Breathwork

Areas of Interest: Healthy Eating and Regular Exercise

Specialties: Nutrition, Meal Planning, Weight Loss, Rehabilitation and Maintenance, and Standards for **Excellence Licensed Consultant**

Practice Philosophy: Your Health is Your Wealth Hosts a monthly women veterans peer support group with Peer Outreach Solutions, Inc., (Posi) for Sista's of the Posi.

Give An Hour, Ambassador supporting veterans and their families.

Veteran Yoga Project, State Director for Yoga - MRT Breathe for Change, Yoga Instructor Yoga - SEL(F) Mental Health First Aid Certified

Hobbies: Reading, Researching Preventive Measures for Autoimmune Diseases and other Health Conditions plus Advocate for Veterans and Mental **Health Awarenes**

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Janice Trent, AuD

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Meet Janice Trent

Dr. Trent has a passion for helping people. She has practiced Audiology since 1984, in a number of clinical settings. Her diverse career has included 16 years of teaching and clinical supervision at Howard University, Washington, DC and Temple University, Philadelphia, PA. Dr. Trent has also worked as a clinical audiologist in hospital settings and private ENT practices.

Education:

Clinical Doctoral Degree - Audiology-University of Florida, Gainesville, FL

Master of Education - Audiology- Northeastern University, Boston, MA

Bachelor of Science - Communication Sciences and Disorders - Hampton University, Hampton, VA

Dr. Trent holds her Maryland State Licensure in Audiology. She is a Certified Clinical Audiologist (CCC-A) through the American Speech-Language-Hearing Association (ASHA). Presently, she serves on the Board of Directors for ASHA as Vice President for Audiology Practice.



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Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



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Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

Do you have TMD or Sleep Apnea?

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

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

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

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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 Dr. Shawn Samad

Raised in Severna Park, MD, Dr. Shawn Samad is the proud son of Fred and Mary Samad, a working class couple that raised their children in a humble household. Dr. Samad grew up to be an avid sports fan. He still plays soccer regularly and is a HUGE Ravens fan!

He went to college in Westminster, MD, where he received his Bachelor of Science degree with majors in Biology and Chemistry with a special focus on Physics. He then continued his education at UMBC where he worked on a Masters degree in Biology. And finally attended University of Maryland School of Dentistry where he received his Doctor of Dental Surgery (DDS) degree.

Although he has achieved one of the highest educational degrees, he still continuously partakes in Continuing Education (CE) regularly to learn about all of the newest, latest, and greatest techniques and technology. He has received extensive training and experience in Cosmetic Dentistry, Endodontics (Root Canals), Oral Surgery, Implantology, and Invisalign Orthodontics. His belief is Knowledge is Success!!

And it must be mentioned that his office is filled to the teeth (Pun intended) with world class, state of the art, technology in a modern and sophisticated office layout. Dr. Samad's motto in his work is, "Changing lives, one tooth at a time." Come on in and meet him. You won't be disappointed!

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Meet Elizabeth "Andie" Shin

Dr. Shin is the founder and president of BCC Pediatric Dentistry. She is a Board-Certified Pediatric Dentist with more than 20 years of practice experience. Among other awards and recognitions, Dr. Shin has been selected by her peers as a Washingtonian Top Pediatric Dentist and a Bethesda Magazine Top Pediatric Dentist.

Dr. Shin's experience spans a diverse range of locations, settings, and organizations. She was Associate Professor of Pediatric Dentistry for the Advanced Post-Graduate Pediatric Dentistry Residency at the University of Southern California (USC). Dr. Shin practiced pediatric dentistry at a Native American Reservation in Montana. After 911, she joined the Army and served as an active-duty military officer and pediatric dentist at Walter Reed Army Medical Center, in Washington DC. Dr. Shin was also the first Korean-American female to hold the position as the division head of the Pediatric Dentistry and Orthodontic Dental Clinic at the Children's Hospital of Los Angeles. These and other positions throughout the years have provided Dr. Shin with invaluable pediatric dentistry experience and unique expertise.

Most of all she loves children, likes to make them laugh, and is constantly trying to learn more about them and their accomplishments. That includes her patients and her son, daughter, grandkids, and your child too!

