



# YOUR HEALTH

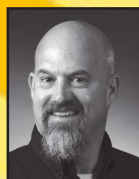
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DC, Chiropractor



Janet V. Johnson, MD  
Pediatrics

### Articles & Advice From Local Doctors!

**PLUS:** Beauty & Skin Care • Dental Implants

Sports Eye Safety • Children's Health

Senior Living • & More! • Health Directory *page 40*



Jeffrey L. Brown, DDS  
TMJ & Sleep Disorders



Lynda Dean-Duru, DDS  
Children's Dentistry



Krystle Dean-Duru, DDS  
Children's Dentistry



Michael Rogers, DDS  
Dentistry



Elizabeth "Andie" Shin, DDS  
Pediatric Dentistry



Scott Turner, MD, PhD  
Alzheimer's Treatment



Desiree Holmes Scherini  
BCH, Hypnotherapy



Madhavi Chada, MD  
Pain Management



Rami Makhoul, MD, FASCRS  
Colon and Rectal Surgery



Matthew Skancke, MD  
Colon and Rectal Surgery



Lisa Hadley, MD, JD  
Psychiatrist



Lubrina Bryant, DPM  
Podiatry



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Dentistry



Beth Albaneze, MA, CTRS  
CRP, Mental Health



Mark Matolak, Owner  
Lift and Stair Chairs



Susan Brennan, RN, BSN  
IBCLC, Breastfeeding



Sivakumar Sreenivasan  
DMD, Maxillofacial Surgery



Deeni Bassam, MD  
Expert Spine Physician



Usman Zafar, MD  
Expert Spine Physician



Arjun Ramesh, MD  
Expert Spine Physician



David Patrick Wright  
RM, Chakra Balancing



Barbara J. Brown, PhD  
Mental Health



Alexander C. Nnabue  
OD, PA, Optometry



Tiffany Daniel  
Wellness



Marc P. Stanard, DDS  
PC, Periodontics



Angel Wood, DACM  
LAc, Acupuncture



Cheryl Baptiste, DDS  
Dentistry



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Pain Management



Alison F. Parker, DC  
Chiropractor



Hadi M. Rassael, DO  
Cosmetic Surgery



Harshit Aggarwal, DDS  
MSD, Prosthodontics



Garima K. Talwar, DDS  
MS, Prosthodontics



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Dentistry



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Wellness Solutions



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Dentistry



Ike Lans, DDS  
Dentistry



Bonnie Mazaris, RYT-200  
Energy Healings & YoRiQi



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MAGD, Dentistry



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E. Richard Hughes, DDS  
Implant Dentistry



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DC, Chiropractor



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General & Cosmetic Dentistry



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DDS, General Dentistry



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Hypnosis



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OTR/L, Public Health



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Health Coach



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IN OUR NEXT EDITION:

## Womens' Health & Women In Healthcare

50 CENTS



8 60005 35000 1



# A New Dawn For Diabetic Neuropathy

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

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

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

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

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

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

### Welcome Minimally Invasive Spinal Cord Stimulation

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

### Experience Relief Temporarily, Commitment-Free

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

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

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

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



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



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

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

### Why Choose Georgetown Pain Management?

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

### 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.



## Do Something About Your PAIN

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*We pride ourselves by providing cutting-edge university-quality service in an effective, private setting.*

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# Lyme Disease

## *How Do I Limit My Exposure To Ticks?*



By Thomas K. Lo, DC  
Advanced Chiropractic Center

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

Reducing exposure to ticks is the best defense against Lyme disease, Rocky Mountain spotted fever, and other tick-borne infections. You and your family can take several steps to prevent and control Lyme disease.

Before you go outdoors know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks.

Treat clothing and gear with products containing 0.5% permethrin. Permethrin is used to treat boots, clothing and camping gear and remain protective through several washings. There are many insect repellents, some natural, which can help you combat your exposure to ticks.

Try to avoid contact with ticks by staying away from brushy areas with high grass and leaf litter and stay on well-groomed trails when walking or hiking outdoors.

### Once Indoors...

Check your clothing for ticks. Tumble dry clothes in a dryer on high

*Please see "Lyme Disease," page 16*

# Chiropractic Care For Whiplash Pain and Spinal Health



By Gelareh Naenifard, DC  
Pain & Rehab Center, LLC

promote long-term spinal health.

Chiropractic care utilizes a variety of techniques to alleviate whiplash symptoms, including spinal manipulation and stretching exercises. By addressing the underlying spinal misalignments that may be contributing to the pain and discomfort, we can also help patients achieve lasting relief from their whiplash symptoms.

In addition to treating the immediate symptoms of whiplash, chiropractic care can also provide long-term benefits for spinal health. By promoting proper spinal alignment and mobility, chiropractors can help improve posture, reduce pressure on nerves and discs, and enhance overall spinal function.

Despite some skepticism about the effectiveness of chiropractic care, numerous studies have shown that it

Whiplash is a common injury that occurs during car accidents and can cause severe pain and discomfort in the neck, upper back, headache, ringing in the ear, dizziness and sometimes blurry vision. While there are many different treatments available for whiplash, chiropractic care is an effective and safe option that has been proven to relieve symptoms and

*Please see "Whiplash," page 39*



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

In the United States this year, 700,000 people and one out of every four post-menopausal women will suffer from a painful bone injury called a vertebral compression fracture. This common type of bone injury results in the collapse of a vertebra, a type of bone that makes up the spine. Although there is a safe, effective, and minimally invasive therapy available, two-thirds of these fractures fail to be diagnosed. This is unfortunate, as missing this condition can result in under-treated pain, limitations on daily activities, breathing problems, and dependence on dangerous pain medications.

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

# 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.

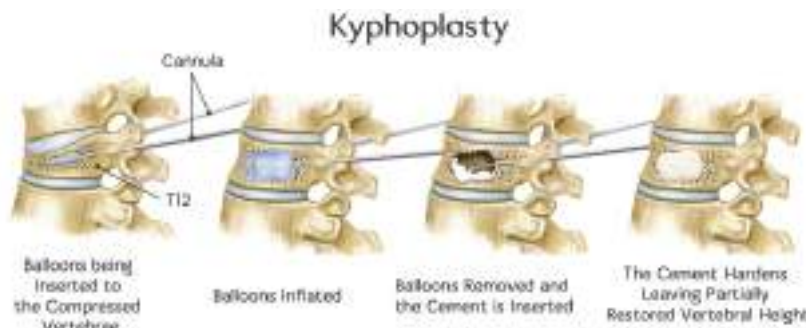
If an acute compression fracture is present on an MRI, a patient should be referred to a pain management physician or another physician who performs kyphoplasty. This procedure can often be performed in a doctor's office, preventing the need for an overnight stay in a hospital. On the day of the procedure, 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.



## Do Something About Your PAIN

At Georgetown Pain Management, we distinguish ourselves by offering same-week evaluations, and emergency service within 1-4 days of initial inquiry.

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# In This Edition...

The articles below are provided by local health professionals for the benefit of the public. Please contact them for advice and services.

- 2 | **A New Dawn For Diabetic Neuropathy** | By Netsere Tesfayohannes, MD, ABA, ABAP
- 4 | **Lyme Disease – How Do I Limit My Exposure To Ticks?** | By Thomas K. Lo, DC
- 4 | **Chiropractic Care For Whiplash Pain and Spinal Health** | By Gelareh Naenifard, DC
- 5 | **Kyphoplasty: Treatment For Spinal Compression Fractures** | By Netsere Tesfayohannes, MD, ABA, ABAP
- 7 | **Fertility and the Multicultural Patient** | By Yemi Adesanya-Famuyiwa, MD
- 7 | **Why You Need a Health Coach** | By Dr. Asha Subramanian, MD
- 8 | **The Impact Of Nutrition On Children's Oral Health** | By Elizabeth Shin, DDS
- 10 | **Groundbreaking Diabetes Treatment** | By Patti Lee BSN, FNP, MSN
- 11 | **Safe Callus and Corn Treatments** | By Lubrina Bryant, DPM
- 12 | **Peri-Implantitis** | By Marc P. Stanard, DDS
- 13 | **Sports Eye Safety** | By Jacqueline Griffiths, MD
- 15 | **Study Of Potential Alzheimer's Treatment** | Submitted by Re:Cognition Health
- 16 | **All-On-Four Dental Implants** | Submitted By Sivakumar Sreenivasan, DMD, MDS
- 17 | **High Frequency Spinal Cord Stimulation** | By Levi Pearson, MD, DABA, DABPM
- 18 | **What's Your Vagenda? Non-Invasive Vaginal Treatments** | By Dima Ali, MD
- 19 | **The Effects Of Pain** | By Deeni Bassam, MD, DABPM
- 22 | **TMJ Disorder and Exercise** | By Jeffrey L. Brown, DDS
- 23 | **Understanding Thumb Sucking and Its Impact on Pediatric Dental Health** | By Jonelle Anamelechi, DDS
- 24-35 | Meet Your Local Health Professionals**
- 37 | **What Is a Trichologist?** | By Jaimi Jackson, Certified Trichologist, Owner
- 37 | **Children Need Cheerleaders** | By Janet V. Johnson, MD
- 38 | **Relieving Menstrual Discomfort – A Holistic Approach** | By Quansheng Lu, CMD, PhD, LAC

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

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

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

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

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

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

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

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

#### 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

# Fertility and the Multicultural Patient



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Infertility and subfecundity affects 15% of the world's population. Access to fertility treatment may be affected by several factors.

In some cultures, the word infertility is taboo therefore acknowledging that one needs help may bring on psychological duress. Socio-cultural norms often prevent early access to

treatment. These factors may not necessarily co-relate with educational levels.

Individuals and couples must embrace desired social roles in order to define themselves as infertile and seek treatment. In Vietnam, children are frequently believed to be the representation of personal happiness and marital satisfaction and are often the primary way for the wife to integrate into her husband's family. In South African culture marriage is viewed as a joining of two clans rather than two individuals. By extension then children are seen as assurance of lineage. This same view may be seen in some areas of Nigeria, Ghanaian society in Chinese culture as well as in Middle Eastern cultures.

When social roles are rigid, there is stigma associated with infertility. Women may be expelled from their

*Please see "Fertility," page 39*

# Why You Need a Health Coach



By Dr. Asha Subramanian, MD  
Diya Lifestyle & Wellness, LLC

In today's fast-paced world, it can be difficult to maintain a healthy lifestyle. Between work, family, and other obligations, it can be challenging to find the time and energy to prioritize your health. This is where a health coach can be invaluable. Health coaches provide personalized guidance and support to help you achieve your health goals. Here are some reasons why you should consider using a health coach.

## Personalized Guidance

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Health coaches provide personalized guidance that is tailored to your unique needs and goals. They take the time to get to know you and understand your specific challenges and obstacles. From there, they develop a customized plan that will help you achieve your health goals. Whether you want to lose weight, manage a chronic condition, or simply feel better, a health coach can help you get there.

## Accountability

One of the biggest benefits of working with a health coach is accountability. A health coach will hold you accountable to your goals and provide ongoing support and motivation. They will help you stay on track, even when life gets busy or stressful. This level of accountability can be crucial to achieving your health goals, as it keeps you focused and motivated.

## Expertise and Support

Health coaches have expertise in a variety of areas, including nutrition, exercise, stress management, and

*Please see "Health Coach," page 39*

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# The Impact Of Nutrition On Children's Oral Health

By Elizabeth Shin, DDS  
Bethesda Chevy Chase  
Pediatric Dentistry

Proper nutrition plays a vital role in maintaining good overall health, and it also significantly impacts oral health, especially in children. As parents, caregivers, and dental professionals, it is crucial to understand how nutrition af-

fects oral health and how we can promote healthy dietary habits in children.

## The Role Of Nutrition In Oral Health

### Development of Teeth and Gums

– A balanced diet during childhood provides the necessary nutrients for the development of strong and healthy teeth and gums. Essential minerals such as calcium, phosphorus, and vitamins like

A, C, and D are vital for the formation and mineralization of teeth, ensuring they grow strong and resistant to decay. Insufficient intake of these nutrients can lead to delayed tooth eruption, enamel defects, and weakened gum tissues.

### Dental Caries (Tooth Decay) –

Frequent consumption of sugary snacks, beverages, and processed foods increases the risk of dental caries in children.

Bacteria in the mouth feed on sugars and produce acids that erode tooth enamel, leading to cavities. Encouraging a diet low in sugary foods and drinks, and promoting healthier alternatives such as fruits, vegetables, and dairy products, can help prevent tooth decay.

### Malnutrition and Oral Health

– Malnutrition and poor dietary habits can lead to various oral health problems. Deficiencies in essential nutrients can weaken the immune system, making children more susceptible to gum disease and oral infections. Moreover, malnutrition can impair the growth and development of the jaw and facial structures, affecting the alignment of teeth and leading to bite problems.

### Acidic Foods and Beverages

– Consumption of acidic foods and beverages, including citrus fruits, carbonated drinks, and sports drinks, can erode tooth enamel over time. Acidic erosion weakens the teeth, making them more susceptible to decay and sensitivity. Encouraging moderation and rinsing the mouth with water after consuming acidic foods can help minimize the impact on oral health.

### Promoting Healthy Dietary Habits

#### Balanced Meals –

Encourage children to consume a balanced diet consisting of whole grains, lean proteins, fruits, vegetables, and dairy products. This provides the necessary nutrients for oral health and overall growth and development.

#### Limit Sugary Foods and Drinks

– Educate children and parents about the importance of limiting sugary snacks, sodas, and fruit juices. Encourage healthier alternatives like water, milk, and fresh fruits.

#### Regular Dental Check-ups –

Regular visits to a pediatric dentist are essential for monitoring oral health and addressing any concerns. Dentists can provide dietary counseling specific to a child's needs and help establish proper oral hygiene practices.

#### Oral Hygiene Education –

Teach children the importance of proper oral hygiene practices, such as brushing twice a day with fluoride toothpaste and flossing daily. Emphasize the role of nutrition in maintaining healthy teeth and gums.

By promoting healthy dietary habits, providing education, and regular dental care, we can set children on the path to a lifetime of optimal oral health. Together, let's ensure that our children grow up with healthy smiles and a solid foundation for overall well-being.



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# Groundbreaking Diabetes Treatment



By Patti Lee BSN, FNP, MSN  
Montage Health & Wellness

Living with diabetes can be challenging, leading to symptoms like low energy, impaired eyesight, neuropathy, resistant weight, and uncontrolled blood sugar, poor wound healing and even amputation. However, there is hope. A groundbreaking infusion therapy called Physiologic Insulin Resensitization is now available to address the underlying cause of diabetic complications.

This innovative infusion therapy focuses on patients with metabolic disorders such as type 1 and type 2 diabetes, prediabetes, and insulin resistance.

Physiologic Insulin Resensitization is a revolutionary approach that administers insulin as a hormone rather than a drug. By mimicking the body's natural insulin production, it reduces insulin resistance and helps blood sugar enter cells more efficiently to be converted into energy. It uses insulin in a more identical way

like your body does and maintains an optimized metabolism. This creates an environment for the body to repair and restore returning to a more normal state. In many cases, it has reversed the complications associated with diabetes and other metabolic disorders.

