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Health Professionals
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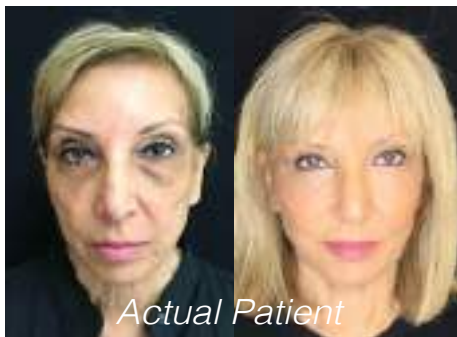
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Submitted By
DistrictFuze

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Your Health Magazine is here to Help People Find the Healthcare They Need! Information from local doctors and other health professionals lowers the barriers to getting better healthcare and living healthier.

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SERVING MARYLAND & VIRGINIA Since 1990

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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Post-Laminectomy Syndrome: When Back Surgery Fails



By Madhavi Chada, MD
Synergy Spine and Pain Center

Post-laminectomy syndrome refers to chronic and unexplained pain you experience after back surgery. If you're suffering from neck or lower back pain of an unknown origin that develops following surgery, it could be post-laminectomy syndrome. This painful syndrome is also known as failed back surgery syndrome. Post laminectomy syndrome

is associated with a specific type of back surgery called a laminectomy.

There is no definitive reason as to why back pain persists after surgery for some patients.

Before treatment, you need a diagnosis. The first step is visiting a doctor. A physical examination will be completed followed by imaging tests, which are done to pinpoint the cause of your back pain and help with treatment planning.

Once your doctor has finished tests, they can help you determine if you're suffering from post laminectomy syndrome.

Treating post-laminectomy syndrome can be difficult, as the cause for your pain is often unknown. If you're suffering from this condition, discuss your symptoms in detail with your pain doctor. With a full list of symp-

Please see "Back Surgery," page 38

Revamp Your Skincare Routine This Spring With These 5 Simple Steps

Submitted By
US Dermatology Partners

Spring is finally here. Most people don't change their skincare routine very often or even think about it. If you're already cleaning out closets, take a few minutes to also go through your skincare products. Here are 5 simple spring-cleaning skin steps:

1. Now is a good time to clean and replace your skin care tools. Makeup brushes, hairbrushes, combs, exfoliators, and other items need to be cleaned and replaced regularly.

2. Spring means more time outdoors enjoying the warmer weather, so it's a great opportunity to review your sun protection routine. Most sunscreens expire after six months, so if you've had the same bottle of sunscreen in your cabinet for quite a

while, it's time to replace it.

3. Spring is also a good opportunity to review your skin routine to make sure you're using the right products and applying them correctly. Each person should work with a dermatologist to develop a customized daytime and nighttime skincare routine that fits their individual needs.

4. People don't usually spend much time getting to know any parts of their bodies. Many skin health concerns, like melanoma, are diagnosed in later, more severe stages because people don't notice the early warning signs. That's why regular skin self-exams are so important. In short, you should know your skin like the back of your hand.

5. Whether you have sensitive

Please see "Skincare," page 38



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A Reason To Smile Again

All-On-Four Dental Implants



Submitted By Sivakumar Sreenivasan, DMD, MDS

Dental Implant Center of Rockville

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

Believe it or not, tooth loss is extremely common among adults, especially as we age. In fact, more than 35 million people in America are missing

all of their upper and/or lower teeth. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called "all-on-four" dental implant restoration.

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

To fully understand this remarkable 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,

Please see "All-On-4," page 38

The World's Most Advanced MRI Scanner

Submitted by
Washington Open MRI, Inc.

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Please see "Open MRI," page 38

All-On-4: Same Day Smiles



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The Difference Between Fungus Toenails and Fungal Toenails



By Lubrina Bryant, DPM
District Podiatry, PLLC

Fungus toenails and fungal toenails are often used interchangeably to refer to the same condition, but there is a subtle difference between the two terms.

Fungus toenails refer to a condition where a fungal infection affects the nails of the toes, causing thick, discolored, and brittle nails. The fungal infection is typically caused by dermatophytes, yeasts, or molds that thrive in warm, moist environments and can easily infect the nails through small cuts or breaks in the skin. Risk factors for developing fungus toenails include having diabetes, having a weakened immune system, having poor circulation, and wearing tight or damp shoes for extended periods of time.

Fungal toenails, on the other hand, refer to a condition where a fungus is the causative agent of a toenail infection. The term “fungal” emphasizes the involvement of a fungus in the infection, whereas the term “fungus” simply refers to the type of organism causing the infection.

The symptoms of fungus toenails and fungal toenails are largely the same, and they can include thick, discolored, and brittle nails, as well as nail separation from the nail bed. The nails may also be deformed or have a foul odor. In severe cases, the infection can cause pain and discomfort, and it can also lead to secondary infections.

Diagnosis of both fungus toenails and fungal toenails is typically made through a visual examination and by taking a sample of the affected nail for laboratory testing. In some cases, a skin scraping or a blood test may also be performed to confirm the diagnosis.

Treatment for both conditions typically involves antifungal medications, either topical or oral. Topical antifungal medications are applied directly to the affected nail, and they can be effective for mild to moderate cases. Oral antifungal medications, on the other hand,

are taken by mouth and can be more effective for severe cases.

In addition to antifungal medications, other treatments for fungus toenails and fungal toenails may include debridement, which involves removing the infected portion of the nail, and laser therapy, which uses intense light to kill the fungal fragments. In severe cases, surgical removal of the affected nail may be necessary.

It is important to treat both fungus toenails and fungal toenails as soon as possible to prevent the infection from spreading and causing further damage. It is also important to take steps to prevent reinfection, such as keeping the feet clean and dry, wearing shoes that allow the feet to breathe, and avoiding walking barefoot in public places, such as showers and swimming pools.

In conclusion, there is a subtle

difference between the terms fungus toenails and fungal toenails, with the latter emphasizing the involvement of a fungus in a toenail infection. The symptoms and treatment options for both conditions are largely the same, and it is important to seek proper diagnosis and treatment as soon as possible. If you suspect that you have a toenail infection, it is important to see a doctor for proper evaluation and treatment.

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By Dr. Henry N. Jenkins Jr.
DC, CCEP
Disc Centers of America

Are you suffering from lower back pain or sciatica? Do you feel like you've tried everything and nothing seems to work? Spinal decompression might be the answer you've been looking for. Developed by a team of top physicians and medical engineers, this treatment has been proven effective in relieving pain associated with various lumbar disc related problems, including herniated or deteriorated discs, degenerative disc disease, sciatica, and even relapse or failed back surgery.

So, how does it work? Spinal decompression uses state-of-the-art technology to apply a distraction force to the affected area, relieving nerve compression and promoting healing. This non-surgical treatment has been shown to significantly reduce back pain in many patients and even allows them to return to more active lifestyles.

*Spinal
decompression
might be the
answer you've been
looking for.*

But does it really work? Yes, it does. Clinical studies have revealed an amazing success rate in treating lumbar disc related problems with spinal decompression. Patients who have undergone this treatment have reported significant pain relief, improved flexibility, and an overall increase in quality of life.

The treatment starts with an initial consultation with your doctor to determine if you are a candidate for care. Your doctor will carefully study your case history and exam findings before explaining the recommended plan of action for you. You will have the opportunity to ask any questions you may have before beginning your care with spinal decompression.