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March Is Workplace Eye Wellness Month

By Jacqueline D. Griffiths, MD New View Eye Center

Workplace eye injuries cost an estimated \$300 million per year in worker's compensation, medical treatment, and lost productivity, according to the Occupational Safety and Health Administration (OSHA). A simple precaution could prevent up to 90% of these injuries and protect thousands of workers every year.

How Common Are Eye Injuries At Work?

Eye injuries at work are alarmingly common. According to the U.S. Bureau of Labor Statistics, nearly 20,000 eye injuries occur in the workplace each year and often require one or more missed work days for recovery. These injuries range from simple eye strain to severe trauma that can cause permanent eye damage or vision loss.

The most important thing you can do to protect your vision at work is to always wear appropriate protective eyewear. This can prevent more than 90% of serious eye injuries.

What Are the Most Dangerous Jobs For Your Eyes?

In addition to eyewear, use machine guarding, work screens, or other

engineering controls to protect your eyes from hazards such as:

- Flying shards of metal or glass;
- Tools that slip or malfunction;
- Particles such as wood splinters, metal shavings or crystalline silica;
- Spattered chemicals;
- Any combination of these or other hazards.

What Is the Best Protective Eyewear For You?

The eyewear you need depends on the hazards you face. Wear:

- Safety glasses with side protection (side shields) if you work around particles, flying objects, or dust;
- Goggles if you handle chemicals;
- Specially designed safety glasses, goggles, face shields or helmets if you work near hazardous radiation, such as welding, lasers, or fiber optics.

All protective eyewear should comply with OSHA regulations for eye and face protection. OSHA also provides information about the types of filter lenses required for specific welding and cutting activities, and cautions about the danger of eye irritation from welding fumes as well. Your gear should also meet the eye protection standards set by the American National Standards Institute (ANSI).

Here's How To Help an Injured Coworker:

Workers and employers should know how to recognize an eye injury and get professional medical attention right away. Delaying treatment can result in permanent vision loss or blindness.

Although serious eye damage is not always immediately apparent, some signs to look out for if you or someone else gets injured include:

- The person has obvious pain or trouble seeing;
- The person has a cut or torn eyelid;
- One eye does not move as well as the other;
- One eye sticks out compared to the other;
- The eye has an unusual pupil size or shape;
- There is blood in the clear part of the eye;
- The person has something in the eye or under the eyelid that can't be easily removed.

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Jacqueline D. Griffiths, MD

Selected as a "Super Doctor"

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Voted "Top Ophthalmologist"

Washingtonian Magazine & Northern Virginia Magazine

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

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

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

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

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



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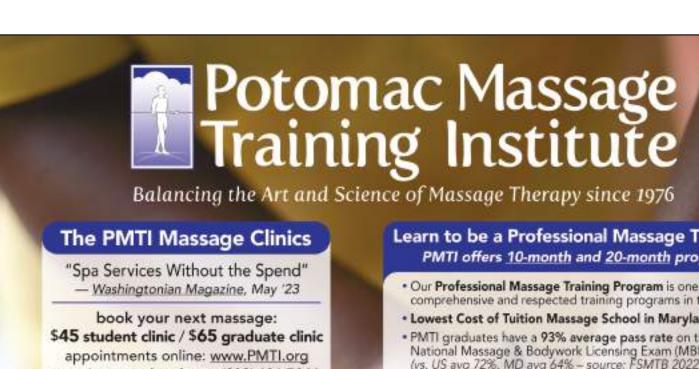
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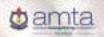
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Brazilian Integrative Post-Operative Techniques for Massage Therapists: Feb 29

Integrative Reflexology: Mar 1-3

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Modern Cupping Therapy: Apr 11-14, 2024

Advanced integrative Reflexology: Muscle Reflexology with Meridians: Apr 20-21

Anatomy Trains Structural Essentials: Apr 26-28

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Bodywork for Depressiona and Anxiety -A 3-Day Retreat in Nelson County, VA: Sept 25-27

new events announced regularly check www.PMTI.org for updates

Events, dates, and times subject to change.



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

For thousands of years, Traditional Chinese Medicine (TCM) has

Traditional Chinese Medicine For Epilepsy

been a therapeutic mainstay in China and is gaining increasing recognition in Europe and the United States. A growing number of individuals are seeking healthcare solutions from Chinese medicine and other Complementary and Alternative Medicine (CAM) practices. According to the National Center for Complementary and Alternative Medicine (NCCAM), approximately 38% of all adults, 44% of those aged 50-59, and 12% of children reported using CAM in 2007. Notably, 24-44% of epilepsy patients are already incorporating CAM into their treatment regimens.

