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May 2023  
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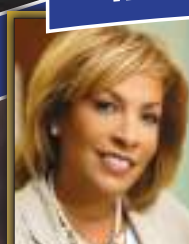
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By Dima Ali, MD  
WellMedica Aesthetic &  
Anti-Aging Medicine

# What's Your Vagenda?

## Non-Invasive Vaginal Treatments

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*"ThermiVA is an excellent treatment for women who suffer from urogenital atrophy/laxity and complain of painful intercourse."*

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- If you have conditions such as vulvodynia, vestibulodynia and vaginismus.

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Improvement with incontinence is also noticed after the first treatment, in most patients. The vulvovaginal tissues continue to tighten after each treatment. It actually makes quite a remarkable difference physically, sexually and psychologically.

## Dima Ali, MD

Dr. Dima Ali is the Founder and Medical Director of WellMedica Aesthetic & Anti-Aging Medicine in Reston, VA, a practice focused exclusively on cosmetic dermatology, laser surgery, anti-aging medicine as well as promoting, advancing and standardizing the field of Aesthetic Medicine.

Dr. Dima has over 20 years experience of proven excellence as an educator and expert in technological and aesthetic innovations and is known for treating many of Washington DC's political elite.

Her areas of expertise include aesthetic laser surgery, skin tightening technologies, non-invasive body contouring, fat grafting, advanced dermal filling, neurotoxins, chemical peels, sclerotherapy, vaginal rejuvenation, skincare formulations and bio-identical hormone replacement therapy.

She is a graduate of the George Washington School of Medicine and is Board Certified by the American Board of Laser Surgery. Dr. Dima is a Fellow of the American Academy of Laser Medicine and Surgery, a speaker for The American Academy of Cosmetic Surgery, a Faculty member of both The American Society of Cosmetic Physicians and The American Academy of Aesthetic Medicine.

She has been nominated five times for the Aesthetic Awards and holds the title for 'Best Overall Facial Makeover.' She is a Key Opinion Leader and Trainer for industry leaders such as Venus Concept, Syneron-Candela, Suneva Medical, Thermi Aesthetics and Nova Threads. Dr. Dima also serves as an expert in laser related litigation.



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# Five Reasons Why You Should Try IV Hydration Therapy

Submitted By  
DistrictFuze

## 1. IV Drip Hydration Therapy Maximizes Your Vitamin Absorption

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immediately receive 100% of the key nutrients you need. Try our energy infusion which promotes increased energy, focus, and alertness, or our relaxation infusion to destress and revitalize.

## 2. You Can Recover Quickly From an Intense Workout, Run, Or Performance

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---

*Even with the most efficient digestive system, you only absorb 15 – 25% of the vitamins and minerals you ingest orally.*

---

## 5. You Can Recover Quickly From Indulging Too Much At Last Night's Party

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

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

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

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

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

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

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# Genicular Ablation For Knee Pain



By Madhavi Chada, MD  
Synergy Spine and Pain Center

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

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

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

## Risks and Side Effects

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

# Cesarean Section Defects and Subsequent Fertility



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Cesarean sections are usually done in over 20% of deliveries globally. In the US, nearly a third of deliveries are by cesarean (31.9% in 2018), with rates above 36.0% in several states.

In the three years following first childbirth, women who delivered their first child by cesarean had lower rates of conception after unprotected intercourse, and fewer of these women had a second child than those who delivered vaginally.

There can be sequelae from cesarean delivery on subsequent abil-

ity to conceive. These sequelae are magnified in the presence of a cesarean section scar also called a niche or a cesarean-induced isthmocele.

A niche as defined by their European niche task force as an indentation of the uterine myometrium of at least 2 mm at the site of the cesarean scar assessed by transvaginal ultrasound. The diagnostic criterion of the niche includes a hypoechoic space failed with postmenstrual blood most typically in a triangular shape reflecting a discontinuation of the myometrium at the site of the previous cesarean section. A large niche is defined as an incision of a depth of at least 50-80% of the anterior myometrium, or the remaining myometrial thickness less than 2.2 mm when evaluated by transvaginal ultrasound or less than 2.5 mm when evaluated by sonohysterography.

Niches are observed in 50-60% of women following a cesarean section. Several factors have been shown to be associated with the development of a cesarean section niche. There are some maternal factors that can contribute to poor healing of tissue such as diabetes

Please see "Cesarean," page 38

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# Laser Frenectomies in Children

## What You Need to Know

By Elizabeth Shin, DDS  
Bethesda Chevy Chase  
Pediatric Dentistry

Tongue-tie, also known as ankyloglossia, is a common condition that affects many children. It occurs when the lingual frenulum, the band of tissue that connects the tongue to the bottom of the mouth, is too short

or tight, which restricts the mobility of the tongue. In some cases, a frenectomy may be recommended to release the tongue-tie and improve oral function. Laser frenectomy is a popular and minimally invasive technique used to correct tongue-ties in children.

### What Is a Laser Frenectomy?

Laser frenectomy is a surgical

procedure that uses a specialized laser to remove the frenulum. The laser is precise and can be used to remove the tissue without causing excessive bleeding or damage to surrounding tissue. The procedure is usually done in a dentist or pediatrician's office, and it only takes a few minutes to complete.

### What Are the Signs



Elizabeth Shin, DDS

### Of a Tongue-Tie?

Children with tongue-ties may experience difficulty nursing or feeding, speech problems, or oral hygiene issues. They may have trouble sticking out their tongue or moving it from side to side, and in some cases, the tongue-tie may be visible as a small band of tissue under the tongue. For older children, speech therapy may be needed in addition to a frenectomy to address any residual issues.

*Tongue-tie, also known as ankyloglossia, is a common condition that affects many children.*

### What Are the Benefits Of a Frenectomy?

A frenectomy can provide many benefits for children with tongue-ties. After the procedure, children may be able to nurse more effectively, which can help them get the nutrients they need to grow and develop. They may also be able to speak more clearly and have an easier time with oral hygiene, as a restricted tongue can make it difficult to clean the teeth and gums. Additionally, for older children, a frenectomy can help with speech and overall oral function.

### Is a Laser Frenectomy Painful?

Most children do not experience any pain during or after the procedure.

The laser provides better and faster healing with less postoperative pain.



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# Understanding Periodontal Disease

## *Causes, Symptoms, and Treatment Options*



By Marc Stanard, DDS

Periodontal disease is a common dental condition that affects the gums and other supporting tissues surrounding the teeth. It is caused by the buildup of plaque, a sticky film of bacteria that forms on the teeth and gums. The bacteria in plaque can cause inflammation and infection of the gums, leading to periodontal disease.

There are two main types of periodontal disease: gingivitis and periodontitis. Gingivitis is the milder form of the disease and affects only

the gums. It can cause redness, swelling, and bleeding of the gums. If left untreated, gingivitis can progress to periodontitis, which affects the gums and the supporting tissues of the teeth, including the bone. Periodontitis can cause the teeth to become loose and may eventually lead to tooth loss.

Preventing periodontal disease is key to maintaining good oral health. Regular brushing and flossing can help remove plaque from the teeth and gums. Regular dental checkups and cleanings are also important, as they can help detect and treat early signs of periodontal disease.

If you have periodontal disease, your dentist may recommend scaling and root planing, a deep cleaning procedure that removes plaque and tartar from the teeth and gums. In more severe cases, surgery may be necessary to repair damaged tissues and promote gum and bone regrowth.