Patient reported benefits of this therapy include controlled blood sugar levels, 95% improved neuropathy, 76% improved in at least one diabetic complication, 63% decreased A1c, 43% reduced medications, others reported reduced symptoms of Alzheimer's and dementia, improved sleep and mood, restored energy, weight stabilization, improved wound healing, and prevention of amputations.

Physiologic Insulin Resensitization offers a revolutionary approach to managing diabetes and other metabolic disorders. By addressing the root cause and promoting metabolic restoration, it has the potential to improve various symptoms and enhance overall well-being.

Physiologic insulin resensitization treatment is FDA approved covered by Medicare and most insurances. Most often no referral or approval is required. Please note that we work with your health care provider to manage your care. The first step to better health is to schedule a consultation with us so we can review your specific situation, physical condition and how the treatment can help you individually.

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# Safe Callus and Corn Treatments

## Exploring Over-the-Counter and Podiatrist Options



By Lubrina Bryant, DPM  
District Podiatry, PLLC

Calluses and corns are common foot conditions that can cause discomfort and pain. While over-the-counter treatments offer convenience, it's essential to understand the benefits of seeking professional care from a podiatrist. In this article, we will explore both over-the-counter and podiatrist-recommended treatments for calluses and corns, emphasizing the advantages of consulting a podiatrist.

### Over-the-Counter Treatments

Over-the-counter treatments for calluses and corns are readily available and can provide temporary relief. These treatments often include medicated pads, cushions, creams, and ointments. While they may soften the skin and alleviate discomfort, they do not address the underlying cause of the problem. It is important to follow the instructions carefully and discontinue use if any adverse reactions occur.

### Benefits Of Podiatrist Care

- **Accurate Diagnosis:** Podiatrists are foot specialists who can accurately diagnose the cause of calluses and corns. They can differentiate between corns and calluses and identify any underlying foot conditions contributing to their development. This allows for targeted treatment plans tailored to the individual's specific needs.
- **Customized Treatment:** Podiatrists provide personalized treatment options based on the severity, location, and cause of the calluses and corns. They may employ various techniques such as debridement (removal of dead skin), trimming, or shaving of corns and calluses, while also addressing any contributing biomechanical or structural issues.
- **Preventative Measures:** A podiatrist can offer valuable advice on preventive measures to avoid future occurrences. They can recommend appropriate footwear, orthotic devices, and provide guidance on foot care and hygiene. This comprehensive ap-

proach helps reduce the likelihood of callus and corn recurrence.

- **Addressing Underlying Conditions:** Calluses and corns can be symptomatic of an underlying foot deformity, such as bunions or hammertoes. Podiatrists can identify and treat these conditions, providing long-term relief and preventing further complications.
- **Professional Expertise:** Podiatrists

undergo extensive training and possess in-depth knowledge of foot anatomy and conditions. They stay updated on the latest advancements in foot care and treatment options. By consulting a podiatrist, patients benefit from their expertise and specialized care, ensuring optimal outcomes.

While over-the-counter treatments may provide temporary relief for calluses and corns, it is crucial to recognize the value of consulting

a podiatrist. Podiatrists offer accurate diagnosis, customized treatment plans, preventative measures, and expertise that go beyond mere symptom management. Seeking professional care from a podiatrist ensures comprehensive foot care and addresses the root causes of calluses and corns, leading to long-term relief and improved foot health. When it comes to your feet, trusting a podiatrist is the safest and most effective choice.

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From routine checkups to minor foot surgery, Lubrina Bryant, DPM is a podiatrist who is equipped to handle all your foot and ankle needs.

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- Diabetic Foot Care
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- Ingrown Toenails
- Foot, Ankle or Heel Pain
- Toenail Fungus
- Bunions

Our feet are important in our everyday lives. The problem is that we tend to neglect them. When this becomes a habit, it can cause significant trouble.

Ignoring foot problems can mean pain, limited mobility, and expensive doctor's visits.

On the other hand, if feet are cared for and looked after regularly, they will perform without pain or complication.



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# Peri-Implantitis

## *Understanding and Preventing Implant Complications*



By Marc Stanard, DDS

Dental implants have revolutionized modern dentistry, providing an effective solution for replacing missing teeth. However, as with any medical procedure, complications can arise. One such complication is peri-implantitis, an inflammatory condition that affects the soft and hard tissues surrounding dental implants. In this article, we will delve into the causes, symptoms, treatment, and prevention of peri-implantitis.

### **Understanding Peri-Implantitis**

Peri-implantitis refers to the

inflammation and subsequent destruction of the tissues surrounding dental implants. It is primarily caused by bacterial infection and is characterized by pus, bleeding, swelling, and the loss of supporting bone. Poor oral hygiene, smoking, systemic diseases, genetic factors, and implant-related factors such as surface roughness or misfit can contribute to the development of peri-implantitis.

### **Recognizing the Symptoms**

Early detection of peri-implantitis is crucial for successful treatment. Some common symptoms include bleeding upon probing, swelling or redness around the implant site, pain or discomfort, and increased pocket depth around the implant. Patients with dental implants should be vigilant in monitoring these signs and seek professional assistance if any concerns arise.

### **Treatment Options**

The treatment of peri-implantitis depends on the severity of the condition. In its initial stages, non-surgical approaches such as professional clean-

ing, meticulous oral hygiene instructions, and antimicrobial therapy may be sufficient. However, advanced cases may require surgical intervention, including implant surface decontamination, bone grafting, or guided tissue regeneration. It is essential to consult with a dental professional who specializes in implantology for appropriate diagnosis and treatment planning.

### **Prevention is Key**

Prevention plays a crucial role in minimizing the risk of peri-implantitis. Maintaining excellent oral hygiene practices, including regular brushing, flossing, and interdental cleaning, is paramount. Routine dental visits for professional cleanings and check-ups allow early detection of any implant-related issues. Additionally, avoiding tobacco use and managing systemic conditions, such as diabetes, can significantly reduce the risk of complications.

Peri-implantitis is a concerning



complication that can compromise the success of dental implants. Recognizing the symptoms and seeking timely treatment are vital for a positive outcome. Furthermore, adopting preventive measures, including diligent oral hygiene practices and regular dental visits, can greatly reduce the risk of developing peri-implantitis. By staying informed and proactive, individuals with dental implants can maximize their oral health and enjoy the long-term benefits of their restorative treatment. Remember, a healthy implant requires a healthy foundation.

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- Our team offers oral hygiene instruction and education on gum disease, bone loss, and other dental health conditions.
- 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.
- Our office is friendly and welcoming, making it the perfect place to receive top-quality dental care.

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# Sports Eye Safety

By Jacqueline D. Griffiths, MD  
New View Eye Center

From major league stadiums to small-town courts, America's favorite pastimes make great memories for many. But for more than 42,000 athletes, those memories are ruined by eye injuries, the vast majority of which were preventable.

Injuries range from abrasions of the cornea and bruises of the eyelids to internal eye injuries, such as retinal detachments and internal bleeding. Many of these injuries lead to vision loss and permanent blindness.

The thousands of eye injuries each year aren't only from basketball, baseball, football and hockey. Soccer, tennis, golf and water sports are also dangerous to the eyes. Each activity has its own specific protective eyewear, so when selecting eyewear make sure it is appropriate for your sport.

Today's athletes can choose from various types of sturdy, lightweight and effective eyewear. When properly fitted, eyewear does not hinder performance and can prevent 90% of sports eye injuries.

So when participating in sports, be sure to:

- Select protective eyewear that is appropriate for the sport
- Be sure eyewear has polycarbonate lenses or shields

- Have eyewear properly fitted by an eye care professional

## Eye Safety For Children

Accidents resulting in eye injuries can happen to anyone. More than half of all eye injuries occur in people under the age of 25. Of the 100,000 eye injuries that occur annually, 40% occur during sports or recreational activities. In the 5-14 age group, baseball is the number one cause of sports-related injuries. In the 15-24 age group, basketball is the most common cause of eye injuries, with injuries caused by contact with fingers and elbows. Perhaps the most startling statistic is that 90% of all eye injuries could be prevented.

It is important for parents to familiarize themselves with potentially dangerous situations at home and in school and to insist that their children use protective eyewear when participating in sports or other hazardous activities.

## Eye Safety At Home and In the Yard

To provide the safest environment for your children, select games and toys that are appropriate for their age and responsibility level.

Provide adequate supervision and instruction when your children handle potentially dangerous items, such as pencils, scissors, forks and penknives. Be aware that even common household items such as paper clips, bungee cords, wire coat hangers, rubber bands and

fishhooks can cause serious eye injury.

Avoid projectile toys such as darts, bows and arrows, and missile firing toys. Do not allow your children to play with non-powder rifles, pellet guns or BB guns. They are extremely dangerous and have been reclassified as firearms and removed from toy departments.

Keep all chemicals and sprays such as sink cleaners or oven cleaners, out of reach of small children. Do not allow children to ignite fireworks or stand near others who are doing so. All fireworks are potentially dangerous for children of all ages.

Do not allow children in the yard while a lawn mower is in use. Stones and debris thrown from moving blades can cause severe eye injuries.

Demonstrate the use of appropriate protective eyewear to children by always wearing protective eyewear yourself while using power tools, rotary mowers, line lawn trimmers, or while hammering. Children will learn by your example.

Whatever your game, whatever your age, you need to protect your eyes. See your eye care professional today for appropriate protective eyewear.

## When an Injury Does Occur

It is always best to have an ophthalmologist examine the eyes as soon as possible when an injury does occur. The seriousness of an eye injury may not be immediately obvious.



Jacqueline D. Griffiths, MD

Selected as a  
"Super Doctor"

Washington Post Magazine

Voted  
"Top Ophthalmologist"

Washingtonian Magazine  
& Northern Virginia Magazine

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

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

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

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

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



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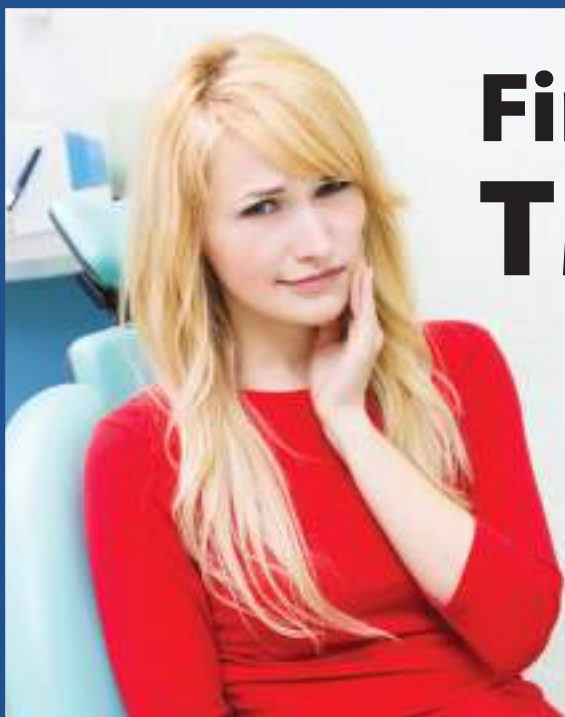
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***Ready to reclaim your life from TMJ and facial pain? Take the first step towards a pain-free future and rediscover the joy of living with Dynamic Dental Wellness!***

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# Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

## Volunteers Being Sought

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

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

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

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

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

The drug has already been proven

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

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

"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.

## Volunteers Being Sought

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



**Our 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.**



**Accurate Diagnosis**

Access to the most advanced diagnostic tools available at no cost.



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

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

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**Fairfax Clinic**

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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.recognitionhealthusa.com**

# 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

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

## LYME DISEASE

FROM PAGE 4

heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, consider a longer dry time. If the clothes require washing first, hot water is best as cold and medium temperature water will not kill ticks.

Examine your gear and pets. Ticks ride into the home on clothing and pets.

Shower soon after being outdoors. Showering within two hours of coming indoors is shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tick-borne diseases.

Conduct a full body check. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks: Under the arms, in and around the ears, inside belly button, back of the knees, in and around the hair, between the legs and around your waist.

### How Do I Prevent Ticks From Getting On My Pet?

It is suggested that you use a tick preventive product on your dog. Cats are extremely sensitive to a variety of



chemicals. Do not apply any tick prevention products to your cats without first asking your veterinarian.

### How Do I Prevent Ticks In My Yard?

Clear tall grasses and brush around homes and at the edge of lawns. Place a three foot wide barrier of wood chips or gravel between lawns and wooded areas and around patios and play equipment. This will restrict tick migration into recreational areas.

Mow the lawn frequently and keep leaves raked. Stack wood neatly and in a dry area (discourages rodents that ticks feed on). Keep playground equipment, decks, and patios away from yard edges and trees and place them in a sunny location, if possible.

## All-On-4: Same Day Smiles



### Missing Teeth or Tired of Wearing Dentures?

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

# High Frequency Spinal Cord Stimulation

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

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

during the implantation procedure.

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

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

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

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

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

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

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

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

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By Dima Ali, MD  
WellMedica Aesthetic &  
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# What's Your Vagenda?

## Non-Invasive Vaginal Treatments

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.
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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.







By Deeni Bassam, MD, DABPM  
The Spine Care Center

Historically, most of the medical community has viewed pain as just a symptom of underlying pathology. The search for the underlying problem was primary, and little to no attention was paid to the end effects of the pain itself. While waiting for a diagnosis or for effective treatment, patients would often suffer in agonizing pain.

While concentrating on the cure is certainly important, it is also important to understand that the patient's health can further deteriorate from the pain itself. Thankfully, our understanding has evolved towards an appreciation for pain as a problem unto itself.

Painful stimulus has been shown to elicit a powerful release of "stress"-related hormones, including adrenocorticotrophic hormone (ACTH), antidiuretic hormone (ADH), angiotensin, glucagon, and catecholamines. Pain stimulates the release of these hormones into the blood stream, which then, in turn, over-stimulate their end-organ targets.

*Historically, most of the medical community has viewed pain as just a symptom of underlying pathology*

It was the understanding of this basic science that led clinicians to emphasize more direct ways to remove the source of the pain, while, at the same time, aggressively managing the co-existing pain as well. An example of this can perhaps best be seen in advancements in the peri-operative experience over the past two decades.

Chronic pain has been shown to have significant negative effects on the human body and mind. These effects

# The Effects Of Pain

are as varied as they are widespread and include psychological effects, such as depression and irritability. Simple lifestyle disruptions occur in daily activities, such as eating and sleeping. Limitations in mobility compound both the mental and physical suffering over time.

Pain begets disability, which begets further pain, and the cycle deepens. There is often added strain caused by missed work and lost productivity. Finally, lest we forget that for nearly

every person suffering with chronic pain, there is at least one family member who loves them and can't help but be affected as well.

Pain management as a medical specialty has evolved with this rather recent understanding of the role of pain in the disease process.

Armed with a better understanding of the neural and neuro-biologic pathways involved in the propagation of painful signals, modern pain specialists can intervene for the benefit

of the patient in many places and in many ways along the pain continuum.

For an individual caught in the vortex of pain and illness, there can come a point when the pain becomes more than they can bear without reaching out for help.