The ancient Chinese text, Huang Di Nei Jing, dating back over 2,000 years, mentions epilepsy. Chinese herbal medicine and acupuncture are the primary modalities within TCM. Recent studies suggest promising results for epilepsy treatment using Chinese medicine therapies, including herbal medicines and acupuncture.

Traditional Chinese herbal remedies, deeply rooted in historical practices, have been employed for epilepsy treatment. For instance, Gastrodia's root, known as tian ma, is a common remedy in China for epilepsy and other ailments. The traditional herbal formulation Bu-yang-huan-wu-tang has shown substantial improvement in refractory epilepsy cases, and open-label

studies of Chinese herbal remedies like Qingyangsen and Zhenxianling indicate potential anticonvulsant effects with fewer side effects than standard antiepileptic drugs.

In addition to herbal remedies, acupuncture, another TCM practice, is utilized for epilepsy treatment. Case reports demonstrate the potential efficacy of acupuncture in epilepsy patients, and animal studies suggest it may inhibit epileptic seizures and hippocampal cell death induced by kainic acid.

A Norwegian trial involving 29 patients with intractable epilepsy revealed a reduction in seizure frequency in both acupuncture and sham acupuncture groups, though statistical significance was not achieved. The combination of herbal medicine and acupuncture is often recommended for epilepsy treatment, with a typical duration of 3-6 months depending on the individual's condition.



Wholelife Acupuncture & Fitness Center

Quansheng Lu, CMD, PhD, L.Ac www.wholelifeherb.com • luquansheng@gmail.com

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Guest professor, Henan University of Traditional Chinese Medicine (TCM) Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM PhD in integrated medicine, China Academy of Chinese Medical Sciences Fellowship, Georgetown University & Children's National Medical Center 3 patents, 8 books of TCM, 30 papers, 30+ years of experience in TCM

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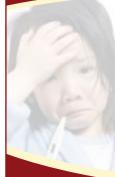


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Healthy Eating For the Family



By Janet V. Johnson, MD Loving Care Pediatrics

Natural preferences for the foods we enjoy the most are developed, so the challenge in most families is to make healthy choices appealing. Children should be eating whole foods or minimally processed food. We should consume foods that are as close to their natural form as possible.

Restaurant and takeout meals have more added salt, sugar and unhealthy fat. Strive to cook more meals at home, where the family gathers. Everyone can come together and the time spent can offer an opportunity to catch up on the activities of each family member. Get the children involved in shopping for groceries and preparing meals. You can teach them about different foods and how to read food labels. In addition, they are more likely to eat what they helped prepare. Be aware of portion sizes, you can obtain this information on MyPlate.gov. Never insist that your child clean their plate, and never use food as a reward or bribe.

Make healthy snacks available. Keep plenty of fruit, vegetables, and healthy beverages (water, milk, and limited amounts of pure fruit juice) on hand so the children can avoid unhealthy snacks like soda, chips, and cookies.

Be a role model for your children. Their impulse to imitate is strong so don't ask your child to eat vegetables or fruits while you eat cookies, chips or other less healthy foods.

Please see "Healthy Eating," page 38

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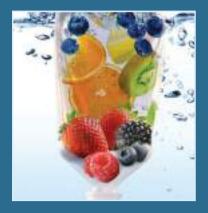
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Ensuring Healthy Smiles and Sound Sleep For Your Child

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 SRDB 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 SRDB 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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If you have any interest in this and how it works when it comes to inch loss, you should stop what you're doing and call the office for an appointment immediately. This new treatment technology uses a special laser therapy to trick your mitochondria (in your fat cells) to release their fat contents.

If you eat better, drink plenty of water, stay away from sugars, and carbohydrates, this can lead to permanent fat loss without surgery. Here's a heads up. If you have tried liposuction in the past - you know that when you "regain the weight" it goes to different place(s) - making your body look distorted and then unfortunately, you're back to where you started, only worse. With this technology we don't destroy your fat cells. What we do is we simply drain the contents of the fat cells so you lose the inches and look good again.



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Liposuction may be performed alone or with surgical removal of the fat under the chin through a small hidden incision. Sometimes a chin implant is recommended to improve the overall contour.