If you have lost teeth due to periodontal disease, fractured teeth,



cavities, failing root canals, and/or abscesses, dental implants may be a good option for replacing them. Dental implants are artificial tooth roots that are surgically placed into the jawbone. They provide a stable foundation for replacement teeth, such as crowns or dentures.

Dental implants have several benefits over other tooth replacement options. They are durable and long-lasting, and they look and function like natural teeth. They also help preserve the jawbone and prevent further bone loss, which can occur when teeth are missing.

However, not everyone is a good candidate for dental implants. You

must have healthy gums and enough jawbone density to support the implant. Your dentist will evaluate your oral health and determine if dental implants are the best option for you.

Periodontal disease is a common dental condition that can lead to tooth loss if left untreated. Preventing periodontal disease through good oral hygiene and regular dental checkups is important for maintaining good oral health. If you have lost teeth for any reason, dental implants may be a good option for replacement. However, it is important to discuss your options with your dentist and determine if dental implants are the right choice for you.

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**Marc P. Stanard, DDS**

# Chronic Pain and Depression – You Are Not Alone!

Submitted by  
Washington Open MRI, Inc.

## Advanced Imaging Techniques Can Now Help Identify the Source Of Your Chronic Pain

It's no secret that chronic pain is more than just physically debilitating.

It can and *will* negatively affect your work, family relationships and by its definition may be an expectation of a life of continual misery as reported by our many patients.

### What Can Be Done?

There are no easy answers, but there *can* be help with recent advancements of imaging techniques now available.

Many referring physicians are only familiar with the "usual" imaging scans that they request for their patients on a daily basis.

Symptoms can be dizziness, forgetfulness, unsteady gait, numbness, pain in the neck, back and extremities

which are either chronic, of varying intensity or occur without warning.

The most insidious of these are undiagnosed injuries to the neck – most especially as the result of whiplash or concussion – that undiagnosed can result in additional future injury and a lifetime of pain.

A recent study by Dr. Michael Freeman published in July 2020 states, "There are approximately 869,000 traffic crash-related cervical spine injuries seen in hospitals in the US annually. The annual counts of whiplash and spinal disk injuries in the US likely exceed 1.2 million and 33,000, respectively. National insurance claim data, which include cases of cervical disk injury diagnosed both in and outside of the emergency room indicate this data likely undercounts cervical disk injuries by 92%, and correspondingly undercounts such

*Please see "Chronic Pain," page 38*

# 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, to re-

*Please see "All-On-Four," page 38*

## All-On-4: Same Day Smiles



### Missing Teeth or Tired of Wearing Dentures?

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

# Nutrition and Food As Medicine

can contribute to chronic health conditions and increase inflammation.

In addition to eating a healthy diet, it is important to pay attention to portion sizes and to practice mindful eating. This involves taking the time to enjoy each meal, eating slowly, and paying attention to hunger and fullness cues. Mindful eating can help to prevent overeating and improve overall digestion and nutrient absorption.

Food as medicine also involves paying attention to individual nutrient needs. For example, individuals who are vegetarian or vegan may need to take vitamin B12 supplements, while those with anemia may need to incorporate iron-rich foods into their diets. It is important to work with a healthcare professional to determine your individual nutrient needs and to make informed decisions about supplementation, if necessary.

In conclusion, food as medicine is a powerful concept that recognizes the role of a healthy diet in promoting physical and mental well-being, preventing and treating disease, and maintaining overall health. By incorporating a diverse and balanced diet, practicing mindful eating, and paying attention to individual nutrient needs, you can reap the numerous benefits of food as medicine and lead a healthier, happier life.

Food as medicine is a concept that recognizes the power of a healthy diet in promoting physical and mental well-being, preventing and treating disease, and maintaining overall health. The idea is that food should be viewed as a primary form of medicine, providing the essential nutrients and compounds the body needs to function optimally.

One of the most significant benefits of food as medicine is its ability to prevent chronic diseases. Many chronic diseases, such as heart disease, type 2 diabetes, and obesity, are linked to poor dietary habits and can be prevented or managed through a healthy diet. For example, diets high in fruits, vegetables, whole grains, lean proteins, and healthy fats can reduce the risk of heart disease, while diets high in fiber can help to manage type 2 diabetes and prevent obesity.

Food as medicine can also play an important role in treating existing medical conditions. For example, certain foods and supplements can help to manage symptoms of depression and anxiety, reduce inflammation, and improve gut health. Additionally, diets high in anti-inflammatory foods, such as berries, leafy greens, and fatty fish, can help to manage conditions such as arthritis and inflammatory bowel disease.

Incorporating food as medicine into your daily routine requires a shift in mindset. It is important to view food as a form of nourishment and medicine, rather than simply as a source of fuel or pleasure. This involves prioritizing the consumption of nutrient-dense, whole foods and limiting the intake of processed foods, sugar, and unhealthy fats.

To maximize the benefits of food as medicine, it is important to eat a diverse and balanced diet. This means incorporating a variety of fruits and vegetables, whole grains, lean proteins, and healthy fats into your diet. It is also important to limit the consumption of processed foods, sugar, and unhealthy fats, as these



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By Jonelle Anamelechi, DDS  
Children's Choice Pediatric  
Dentistry and Orthodontics

# How Pediatric Dentists Use the Latest Technology to Treat Tongue Ties in Children

Tongue ties in children are a common condition that can cause a range of problems, from difficulty breastfeeding to speech delays. Fortunately, pediatric dentists are trained to diagnose and treat tongue ties, and they have access to the latest technology to ensure that children receive the best possible care.

A tongue tie is a condition that occurs when the thin strip of tissue that connects the tongue to the bottom of the mouth (called the frenulum) is too short or too thick. This can restrict the movement of the tongue, which can cause a range of problems. For infants, a tongue tie can make it difficult to latch onto the breast, which can lead to poor nutrition and weight gain. For older children, a tongue tie can cause speech delays, difficulty swallowing, and even dental problems.

Pediatric dentists are trained to diagnose and treat tongue ties in children. They will examine the child's mouth and look for signs of a tongue tie, such as a heart-shaped tongue tip or a visible frenulum that restricts tongue movement. If a tongue tie is present, the pediatric dentist can perform a simple procedure called a frenectomy, which involves snipping the frenulum to release the tongue.

The latest technology available to pediatric dentists can help ensure that the frenectomy is performed safely and effectively. One such technology is a laser, which can be used to perform the procedure instead of a scalpel. Lasers are less invasive than traditional surgical tools, which can lead to less bleeding and faster healing times. They are also more precise, which can help prevent damage to surrounding tissue.

Another technology that pediatric dentists may use to diagnose and treat tongue ties is a digital scanner. A digital scanner can create a 3D image of the child's mouth, which can help the pediatric dentist visualize the tongue tie and plan the frenectomy more accurately. Digital scanners are also less invasive than traditional impression materials, which can be uncomfortable for children.

Pediatric dentists may also use special exercises and stretches to help

children strengthen their tongue muscles and improve their tongue mobility after a frenectomy. These exercises can include tongue thrust exercises, tongue elevation exercises, and tongue lateralization exercises. By incorporating these exercises into the child's daily routine, pediatric dentists can help en-

sure that the frenectomy is successful in improving the child's tongue mobility and overall oral health.

