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# YOUR HEALTH

Washington DC | June 2023

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## PAIN

**Management & Rehabilitation**

Featured Professionals



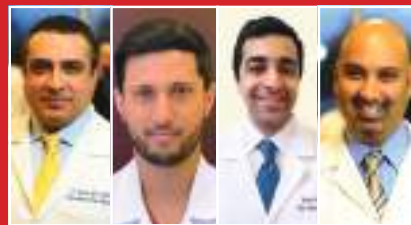
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AviClear  
Barry J. Cohen, MD



Science Meets Compassion  
Yemi Adesanya-Famuyiwa, MD



Weight-Bearing Open MRI  
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*In Our Next Edition, Meet Your*

**LOCAL HEALTH PROFESSIONALS**

*Biographical Profiles of Local Doctors & Practitioners*

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

# Is ThermiVa Right For You?

Many women have experienced drastic results after only a few treatments. Of course, all results may vary depending on the patient, yet only positive feedback has been received. Many patients have found a new confidence in their intimate relationships, stating ThermiVA has changed their sex lives for the better. Women have admitted to experiencing their first vaginal orgasm after only a few ThermiVA treatments at WellMedica!

## What Is ThermiVA?

ThermiVA is a non-surgical option for vaginal rejuvenation. Treatments use radiofrequency energy to gently heat tissue to reclaim, restore and revive feminine wellness, without discomfort or downtime. ThermiVA uses a special wand applicator which may be applied externally to labia and vulvar tissues to restore normal tissue tone and function. The specially designed handpiece also delivers radiofrequency energy inside the vagina to revive atrophic tissue and other structures.

## What To Expect

- No surgery, no downtime, no anesthesia.

- Comfortable, in-office treatments.
- Three 30 minute sessions, one month apart.
- May resume sexual relations same day/night.
- Noticeable improvement after first or second session.
- Long-lasting results.

## So What Is Your Vagenda?

- Do you feel vaginally “loose” since childbirth and/or menopause?
- Do you feel dry during intercourse?
- Do you have trouble reaching orgasm?
- Do you occasionally dribble or leak when you sneeze, cough or exercise?
- Have you ever “not quite made it” to the bathroom on time?
- Have your intimate relationships suffered due to these changes?
- Are you experiencing loss of self-confidence? Loss of interest in sex?
- Loss of desire?

Did you answer “YES” to any of the statements above? If so, ask about ThermiVA today!

Excessive stretching of the vaginal muscles is a common occurrence after vaginal birth or due to aging. Damage can diminish sensation during sexual activity, reduce satisfaction and change the relationship between partners. ThermiVA is allowing women to take back control of their bodies – reclaim your pre-baby body, restore your well-being and revive your relationships!

## ThermiVA Testimonial

“I didn’t tell my husband I was getting these treatments done, then one night when we were having sex he asked ‘what’s going on, you’ve never been this tight before!’—I finally broke down and told him about ThermiVA.”

Many ThermiVA patients at WellMedica Aesthetic & Anti-Aging Medi-

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## 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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# Pain and Hypnosis

By Toni Greene, Owner  
Happy Hour Yoga on Zoom!

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 led 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




Toni Greene, Owner

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

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

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



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**PainRehabCenterMD.com**

# A New Dawn For Diabetic Neuropathy

## Find Relief and Reclaim Your Life With Georgetown Pain Management

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

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

### Say Goodbye to Medications and Their Side-Effects

For years, traditional treatments for diabetic neuropathy have relied heavily on medications. While these drugs may temporarily mask the pain, they often come with many side-effects, including drowsiness, dizziness, and even memory loss. It's time to break free from the shackles of medication and embrace a more effective and sustainable approach.

### Welcome Minimally Invasive Spinal Cord Stimulation

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

### Experience Relief Temporarily, Commitment-Free

One of the most exciting aspects of minimally invasive spinal cord stimulation is that it can be tried temporarily before making a long-term commitment. Our skilled and compassionate team at Georgetown Pain Management will work closely with you to customize a trial period, during which the device is used on a temporary basis. This allows you to experience the benefits firsthand,

giving you the confidence to make an informed decision about whether minimally invasive spinal cord stimulation is right for you.

### Reclaim Your Life, One Step At a Time

Imagine waking up in the morning without that constant burning pain. Imagine being able to walk, exercise, and enjoy life's simple pleasures without being hindered by neuropathy. With minimally invasive spinal cord stimulation from Georgetown Pain Management, these dreams can become your reality. By minimizing or eliminating your pain, this treatment enables you to take back control of your life, empowering you to engage in activities you once thought were impossible.

### Why Choose Georgetown Pain Management?

Georgetown Pain Management is a trusted name in comprehensive pain management. With our commitment to patient care and our expertise in minimally invasive spinal cord stimulation, we have helped many individuals find relief from diabetic neuropathy.

Our team of highly skilled specialists will evaluate your condition thoroughly and design a personalized treatment plan tailored to your specific needs. With our state-of-the-art technology and compassionate approach, we are dedicated to helping you find relief and enhance your quality of life.

### Take the First Step Towards Pain-Free Living

Don't let diabetic neuropathy dictate your life any longer. Take charge of your health and embark on a journey towards a pain-free future with Georgetown Pain Management. Make an appointment at our Greenbelt, MD, or Washington, DC offices today to be evaluated for new treatment options, including the groundbreaking minimally invasive spinal cord stimulation. We are

here to support you every step of the way, providing the care and expertise you deserve. Treatment is covered by most insurance companies. Call 202-935-6980 for a free insurance verification. Schedule an evaluation today!

The time for a life without the burden of painful diabetic neuropathy is now. Break free from your limitations.



*Netsere Tesfayohannes, MD, D.ABA, D.ABAP*  
Medical Director

*Assistant Professor of Clinical Anesthesiology,  
Georgetown University School of Medicine*



*Alexander Kiefer, MD, D.ABA*

*Associate Medical Director*

*Assistant Professor of Clinical Anesthesiology,  
Georgetown University School of Medicine*



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Netsere Tesfayohannes, MD, ABA, ABAP  
Medical Director

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*In the next edition of Your Health Magazine...*

## Meet Your Local Health Professionals

Biographical profiles to help people learn more about their local health professionals.

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**VASCULAR SURGERY**  
**Jeffery Dormu, DO**

**Degrees, Training and Certifications:** Dr. Dormu is a triple Fellowship trained in General, Vascular and Cardiothoracic Surgery. He is Board Certified in both Vascular and General Surgery. He received his medical degree from the New York College of Osteopathic Medicine and served his internship at St. John's Hospital in Hockessin, NY and residency at St. Barnabas Regional Trauma Center in Bronx, NY.

**Practice Information:** Dr. Dormu is the Managing Provider of the Minimally Invasive Vascular Center also known as MIVC. At MIVC we are committed to addressing the vascular disease that is rampant in our community. Dr. Dormu has performed over 2,000 Vascular Endovascular surgeries in the past year including Carotid Endarterectomies, Abdominal Aortic Aneurysm Repairs, Aortic Bypass, Bypass of blocked arteries, varicose vein removal and more.

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**SERVING MARYLAND & VIRGINIA Since 1990**

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

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

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

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

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

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

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

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

### MARYLAND & WASHINGTON, DC OFFICE

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

Office (301) 805-6805 • Fax (301) 805-6808  
[info@yourhealthmagazine.net](mailto:info@yourhealthmagazine.net)

### VIRGINIA OFFICE

Office (703) 288-3130  
[production@yourhealthmagazine.net](mailto:production@yourhealthmagazine.net)

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**EDITOR-IN-CHIEF**  
Gregory Scott Hunter

**MANAGING EDITOR**  
Heather L. Mahoney

**SALES & MARKETING  
CONSULTANT**  
Mili Parra

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

# PRP Injections Treat a Variety Of Pain



By Madhavi Chada, MD  
Synergy Spine and Pain Center

Platelet-rich plasma (PRP) is a concentrate of plasma that has a higher amount of growth factors. It is used to help regenerate soft tissue and healing. Platelet-rich plasma can treat sports injuries, including torn ligaments and tendons, skeletal fractures, strained muscles, sprained knees and chronic tendon injuries.