It's important to note that spinal decompression is not a one-size-fits-

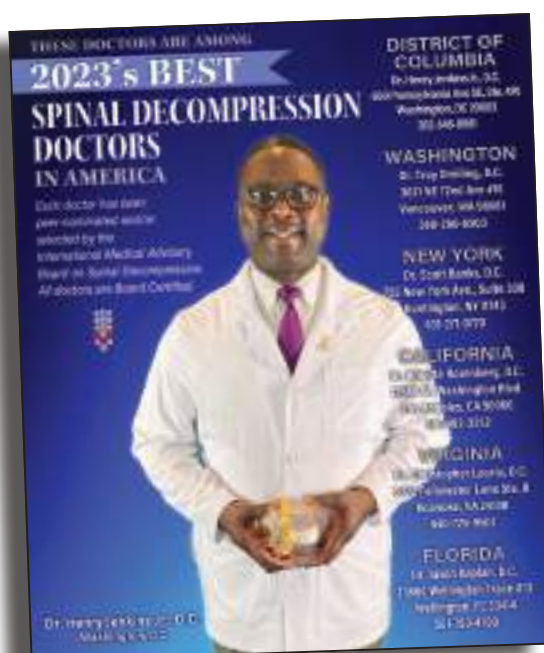
all treatment. Your doctor will customize the treatment plan to meet your specific needs and condition. Most patients undergo a series of sessions over several weeks, with each session lasting approximately 30-45 minutes. During the session, you will lie on a comfortable table while the spinal decompression device applies a gentle traction force to the affected

area.

It's also worth mentioning that spinal decompression is a non-invasive treatment, which means there is no surgery involved. This also means that there is little to no downtime after each session, allowing you to resume your daily activities immediately.

If you've been living with lower

back pain or sciatica and have not found a solution that works for you, spinal decompression may be worth considering. It's a safe, non-invasive, and effective treatment that has helped countless patients find relief and regain their quality of life. Schedule a consultation with your doctor today to see if spinal decompression is right for you.



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Wrinkles may come with age, but so does wisdom. Whether your eye

lids are carrying excess skin, or your wrinkles have taken over your forehead, or your smile is outlined with parentheses, there are a number of procedures available to improve your look and feel.

Consult with your doctor to determine what products and procedures are best for the look you want to achieve. Such procedures can be surgical and non-surgical.

Procedures To Consider:



WEEK 1 (top)

WEEK 16 (bottom)

Blepharoplasty

As we age, the delicate skin around the eyes can appear puffy or saggy. Eyelid skin stretches, muscles weaken, and the normal deposits of protective fat around the eye bulge.

The surgical procedure to remove excess eyelid tissues (skin, muscle, or fat) is called blepharoplasty. Ophthalmologists are trained to perform this procedure during their medical residency.

Blepharoplasty can be performed on the upper eyelid, lower eyelid, or both. The surgery is performed for either cosmetic or functional reasons. Sometimes excess upper eyelid tissue obstructs the upper visual field or can weigh down the eyelid and produce tired-feeling eyes. Most often, people choose blepharoplasty to improve their appearance by making the area around their eyes firmer. When blepharoplasty is performed to improve vision, rather than for cosmetic reasons only, it may be covered by insurance.

Botox and Xeomin

Did you know that ophthalmologists have been using botulinum toxin (Botox) since its experimental trials began in Florida in 1986? In 1989 the FDA approval signaled the use of botulinum toxin as a safe and effective treatment for use in the eyelids, eyebrows, and facial muscles for certain medical conditions. Ophthalmologists actually discovered its wrinkle reducing effects.

Both products are non-surgical FDA approved treatments that can temporarily smooth moderate to severe frown lines in the forehead, between the brows, and the "crow's feet" on the side of the eyes in men and women ages 18 to 65.

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Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"

Washington Post Magazine

Voted

"Top Ophthalmologist"

Washingtonian Magazine
& Northern Virginia Magazine

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

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

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

In addition to offering CustomVue LASIK and EpiLase, NewView offers 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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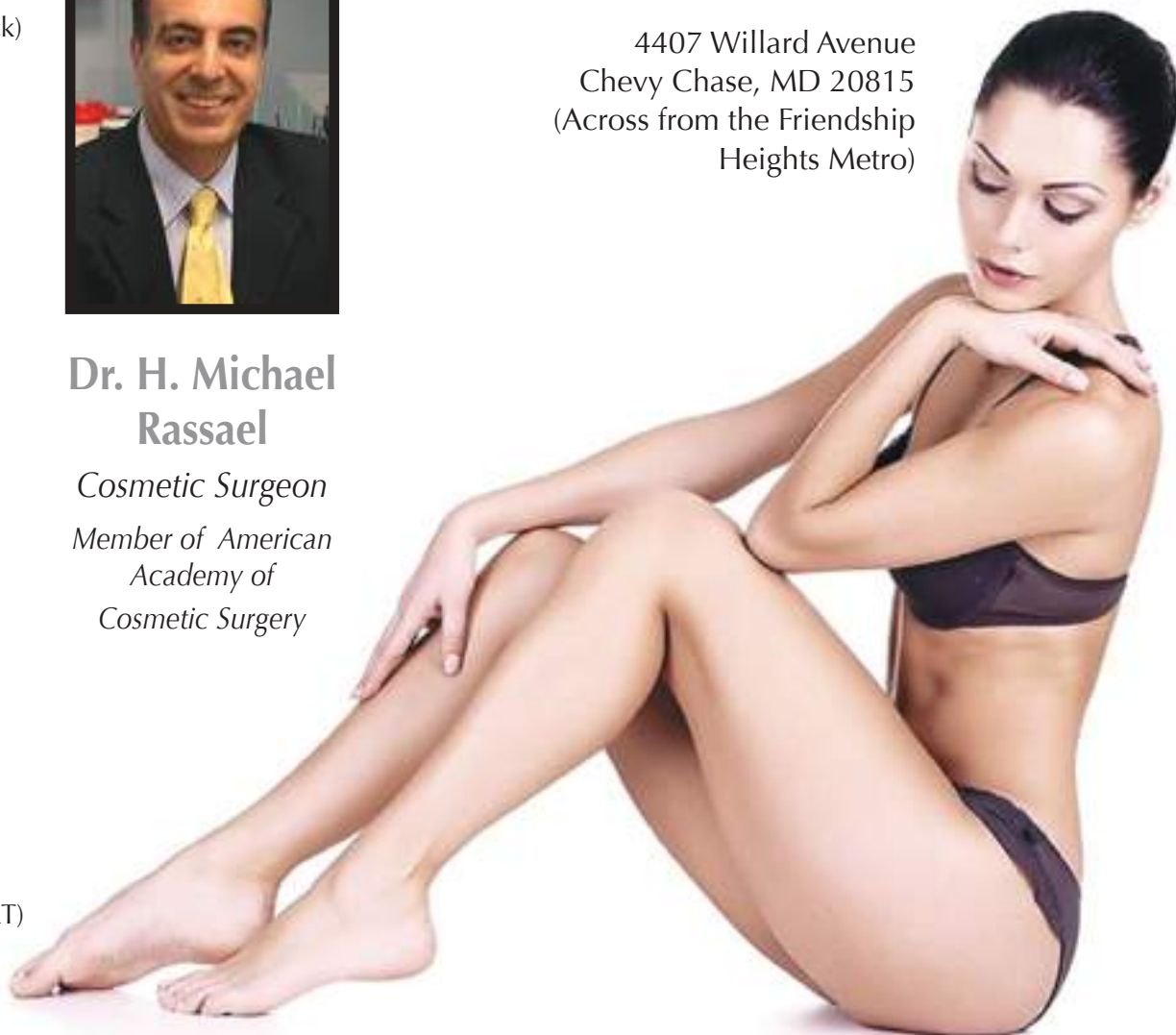
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Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

Studies of an investigational drug are underway to see if it may be effective in slowing the progression of Alzheimer's disease in people who carry two copies of a certain gene (APOE/4) that increases the risk of developing it and other dementias.