Tongue ties in children are a common condition that can cause a range of problems, from difficulty breastfeeding to speech delays. Pediatric dentists are trained to diagnose and treat tongue ties,

and they have access to the latest technology to ensure that children receive the best possible care. With the help of lasers, digital scanners, and specialized exercises, pediatric dentists can perform safe and effective frenectomies to improve the oral health and overall well-being of children with tongue ties.



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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 571-418-0142.



**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, 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.

**www.re-cognitionhealthusa.com**

# Advantages Of Dental Implants Over Dentures and Partial

By E. Richard Hughes, DDS

## Part I

During this age of the internet, space travel, medical miracles, GPS, and yes, smart phones, people still suffer with dentures and partial dentures. Other than the materials, the methods to make dentures have not changed since Wellington defeated Napoleon at Waterloo. Complete dentures are not your teeth.

They are a prosthesis made for appearance and very limited function. Complete dentures, at best, have no less than 30% mobility for the upper and the lower is worse and lifts up from the lower jaw by as much as 10 millimeters during eating. Partial dentures function a bit better, but they too move.

This movement acts to abrade teeth, slowly extract teeth and cause an increased rate of dental decay, due

to the clasps acting as plaque traps. Both complete dentures and partial dentures destroy supporting bone. As for function, they are like wearing a pair of flip-flops in a foot race. They are basically for show and not for go.

Dental implants offer a superior solution to the above mentioned problems. The following will compare dental implants to dentures and partial dentures.

Dentures require a training



E. Richard Hughes, DDS

period, implants do not. During the implant insertion appointment, you may receive a temporary bridge that will not come loose. When you get your permanent bridge, you will be able to eat, laugh, and talk just like normal.

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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?



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*During this age of the internet, space travel, medical miracles, GPS, and yes, smart phones, people still suffer with dentures and partial dentures.*

Implants will not make your face look sunken in or change the shape of your face. In other words, you will not have the denture look. There is no such thing as an implant look. Many times, implants can improve the appearance over one's own natural teeth. They can improve the shape, color, gaps and crookedness often looking much better than ever. Denture wearers and those with partially missing teeth usually have an improvement of their facial appearance, much better than any plastic surgery.

Dental implants usually improve ones speech, because you do not have the movement or slippage that you get with dentures. So you don't get the lisping, clicking or sucking sounds that you have with dentures.

Save this article, as it leads into part two in your next *Your Health Magazine* issue.



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

High Frequency Spinal Cord Stimulation (HF-SCS) is a cutting-edge therapy for the management of chronic pain. It involves the use of electrical impulses to block pain signals from reaching the brain. The therapy is performed using a device that is surgically implanted under the skin and connected to electrodes that are placed near the spinal cord. The device sends out high-frequency electrical impulses that disrupt the pain signals as they travel to the brain.

*High Frequency  
Spinal Cord  
Stimulation  
(HF-SCS) is a  
cutting-edge therapy  
for the management  
of chronic pain*

HF-SCS has been shown to be effective in the management of chronic pain conditions such as failed back surgery syndrome, chronic back and leg pain, and chronic pain due to complex regional pain syndrome. It works by blocking the pain signals as they travel up the spinal cord to the brain, thus reducing the sensation of pain.

The procedure for implantation of an HF-SCS device is typically done in an outpatient setting. A small incision is made in the skin and the device is placed under the skin, near the spinal cord. The electrodes are then connected to the device and placed in the correct location to target the pain. The patient is awake during the procedure, which allows the healthcare provider to test the device and make sure that it is working correctly and that the patient is comfortable.

Once the device is implanted, the patient will be given a remote control that allows them to turn the device on and off, as well as adjust the intensity

of the electrical impulses. This allows the patient to have control over their pain management and to adjust the therapy as needed.

HF-SCS is considered a safe and effective therapy for chronic pain management. However, like any surgical procedure, there are potential risks and side effects. These may include infection, bleeding, nerve damage, and allergic reactions to the device. In addition, there may be some discomfort during

the implantation procedure.

It is important to note that HF-SCS is not a cure for chronic pain, but rather a way to manage it. It is also not a suitable therapy for all patients, and it is important to work with a healthcare provider to determine if it is appropriate for you.

In conclusion, High Frequency Spinal Cord Stimulation (HF-SCS) is a cutting-edge therapy for the management of chronic pain. It works

by blocking the pain signals as they travel up the spinal cord to the brain, thus reducing the sensation of pain. The procedure for implantation of an HF-SCS device is typically done in an outpatient setting and the patient is given a remote control to adjust the therapy as needed. It is considered a safe and effective therapy for chronic pain management but it is important to work with a healthcare provider to determine if it is appropriate for you.

***Don't let pain  
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and quality of life.***



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# Straighten Your Teeth, Improve Your Health



By Michael Rogers, DDS  
Fairlington Dental

A beautiful smile is not only aesthetically pleasing but also plays an essential role in overall health and well-being. Misaligned teeth can cause a range of dental and health problems, such as gum disease, tooth decay, and even headaches. Fortunately, Invisalign can straighten your teeth and, in turn, enhance your health. In this article, we will discuss how Invisalign can improve your health, not just your smile.

### What Is Invisalign?

Invisalign is an orthodontic treatment that uses a series of clear, removable aligners to straighten teeth. Unlike traditional braces, Invisalign aligners are virtually invisible, making them an ideal option for individuals who want to improve their smile without feeling self-conscious.

### How Can Invisalign Improve Your Health?

**Better Oral Hygiene:** Misaligned teeth can make it challenging to maintain good oral hygiene, as it can be challenging to reach certain areas of your mouth while brushing and flossing. This can lead to plaque buildup, tooth decay, and gum disease. Invisalign aligners are removable, allowing you to brush and floss your teeth easily, reducing the risk of these dental problems.

**Reduced Risk Of Tooth Decay and Gum Disease:** When teeth are misaligned, it can cause pockets to form between the teeth and gums, making it easy for food particles and bacteria to accumulate, leading to tooth decay and gum disease. By straightening your teeth with Invisalign, you reduce the risk of these dental problems and promote healthy gums and teeth.

**Improved Digestion:** When teeth are misaligned, it can cause problems with chewing and digestion. Misaligned teeth can make it challenging to break down food properly, which can lead to digestive problems. By straightening your teeth with Invisalign, you improve your ability to chew and break down food, making it easier for your body to digest and absorb essential nutrients.

**Reduced Risk Of Headaches and Jaw Pain:** Misaligned teeth can cause strain on the jaw, leading to headaches and jaw pain. Invisalign can correct bite problems, which can relieve this strain and reduce the risk of headaches and jaw pain.

**Reduced Risk Of Speech Problems:** Misaligned teeth can cause speech problems, such as lisps and slurring. Invisalign can correct these problems by straightening your teeth and aligning your bite, allowing you to speak more clearly and confidently.

Invisalign can do more than just give you a beautiful smile. It can improve your oral hygiene, reduce the risk of tooth decay and gum disease, improve digestion, reduce the risk of headaches and jaw pain, and reduce the risk of speech problems. By straightening your teeth with Invisalign, you can enjoy these health benefits and improve your overall well-being. If you are considering Invisalign, consult with a qualified dentist to determine if it is right for you.



## Did you know...

*Invisalign can improve not only your smile, but also your health?*



By Deeni Bassam, MD, DABPM  
The Spine Care Center

The end result of many disease processes, ranging from diabetic neuropathy to nerve damage after back surgery, is pain. In some cases, this pain can be severe to the point that it interferes with all aspects of daily life. The medical profession has made the understanding and treatment of pain a priority over the past decade.