Blood is drawn from the patient and centrifuged to separate the platelet rich plasma. A local anesthetic may also be included with the platelet-rich plasma to be injected into the affected area or the joint.

The entire process usually takes about one hour. Pain at the injection site may increase after the procedure, but it declines in a few days. The patient may not feel the full benefits of the treatment until after a few weeks.

## Risks and Side Effects

There are general risks of skin puncture associated with contamination and infection. However, since a PRP injection is made with the patient's own blood, the risk of these complications is very low.

The most common side effect of the procedure is tenderness at the site of the injection. Hence, the patient should minimize activity for at least one day following the procedure.

# Egg Freezing *Fertility and Women*



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Egg freezing can be an option for women who have religious or ethical reasons for not creating supernumerary embryos (more embryos than are needed). It allows for the option of fertilizing only the eggs sufficient to make only the precise number of embryos that will be implanted.

Egg freezing is also an option for cancer patients seeking to preserve their fertility potential prior to cancer treatment.

It can also be seen as an option for patients who have social or personal reasons for freezing their eggs. Many athletes may choose this option since

their peak athletic performance may also coincide with the peak quality of their eggs.

Egg freezing is one of the most common services offered at fertility facilities, and the recovery rate for frozen eggs is about 90% or more in a highly skilled lab.

For women under the age of 35, it is recommended to freeze 10-20 mature eggs to have up to a 90% chance of a live birth using their eggs in the future.

For women older than 35 years, 20-30 mature eggs should be frozen to have close to 70% chance of a future live birth. Since older patients may have fewer eggs, they may need more than one cycle.

To get started an initial work up including testing of your reproductive hormones, usually on the second to fourth day of the menstrual cycle is needed.

Various protocols can be used to stimulate the ovaries in order to collect the eggs. The stimulation of the ovaries can take 10 days followed by collection, also called retrieval of the eggs.

Egg collection is done under mild sedation provided by board certified anesthesiologists.

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# Protecting Your Child's Smile

## *The Truth About Pacifiers and Thumbsucking*

By Elizabeth Shin, DDS  
Bethesda Chevy Chase  
Pediatric Dentistry

Pacifiers and thumbsucking are a common concern for parents, and for good reason. While pacifiers and thumbsucking can provide comfort to babies, there are potential consequences to prolonged use.

The good news is that pacifiers and thumbsucking are generally harmless for a child's teeth, as long as the habits don't continue for too long. Most children will naturally stop sucking on their own by the age of three, but if the habit persists, it can cause problems with their dental development.

The main issue with pacifiers and thumbsucking is that they can cause misalignment of the teeth and jaw. Constant sucking can push the front teeth forward, causing an overbite, or push the lower teeth back, causing an underbite. This can affect the way a child bites, chews, and speaks, and may require orthodontic treatment later on.

Another concern is the effect that sucking can have on the shape of the mouth and palate. Prolonged sucking can cause the roof of the mouth to narrow and become high and arched. This can cause speech problems and make it difficult for permanent teeth to come in properly.

So, what should parents do if their child is a thumbsucker or pacifier user? The first step is to monitor the habit and try to limit it as much as possible. If your child is using a pacifier, try to wean them off of it by the age of one. If they are a thumbsucker, offer other forms of comfort and try to redirect their attention when they start sucking.

If the habit persists beyond the age of three, it's a good idea to consult with a pediatric dentist. They can evaluate your child's dental development and recommend any necessary treatment, such as a mouth appliance or orthodontic intervention.

It's also important to practice good oral hygiene habits to prevent

any potential dental problems. Make sure your child brushes their teeth twice a day and flosses regularly, and schedule regular check-ups with their dentist to monitor their dental health.

Pacifiers and thumbsucking can be a source of comfort for babies, but they can also cause dental problems if they continue for too long. As a parent, it's important to monitor these habits and take steps to limit them if necessary. And don't forget to prioritize good oral hygiene to keep your child's teeth healthy and strong!

### **Tips To Help Parents Stop the Pacifier and Thumbsucking**

#### **For Pacifiers:**

- Join with your pediatric dentist and tell your child about giving the pacifier to the pacifier fairy. You can tell them that there are a lot of babies in need of pacifiers and the pacifier fairy is willing to give a great toy if they place the pacifier under the pillow.
- Try cutting the tip of the pacifier to decrease suction – this may help your child's sensory feelings from it.
- You can try creative projects, such as planting the pacifier in the backyard. Next day, it will sprout a toy or a nice treat!
- Emphasize the point that pacifiers are for babies, just like bottles and diapers. Big kids don't need them.
- Remember, it is not how often the pacifier stays in the mouth, it is for how long it stays in the mouth. If your child needs it to go to sleep, as soon as she/he is sleeping, remove it from the mouth.
- Choose your battles – if you have a child that is not feeling well or you have a new baby at home, don't force the issue. You can say to them, whenever you are ready to be a big kid, we will ask the pacifier fairy to come in.

#### **For Thumbsucking:**

- Thumbsucking is more difficult to stop. Most of the time tinctures or pastes that don't taste good don't work well if they are really into it. As the child gets older and goes to daycare or school, peer pressure can help them stop the habit.
- Work with your child to make them want to stop and then we can introduce tinctures, gloves or appliances to help them with the habit.
- Engage the help of your pediatric dentist: they can be a source of support and encouragement to you and your child.



## **Helping Children Achieve Better Health!**

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# Pediatric Sleep Apnea and Dentistry



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

Pediatric sleep apnea is a serious sleep disorder that affects a significant number of children. Parents should be aware of the role that pediatric dentistry and orofacial myofunctional therapy play in addressing pediatric sleep apnea.

## What Is Pediatric Sleep Apnea?

Pediatric sleep apnea is a condition where a child's breathing is repeatedly disrupted during sleep, leading to periods of reduced oxygen supply to the body. These interruptions in breathing may occur due to a blockage in the airway or a lack of neural control of breathing. This condition can cause fragmented sleep, daytime drowsiness, behavioral issues, and negative effects on growth and development.

## Signs and Symptoms Parents Should Watch Out For

Parents should be vigilant in observing potential signs of pediatric sleep apnea in their children. Common symptoms include loud snoring, restless sleep, gasping or choking during sleep, bedwetting, daytime sleepiness, difficulty concentrating, irritability, and morning headaches.

## Role Of a Pediatric Dentist

Pediatric dentists play a crucial role in diagnosing and managing pediatric sleep apnea. During routine dental visits, they can identify dental and craniofacial abnormalities that may contribute to sleep apnea symptoms. They may recommend a referral to a sleep specialist for a comprehensive evaluation if sleep apnea is suspected. In some cases, pediatric dentists may provide oral appliances that help maintain an open airway during sleep, improving breathing patterns and reducing symptoms.

## How an Orofacial Myofunctional Therapist Can Help

An orofacial myofunctional therapist is a specialized healthcare professional who focuses on the muscles and functions of the face, mouth, and throat. They can play a

vital role in the treatment of pediatric sleep apnea. By addressing orofacial muscle dysfunction and improper swallowing patterns, they can help improve airway function and reduce the severity of sleep apnea symptoms. Through targeted exercises and therapies, they work to correct any underlying issues and promote proper oral and facial development.

## Thrive Program At Children's Choice Pediatric Dentistry

Children's Choice Pediatric Dentistry offers a unique program called Thrive, which combines the expertise of

a pediatric dentist and an experienced orofacial myofunctional therapist. This program aims to effectively retrain a child's orofacial muscles, correcting functional issues while enhancing their facial appearance. Thrive utilizes myofunctional therapy, often described as "physical therapy for the mouth," to strengthen and optimize oral muscle function, leading to improved breathing, reduced sleep apnea symptoms, and enhanced overall health.

