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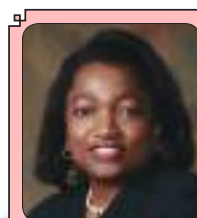
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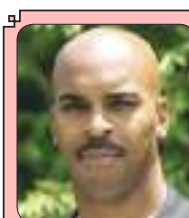
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a Woman's Touch*

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LOCAL DOCTORS & ARTICLES at YOURHEALTHMAGAZINE.NET

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



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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.



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Obesity and Your Health



By Etwar McBean, MD, FACS
The Bariatric & Hernia Institute, PC

Obesity gives rise to numerous difficulties long before serious health conditions arise. Typically, obese individuals experience fatigue and shortness of breath when walking long distances or climbing stairs. They often suffer from lower back and knee joint pain, limiting their physical activity. Sleep disturbances, characterized by snoring and frequent awakenings at night, are common precursors to more severe ailments.

In addition, many people struggling with weight issues avoid social events and activities they once enjoyed, which can contribute to varying degrees of depression. Subsequently, well-known major health conditions arise, such as sleep apnea, diabetes, high blood pressure, high cholesterol, heart disease, and arthritis, among others. These conditions often necessitate long-term treatment with multiple medications, leading to a decline in overall health and quality of life, coupled with the high costs of ongoing medical care.

Various options for weight loss exist, including diets, exercise programs, medications, and weight loss surgery. However, the effectiveness of each of these approaches depends on daily healthy lifestyle choices and varies depending on the amount of weight loss required.

Weight loss surgery is typically suitable for individuals who are 80-100 pounds overweight and are un-

Please see "Obesity," page 38

Chiropractic Care For Debilitating Sciatic Symptoms



By Gelareh Naenifard, DC
Pain & Rehab Center, LLC

Sciatic symptoms following an auto injury can be debilitating and can significantly impact a person's quality of life. The sciatic nerve is the largest nerve in the body, running from the lower back down to the feet, and any damage or compression to this nerve can cause intense pain, numbness, and tingling sensations.

Auto accidents can result in vari-

ous types of injuries, including whiplash, fractures, sprains, and strains. These injuries can directly or indirectly affect the sciatic nerve, leading to the development of sciatica symptoms. The force of impact during a collision can cause the vertebrae in the spine to shift or become misaligned, putting pressure on the sciatic nerve roots.

It is important to seek medical attention following an auto injury, even if you do not immediately experience sciatica symptoms. Some symptoms may take days or even weeks to manifest, and early intervention is crucial for effective treatment and management. A healthcare professional, such as a chiropractor, can conduct a thorough examination to determine the extent of your injuries and develop a personalized treatment plan.

Chiropractic care has been widely recognized as an effective approach for managing sciatica symptoms following

Please see "Sciatic," page 38



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PainRehabCenterMD.com



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

Kyphoplasty

Treatment For Spinal Compression Fractures

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

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

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

Kyphoplasty most successfully reduces a patient's pain within two

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

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



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

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

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



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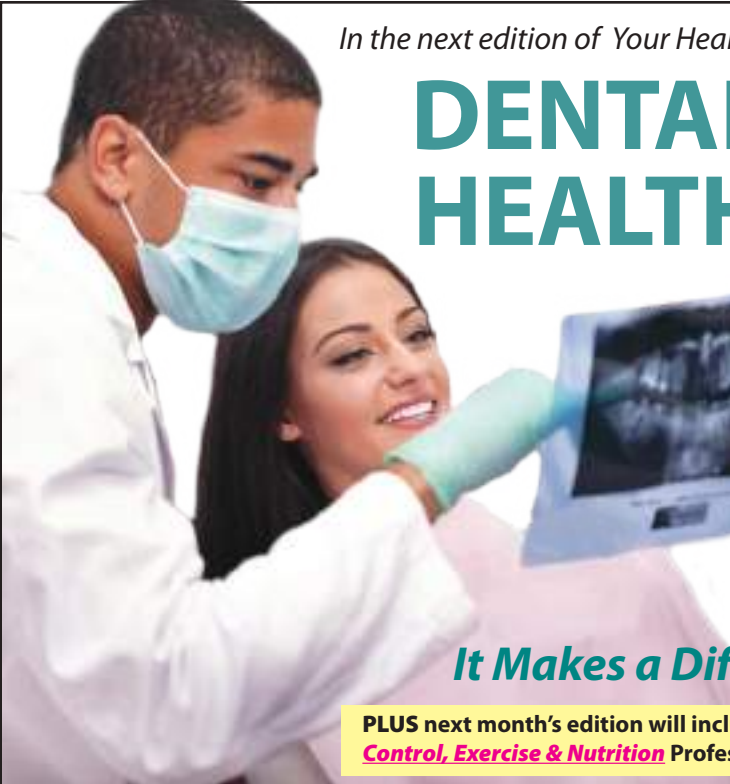
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Your Health Magazine is on a mission. There are far too many people, insured or not, who do not go to the doctor when they should, and in millions of cases, don't know who they should go to, or why.

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Zerona Plus Endermologie Lipo Massage

An Effective Combination To Achieve a Sculpted Body and Reduce Cellulite

By Dr. H. Michael Rassael, DO
Millennium Medical

Achieving a sculpted body and reducing cellulite have been common health and aesthetic goals for many individuals. Among the plethora of options available, two promising techniques have emerged as popular non-invasive solutions: Zerona for body contouring and Endermologie lipo massage for cellulite reduction. These two complementary methods work together to help individuals tighten up, lose inches, and reduce the appearance of cellulite, resulting in a more confident and toned physique.

Understanding Zerona For Body Contouring

Zerona is a cutting-edge, FDA-approved body contouring procedure that uses low-level laser therapy (LLLT) to target and disrupt stubborn fat cells in specific areas. This non-invasive treatment helps to emulsify adipose tissue, effectively liquefying fat cells. The liquefied fat is then naturally removed by the body's lymphatic system. Zerona treatment requires no incisions, anesthesia, or downtime, making it a convenient option for those seeking to tone their bodies without surgical intervention.

During a Zerona session, patients lie comfortably as the specialized laser is applied to the targeted areas. The procedure is painless and well-tolerated by most individuals. Multiple sessions are usually recommended for optimal results, and patients often notice a visible reduction in inches in the treated areas, such as the abdomen, thighs, hips, and arms.

Exploring Endermologie Lipo Massage for Cellulite Reduction

Cellulite is a common concern for many, and it often persists despite regular exercise and a healthy diet. Endermologie lipo massage, another non-invasive technique, addresses cellulite by using mechanical rollers and suction to stimulate the body's connective tissues. This stimulation promotes increased circulation and collagen production, leading to improved skin elasticity and a reduction in the appearance of cellulite.

Endermologie lipo massage is painless and relaxing, with patients often describing it as a deep tissue massage. Over the course of multiple sessions, individuals can experience a noticeable reduction in cellulite, leading to smoother and firmer skin.