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

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

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

Volunteers Being Sought

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

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

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

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

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

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


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

Volunteers Being Sought

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

"Our end goal is to help patients [by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland

said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 703-520-1000.



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



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

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

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Fairfax Clinic

8316 Arlington Boulevard
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Fairfax, VA 22031

hello@re-cognitionhealth.com

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

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

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By Levi Pearson
MD, DABA, DABPM
Metropolitan Pain and Spine

Pain management is a complex and multidisciplinary field that aims to alleviate the suffering caused by pain and improve the quality of life of individuals who experience it. Pain can be caused by a wide range of conditions, including injury, surgery, cancer, and chronic health conditions such as arthritis and back problems.

There are several different approaches to pain management, including medication, physical therapy, psychological therapies, and alternative therapies. Medications are often the first line of treatment for pain, and there are several different types available, including over-the-counter pain relievers, prescription painkillers, and adjuvant medications (medications that are used in addition to the primary pain medication).

Physical therapy can also be an effective form of pain management, as it can help to improve muscle strength and flexibility, increase range of motion, and reduce inflammation. Common physical therapy techniques include exercise, massage, and heat or cold therapy.

Psychological therapies can also be an important aspect of pain management, as they can help to reduce anxiety, depression, and stress, which can exacerbate pain. These therapies may include cognitive-behavioral therapy, biofeedback, and mindfulness-based interventions.

Alternative therapies, such as acupuncture, chiropractic care, and yoga, are also commonly used for pain management. These therapies are based on different principles and may not be as well-studied as traditional forms of pain management, but they can be effective for some individuals.

Another important aspect of pain management is patient education. It is important for individuals who experience pain to understand the nature of their condition and the different treatment options available to them. This can help them to make informed decisions about their care and to work with their healthcare provider to develop a treatment plan that is tailored to their individual needs.

In addition to these traditional

Pain Management Techniques and Therapies

forms of pain management, there are also newer, cutting-edge therapies that are being developed and studied. One example is spinal cord stimulation, which uses electrical impulses to block pain signals from reaching the brain. Another example is the use of regenerative medicine therapies such as stem cell therapy, which may be able to repair or replace damaged tissue and help to reduce pain.

It is important to note that pain

management is not a one-size-fits-all approach, and what works for one person may not work for another. It is important to work with a healthcare provider to find the right combination of therapies that work for you. It is also important to set realistic goals and to be patient with the process of managing pain, as it can take time to find the right plan.

Pain management is a complex and multifaceted field that involves a wide range of different treatment op-

tions. Medication, physical therapy, psychological therapies, and alternative therapies can all be effective for pain management, but it is important to work with a healthcare provider to find the right combination of therapies that work for you. Patient education is also an important aspect of pain management, as it can help individuals to make informed decisions about their care and to work with their healthcare provider to develop a treatment plan that is tailored to their individual needs.

***Don't let pain
limit your health
and quality of life.***



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- Post-Laminectomy Syndrome
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Minimally Invasive Foot Surgery *Permanent Cure For Bunions, Hammertoes and Calluses*

By Burton J. Katzen, DPM
Metro Minimally Invasive
Surgical Foot Care Centers

You only get one pair to last a lifetime, and most people will clock over 70,000 miles on a pair of feet in a 70 year life span. Mechanically, the feet are one of the most complex parts of the body. There are 26 bones, 30 joints, 19 muscles, and 107 ligaments in each foot. These structures work together to allow the foot to move in six different directions to produce each complete step.

It has been estimated that 80-85% of the general population will suffer from a foot problem at some time in their life. In the past, many foot pain sufferers have avoided per-

manent cures, opting for periodic palliative care. In the long run, for the active person in pain, this may not be the treatment of choice. These visits may be time consuming, expensive, and will not permanently cure a problem that may worsen.

How Minimally Invasive Surgery Differs From Traditional Foot Surgery

Minimally Invasive Surgery (MIS) is a technique which enables a specially trained and certified surgeon to eliminate most bunions, hammertoes, corns, calluses, and spurs through a small incision often requiring only one stitch, so no big scars. The procedures are performed with small specialized instruments

Please see "Permanent Cure," page 38

The Model Lift



By Dr. George Bitar, MD
Bitar Cosmetic Surgery Institute

The Model Lift™ is a non-surgical facial contouring procedure for women and men of all ages. The Model Lift aims at achieving harmony between a patient's cheek, chin, nose, lips, and jawline. By combining different fillers and neurotoxins to each of these areas, we can achieve a harmonious contoured face. It is fully customizable to each patient.

Cheeks

One of the most prominent features a model has is high, defined cheekbones. As someone ages, they lose the volume in their cheeks and

gain it where it is not wanted like the jawline or neck. For a non-surgical solution, a variety of fillers are offered, such as Radiesse®, Juvederm® Voluma, Sculptra® and Bellafill®. These fillers are used to enhance the definition and add volume, which lifts the face. A younger patient may benefit from using a filler while an older patient who is trying to stop the aging process may benefit from a combination of fillers or even surgery.

Chin and Jawline

The chin and jawline are responsible for framing our facial features and play a pivotal role in shaping our face. Correcting a weak chin or soft jawline can improve the symmetry of the face and even decrease the



appearance of sagging jowls. Non-surgical chin and jaw enhancement is

Please see "Model Lift," page 38

Minimally Invasive Foot Surgery

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Dr. Burton J. Katzen, DPM

Fellow, American Academy of Ambulatory Foot and Ankle Surgery
President, Temple University School of Podiatric Medicine Alumni Board
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For questions or requests for printed information on various foot topics, call the office or contact Dr. Katzen at DrBurtonK@aol.com



By Deeni Bassam, MD, DABPM
The Spine Care Center

Question: In the last week, have you had any pain affecting your muscles, joints, neck, or back which has affected your ability to carry out the activities of daily living?

Back pain is a very common problem that affects almost everyone. When the pain is severe enough to keep you from performing simple activities of daily living it may be time to see a specialist for an explanation and treatment plan.

In a recent European study approximately 67 million people reported pain during the week. In general, around 50% of the population reports pain at one or more locations in their bodies. Back pain is the most common site for pain in younger and middle aged adults. Knee pain is the most common in older people. Over the last 10 to 15 years, significant advancements have been made in the understanding and causes of back pain, its accurate diagnosis, and effective minimally invasive treatments.

Back pain is a very common problem that affects almost everyone

When pain becomes too much to live with on a daily basis, a visit with a spine specialist can help shed light on the causes which would allow for targeted, directed, and effective treatment.

There are, generally speaking, three main areas of the spine which can cause clinically significant pain. These three structures, listed in order of incidence, are the discs, the bones, and the joints of the spine. Degeneration of these structures begins in our early 20's and continues throughout our lifetimes. We are simply living much longer as human beings than our

Why Does My Back Ache?

spines were meant to last.

Degenerative disc disease is as common as getting a grey hair and the rate at which degeneration occurs is influenced by many factors including genetics, physical activity level, core muscle development, bone density, and smoking. Degeneration of these areas alone is a natural consequence of aging and is not enough to cause pain. Rather it is the inflammation of these structures that is felt by us as pain.

Degenerative structures of the

spine are more prone to become aggravated and inflamed causing us great pain, stiffness, and disability.