One of the tools available for the treatment of severe pain is electrical stimulation, which is used as a way to obscure pain perception in the nervous system by providing a more pleasant sensation in its place. It works for the same reason we rub our knee after knocking into the coffee table; it simply feels better when you rub it.

*The medical profession has made the understanding and treatment of pain a priority over the past decade*

Scientists and physicians have recorded the benefits of mild electrical stimulation in the relief of pain for millennia. As early as 15 A.D., Scribonius ordered torpedo fish treatment for pain in general after feeling the benefits for his own gout. Fast forward to the late 1960s when neurosurgeons at Case Western Reserve University implanted electrical leads along the covering of the spinal cord to provide pain relief in a terminal cancer patient.

The technology for spinal stimulation for pain has been available since 1968 and its utility, effectiveness, safety, and cost efficiency has been improved on greatly since that time. Currently, over fifteen thousand spinal stimulators are implanted each year for the treatment of severe pain. Often patients suffer without knowing that they could be a candidate for trial spinal stimulation.

In general, stimulation works

# Can Electrical Stimulation Help My Pain?

best for nerve related pain in the arms or legs rather than mechanical/arthritic pain of the back or neck. An evaluation by a board certified pain specialist is required to determine if you are a candidate to try the device at home. After a brief office procedure to insert the trial lead, patients return to their daily routine controlling the

device through an external battery operated power source about the size of an iPod.

Patients use the device for several days and can determine for themselves how beneficial (or not) spinal stimulation is for their pain syndrome. For many patients, spinal stimulation turns out to be a very significant tool in their

management of chronic nerve pain, allowing them to more easily meet the needs of daily living.

We have come a long way from the time of using torpedo fish, but the principle is still the same; mild medical grade electrical stimulation of a damaged nerve can indeed ease the perception of pain.

## 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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- July** ***MEET YOUR LOCAL HEALTH PROFESSIONALS*** – Biographical profiles of a wide variety of local health professionals (Primary Care, Specialists, Integrative, Fitness, and more), highlighting their credentials, expertise, education, practice philosophy, areas of interest, and more!
- August** ***WOMEN'S HEALTHCARE and WOMEN IN HEALTHCARE*** – All the information women need about health, plus profiles to highlight the important women involved in all areas of healthcare – from physicians and nurses to pharmacists and office support staff. **Will include Profiles from your Local Women Healthcare Professionals.**
- September** ***DENTAL HEALTH and WEIGHT CONTROL, EXERCISE AND NUTRITION*** – Dentists, Cosmetic Dentistry, TMJ, Periodontists, Orthodontists, Oral Surgoens, Endodontists, and more! Because everyone needs a dentist! **Will include Profiles and Information from your Local Dental Health Professionals.**
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# Eye Allergies

By Jacqueline D. Griffiths, MD  
New View Eye Center

Eye allergies, called allergic conjunctivitis, are a common condition that occurs when the eyes react to something that irritates them (called an allergen). The eyes produce a substance called histamine to fight off the allergen. As a result, the eyelids and conjunctiva — the thin, filmy membrane that covers the inside of your eyelids and the white part of your eye (sclera) — become red, swollen and itchy, with tearing and burning. Unlike bacterial or viral conjunctivitis, allergic conjunctivitis is not spread from person to person.



The most common eye allergy symptoms include:

- Red, swollen or itchy eyes
- Burning or tearing of the eyes
- Sensitivity to light

People who suffer from eye allergies usually (though not always) have nasal allergies as well, with an itchy, stuffy nose and sneezing. It is usually a temporary (acute) condition associated with seasonal allergies. However, in other cases, eye allergies can develop from exposure to other environmental triggers, such as pet dander, dust, smoke, perfumes, or even foods. If the exposure is ongoing, the allergies can be more severe, with significant burning and itching and even sensitivity to light.

Many eye allergies are caused by the body's response to allergens in the air — both indoors and out — such as dust, pet dander, mold, or smoke. Some of the most common airborne allergens include pollen from grass, trees and ragweed, contributing to seasonal allergies.

Some people can inherit eye allergies from their parents. You're more likely to have allergies if both of your parents have them than if only one does.

To provide proper treatment, your ophthalmologist will check to see whether your symptoms are related to an eye infection or allergic conjunctivitis. He or she can usually diagnose allergic conjunctivitis easily by examining your eyes and discussing your medical history — including your history and your family's history

of allergies.

The key to treating eye allergies is to avoid or limit contact with the substance causing the problem. But you have to know what to avoid. If necessary, an allergist can perform a skin or blood test to help identify the specific allergen(s). Those most common are:

- Pollen
- Mold
- Dust
- Pets



There are various forms of treatment for eye allergies including eye-drops and medicines:

- Artificial tears
- Decongestants (with or without antihistamines)
- Oral antihistamines
- Antihistamine/mast-cell stabilizers
- Corticosteroids
- Immunotherapy shots

Your doctor can help determine which treatments are best for you.



Jacqueline D. Griffiths, MD

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Washington Post Magazine

Voted  
"Top Ophthalmologist"

Washingtonian Magazine  
& Northern Virginia Magazine

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

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

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

In addition to offering CustomVue LASIK and EpiLase, NewView offers CK<sup>SM</sup>, 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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# Sleep-Mouth Issues and Your Baby

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

## Did You Know That Breastfeeding Affects How Well Your Child's Face and Jaws Grow, and Sets Them Up For Good Sleep?

You waited nine months for the arrival of your precious baby. But what happens if you find out you are experiencing excruciating pain during

breastfeeding? After all, this powerful instinct is meant to help create the bond between mother and child. Mothers in this situation either power through, supplement with bottle feeding, or they give up altogether, only to suffer from mom guilt.

Many babies have restrictions that make it difficult, sometimes impossible, to breastfeed. Typically, these situations involve anatomic, functional, and sometimes neurological issues with the baby.

When babies are not able to easily breastfeed, this impacts the growth of their face and jaws. The tongue acts as a natural pump while breastfeeding and drives the development of the face, jaws, and airway. When tongue function is compromised, breastfeeding, breathing, sleep, and the growth of the face and jaws are adversely affected.

We are born as obligate nose breathers, which means that nature intended that our tongues lay on the



Lynda Dean-Duru, DDS

roof of our mouth and that we breathe exclusively through our nose. Open mouth posture and subsequent mouth breathing, noisy breathing, snoring, frequent nose congestion, teeth grinding, allergies and sometimes asthma-like symptoms can occur in the absence of good nasal breathing and often lead to breathing-related sleep disorders.

As the baby grows, non-restorative sleep generally shows as restlessness, lack of focus, attention issues, anxiety, sensory issues, and other behavioral issues seen in many toddlers and young children. Often many of these children are misdiagnosed as having ADHD.

Other symptoms include:

- Development of a narrow or long face
- Gummy smile
- Crooked teeth and misaligned jaws
- Difficult toothbrushing and gagging
- Sleeping with head and neck hyper-extended or with "butt" in the air
- Picky eating
- Bedwetting beyond potty-training
- Sleepwalking

If you notice any of these problems with your child, ask your pediatrician for a referral to a specialist or dental professional who is familiar and educated on the connection of sleep-mouth issues to overall health.