The Synergy Of Zerona and Endermologie Lipo Massage

The combination of Zerona body contouring and Endermologie lipo massage offers a powerful approach to achieving desired body goals. Zerona effectively targets and eliminates excess fat, resulting in a more sculpted and toned physique. As the body tightens up and inches are lost, Endermologie lipo massage comple-

ments the process by reducing the appearance of cellulite, ensuring that the skin's texture improves along with the body's contours.

Furthermore, both procedures are non-invasive, meaning they involve no surgery, incisions, or anesthesia. This makes them a safer and more accessible option for individuals seeking body improvements without the risks associated with invasive procedures.

With multiple sessions and professional guidance, individuals can achieve their desired body goals, boost their self-confidence, and enjoy the benefits of a sculpted, cellulite-free physique. However, before considering any procedure, it is crucial to consult with a qualified healthcare professional to determine if these treatments are suitable for individual needs and goals.

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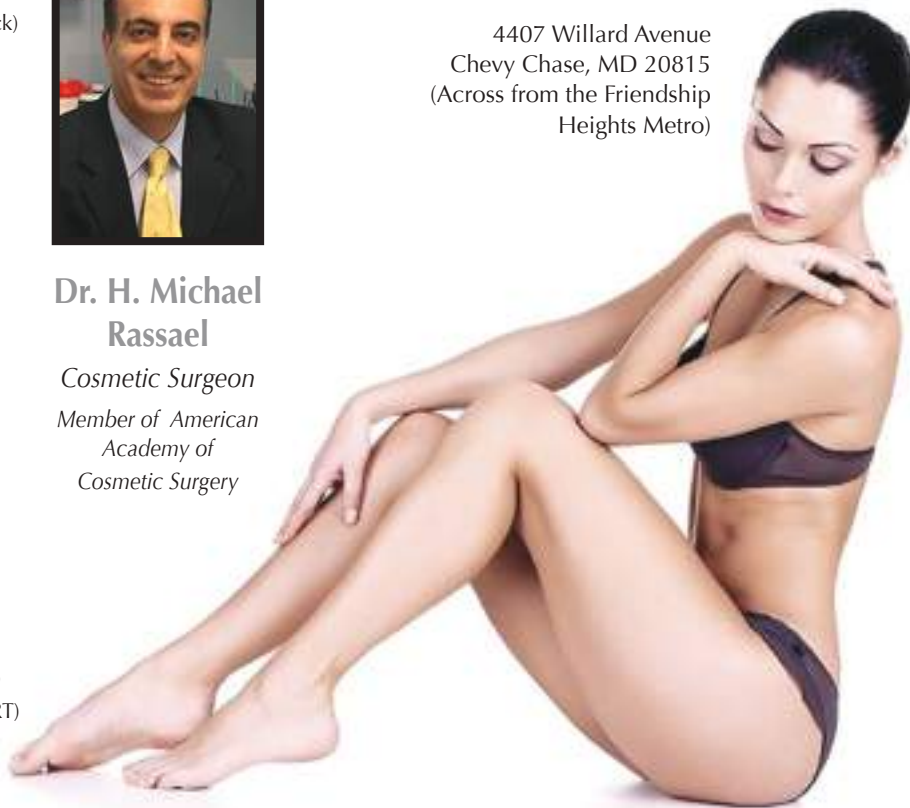
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An Age-By-Age Guide

The ABCs Of Dental Hygiene For Toddlers

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

Ensuring your child's oral health is essential for their overall well-being. Teaching proper dental hygiene habits from an early age is crucial to set the foundation for a lifetime of healthy teeth and gums. In this age-by-age

guide, we will explore the ABCs of dental hygiene for toddlers, providing you with practical tips to keep your little one's smile bright and healthy.

Age 1-2: The Early Steps

During the first year of your child's life, gently clean their gums with a soft cloth or infant toothbrush. Introduce a rice-grain-sized amount of fluoride toothpaste when their first teeth appear.

Supervise brushing to prevent swallowing toothpaste.

Use a soft-bristled toothbrush designed for infants and brush your child's teeth twice a day. Make it fun and interactive. Limit sugary drinks like fruit juices and soda. Opt for water or milk. Discourage frequent snacking. Schedule the first dental visit around their first birthday for a checkup and

guidance.

Age 2-3: Building Independence

Encourage independence while supervising brushing. Introduce flossing when two teeth touch. Use child-friendly flossers for easier and enjoyable flossing.

Establish a routine of brushing teeth in the morning and before bedtime. Ensure two minutes of brushing all tooth surfaces. Promote a balanced diet with fruits, vegetables, and whole grains. Limit sugary snacks and drinks causing tooth decay.

Age 3-4: Reinforcing Good Habits

Transition to a pea-sized amount of fluoride toothpaste. Teach your child to spit it out after brushing.

Make brushing fun with interactive toothbrushes or timers. Regular dental checkups every six months are important for early detection and familiarity with the dentist's office.



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*Ensuring your
child's oral health
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overall well-being.*

Age 4-5: Building a Lifelong Habit

Encourage independence and emphasize the importance of good oral care. Show the correct brushing technique, covering all surfaces.

Consistency is key—twice daily brushing. Set a positive example by brushing together. Monitor brushing time with timers or toothbrushes with built-in timers.

Reinforce good habits with praise and rewards. Stay informed about dental care recommendations. Attend parent education sessions or consult the dentist for age-specific oral health practices.

Establishing good dental hygiene habits early sets the stage for a lifetime of healthy teeth and gums. By following this age-by-age guide, you're laying a strong foundation for your child's oral health. Encourage independence, make dental care fun, and lead by example. Regular dental checkups and staying informed contribute to their dental well-being.

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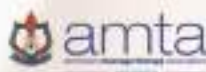
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Occlusal Adjustments and Their Role In Preventing Periodontal Disease



By Marc P. Stanard, DDS

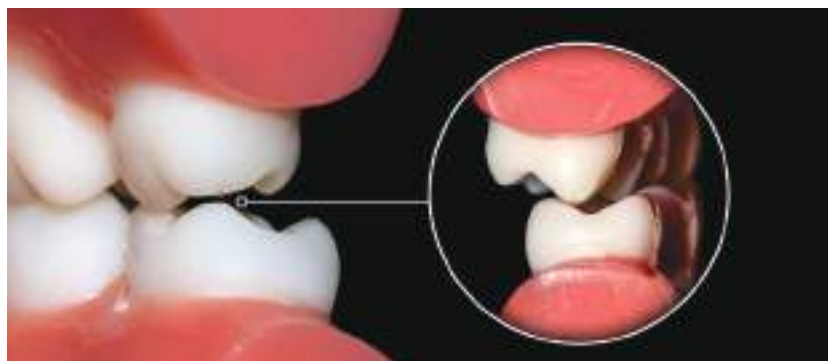
Periodontal disease, commonly known as gum disease, is a prevalent oral health condition that affects millions of people worldwide. It involves inflammation and infection of the gums, which, if left untreated, can lead to serious complications such as tooth loss and systemic health issues. While regular oral hygiene practices like brushing, flossing, and dental visits are essential in preventing periodontal disease, occlusal adjustments can also play a crucial role in maintaining healthy gums.