A spine specialist can help identify the degenerative area(s) of your spine which are causing you pain, allowing for an accurate diagnosis and treatment plan to be initiated.

Treatment can range from simple activity modification, medications to reduce the pain and inflammation, injections to identify the pain generator and deliver targeted anti-inflammatory,

and surgery to stabilize lax structures if all else fails. In modern medicine, surgery should be seen as the last intervention to be offered rather than the first.

Your doctor should be able to help you better understand the causes of pain in your particular case and implement a treatment plan that eliminates or reduces the inflammation at the degenerative areas allowing for you to more easily achieve your activities of daily living.

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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By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

Why The Tooth Fairy Is Very Fun And Important

world of oral health and hygiene. By leaving a small gift (usually money) under a child's pillow after they lose a tooth, the tooth fairy encourages children to take care of their teeth and to look forward to future dental visits.

What Is the Tooth Fairy and What Does She Do?

The tooth fairy is a mythical creature who is said to leave gifts under children's pillows in exchange for their lost teeth. It is believed that she originated

from Europe, where she was known as la petite souris (the little mouse). The tradition of the tooth fairy is thought to have started in the early 19th century, and it has since become a widely accepted part of childhood folklore in many countries around the world.

The tooth fairy performs some very fun and useful functions, such as:

- Collecting baby teeth from under a child's pillow
- Leaving children small gifts in ex-

change for lost teeth

- Helping children to think about their teeth
- Providing parents with an opportunity to talk with their children about healthy teeth and oral hygiene.
- Supplying a very fun topic for parents to discuss with their children as they anticipate the tooth fairy's visit.
- Reminding parents to book an appointment with their child's pediatric dentist for a checkup
- Giving children an exciting story to tell their favorite Bethesda pediatric dentist

The tooth fairy is also said to bring good luck to children! What's more, she is also said to bring happiness and joy into children's lives, and the lives of the children's parents as well.

Why Is the Tooth Fairy Important For Children?

The tooth fairy is important for children because she helps them learn about oral health and hygiene. By leaving a small gift under a child's pillow after they lose a tooth, the tooth fairy encourages children to focus on their teeth. This is a great opportunity / teachable moment for parents to discuss oral health and hygiene with their children and help them look forward to their dental visit. Most importantly, the tooth fairy and the various traditions that parents create surrounding her visits are super fun for everyone.

Does the Tooth Fairy Leave Gifts Other Than Money?

The tooth fairy leaves a variety of things under the pillow, depending on what she decides to give the child. Most commonly, she leaves money, but she has also been known to leave small safe presents, including new toothbrushes, dental floss, children's books about the tooth fairy and visiting the pediatric dentist, and other fun stuff like that. Fortunately, the tooth fairy is very creative and always comes up with excellent gift ideas that she knows each child will love.

Can the Tooth Fairy Get Children Excited About Visiting the Pediatric Dentist?

A visit from the tooth fairy is an excellent opportunity to get your child excited about visiting the dentist! You can explain to your child that their pediatric dentist loves the tooth fairy! You can tell them that the only thing that their pediatric dentist loves more than the tooth fairy is listening to children tell her stories about what happened when they were visited by the tooth fairy.



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Are TMJ Problems a Real Thing?



By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

For so many people, a bit of popping or clicking in the jaw joints is no big deal. They will at first tell their doctor or dentist about it. As the years go by they are told that 'it's nothing to worry about' so they don't think twice about it. Yet, TMJ disorders are now associated with many other health problems so it might be wise to actually think twice when you feel that popping and clicking in the jaw joints.

*TMJ disorders
are now
associated with
many other
health problems*

When you feel those joints popping, what is actually happening? It is the disc that covers the top of the jaw bone literally popping off the bone and into the surrounding tissue. This displacement can cause tremendous pain in some people, while the same displacement in other folks causes the feeling of 'no big deal' therefore no problem. It's the people who have the pain that need to recognize what is going on and how to deal with it. And maybe the people who do not experience the pain should at least recognize the problem and what it might become.

Some of the more obvious symptoms of TMJ (TMJ disorder) are of course clicking and popping, pain in the jaw joints, or the feeling of the joint being stuck. Other more subtle indicators of a problem are headaches, ringing in the ears, dizziness, breathing problems, sleep disordered breathing, and even tremors. When those little discs in the jaw joints slip off, they can wreak havoc with the entire body.

Many end up visiting their neurologist for the headaches, their ENT for the ear ringing, their otolaryngologist for the swallowing problem, and yet the problem falls under 'none of the above' category! The real issue is that the discs in the jaw joints have slipped off – i.e. they are displaced and are quite simply pinching the nerves and blood vessels around the joint. Because there are so many nerves and vessels in that area, this 'pinching' effect can really cause

lots of pain throughout the entire body.

It is unfortunate that most medical and dental schools put little effort into teaching TMD diagnosis and treatment. In reality, such skillsets are learned mostly through what can best be described as an apprenticeship program. Those of us who had the opportunity to learn from Dr. Brendan Stack, arguably the father of TMJ disorders, consider themselves lucky and blessed to have learned from the

best. Now, many dentists and physicians are beginning to realize the truth behind TMJ disorder concepts.

So, what does a person do when they think they have TMJ disorder? The answer is simple: Find a person, most often a dentist, who sees only TMD cases. Their training will not be limited in this area. This healthcare provider will take the time to diagnose properly and provide options.

We Are NOT Your Typical Dental Office

We Can Help With:

- 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!"
- D. Thomas

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



Jeffrey L. Brown, DDS

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



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About Lynda Dean-Duru

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

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

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

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

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

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



www.KidzSmile.com

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Krystle Dean-Duru

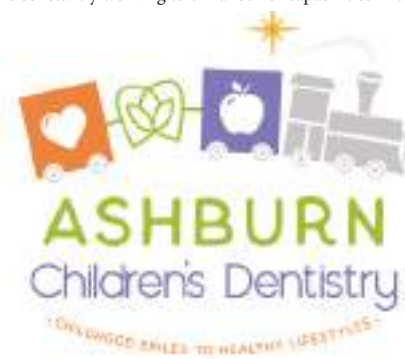
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn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

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

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

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

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



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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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Jonelle Anamelechi is a board-certified airway-focused pediatric dentist practicing in the D.C. Metro area. She has been named a top doctor in her community and nationally featured in The New York Times, Forbes, Dentaltown, NBC, ABC, U.S. News and World Report: Health and CBS news. She is a best selling author and also serves as faculty at Children's National Hospital and Medstar Georgetown University Hospital.

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Meet Yemi Adesanya-Famuyiwa:

Degrees, Training and Certificates: M.D. – Emory University School of Medicine, 1989. Residency in OB/GYN – Georgetown University, 1989-1993. Fellowship in Reproductive Endocrinology and Infertility – The National Institute of Health, 1993-1995. Graduated, Magna Cum Laude with a degree in Biological Sciences – Kent State. Board Certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology.

She is the founder of Montgomery Fertility Center, as well as the Associate Clinical Professor of Obstetrics and Gynecology at George Washington University School of Medicine and an attending physician at Holy Cross Hospital in the department of Obstetrics and Gynecology.

Practice Philosophy: Dr. Famuyiwa is at the forefront of providing state-of-the-art care based on emergent and ongoing new technologies and research. This is based on a philosophy to provide exceptional care in the most compassionate manner in order to achieve the best possible outcomes for her patients. Her work has been recognized by numerous awards.