When the pain of a medical burden significantly impacts an individual's daily abilities, a referral or appointment with a pain specialist may be warranted and certainly can help in many cases.

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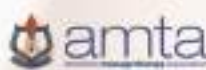
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# TMJ Disorder and Exercise

By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

When it comes to TMD (temporomandibular joint disorder), there are many things that a person has to consider when looking for successful treatment. With TMD, most of the time the articular discs that cover the con-

dyles (the cartilage on top of the jaw bones) are displaced and will pinch nerves and blood vessels. This leads to head and neck pain. Oftentimes too, when a person has TMD their cervical spine (neck) is compressed, so now you have more nerve compression as well. Since the C spine and TMJ work together, one can greatly affect

the other.

So now let's discuss the ramifications of exercise and how it can and will affect the outcome of TMD treatment. When a person runs, as you can well imagine, the neck takes a pounding which compresses the spinous processes. This can, and will, in turn affect the TM joints. This is why



Jeffrey L. Brown, DDS

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

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

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

running during TMD treatment is really not recommended. An alternative to running is the elliptical machine. This is a no impact device that allows for a great cardiovascular workout with no compaction to the neck. You have to keep your mind on improving the health of those joints and cervical spine.

Another aspect of exercise is weightlifting of course. Most people really do not want to hear that they should not be lifting weights during their course of TMD treatment. The reason for this is that when you lift something fairly heavy, this pulls on the neck muscles – the sternocleidomastoids. These muscles connect directly into the jaw joint and will pull on a displaced disc. You can well imagine that is not a good thing. Another factor is that lifting above shoulder level causes the body to pull more on the neck than it should. This can hurt the joints as well. Once again, this type of exercise will compromise your ability to heal.

Now let's bring up a four-letter word that comes up quite often: GOLF. So here you are newly retired, living in a house at the country club, new to the game, or just looking to a retirement in place where you can play golf every day of the week. Along comes the TMJ specialist who tells you not to play until you are better. You have a choice: Get better or not. One path means that you must take a hiatus from using those amazing Ping custom-made clubs and telling your friends about the hole in one you got. The choice is to sit at home and use the elliptical machine and get better.

This problem occurs whether it's golf, tennis, or pickleball. You must make a choice and live with it for some time. This is not permanent but when you get back into it, you may find your stroke, and strength improved. As you can see, dealing with TMD takes some effort. For some folks it means sacrificing their normal activities so it's good to understand all this before treatment begins.



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
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# Understanding Thumb Sucking and Its Impact on Pediatric Dental Health



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

Thumb and finger sucking habits are common among children, but when they persist, they can lead to orofacial myofunctional disorders that impact dental and overall oral health. Recognizing the need for comprehensive care, Children's Choice Pediatric Dentistry offers a specialized Habitbreaker Clinic through their Thrive program. Let's explore the reasons behind thumb and finger sucking habits, their effects on growth and development, and how the Habitbreaker Clinic can help children quit.

## The Reasons Behind Thumb and Finger Sucking Habits

Thumb and finger sucking is a natural and normal phenomenon that often begins in the womb and continues after birth. It serves as practice for breastfeeding and helps in tongue and oral musculature development. However, some children have difficulty outgrowing this habit due to various factors. Environmental triggers, such as certain objects, rituals, or places, can contribute to the habit. Additionally, issues like low oral tone, breathing and sleep difficulties, and tooth and jaw development problems can make it harder for children to quit thumb and finger sucking.

## The Effects of Prolonged Thumb Sucking on Growth and Development

Prolonged thumb sucking can lead to orofacial myofunctional disorders, which can have detrimental effects on a child's dental and overall oral health. The habit can cause increased overbite and overjet, skeletal deformities, orthodontic problems, oral function issues, and speech articulation difficulties. It can also interfere with proper tongue resting and swallowing patterns, potentially leading to airway complications and sleep disorders. Early diagnosis and intervention are crucial to prevent

further complications and ensure optimal oral health for children.

## Children's Choice Pediatric Dentistry's Habitbreaker Clinic

Children's Choice Pediatric Dentistry understands the challenges parents face in helping their children quit thumb and finger sucking habits. That's why they offer a specialized Habitbreaker Clinic through their Thrive program. The clinic provides individualized care and utilizes myo-

functional therapy, a non-surgical treatment, to correct oral muscle function and promote optimal development. Laser frenectomy is also available if lip-ties or tongue-ties contribute to the habit. With a team approach and comprehensive treatment, the Habitbreaker Clinic aims to address the underlying reasons behind thumb sucking, finger sucking, and pacifier habits, helping children quit and achieve long-term oral health.

Thumb and finger sucking habits can have a significant impact on a child's dental and overall oral health. Recognizing the need for early intervention, Children's Choice Pediatric Dentistry offers the Habitbreaker Clinic through their Thrive program. By understanding the reasons behind these habits and providing specialized care, parents can help their children overcome thumb and finger sucking, ensuring a healthy smile for the future.



## Welcome to the Judgment-Free Zone

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.

## Playful

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## Comfortable

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Dr. Cook received her medical degree from the Howard University College of Medicine and completed a General Surgery Residency at Howard University Hospital. She subsequently did a Fellowship in Minimally Invasive and Bariatric Surgery at the Pennsylvania State University Milton S. Hershey Medical Center and is also Board Certified in Obesity Medicine. Along with her focus on the treatment of obesity, she is active on many local, state, national and international committees focused on decreasing health disparities. She has been featured on nationally syndicated radio shows and social media platforms as a proponent of increased access to care and health equity, discussing the social and political determinants of health in minority communities.

Dr. Cook is passionate about the treatment of metabolic diseases by management of obesity through a multi-disciplinary, patient-centered approach and is dedicated to ensuring health equity for people of color throughout the world.



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Keisha is a certified registered nurse anesthesiologist with over 30 years experience concentrated in anatomy, physiology, critical care, and anesthesiology.

Keisha approaches aesthetics with artistry, skill, passion and attention to detail all while educating her clients every step of the way to achieve their most natural rejuvenated reflections.

In her personal time Keisha is an avid kickboxer, lifetime student, and relishes in quality time with her husband and two daughters.

Her motto is "I stay growing so my clients stay glowing!!" This is a testament to her continual desire to grow in all aspects of life professionally, personally and spiritually.



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She is the proud mother of three boys (who she breast fed) and enjoys cooking, traveling and time with her toes in the sand.



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Scott Turner is the Principal Investigator at Re:Cognition Health Fairfax Clinic. He is also the Professor of Neurology and Director of the Georgetown University Memory Disorders Program. He previously served as Chief of the Neurology Service at the VA Ann Arbor Healthcare System. He was also an Associate Professor and Associate Chairman at the University of Michigan Healthcare System's Neurology Department. He received his Ph.D. in Pharmacology and M.D. from Emory University. He completed his internship, residency, and fellowship at the University of Pennsylvania and then joined the faculties of the University of Michigan, and the VA Ann Arbor Healthcare System. He is Board Certified in Psychiatry and Neurology.

Dr. Turner has directed a number of federal and foundation-funded research projects to study cognitive disorders, Alzheimer's disease and its basic mechanisms, and clinical studies of neurodegenerative dementias. He has received numerous awards, including a Paul Beeson Scholarship and a fellowship from the Howard Hughes Medical Institute. He lectures widely at scientific conferences, serves as a reviewer for numerous biomedical journals, and is widely published in his field. He is a member of the American Neurological Association, the Society for Neuroscience, and the American Academy of Neurology.

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## CHILDREN'S DENTISTRY

**Lynda Dean-Duru, DDS**

*Ashburn Children's Dentistry*

Dr. Lynda Dean-Duru over the last twenty years has built one of the most progressive pediatric dental practices in Northern Virginia. Based in Ashburn, her Ashburn Children's Dentistry practice serves thousands of families and stays on the cutting edge of Integrative wholistic airway-focused preventative dentistry.

For Dr. Dean-Duru, the pathway to dentistry stemmed from her childhood experience with a dentist in her native Nigeria. As the eldest of nine children (including seven brothers), she witnessed a total transformation in the health of one of her little brothers after his aches and pains were totally resolved under the care of a well-trained dentist. She determined, as a result of that experience, to extend that kind of care to others as her life's calling.

Her decades of study and practice have led Dr. Lynda to this focus. She holds her dentistry degree from the University of Benin, her General Practice residency from Howard University Hospital, her Pediatric Dentistry Specialty Training from Children's National Medical Center, her Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry. She has undertaken numerous continuing education courses in Orthodontic training and is a fellow of the United States Dental Institute and a member of the prestigious Gnathos Orthodontic education group in Atlanta, GA. She holds a Certification in Orofacial Myology from the International Association of Orofacial Myology (IAOM). She has completed all 3 levels of the ALF Education Institute (Advanced Light Force Functionals) (Quantum ALF) program, ALF Interface Academy Foundations, Genesis, Grow, Smilease (Oralase) (Babylase), Airway Collaborative Mini Residency, Pediatric Airway Mini Residency and other courses.

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

Dr. Dean-Duru and her family live in the Ashburn/Leesburg area. Her daughter, Krystle, followed in her footsteps as a Pediatric Dentist.



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Dr. Parker, a grassroots natural healer and chiropractor with over 25 years of experience, has been serving the Washington DC and MD community since 1995. She is licensed and certified in various fields including chiropractic, physiotherapy, radiology, massage, Reiki, reflexology, iridology, and colon hydrotherapy. Dr. Parker founded the Miracle Wellness Center non-profit in 2000 to provide quality natural health care to all, regardless of their ability to pay. In addition to her work in the community, she has been a cohost and guest on various radio shows, and has made a significant impact in Ghana by helping to build clinics, educating on natural healing and nutrition, and supporting children in need. Dr. Parker continues to dedicate her practice and life to providing quality healthcare and is currently working on developing a health spa, music stage, natural healing school, and children's non-profit development center in Maryland.



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## CHILDREN'S DENTISTRY

**Krystle Dean-Duru, DDS**

*Ashburn Children's Dentistry*

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

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

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

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

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



44025 Pipeline Plaza  
Suite #225, Ashburn, VA  
**703-723-8440**  
www.KidzSmile.com



## CHIROPRACTOR

**Gelareh Naenifard, DC**

*Pain & Rehab Center, LLC*

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

### An Array Of Certifications:

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

Medical Examiner for National Registry of Department of Transportation, DOT, FMCSA, NRCME, National Registry # 9380714400  
Certified Chiropractic Sports Practitioner®  
Dry Needling Certification  
MRI Spine Interpretation  
Full Body Active Release Technique (ART)®  
Spinal Biomechanical  
Lumbar Rehabilitation  
Accident Reconstruction  
Whiplash Analysis, Head Trauma and Brain Injuries  
Auto Accident Sciatica Injuries  
Personal Injury Specialty Evaluations and Diagnostics  
Full Body Kinesio Taping Technique  
Graston® Technique  
Spinal Decompression



525 Eastern Avenue, NE  
Suite B2  
Fairmount Heights, MD  
5855 Allentown Road  
Unit 19  
Camp Springs, MD  
**301-925-2013**  
www.PainRehabCenterMD.com



## CHIROPRACTOR

**Mohammad Komaily, DC**

*Chiropractic Care Center*

I graduated from Life Chiropractic College West in 2003. Other degrees: University of Maryland. Honors: LCCW Clinical Honors. I have been blessed with three beautiful daughter's, Isabella (11), Emma (9), Avery (2) and a beautiful wife Amy. My goal is to offer family oriented gentle, safe, natural, chiropractic care centered on the individual needs of each patient. We provide the best alternative healthcare to meet your needs.

Our main focus at the Chiropractic Care Center is to serve and educate families on chiropractic and physical therapy modalities. We are committed to providing optimal care to patients on an individual basis.

On premises we have chiropractic, massage therapy, orthotic scanner and physical therapy modalities. We also have professional relationships with all local hospitals, radiology centers, labs and many local physicians and specialists, if referrals are necessary.

We are participating providers with most insurance plans and will file your claims for you.



6993 Main Street  
Suite C, Fairfax, VA  
**703-277-9590**  
www.ChiroCareOffice.com



## COLON AND RECTAL SURGERY

**Rami Makhoul, MD, FASCRS, FACS**

*Metro Colon and Rectal Surgery, PC*

After completing his fellowship in Colon and Rectal Surgery at the prestigious Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Hospital in 2014 to serve patients in the DC Metropolitan area. In January 2018, he joined Metro Colon and Rectal Surgery, PC.

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

During his Residency training at GW, Dr. Makhoul spent a year in clinical research where he published much of his work in colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures. He continued with his passion for research and published peer-reviewed articles during his Fellowship training. Several of his works were presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American and Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotics, laparoscopy, transanal total mesorectal excision and transanal endoscopic microsurgery.

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

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



19529 Doctors Drive  
Germantown, MD  
4701 Randolph Road  
Suite #203, Rockville, MD  
10215 Fernwood Road  
Suite #102, Bethesda, MD  
**301-681-6437**  
ColonRectalDocs.com

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Making a Difference By Empowering and Encouraging People To Live Healthier



## COLON AND RECTAL SURGERY

### Matthew Skancke, MD *Metro Colon and Rectal Surgery, PC*

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

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

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



15001 Shady Grove Road  
Suite #100, Rockville, MD  
**240-702-0122**  
**301-681-6437**

10215 Fernwood Road  
Suite #102, Bethesda, MD  
**240-858-6764**  
ColonRectalDocs.com



## DENTISTRY

### Cheryle Baptiste, DDS, PLLC *Friendship Dentistry*

Dr. Cheryle Baptiste began working in the dental industry when she was 12 years old, helping out at her father's practice where she began to learn the basics. There, she developed a passion for improving patients' health, confidence, function, and oral aesthetics through dentistry.

Dr. Baptiste graduated from the Howard University College of Dentistry in 1984. She is a certified provider of the Shalun FIRST Mini Dental Implants and LightWalker Laser procedures. She is the Immediate Past President of her local chapter of the National Dental Association, Secretary of the National Dental Association, President-Elect of the local chapter of the American Dental Association, Fellow of the International College of Dentists, Fellow of the International Academy of Mini Dental Implants and a member of the Academy of General Dentistry.

Dr. Baptiste and her team strive to stay informed about cutting-edge technologies and patient comforts. She takes into account the link between oral health and overall health and incorporates that into her treatment plans. One area of her focus is preparing patients for dental clearance when they need major medical procedures.

When not in the office, Dr. Baptiste spends her free time on the Eastern Shore of Maryland. Her hobbies include entertaining friends and family, travel, outdoor hikes and cooking healthy meals with her partner, Mr. Darryl Hill.

#### Awards / Memberships / Recognitions:

- NDA
- Immediate Past President of the Robert T. Freeman Dental Society which is the founding and local chapter of the National Dental Association
- ADA Member of the ADA Task Force to Eliminate Barriers for Underrepresented Minorities into the Dental Profession
- President-Elect and Member of the Executive Board of the DC Dental Society which is the local chapter of the American Dental Association
- Academy of General Dentistry
- Greater Washington Academy of Women Dentists
- Fellow International College of Dentists
- Fellow International Academy of Mini Dental Implants
- National Medical Association
- Howard University College of Dentistry Alumni Association



4839 Wisconsin Avenue, NW  
Suite #2  
Washington DC  
**202-362-7804**  
DrCheryle-DDS.com



## COSMETIC SURGERY

### Hadi M. Rassael, DO *Millennium Medical*

Millennium Medical's primary goal is to attend to the need of every patient. The practice has an extensive array of treatment options, including cosmetic surgery, Botox, fillers, laser treatments, and health and wellness.