Understanding Occlusal Adjustments

Occlusal adjustments involve minor modifications to the way teeth come together when the jaws close. When there is malocclusion (a misalignment of the upper and lower teeth), it can lead to excessive force on certain teeth during biting and chewing, causing trauma to the supporting structures of the affected teeth. This trauma can contribute to the development and progression of periodontal disease.

The Link Between Occlusion and Periodontal Disease

Malocclusion can create localized areas of stress on the gums and the bone supporting the teeth. These areas are more susceptible to bacterial accumulation and can become challenging to clean properly, even with diligent oral hygiene practices. Over time, this accumulation of bacteria can lead to gum inflammation, gum recession, and the formation of periodontal pockets. If these pockets are left untreated, they can harbor more bacteria and worsen



the condition, potentially leading to tooth mobility and eventual tooth loss.

How Occlusal Adjustments Help

By making precise adjustments to the occlusion, the forces exerted on the teeth can be distributed more evenly during biting and chewing. This redistribution of forces reduces the localized stress on specific areas of the gums and bone, decreasing the risk of gum trauma and inflammation. As a result, occlusal adjustments can aid in preventing the progression of periodontal disease and help maintain better long-term oral health.

The process begins with a comprehensive examination of the patient's occlusion, using various diagnostic tools like articulating paper and bite analysis. Your dentist identifies areas of premature contacts and malocclusion that require adjustment.

The actual adjustments are made by selectively grinding down specific areas of the teeth or using dental restorations to improve the alignment. The goal is to create a harmonious and stable bite that minimizes excessive forces on the teeth and surrounding structures.

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Marc P. Stanard, DDS



By Deeni Bassam, MD, DABPM
The Spine Care Center

Diabetes is an unfortunate affliction, which plagues the lives of millions of Americans. Most of us are already familiar with the basic understanding of diabetes as a problem in the regulation of glucose (sugar) in our bloodstreams. This simple problem of too much sugar, over time, leads to a cascade of secondary effects ultimately wreaking havoc on organ systems across the body.

It would be an overreach to attempt to discuss, or even to list, all of the end organ effects of diabetes in such a humble article so, instead, we focus on only one such complication of diabetes known as painful diabetic peripheral neuropathy (PDPN).

Although several theories for the origin of PDPN exist there is significant evidence that PDPN is the consequence of dysfunctional nerve endings in our feet, which in turn is the consequence of damage to the most delicate of arteries which supply nourishment to these nerve endings. Relentless hyperglycemia in poorly controlled diabetics leads to the destruction of the micro-vascular system and an asphyxiated peripheral nervous system responds with signals of distress we know all too well as pain.

Over time, a pattern of constant burning pain in the feet develops along with loss of sensations and even changes in the overlying skin. The pain can become severe enough to interfere with simple activities of daily living and is described as "suffering" by many. In severe cases, progression of the blood flow limitation leads to dead and gangrenous tissues necessitating around two thirds of the amputations done in our country.

Thankfully, treatments do exist for both the primary causes and secondary effects of PDPN. The single greatest way to prevent the development of PDPN is tight control of blood sugar.

Your primary physician can help you with the tools to manage your diabetes effectively and evaluate you for one of several new FDA approved medications for the symptoms of

Diabetic Peripheral Neuropathy – Oh, My Burning Feet

PDPN. These medications have been shown to make a positive difference in pain levels, sleep quality, and functional capacity. It is unclear at this time if these medications will have an effect on the natural progression of PDPN.

For more advanced cases of PDPN, which do not respond to trials of readily available medications, referral to a pain specialist could be

considered to review other treatment options. In Europe, there is extensive experience with implantation of small devices in the body, which electrically stimulate certain nerve fibers, which in turn cause a significant improvement in blood flow to the feet.

This treats primarily the pain of PDPN and does so presumably by improving the blood flow and nutri-

tional state of the nerve endings. In many European countries this is used in lieu of amputation.

If you are a diabetic you should work closely with your physician in managing all that comes with this chronic condition. Remember that the best way to prevent the development of PDPN and its complications is tight control of your blood glucose level.

Back Pain?

Back and neck pain *can* be treated.



Back and neck pain are among the most common reasons for doctor visits, and are major causes of disability, lost work days, and high healthcare costs. Back or neck pain is a symptom, not a disease. That means the pain is likely being caused by something that can often be relieved when treated by the board certified physicians at The Spine Care Center.

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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.



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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.*

571-418-0142

Fairfax Clinic

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hello@re-cognitionhealth.com

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

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

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

teeth.

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

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

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

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

Second, the dentist or surgeon will prepare your mouth for the implants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

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

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

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

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

All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

Thanks to advances in dental implant technology, just **four implants** can replace all of the teeth on the top or the bottom of your mouth.

Courtesy 3D Planning For Implants

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Did You Know Your Cosmetics Can Affect Your Contacts?

By Jacqueline D. Griffiths, MD
New View Eye Center

Contact lens wearers who wear cosmetics on a daily basis may be especially vulnerable to eye problems. Misuse of products and adverse reactions to ingredients used in cosmetic formulas cause lens deposits, eye irritation, allergy, dryness, injury and infection. Knowing which products to use and how to use them is important for long-term, problem-free contact lens wear.

Before handling lenses, wash your hands with a mild soap such as Neutrogena, Ivory or a clear glycerin soap. Or, use one of the specialty soaps for contact lens wearers such as AOSoap or Optisoap. Avoid soaps containing cream, deodorant, antiseptics, or heavy fragrances.

Contact lenses should be inserted before any cosmetics are applied to prevent contaminating the lens by makeup and disrupting makeup by tears. Mascara should be used sparingly and only on the outer half of the lashes. Besides being a potential irritant, mascara is frequently a source of infection. Even with the best of care, mascara and eyeliner should be

replaced every three months. Use a light touch with eyeliners and shadows, as they may cause blepharitis, an infection of the eyelid that can lead to styes and chalazion. Don't use eye liner pencils inside the lower eyelid. Color pigments can cause irritation, damage contact lenses, or lodge underneath the contact lens and scratch the cornea.



Prevent contamination of your makeup by keeping it dry and avoiding contact with fingers. Keep applicators clean and replace them after approximately three months. Hair spray, de-

odorant, cologne, mousse, nail polish and nail polish remover should be used before inserting your lenses. If one of these products gets into your eye it can cause permanent damage to the contact lens surface. If you must use hair spray while wearing contacts, close your eyes tightly while spraying and then leave the area quickly. Aerosol mist lingers in the air for some time after spraying.

Never wear contacts when using hair dyes, permanent wave lotions, or medicated shampoos.

Use cosmetics labeled "hypoallergenic," "for contact lens wearers," or "for sensitive eyes." Approximately one in ten women have either a respiratory or skin allergy to perfume. Hypoallergenic brands are designed to be free of irritants such as perfumes and lanolin. Lanolin may be used in cosmetics and soaps and is one of the most common allergens, causing redness, itching, and blotchy skin spots.