In patients with vertical bands in the neck, platysmaplasty can be performed to reduce the appearance of the bands. Excess or sagging skin in the lower face and neck or jowls may require incisions following the contour of the front of the ear. This procedure is also called a lower face and neck lift.



A neck lift is an excellent way to correct an abundance of hanging skin under your chin, wrinkles, jowls, and other aesthetic problems that affect your lower facial appearance.

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male fertility by supporting sperm production. Alterations in hormone levels can potentially affect fertility. One study found decreased testicular size in marijuana users. Marijuana use also decreases sperm motility in a dose dependent fashion. A prior systematic review and meta-analysis of five case—control studies found that erectile dysfunction was twice as high in marijuana users compared with controls.

Marijuana also affects female reproduction. The endocannabinoid system, which interacts with the compounds found in marijuana, plays a crucial role in regulating the female reproductive system. Animal studies suggest that activation of cannabinoid receptors in the ovaries can disrupt the release of hormones necessary for ovulation, potentially leading to irregular menstrual cycles.

Marijuana use may affect hormone levels involved in the menstrual cycle, such as luteinizing hormone (LH) and follicle-stimulating hormone (FSH). Some studies have reported altered levels of these hormones in women who use marijuana regularly, which could potentially disrupt the timing and regularity of ovulation.

Effects On Fallopian Tubes

In addition to its negative effects on the gametes (Eggs and Sperm); it can interfere with the transport function of the fallopian tube. The fallopian tubes are responsible for picking up recently ovulated eggs and are the location of fertilization of the egg. The fertilized egg is then transported by both the cilia (hair like projections) on the top of cells lining the inside of the tube as well as peristaltic motion of the smooth muscle wall of the tube itself. The interference of the function of the tube can lead to an increase in the risk of ectopic pregnancies.

Effects On Implantation

Now assuming the egg and sperm safely navigate the above pitfalls, and the resulting embryo manages to traverse the fallopian tube to make it to the uterine cavity, there is another snare waiting for it. THC has been shown to impair the proper implantation of the embryo in the uterine cavity. The endometrium, the lining of the uterus, needs to be receptive to support the implantation and growth of a fertilized embryo. Animal studies have suggested that marijuana exposure can affect endometrial receptivity, potentially compromising the successful implantation of an embryo.

The receptors for cannabinoids are evenly distributed throughout the body including the brain. Exposing a growing fetus to marijuana use during pregnancy can raise potential harm at a time when there is rapid growth and development of cells.

Marijuana use during pregnancy can be harmful to the baby's health and may result in preterm delivery of the baby, stillbirth aka fetal death-inutero, early death in infancy, as well as developmental issues.

HEALTHY EATING

Healthy Eating Tips For Families On The Go

School Lunches For Your Kids. Pack lunches with whole grains, fruits, lean, all natural meats and healthy snacks, such as nuts and dried fruits.

Healthy Breakfasts – Quick and Easy. Get rid of the sugar-filled neon-colored "breakfast" cereals. There are dozens of great-tasting, all-natural, organic cereals. Also, try a breakfast smoothie. MyPlate.gov

Healthy Snacks In the Car. Have non-perishable healthy snacks in your car for when your little one is hungry on the road. Dried fruits, nuts and healthy individually-packaged snacks are a good option.

Freeze Your Meals. If you take the time to make a healthy, homemade meal, they are safe to be placed in a vacuum-sealed container and put in the freezer, they can often keep for several weeks.

Make Time For Sit-Down Meals. Try to have at least three (preferably four) family sit-down meals a week. It helps strengthen the family bond. There is nothing that brings people together like food! It also helps show children the importance of taking time to be with people they love.

Fiber. Not an essential nutrient, performs several vital functions: Natural laxative and may lower cholesterol concentration in the blood. A high-fiber intake also supplied greater amounts of vitamins A, B6, B12, C, niacin, thiamin, riboflavin and folate, as well as the minerals magnesium, iron, zinc, calcium and phosphorus.

Hypnosis

can help you sort things out.

Hypnosis helps you to become aware of your state of mind such as your thoughts, feelings, and emotions that can get trapped in the body, in your organs. A consulting hypnotist helps you to identify the state (fear, anger, sadness, depression, or love) and release it, without the use of drugs or surgery.