Awards: Top Doctor in Washington-Baltimore in 2012. Castle Connolly Top Doctor every year since 2012 to 2022. Castle Connolly Exceptional Women In Medicine award every year since 2017 to 2022. Named one of *Bethesda Magazine* Top Doctors in 2019.



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Meet Dr. Gelareh Naenifard:

Dr. Gela Naenifard has been a practicing chiropractor now for over 10 years. Dr. Gela is a chiropractor who serves Washington DC North East, Fairmount Heights, Camp Springs and surrounding communities in MD. She takes pride in the fact that her offices have helped countless individuals with back pain, neck pain, headaches, dizziness, stiffness, etc. Dr. Gela specializes in car accidents, sport injuries, work injuries, muscular injuries and overall health.

An Array Of Certifications

A believer in lifelong learning, Dr. Gela currently holds many certifications including:

- Medical examiner for National Registry of Department of Transportation, DOT, FMCSA, NRCME, National Registry # 9380714400
- Certified Chiropractic Sports Practitioner®
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Meet Tuesday Cook:

Tuesday F. A. Cook, MD, is a fellowship-trained Advanced Laparoscopic and Bariatric Surgeon. She is a Metabolic and Bariatric Surgery Accreditation Quality Improvement Program Verified Surgeon, certified by the American College of Surgeons. She is Board Certified by the American Board of Surgery and is a Fellow of the American College of Surgeons. Dr. Cook is also obesity medicine Board Certified as a Diplomate of the American Board of Obesity Medicine.

She received her medical degree from Howard University College of Medicine and afterward completed a general surgery residency at Howard University Hospital in Washington, D.C. She subsequently completed a fellowship in Minimally Invasive and Bariatric Surgery at the Pennsylvania State University Milton S. Hershey Medical Center. She is Board Certified in General Surgery and has served as a Clinical Instructor both in Pennsylvania and Maryland, teaching surgical residents, fellows and medical students from the United States and abroad. Annually, she has welcomed both high school and college students to shadow her in the office and hospital. During the COVID-19 pandemic, in lieu of shadowing, she began to give virtual presentations to middle and high school students across the country, mostly from underrepresented backgrounds encouraging entrance into the medical profession.

Dr. Cook has served as a physician panelist in Town Hall discussions with the White House COVID-19 Health Equity Task Force and been featured on nationally syndicated radio shows and social media platforms as a proponent of increased access to care and health equity, discussing the social and political determinants of health in minority communities. She has worked with CareFirst of Maryland in connecting vulnerable populations to the COVID-19 vaccine. She continues to do numerous presentations and community work both in Maryland and around the US regarding vaccine hesitancy and advancing equitable healthcare.

Dr. Cook was born in Brooklyn, New York and raised in Trinidad and Tobago. She currently sits on multiple local, state, national and international committees focused on decreasing health disparities as it relates to people of African descent and LatinX communities. She has written legislation along these lines, presented to the State Medical Society House of Delegates and the American Medical Association. She is also on the MedChi Inclusion, Diversity, Equity and Advocacy Task Force for the State of Maryland. Dr. Cook has worked to modify harmful policies and given testimony in Annapolis, Maryland and on Capitol Hill in Washington, DC before the House and Senate. She is proud of her volunteerism and service, performing general surgery operations on medical missions to other countries as well, including Haiti after its devastating earthquake.

Her ultimate goal is equity for people of color, both in national and international settings.



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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.

yhm.news/Happy-Hour-Yoga

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Garima K. Talwar, DDS, MS

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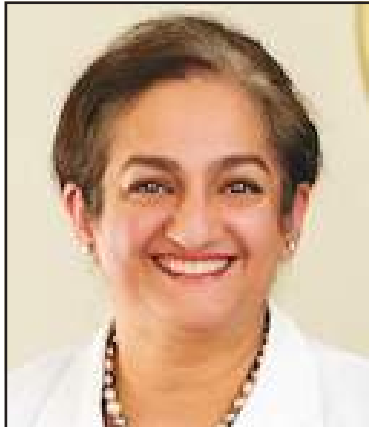
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Dr. Garima Talwar brings 25 years of experience in Full Mouth Reconstruction and Implant Dentistry to the DC Tristate area.

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

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



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Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103



Meet Jeffrey L. Brown:

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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Meet Michael Rogers:

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

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

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

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



FairlingtonDental.com

Claudia Williams Conerly, DDS

*Diplomate,
American Board
of Pediatric
Dentistry*

10313 Georgia Avenue
Suite #210

Silver Spring, MD

301-565-3536

info@age1dentist.com



Meet Claudia Williams Conerly:

Dr. Conerly is a Midwest native and grew up in Lansing, Michigan. Dr. Conerly attended Hampton University in Hampton, Virginia. After earning a Bachelor of Arts degree, she returned to Michigan and attended the University of Michigan, School of Dentistry. Upon graduation, she enrolled in an Advanced Education in General Dentistry program at Columbia University, College of Dental Medicine. For several years, Dr. Conerly practiced as a general dentist in medically underserved areas of New York, Michigan and Virginia. After becoming aware of the barriers to oral health care children encounter, Dr. Conerly returned to academia and completed specialty training in pediatric dentistry at Howard University. As a pediatric dentist, Dr. Conerly is now fully committed to helping children and their families obtain necessary dental care. Dr. Conerly currently lives in Silver Spring with her husband and two daughters.

Dr. Conerly is a Board Certified Pediatric Dentist and a member of the American Academy of Pediatric Dentistry, Maryland Academy of Pediatric Dentistry, American Dental Association, Maryland State Dental Association, and associate member of the American Academy of Pediatrics.

As both a mother of young children and a pediatric dentist, Dr. Conerly treats children with loving care and kindness. She understands parental concerns and tries to make each visit informative and comfortable.



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Michelle Fisher has had a passion for the skin care and the anti-aging industry for over two decades and took her passion to learn all she could to reverse-age her own skin, but also began sharing the skills she acquired with friends. Michelle took what she is most passionate about and has turned it into a full time career, changing faces and lives one person and one problem at a time.

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Michelle opened her first Virginia based aesthetics Medspa in 2016, and outgrew the 1700 s/f facility and has opened a new location with 4200 s/f to serve you with every aesthetic need in one place. This business model that has never been done and gives people what they have never had: one stop shopping. One office that offers you everything. Getting the correction/confidence that they are looking for with Botox, Dermal Fillers, Laser Procedures or CryoSkin Slimming and now offers Massage Therapy, Permanent Make Up, Lash Extensions, IV Therapy, Couture Dress/Gowns with Celebrity Designer Andre Soriano and hair cuts, coloring, highlights, color correction and more.

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Yalda Soroush, AGNP-C, CANS, specializes in restoring and enhancing one's natural beauty through non-surgical treatments.

She is the president and founder of Rejuvenation Clinic, Rejuvenation Aesthetic and Academy Cadaver Art Aesthetics.



She is a 100 Top Best Aesthetic Injector in America, Allergan National Trainer, and she has over 12 years of Aesthetic Injecting. Nurse Yalda offers training at her office.

As a highly trained aesthetic nurse, she understands that liking the way you look can have a huge impact on how you feel about yourself. She has an eye for art and believes every person has the potential to unlock their natural beauty through intentional aesthetic treatment. Her extensive travels have garnered much injectable experience from various international key opinion leaders.

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Naturally Beautiful Skin

By Toni Greene, Owner
Happy Hour Yoga on Zoom!

Beautiful skin is a result of the care given to self. We buy products to make our skin more beautiful and more radiant when in essence all we really need to do is to eat the right foods, drink fresh water, and get proper sleep and wash our body.