Wash your hands and remove contact lenses before removing makeup. Your fingers are less likely to be contaminated by pigments, creams and oils from cosmetic products when the lenses are removed first.



Jacqueline D. Griffiths, MD

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"Top Ophthalmologist"

Washingtonian Magazine
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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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Embrace the Essence of Summer

The Allure Of a Full-Service Medical Spa

By LaSondra Gray, CLA, CQA
Reflections Image Center

As August arrives, the allure of rejuvenation beckons, making it the perfect time to indulge in a full-service medical spa—a sanctuary where dermatologists, medical doctors, and laser & skincare specialists combine

their expertise. This captivating article explores the benefits of these spas, where science, artistry, and innovation converge to elevate your beauty.

At the core of a full-service medical spa lies a team of experts, including dermatologists, medical doctors, and laser & skincare specialists. Together, they offer

precision, care, and excellence in every aspect of your beauty journey.

The spa offers a comprehensive range of transformative treatments, from facials and chemical peels to advanced laser therapies and injectables. Each treatment is tailored to your specific needs and desires, ensuring a personalized approach to



LaSondra Gray, CLA, LSO, CNNC

enhance your natural beauty and boost your confidence.

The spa's access to cutting-edge skincare innovations, combined with the expertise of its specialists, unlocks endless possibilities for achieving flawless, youthful, and radiant skin.

Beyond aesthetics, the spa also provides holistic wellness experiences with therapeutic massages, rejuvenating body treatments, and mindful wellness rituals, fostering a sense of serenity and renewal.

As August unfolds, the allure of a full-service medical spa beckons. With a harmonious blend of expertise, these sanctuaries of beauty and wellness offer captivating benefits, leaving you glowing with confidence and radiance. Embrace the essence of summer and embark on a transformative journey that celebrates the beauty within.

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Dr. Yolanda C. Holmes, MD, PC

We are proud to welcome Dr. Yolanda Holmes to the Reflections team!

Please call and schedule a consultation with her: 703-539-6002



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

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

A Non-Surgical Approach

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

Enhanced Healing and Comfort

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

Improved Nursing Experience

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

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

Long-Term Benefits

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

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

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

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



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A research study is now underway in Glenn Dale, MD to evaluate a study drug for adults with severe hair loss due to Alopecia Areata. The study is currently seeking adults who identify as Black or African American to participate.

Qualified participants will receive study related care and study drug at no cost.



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Lilly

Your Child's First Dental Visit

Building Rapport and Positive Dental Attitudes From a Young Age



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

Your child's first dental visit is an essential milestone in their overall health and well-being. It sets the foundation for a lifetime of good oral habits and helps establish a positive attitude towards dental care. Timing-wise, the ideal moment for your child's inaugural dental visit is around their first birthday or when their teeth start erupting, typically around six months of age.

The primary goals of the first dental visit are to build rapport and trust between your child and the dentist and to instill a positive dental attitude from a young age. By introducing your child to the dental environment early on, you familiarize them with the sights, sounds, and instruments, making future visits less intimidating.

Pediatric Dentist Or Family Dentist?

You might wonder whether to take your child to a pediatric dentist or a family dentist for their first visit. While both are qualified to care for your child's oral health, pediatric dentists have specialized training in treating children and adolescents. They understand child psychology, behavior management, and how to create a child-friendly atmosphere, making them an excellent choice for your child's first dental experience.

What To Expect During the First Dental Visit

Oral Habits Assessment: The dentist will inquire about your child's feeding practices, oral habits such as thumb sucking, and mouth cleaning routines. This information helps them understand your child's oral care habits and identify areas for improvement if necessary.

Teething and Dental Injury Prevention: The dentist will examine your child's mouth to check for proper tooth eruption and assess any potential risks of dental injuries. They will offer guidance on teeth-

ing discomfort relief and ways to prevent dental injuries, especially if your child is beginning to walk and explore their surroundings.

How To Prepare

Ensure Your Child Had a Good Night's Rest: A well-rested child is more likely to be cooperative and less fussy during the appointment. Make sure they get a good night's sleep before the visit.

Stay Positive and Avoid Showing Anxiety: Children are highly

sensitive to their parents' emotions. If you remain calm and positive about the visit, your child is more likely to feel at ease as well. Avoid using negative words or sharing personal dental fears with your child.

Your child's first dental visit is a crucial step in their oral health journey. By scheduling the appointment around their first birthday or when their teeth start erupting, you lay the groundwork for a positive dental experience. Choose a pedi-

atric dentist to ensure a child-friendly environment and expert care for your little one. During the visit, expect an assessment of oral habits, teething advice, and dental injury prevention guidance.

Remember, as a parent, your demeanor significantly influences your child's feelings about the dentist. Stay positive, reassuring, and make the experience an enjoyable adventure, setting the stage for a lifetime of excellent oral health.



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

From our playtime waiting area to our kid-focused treatment rooms, we've designed a relaxing and inviting environment for your child.

Comfortable

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

Tailored Treatment

During your child's first visit, we will provide a tailored dental experience including a gentle cleaning, fluoride treatment, exam, and x-rays.

SPECIALIZED SERVICES

We offer a full range of Pediatric Dental Services, including Tongue Tie Consultation & Treatment, Pediatric Sleep Apnea, and Orofacial Myofunctional Therapy for Kids.



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Yemi Adesanya-Famuyiwa, MD, FACOG

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Meet Yemi Adesanya-Famuyiwa

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

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

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

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

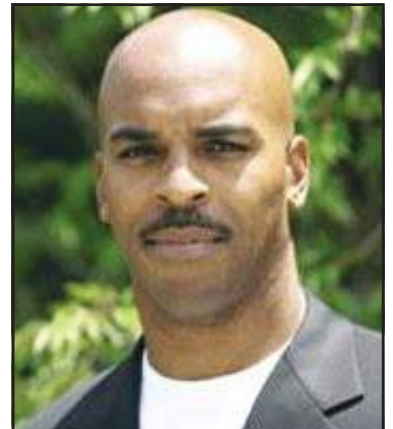


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Meet Christopher A. Warner

With their unique approach to health, Warner Wellness Institute in Washington, DC, offers patients the best of western medicine practices in obstetrics and gynecology, combined with the holistic approach of functional medicine. Led by board-certified OB/GYN and Cosmetic Gynecologist Christopher A. Warner, MD, FACOG, the team believes that wellness is not a concept strictly limited to physical health, but instead is a harmonious condition encompassing all facets of life.

Dr. Warner graduated from Georgetown University Medical School in Washington, DC. He completed his gynecology residency at the Washington Hospital Center in Washington, DC, where he served as administrative chief resident. Dr. Warner furthered his knowledge by enrolling in a program led by Dr. David Matlock for Laser Vaginal Rejuvenation and Designer Laser Vaginoplasty at the prestigious Laser Vaginal Rejuvenation Institute of America, in Beverly Hills, California. He then completed training in tumescent liposuction through the International Society of Cosmetogynecology.