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# Weight Loss With Ozempic



By Aleksandra Gajer, MD  
The Gajer Practice, Ltd.

conditions you may have.

Ozempic is not for everyone. Pregnant women, those who have experienced pancreatitis or gallstones, or those who have a family history of thyroid cancer, may not be candidates for this medication.

As with any medication, it is important to follow the instructions for use and work with your healthcare provider to develop a plan that is most appropriate for you.

Overall, Ozempic shows promising results in the field of weight management. However, a comprehensive approach to health, including diet and exercise, is vital to successful weight loss and maintenance.

The potential benefits of Ozempic are encouraging. Every individual who struggles with excess weight has had a slightly different journey, and each individual needs a plan that will maximize their health and results.



One of the most talked-about new weight loss drugs recently is Ozempic.

Ozempic (which contains the active peptide semaglutide) is a medication used to treat overweight, obesity and type 2 diabetes. It works by mimicking the effects of a hormone called glucagon-like peptide-1 (GLP-1) in the body. GLP-1 is a hormone that is released in response to eating, and it helps to regulate blood sugar levels and reduce appetite.

Ozempic works by increasing the production of GLP-1 in the body, which helps to slow down the movement of food through the stomach and intestines. This increases feelings of fullness and reduces appetite, which in turn can lead to a reduction in overall food intake and weight loss.

In addition to its effects on appetite, Ozempic also helps to improve insulin sensitivity and reduce blood sugar levels in people with type 2 diabetes. This can improve overall health and reduce the risk of complications associated with diabetes.

Ozempic (semaglutide) is an injectable medication approved by the FDA and administered once weekly. The active component of ozempic, semaglutide, is also sold under the name of Wegovy and has indications primarily for obesity and allows higher doses of semaglutide.

Clinical trials reported that patients who took Ozempic in combination with a healthy diet and increased physical activity had an average weight loss of 12.4% in comparison to a placebo group, which showed an average weight loss of 2.4%. Weight loss in certain studies reached rates of 20%. Patients also saw improvements in their blood glucose, blood pressure, and cholesterol levels.

The most common side effects seen with Ozempic are nausea, vomiting, diarrhea, and constipation. It is important to discuss with your doctor whether this medication is right for your personal health goals and any existing medical

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### Dilemma Seniors and Assisted Living

Few experiences in life are more difficult than caring for a loved one who is in mental decline or who requires long-term care. Without support, family caregivers (some are untrained) can become overwhelmed, angry, resentful, depressed, and even immobilized, which can make them a liability, not an asset, to the person in their care. Now there is an added obstacle of staying safe, remembering the pandemic and lingering impact where many still want social distancing with facilities restructuring the way they do business. For example when there is a referral, rather than coming in for a tour and lunch where the potential resident meets others and sees their possible room, now what is offered is a virtual tour as well due to the possibility of quarantine. Many seniors and their families find that when virtual zoom meetings are offered to discuss rates, the anticipation can create anxiety and many seniors become distracted and lose their interest. The lack of intimacy from using a device might increase a sense of distrust especially if they are unsettled about the topic of transition already.

Because each situation in Assisted Living is unique, there are no hard and fast rules about the kind of accommodation each facility can give during this unpredictable time. Each person's unique needs creates a somewhat impersonal experience when we call to ask specific personal questions that would make the idea of moving to a more restrictive environment less threatening. The families worry about burn-out since they are trying to ease the stress on themselves and their loved one needing more care — That may mean seeking a therapist on line to provide perspective and a confidential outlet to discuss difficult family matters. However face to face meetings again are ideal yet now the increased need for professional services are overwhelming and the choice of which professional to retain is challenging. Also many people are nervous at the thought of using these devices and their applications. Social networking within the facility and integrate outside of the facility is easier to organize when safety regulations are not increased to the point of an undue burden on the residents. Previously it was enjoyable and engaging when a relative or family friend would visit with their loved one for a few hours a week to allow the family caregiver a breather but now the visits involve criteria to enter the building.

And, if a family cannot agree on the facilities approach and the type of caregiver support, then contacting the professional is delayed until a crisis sets in where decisions must be made immediately anyway. When there is too much dissension, it is wise to seek a third party as a prevention measure to assess the situation and recommend a path forward. My company, House Calls Total Wellness, for example, has expanded and enriched services to provide virtual guidance, emotional support, and resources to help clients through these times of adjustment and transition, which is the reason we received a call from Angelina recently.

Her elderly mother was severely injured from a major fall. Angelina and her husband have two children. The entire family agreed that their mother was no longer able to live alone in her home, however they couldn't come together on a solution. The children wanted to take her into their home; the husband advocated for her to go to a specific assisted living that was further away but cost effective. Angelina wanted her mother in assisted living around the corner where the services were designed to meet her mother's needs and the environment was uplifting due to all the activities. The husband was blinded by the fact he might have to supplement the costs and Angelina was focused on the rating of the facility. On top of that, their mother didn't want to leave home. While all of these decisions needed to be made quickly, the obstacles were there due to added restrictions, recent quarantine, lack of family able to visit and at present only virtual options since home health aides were not allowed to come to the facility presenting a major dilemma.

Our team provided counseling on line to the family several times, and ultimately other members of our team were able to discuss money management; daily living needs for mom inside the facilities and/or integration within the community, strategies for implementing these leisure options with our recreation therapist and encouraged active listening techniques for the family to use when communicating to mom.

With each discussion through virtual sessions, Angelina was able to carve out the best plan of action with professional support and a member of the family always present on the call so that everyone in her primary and even extended family were able to contribute to their mother's care without becoming overburdened. Each had authority over a certain aspect of her care, and they could avoid stepping on each other's toes because their spheres of duty only intersected in very general terms.

While life's transitions are, for many, overwhelming, terrifying and anxiety-provoking — especially when it comes to handling major life changes for a loved one — you don't have to navigate the minefield of searching for a facility, looking for aides, doing the caregiving, figuring out paperwork, benefits, and subsidies alone. Rely on professionals to support you and they are right at your fingertips on line.

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### Meet Janice Trent:

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

#### Education:

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

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

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

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



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Dr. Khan is the medical director of VeinGuard Heart & Vascular Center and assistant professor of medicine at Medical College of Virginia. She is a Double Board Certified Cardiologist who specializes in invasive and non-invasive cardiovascular diseases. She completed her Cardiovascular Clinical Fellowship at Washington Hospital Center Georgetown University after several years of research in cardiovascular disease at the National Institutes of Health. She completed her Medical Residency at Columbia University after graduating summa cum laude from Dow Medical College.

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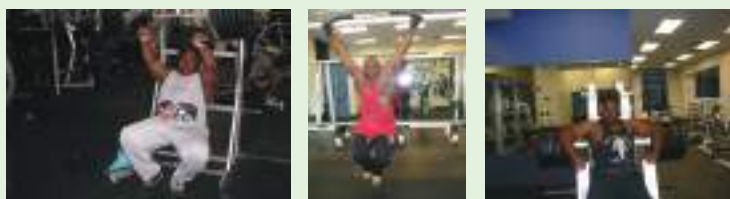
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## Heejo Han, DMD



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### Get To Know Dr. Han...

Dr. Han was born in South Korea and moved to the United States with his family at age 10. He grew up in northern Virginia with a love for using his hands to fix appliances, play with Legos, and repair things around the house. After wondering how he could utilize his handiness in the medical field, he discovered dentistry and never looked back.