People have a tendency to stay up late at night and watch television or even read, that's okay except what

you are watching or reading affects the subconscious mind and we have a tendency to think or dream about what we have read or seen, and that can affect our sleep. When we are not getting proper sleep it shows up in our bodies, in our actions, in our words and on our faces causing us to look and feel tired. Eating the right foods has a lot to do with our skin as well. Meats, alcohol, and smoking show up on our faces, teeth, hair and skin.

Smokers can develop tiny, plentiful

wrinkles over their top lip and tiny lines around the eyes more readily than non-smokers, due to inhaling and squinting to avoid smoke getting into the eyes.

The skin on the face can start to look like the texture of leather. The teeth can become brown and the breath smells like smoke. Eye drops, mints, breathe sprays and teeth whiteners are used to mask the abuse we have done to our bodies.



Foods such as meat, not just red, but white meat (pork), has a slow digestion rate in the body. That can cause the skin to look tired and pale, because of the sluggish digestion and removal from the bowels. Proper digestion, fresh foods,




Toni Greene, Owner

fresh water, proper sleep, regular bowel movements, at least 2-3 time a day, has a profound effect on the skin and smile.

To have beautiful skin and a beautiful smile eat fresh, get proper rest, quit smoking, and drinking in excess, have regular bowel movements and remember "You are what you eat", so eat fresh and whole foods, fruits and green vegetables.

Try avoiding synthetic products on the skin and body. Take the time to wash your body, oil your skin (body), brush your teeth and keep smiling. Rubbing in natural oils massages the skin and it helps to keep the skin not only looking healthy but it is healthy.

Namaste.



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Metformin Use In PCOS



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

amount of insulin is required to elicit a quantitatively normal response" and maintain glucose levels within the normal range. Individuals with insulin resistance may be overtly diabetic or merely have insulin resistance detected by testing.

There are many endocrine pathways that can result in polycystic ovary syndrome. There is disruption in the cyclic growth and subsequent ovulation of oocytes in the ovary. Polycystic ovary syndrome is a complex topic. One of the medications used in the treatment of its associated infertility is metformin.

Polycystic ovary syndrome (PCOS) is a common disorder caused by hormonal imbalance among women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormone (androgen) levels.

Patients with PCOS may experience irregular menstrual periods, heavy periods, excess hair, acne, pelvic pain, and difficulty getting pregnant. It is often associated with the inability to ovulate, insulin resistance, and neuroendocrine disruption. Mantzoros et al. describes insulin resistance as "a state (of a cell, tissue, or organism) in which a greater than normal

Metformin is an insulin-sensitizing agent that lowers blood glucose levels in hyperglycemic individuals but has no effect on glucose levels in normal subjects. Metformin reduces absorption of glucose uptake from the gastrointestinal tract, blocks liver glucose production, and increases insulin stimulated glucose uptake in the periphery.

Metformin has self-limited side effects that abate with continued use. The side-effects such as abdominal discomfort, nausea, and diarrhea may

Please see "Metformin," page 39

Chinese Acupuncture For Infertility



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

Chinese acupuncture is a traditional Chinese medicine (TCM) practice that has been used for over 2,500 years. It involves inserting fine needles into the body's specific points to stimulate energy flow and promote healing. Acupuncture has been known to help relieve pain, reduce stress, and improve overall health. In recent years, acupuncture has also gained popularity as a complementary treatment for infertility.

Infertility affects millions of people worldwide, and in China, it is estimated that 10-15% of couples experience fertility problems. Chinese acupuncture for infertility is a holistic approach that aims to balance the body's energy and restore reproductive

health. It is based on the principles of TCM, which views infertility as a disruption in the body's energy flow.

Acupuncture for infertility involves inserting fine needles into specific points on the body, which are believed to regulate the flow of energy and blood to the reproductive organs. The needles may be left in place for up to 30 minutes, during which time the patient may feel a tingling or warming sensation.

Research suggests that acupuncture can help improve fertility by regulating hormone levels, increasing blood flow to the uterus and ovaries, and reducing stress. Stress is known to have a negative impact on fertility, and acupuncture has been shown to help reduce stress levels in women undergoing fertility treatments.

Acupuncture can also be used in conjunction with other fertility treatments, such as in vitro fertilization (IVF). Studies have shown that acupuncture can increase the success rates of IVF by up to 65%. Acupuncture can help improve the quality of eggs, regulate hormone levels, and reduce the risk of miscarriage.

In TCM, infertility is believed to be caused by imbalances in the body's energy flow. The acupuncturist will use a combination of acupuncture,

herbal medicine, and lifestyle changes to address these imbalances and promote reproductive health. The treatment will be tailored to the individual patient's needs, taking into account factors such as age, overall health, and any underlying medical conditions.

Chinese acupuncture for infertility is a safe and non-invasive treatment that has been used for centuries. It can be an effective alternative or complementary treatment for couples struggling with infertility. However, it

is important to seek treatment from a licensed and experienced acupuncturist who specializes in infertility.

Chinese acupuncture is an effective and holistic approach to treating infertility. It works by regulating energy flow, improving blood circulation, and reducing stress. Acupuncture can be used alone or in conjunction with other fertility treatments, such as IVF. If you are struggling with infertility, it may be worth considering acupuncture as a safe and natural treatment option.



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Children's Health and Spring Time



By Janet V. Johnson, MD
Loving Care Pediatrics

For most children spring means more outdoor activities. For their parents, this means being extra vigilant to keep your child safe and healthy. Learning about spring allergies and using insect repellents safely can help you keep your child healthy and safe during the season.

Allergies

Allergies can cause your child to have a lot of sneezing, along with a clear

runny or stuffy nose, itchy and watery eyes and a cough, especially when they have spent a lot of time outside playing.

Allergic rhinitis or hay fever may be due to outdoor allergens, such as tree pollens, grasses and weeds and is a common problem in infants and children. Allergic rhinitis symptoms usually occur during certain times of the year for children. Other children may have perennial allergies, with problems occurring year round from exposure to indoor allergens, such as dust mites, pets, second hand smoke and molds.

Having uncontrolled allergies can put your child at risk for getting a secondary sinus infection, ear infections, make asthma symptoms worse and for having poor concentration at school.

The best treatment for allergic rhinitis is to avoid what your child is allergic to by following prevention and environmental controls. Some medications that are used to control the symptoms of allergic rhinitis include decongestants, antihistamines and ste

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By E. Richard Hughes, DDS

Advantages Of Dental Implants Over Dentures and Partials

Part 2

4. Implants will improve digestion because you will be able to chew better, stronger and safely. Choking is still a leading cause of death in the

U.S.A. You will be able to eat, just like when you had teeth

5. In the long run dental implants are easier on your pocketbook. When you compare the day to day cost of dental implant treatment versus sometimes questionable root canals, replacing crowns, replacing bridges and performing periodontal treatment on questionable teeth, it is many times more cost efficient to use dental implants. With implants the buck

usually stops there. You do have to take care of your investment with regular dental visits, brushing and flossing.

6. Implants are good for your self-esteem and give you a major change in life style. Youngsters may worry about losing their teeth but adults should not. You can go out in public, eat a steak, bite into an apple, sing, and have a regular life. I have had patients tell me that they felt embarrassed because their grandchildren laughed at their

teeth or they avoided dating or the simple pleasure of kissing or seeking a job promotion because of their teeth or dentures. This can change – and for the better.

7. Implants are used to replace many parts of the human body and they are accepted because they are made of biocompatible materials, which mean friendly to the body. I have been placing and restoring dental implants for 21 years and have rarely seen any implant related health problems. The problems, if any, are related to how the patient maintains the implants.