Throughout his career, Dr. Warner has received many academic and service awards for excellence in his field. In addition to his board certification, Dr. Warner is a fellow of the American College of Obstetricians and Gynecologists. He is also a member of the International Society of Cosmetogynecology and the American Association of Gynecologic Laparoscopists, and an associate of the Laser Vaginal Institute of America.

Along with his impressive career, Dr. Warner brings his expertise and a revolutionary approach to women's health to his patients. As a plant-based OB/GYN, Dr. Warner leads with the philosophy that wellness does not begin and end with the body, but permeates into the mind and the environment. The team at Warner Wellness Institute offers a variety of women's health services, including care for Polycystic ovarian syndrome (PCOS), fibroid treatments, and menopause.

Made up of a team of highly-trained, well-rounded professionals, Warner Wellness Institute connects health, wellness, and the environment. This approach is especially evident in their "green pregnancy" protocol, which Warner Wellness Institute pioneered for patients seeking a deeper connection to their environment along their pregnancy journey. They uphold a social mission of benefiting the community not only through treatments but also through reinforcing the value of wellness. This philosophy breathes new life into traditionally-held beliefs about health, fitness, and the community.

For excellence in a holistic approach to women's health, call Warner Wellness Institute to start your wellness journey, or book an appointment online.



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Meet Tuesday Cook

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

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

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

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

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



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Meet Michael Rogers

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

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

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

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



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Personally
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Spinal
Procedures

Deeni Bassam, MD

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

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

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

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

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



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Arjun Ramesh, MD

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

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

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

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

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



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Spinal
Procedures

Usman Zafar, MD

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

Originally from Pottsville, PA, he began his academic career in the city of Philadelphia. In 2003 he gained acceptance to the accelerated seven year dual degree program at Drexel University and graduated Cum Laude in 2006 with a B.S. degree in Biology before completing his Medical Degree in 2010. After medical school he spent one year at Hahnemann University Hospital in Philadelphia, completing his medical internship prior to his Residency. Dr. Zafar then furthered his medical education at Tufts Medical Center in Boston where he spent three years completing an Anesthesiology Residency. It was

during these years that he first gained experience treating patients with acute and chronic pain conditions. This experience ultimately led him to pursue a Fellowship in Interventional Pain Management.

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

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

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

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



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Faisal A. Siddiqui, MD

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

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

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

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

Dr. Siddiqui's specialized training has also allowed him to bring new procedures to the Washington, DC area. He was one of the first surgeons in northern Virginia to perform the minimally invasive Trans1® and extreme lateral interbody fusion (XLIF) spinal fusion procedures using computer-assisted navigation. During his career, he has performed thousands of procedures, ranging from complex 10-hour surgeries for traumatic spine injuries to 45-minute minimally invasive endoscopic procedures. He is dedicated to a lifetime of learning and continues to undergo additional training to give his patients access to the latest, groundbreaking surgeries.

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

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



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Gelareh Naenifard, DC

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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.

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*
- MRI Spine Interpretation
- Spinal Biomechanical
- Accident Reconstruction
- Auto Accident Sciatica Injuries
- Graston® Technique
- Personal Injury Specialty Evaluations & Diagnostics
- Dry Needling Certification
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Janet V. Johnson, MD

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.

Where You Can Find Me Making A Difference:

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Elizabeth "Andie" Shin, DDS

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!

Where You Can Find Me Making A Difference:

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Women In Health Care



Lynda Dean-Duru, DDS

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, Smilelase (Oralase / Babyase), 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.

Where You Can Find Me Making A Difference:

Ashburn Children's Dentistry

P: 703-723-8440

44025 Pipeline Plaza, Suite #225, Ashburn, VA

www.KidzSmile.com



Krystle Dean-Duru, DDS

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.

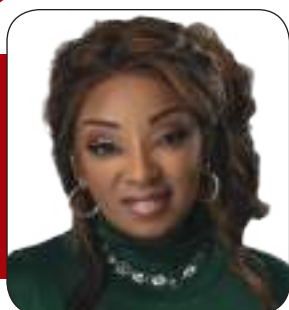
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Karen Clarke-Bennett, MD

Integrative Medicine

Degrees, Training, and Certificates: Trained at Johns Hopkins University, Georgetown University, University of Medicine and Dentistry of New Jersey, and George Washington University. Doctor of Medicine, Master's Degree in Public Health, Special Training in Osteopathic Medicine

Professional Memberships/Associations: American Academy of Family Physicians, International Association for Physicians in Aesthetic Medicine, American Society of Bariatric Physicians, Center for Medical Weight Loss, United Patients Group

Areas of Interest: Aesthetics, Obesity Management, Wellness, Integrative Medicine, Medical Cannabis, Low-T, ED-treatment, Peri-Menopause and Menopause, Peptide Therapy

Practice Philosophy: We treat the WHOLE patient. The physician and the patient work as a team to achieve a healthful goal.

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www.ABetterYouMediSpa.com



Rashmi K. Parmar, DMD, D-ABDSM

Dental Sleep Medicine

Dr. Parmar is a Diplomate of the American Board of Dental Sleep Medicine. She has a practice devoted solely to the treatment of snoring, Sleep Apnea and temporomandibular disorders.

She received her professional degree from the University of Pennsylvania School of Dental Medicine and has been in practice in the Clarksville/Columbia area of Maryland since 1991.

Dr. Parmar has focused on Sleep Apnea and Sleep Medicine for over 15 years. She speaks extensively on Sleep related topics nationally and internationally and has several publications on sleep. The practice participates in major medical insurances including Medicare.

Practice Philosophy: Dr. Parmar is passionate about her profession and believes in providing optimum care to each and every patient. Her goals are to treat each patient's individual needs with compassion and competency in a comfortable and trusting environment using state-of-the-art technology and the latest techniques.

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www.SleepBetterMaryland.com



Women In Health Care



Susan Brennan, RN, BSN, IBCLC



Breastfeeding

Susan is our full-time, in-office Registered Nurse and International Board Certified Lactation Consultant. She has experience in the hospital post-partum and NICU units, out-patient and home settings and providing prenatal breast feeding education.

Susan is passionate about helping mothers feel supported, overcome challenges and achieve their individual breast feeding goals. 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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Metropolitan Breastfeeding

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4927 Auburn Avenue, Suite #100, Bethesda, MD

MetropolitanBreastfeeding.com



Janice Trent, AuD



Audiologist

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

Education:

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

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

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

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

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Jacqueline D. Griffiths, MD



Ophthalmology

Degrees, Training & Certifications: Undergraduate degree from Yale and her medical degree from the University of Michigan. Ophthalmology Residency completed at Georgetown University Medical Center. Board Certified Ophthalmologist.

Professional Memberships: Immediate Past Ophthalmology Section Chief of Reston Hospital Department of Surgery, 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.

Services: Laser Vision Correction, Advanced Cataract Surgery, Multifocal Implants, Comprehensive Ophthalmology, Eyelid Surgery, Laser Floater Removal, Botox, and Fillers.