Dr. Han shadowed a few dentists over the years, later finishing undergraduate studies at the University of Virginia, dental school at the Medical University of South Carolina, followed by residency in Advanced Education in General Dentistry at the University of California Los Angeles. After working at several corporate and non-corporate offices, Dr. Han became inspired to open his own practice. He is now focusing on creating a personalized experience for patients and a rewarding environment for his staff.

Dr. Han has extensive knowledge in root canals, implants, and cosmetic dentistry, which qualifies him with comprehensive care for his patients. He has practiced in Alexandria area for majority of his career. What patients love about him is his unique combination of outstanding skills, great bedside manner and fun personality. When he's not in the office, you can find him enjoying outdoor activities with his family.

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## Jacqueline D. Griffiths, MD



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### Meet Jacqueline D. Griffiths:

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

#### Degrees, Training & Certifications

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

#### Professional Memberships & Affiliations

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

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*Read "Eye Allergies"  
By Dr. Griffiths on page 5*

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## Claiborne M. Callahan, MD



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### Meet Claiborne M. Callahan:

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

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

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

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

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### Meet Deborah Y. Wilson-Umanzor

Deborah Y. Wilson-Umanzor, M.D., is a Board Certified, Glaucoma Fellowship-Trained Ophthalmologist who treats your vision as if it's the most precious thing in the world. Using the most advanced diagnostic equipment, she will comprehensively analyze your vision problems. Her training and over 25 years of experience with state-of-the-art treatment techniques mean you get the most efficient, accurate and comfortable care. Dr. Wilson-Umanzor's philosophy is simple; she will do everything necessary to ensure you receive the most advanced and innovative eyecare possible. Whether you are being treated for glaucoma, the removal of cataracts or getting a complete eye exam, Dr. Wilson-Umanzor will provide you with unique solutions that are far from ordinary yet are close to home in Riverdale or Washington, DC.

#### EDUCATION

**Duke University School of Medicine –**  
Medical School, Graduated with Honors

**Northwestern University –**  
Internal Medicine Residency

**Montefiore Medical Center/Albert Einstein College of Medicine –**  
Ophthalmology Residency

**Georgetown University –**  
Fellowship in Glaucoma and Anterior Segment Laser

#### BOARD CERTIFICATION(S)

American Board of Ophthalmology  
American Board of Internal Medicine

#### PROFESSIONAL MEMBERSHIPS

Dr. Wilson-Umanzor is a member of the following professional organizations:

- American Academy of Ophthalmology
- American Society of Cataract & Refractive Surgery
- American Glaucoma Society
- Washington, DC Metropolitan Ophthalmological Society
- Director of Glaucoma Service at MedStar Georgetown University Hospital



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## Meet Dr. Bovelle

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

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

**Areas of Interest:** All laser custom LASIK; Cataract Surgery;  
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#### Meet Toni Nandini Greene

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

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

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

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

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

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

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

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

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

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

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

## 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 Gna-thological Orthopedic, Academy of Integrative Pain Management American Dental Association, a Fellow of the American Academy of Craniofacial Pain, and Legacy Provider for the ALF Interface Academy.

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

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

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

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...  
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**yhm.news/Happy-Hour-Yoga**

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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Nekia Staley-Neither, DDS

8700 Central Avenue  
Suite #100, Landover, MD  
**301-850-5015**



### TOOTH REPLACEMENT

Not many years ago, losing a tooth left you with few options for replacement. While permanent teeth should provide a lifetime of function, it doesn't always end up that way. They may be lost from an accident, deep cavities, or gum disease. And since teeth start as a full set, even one missing tooth may disrupt the complex function of chewing, the first step in digestion. As teeth slowly lean and migrate into extra spaces, wear and cracking from excessive forces often create escalating problems.

When it's time to replace missing teeth, whether it's one or a full set, several options might be available to you. Dental implants often give you the best opportunity to enjoy normal chewing and a full smile, although all therapeutic possibilities deserve consideration.

We know it's not always easy for you to sort through the complicated possibilities. Dr. Staley-Neither's background in restorative dentistry allow her to develop solutions for every scenario.

#### Implants

Replacing missing teeth with implants brings your mouth back to full function and well-being. Stunning porcelains replicate natural teeth perfectly, whether it's one or more absent teeth. Single crowns or complex bridges can be supported by implants, with solutions for every scenario.

#### Full or Partial Dentures

Sometimes a removable appliance is the best way to replace missing teeth. Whether a partial denture or a complete denture would restore your mouth to more optimal function and appearance, there's a design that will work for you. Dental implants frequently combine with dentures for unprecedented stability and confidence.

#### Porcelain Bridges

Dental bridges have traditionally been a top choice for replacing missing teeth. With the widespread use of dental implants, more options are now available to bridge gaps in your smile. Esthetic, customized porcelains, engineered into a bridge can be designed to eliminate spaces of every size.

#### All-on-4 Implants®

All-on-4® is a cost-efficient, minimally invasive method to restore the function of your mouth and give you back the confidence that comes with a beautiful smile. The best part? You will leave the office with a temporarily fixed, full-arch denture the day of treatment.

Dr. Nekia Staley-Neither is a native Washingtonian. She grew up with a love for caring for others with special interest in medicine. She matriculated at Spelman College in Atlanta, Georgia as a pre-med Biology major. After choosing to pursue a career in dentistry she attended and graduated from Howard University College of Dentistry with a degree in Doctor of Dental Surgery.

Dr. Staley-Neither is a member of the American Dental Association and National Dental Association. You can also find Dr. Staley-Neither participating, sponsoring, and serving in various health fairs, dental fairs and other community service projects in the Washington Metropolitan Area. She is a caring and committed professional who is dedicated to her patient's dental health. She is active in both the Maryland State Dental Society and the American Dental Society.



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## Yemi Adesanya-Famuyiwa, MD, FACOG

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**301-946-6962**



### 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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# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



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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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## Gregory Cardinal, DPM

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**703-879-5155**

### Meet Gregory Cardinal:

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

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

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

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



**Podiatrist in Motion**

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

# Acupuncture For Rhinitis and Asthma

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

Acupuncture is an ancient Chinese practice that has gained popularity in recent years as a complementary treatment for a wide range of conditions, including rhinitis and asthma. These respiratory conditions can cause significant discomfort and impact an individual's quality of life. Acupuncture can be an effective therapy for both of these conditions, helping to alleviate symptoms and improve overall respiratory function.

Rhinitis is a condition that affects the nasal passages and can cause symptoms such as a runny nose, congestion, sneezing, and itching. It can be caused by a variety of factors, including allergies, viral infections, and environmental irritants. Acupuncture can help to alleviate the symptoms of rhinitis by targeting specific acupuncture points that help to reduce inflammation and improve nasal congestion. Acupuncture has been shown

to be particularly effective for allergic rhinitis, which is caused by an allergic reaction to a specific substance.

Studies have shown that acupuncture can significantly reduce the severity and frequency of symptoms, such as sneezing and itching, in people with rhinitis. It can also help to improve the overall quality of life for people with this condition, reducing stress and anxiety levels.

Asthma is a chronic respiratory condition that can cause shortness of breath, wheezing, and chest tightness. It can be triggered by a variety of factors, including allergies, exercise, and stress. Acupuncture can be an effective complementary therapy for asthma, particularly when used in conjunction with standard medical treatments. By targeting specific acupuncture points, acupuncturists can help to reduce inflammation in the airways, improve lung function, and reduce the frequency and severity of asthma attacks.