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- Do you look older than your natural age because of your dentures, missing teeth or worn out smile?
- Do you want new teeth and dazzling smile as soon as possible?
- Do you want to eat the foods you like and look and feel better about yourself?



You will never be embarrassed by your smile again thanks to Dental Implants!

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Dental implants are also used to support remaining natural teeth and bridges and anchor dentures.

In summary, implants offer these major health advantages: they enable you to chew your food properly and have a healthy digestion and nutrition; they can even help you live longer; they prevent further bone and gum shrinkage; and implants also eliminate the psychological issues associated with wearing dentures and partials.

However, I will state this, the Mayo Clinic did a study some time ago and found that people without teeth, live on the average, 5 years less than those with teeth. Dental implants are also used to support remaining natural teeth and bridges and anchor dentures. These are some of the advantages of dental implants. So, can you imagine a life without dentures?



By Gregory Taylor, MS, Owner
Taylored 4 Life Wellness, Inc.

Promoting a healthy lifestyle is a crucial aspect of leading a fulfilling and productive life. Whether you are an individual, an organization, or a community, promoting healthy habits can lead to numerous benefits such as better mental health, physical well-being, and increased longevity. Here, we will discuss several practical ways to promote a healthy lifestyle.

- 1. Eating a Balanced Diet:** A healthy diet is the foundation of a healthy lifestyle. Eating a balanced diet, which includes a variety of fruits and vegetables, whole grains, lean proteins, and healthy fats, can provide the body with the essential nutrients it needs to function optimally. It is important to limit the consumption of processed foods, sugar, and unhealthy fats, as these can lead to chronic health conditions such as obesity, heart disease, and type 2 diabetes.
- 2. Regular Physical Activity:** Regular physical activity is another important aspect of a healthy lifestyle. Physical activity can help to improve heart health, build muscle and bone mass, increase energy levels, and boost mental health. Aim to incorporate at least 30 minutes of moderate physical activity into your daily routine, such as going for a brisk walk, doing yoga, or playing sports.
- 3. Getting Enough Sleep:** Sleep is an essential aspect of overall health and well-being. Getting enough quality sleep each night can help to improve mental clarity, boost mood, and enhance physical performance. Aim to get 7-9 hours of sleep per night and create a bedtime routine that helps you wind down and get the best sleep possible.
- 4. Managing Stress:** Stress is a normal part of life, but chronic stress can have negative effects on both physical and mental health. To manage stress, it is important to engage in activities that help to reduce stress, such as meditation, deep breathing, exercise, or hobbies. It is also important to priori-

Promoting Healthy Lifestyles

tize self-care and make time for activities that bring joy and happiness into your life.

- 5. Building Social Connections:** Social connections play an important role in overall health and well-being. Having strong relationships with friends and family can provide support, reduce stress, and boost overall happiness. It is important to make time for social activities and to engage in meaningful conversa-

tions with loved ones.

- 6. Avoiding Harmful Habits:** Harmful habits such as smoking, excessive alcohol consumption, and drug use can have serious negative effects on health. It is important to avoid these habits or to seek help if you are struggling with addiction.

In conclusion, promoting a healthy lifestyle is an important aspect of leading a fulfilling and productive life. By incorporating healthy habits

into your daily routine, such as eating a balanced diet, engaging in physical activity, getting enough sleep, managing stress, building social connections, and avoiding harmful habits, you can improve your overall health and well-being. Whether you are an individual, an organization, or a community, promoting healthy habits can lead to numerous benefits and contribute to a happier and healthier world.



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

Patients often visit their doctor due to housework accidents. As people stay home much longer than usual since this pandemic started, it has increased more than usual. People get injured with sprains and bruises by falling, overuse, repeated motions, and heavy lifting. There are some other cases including cuts, burns, and concussions.

The CDC reports that unintentional injuries are the leading cause of death for Americans under the age of 45. Also, it states that our homes are where we feel most comfortable, and they are also where many accidents happen.

The most common yard work injuries are low back pain and knee pain.

One of the most common complaints following a few hours of yard work is lower back pain. There are many yard activities that we do like weeding, mowing, digging, planting, and mulching. These can hurt our body if you are not careful, and it is easy to strain or pull the muscles in your back.

There are some cautions that we can consider for preventing lower back pain.

- **Warming up:** Take a few minutes to warm up your muscles by doing some exercises.
- **Hydrating:** Muscles need water to function and adequate water levels in your body can help prevent the onset of muscle cramps or spasms and help prevent dehydration.
- **Mixing it up:** Better keep changing and taking a turn on each work activities. Do not continuously perform any one activity for a long period.
- **Proper posture:** Leaning forward as you push the lawn mower can strain your back. Be sure to maintain proper posture and push with your arms and legs instead of your back.
- **Weeding:** Bending over at the waist for prolonged periods can cause your back muscles to start complaining. Better to try kneeling on a mat or sitting directly on the ground instead if possible.
- **Lifting carefully:** When lifting bags of dirt or mulch. Please keep

Housework Injuries

Low Back Pain and Knee Pain

your back straight and bend with your knees and hips when reaching down if possible.

- **Taking breaks:** Taking your time will make it less likely for injuries to occur. Pushing yourself to the point of exhaustion can cause you to get injured.

The knee is the largest joint in the human body. Since the knee supports nearly the entire weight of the body, it is one of the most susceptible to injuries. Gardening can cause knee bursitis. Prolonged or repetitive kneeling can also cause knee inflammation.

If you do suffer with knee pain, particularly after gardening, it can help to ease discomfort if you put an ice pack on your knees. You need to remember RICE: Rest, Ice, Compression and Elevation. Ice is thought to act by reducing blood flow and thereby reduces inflammation around the joint.

There are some cautions that we can consider for preventing knee pain.

- **Warming up:** You can stretch your leg muscles before and after gardening.
- **Wearing knee pads:** Knee pads are especially useful and good for

cushioning your knees against any pressure or impact.

- **Proper posture:** Preferred work positions would be having one knee on the ground, working on hands and knees using a kneeling pad, or sitting on a chair or stool. If you use a chair or stool, place it close to the area where you are working and use long handled tools to avoid straining the upper body.
- **Taking breaks:** Take frequent breaks and rotate jobs so that your back or knees are not strained for long periods of time.



Dr. Jay (Jong Hee) Cho
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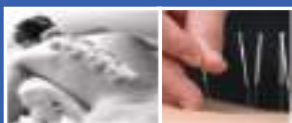
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BACK SURGERY

FROM PAGE 7

toms, they can begin to develop the most effective treatment plan to manage your pain. Treatments for post-laminectomy syndrome may include:

- Physical therapy
- Medications, such as NSAIDs or antidepressants
- Epidural steroid injections
- Spinal cord stimulation
- Radiofrequency ablation
- TENS therapy
- A mixture of these therapies

Interventional Treatments

Patients suffering from severe and chronic pain may benefit from more intensive forms of treatment.

One of the best options are epidural steroid injections. This type of therapy can provide significant pain relief. It's also minimally-invasive. Your doctor can perform it in an outpatient setting.

Spinal cord stimulation is another treatment that has been shown to provide measurable pain relief. This

treatment involves inserting a device that emits electrical impulses near your spine. This device sends out electrical impulses near painful areas. These impulses help control pain signal transmission from the spinal nerves, thereby reducing your pain.

Radiofrequency ablation is another treatment option. Studies have shown this treatment to be quite effective in more than 50% of cases.