As the founder of Millennium Medical, Dr. Rassael graduated from George Washington University in 1986 with a BS in chemistry and zoology and subsequently obtained his graduate degree in physiology at Georgetown University. He obtained his medical degree from the New York College of Osteopathic Medicine in 1994. Thereafter, he received two years of surgical training at Saint Agnes Hospital which included two months of cosmetic surgery training at the world-renowned Johns Hopkins Burn Center in Baltimore, MD. During this training, he had the opportunity to learn the surgical skills necessary to perform body and facial surgery. He continued his training at AFIP/Walter Reed Medical Center in Washington, DC, where he completed his Otolaryngology and Endocrine Pathology fellowship in 1998. Due to his passion for cosmetic surgery, Dr. Rassael has continued to fine tune his surgical techniques, including the art of facial and body contouring surgery. His training alongside many renowned surgeons has made him an exceptional cosmetic surgeon. His practice also continues to strive to offer the latest technological services in the field of cosmetic surgery.



4407 Willard Avenue  
Chevy Chase, MD  
**301-389-5084**  
www.AnythingCosmetic.com



## DENTISTRY

### Vikram Chauhan, DMD *Mayberry Dental*

**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.

Awarded Fellow of International Congress of Oral Implantology

Member of Academy of General Dentistry and American Association of Implant Dentistry



112 Pleasant Street, NW  
Suite H, Vienna, VA  
**703-281-2111**  
www.MayberryDental.com



## DENTISTRY

### Zina Alathari, DMD *Tyson's Dental Corner*

**Degrees, Training & Certifications:** Dr. Zina Alathari graduated from Tufts University School of Dental Medicine in 1994. In addition to her general dentistry training, Dr. Alathari takes continuing education each year in advanced clinical procedures and technologies - concentrating on cosmetic dentistry, teeth reconstruction, and pain relief. Her wide range of service to the public has given her experience to understand each patient's individual needs.

**Services:** Cleanings & Exams, Dental Implant Restorations, Dentures & Partials, Teeth Whitening, Tooth Colored Fillings, Gum Therapy, Cosmetic Veneers, Cerec® One Day Crowns, and more!

**Practice Philosophy:** In our office you will experience all that modern dentistry has to offer, including a comprehensive list of general, restorative and cosmetic dental services to meet the needs of the whole family. Our goal is to assist each patient in achieving and maintaining long term dental health and a beautiful smile.

*"As always, everything was done in a very professional manner. Staff is always friendly and conscientious. Office and treatment areas are orderly and spotless. I have been coming here for years and can't fathom going anywhere else for my dental needs."*

— Jim R., Leesburg, VA, Designer

21155 Whitfield Place  
Sterling, VA  
**703-444-5553**  
www.LoudounDentalCare.com

7121 Leesburg Pike  
Suite #104, Falls Church, VA  
**703-237-5600**  
www.Tyson'sDentalCorner.com



## DENTISTRY

### Ghassan Jacklis, DMD *White Flint Dental Associates*

Ghassan Jacklis is a warm, respectful dentist serving his patients in Washington, DC. Dr. Jacklis is originally from Syria, and he is Arabic-bilingual. He is a member of the District of Columbia Dental Society. Dr. Jacklis graduated and obtained his Doctor of Dental Medicine from the University of Pennsylvania's Dental School. He then completed his Residency in General Practice at the Johns Hopkins University, where he also completed his Fellowship in Hospital Dentistry and Oral Surgery.

Dr. Jacklis provides procedures such as implants, root canals, surgical extractions, general dentistry, and cosmetic dentistry. He regularly attends general dentistry training as well as implant training to remain current with medical nuances and developments. All of Dr. Jacklis's implants and prostheses are ceramic. He also provides services such as whitening, dentures, and bridges. Please note that Dr. Jacklis only sees patients 7 years of age and older.

In his spare time, Dr. Jacklis enjoys playing tennis, racquetball, and solving puzzles. He also enjoys tinkering with small electronic repairs. Since relocating to the United States, Dr. Jacklis and his wife focus on spending quality time with their family, and they enjoy taking weekend trips to various areas to gain adventure and experience.

White Flint Dental  
Associates

11125 Rockville Pike  
Suite #204, Rockville, MD  
**301-881-6666**  
www.WhiteFlintDental.com



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Dr. Lans has been voted one of Northern Virginia's Top Dentists by both patient and peer surveys!



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Ashburn, VA  
**703-729-1400**  
LansFamilyDentistry.com

## DENTISTRY

Ike Lans, DDS

*Ike Lans, DDS and Associates  
Family Dentistry and Orthodontics*

**Degrees & Training:** Dr. Lans has been providing outstanding dental services to the Northern Virginia area since 1978. He earned his Bachelor of Science in Biology from Queens College of the City University of New York in 1973 before going on to earn his Doctor of Dental Surgery degree from Howard University in 1977.

**Professional Memberships:** Dr. Lans maintains active membership in numerous prestigious professional organizations such as the Academy of General Dentistry, the Virginia Academy of General Dentistry, the American Academy of Cosmetic Dentistry, the Academy of Sports Dentistry and the Crown Council, an alliance of leading-edge dental teams throughout North America.

We have the latest technology in the industry through digital scanning. Also, we are a one stop shop offering multiple specialties like general dentistry, orthodontics, endodontics and oral surgery. All in one location for the convenience of you and your family.

**Practice Philosophy:** Dr. Ike Lans is accepting new patients, and he is committed to doing everything possible to provide you with high quality, state-of-the-art dental care. Our goal is to make your visit to our office as pleasant and as comfortable as possible.



## DENTISTRY

Sheri Salartash, DDS, MAGD, NMD, IBDM,  
FIAOMT, FAAO, FIAO, FICOI, FAAIP  
*Dynamic Dental Wellness*

Dr. Sheri Salartash is a full spectrum General and Cosmetic Dentist who fuses together all aspects of modern dentistry and traditional health practices in order to optimize her patient's oral health. She incorporates features of the holistic and naturopathic community and utilizes the most advanced technology in her practice so that she provides the absolute best treatment options available anywhere. She focuses on "integrative medicine" to understand and fix parts of the mouth and jaw that are malfunctioning, misaligned or diseased due to factors elsewhere in the body.

Dr. Sheri studies dental contributions to medical symptoms and overall natural wellness. She continuously attends advanced post-graduate courses in integrative dentistry and functional medicine. Dr. Sheri was awarded Mastership with the Academy of General Dentistry (AGD) in 2020. The Mastership Award is the highest honor available in the AGD and one of the most respected designations in the profession. This accomplishment meets the highest criteria for professional excellence which is only designated to the top 2% of dentists in the country.

Dr. Sheri combines her expertise in functional and neuromuscular dentistry with a preventive approach to orthodontics. From early evaluation of bite and airway development in children, to the most complex occlusion problems in adults, Dr. Sheri provides treatment with a strong focus on long-term stabilization of the muscles and joints, as well as ideal function and a beautiful smile. She has perfected steps to prevent sleep apnea issues caused by underdeveloped craniofacial structures in children and helping adults with sleep apnea through jaw redevelopment and oral appliance therapy.

She is also a member of the Weston A. Price Foundation and Holistic Mom Network. Dr. Salartash seeks to help patients with not just dentistry, but healthy bodies and healthy lifestyles. Her office provides comprehensive dental care such as mercury safe removal, orthodontics, cosmetic dentistry, laser gum and bone regeneration procedures, implants, whitening and of course preventative care.



20755 Williamsport Place  
Suite #300, Ashburn, VA  
**703-775-0002**  
DynamicDentalWellness.com



## DENTISTRY

Cheryl Y. Lee, DDS

It is my strongest desire to create teeth with which to chew effectively and to smile. Creating a mouth that allows a patient to chew, a mouth that is disease- and pain-free, and the ability to give patients their smiles back is what excites me the most. When I accomplish these three things, then I have done my best.

I have an incredible and very resolute team that collaborates with me. They are the backbone of this practice. From the moment the patient calls, the staff is encouraged to make them feel comfortable and at home. They are made to feel like a part of our dental family. In actuality, they are a part of our family, for without our loyal patients, there would be no us.

We want all our patients to have a pleasant experience. Our practice focuses primarily on patients with severe mental and physical challenges. When a patient is treated in the office, it is our goal to make them feel special, not rushed, and to feel that we are all here to address their oral health needs. I may be the head of the team, but my team is just an extension of me.

**Education and Continuing Education:** All my life, from the age of four years, I knew that I wanted to help people. My father, Dr. E. Preston Lee, was a dentist. I chose to follow in his footsteps during my junior year in college and am so happy that I did.

I am a proud product of the DC Public School System. I attended Shepherd Elementary, Paul Jr. High, and graduated from Woodrow Wilson High School. I obtained my Bachelor of Science degree in Biology from Clark Atlanta University in 1978, and my Doctor of Dental Surgery degree from the Howard University College of Dentistry in 1983. I also completed the Pediatric Residency program at Howard University College of Dentistry in 1985. Over the years, I have taken hundreds of hours of continuing education courses to not only improve my skills and technique, but to bring the most up-to-date treatment options to my patients. I have enjoyed learning new techniques to save patients' teeth that have gum disease with procedures that do not require injections. How cool is that? For personal health and increased knowledge in nutrition, I studied and became a certified gourmet raw foods chef. This is not just for my patients, but for my family and me as well.

**Professional Affiliations:** National Dental Association, Immediate Past President and past Chairman of the Board of Trustees, Robert T. Freeman Dental Society, past president, Howard University College of Dentistry Alumni Association, American Association of Women Dentists.

1010 Quincy Street, NE  
Washington, DC  
**202-832-5766**  
www.CherylYLeeDDS.com



## DENTISTRY

Brent C. White, Jr., DDS

*Thunderbird Dental Office*

**ThunderBird Dental Office, affectionately known as the ThunderBird, has been providing dentures and denture repairs for over 40 years.**

**Our dental lab is on our premises which allows us to deliver same day repairs and relines. We also perform extractions for immediate dentures. Our service is prompt and personalized and our price is right, so come on in!**

**Education:** Graduate of Howard University College of Dentistry in Washington, D.C.

Completed General Practice Residency At Saint Elizabeths Hospital in Washington, D.C.

Served as a Civilian Dentist at Ft. Meade Army Base, Ft. Meade, Maryland

Served as Clinical Director at Oak Hill Juvenile Detention Center, Laurel, Maryland

**Member Of:** ADA American Dental Association  
MSDA Maryland State Dental Association



6 Post Office Road  
Suite #104, Waldorf, MD  
**301-843-6171**  
ThunderbirdDentalOffice.com



## DENTISTRY

Michael Rogers, DDS

*Fairlington Dental*

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

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

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

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



4850 31st Street South  
Suite A, Arlington, VA  
**703-936-4166**  
FairlingtonDental.com



## ENERGY HEALINGS & YoRiQi

Bonnie Mazaris, RYTT-200

*Beyond Bonnie's Hands*

Bonnie has been involved in healing arts since she was young, starting with her family as a caregiver and coach. She mentored her family and friends before she ever knew what energy work was. Through hard times and emotional times, Bonnie has served as a vessel to all who needed her loving, healing energy. Bonnie has been training in yoga since 1976, Energy and Healing field since 1990 and also has experience in the field of wellness. YoRiQi is a self-healing technique that consists of light exercise and stretching with Kundalini, Korean, Yen, restorative Yoga methods and finding the energy flow with tapping the body to release stagnant energy. This brings in a new fresh flow of energy and enhances the circulation and breath. It includes vibrational dancing and laughter Yoga to take your experience to the next level. You will then relax to a beautiful sound bath meditation, that takes you to an even higher level of completion.

**Services:** Through the art of healing herself and others she has many other modalities which include long distant healing, acupressure and clearing chakras. She offers Reiki, a form of energy healing. Reiki is also called palm healing or hands-on healing as a form of alternative medicine. Reiki is a spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui.

**Methodology:** She starts with a combination of clearing the stagnant energy and opening up the chakras. She includes a light shaking for relaxation, light tapping or touching, and light or heavy acupressure as needed. Bonnie will also use her warm healing energy with her hands to embrace your body and soul with universal loving, healing energy that flows from her heart.

Call for group, birthday, couples sound bath healing meditation information. For a faster response please text me for class occupancy and private healings. I will get back to you ASAP. All COVID-19 regulations are in process. For your safety we are taking as many precautions as possible for a safe environment. Bring your own mat and a small pillow. Couple of blankets if you will be coming for healing sound bath meditation.

**Personal Interests:** Bonnie enjoys cooking, music, dancing and the arts.

**Benefits of Reiki:** Reiki is very beneficial for cancer, colon problems, abdominal pain, breathing problems, headache, back, legs, knees, feet, hands, throat and heart and many more. You may experience emotional releases of stress and a series of three or more treatments will stimulate the body's natural healing process.



**703-598-5197**  
www.BeyondYoRiQi.com  
bonnie@beyondYoRiQi.com

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## EXPERT SPINE PHYSICIAN

### Deeni Bassam, MD *The Spine Care Center*

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.



8525 Rolling Road  
Suite #200  
Manassas, VA

**703-705-4471**  
www.SpineCareVA.com



## FAMILY MEDICINE

### Priya Ghadge, MD *Alexandria Medical Associates*

A board-certified family medicine physician, Priya Ghadge, MD has expertise in chronic care conditions, including diabetes, hypertension, hyperlipidemia, asthma, COPD, allergies; preventive medicine; and weight loss. A *Washingtonian* and 2023 *Northern Virginia Magazine* Top Doctor, and member of the American Medical Association and American Academy of Family Medicine, Dr. Ghadge focuses on disease prevention and health maintenance, working to treat the whole patient through active listening, communication, and shared decision making.

**Board Certification:** Family Medicine

**Areas of Expertise:** Diabetes and Chronic Care Management, Preventive Medicine, and Women's Health

**Education: Internship and Residency:** Saint Joseph's Medical Center - New York Medical College, Family Medicine, Yonkers, NY - 2007 and 2009

**Medical School:** D.Y. Patil Medical College - Shivaji University, Doctor of Medicine, Kolhapur, India - 2000

**Professional Association:** American Academy of Family Medicine

**Personal Interests:** Dr. Ghadge loves to travel, explore nature and different cultures of the world. She values family bonding with her kids and husband.

6355 Walker Lane  
Suite #303  
Alexandria, VA

**703-971-0505**  
AlexandriaMedicalAssociates.com



## EXPERT SPINE PHYSICIAN

### Arjun Ramesh, MD *The Spine Care Center*

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.