Studies have shown that acupuncture can help to reduce the need for medication in people with asthma. It

can also help to improve overall respiratory function and reduce stress and anxiety levels, which can be a trigger for asthma attacks.

While acupuncture is generally considered safe, it is important to consult with a qualified acupuncturist before beginning treatment. Acupuncture involves the use of fine needles, which are inserted into specific acupuncture points on the body. While most people



Quansheng Lu, CMD, PhD, LAc

experience little to no discomfort during the procedure, some people may

Please see "Asthma," page 38



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# Healthy Snacks For Your Children



By Janet V. Johnson, MD  
Loving Care Pediatrics

The specific nutritional choices you make as a family are crucial. Healthy nutrition is essential to good health and nutritional decisions are health decisions.

Nutrition is important to a child's physical and mental development. Choosing healthy snacks that provide nourishing, tasty choices for hungry kids can be a challenge for parents. Providing snacks that don't bog down, but instead fuel up can teach children the proper way to get energy from their

food sources. Parents should stop and consider the reasons for snacking and instead of reaching for candy or heading to the drive-thru try these suggestions.

Snacks serve several purposes for the active child. These include:

**Energy:** providing calories as a form of energy for working muscles during active sports.

**Hydration:** supplying fluids for hydration and to keep the body cool.

**Recovery:** promoting recovery after hard exercise.

**Nutrients:** providing for proper growth and development.

Snacks should be easily digested to promote blood flow to the muscles and not to the gut in order to digest a heavy snack during exercise. When choosing a snack, pick nutritious options from the following five fuel groups:

**Vegetables:** slice cucumbers, avocado slices, cherry tomatoes

**Fruit:** apples, peaches, pears, bananas

Please see "Healthy Snacks," page 38

## Doesn't Your Child Deserve the *Best*?



## Loving Care Pediatrics

Janet V. Johnson, MD

Board Certified in Pediatrics and Adolescent Medicine by the American Academy of Pediatrics  
Fellow of the American Academy of Pediatrics

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# Senior Living

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By Toni Greene, Owner  
Happy Hour Yoga on Zoom!

Senior living is a beautiful thing. We have lived a long life, at least 62 years with more to come. As a senior, you get to enjoy your life in any capacity you see fit. You

have worked long and hard, raised children, and retired from jobs and other places and organizations. And yet, you are still standing. You are a senior, and you now know the pleasure of living life because of the years you put in working. You can now live off the fruits of your

labor that has afforded you your senior status.

What is important now is how you are living your remaining years. You want to have the comforts and the pleasures and the wellness of your desires and needs as seniors. We as seniors will continue to live



*Toni Greene, Owner*

life to the fullest.

As seniors, we know what is important. We know that we must maintain our health, wealth, and well-being. We are aware of the foods we eat, the thoughts we think, and the places we go. We have learned what is best for us. We know now what works for our body and our mind. We have lived with our bodies for 60+ years and we have a good idea as to how to care for and protect the body. We know the importance of exercising, meditating, eating healthy and whole foods as well as eating in moderation. We have learned to take things in stride.

Thank God, we no longer must hustle and bustle to maintain our lifestyle. We worked long and hard to acquire all that we have or don't have. However, our thinking in our younger years has gotten us where we are today. As seniors, we are so happy to be alive and well and healthy, wealthy, and wise. We are aware that our children, grandchildren, and great grandchildren are a result of our choices. Who we are, our life, and how we chose to live it.

The good thing about being a senior, and for some of us, a grandmother, a grandfather, a great grandmother, a great grandfather, even adopted grandmother and adopted grandfather, whatever, is that it is an honor and a blessing to be of age, to be able to assist the younger generation. To show them how to grow old and live healthy, wealthy, wise, and with consciousness. And oh, awareness! Thank God that we are seniors. Thank God that we are still living. Continue to live healthy, wealthy, and wise. Live, love, laugh, dance, travel, explore, date, even marry if that's what you want. You are grown. You are good and grown. Do whatever you feel like, because you deserve it, because you are a senior. A master, a PhD in living the normal, everyday life.

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**What are the benefits of getting a memory screening?**

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# Diabetic Foot Care

By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

As a person with diabetes, you are more vulnerable to foot problems, because diabetes can damage your nerves and reduce blood flow to your feet.

The American Diabetes Association (ADA) estimates that one in five people with diabetes who seek hospital care do so for foot problems. By

taking proper care of your feet, most serious health problems associated with diabetes can be prevented.

According to the ADA, nearly 12% of the Hispanic population has diabetes and even more importantly, are at a 66% increased risk of developing the disease when compared to other ethnicities. In addition, a new American Podiatric Medical Association survey found that 90% of U.S.

Hispanics with diabetes or at risk for diabetes have not visited a podiatrist.

Diabetes complications in the feet can be very dangerous. In fact, diabetes is the leading cause of non-traumatic lower-limb amputation. These complications and amputations can be prevented. With proper foot care from today's podiatrist, you can manage the effects of the disease on your feet.

Podiatrists are the most qualified doctors to care for your feet, based on their education, training, and experience. If you or a loved one has diabetes, visit a podiatrist regularly and knock your socks off to keep your feet healthy.

Whether you've recently been diagnosed or have been fighting the disease for years, the advice below will help you to monitor your feet and prevent complications.

- **Wash and dry your feet daily.** Use mild soaps, warm water, pat your skin dry. Thoroughly dry your feet. Use lotion on your feet to prevent cracking. Do not put lotion between your toes.
- **Examine your feet each day.** Check the tops and bottoms of your feet for



Ademuyiwa Adetunji, DPM

dry, cracked skin. If you get a blister or sore from your shoes, do not pop it.

- **Take care of your toenails.** Cut toenails straight across and smooth with a nail file, avoid cutting into the corners of toes, do not cut cuticles.
- **Be careful when exercising.** Exercise in comfortable shoes. Do not exercise when you have open sores on your feet. Never go barefoot. Always protect your feet by wearing shoes or hard-soled slippers or footwear. Do wear a sturdy pair of flip-flops when walking around a public pool, at the beach, in hotel rooms and in locker room areas. Walking barefoot can expose foot soles to plantar warts and athlete's foot.



## FOOT PROBLEMS?

### Ade Adetunji, DPM

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# CESAREAN

FROM PAGE 7

and smoking. A study by Hayakawa et al., demonstrated that double-layer interrupted sutures reduced the prevalence of a cesarean section myometrial defect after at 30–38 days after surgery.

Cesarean section niches can result in a spectrum of disorders starting with cesarean scar ectopic pregnancy, to increased incidence of placenta previa and uterine rupture associated with major maternal morbidity, and even mortality. Cesarean section niches collect menstrual blood, resulting in abnormal peri-menstrual bleeding or spotting. They also cause pelvic pain, painful menstruation, and dyspareunia. The accumulation of blood in this area may also negatively affect the quality of cervical mucus and semen, as well as interfere with semen transport.

Another serious sequela may be the implantation of an embryo within the niche resulting in the development of a cesarean scar ectopic pregnancy. This can be a life-threatening complication if not diagnosed on time and adequately treated. The diagnosis of a niche ectopic pregnancy is invariably challenging, as approximately 30% of patients may not present with any symptoms, and in 70% the symptoms mimic early pregnancy. Transvaginal ultrasound is the most accurate differential test, with a sensitivity of 84.6%. Additionally, saline infusion sonohysterography, MR, 3D US and hysteroscopy may also be helpful.