Finally, another alternative, minimally-invasive treatment is transcutaneous electrical nerve stimulation (TENS) therapy. TENS units are small devices that are similar to spinal cord stimulation, except they go on top of the skin. Electrodes are placed on the skin's surface. These electrodes deliver a very small electrical stimulation to the affected area. Like spinal cord stimulation, this can interrupt pain signals.

If you need help with your lower back and neck pain, and think it may be caused by a previous surgery, it's time to find help.

SKINCARE

FROM PAGE 7

skin, a chronic skin condition, you notice something concerning during a self-exam, or you just want to keep your skin looking and feeling great, annual skin exams are essential and

allow you to stay on top of caring for your skin.

Contact your dermatologist today to schedule spring check-up appointment.

ALL-ON-FOUR

FROM PAGE 8

to restore your full smile. That's the beauty of the all-on-four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

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

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

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

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

Second, the dentist or surgeon will prepare your mouth for the implants, which involves removing your

remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

Next, they will begin the implantation process. This means they will insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of your mouth and two towards the back of your mouth so the "anchors" can evenly bare the force of the denture.

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

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

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

OPEN MRI

FROM PAGE 8

scan. This is especially important for patients who want the safety and security of a trusted family member with them during the procedure. Also a plus for older patients or those with dementia. Sedatives are usually unnecessary so you can go back home or work immediately after your scan.

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to your doctor promptly. After the interpretation is completed, your report and images are immediately sent to your doctor and you will receive an email or text with a link to your images and MRI report.

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PERMANENT CURE

FROM PAGE 18

with a diameter about the same size as a pen point. The bony structures are viewed during surgery by use of a Fluoroscope, so even though the incision is small, the surgeon can visualize the structures he/she is working on at all times during the surgery.

Unlike other surgeries, major factors associated with MIS are different. There is no hospitalization or deep general anesthesia required. The surgery is performed in a certified Ambulatory Surgical Center under local anesthesia with IV sedation administered by an anesthesiologist or a certified nurse anesthetist, so the patient will experience no pain before or during the surgery. Following the surgery, the patient will leave walking, be instructed to go directly home and remain off the foot other than ambulating to the bathroom for 24/48 hours. The recovery time, and post-operative pain, swelling, and risk of infection is usually diminished with MIS due to the small incision, less exposure time, and lessor amount of soft tissue dissection and trauma to the structures. With some procedures, patients are often able to return to sedentary jobs in 23 days.

Etiology: The most common cause of bunion deformities is believed to be a combination of hereditary tendencies and biomechanical imbalances. For example, excessive pronation, commonly referred to as flat-feet, places excessive stress on the inside of the big toe during toe-off forcing it into a valgus direction toward the smaller toes. As the bunion develops, the head of the metatarsal bone enlarges, becomes more prominent, and is irritated by the shoe. This can be demonstrated with the hand by holding the palm flat against a table and slowly bending the hand and watching the knuckles become more prominent.

Treatment: The first choice in the treatment of bunion deformities is to discover them early in life so a conservative, mechanical approach may be used. This may include orthotics or a minimally invasive flat-foot correction. However, once the great toe is deviated and the metatarsal bone becomes prominent enough to be symptomatic in shoes, the only permanent cure is surgical correction, which in the majority of the cases can be done through the minimally invasive technique.

MODEL LIFT

FROM PAGE 18

a minimally-invasive way to smooth contours, balance inconsistencies, increase definition and provide a more feminine or masculine facial profile.



Nose Contouring

Although no one can argue with the superior results and permanency that surgery can afford a patient who seeks a surgical rhinoplasty, surgery is not for everyone. Some people prefer

not to have surgery for a variety of reasons. If that is the case, a non-surgical rhinoplasty could help address the patient's concerns. It could be a bump on the nose, an indentation, a scar, an irregularity from a previous nose surgery, or a flattened tip. All these conditions can be improved with a non-surgical rhinoplasty with fillers (injectables).

Lip Fillers

Whatever your lip enhancement desires are, the results can be achieved with a variety of non-surgical and surgical options. For non-surgical lip enhancement, a variety of fillers are available, including Juvederm® and Restylane®.

Free Yourself From Heartburn Pain

Submitted by
Kensington Pharmacy

Heartburn happens when stomach acid flows backward, up into your esophagus. This backward flow is called reflux. You don't need to suffer in silence. Ask your pharmacist about heartburn, and lifestyle changes, prescription and over-the-counter (OTC) medications that can provide relief.

To decide if you have heartburn or a more serious condition, see below.

- After meals do you sometimes feel a warmth or pain at your breastbone?
- Do you sometimes have an acid taste in the back of your throat?
- Do you ever feel that food is coming back into your mouth?
- When you lie down do you get these feelings?
- Do these feelings go away when you take antacids or OTC acid blockers?
- If you answered yes to any or all, then you have heartburn.
- Is your heartburn severe?
- Do you have heartburn two or more times each week?
- Has it lasted for several months?
- Do you regularly take medications for it—and it still comes back?

If you answered yes, you may have a more serious problem.

Three Myths About Heartburn

Myth #1: Heartburn is no big deal.

Fact: Heartburn can severely limit what you do and how you do it.

Myth #2: Heartburn is my fault.

Fact: You didn't cause it, but you can lessen its pain and inconvenience.

Myth #3: Heartburn is not a serious medical problem.

Fact: Heartburn can progress to cause more serious problems including: inflammation and ulcers in your esophagus and changes in the cells of the esophagus lining.

Never ignore severe or persistent heartburn. Tests can be done to find out if your heartburn has led to any more serious health problems.

Watch What and How You Eat

- Avoid certain foods, such as citrus fruits, tomato products, fatty or greasy foods, chocolates, peppermints, vinegar, spicy foods, garlic, raw onions, and black or red pepper.
- Stay away from certain beverages—especially on an empty stomach.
- Eat smaller meals each day.
- For 2-3 hours after eating, avoid

lying down, bending over repeatedly, or doing vigorous exercise.

Change Your Sleeping Routine

- Raise the head of your bed at least 6 inches using a mattress wedge.
- Do not eat or snack within 2-3 hours before going to bed.

Change Your Habits

- If you smoke, stop.
- If you are overweight, lose weight.
- Avoid tight-fitting, restrictive clothes.
- One of your prescription or OTC medications may cause heartburn.

Matching your symptoms to the proper medication is important.

- Do you get heartburn once in a while? An OTC medication, such as an antacid or H2 blocker, may work.

Antacids neutralize stomach acid. They work quickly and give temporary relief that lasts 1-2 hours. H2 blockers reduce the amount of acid your stomach makes. They give relief that lasts 6-12 hours. Some brands are Tagamet HB®, Pepcid® AC, Axid® AR, and Zantac 75®.

METFORMIN

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cause some weight loss.

It is used as an adjunct in the treatment of PCOS. The use of metformin alone is not associated with increases in pregnancy rates or live birth rates.

Pretreatment with metformin for at least three months followed by the addition of another ovulation-inducing drug such as Clomid or Letrozole, increases live-birth rates. For PCOS, Letrozole is the first line agent for ovulation induction in PCO patients. Metformin used while attempting

pregnancy and stopped at the initiation of pregnancy does not affect the rate of miscarriage.

Metformin alone should not be used as first-line therapy for ovulation induction in women with PCOS, since ovulation induction agents such as Clomid or Letrozole are more effective. Clomid alone or letrozole alone are reasonable first-line agents for ovulation in women with PCOS. Combination therapy with Clomid may be beneficial in women who are resistant to Clomid alone.



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