Pediatric sleep apnea is a condition that requires a multidisciplinary approach for effective management.

Parents should be aware of the signs and symptoms of pediatric sleep apnea and seek the expertise of a pediatric dentist if they suspect their child may be affected. Additionally, the integration of orofacial myofunctional therapy, such as the Thrive program offered by Children's Choice Pediatric Dentistry and Orthodontics, can provide valuable support in addressing the underlying causes of sleep apnea and promoting optimal oral and facial development. By taking a comprehensive approach, parents can help their children achieve restful sleep and maintain optimal health.



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Parenting is tough enough without other people judging you. We are here to encourage, inspire, and partner with parents in their child's oral health. At Children's Choice, parents are always welcome to remain with their child during treatment.

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## Comfortable

With advanced training in pediatric behavioral management methods, pediatric and laser techniques, and pediatric orthodontic clinical skills, our energy-filled team loves to laugh and have fun as they seek to make your child's visit more comfortable and carefree.

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**MEMORY MATTERS**



# Dental Tissue Regeneration For Hard and Soft Tissues



By Marc Stanard, DDS

If you have experienced bone loss or gum recession due to periodontal disease, your dentist may recommend a procedure called guided tissue regeneration (GTR). Guided tissue regeneration is a process that helps regenerate lost gum tissue and bone, and it is commonly used to stabilize loose teeth or prepare for dental implants.

The goal of guided tissue regeneration is to eliminate unwanted pockets that form as a result of missing bone and gum tissue. These

pockets can harbor bacteria and further contribute to the progression of periodontal disease. By regenerating the missing tissue, we can reduce the pocket size, promote tissue and bone regrowth, and prevent the gathering of bacteria.

The procedure begins with a thorough cleaning to remove any lingering bacteria. Then, a barrier or membrane is placed over the area of missing bone, along with a bone graft. This barrier acts as a separation between the bone and the surrounding tissues, creating a space for the new bone to grow and develop. The bone graft provides a scaffold for the regeneration process.

Over time, the barrier and bone graft encourage the natural regeneration of tissue and bone growth. As the new bone forms, it helps stabilize loose teeth and provides a solid foundation for dental implants if needed. The regeneration process not only improves the health of your mouth but also contributes to your overall well-being.



To maintain the results of guided tissue regeneration and promote a healthy mouth, it is essential to continue practicing good oral hygiene. This includes brushing your teeth at least twice a day, flossing daily, and visiting your dentist regularly for professional cleanings and check-ups. Additionally, it is crucial to follow any specific post-procedure instructions provided by your dentist to ensure proper healing.

Remember, guided tissue regeneration is a valuable procedure that helps restore lost gum tissue and bone. It not only improves the

aesthetics of your smile but also enhances the function of your teeth. By working closely with your dentist and maintaining good oral hygiene, you can support the success of the regeneration process and enjoy a healthy mouth and body.

If you have any further questions or concerns about guided tissue regeneration, don't hesitate to reach out to your dentist. They will provide you with personalized guidance and ensure you have a comprehensive understanding of the procedure and its benefits.

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

zheimer'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

## 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.

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, doubleblind 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.

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

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### Fairfax Clinic

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**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**

# Unlocking the Secret To Managing Hair Loss In Women



By Jaimi Jackson, Owner  
Jai Stylz Hair Salon and  
Beyond the Strandz Wellness Clinic

Hair loss is a common problem that affects both men and women. However, it is not often discussed in women, and it can have a significant impact on their self-esteem and quality of life. In this article, we will discuss the causes of hair loss in women, its impact, and ways to manage it.

## Causes Of Hair Loss In Women

There are several causes of hair loss in women, and it is essential to identify the underlying cause to determine the best course of treatment. Some common causes of hair loss in women are:

- **Hormonal Changes:** Hormonal changes, such as those that occur during pregnancy, menopause, and thyroid disorders, can cause hair loss.
- **Hereditary Factors:** Hair loss can be inherited from parents, especially if there is a history of baldness in the family.
- **Medical Conditions:** Certain medical conditions, such as alopecia areata, scalp infections, and trichotillomania, can cause hair loss.
- **Nutritional Deficiencies:** Deficiencies in iron, vitamin D, and other essential nutrients can lead to hair loss.
- **Medications:** Certain medications, such as chemotherapy drugs, can cause hair loss.

## Impact Of Hair Loss In Women

Women often associate their hair with their femininity and beauty, and losing their hair can be devastating. Women with hair loss may avoid social situations and feel self-conscious about their appearance. They may also experience anxiety and depression, which can further exacerbate their hair loss.

## Ways To Manage Hair Loss In Women

Fortunately, there are several ways to manage hair loss in women. Here are some options:

- **Hair Transplants:** Hair transplants involve taking hair from one part of the scalp and transplanting

it to the balding area.

- **Wigs and Hairpieces:** Wigs and hairpieces can provide a quick solution to hair loss, and they can be customized to match the natural hair color and style.
- **Lifestyle Changes:** Eating a balanced diet, getting regular exer-

cise, and managing stress can help promote hair growth.

- **Hair Care:** Using gentle hair care products, avoiding tight hairstyles, and limiting the use of hot styling tools can help prevent further hair loss.

Hair loss is not a one size fits all

problem. It is essential to identify the underlying cause of hair loss to determine the best course of treatment. With the right treatment and management, women can restore their hair and regain their confidence. If you are experiencing hair loss, speak to a hair care professional to determine the best course of action.

# Jaimi

Certified Trichologist  
Professional Hair Stylist &  
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# A Reason To Smile Again

## All-On-Four Dental Implants



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

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

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

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

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

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

Here’s where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on the top of your mouth, and four on the bottom, 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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# Non-Surgical Treatments For Pain



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

Pain can be caused by a wide range of conditions and can have a significant impact on an individual's quality of life. While surgery is often seen as the most effective treatment for pain, there are many non-surgical treatments that can be just as effective, if not more so. These treatments can include medication, physical therapy, psychological therapies, and alternative therapies.

Medications are often the first line of treatment for pain, and there are several different types available, including over-the-counter pain relievers, prescription painkillers, and adjuvant medications (medications that are used in addition to the primary pain medication). Over-the-counter pain relievers, such as ibuprofen and acetaminophen, can be effective for mild to moderate pain, while prescription painkillers are typically used for more severe pain. Adjuvant medications, such as antidepressants and anticonvulsants, can be used in addition to the primary pain medication to help improve the effectiveness of the therapy.

Physical therapy is another non-surgical treatment for pain that can be highly effective. Physical therapists can use a variety of techniques, such as exercise, massage, and heat or cold therapy, to help improve muscle strength and flexibility, increase range of motion, and reduce inflammation. Physical therapy can also help to improve posture and body mechanics.

Psychological therapies, such as cognitive-behavioral therapy and biofeedback, can also be an effective form of non-surgical treatment for pain. These therapies can help to reduce anxiety, depression, and stress, which can exacerbate pain. They can also help individuals to learn how to manage their pain and improve their overall quality of life.

Alternative therapies, such as acupuncture, chiropractic care, and yoga, are also commonly used for pain

management. Acupuncture can help to reduce pain and improve mobility by stimulating specific points on the body. Chiropractic care can help to align the spine and reduce pressure on the nerves, which can help to reduce pain. Yoga, on the other hand, can help to improve flexibility, strength and reduce stress, which can help to reduce pain.

Another non-surgical treatment for pain is interventional pain management. Interventional pain management is a branch of medicine that uses minimally invasive procedures to diagnose and treat pain. These proce-

dures can include nerve blocks, epidural injections, and spinal cord stimulation. These procedures can provide long-term relief from pain and improve the quality of life for patients.