Several studies have reported spotting in up to 30% of women that develop a niche within 6-12 months compared to 15% of women without a niche. The amount of spotting post-menstrual is correlated to the volume of the niche and inversely correlated to the residual myometrial thickness.

The development of a Cesarean section niche by itself also reduces future

fecundity and it is felt that there are three major mechanisms for this to happen. The first is that the defect presents a detrimental environment for sperm penetration and implantation. The niche accumulates intrauterine fluid which has been shown to impair implantation. There is altered immune biology and increased inflammation when the niche is present. The niche itself also distorts the contractility of the uterus.

Several studies have shown that the uterus has a contractile pattern. The fibrosis and interruption of the myometrial layer at the site of the niche can prevent normal contractile patterns. There is accumulation of mucus and blood in the niche which can impair sperm penetration. The second mechanism of decreased fecundity includes a physical barrier for embryo transfer and implantation. A large niche in combination with a strongly retroflexed uterus impairs accessibility for subsequent embryo transfer in a future IVF cycle. This is due to the distorted anatomy at the niche site. The third mechanism of reduced fecundity could be related to gynecologic symptoms which interfere with sexual intercourse and may interfere with opportunities to conceive.

The treatment for cesarean section niches is usually surgical. Patients whose main symptom includes spotting or bleeding abnormally can be readily treated by hysteroscopy.

Repairing the niche itself by laparoscopy can improve future fertility. A prospective study looked at patients who had niches. Patients with no clinical symptoms had a mean residual myometrial layer on transvaginal ultrasonography of  $5.39 \pm 3.34$  mm, which could be used as a good reference to predict the recovery of patients after repair surgery. Zhou et al.

can help to reduce inflammation and improve respiratory function. While acupuncture is generally safe, it is important to consult with a qualified practitioner before beginning treatment. With the right approach, acupuncture can be a valuable tool in managing the symptoms of these respiratory conditions and improving overall quality of life.

# ASTHMA

FROM PAGE 33

experience mild discomfort or bruising at the site of the needle insertion. It is also important to ensure that you receive acupuncture from a qualified practitioner who follows proper hygiene and safety protocols.

Acupuncture can be an effective complementary therapy for rhinitis and asthma. By targeting specific acupuncture points, acupuncturists



# CHRONIC PAIN

FROM PAGE 11

injuries by 99% or more.

There is *no reason* to continually suffer chronic pain without proper diagnosis!

Are you one of these over 1.2 million patients every year?

If so, please ask your physician about a weight-bearing positional MRI or a digital motion X-ray scan that may either document or rule out these common injuries in motion-related accidents.

# HEALTHY SNACKS

FROM PAGE 33

**Breads and Cereals:** air-popped popcorn, whole wheat bread, whole grain chips

**Dairy:** cheese, low-sugar yogurt

**Lean Proteins:** fish, cooked tofu, peanut butter

Stock up on a range of healthy foods at home. It is so much easier to make easy, healthy snacks when you keep a few key items stocked at home. Ideas should include different types of raw vegetables and fruit, yogurt dip, hummus, and cheese sticks.

Remove any distractions. Create mindful eaters who eat when hungry and enjoy the food they eat. Try to stop, sit (no distractions like TV) and eat.

Teach your children how to use

It's your life, and you deserve to enjoy it to the fullest without the continual pain and suffering that restricts your physical and emotional health.

Ask about these advances in medical imaging today. You have nothing to lose and the possibility of the pain-free life you have been hoping for.

Do a simple Google search for "Weight-Bearing MRI Near me" today, and begin the journey to a pain-free life that we all seek.

simple kitchen equipment to prepare nutritious snacks such as smoothies, pita pizzas or sandwiches.

Avoid processed food and added sugars. They do not contain many nutrients and often have a lot of added sugar and salt. In addition, children may become hungry faster after eating processed foods. Eat a rainbow of colors. Arrange your children's foods to show the beauty of fresh, brightly colored foods. Talk about the farms where food comes from and the farmers who help grow it.

Providing nutritious snacks is a part of every parent's job, so choose wisely and help your child succeed on the field, in the classroom and life.

# ALL-ON-FOUR

FROM PAGE 11

store 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 im-

plants, 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.

# Prevent and Treat Osteoporosis

Submitted by  
Kensington Pharmacy

## What Is Osteoporosis?

Bone loss is a natural part of aging in all people. But some people develop a disease called osteoporosis, and for them, bone loss is severe. Bones become fragile and break easily. Fractures can happen almost anywhere in the body, including the spine, hip, leg, pelvis, and wrist.

More women than men develop osteoporosis, but bone health should be a priority for both men and women.

## Are You At Risk For Osteoporosis?

Examine your heritage:

- Are you Caucasian or Asian? These two ethnic groups are more likely to develop osteoporosis than are other ethnic groups.
- Are you thin and petite? Because small people, women in particular, have less bone mass to begin with, they are at greater risk for the disease.
- Do you have older relatives who have curvature of the spine (some-

times called "dowager's hump"), loss of height, fractures, or chronic back pain? If so, you may have inherited a tendency toward osteoporosis.

Examine your personal health history:

- Have you passed menopause? In women, estrogen aids in the production of bone mass. At menopause, the amount of estrogen their bodies produce declines sharply.
- Have your menstrual periods stopped? Women who have had a hysterectomy, women who are high-performance athletes, and women who diet excessively or who have an eating disorder may stop having periods. These women have had a hormonal change that can cause bone loss.
- Are you taking medicines that increase the risk of osteoporosis? The most common culprits are steroid medications and high doses of thyroid hormone. Long-term use of these medicines can cause bone loss.

Examine your lifestyle:

- Smoking is linked strongly to bone

loss.

- Calcium helps build and maintain healthy bone mass, and your body needs vitamin D to be able to use the calcium in your diet.
- Alcohol intake can reduce the amounts of calcium and vitamin D in your body.
- People who are confined to bed or who must wear a cast for a long time lose bone mass from lack of use. The same is true for people who do not get enough exercise in their daily lives.

## Osteoporosis Is Preventable

Whether your risk of osteoporosis is high or low, lifestyle changes to prevent the disease are good for everyone.

- Eat foods that are high in calcium. Milk and other dairy products, calcium-fortified fruit juice, dark green leafy vegetables, almonds, and salmon are all good sources of calcium.
- Eat foods that help your body absorb the calcium in your diet. Fortified milk and fatty fish are good sources of vitamin D, which your body needs to be able to absorb

calcium.

- Talk to your doctor or pharmacist about taking a calcium supplement. The NIH recommend these levels of calcium intake:
- 1,000 milligrams per day for 25-49-year-old premenopausal women and for 50-64-year-old postmenopausal women who take estrogen.
- 1,500 milligrams per day for 50-64 year-old postmenopausal women not taking estrogen and for all men and women over age 65.
- Make sure you get 30-60 minutes of weight-bearing exercise each week. Talk to your doctor before you begin any exercise program.
- Just 10-15 minutes of sunshine 2-3 times a week provides all the vitamin D needed.

## Medications To Prevent and Treat Osteoporosis

Getting exercise and taking calcium and vitamin D are the first steps in osteoporosis prevention. For some people, a medication also may be necessary to help prevent fractures. Your doctor will prescribe the medication.



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