Personal Interests: Tennis, swimming, snorkeling, biking and travel.

Practice Philosophy: Comprehensive Ophthalmologist who specializes in refractive surgery and cosmetic procedures.

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Claiborne M. Callahan, MD



Ophthalmology

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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Women In Health Care



Cheryle Baptiste, DDS, PLLC

~ ~
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 Shatkin 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.

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Garima K. Talwar, DDS, MS

~ ~
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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.

Where You Can Find Me Making A Difference:

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P: 703-729-6222 • EsthetiqueDentistryAshburn.com
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Toni Greene, Owner

~ ~
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Special Interests: Yoga, Reiki, Ayurveda, Numerology, Hypnosis

Family: Married with two children.

I love being around people, I am also a creative and spiritual person. I try to bring both creativity and spirituality to everything I do. People say I am energetic and I attribute my high energy level to over 20 years of yoga practice. I own and operate both a clothing store and yoga studio. Through these businesses, I am able to combine and share my creativity and spirituality with others. What brings me the most joy is seeing the smiling face of a satisfied customer in my clothing store or the relaxed body of a yoga student in my studio.

Practice Philosophy: I always say, "Make the time to practice yoga. Out of a 40 hour work week, take one hour for yourself. To revitalize your mind, soul, spirit and body. A total and complete work-out."

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theartist52@hotmail.com



Anna A. Gumbs, DMD
Family Dentistry

~ ~
Preferred provider with: Aetna, Carefirst BCBS, Dentemax, Cigna, MetlifeAetna, Carefirst BCBS, Cigna, Delta Dental, GEHA, Guardian, Humana, Metlife, United Concordia, United Healthcare, MD & DC State Plans and others.

Professional Membership and Associations: American Dental Association, National Dental Association, Maryland State Dental Association, and Southern Maryland Dental Association.

Dr. Gumbs completed her dental degree at the University of Kentucky, College of Dentistry in 2006. She is trained in all general dental procedures, including preventive treatment and restorative treatment. She has invested in technology to provide patients with the best care possible. Dr. Gumbs strongly believes in educating her patients on their dental needs, and she works to offer service in a pleasant and caring manner.

Practice Philosophy: The mission of Gums Dental Care is to provide quality dentistry for people of all ages. They offer a wide range of dental services to fulfill your needs and preserve a healthy smile.

My Best Health Advice: Regular dental care can prevent minor dental problems from becoming major dental problems.

Where You Can Find Me Making A Difference:

Gums Dental Care, LLC
P: 301-588-4411
8701 Georgia Avenue, Suite #702, Silver Spring, MD
GumsDentalCare.net



By Michael Rogers, DDS
Fairlington Dental

The Relationship Between TMJ and Headaches

for TMJ and headaches is done on a per patient basis, as the findings of tests are going to vary. One of the most popular, and one that seems to work the best is the wearing of two different appliances, one during the day and one at night. This is a far less invasive treatment approach that seems to work very well in most people that suffer from TMJ and headaches.

Even if you don't remember any accident that may have caused injury to the jaw area, if you are suffering from migraines and doctors have found no true cause, pay attention to the other signs of TMJ, but don't rely on them. Make an appointment with a dental professional that specializes in TMJ disorders and learn if they can help reduce your pain or eliminate it altogether.



TMJ disorders, otherwise known as Temporomandibular Joint Disorder, include the joint of the jaw and the muscles that surround it. These disorders can often be very painful and may include symptoms that mimic other conditions. These may include neck and shoulder pain and headaches and often make it difficult to yawn, eat, or swallow. It is not unusual for people to go to their medical doctor due to this pain and be tested for many different things such as tumors or herniated discs, only to find there is nothing wrong in those areas. This can become quite expensive after the use of MRI's or CT-Scans. TMJ and headaches are extremely common and often is a relatively easy thing to treat after diagnosis from a dental expert.

Many times, people that have TMJ will go years with severe headaches that doctors can find no reason for. It is often stumbled upon during a dental exam, or only after a patient learns what the symptoms are and proceeds to make an appointment with a dental practitioner that specializes in TMJ and headaches. Some of the symptoms may be a clicking or popping sound in the jaw when the jaw is fully opened, or even the inability to open the jaw completely. For many people this creates no pain or is not evident, but it may be noticed that when opening the jaw completely, the jaw will "slip" to the side during the movement.

One of the most common compensation patterns for TMJ disorder is known as forward head position. It turns out that sticking your neck out or slouching with your head forward takes a lot of the pressure off of the jaw joints. Of course, that comes at a price of increased tension in the neck and upper back muscles, leading to headaches, neckaches, and pain between the shoulderblades. If the forward head position persists for too long the symptoms can reach the lower back and even the feet.

There have been many treatments used over the years in order to treat TMJ and headaches, including surgeries; most of these do not work as successfully as hoped. Treatment

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Dr. Michael Rogers Our Complete Health Approach

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

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

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

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By Linda Penkala, Author, LMT
Wellness Speaker

If we tapped into the magical moments in our lives where we felt undeniable calmness, peace and contentment, they still can offer a visceral shift in our mental state. Each scene whether solo or a social one with people, allowed for the healing connection with Nature, an animal, a child, or God if you are faith filled. These connections most matter for women's health!

Having such a heart connection is critical for balance, wellness and stability, as we have learned the last few years. If we aren't aware nor capable of having some kind moments to connect with the heart, the non-profit heartmath.org can help. To learn just why breathing, slowing down with Yin Yoga, getting a relaxing massage, praying, meditation, going for a soul walk, or being with your pet to offer valuable ways to come back home to your heart. All to keep stress and the hormone cortisol from wreaking havoc as women's stress is at its highest!

Finding quiet moments, or crazy ones in your day, to do a powerful breathing technique taught to the Navy Seals, Box Breathing can nourish your mind and offer a space of calm (https://www.medicinenet.com/why_do_navy_seals_use_box_breathing/article.htm). The past few years I have taught this to business groups and clients on my massage table, to have a tool that is always with you. Whether driving, on Zoom, in an argument, or helping to fall asleep, your breath is your best friend, and the closest.

To see and experience Box Breathing and my signature Stim Vn, please check the following links:

<https://www.youtube.com/watch?v=HmZhrmoD0VE>

<https://podcasters.spotify.com/pod/show/american-institute-of-stress/>

In Dr. Peter Attia's book *Outlive, the Science and Art of Longevity* (<https://peterattiamd.com/outlive/>) this medical researcher focuses on lessening the onset of disease, by increasing "lifespan" while improving your "healthspan", or quality of life. Why it matters to pay attention to this is because research reveals the fastest growing heart disease death rate is

Connecting For Contentment and Peace Is Possible *Most Especially for Women!*

found in middle aged women from 45-64!

Finding your toolbox for contentment and peace is possible so you do not become one of these statistics. Since many chronic diseases and CVD is lifestyle driven, there is hope in choosing to find solace in your own wellness longevity plan.