It is important to note that non-surgical treatments for pain are not a one-size-fits-all approach, and what works for one person may not work for another. It is important to work with a healthcare provider to find the right combination of therapies that work for you. It is also important to set realistic goals and to be patient with the process of managing pain,

as it can take time to find the right treatment plan.

Pain can be caused by a wide range of conditions and can have a significant impact on an individual's quality of life. While surgery is often seen as the most effective treatment for pain, there are many non-surgical treatments that can be just as effective. These treatments can include medication, physical therapy, psychological therapies, alternative therapies, and interventional pain management. It is important to be patient with the process of managing your pain.

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



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

Ensuring the best care for newborns is of utmost importance, especially when it comes to addressing conditions like tongue tie and lip tie that can affect proper nursing. Traditional surgical approaches can be overwhelming for both mother and child, but now there is a revolutionary alternative known as BabyLase™. This advanced laser-assisted treatment offers a gentle and effective solution for releasing oral soft tissues, providing numerous benefits for infants and their caregivers. Let's explore how BabyLase™ has transformed the landscape of treating tongue tie and lip tie in newborns.

#### A Non-Surgical Approach

BabyLase™ represents a significant departure from traditional surgical methods. Instead of using incisions or sutures, this innovative system utilizes laser technology to gently release restrictive oral tissues. The mild warmth produced by the laser helps relax and soften the tissue, allowing it to assume a more functional position without the need for invasive procedures. This non-surgical approach not only minimizes discomfort for the infant but also offers a more convenient and less stressful experience for both mother and child.

#### Enhanced Healing and Comfort

One of the key advantages of BabyLase™ treatment is its ability to promote comprehensive healing and comfort. The laser's gentle light not only releases the restrictive tissues but also stimulates natural blood flow and the nervous system. This stimulation aids in reducing discomfort and inflammation, facilitating the healing process. By addressing the underlying issues and promoting whole-health healing, BabyLase™ ensures that infants experience a smoother recovery and improved nursing outcomes.

#### Improved Nursing Experience

Tongue tie and lip tie can significantly impact a baby's ability to breastfeed properly, leading to frustration and challenges for both the infant and the mother. BabyLase™ provides an effective solution by releasing the restrictive tissues and allowing for improved mobility and functionality of the tongue and lips. By addressing these concerns, BabyLase™ enhances the nursing experience, enabling infants to latch more easily, extract

milk efficiently, and promote better milk production for the mother.

#### Long-Term Benefits

BabyLase™ not only provides immediate relief but also offers long-term benefits for infants. By resolving tongue tie and lip tie early on, potential issues such as speech difficulties, dental problems, and feeding challenges can be prevented or minimized. The

gentle and precise nature of BabyLase™ ensures that infants can achieve optimal oral function and development, setting them up for a healthier and more comfortable future.

BabyLase™ is a game-changer in the field of infant tongue tie and lip tie treatment. By offering a non-surgical, gentle, and effective solution, it revolutionizes the way we approach these

conditions in newborns. With improved healing, enhanced comfort, and better nursing outcomes, BabyLase™ empowers both infants and their caregivers to overcome the challenges associated with tongue tie and lip tie. By investing in this innovative technology, we can provide newborns with the most advanced and gentle treatment available, ensuring their well-being and setting them on a path to optimal oral health.



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# Alternate Options for Sleep Apnea

## *CPAP Is Not the Only Option*

By Michael Rogers, DDS  
Fairlington Dental

Sleep apnea, a serious condition characterized by intermittent cessation of breathing during sleep, is commonly addressed with CPAP (continuous positive airway pressure), also known as "the mask." However, CPAP may not be suitable for everyone due to its in-

convenience and discomfort, leading about half of the patients to discontinue its use. Fortunately, there are alternative treatments available, including surgical interventions, implanted stimulation devices, weight loss, and oral appliances.

Oral appliances, initially designed to alleviate snoring, are now prescribed for mild to moderate cases of sleep apnea and individuals who cannot tolerate CPAP.

These appliances have reported success rates of up to 85% and offer a considerably higher level of comfort for patients.

Various types of oral appliances are designed to address sleep apnea, with the most common ones functioning by positioning the lower jaw and tongue forward. This repositioning creates additional space at the back of the throat, where obstructions commonly occur.



Michael Rogers, DDS

While older and over-the-counter oral appliances used to be bulky, advancements in technology have enabled dentists to create lightweight, custom-fitted devices that are both effective and durable. Many patients prefer these newer options, such as the Panthera appliance, over the older bulkier devices and CPAP machines.

A recent innovation in oral appliances is the DNA (day and night) appliance, which can potentially cure sleep apnea in certain cases. This appliance stimulates the growth of the upper jaw, thereby creating more room for the tongue and expanding the space at the back of the throat. As the upper jaw grows, the roof of the mouth tends to flatten, allowing for better nasal breathing (as the roof of the mouth corresponds to the floor of the nose). Since DNA treatment can be a lengthy process, a modified version called the mRNA (mandibular repositioning night appliance) can be used to hold the jaw forward until the upper jaw has widened enough to accommodate the tongue.

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### Dr. Michael Rogers Our Complete Health Approach

At Fairlington Dental, we understand the connection between a healthy

smile and a healthy body. As a result, we look at the whole person to discover the reasons a patient may have gum disease or a bad bite. A number of studies link heart disease and other serious conditions to the presence of periodontal (gum) disease. This research makes it vital that we take a Complete Health approach to your dental care. Dr. Rogers will listen to you, conduct a careful assessment, and carefully explain your proposed customized wellness plan. He will then take the time to answer all of your questions. You become a partner in your oral health goals!

Our team has mastered the techniques of gentle dentistry and is skilled at helping patients with any level of apprehension relax and grow comfortable with visiting the dentist. Anxiety and tension have a variety of sources, so it's important for us to listen to your concerns as well as your goals and history. Then we address your anxieties and proceed with gentle treatment only when you're ready. We deliver all of this in an office that is environmentally aware, while you enjoy a variety of spa-like amenities during your visit.

One of our greatest joys is helping patients smile again, especially those who may not have seen a dentist in a while. You'll be amazed at how the quality of life can change! We strive to create a partnership with you that starts the moment you walk through our door.

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Personally, I have experience with all these appliances. I used one of the older bulky devices for many years to address my snoring. When I later developed sleep apnea, I switched to a more modern appliance similar to the Panthera, which proved comfortable and effective. Upon learning about the DNA appliance, I underwent the necessary training and tried it myself. Although it took over a year, I managed to eliminate my sleep apnea through moderate growth of my upper jaw.

When dealing with any medical condition, it is crucial to explore all available options and understand that what works perfectly for one patient may not be suitable for another.

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# Eye Floaters: Treatment Of Vitreous Strands and Opacities

By Jacqueline D. Griffiths, MD  
New View Eye Center

## What Are Floaters?

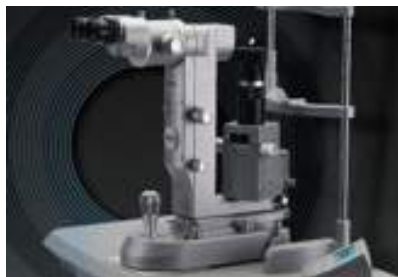
Small specks or clouds moving in your field of vision as you look at a blank wall or a clear blue sky are known as floaters. Most people have some floaters normally but do not notice them until they become numerous or more prominent.

*"Floaters look like cobwebs, squiggly lines or floating bugs, and appear to be in front of the eye, but are actually floating inside."*

In most cases, floaters are part of the natural aging process. Floaters look like cobwebs, squiggly lines or floating bugs, and appear to be in front of the eye, but are actually floating inside. As we get older, the vitreous (the clear gel-like substance that fills the inside of the eye) tends to shrink slightly and detach from the retina, forming clumps within the eye. What you see are the shadows these clumps cast on the retina, the light-sensitive nerve layer lining the back of the eye.