Going to see a consulting hypnotist is like going to talk with a friend, a person who has everyday problems

too, and who has the tools to teach you how to not just cope but live.

From page 14

Often our creative imagination in our thoughts helps us to create make-believe situations. But what's not imagined is the effect it has on your organs and your systems. What is imagined is you feeling whole and complete to go about living your life in the reality that you have healed. What is real and not imagined is going to see a consulting hypnotist, and that it does help.





Coping With Nasal Allergies

Submitted by Kensington Pharmacy

Do you have a nasal allergy? Nasal allergies cause the lining of your nose to become swollen and inflamed. Do you have:

- A runny nose with a thin, watery discharge?
- Nasal itching and congestion?
- Red, itching eyes?
- Sneezing?
- Drainage from your nose down the back of your throat?

If so, you may be a nasal allergy sufferer. Your pharmacist can help you decide whether to see a doctor or whether to treat your symptoms yourself.

The next question to ask yourself is if your allergies are perennial, seasonal, or both?

Many different triggers can cause nasal allergies.

Perennial Triggers

- Dust mites
- · Animal hair or dander
- · Indoor mold

Because these triggers are present all the time, these allergies are said to be perennial.

Seasonal Triggers

- Pollen from trees
- Ragweed
- Grass
- Weeds

Because these triggers are around only during certain times of the year, these allergies are said to be seasonal.

Some people suffer from both per-ennial and seasonal allergies. They may have symptoms all year round, but they tend to be worse during certain seasons.

How Do I Avoid the Triggers That Cause My Nasal Allergies?

Avoiding triggers entirely probably is not possible. But you can do a number of things to minimize them. Talk to your doctor or pharmacist about specific products – such as filters and bedding covers – that can help you clear your environment of triggers.

How Can I Control

My Symptoms?

Seasonal and perennial nasal allergies can be treated effectively using medications. Many are available without a prescription. Talk to your doctor or pharmacist to determine which one of these is best for you.

Antihistamines:

- Oral medications (taken by mouth)
- · Nasal sprays

How it might help: Reduces itching, sneezing, eye irritation, and runny nose.

What to keep in mind:

- Not effective for nasal congestion.
- May cause drowsiness.
- Antihistamine nasal sprays may leave a bad taste in the mouth.

Decongestants:

- Oral medications (taken by mouth)
- · Nasal sprays

How it might help: Reduces nasal congestion.

What to keep in mind:

- Can cause difficulty sleeping, loss of appetite, or excessive nervousness.
- Decongestant nasal sprays may

temporarily reduce nasal congestion but can cause even more severe congestion if used for more than 3-5 days or more often than recommended.

Cromolyn Sodium Nasal Spray:

How it might help: Effective in some people for controlling symptoms of nasal allergies.

What to keep in mind:

- Works only if used before nasal symptoms appear.
- Won't work during an active allergy attack

Corticosteroid Nasal Spray: How it might help:

- Highly effective treatment of nasal allergies.
- Used as the primary preventive treatment for patients with moderate to severe allergies.

What to keep in mind:

- May cause nasal dryness.
- As an oral medication, can be taken over the short term (3-7 days) for treatment of severe symptoms.



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Botox Myths and Facts



By Hema Sundaram, MA, MD, FAAD Sundaram Dermatology

Botox has now overtaken Viagra to become the world's and social media's most publicly recognized medical

Did you know that, in addition to the much-advertised wrinkle-smoothing effects of Botox, it is approved to safely treat many medical conditions? These include cerebral palsy and neck spasms (cervical dystonia) as well as lazy eye, overactive bladder, excessive sweating (hyperhidrosis), and migraines. Botox has been called the Penicillin of our era due to its many useful medical actions.

The primary action of Botox in wrinkle-smoothing is to relax overactive muscles. Its safety and effectiveness have been documented over the past 40plus years and led to its FDA approval.

When Botox is used for wrinklesmoothing, it rebalances face and neck muscles that have become overactive with age. There are now other treatments that work in the same way - Dysport, Xeomin, Jeaveau (Newtox) and Daxxify. The American Board of Medical Specialties recognizes board certified dermatologists, plastic surgeons, facial plastic surgeons and oculoplastic surgeons as the "Core Four" aesthetic specialists who are qualified through their training and knowledge to be performing all cosmetic procedures including treatment with Botox and other wrinkle relaxers, as well as fillers and lasers.