Here is a start, to KISS, keep it simple, silly:

Kindness – be loving and kind to yourself daily, and to others

Investigate – find holistic wellness choices that nourish you

Slow Down – pause to breathe, be present and connect with others

Show Gratitude – the flip side of anger/anxiety/upset



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Linda Penkala, Author, LMT, Holistic Healthcare Presenter, and Wellness Speaker shares her passion and heart for holistic lifestyle choices through:

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- Her book, *The Pause to Relax Ladies for Robust Heart Health*



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www.fransnuimage.com

What Is Hypothyroidism?



By Thomas K. Lo, DC
Advanced Chiropractic Center

- Cholesterol levels
- Skin hydration

So it makes sense that thyroid imbalances can make your life seem entirely off-kilter. The most common form of thyroid imbalances is hypothyroidism. It occurs when your thyroid is not producing enough thyroid hormone to support your daily activities.

Women often call us because they are feeling thyroid symptoms, but have been told by their doctors that "everything looks fine".

Thyroid-related issues can arise at any age and may not necessarily show up on routine lab tests.

Subclinical hypothyroidism is a term used when someone is experiencing symptoms of hypothyroidism but whose blood test results are still in the "normal range" for thyroid hormone production.

The signs and symptoms of hypothyroidism vary widely, depending on the severity of the hormone deficiency. But in general, any problems you do have tend to develop slowly, often

Please see "Hypothyroidism," page 38

**Have you been tested for hypothyroidism?
Are your results in the "normal" range
but you're still feeling off?
*WE CAN HELP!***

DO YOU SUFFER FROM THESE SYMPTOMS?

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- Irregular periods, hot flashes
- PMS symptoms
- Sleep problems
- Difficulty tolerating cold
- Constipation
- Allergies
- Brain fog
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PCOS

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By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Polycystic ovary syndrome (PCOS) is the most common endocrine disorder among women of reproductive age, affecting 5-13% of women.

It can present as four varying combinations of hyperandrogenemia (excessive androgen levels), ovula-

tory dysfunction (that can manifest as irregular menstrual cycles), and polycystic ovary morphology as noted on ultrasound. PCOS, particularly the hyperandrogenism phenotype, is associated with several cardiometabolic abnormalities, including obesity, dyslipidemia, elevated blood pressure, and prediabetes or type 2 diabetes. Many, but not all, studies have suggested that PCOS is associated with increased risk of cardiovascular disease (CVD), including coronary heart disease and stroke. This increased risk for cardiovascular events is independent of body mass index and other risk factors.

The predilection for cardiovascular risk can be noted as early as in adolescents. A recent study showed overweight adolescents have an incidence of PCOS of 22%. In this popula-

Please see "PCOS," page 38

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to be recognized in the community it serves for compassionate patient service, and clinical excellence. To create a caring environment with a commitment to foster a work environment where individual diversity is valued and recognized, also where the satisfaction of all patients regardless of their background is the fundamental goal of our every action, with the practice of medicine being recognized and honored as a uniquely noble pursuit.




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Encouraging a Love Of Reading



By Janet V. Johnson, MD
Loving Care Pediatrics

The American Academy of Pediatrics (AAP) suggests limiting a child's screen time, including TV, movies, video games, and computer games, to one or two hours per day. It is also advisable to encourage your child to engage in reading activities.

Looking to foster a love for reading? Control screen time, start early, read books aloud together, visit the library, and set a positive example. These are the best recommendations, but here are a few creative ideas and quick tips to inspire both new and seasoned read-

ers. During the summer, encourage your child to read at least four books for fun, which can help improve their reading speed and comprehension.

Capture Their Interest In the Story

Begin by reading aloud together to capture their interest in the story. For long car trips, play audio recordings of books.

Spark their curiosity by reading aloud something you think they might find interesting, and then share an intriguing tidbit that would entice them to read with curiosity and delight.

Make It Social and Fun

For children who are just learning to read, have them read aloud to a pet, stuffed animal, or younger siblings who are not yet mobile.

Turn reading aloud into a game and have everyone, including children, guess what will happen next.

Use Books As Treats

Make reading a reward and let kids

Please see "Reading," page 38



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

What Does Lower Back Pain Entail?

Approximately 80% of adults in the United States experience lower back pain at some stage in their lives. Acute back pain typically lasts from a few days to a few weeks, while chronic back pain can persist for over three months. Various factors can cause lower back pain, with muscle strain and degenerative disc disease being the most common culprits.

In accordance with traditional Chinese medicine theory, external factors like extreme weather, injury, and excessive sexual activity can lead to a blockage of Qi and blood. This blockage is believed to manifest as low back pain when it occurs in the lower back. Traditional Chinese Medicine (TCM) encompasses various

modalities, including Chinese herbal medicine, acupuncture, moxibustion, cupping, scrapping, tui-na, qi-gong, and exercises. Acupuncture and Chinese herbal medicine are the primary components of TCM.

Can Acupuncture Effectively Alleviate Lower Back Pain?

Lower back pain significantly impacts daily activities and is the second most common reason for seeking medical attention. Previous studies have shown widespread use of acupuncture for treating lower back pain. A meta-analysis was conducted to evaluate the effectiveness of acupuncture in this regard. The analysis included 33 randomized, controlled trials that met the inclusion criteria. The trials were categorized based on the nature of the pain (acute or chronic), style of acupuncture, and type of control group used. For the primary outcome of short-term relief from chronic pain, the meta-analyses revealed that acupuncture was significantly more effective than sham treatment and no additional

treatment. The study concluded that acupuncture may effectively relieve chronic low back pain.

How Many Acupuncture Sessions Are Required and How Often?

For acute back pain, usually 1-3 sessions are recommended, while for chronic back pain, the number of sessions typically ranges from 6 to 16, depending on the individual situation.

Twice-weekly sessions are advised for optimal treatment outcomes.

Is Acupuncture a Safe Treatment?

Yes, acupuncture is considered a safe therapeutic approach. However, there may be occasional side effects such as dizziness, localized internal bleeding, dermatitis, nerve damage, and increased pain, particularly if the acupuncturist is not adequately trained.



Wholelife Acupuncture & Fitness Center

Quansheng Lu, CMD, PhD, LAc

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Guest professor, Henan University of Traditional Chinese Medicine (TCM)
Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM
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Fellowship, Georgetown University & Children's National Medical Center
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Hair Loss Causes and Remedies

Understanding the Root Of the Problem



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

Hair loss can be a distressing experience for anyone, and it is essential to understand the underlying causes and potential remedies. Whether you are dealing with mild shedding, moderate breakage, or extreme scalp issues, there are holistic solutions available that address the root causes of hair loss and scalp disorders.

Hair loss can occur due to various factors, and sudden hair loss may indicate an underlying condition that requires proper treatment. It is crucial to seek advice before considering any cosmetic solutions. Many scalp and hair issues start subtly and progress over time, resulting in visible thinning hair and hair loss. While genetics can play a role in hair loss, several conditions can disrupt the hair growth cycle and lead to hair loss.