## Treatment Of Floaters

Also known as floater laser treatment or laser floater removal, laser vitreolysis is a non-invasive, pain free procedure that can eliminate the visual disturbance caused by floaters. The goal of vitreolysis is to achieve a "functional improvement". That is, to allow you to return to "normal" day-to-day activities without the hindrance of floaters.



Virtually every individual has experienced or will experience the visual shadows caused by floaters during their lifetime. For most, this event is a minor and short-lived inconvenience, but for a select few, it can become a disabling condition. Clinical studies have shown laser vitreolysis to be a highly effective and safe treatment in the majority of patients with symptomatic floaters.

Vitreolysis involves the application of nanosecond pulses of laser light to evaporate the vitreous

opacities and to sever the vitreous strands. During the process, the floater's collagen and hyaluronin molecules are converted into a gas. The end result is that the floater is removed and/or reduced to a size that no longer impedes vision.

## Who Can Benefit From Vitreolysis?

It is necessary to undergo an ophthalmic examination to determine your eligibility for vitreolysis treatment.

- **Age:** In most cases, younger patients (<45) suffer from microscopic floaters located close to the retina and are not considered to be good candidates for vitreolysis treatment.
- **Onset of Symptoms:** If your floater symptoms develop quickly then they may have been associated with PVD, which can be treated with vitreolysis.
- **Floater Characteristics:** Large floaters with a soft border, situated away from the retina, are ideally suited to treatment with vitreolysis.

## Complications and Side Effects

Reported side effects and complications associated with vitreolysis are rare. Side effects may include cataract and intraocular pressure (IOP) spike.



Jacqueline D. Griffiths, MD

Selected as a  
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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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- June** ***PAIN MANAGEMENT and REHABILITATION*** – Professionals to help you and your family with chronic pain. Chronic pain is debilitating with significant consequences for the sufferer, their loved ones and their employers. Educating people about pain and where they can get help. **Will include Profiles from your Local Pain Management Health Professionals.**
- 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 plus WEIGHT CONTROL, EXERCISE AND NUTRITION*** – Dentists, Cosmetic Dentistry, TMJ, Periodontics, Orthodontics, Oral Surgeons, Endodontics, and more! Gyms, nutrition and diet plans, weight loss, surgical alternatives, to help affect America's out-of-control weight problems. **Will include Profiles and Information from your Local Dental Health and Exercise and Nutrition Professionals.**
- October** ***CANCER AWARENESS and HEALTH TECHNOLOGY*** – Professionals to help with prevention, early detection and surviving cancer. Information for men and women, and their families, and professionals who can provide help! **Will include Profiles from your Local Cancer Health Professionals.**

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By Deeni Bassam, MD, DABPM  
The Spine Care Center

The International Association for the Study of Pain defines pain as “an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage”.

Webster’s dictionary defines pain as “localized physical suffering associated with bodily disorder (as a disease or an injury); also a basic bodily sensation induced by a noxious stimulus, received by naked nerve endings, characterized by physical discomfort (as pricking, throbbing, or aching), and typically leading to evasive action.”

As one can see, coming up with a sensible definition of pain may be difficult but for the individual patient suffering from chronic pain the definition becomes quite easy.

Pain is the single most common reason for a visit to the doctor. The American Pain Foundation estimates that there are 50 million people suffering from chronic pain each year. The rates of chronic pain in the elderly approach 50%.

*Coming up with a sensible definition of pain may be difficult but for the individual patient suffering from chronic pain the definition becomes quite easy.*

When considering both the direct costs of chronic pain (doctor visits, medications, treatments, hospitalizations, etc.) along with the indirect costs, such as lost productivity, the total cost of chronic pain to society has been estimated to be around \$100 billion per year. When one further considers that each chronic pain patient is likely close with and sometimes dependant on at least two other people then the total number of people affected by chronic pain reaches 150

# Pervasiveness Of Pain

million; a figure that is approximately half of the total U.S. population.

Acute pain is often an important warning sign that something is wrong. It is almost always a signal of some underlying pathology that may need medical attention. On the other hand, chronic pain (that lasting greater than six months) does not always have an underlying or easily discernible pathology. It can persist long after the offending insult has been removed or cured.

Often, the dysfunction in chronic pain lies in the nervous system itself and cannot be detected on conventional imaging such as MRI. This can lead to a great deal of frustration on the part of the patient, as well as loved ones and healthcare providers.

Most often, successful treatment of chronic pain will employ multiple modalities including pharmacological, physiological, psychological, and interventional in order to address the multiple causes and

effects of daily persistent pain. A balanced approach without over-reliance on any one tool leads to the best outcomes.

The time to talk with your physician about your pain is when that pain consistently interferes with your ability to perform simple daily tasks such as bathing or cooking.

Treatments exist which can lessen your suffering, allowing you to get back to the tasks at hand in daily life.

## 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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## Sarah A. Merritt, MD

### Pain Management Specialist

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#### Meet Sarah A. Merritt:

**My Degrees & Training:** Majored in Biology Birmingham-Southern College and graduating Phi Beta Kappa. During medical school at the University of Alabama in Birmingham, Dr. Merritt was selected for the prestigious Howard Hughes Medical Institute-National Institutes of Health Research Scholars program, and worked for a year during medical school as a researcher at the NIH in Bethesda, Maryland. Dr. Merritt performed her residency at the University of North Carolina in Chapel Hill, and pursued extra fellowship training in pain management at the Johns Hopkins Medical Institute. Her training included the full spectrum of pain management techniques, including interventional pain management and pain medication management.

**Professional Memberships:** Board Certified in Anesthesiology and Pain Management through the ABMS, the gold standard in physician certification. She has practiced in a variety of settings since training, including Johns Hopkins. She has also volunteered her time to travel to India, providing anesthesia for cleft lip and palate surgeries.



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#### Reduce Pain Through Chiropractic

**History:** Dr. Vanterpool had nurtured the dream of becoming a doctor ever since she was a child. Born in New York but later relocating to North Carolina, her aspirations were put to the test when she was diagnosed with Lupus at the tender age of 12. Battling numerous health obstacles that threatened her limbs and her life, she relied on her unwavering faith, prayer, and determination to persevere. Eventually, she achieved her lifelong ambition by graduating from high school alongside her twin brother, attending Elizabeth City State University, and completing her studies at Life University Chiropractic school in 1997, earning her Doctor of Chiropractic degree.

Dr. Vanterpool consciously chose the field of Chiropractic, driven by her desire to spare children from enduring the same suffering she had experienced with drugs and surgeries. She envisioned a way to treat individuals by providing the body with what it needs to heal itself, and this conviction led her to pursue Chiropractic as her chosen area of expertise. With over 25 years of experience in the healthcare industry, Dr. Vanterpool has treated individuals of all age groups, from infants to the elderly, addressing an extensive range of conditions such as Autism, cerebral palsy, bursitis, herniated discs, and back and neck pain.

**Modalities:** As the founder of CHIROKEI Consulting, LLC, Dr. Vanterpool established a renowned Holistic Health and Wellness Consulting firm that offers an extensive array of services, including Chiropractic care, Physical Therapy, Laser Treatment, Orthotics, Nutrition, Fitness, and Corporate Wellness Programs.

**Professional Affiliations:** Throughout her career, Dr. Vanterpool has held several influential positions within the field of Chiropractic. She currently serves as the Chair of the DC Board of Chiropractic and has previously held roles such as Vice President for the Federation Chiropractic Licensing Board (FCLB) and Director of the National Board of Chiropractic Examiners (NBCE). Furthermore, she actively participates as a Delegate of the American Chiropractic Association (ACA) and is a member of the American Black Chiropractic Association (ABCA).

Dr. Vanterpool's philosophy revolves around advocating for health and recognizing its utmost importance. She strongly believes that educating individuals about the significance of maintaining their well-being is the key to leading a successful life. Through her Wholistic Approach, she strives to meet the needs of her patients and provide them with the very best in healthcare, embodying the motto of "Meeting Your Needs To Better Health."