8525 Rolling Road  
Suite #200  
Manassas, VA

**703-705-4471**  
www.SpineCareVA.com



## FERTILITY

### Yemi Adesanya-Famuyiwa, MD, FACOG *Montgomery Fertility Center*

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

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

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

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



3202 Tower Oaks  
Boulevard, Suite #370  
Rockville, MD

**301-946-6962**  
MontgomeryFertilityCenter.com



## EXPERT SPINE PHYSICIAN

### Usman Zafar, MD *The Spine Care Center*

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.



8525 Rolling Road  
Suite #200  
Manassas, VA

**703-705-4471**  
www.SpineCareVA.com



## GENERAL AND COSMETIC DENTISTRY

### Aramesh Darvishian, DDS *Perfect Smiles of Reston*

Aramesh Darvishian, DDS, is a general and cosmetic dentist offering top-notch care at Perfect Smiles of Reston in Reston, Virginia. Dr. Darvishian has been awarded as one of America's Top Dentists for multiple years by the Consumers' Research Council and brings her distinctive expertise to patients of all ages in Northeast Virginia.

Dr. Darvishian attended the University of Virginia in Charlottesville, where she completed her undergraduate education in 1997 under a full academic scholarship. To pursue dentistry, she attended the Virginia Commonwealth University School of Medicine in Richmond. Throughout her career, she has continually educated herself on the latest advancements in her field in order to bring the very best to her patients.

As a member of the American Dental Association, the Virginia Dental Association, the Northern Virginia Dental Association, the Academy of General Dentistry, Member of the American Academy of Facial Esthetics, and the American Academy of Cosmetic Dentistry, Dr. Darvishian is well known among her professional affiliates. In 2014, she won the top dentist award from *Northern Virginia Magazine* after being nominated by her peers. Furthermore, she has been awarded America's Top Dentists by Consumers Research Council of America from 2005-2023 consecutively. In 2017, Dr. Darvishian was awarded one of top 10 GP Invisalign providers in North America by Align Technology.

In her current role at Perfect Smiles of Reston, Dr. Darvishian uses her extensive knowledge of dentistry and her talented eye for aesthetics to offer Invisalign®, veneers, CEREC crowns, and teeth whitening. She also provides treatment options such as root canals, dental implants, TMJ treatment, and emergency dentistry.

Outside of work, Dr. Darvishian enjoys spending time with her husband, son, and daughter traveling and experiencing different cultures.

**Facial Esthetics Services Coming Soon!**



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**703-955-4440**  
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Making a Difference By Empowering and Encouraging People To Live Healthier



## GENERAL DENTISTRY

### Craig A. Smith, DDS

**Degrees, Training, and Certificates:** Doctor of Dental Surgery (DDS) – Howard University College of Dentistry; 2 Year General Practice Residency; Chief Resident – Harlem Hospital Center (Affiliate of Columbia University)

**Professional Memberships/Associations:** National Dental Association

**Areas of Interest:** Root Canal Therapy, Implants

**Hobbies:** Motorcycling, boating and spending time with family and friends.

**Additional:** The vast majority of the general public do not understand that some diseases first manifest in the mouth. That's why patient information is so crucial. Stressing the importance of healthy teeth and gums through regular recall visits is a good start.

**Practice Philosophy:** Your smile is very important. It is my mission to give my patients the smile they desire through education, dedication and a gentle touch.

7201 Hanover Parkway  
Suite A, Greenbelt, MD  
**301-446-1784**



## HEALTH COACH

### Laura Deter, Certified Healthy Habits Coach *Compassion with Laura*

For many years I wasn't very good at dealing with life's challenges and stresses. Raising kids, keeping love alive in a long term marriage and running a direct sales business kept me busy and caring for everyone but myself. Then I migrated cross country every 6 weeks for 2 years caring for my parents, who were in their 90's. Many years of overeating and drinking too much had taken their toll. Despite hearing things like "Put your oxygen mask on first." I had no idea how to truly care for myself.

So I numbed my way through life until it got harder and harder to even get through the days. I sought help at a residential rehab where I learned how not to drink while I was there. I didn't learn a thing about how to deal with life at home. (Well, maybe a little.) At any rate it was a matter of months before I was back to daily drinking. I thought I was broken and weak and the shame of my problem brought a lot of emotional pain. When I invariably started drinking again, I didn't go back to treatment or meetings. Shame was a very lonely way to live.

After years of attempting to "moderate" I found a different approach grounded in self-love and forgiveness. I learned what alcohol did in my body and brain and dug into my beliefs about how I thought it was helping me cope. When I did drink or have sugar, I learned to be curious about my feelings and triggers instead of feeling shame and blaming myself. Gradually I was able to choose healthier options naturally and over time, came to a place where I can be around alcohol without wanting it. The feeling of freedom is hard to describe after so many years of struggling.

I'm 50 pounds lighter and am able to live intentionally and joyfully pay the gift of alcohol freedom forward.



9610 Waterline Drive  
Burke, VA  
**703-831-7099**  
www.CompassionWithLaura.com



## GENERAL DENTISTRY

### Padmaja Yalamanchili, DDS *Fairfax Family Dental*

For over 18 years, Padmaja Yalamanchili, DDS, has been serving patients throughout Northern Virginia with her extensive dental expertise, personalized one-on-one care and state-of-the-art dental technology. She and the entire team at her practice Dr. Padmaja Yalamanchili, DDS, PC in Fairfax, VA are committed to helping patients achieve their healthiest, most beautiful smiles. She is well-reputed in the area, and she emphasizes on preventive dentistry.

Dr. Yalamanchili graduated with her Doctor of Dental Surgery degree from the New York University College of Dentistry in Kips Bay, Manhattan. This prestigious New York City institution is the third oldest dental college in the country and is a global leader in top-tier dental care and innovation.

After earning her degree, Dr. Yalamanchili committed herself to serving patients throughout Northern Virginia with her clinical expertise and personalized care. She offers each patient her extensive knowledge and takes the time to customize a care plan to their specific oral health needs and smile goals. She serves patients of all ages through this tailored one-on-one approach. In fact, the rapport she builds with each patient leaves many fondly referring to her as "Dr. Y."

Dr. Yalamanchili is a member of the American Dental Association, Virginia Dental Association, and Northern Virginia Dental Society.

Dr. Yalamanchili is fluent in English, Hindi, and Telugu. When she's not serving patients, you can find her spending time with her husband and two children, cooking, reading, watching a Bollywood movie, or practicing Bikram yoga.

10875 Main Street  
Suite #103, Fairfax, VA  
**703-591-4010**  
www.FairfaxFamilyDentist.com



## HEALTH COACH

### Sereda Fowlkes *Healthy Journey For Wellness*

Hi my name is Sereda. I am a Certified Wholistic Health Coach. Coaching people to health is a lifestyle that includes mental, spiritual, physical, and emotional wellbeing. I am dedicated to helping people get relief from diseases with lifestyle changes that get results when you follow the plan.

If you give your body the proper raw materials, it will heal itself as God intended it to do. We are offering a system to help you on your health journey so you can help coach others. I am here for education and implementation of better lifestyles for healthy living.

Are you where you want to be in your health?

If you could change one thing about your health, what would it be?

Questions? I would love to speak with you! Schedule a free consultation today!

Learn more about the Services we offer and how these programs can help you. You can also set up a free 15 min consultation to see if the programs fit with your goals.

**Health & Wellness Coaching** – Health & Wellness Coaching can help you with support and direction to achieve the goals you are looking for. The best sports teams and athletes have coaches to help to hit their goals, you should too. You deserve the best life and we can help you get there.

**Keto Lifestyle Coaching** – The Keto Cubes Program makes living a keto lifestyle easy. This healthy version of Keto can help you get to your goals and live your best life.

**Mindfulness and Stress Reduction** – Unmanaged stress is at the heart of many diseases. Stress can wreak havoc on our bodies and mind, yet life just tries to put more and more stress on us. Between work, family, and finances it seems like we are more stressed than ever. In this program, we show you how to start taking the stress off your plate with simple tools that will help you get your life back on track.

**Training to Start a Health Coach Career** – Do you want a career that allows you to work from home? Do you want to be able to set your own hours, spend time with your family, be able to go to your child's event, all while helping other people achieve their goals and dreams? Becoming a Certified Health Coach may be the career for you!



Alexandria, VA  
**571-354-0096**  
www.HealthyJourneyForWellness.com



## HAIR SALON

### Jaimi Jackson, Owner *Jai'Styl Hair Spa and Salon*

- Licensed Hair Care Provider
- Certified Trichologist
- Owner, Beyond The Strandz Wellness Clinic and Jai'Styl Hair Spa & Salon

**MY #1 GOAL IS TO PROVIDE YOU, THE CLIENT, WITH HEALTHY HAIR IN ADDITION TO THE LATEST HAIR TRENDS.**

I specialize in Healthy Hair, Hair Loss, Silk Press, Natural Hair, Relaxers, Short Hair, Scalp Detox, Colors and Treatments that protect, rebuild and tame various hair types. With nearly 3 decades of experience, I graduated from Dudley's Beauty College in Washington, DC. I received my Masters of Professional Cosmetology Degree at the National Institute of Cosmetology with the National Beauty Culturalists League. I dedicate numerous hours to continued education, product knowledge and advanced classes to stay abreast in this constant evolution of the hair industry.

I have been featured in:

- eMagline Magazine
- Sophisticate's Black Hair Magazine
- Beauty News Newspaper

My services include hair loss, scalp care, scalp detoxing, scalp analysis, long, medium, and short length hair, highlights, haircuts, coloring, textured hair, relaxers, curls, evening, bridal, up-do's, weaves, children, senior hair and more.



5000 Pennsylvania Avenue  
(off Spaulding Avenue)  
Suite J, Suitland, MD  
**301-967-4044**  
JaiStylz.com



## HYPNOSIS

### Joy Cheriell Brown

Joy Cheriell Brown is an accomplished filmmaker, author, and certified hypnotherapist. Her brand is focused on helping people recognize the powerful creators they are, and empowering them to make their dreams come true.

She has a Bachelor of Arts from Howard University where she studied film and English and graduated summa cum laude, and a Master of Fine Arts in creative writing from National University. She received her training and certification in hypnotherapy from Marisa Peer, Britain's leading hypnotherapist, who developed Rapid Transformational Therapy.

Joy is the founder of Third Person Omniscient Productions, a production company whose mission it is to produce powerful, meaningful, thought-provoking movies, plays, and television shows that enlighten audiences about the human condition, shed light on the meaning of life, and raise the collective consciousness. Her first feature film is currently in development by her production company.

Joy has written for *Script Magazine* and other media outlets, and has a YouTube channel. She is also the author of "The Secret of Life Through Screenwriting: How to Use the Law of Attraction to Structure Your Screenplay, Create Characters, and Find Meaning in Your Script," which is available on Amazon.

Joy@JoyCheriellBrown.com  
www.JoyCheriellBrown.com

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Happy  
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Temple Hills, MD  
**301-449-8664**

## HYPNOSIS/YOGA

**Toni Nandini Greene, Owner**  
*Happy Hour Yoga*

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

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

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

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

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



## LIFT AND STAIR CHAIRS

**Mark Matolak, Owner**  
*One Step Mobility*

Our company was born with one main idea in mind; improving people's life quality. This means we will always give our best to ensure you and your loved ones get the service they need and deserve when it comes to stair chairs and lift chair installation.

There are situations which can be really complicated and tough, and change the way you carry out your activities and your very lifestyle so radically you simply don't know what to do. One of these scenarios is you or a member of your family having mobility issues, whether due to accidents, aging problems or any other circumstance. If you are going through one of these situations, don't worry, we are here to help!

One Step Mobility is a family-owned, locally-run business, operated by Mark Matolak and his wife Cristina Matolak, two utterly diligent and compassionate people with a deep commitment to helping others in any way possible. Since a teenager, Mark knew he was called to help people in distress. So much so, that, after finishing high school, he decided to join the Coast Guard, where he developed new skills and served with great passion. In 1984, when Hurricane Alicia hit Galveston Island, Mark was there, working tirelessly to save lots of lives.

Cristina shares her husband's vocation just as strongly. She's Costa Rican and has worked teaching and helping children. Nowadays, she works side-by-side with Mark in One Step Mobility, bringing mobility solutions to people with disabilities or motion issues.



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## HYPNOTHERAPY

**Desiree Holmes Scherini**  
**BCH, MHT, LBLT, CRMT**  
*Trans-Hypnotherapy – Integrative Life Strategist*

Desiree is a Board Certified, award-winning, Master Transpersonal Hypnotherapist and Life Coach. She specializes in building personal intuition, spiritual exploration and personal transformation. With a degree in Psychology and multiple certifications in modalities ranging from Mindfulness and Cognitive Behavioral Coaching to Psychic-Medium, Past Life Regression, Life Between Lives Spiritual Regression, Reiki, Art Therapy and Tarot, Desiree's intuitive approach uniquely qualifies her to work with clients through Mind, Body and Spirit.



## MAKE-UP ARTIST

**Jennifer Phung**  
*Touch Of Beauty Inc.*

**Education:** University of Maryland College Park, MD (Go Terps). Graduated with a BS in Microbiology.

**Training/Certifications:**

Graduated from Effortless Beauty School of Permanent Cosmetics - Riverside, CA

PhiBrows Eyebrow Microblading Certified Washington, DC

Completed the Xtreme Lashes Training Workshop and Certificate Process

Completed the M.Ivanti Advanced Hairstroke Eyebrow Training (Nanobrows)

Xtreme Lashes Certified Lash Stylist

Xtreme Lashes Advanced Lash Certified Lash Stylist

Xtreme Lashes Advanced Lash Certified Lash Volumation Stylist

Xtreme Lashes Advanced Lash Certified Stylist in Omnivolume

**Professional Summary:** Jennifer has been in patient and personal care for over fifteen years and knows how to make a patient feel comfortable and at ease even in the most nerve-racking moments. She is a fun-loving and a caring person. Jennifer has worked side by side with many surgeons in the operating room and has been trained in sterile techniques. She has a way with people and always has a smile on her face. She believes in helping others to improve themselves. Her clients will receive the best service and personal attention that anyone could ask for. Featured in *Who's Who Millennium Magazine* (2023) and *The National Digest Magazine*. Best Lash extensions in NOVA 2017, 2018 for *Northern Virginia Magazine* as well as Best Eyebrows in 2019 for *Northern Virginia Magazine*.

**Hobbies/Interest:** Jennifer loves music and the arts. She plays the piano and the violin. She enjoys spending time with her family and friends and also enjoys many outdoor activities such as volleyball, skiing and Taekwondo.



10130 Colvin Run Road  
Suite C, Great Falls, VA  
**301-346-3098**  
MyTouchOfBeauty.com



## IMPLANT DENTISTRY

**E. Richard Hughes, DDS**

**Degrees, Training & Certifications:** Dr. Hughes received his Bachelor of Science in Microbiology from the University of Maryland in College Park, MD. He graduated from Meharry Medical College School of Dentistry in Nashville, TN with a degree as a Doctor of Dental Surgery. His Post Doctorate Certificate in Oral Implantology is from Howard University of Dentistry in Washington, DC. Dr. Richard Hughes is a fellow of the American Academy of Implant Dentistry and the American Academy of Implant Prosthodontics, and Board Certified by the American Board of Oral Implantology/Implant Dentistry. He is also a reviewer for the Journal of Oral Implantology, and is on the surgical staff of INOVA Loudoun Hospital in Leesburg, VA. Dr. Hughes, with 21 years of experience in implant dentistry, is a national and international lecturer on numerous topics about implant dentistry, an implant surgical demonstrator and clinical investigator.