Many more people than we may

realize are having Botox treatment these days. In 2020, between 4 and 5 million injections were carried out worldwide, and this number rises every year. When performed properly, Botox should look completely natural and never give you a "frozen face" or weirdly shaped eyebrows. Good Botox is undetectable; it's usually only when someone has a bad or unnatural result that we actually realize they've had it! Botox treatment from an expert can also restore your skin glow, and minimize pores and facial redness.

The most expert doctors are national and international teachers at dermatology and plastic surgery academies and researchers for the clinical trials that bring new treatments to our country. Here are some important points that are useful for anyone considering Botox:

1. Understand the Science

As we age, some of our facial muscles become unbalanced. The wrinkles that form as a result can send signals that we don't intend. Frown lines between the eyebrows make us look angry, lines across our forehead communicate worry, a sagging mouth or neck can look sad, and a ropey neck may convey stress. With expert techniques, tiny amounts of Botox or other wrinkle relaxers are precisely placed just beneath the skin to give a smoother, more harmonious appearance. This must be done with an exact understanding of your facial anatomy and structure. When expertly performed, you will barely feel the injections, and have little or no bruising. Patients can return immediately to regular activities with no sign of having had treatment. On average, it takes 5-7 days to see the results.

2. See the Whole Picture

When you receive advanced Botox from a true expert, they aren't just smoothing individual lines or wrinkles, but know how to go beyond this to reshape your whole face and restore youthful contours, tighter pores and a beautiful skin glow. You will still look like yourself, just more like you did when you were years or even decades

younger.

For instance, if your eyebrows have dropped and flattened and your eyelids are heavier, a little Botox in the right places can lift and subtly shape your brows, and add definition and sparkle to your eyes.

Expert treatment is the key to making you look better without anyone realizing you've had anything done. Ironically, many celebrities who are criticized for being "over-Botoxed" are really victims of over-done surgery, whereas many who are most admired for their beauty or for aging gracefully look this good because they're having regular treatments with Botox, fillers and other non-surgical rejuvenation.

3. The Power Of Combination

A key strategy is combining Botox with natural fillers such as Juvederm, Restylane, Voluma, Radiesse and Sculptra, and state-of-the-art lasers for lifting and tightening like Ultherapy, Sofwave, Fraxel or Exilis Ultra. This can achieve a scar-free, more natural-looking, nonsurgical rejuvenation that prevents you from ever having to go under the knife.

Advanced techniques can stimulate your skin to produce new collagen and elastin. This lifts and tightens your skin from within to give longer-lasting

4. Looking Good In the Long Term

Many of these treatments require maintenance. This is a good thing as your dermatologist or plastic surgeon can adjust your treatments to fit your face as you age. You will always look completely natural, and may even be told that you never seem to age! Maintenance treatment not only smooths out your wrinkles, it also prevents wrinkles from deepening.

A doctor with a European-style approach may be especially focused on giving you results that look as natural and harmonious as possible.

When comparing pricing, make sure you know how well-qualified your doctor is, and that the Botox is not overdiluted. It's a false economy to pay less for bad Botox, or for diluted treatment that won't last as long as it should.

Select a board certified dermatologist or plastic surgeon with years of experience who can individualize your treatment to address your own unique pattern of facial aging. The most expert doctors are actively involved in cuttingedge teaching, research and public education. This is the real secret to achieving the best results and looking as good on the outside as you feel inside.

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If you are a woman 20 years of age or older and are living with mild to moderate facial acne, you may be eligible to participate in a new clinical study with approved treatments.





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- Treatment of Skin Pigmentation and
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professionals (Primary Care, Specialists, Integrative, Fitness, and more), highlighting their credentials, expertise, education,

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New Technology (2)







Don't Let Undiagnosed Whiplash Steal Your Quality of Life!

- Our DMX technology captures images of your spine in motion, where your symptoms are likely to appear.
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- Motion causes your symptoms, so it makes perfect sense that scanning during motion is more likely to reveal the problem.
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Our weight-bearing open MRI can scan your spine in its normal, weightbearing posture.

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- You can watch TV during your scan, and a loved one can accompany you for reassurance.
- Conventional "lie-down" MRI scanners can miss your whiplash diagnosis!

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DMX – available exclusively at our Greenbelt location!



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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

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 diag-

But that's not all. Weightbearing 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

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 longterm, 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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