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## Deeni Bassam, MD

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

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

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

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

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



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## Arjun Ramesh, MD

Arjun Ramesh, MD is trained in both pain management and anesthesiology and joined The Spine Care Center in 2020 after completing his fellowship at the world-renowned Cleveland Clinic!

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

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

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

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



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Performed 20,000+  
Spinal  
Procedures

## Usman Zafar, MD

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

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

Dr. Zafar completed his Interventional Pain Fellowship at Mount Sinai-Roosevelt Hospital in New York City in 2015, where he learned various multimodal techniques for treating pain, including fluoroscopic and ultrasound guided spine and joint injections, spinal cord stimulation and radiofrequency ablations.

After being hand selected to join The Spine Care Center and trained directly by Dr. Bassam, Dr. Zafar has safely performed thousands of interventional spine procedures. By being Board Certified in Anesthesia as well as Pain Management, he can offer a more comfortable experience by providing mild sedation when performing spinal procedures.

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

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



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## Faisal A. Siddiqui, MD

Faisal Siddiqui, MD, FACS, is a Board Certified and highly-skilled Spine Surgeon with more than 15 years of experience performing minimally invasive spine surgeries. He has helped thousands of patients find relief from back pain with safe, effective surgical treatments. He currently works at The Spine Care Center in Manassas, where he uses his expertise to help patients find relief for their back pain.

Originally from Ohio, Dr. Siddiqui earned his medical degree from Vanderbilt Medical School, where he graduated with honors. He completed a residency in orthopedic surgery at Strong Memorial Hospital at the University of Rochester Medical Center, where he was recognized as Resident of the Year and given the Alfred P. Sloan Foundation humanitarian award.

After residency, Dr. Siddiqui sought out additional specialty training in spine surgery. He completed his fellowship training at the Charlotte Spine Center at Carolinas Medical Center. During his fellowship, he learned how to treat back pain and injuries by using the most minimally invasive surgical procedures possible.

In 2007, Dr. Siddiqui joined The Spine Care Center in Manassas. He and Dr. Bassam imbued the practice with the principle that surgery should only be used for patients who have no other choices for meaningful pain relief. Before deciding to operate on a patient, Dr. Siddiqui ensures they are a good candidate for surgery and that the surgery can be performed safely with minimal risk. Patients are more likely to experience lasting pain relief, less risk of infection and blood loss, and faster recovery times as a result of his minimally invasive techniques. His careful approach to spinal care helps all of his patients receive the most effective and least invasive treatment for their painful condition.

Dr. Siddiqui's specialized training has also allowed him to bring new procedures to the Washington, DC area. He was one of the first surgeons in northern Virginia to perform the minimally invasive TranS1® and extreme lateral interbody fusion (XLIF) spinal fusion procedures using computer-assisted navigation. During his career, he has performed thousands of procedures, ranging from complex 10-hour surgeries for traumatic spine injuries to 45-minute minimally invasive endoscopic procedures. He is dedicated to a lifetime of learning and continues to undergo additional training to give his patients access to the latest, groundbreaking surgeries.

Dr. Siddiqui is a recognized expert in spine surgery and has been repeatedly awarded Top Doctor distinctions from both Washingtonian magazine and Northern Virginia magazine. Throughout his career, he has had original orthopedic and spine surgery research published in numerous peer-reviewed medical journals. He also routinely gives lectures to other physicians and medical professionals on minimally invasive spine surgery and has trained multiple physicians in the D.C. area to perform the latest procedures in the field.

In his free time, Dr. Siddiqui enjoys being with his wife and two children. His hobbies include golfing and skiing.



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For nearly two decades, our company has done this by researching and producing products that get powerful results in your balanced and healthy lifestyle. We maintain the highest safeguards to ensure that all of our customers receive the highest quality, yet affordable, nutritional support products for the results they desire. Through our web sites, numerous distribution outlets, and distribution partners, we specialize in and proudly offer the finest anti-aging products to not only Internet consumers, but also traditional health food stores as well as specialty item stores. We provide our customers the choice of using advanced Internet ordering, or conveniently calling our state-of-the-art calling center.

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### Meet Dr. Sreenivasan:

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

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

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

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

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### Meet Levi Pearson, III

#### METROPOLITAN PAIN AND SPINE METROPOLITAN SPINE AMBULATORY SURGERY CENTER

Dr. Levi Pearson is the Owner and Medical Director of Metropolitan Pain and Spine Interventional Pain practice in Ellicott City, MD. Dr. Pearson has 30 years of experience as a Board Certified Anesthesiologist specializing in Interventional Pain Management. Dr. Pearson is Board Certified by the American Board of Anesthesiology and the American Board of Pain Medicine. Dr. Pearson specializes in interventional pain management involving the spine related to pain involving the neck and upper extremities as well as the low back and lower extremities using innovative skills and technology coupled with empathy and compassion. Dr. Pearson is a Top Doc in Interventional Pain Medicine and Anesthesiology by Find a Top Doc and the International Association of Anesthesiologists. Dr. Pearson is a member of the leading physicians of the world, Sigma Alpha Pi National Society of Leadership and Success, The American Academy of Pain Medicine, and several pain care organizations. Dr. Pearson is a graduate and past instructor at the Georgetown University School of Medicine in Washington, DC, where he completed his medical school training, internship, residency, and pain management fellowship training at the Georgetown University Hospital and Medical Center in Washington, DC.

Dr. Pearson maintains hospital privileges at MedStar Montgomery General Hospital and at The University of Maryland Capital Region Medical Center. Dr. Pearson is the Owner and Medical Director of the Medicare Certified and C-Arm Fluoroscopy equipped Metropolitan Spine Ambulatory Surgery Center.

Dr. Pearson is a Cum Laude graduate of the Rochester Institute of Technology (RIT) Saunders School of Business Executive Masters of Business Administration (MBA) program. Dr. Pearson has a special interest in interventional pain treatment injection procedures designed to attack pain generators including the use of advanced neuromodulation procedures such as spinal cord stimulation for treatment of complex pain like post spinal surgery syndrome and diabetic nerve pain.

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**Natalia Kayloe, MD**

*Natalia Kayloe, MD, is a Board Certified Psychiatrist and Neurologist who brings more than 15 years of experience to Integrated Neurology Services, serving patients at four convenient locations in Alexandria, Falls Church, Lorton, and Reston, VA.*

*Dr. Kayloe was born and raised in Russia. She began her professional pursuits at the Moscow Medical Stomatological Institute in Moscow, Russia, earning her Doctor of Medicine at the age of 24. She subsequently moved to the United States and completed an Internship and Neurology Residency at the Baylor College of Medicine in Houston, TX.*

*Dr. Kayloe is a proud member of the American Academy of Neurology. As a doctor, she specializes in the diagnosis and treatment of diseases that affect the brain, spinal cord, nerves, and muscles. She's trained in cutting-edge treatment techniques including Botox® for neuromuscular disorders as well as acupuncture, trigger point injections, and nerve blocks to treat pain and related neurological conditions.*

*Dr. Kayloe has served the Arlington, VA, area since 2000. In addition to her private practice, she holds an academic appointment at Georgetown University Medical Center in Washington, DC, where she regularly speaks on neurologic topics to professional and patient groups.*

*She was also the medical director of the stroke program at Virginia Hospital Center. This program earned The Joint Commission Primary Stroke Center Advanced Certification with Gold Seal of Approval®.*

*Dr. Kayloe's attention to detail and custom care plans don't go unnoticed. She's been named one of the best neurologists in the area by Washingtonian Magazine and Consumers Checkbook. She welcomes any man or woman seeking improved neurologic health to Integrated Neurology Services today.*

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Jeffrey L. Brown, DDS

### TMJ & Sleep Apnea Treatment



2841 Hartland Road  
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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 Gnatheological 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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### 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".