**Special Interests:** Dental Implants, Cosmetic Dentistry, Restorative Dentistry

**Professional Memberships & Affiliations:** Part One Test Construction Committee, American Board of Oral Implantology/Implant Dentistry; Oral Examiner, American Board of Oral Implantology/Implant Dentistry; Board of Directors, The American Academy of Implant Prosthodontics; Editorial Advisory Board, Journal of Implant and Advanced Clinical Dentistry; Infection Control Committee and Cancer Committee, INOVA Loudoun Hospital, Leesburg, VA; on the Board of Trustees of the American Academy of Implant Dentistry

**Practice Philosophy:** You'll love the personal attention we give to your comfort and appearance. And, you'll appreciate our use of the latest materials, modern treatment techniques and our pleasant relaxed environment.

**Patient Testimonials:** "Dr. Hughes is the Picasso with dental implant and cosmetic procedures. Thank you for my new smile."

"Dr. Hughes, you gave me better health and a new bite out of life."

46440 Benedict Drive  
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www.SterlingImplantDentist.com



## MASTECTOMY FITTER

**Mimi Quade, Owner**  
*Fran's Nu Image*

**Degrees, Training and Certificates:** Bachelor of Science Degree, Health Planning and Administration, Penn State University.

Certified Fitter – Mastectomy, American Board for Certification in Orthotics, Prosthetics and Pedorthics, Inc.; Juzo Certified Fitter, Compression Garments; 30 years experience in the provision of medical equipment and supplies, management/sales/service.

**Family:** Husband, Chris and Son, Jimmy

**Hobbies:** Sudoku and Reading.

**Practice Philosophy:** Customer care is our priority!

Fran's Nu Image is a facility accredited by the American Board for Certification



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## MAXILLOFACIAL SURGERY

**Sivakumar Sreenivasan, DMD**

*Dental Implant Center of Rockville*

Dr. Sreeni came to the United States as an Oral and Maxillofacial Surgeon from India in the year 1990 and put himself through dental school again at Boston University and an Oral and Maxillofacial Surgery Residency at the 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 graduated from dental school in India in the year 1984. 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, NY in 1994 and has worked as an Attending, providing anesthesia services for children and adults in the ambulatory out-patient center at Mount Sinai 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 providing anesthesia for both adults and children in state of the art office settings with advanced monitoring for your safety. Dr. Sreeni's staff are well trained in assisting with IV Sedation/General Anesthesia. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.



77 South Washington  
Street, Suite #205  
Rockville, MD

**301-294-8700**  
www.OMFSMD.com



## NURSE PRACTITIONER

**Sharon Hawkins, CRNP**

*A Beautiful You, LLC*

I am a Nurse Practitioner of greater than 27 years of experience and I am a member of the American Association of Nurse Practitioners. I have immensely enjoyed working with all types of people in my profession as a Family Nurse Practitioner. It brings me great pleasure in helping people reach their full health potential in any arena.

My formal training involved acquiring a plethora of knowledge while working at Johns Hopkins in Baltimore, MD and then having the wonderful opportunity to work at several different healthcare facilities once I finished my graduate degree in 2001.

In 2017, I decided to broaden my horizons and also become a Yoga Teacher Training, YTT 200. Currently, my interests have turned towards the beauty industry of Cosmetics/Medical Aesthetics.

I provide services such as Botox, Microneedling, and Chemical Peels. My home-based business, A Beautiful You, LLC, is based out of Upper Marlboro, MD.

*A Beautiful  
You, LLC*

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Upper Marlboro, MD 20774  
**240-326-3977**  
www.ABeautifulYouGlow.com

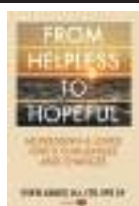


## MENTAL HEALTH

**Beth Albanese, MA, CTRS, CPRP**

*Certified Therapeutic Recreation Therapist  
Certified Rehabilitation Practitioner*

Help for Navigating Mental Health Challenges During Nationwide Crisis  
New book offers guidance for weathering life changes, no matter when they happen



Studies have shown that the U.S. is in the middle of a mental health crisis, and experts say there is an immediate need for integrated mental health services. In her new book, *From Helpless to Hopeful: Addressing a Loved One's Challenges and Changes*, respected Maryland recreation therapist Beth Albanese explains how to navigate both mental health challenges and the system that treats them.

"It's such an important time for people to have a tool like this," Ms. Albanese says. "Mental health issues are so widespread right now that even people who haven't experienced such challenges themselves know someone who is having a hard time."

The book is designed to help laypeople find appropriate resources to help a loved one who is experiencing an emotional and/or life shift. The guidance is delivered alongside Ms. Albanese's personal anecdotes as well as case studies from her many decades of helping clients find creative and effective ways to help someone they care about.

To order a copy of *From Helpless to Hopeful: Addressing a Loved One's Challenges and Changes*, go to: [HouseCallsTotalWellness.com](http://HouseCallsTotalWellness.com)

Go to Amazon For  
More Information



Headquarters in  
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PO Box 776, Olney, MD  
**301-346-6732**  
[HouseCallsTotalWellness.com](http://HouseCallsTotalWellness.com)  
[info@housecallstotalwellness.com](mailto:info@housecallstotalwellness.com)



## OPHTHALMOLOGY

**Renee Bovelle, MD**

*Envision Eye & Laser Center*

**Board Certified, Ophthalmology  
by the American Board of Ophthalmology**

Board Certified Ophthalmologist who has performed thousands of laser, ophthalmic, cataract, cornea and BOTOX procedures. Owner and Medical Director of Envision Eye and Laser. Trained at Wellesley College, UCLA School of Medicine, Yale University and the LSU Eye Center. Named a 2021 Washingtonian TOP DOCTOR by her peers. Selected as the Millennial EYE Outstanding Female Leader in Ophthalmology for the March/April 2021 Issue.

A commitment to excellence in ophthalmic training and surgical technique, coupled with her expertise with state-of-the-art technology, has enabled Dr. Bovelle to earn her patients' confidence and trust. Her practice emphasizes disease prevention, overall wellness, and patient education. She is committed to treating all of her patients with compassion and caring. She offers each patient an individualized treatment plan, and is dedicated to helping patients make informed decisions about medical, surgical, and aesthetic treatments.

Served as assistant professor of Ophthalmology at Louisiana State University, and worked at the National Institutes of Health. Current Director of the Cornea Service at Howard University Hospital Department of Ophthalmology.

Her work has been published in medical textbooks and ophthalmology journals in the U.S. and internationally. Donates her time to caring for the poor by participating in health fairs and medical mission trips. She holds academic appointments at Howard University Hospital, Ross University School of Medicine and University of Maryland Capital Region Medical Center. Holds leadership positions in ophthalmic and other medical associations. Currently, she represents the Maryland Society of Eye Physicians and Surgeons (MSEPS) as a counselor to the American Academy of Ophthalmology and is on the MedChi legislative council. Under her leadership, MSEPS received the 2021 Star Award for innovative delivery of education and value to society members.

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## MENTAL HEALTH

**Barbara J. Brown, PhD**

*Capitol Hill Consortium for Counseling & Consultation*

With a lifetime of professional experience and personal passion in the field of mental health, Dr. Barbara Brown founded Capitol Hill Consortium for Counseling and Consultation in 2009, and currently serves as the leader of CCCC's five DC-area practices and more than 80 clinicians and administrative staff. Out of the office, her work continues; Dr. Brown is a fixture in the community, and frequently dedicates her time to spreading mental health awareness to groups like churches, schools, and corporations.

As founder, Dr. Brown brings more than three decades of psychological experience to CCCC LLC. With a passion for community, Dr. Brown leads a team that values diversity first and foremost, and the pursuit of ensuring that each client has an experience that allows them to live an elevated life.

Coming from a simple, but persistent desire to normalize caring for our minds, just as much as our bodies. Dr. Brown built this consortium with you, your neighbor, your family, your friends, and your community in mind.

"There is no health without mental health." These words said by Dr. David Satcher, the first Black Surgeon General of the U.S., served as the spark that fueled her determination to provide accessible, quality mental health care to all, especially in communities of color.

The clinicians and administrative staff who choose to work here do so because of their dedication to our mission of providing high-quality, accessible, and culturally responsive mental health services. We strive to provide a community of therapists that reflects the communities where we work. We are a multicultural and multidisciplinary practice. Our wish is that everyone who wants to receive mental health care can do so.



Washington, DC  
Maryland & Virginia  
**202-544-5440**  
[www.CCCCMentalHealth.com](http://www.CCCCMentalHealth.com)  
[support@cccmentalhealth.com](mailto:support@cccmentalhealth.com)



## OPHTHALMOLOGY

**Claiborne M. Callahan, MD**

*NewView Eye Center*

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

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

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

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



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**703-777-1244**  
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Suite #50, Reston, VA  
**703-834-9777**  
**1-800-MY-VISION**  
[www.NewViewEye.com](http://www.NewViewEye.com)



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## OPHTHALMOLOGY

Jacqueline D. Griffiths, MD  
*NewView Eye Center*

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

### Degrees, Training & Certifications:

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

### Professional Memberships & Affiliations:

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

"Top Ophthalmologist" *Washingtonian* and *Northern Virginia Magazine*



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Leesburg, VA

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Suite #50, Reston, VA

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www.NewViewEye.com



## ORTHODONTICS

Swathi M. Reddy, DMD  
*All Smiles Orthodontics*

**Degrees, Training & Certifications:** Dr. Swathi M. Reddy, DMD received her DMD from Goldman School of Dental Medicine, Boston University. She graduated with high honors and was inducted into the Omicron Kappa Upsilon National Dental Honor Society. She received additional training to be a specialist in Orthodontics and Dentofacial Orthopedics at University of Nevada.

**Professional Memberships:** Dr. Swathi M. Reddy, DMD is an active member of many organizations, including the American Association of Orthodontists, American Dental Association, Northern Virginia Dental Society, Southern Association of Orthodontics, and Virginia Dental Association.

**Best Health Advice:** It is recommended by the AAO (American Association of Orthodontics) that all children get a check-up with an orthodontist no later than age 7. An orthodontist can identify any problems with emerging teeth and jaw growth, even while some baby teeth are still present.

**Services:** All Smiles Orthodontics offers complimentary consultations with convenient office hours and flexible payment plans with interest free financing.

**Practice Philosophy:** "My philosophy is to provide the best orthodontic treatment at the most appropriate age. It is important to analyze each patient's specific needs, because in-depth planning leads to superior results and higher patient satisfaction. I strive to maintain a balanced and harmonious facial appearance with a functional bite, in addition to providing a long-lasting beautiful smile." – Dr. Swathi M. Reddy, DMD



9010 Lorton Station  
Boulevard, Suite #260  
Lorton, VA

**703-337-4414**

www.AllSmilesBraces.com



## OPTOMETRY

Alexander C. Nnabue, OD, PA  
*Visual Eyes*

**Degrees, Training, and Certificates:** Educated in both Africa and the United States, Dr. Nnabue holds two degrees as Doctor of Optometry. Graduating from Imo State University (1988) and then from Pennsylvania College of Optometry (1994). Dr. Nnabue has received numerous awards and citations for the excellence he brings to the optometry industry. Board Certified in treatment and management of ocular disease in Maryland, Washington, DC and Pennsylvania.

**Professional Memberships and Associations:** He is a member of the American Optometric Association and Maryland Optometric Association.

**Practice Philosophy:** Dr. Nnabue's passion for providing quality eye health care to all including the underserved, has lead him to lead bi-annual "Medical Mission" trips to Africa. These "Medical Missions" are life changing not only for the people receiving care, but for the medical team that take part in these missions.



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Silver Spring: 301-681-9797  
Frederick: 301-694-7557  
www.VisualEyesGroup.com



## PAIN MANAGEMENT

Madhavi Chada, MD  
*Synergy Spine and Pain Center*

Dr. Madhavi Chada an Interventional Pain Management Physician and is triple Board Certified in Anesthesiology, Internal Medicine and Pain Management. Dr. Chada completed her fellowship training in Interventional Pain Medicine at Tufts University – Baystate Medical Center, MA. Dr. Chada completed her dual residencies in Anesthesiology at Brookdale Medical Center, NY and in Internal Medicine at SUNY Stony Brook, NY.

Dr. Chada is an active member of the American Society of Interventional Pain Physicians (ASIPP), North American Neuromodulation Society (NANS) and American Society of Anesthesiologists (ASA). She is also affiliated with the American Medical Association (AMA).

Dr. Chada has been providing Maryland and Washington, DC metropolitan area communities with comprehensive chronic pain management treatments for the past several years. She is the Founder and Medical Director of Synergy Spine and Pain Center, LLC. Dr. Chada is committed to high-quality patient care and is unwavering in her dedication to providing personalized treatment.



12150 Annapolis Road  
Suite #209  
Glenn Dale (Bowie), MD

**240-929-6652**

10905 Fort Washington  
Road, Suite #305  
Fort Washington, MD

**240-260-3828**

www.SynergySpineMD.com



## ORAL AND FACIAL SURGERY

Larry W. Bryant, DDS, PA  
*Bryant Oral & Facial Surgery*

**Oral and Maxillofacial Surgeon practicing in Bowie Area for the past 30 years**  
Oral and Maxillofacial surgery encompasses the area and science of diagnosis, surgical and related treatment of disease, injuries, defects and esthetics aspects of mouth, jaw and face.

**Degrees, Training, & Certifications:** Howard University College of Dentistry - DDS; Oral and Maxillofacial Surgery Residency - Woodland Medical Center, Brooklyn, NY; Fellowship in Orthognathic Surgery and Dental Implantology - Montefiore Medical Center, Bronx, NY.

**Professional Memberships:** Diplomate, American Board of Oral and Maxillofacial Surgery; Chief, Division of Oral and Maxillofacial Surgery at the new state-of-the-art hospital University of Maryland Capital Region Medical Center in Largo; Fellow, American Association of Oral and Maxillofacial Surgeons; American Dental Association; National Dental Association; Maryland Dental Association; Maryland State Dental Association; Southern Maryland Dental Society; Robert T. Freeman Dental Society. Certified by the American Board of Oral and Maxillofacial Surgery and the National Board of Dental Anesthesiology.

**Additional:** Presently a Clinical Assistant Professor at the University of Maryland School of Dentistry in the Department of Oral and Maxillofacial Surgery.

- Dental Implants & Reconstructive Surgery
- General Anesthesia & Sedation
- Extractions & Wisdom Teeth
- Facial Injuries
- Orthodontic & Orthognathic Surgery
- Comprehensive TMJ Therapy

12200 Annapolis Road  
Suite #236-240  
Glenn Dale, MD

**301-249-0553**

LWBryant@comcast.net



## PAIN MANAGEMENT

Sarah Merritt, MD  
*Lifestream Health Center*

**My Degrees & Training:** Majored in Biology Birmingham-Southern College and graduated 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, MD. 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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Suite B322, Bowie, MD

**301-860-0305**

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## PAIN MANAGEMENT

Levi Pearson, III, MD, MBA, DABA, DABPM

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.