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

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

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

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

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

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

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

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

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

**yhm.news/Happy-Hour-Yoga**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Vikram Chauhan, DMD

### Dental Services You Can Rely On

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#### Meet Vikram Chauhan

##### Degrees, Training, and Current Practice:

Vikram Chauhan, DMD was born and raised in Northern Virginia. Dr. Chauhan completed his undergraduate degree at VCU and earned a Masters of Biomedical Sciences from Rutgers University. He received his Doctor of Medical Dentistry from Tufts University School of Dental Medicine in 2018. After successfully earning a DMD degree, he went on to further his education at Marshall University in the General Practice Residency program. During his residency program, Dr. Chauhan was introduced to implant dentistry and has since not looked back. He has completed the Implant Pathway Continuum and the Doctores Valencia Surgery for Excellence course.

Upon completion of his education Dr. Chauhan knew it was time to return home to continue his growth in the dental profession. Dr. Chauhan feels extremely blessed to have found Dr. Rodney Mayberry who is a retired dentist in Vienna, Virginia ready to sell his practice to Dr. Chauhan. Dr. Mayberry is a Diplomate of the American Board of Oral Implantology and is eager to act as a consultant to Dr. Chauhan in all facets of implant dentistry. Dr. Chauhan is committed to becoming credentialed with the American Academy of Implant Dentistry and American Board of Oral Implantology. Dr. Chauhan was recently awarded Fellow status with the International Congress of Oral Implantology.

Dr. Vikram Chauhan would like to invite you, your family and your friends to come in for a complimentary evaluation. During this visit Dr. Vik (as his staff and patients like to call him) will examine you and offer his qualified no obligation opinion. It will include a 3-Dimensional CT scan x-ray and any other needed X-Rays he might need to give you a proper diagnosis. Dr. Vik and his staff are excited to meet you.

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## Chris Oliver, DC

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#### Meet Chris Oliver

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# Technology



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# Are You In Pain? You Are Not Alone

Submitted by  
Kensington Pharmacy

You don't need to live with constant pain. Although chronic pain rarely goes away completely, your health care team has many options to make your pain more bearable.

## No Gain From Pain

When it comes to pain, some people believe that they should "grin and bear it." Others feel that their health care team isn't interested in their pain.

In truth, poorly managed pain is bad for your health and can lead to other problems.

- Pain causes harmful changes to your body.
- Untreated pain can lead to anger, irritability, depression, and poor sleep. It can make the quality of your life worse.
- Persistent pain affects your relationships with family and friends, and your ability to do your job.

The longer you wait to address your pain, the more difficult it becomes to treat. Your first step is to find a health care team that can help you.

## Finding the Right Healthcare Team For You

Not all health care providers are well trained to assess and treat pain. Others may have personal biases against treating pain.

To find a treatment that works, you may need to interview several health care providers. Look for people who:

- Believe your reports of pain. (Don't work with anyone who tells you "it's all in your head.")
- Have experience treating pain.
- Thoroughly explain to you the risks and benefits of various treatments.
- Listen to your questions and make sure you understand their answers.
- Regularly assess your pain and monitor your progress.
- Refer you to a specialist if you are not getting adequate relief.

When you interview healthcare providers, ask these questions:

- Do you have experience treating my condition?
- How would you describe effective pain management?
- What treatment options are available for me?
- How will you select my treatment plan?
- How much relief can I expect to re-

ceive from these treatments?

- What side effects should I look for? How can I manage them?
- What are the short-term and long-term outlooks for my condition?

Once you have found a good team, the next step is yours. Not everyone is comfortable talking about pain, but your team needs accurate information to treat you. Provide these details:

- How long you have had pain.
- Where the pain hurts the worst.
- What treatments you have tried on your own, and how they have worked for you.
- What makes the pain better or worse.
- How the pain feels. For example, is it sharp, dull, or achy?
- How the pain interferes with your activities, including work, dealing with family and friends, and ability

to care for yourself.

Once your healthcare team understands your pain, a treatment plan is the next step. Your doctor may suggest medication. Some medications are available over-the-counter.

Others, you can only get with a prescription. Doctors rely on several families of drugs to treat pain:

- **NSAIDs** – used to treat mild to moderate pain and inflammation. Aspirin and ibuprofen are both NSAIDs.
- **Acetaminophen** – also used to treat mild to moderate pain.
- **Opioids** – prescribed to people who have moderate to severe pain.

In addition to medications, other treatments such as massage, physical therapy, relaxation therapy, and behavioral and psychological therapy may be helpful.



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# Traditional Chinese Medicine For Epilepsy

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

Traditional Chinese Medicine (TCM) is a comprehensive and ancient medical system that has been practiced for thousands of years in China. It is a natural, holistic approach to treating illnesses and maintaining health. TCM emphasizes the harmony of the body,

mind, and spirit, and views disease as an imbalance in the body's energy, or *Qi*. Epilepsy is a neurological disorder characterized by recurrent seizures, and TCM has been used for centuries to treat this condition.

TCM practitioners believe that epilepsy is caused by a disturbance in the flow of *Qi*, which can be due to various factors, such as emotional stress,

poor diet, or external factors such as trauma. The goal of TCM treatment for epilepsy is to restore the balance of *Qi* and promote the body's natural healing abilities. TCM therapies for epilepsy can be used alone or in combination with conventional Western medicine.

Acupuncture is a popular TCM therapy for epilepsy. It involves the insertion of thin needles into specific points on the body to stimulate the flow of *Qi* and restore balance. Acupuncture has been shown to be effective in reducing the frequency and severity of seizures in some people with epilepsy. In one study, participants who received acupuncture had a 50% reduction in seizures compared to those who did not receive acupuncture.

Herbal remedies are also commonly used in TCM to treat epilepsy. Some herbs, such as *Gastrodia elata*, *Uncaria rhynchophylla*, and *Poria cocos*, have been shown to have anticonvulsant properties and can help




Quansheng Lu, CMD, PhD, LAc

to reduce seizures. These herbs can be taken as a tea or in pill form, and should only be used under the guidance of a licensed TCM practitioner.

Dietary therapy is another important aspect of TCM treatment for epilepsy. According to TCM theory, certain foods can exacerbate or alleviate seizures. For example, foods that are warm and dry, such as spicy foods and alcohol, can increase the risk of seizures, while foods that are cool and moist, such as vegetables and fruits, can help to reduce seizures. TCM practitioners may recommend specific dietary changes for people with epilepsy to help reduce the frequency and severity of seizures.

Mind-body practices such as meditation, qigong, and tai chi can also be

Please see "Epilepsy," page 38



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**Quansheng Lu, CMD, PhD, LAc**

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Guest professor, Henan University of Traditional Chinese Medicine (TCM)  
Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM  
PhD in integrated medicine, China Academy of Chinese Medical Sciences  
Fellowship, Georgetown University & Children's National Medical Center  
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## Let's Get Physical

### Making Physical Activity a Part Of Your Family Life



By Janet V. Johnson, MD  
Loving Care Pediatrics

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active.

#### Benefits Of Regular Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- lower blood pressure and blood cholesterol levels

- have a better outlook on life

While enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They are also better able to handle physical and emotional challenges, such as: studying for a test.

#### There Are a Lot Of Ways To Get the Physical Activity You Need

Make sure your child is doing three types of physical activity: aerobic activity, muscle strengthening and bone strengthening. To meet the guidelines for aerobic activity, basically anything counts, as long as it's done at a moderate- or vigorous-intensity for at least 10 minutes at a time for about 60 minutes a day. Many of the physical activities fall under more than one type of activity. For example, if your child is on a basketball team and practices with their teammates daily they are not only doing vigorous-intensity aerobic activity but also bone-strengthening. It's easy to fit into your child's schedule.

#### Stick With It

There are many things you can do to get and keep your child active physi-

Please see "Get Physical," page 38

Washington, DC Edition | 33

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

# Transform Your Health

## *Simple Lifestyle Changes To Prevent Chronic Diseases and Live Longer!*

diseases in their early stages and allow for prompt treatment.

Additionally, managing existing health conditions, such as high blood pressure, diabetes, and high cholesterol, through lifestyle changes and medication, can help to prevent further health problems and reduce the

risk of chronic diseases.

Environmental factors, such as air pollution and exposure to toxic substances, can also contribute to the development of chronic diseases. To reduce the risk of exposure, it is important to take steps to minimize exposure to toxic substances, such as

using natural cleaning products, eating organic foods, and avoiding exposure to environmental pollutants, such as secondhand smoke.

By taking a proactive approach to your health, you can help to reduce your risk of chronic diseases and enjoy a happier, healthier life.

Chronic diseases, such as heart disease, stroke, cancer, and diabetes, are responsible for a large proportion of deaths and health problems globally. These conditions are often long-term, persistent, and often develop as a result of unhealthy lifestyle choices and environmental factors. However, the good news is that many chronic diseases can be prevented through lifestyle changes, such as eating a healthy diet, exercising regularly, and avoiding tobacco use.

One of the most effective ways to prevent chronic diseases is to maintain a healthy diet. A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help to reduce the risk of heart disease, stroke, and other chronic conditions. Additionally, limiting the intake of processed foods, sugar, and unhealthy fats can also help to reduce the risk of chronic diseases.

Exercise is another important factor in chronic disease prevention. Regular physical activity has been shown to reduce the risk of heart disease, stroke, and several types of cancer. Exercise can also help to maintain a healthy weight, reduce stress, and improve overall mental and physical health. The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic exercise per week for adults, or 30 minutes of exercise per day, five days per week.

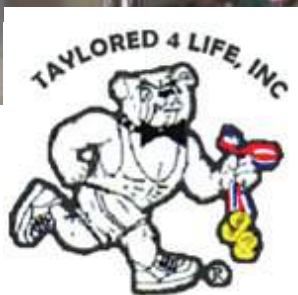
Avoiding tobacco use is also crucial for preventing chronic diseases. Tobacco use is a major risk factor for heart disease, stroke, and several types of cancer, and can also have negative effects on lung health, oral health, and overall quality of life. Quitting smoking or using tobacco products can greatly reduce the risk of chronic diseases and improve overall health.

In addition to these lifestyle changes, it is also important to monitor your health regularly and to seek medical care when necessary. Regular check-ups and screening tests, such as blood pressure and cholesterol tests, can help to detect chronic

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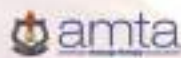
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# ALL-ON-FOUR

FROM PAGE 16

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.

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

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

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

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

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

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

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

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

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

# GET PHYSICAL

FROM PAGE 33

cally, that can help shape their behavior and attitude toward physical activity. Start by choosing physical activities you and your child enjoy and that match your child's abilities, it will help ensure that you both stick with them. Encourage them to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports. If you're not sure where to start, here are some examples.

- Physical activity should be a part of the family's daily routine.
- Set a positive example by leading an active lifestyle yourself.
- Be positive about the physical activities in which your child par-

ticipates and encourage them to be interested in new activities.

- Make physical activity fun. Fun activities can be anything that your child enjoys, structured or non-structured sports.
- After dinner, encourage your child to find fun activities with friends and family.
- Always provide protective equipment and ensure that the physical activity is developmentally and age-appropriate.

If your child has a chronic health condition or other symptoms be sure to talk with the doctor about the types and amounts of physical activity that are right for them.

# EPILEPSY

FROM PAGE 33

beneficial for people with epilepsy. These practices help to reduce stress and promote relaxation, which can help to reduce the frequency and severity of seizures.

Traditional Chinese Medicine offers a holistic approach to treating epilepsy that addresses the root cause of the condition and promotes overall health and well-being. TCM therapies, such as acupuncture, herbal

remedies, dietary therapy, and mind-body practices, can be used alone or in combination with conventional Western medicine to manage epilepsy symptoms and improve quality of life. If you are considering using TCM for epilepsy, it is important to work with a licensed TCM practitioner who can provide personalized recommendations based on your individual needs and health history.

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

# Kyphoplasty

## Treatment For Spinal Compression Fractures

kyphoplasty that can quickly, safely, and effectively treat a patient's pain without the long-term use of opioids and other pain medications.

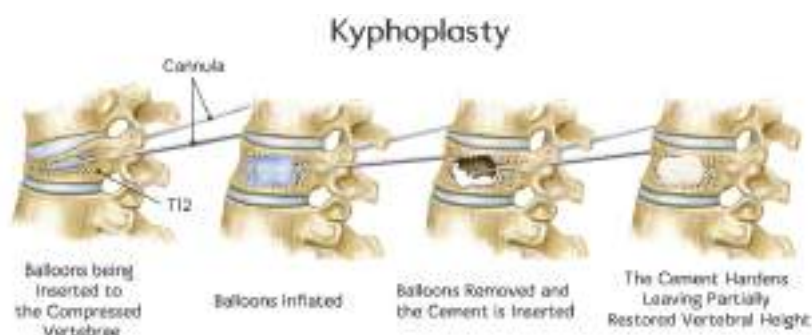
If an acute compression fracture is present on an MRI, a patient should be referred to a pain management physician or another physician who performs kyphoplasty. This procedure can often be performed in a doctor's office, preventing the need for an overnight stay in a hospital. On the day of the procedure, the patient is given a medicine to relax and then is asked to lie on their belly. An x-ray machine

is then used to locate the fractured bone and a narrow tube is placed into it through a very small opening in the skin. A small balloon is inflated within the bone to create a small space and the fracture is then filled with bone cement. The entire procedure can take as little as 45 minutes. Many patients feel immediate pain relief and are able to return to their daily lives the day after the procedure. However, some patients may take a week or longer to feel better.

Kyphoplasty most successfully reduces a patient's pain within two

weeks following a fracture. Unfortunately, if the window of opportunity is passed, the pain can become more challenging to treat and further complications can occur.

If you think you or someone you care about is experiencing symptoms of a vertebral compression fracture, be reassured that there are safe, effective, and minimally invasive therapies available. Schedule an initial pain evaluation at Georgetown Pain Management to determine if you're eligible for kyphoplasty or other pain therapies. Most insurances are accepted and new patient evaluations are currently being scheduled. As awareness of this condition increases and more patients are offered kyphoplasty as a minimally-invasive therapy, it is hopeful that fewer patients will have to live with the severe pain that results from vertebral compression fractures and can return to their full lives more quickly and comfortably than before.



Bone density in both women and men starts to decrease after age forty, but the loss of density greatly accelerates after women enter menopause and can progress to osteoporosis, a disease characterized by very low bone density. Although most compression fractures occur in patients with osteoporosis, one-third of vertebral compression fractures occur in patients without osteoporosis.

If a fracture occurs suddenly, patients can experience sudden severe back pain that often wraps around the sides and is felt in the chest. Because of this, it is sometimes confused with diseases of the heart or the lungs. The pain is often worse when standing, sitting-up, or walking around. If very severe, the patient can have trouble breathing.

Patients who have symptoms of a fracture should see their doctor for evaluation. After an examination that suggests a vertebral compression fracture, they will often be sent for an MRI. This imaging shows the level of the fracture and also reveals whether it is old or new. Some doctors treat compression fractures with pain medicine, physical therapy, and bracing. However, many cases continue to cause severe pain and long-lasting health effects unless treated more definitively. Unfortunately, many patients and physicians are not aware that there is a minimally invasive procedure called



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## Revolutionizing Whiplash Diagnosis *The Power of Weight-Bearing Open MRI and Digital Motion X-Rays*

Submitted by  
Washington Open MRI

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

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

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

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

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

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

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

But here's the problem: many

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

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

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