**SPINAL CORD STIMULATOR**  
High Frequency Spinal Cord Stimulation is now FDA approved for Diabetic Neuropathy Pain, when medical management fails to control pain symptoms in your legs and feet a new treatment has gained food and drug administration FDA approval to help bring about relief on nerve pain symptoms associated with diabetic neuropathy. Ask Dr. Pearson about this new FDA approved procedure to address your pain symptoms.



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www.MetropolitanSpine.com



## PERIODONTICS

Karl A. Smith, DDS, MS

Periodontal Care can save your life!  
Let me help you live healthier than ever before.

As a periodontist, Dr. Karl Smith specializes in periodontics and implantology. Periodontists are experts in treatment of gum disease, establishing and maintaining periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one really likes to go to the dentist, we strive to make your visits with us as comfortable and pleasant as possible. Patients' comfort is an important part of quality dental care. If you aren't safe and comfortable you won't go and going is just a good thing for your body!

**Degrees, Training and Certificates:** Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. After graduation immediately entered General Practice in the U.S. Air Force Dental Corps. Successfully completed three additional years of advanced training in the specialty of Periodontics, Dental Anesthesia and Implants in 1992 at the University of Texas Health Science Center, San Antonio and Wilford Hall USAF Medical Center. Retired from the U.S. Air Force as a Lieutenant Colonel after four years of reserve and fifteen years of meritorious world-wide active duty service in 1996. Fellowship in the Academy of General Dentistry and in DOCS, an organization for sedation dentistry.

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and safety of his office and patient-oriented team. He is consistently rated by his peers as a Top Dentist 2010-2022 in *Virginia Living*, *Washingtonian Magazine*, and *Northern Virginia Magazine*.

His patient's say: "I'd give 10 stars if I could. Dr. Smith is so kind, caring and explains everything so that you understand. His assistants are thorough, knowledgeable and gentle."

601 Post Office Road  
Suite #1-B, Waldorf, MD  
**301-638-4867**

2500 N. Van Dorn Street  
Suite #128, Alexandria, VA  
**703-894-4867**  
www.DrKarlSmith.com



## PEDIATRIC DENTISTRY

Elizabeth "Andie" Shin, DDS

Bethesda Chevy Chase Pediatric Dentistry

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

Dr. Shin's experience spans a diverse range of locations, settings, and organizations. She was Associate Professor of Pediatric Dentistry for the Advanced Post-Graduate Pediatric Dentistry Residency at the University of Southern California (USC). Dr. Shin practiced pediatric dentistry at a Native American Reservation in Montana. After 9/11, she joined the Army and served as an active-duty military officer and pediatric dentist at Walter Reed Army Medical Center, in Washington DC. Dr. Shin was also the first Korean-American female to hold the position as the division head of the Pediatric Dentistry and Orthodontic Dental Clinic at the Children's Hospital of Los Angeles. These and other positions throughout the years have provided Dr. Shin with invaluable pediatric dentistry experience and unique expertise.

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



4825 Bethesda Avenue  
Suite # 220, Bethesda, MD  
**301-941-7374**  
BCCPediatricDentistry.com



## PERIODONTICS

Marc P. Stanard, DDS, PC

Dr. Marc Stanard specializes in surgical and non-surgical periodontics, extractions, and dental implants.

There are few things in life more important than keeping your teeth happy and healthy. That's why Dr. Marc Stanard, a specialist in periodontics and surgical implant dentistry, is devoted to making it easy, comfortable, and even fun to take care of your teeth. When you come in for a check-up or procedure, he'll take the time to listen to what's bothering you and walk you through every step of the treatment he recommends. Whether you're here for a gum graft or a different specialized procedure, you can relax knowing you're in caring and experienced hands.

With decades of experience and a passion for his work, there's no one better equipped to handle your periodontal care than Marc P. Stanard, DDS, PC. We specialize in all aspects of periodontal therapy, extractions, implants, and more. We provide high-quality, comfortable, advanced, and affordable dental care. Please schedule your appointment today with us for dental care services in our friendly office!

1350 Connecticut Avenue  
NW, Suite #305  
Washington, DC  
**202-887-5441**  
WDCPerioImplant.com



## PEDIATRICS

Janet V. Johnson, MD

Loving Care Pediatrics

Dr. Janet V. Johnson was born in Brooklyn, NY. She received her undergraduate degree in Biology at Hunter College in Manhattan, NY. She pursued a career in research medicine as a research assistant at Downstate Medical School in the Department of Gastroenterology. Obtaining her masters degree in Physiology at Long Island University in Brooklyn, NY. Dr. Johnson received her medical degree from State University of New York at Buffalo School of Medicine in 1991. She completed her internship and residency at Howard University/DC General Hospital in 1994.

After becoming Board Certified by the American Board of Pediatrics, Dr. Johnson worked as an Emergency Room Pediatric Physician at DC General Hospital and for a local pediatrician before she began her practice: Loving Care Pediatrics in Hyattsville, MD in 1998. She is continuing to pursue CME credits to maintain board certification. Concurrently, she serves as a Clinical Instructor to nursing students at Howard University Family Nurse Practitioner (FNP) Program; John Hopkins Family Nurse Practitioner (FNP) Program; Marymount Family Nurse Practitioner (FNP) Program; and University of Maryland Baltimore Family Nurse Practitioner (FNP) Program. She also serves as a Clinical Instructor for medical assistant students at Stratford University; Fortis College; Brightwood College and Career Technical Institute. She is a Fellow of the American Academy of Pediatrics (FAAP). Dr. Johnson is also a member of the Prince George's Community Advisory Group (CAG), Washington Adventist Health Ministry Network and the Medical Advisory Committee for Amerigroup Insurance. Dr. Johnson has given lectures on Teen Suicide and Teen Awareness on HIV/AIDS to youth groups in Washington, DC and continues to publish articles in *Washington Woman's Journal* and *Your Health Magazine* in Prince George's County. She served as Medical Director of the Mid-Maryland Mission of Mercy and Health Equity Festival, which provides free dental care. She annually gives talks "Suicide Is Not an Option" and "Teen HIV/AIDS Awareness" to a group for youth summer program in Washington, DC. She integrates Christian prayer into her practice when appropriate and regularly incorporates social justice topics into her magazine articles.

**Practice Philosophy:** I am committed to serving my patients, parents and community by providing excellent and compassionate health care service to a culturally diverse population that promotes the dignity and well-being of the people we serve.

**Loving Care Pediatrics**  
3311 Toledo Terrace  
Suite #C-201  
Hyattsville, MD  
**301-403-8808**



## PODIATRY

Lubrina Bryant, DPM

District Podiatry, PLLC

Foot doctor Lubrina Bryant DPM is dedicated to getting to the root of your foot or ankle problem.

District Podiatry, PLLC specializes in general foot and ankle care. Having chronic foot and ankle pain can affect the quality of your life and finding the right foot and ankle specialist can be just as difficult. We know how hectic life can be and we are committed to making our practice and care convenient and accessible.

We accept most insurance plans and welcome new patients!

From routine checkups to minor foot surgery, Lubrina Bryant, DPM is a podiatrist who is equipped to handle all your foot and ankle needs.

**Services Include:** Routine Foot Care, Diabetic Foot Care, Wart Removal, Ingrown Toenails, Foot, Ankle or Heel Pain, Toenail Fungus, and Bunions.

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**202-388-5303**  
www.DistrictPodiatry.com

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## PODIATRY

### Howard Horowitz, DPM *Bowie Foot and Ankle*

Dr. Horowitz has been practicing in the Bowie area for over 25 years. He graduated from the Illinois College of Podiatric Medicine with a Doctorate of Podiatric Medicine and did his postgraduate training in podiatric medicine and surgery in association with the Podiatry Group of Greater New York and the New York College of Podiatric Medicine. Dr. Horowitz remained in New York for an additional two years to practice with several of his training program's attending doctors in order to further hone his medical and surgical skills.

Dr. Horowitz enjoys the general nature of his practice and sees patients of all ages with a variety of foot problems. He especially enjoys dealing with the orthopedic nature of many podiatric problems, whether they be of recent onset or long standing. He has found that chronic problems affecting the ankle, knee, hip or back, can often be traced to recent symptoms within the foot, or vice versa. Dr. Horowitz continues to expand his knowledge in podiatric medicine, in an effort to bring advances in treatment and technology to his patients.

**Professional Affiliations:** American Podiatric Medical Association, Maryland Podiatric Medical Association and American Academy of Podiatric Sports Medicine

**Special Interests:** Biomechanical Gait Analysis, Orthopedics, Surgery

**Board Certifications:** Podiatric Surgery - American Board of Medical Specialties in Podiatry; Podiatric Orthopedics - American Board of Podiatric Orthopedics and Medicine



14999 Health Center Drive  
Suite #112, Bowie, MD  
**301-464-5900**  
www.BowieFootAndAnkle.com



## PROSTHETICS

### Kyle Wilhelm, BS, CO

*Full line of orthotics for Lower Limb, Upper Limb, and Spinal, including Diabetic Shoes*

**Degrees/Training:** Ohio Northern University, B.S. in Business Administration, 1983; Northwestern University, Certification in Orthotics, 1999.

**Professional Associations:** American Board for Certification in Orthotics

**Family:** Married and the father of five children.

**Practice Philosophy:** Take the extra time to listen to the patient and then provide the ideal orthotic device to improve their quality of life.

**Additional:** Transportation problems? Don't worry- we make home visits, nursing home and hospital visits at no cost.

- ABC Certified Prosthetist
- More Than 24 Years of Experience
- Orthotist at Metro Prosthetics, Inc

*Maryland State Licensed to Treat People At Home*



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Metro Prosthetics'  
46th Anniversary*



## PROSTHETICS

### Pete Goller, BS, CP

*Custom Made Artificial Limbs  
Free Office Visits • Free Evaluations*

**Education:** Davis and Elkins College; BS in Health Education and Exercise Science 1990; Northwestern University Medical School Prosthetic Program 1990

**Professional Memberships/Associations:** American Board for Certification in Prosthetics, Member AOPA, ABC Accredited Facility

**Special Interests:** Spending time with my family; shooting pool on APA league

**Practice Philosophy:** Old fashioned one-on-one service. Do whatever it takes to make the patient happy.

**Additional:** Transportation problems? Don't worry—home visits, nursing home and hospital visits at no cost.

- ABC Certified Prosthetist
- More Than 32 Years of Experience
- President of Metro Prosthetics, Inc.

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## PROSTHODONTICS

### Harshit Aggarwal, DDS, MSD

*Center For Dentofacial Aesthetics*

**What made you decide to become a dentist?** I always had a passion for visualizing an objective and then reverse-engineering the steps needed to get there. This, coupled with my dexterity and love for exacting positive change in people's lives, helping them in their journey toward healthier living, made dentistry the right fit. Oral health is vital to overall systemic health; every day, I get to help my patients make positive changes that will last a lifetime.

**What makes you different from other dentists?** My vision. I strive to build back trust in healthcare. When insurance companies, patients, and doctors fight with one another, the disease wins. In my ideal world, we all work together to fight the disease, and patients can trust their doctors 100 percent. Every day, every procedure and every person I meet helps me fulfill this vision. We never recommend unnecessary treatments and care for all patients as though they are extensions of our families.

**How do you employ new technology to help your patients?** Our state-of-the-art facility features the most sophisticated dental technologies, and our team stays at the forefront of the latest techniques and industry advancements. However, the technology in my office does not dictate treatment plans. We always use the best technology available to fit each patient's individual needs. We have a full-service, in-house lab where we make all our prosthetics. Our digital 3D scanners, cameras, sensors and CBCT ensure the most accurate diagnoses, efficient treatment plans and longest-lasting results.

**Bio:** Dr. Aggarwal graduated from his mother's alma mater, Nair Hospital Dental College in Mumbai, in 2004, earning his bachelor's in dental surgery. He received his Certificate in Prosthodontics/M.S. in Dentistry from the now Rutgers School of Dental Medicine. Dr. Aggarwal was a clinical assistant professor at Marquette University School of Dentistry from 2009-14.



7617 Little River Turnpike  
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Annandale, VA  
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CDA/virginia.com



## PROSTHETICS

### Jed Newhardt, BS, CPO

*Custom Made Prosthetics and Orthotics  
Free Evaluations*

**Education:** Bachelor of Science in Prosthetics & Orthotics, University of Washington – Seattle 2012

**Post Graduate Education and Training:** Prosthetic Residency at Rehabilitation of Chicago – 2012-2013

**Certifications:** American Board for Certification in Orthotics & Prosthetics

**Practice Philosophy:** Personalized service integrating traditional techniques with the latest technology.

**Additional:** Transportation problems? Don't worry- we are always happy to see you at your home, nursing facility or in the hospital.



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Nottingham, MD  
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www.MetroProsthetics.com

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Metro Prosthetics'  
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## PROSTHODONTICS

### Garima K. Talwar, DDS, MS

*Board Certified Prosthodontist  
Specializing in Reconstructive,  
Cosmetic and Implant Dentistry*

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

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

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

**Esthetique Dentistry**  
44345 Premier Plaza  
Suite # 220, Ashburn, VA  
**703-729-6222**  
EsthetiqueDentistryAshburn.com

**Advanced Dental Care**  
1602 Village Market  
Boulevard SE, Suite #130  
Leesburg, VA  
**571-455-0466**  
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www.DrLisaHadley.com  
Dr.LisaHadley@gmail.com

## PSYCHIATRIST

**Lisa Hadley, MD, JD**

I've been practicing psychiatry for more than 20 years, with extensive experience treating patients in multiple settings.

I work with adults of all ages. My practice focuses on psychiatric assessment and medication treatment options.

My specialties include depression, anxiety, Bipolar Disorder, OCD, and working with LGBTQ+ individuals.

I received my medical degree and completed my psychiatric residency training at the University of Maryland. I am board certified in general psychiatry and addiction medicine.

I look forward to meeting with you to discuss your psychiatric needs.



## TMJ & SLEEP DISORDERS

**Jeffrey L. Brown, DDS**

*Sleep & TMJ Therapy*

Dr. Jeffrey Brown grew up in the state of Maine and went to Bowdoin College, where he graduated Magna Cum Laude in 1982. He accepted early decision into the Georgetown School of Dentistry, and graduated from there in 1986. While at Georgetown, Dr. Brown worked in the Neurology Department as an assistant on a project that involved studying the regeneration of nerve tissue in the spinal column after major trauma.

Upon graduation from Georgetown Dental School, Dr. Brown worked for a short time as an associate in a practice in Falls Church, VA. From there, he moved on and built his own practice in the Fairlington neighborhood in Arlington, VA, creating one of the largest practices ever seen on the East Coast.

Dr. Brown took a short sabbatical to help raise his four young children and to continue his education. It was then that he began the process of understanding sleep apnea and how it correlates to TMJ treatment. His knowledge in the combined fields of TMJ, sleep and orthodontics has given him a perspective unlike most other practitioners who perform basic dentistry. In addition, Dr. Brown has also learned the advanced techniques involved in expanding an airway so that both children and adults can breathe better. His training continued over time at the famous Sleep Medicine Center near the Emory University Hospital. He is a certified Fellow of the American Academy of Craniofacial Pain, awarded the Level of Legacy with the ALF Interface Academy and holds memberships with many academies.

In 2013, Dr. Brown met Dr. Brendan Stack and was immediately impressed with the success Dr. Stack had in treating TMJ cases and being able to repair so many damaged lives. For Dr. Brown, helping people by dealing with their debilitating TMJ issues became his second calling. And, as they say, the rest is history!



2841 Hartland Road  
Suite #301  
Falls Church, VA  
**703-821-1103**  
SleepandTMJTherapy.com



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• Benedictine University

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MorningStarHealthSys.com  
www.BPHNetwork.org

## PUBLIC HEALTH

**Peter C. Jones  
MPH, OTR/L**

- Co-owner of MorningStar since 2013
- **Mission:** Provision of concise public health education to empower communities of color in Montgomery County.

Community partner with the BPHN.

- **Past initiative:** COVID-19 education and vaccine incentive program (Feb. - June 2022)
- **Current initiative:** Alzheimer's Disease education program



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## WELLNESS

**Tiffany Daniel**

*Live To Day Wellness*

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

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

**Training:** Mindful Movement and Breathwork

**Areas of Interest:** Healthy Eating and Regular Exercise

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

**Practice Philosophy:** Your Health is Your Wealth

Hosts a monthly women veterans peer support group with Peer Outreach Solutions, Inc., (Posi) for Sista's of the Posi.

Give An Hour, Ambassador supporting veterans and their families.

Veteran Yoga Project, State Director for Yoga - MRT

Breathe for Change, Yoga Instructor Yoga - SEL(F)

Mental Health First Aid Certified

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



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*Virginia Spine Specialists*

**Degrees, Training & Certifications:** Dr. Sharma, MD, FAANS, FACS is a board certified Neurosurgeon and has called Northern Virginia his home since 2001. After finishing his training at the prestigious Georgetown University Hospital, Dr. Sharma joined the clinical staff at Prince William Hospital to diagnose and treat spinal problems. He was the first Neurosurgeon to offer minimally invasive spinal care at Spotsylvania Regional Medical Center. He specializes in minimally invasive procedures of the spine and has treated countless patients over the years who are now living pain free and productive lives. He travels all around the country and the world to give talks to other doctors about the latest spinal innovations.

**Professional Memberships:** Dr. Sharma is a Fellow of the American College of Surgeons and a Fellow of the American Association of Neurological Surgeons.

**Clinical Interests:** Minimally Invasive Spine Surgery using Artificial Disc Replacement, Lumbar Fusion, Microdiscectomy, XLIF™ Procedure. Dr. Sharma specializes in treating Neck, Back, Arm & Leg Pain - and a variety of Spinal Disorders including Slipped Disc, Spinal Stenosis, Herniated Disc, Sacroiliac Joint (SI) Dysfunction, Spinal Tumors, Failed Back Surgery, and others.

**Practice Philosophy:** "Pain can be successfully treated with state-of-the-art techniques."

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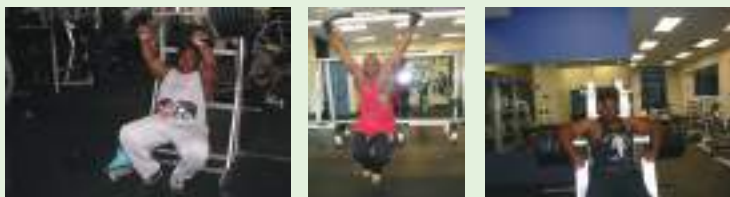
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# What Is a Trichologist?

## Understanding the Role Of Hair and Scalp Specialists



By Jaimi Jackson,  
Certified Trichologist, Owner  
Jai Stylz Hair Spa & Salon

Hair and scalp issues can significantly impact our appearance, self-confidence, and overall well-being. While many people seek assistance from dermatologists for such concerns, there is another group of professionals who specialize specifically

in the study of hair and scalp health – trichologists. In this article, we will explore what a trichologist is and the vital role they play in treating hair and scalp conditions.

A trichologist is a specialist who focuses on hair and scalp disorders. They are experts in the field of trichology, which is a branch of dermatology that deals exclusively with the study of hair and scalp health. Trichologists provide treatments for conditions that affect the hair and scalp.

Factors that may contribute to hair loss include genetic predisposition, hormonal imbalances, nutritional deficiencies, lifestyle habits, stress, or environmental factors. Trichologists can develop personalized treatment plans to address the specific needs of each individual.

Please see "Trichologist," page 39

# Children Need Cheerleaders



By Janet V. Johnson, MD  
Loving Care Pediatrics

By providing encouragement and love, individuals can unlock their potential and thrive, leading to the development of their self-esteem. When we continuously uplift and affirm our children by saying, "I see your capabilities, and you have succeeded," they gain the confidence to conquer any subject or task, instilling a belief in their abilities to excel in all areas of life.

Fostering a child's self-esteem requires warmth, love, encourage-

ment, and positive reinforcement. These elements contribute to nurturing a child's self-confidence and belief in themselves.

In our society today, it is common for individuals to criticize themselves and their children constantly. This pattern often stems from their own upbringing, which involved constant criticism, belittlement, and abuse. Unfortunately, some insensitive parents label their children as "losers," "lazy," "dumb," or "cowards," causing lasting wounds and self-doubt.

Parents often place irrational expectations on their children, failing to recognize and appreciate their unique talents and abilities. It is essential for parents to encourage their children to succeed by acknowledging their God-given talents and not expecting them to conform to something they are not capable of or have no interest in. Forcing a child with a musical inclination into a sports team they

Please see "Cheerleaders," page 38

# Jaimi

Certified Trichologist  
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# Relieving Menstrual Discomfort – A Holistic Approach

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

Dysmenorrhea, a common health concern faced by women worldwide, refers to periodic pain experienced during or prior to, or after menstrual periods. It occurs due to disrupted contractions within the uterus caused by

an excess of harmful prostaglandins. For some women, these pains can be severe enough to disrupt their daily activities for several days each month.

Symptoms of dysmenorrhea commonly include cramping, lower abdominal pain, lower back pain, or a pulling sensation in the inner thighs. Additionally, women may experience accompanying symptoms such as

headaches, dizziness, vomiting, nausea, diarrhea, or constipation.

Dysmenorrhea can be classified into two types: primary and secondary. Primary dysmenorrhea occurs without any physical abnormalities and usually emerges within three years of menstruation onset. Factors contributing to primary dysmenorrhea include allergic reactions, an unhealthy diet, excessive estrogen, being overweight, smoking, and stress. Many experts attribute the uterine muscle contractions to prostaglandins, hormone-like substances involved in pain and inflammation. On the other hand, secondary dysmenorrhea is caused by gynecological conditions like endometriosis, fibromas, and pelvic inflammatory disease (PID).

In Chinese medicine, pain is regarded as a symptom of an underlying issue. According to this approach, the root cause of pain can be attributed to either an excess pattern or a deficiency pattern. Excess patterns involve blockages of *Qi* and blood or the retention



Quansheng Lu, CMD, PhD, LAc

of heat, dampness, or wind. Deficiency patterns, on the other hand, result from insufficient *Qi* and blood or an imbalance in the kidney and liver.

Chinese medicine practitioners employ acupuncture and herbal medicine using various strategies to address dysmenorrhea, such as expelling wind, dissipating cold, eliminating dampness, moving *Qi*, invigorating blood, nourishing the blood, clearing heat, and tonifying the kidneys.

A recent review aimed to assess the effectiveness and safety of acupuncture in treating primary dysmenorrhea. The review included ten trials with data from 944 participants, with six trials focusing on acupuncture and four trials on acupressure. The findings revealed that acupuncture led to improved pain relief compared to a placebo.

Please see "Holistic Approach," page 39



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## CHEERLEADERS

FROM PAGE 38

dislike, such as football or soccer, is counterproductive and undermines their self-esteem.

A common mistake parents make is imposing a uniform standard on all their children. However, King Solomon's wisdom advises parents to educate each child according to their individual inclinations. Every child possesses distinct strengths, tendencies, and unique abilities. We should never evaluate or compare one child to another, as each child should be guided in a way that is suitable for their own growth. Comparing a child to their sibling or anyone else can be considered a form of verbal abuse. Instead, children should be raised to embrace and celebrate their individuality.

Parents have a significant role in instilling self-confidence and self-esteem in their children through the immeasurable love and attention they provide. These tools for life far surpass what any academic degree in education can offer. It is the responsibility of parents to educate their children and impart moral values.

Here are four steps to effectively encourage success:

1. Offer focused attention: Take the

time to prioritize each child individually. They cherish moments of undivided attention. Designate special days or activities for each child to create treasured memories.

2. Provide individual affirmation: Help your children discover their strengths and guide them in developing their skills. Understand each child's unique personality, addressing both their positive and negative aspects. Tailor your approach to meet each child's individual needs.
3. Express genuine appreciation: Avoid cultivating bitterness in your children. Acknowledge their achievements and let them know what they have done well. Show parental support, assuring them that you are on their team. While addressing mistakes is important, do not allow them to become the sole focus. Ensure your children know that you are proud of their accomplishments.
4. Embrace physical affection: Offer hugs, share laughter, and enjoy quality time together. These gestures of physical affection foster strong bonds and create a positive atmosphere for growth and development.

## ALL-ON-FOUR

FROM PAGE 16

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

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

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

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

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

Second, the dentist or surgeon will prepare your mouth for the im-

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

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

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

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

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



# WHIPLASH

FROM PAGE 4

can be just as effective as other forms of treatment, such as physical therapy and pain medications. And unlike these other options, chiropractic care is non-invasive and has very few side effects.

If you have recently experienced a car accident and are suffering from whiplash symptoms, chiropractic care may be an excellent option to consider. By working with a qualified chiroprac-

tor, you can find relief from your pain and discomfort while also promoting long-term spinal health and preventing future injuries. So why suffer from whiplash when a safe and effective treatment option is right at your fingertips? Contact a chiropractor today to learn more about how we can help you recover from your injuries and get back to your life.

# HOLISTIC APPROACH

FROM PAGE 38

In Chinese medicine, ginger has been widely utilized for an extended period to alleviate dysmenorrhea due to its anti-inflammatory, spasmolytic, and circulatory properties. Ginger helps inhibit cyclooxygenase and lipoxygenase enzymes, which contribute to menstrual cramps. Another commonly used Chinese medicine

ingredient for treating dysmenorrhea is peach kernel.

By adopting a holistic approach that combines traditional Chinese medicine practices such as acupuncture and herbal remedies, women can find relief from dysmenorrhea and experience improved well-being during their menstrual cycles.

# TRICHOLOGIST

FROM PAGE 37

While trichologists do not perform surgical procedures, they can provide non-surgical treatments and therapies for hair and scalp conditions. These treatments may include topical solutions, nutritional supplements, laser therapy, and scalp massages. Trichologists work closely with their clients to develop a treatment plan that addresses their specific concerns and goals. They also provide education and guidance on proper hair and scalp care, including recommendations for

products and lifestyle modifications that can promote healthier hair growth.

Beyond treating hair loss and scalp conditions, trichologists also play a crucial role in preventive care. They educate individuals about maintaining optimal hair and scalp health, which includes proper hygiene, nutrition, and lifestyle habits. By promoting preventive measures, trichologists empower individuals to take proactive steps in caring for their hair and scalp, potentially reducing the risk of future problems.

# HEALTH COACH

FROM PAGE 7

chronic disease management. They can provide you with valuable information and resources that can help you make better choices and improve your health. They can also provide emotional support and encouragement, which can be especially valuable during challenging times.

## Long-Term Success

Working with a health coach can help you achieve long-term success. Unlike fad diets or quick-fix solutions, a health coach will help you make sustainable lifestyle changes that will have a lasting impact on your health. They will work with you to develop healthy habits and routines that you can maintain over the long-term. This approach to health and wellness is much more effective than short-term solutions, as it focuses on creating lasting change.

## More Than Just Diet and Exercise

While diet and exercise are im-

portant components of a healthy lifestyle, there is much more to health and wellness than just these two factors. Health coaches take a holistic approach to wellness, which means they consider all aspects of your life that can impact your health, such as stress, sleep, and social support. By addressing these factors, health coaches can help you achieve optimal health and wellness.

A health coach can be an invaluable resource for anyone looking to improve their health and wellness. Whether you want to lose weight, manage a chronic condition, or simply feel better, a health coach can provide personalized guidance, accountability, and support. They can help you develop sustainable lifestyle habits that will have a lasting impact on your health. If you are looking to take charge of your health and achieve your goals, consider working with a health coach.

# FERTILITY

FROM PAGE 7

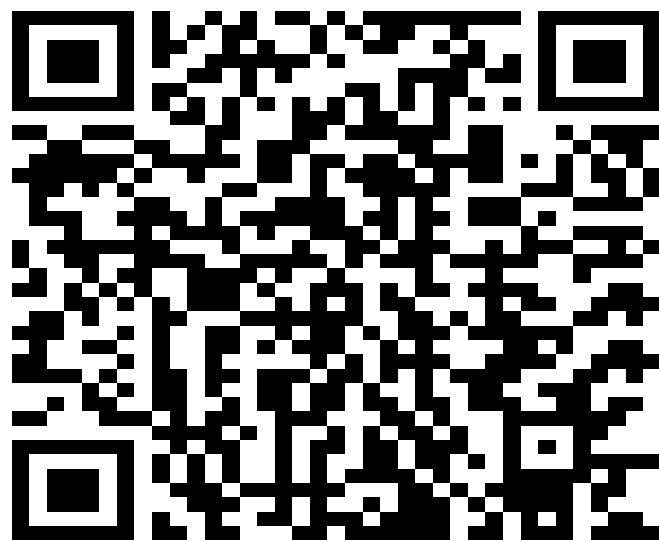
marital homes, labeled as barren, replaced by another woman, ostracized, debased within the family structure to become the family servant, and subjected to physical and psychological abuse.

Access to care may also be limited in patients who have reticence about the empathy or relatability of the care

providers. Barriers to empathy may include language barriers or simply cultural differences. Most of these barriers can be overcome by being patient and listening carefully to the patient.

In order to adequately care for the multicultural patient, providers need to be sensitive to their backgrounds.

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# New Technology



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- Our DMX technology captures images of your spine in motion, where your symptoms are likely to appear.
- Traditional X-rays are designed to take pictures of patients standing still, missing whiplash and neck ligament injuries.
- Motion causes your symptoms, so it makes perfect sense that scanning during motion is more likely to reveal the problem.

- With DMX, you can get a more complete and accurate diagnosis, leading to better treatment outcomes.



- Our weight-bearing open MRI can scan your spine in its normal, weight-bearing posture.
- Patients can be positioned upright, allowing for a full range of motion to be captured.
- The scanner is fully functional inside the magnetic field, enabling unique patient positions.
- You can watch TV during your scan, and a loved one can accompany you for reassurance.
- Conventional "lie-down" MRI scanners can miss your whiplash diagnosis!



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## 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.