To address hair loss effectively, it is important to receive an explanation of symptoms and causes. This will help in identifying the most suitable treatment options for each individual. It is essential to remember that there are multiple levels of treatment available to cater to different needs.

The key to healthy hair lies in maintaining a healthy scalp. Beyond

Please see "Hair Loss," page 38

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tion there is increased incidence of hyperinsulinism, which is one of the risk factors for cardiovascular events. Hyperinsulinemia increases with androgen production. Girls with polycystic ovary syndrome and obesity have a higher insulin resistance as well as three times higher incidence of type 2 diabetes than adults with polycystic ovary syndrome. Adolescents with PCOS and BMI greater than 25 had higher triglycerides and LDL cholesterol levels in addition to having lower HDL.

Polycystic ovary syndrome is associated with inflammatory cytokines that results in a state of chronic low-grade inflammation. The association of the chronic inflammatory state and the excess production of cytokines results in increased insulin resistance. Insulin resistance and hyperandrogenemia have been associated with the development of nonalcoholic fatty liver disease.

HAIR LOSS

FROM PAGE 37

the visible strands, a healthy scalp is the foundation for healthy hair growth. By focusing on scalp health, it is possible to promote hair growth, reduce hair loss, and improve overall hair and scalp condition.

There are various hair loss conditions that can be treated using holistic approaches. Some of these conditions include traction alopecia, dandruff, nutritional deficiencies, central centrifugal cicatricial alopecia, thinning hair, and hormonal hair loss, among others. In-clinic services such as hair loss treatments, scalp exfoliation and detoxification, ozone therapy, low laser light therapy, hydration therapy, and hair restoration can help address these conditions.

Holistic treatments aim to heal and moisturize the hair from the in-

side out, resulting in healthier hair. Scalp treatments specifically target thinning hair and scalp dryness, rejuvenating the scalp by removing dead skin cells, unclogging follicles, and improving overall scalp circulation.

Polycystic ovary syndrome has also been associated with the development of nonalcoholic fatty liver disease. Polycystic ovary syndrome especially in patients with high BMI is also associated with obstructive sleep apnea. The development of nonalcoholic fatty liver disease and obstructive sleep apnea frequently present in PCOS patients and usually go undiagnosed for a while.

Early diagnosis of nonalcoholic fatty liver disease is especially important because this can progress to nonalcoholic steatohepatitis and or advanced liver fibrosis that can lead to increased liver related mortality. Treatment of nonalcoholic fatty liver disease should include lifestyle intervention. Doychena et al. recognition in treatment of sleep obstructive apnea is especially important because this can compound the cardiovascular risks associated with polycystic ovary syndrome.

If you are experiencing hair loss or thinning hair, it is important to seek professional advice and explore solutions that align with your unique needs and lifestyle. Remember, restoring hair and scalp health requires a comprehensive approach that considers the individual's specific condition and offers personalized treatment plans.

By focusing on the health of your scalp and addressing the underlying causes of hair loss, you can take proactive steps toward restoring the health of your hair and regaining your confidence.

HYPOTHYROIDISM

FROM PAGE 34

over a number of years.

At first, you may barely notice the symptoms, such as fatigue and sluggishness, or you may simply attribute them to getting older.

But as your metabolism continues to slow, you may develop more obvious signs and symptoms. They may include:

- Severe fatigue, loss of energy
- Weight gain, difficulty losing weight
- Depression and depressed mood
- Joint and muscle pain, headaches
- Dry skin, brittle nails
- Brittle hair, itchy scalp, hair loss
- Irregular periods, PMS symptoms
- Calcium metabolism difficulties

- Difficulty tolerating cold and lower body temperature
- Constipation
- Sleeping more than average
- Diminished sex drive
- Puffiness in face and extremities
- Bruising/clotting problems
- Allergies that suddenly appear or get worse
- Persistent cold sores, boils or breakouts
- Tingling sensation in wrists and hands that mimics carpal tunnel syndrome
- Memory loss, fuzzy thinking, difficulty following conversation or train of thought

an auto injury. Chiropractors specialize in the diagnosis, treatment, and prevention of musculoskeletal disorders, including those affecting the spine and nerves. Through gentle adjustments and manipulations, chiropractors can realign the spine, relieve pressure on the sciatic nerve, and restore proper function to the affected area.

In addition to spinal adjustments, chiropractors may also incorporate other therapeutic modalities into the treatment plan. These may include massage therapy, spinal decompression therapy, electrical stimulation, and hot or cold therapy. By combining these non-invasive and drug-free approaches, chiropractic care not only provides relief from immediate pain but also aims to correct the underlying issues causing the condition.

One of the major advantages of chiropractic care for sciatic symptoms following an auto injury is its holistic approach to healing. Chiropractors take into account not only the specific symptoms of sciatica but also the patient's overall health and lifestyle. By address-

ing any imbalances or weaknesses in the body, chiropractic care can help prevent future episodes of sciatica and promote long-term wellness.

Furthermore, chiropractic care offers a safe and natural alternative to more invasive treatments, such as surgery or strong pain medications. These interventions often come with risks and side effects, while chiropractic care is generally considered a low-risk and gentle approach. It is suitable for people of all ages and can be used alongside other treatments, such as physical therapy or medication, for comprehensive care.

If you have been experiencing sciatic symptoms following an auto injury, it is essential not to let the pain limit your life. Consider chiropractic care as a viable option for relief and healing. Consult with a qualified chiropractor to discuss your symptoms and develop a personalized treatment plan that addresses your specific needs. With chiropractic care, you can take control of your sciatic symptoms and regain your freedom to move and enjoy life to the fullest.

READING

FROM PAGE 36

feel the excitement. Create reading areas with themes. Have a mystery book box or bag where you hide new books, and the child has to guess the theme, title, or series before opening the surprise.

Instead of money, have the tooth fairy bring books for each lost tooth.

Explore Beyond Books

Keep a variety of quick reads in the car for your child to enjoy and share funny stories and facts with you while traveling.

Mix up the media. Children nowadays have the privilege of accessing books on computers, e-readers, audio books, tablets, as well as traditional paper versions. Find out what works best for your child's personality.

Read and Write

Encourage your child to write to their favorite author and share their

thoughts about a good book they've recently finished.

Motivate your child to create their own stories to accompany their drawings and write their own tales.

Bring Books To Life

Choose a character and dive into the book by acting out the roles and imagining how they would interact with one another.

Add sound effects while reading aloud, and involve your child in providing appropriate background noises like closing doors, howling sounds, or footsteps.

Switch it Up - When reading aloud old favorites or classic stories, change the storyline to see if your child can catch you. Swap words or rename characters to match friends and family members.

OBESITY

FROM PAGE 4

dergoing treatment for obesity-related diseases. Generally, patients weighing 250-300 pounds and above fall into this category. Current weight loss procedures include gastric bypass, sleeve gastrectomy, and gastric band.

The primary outcome of weight loss surgery is the restoration of health. Many patients shed excess weight and witness the resolution of their medical issues, often eliminat-

ing the need for medications. Consequently, they are able to enjoy life in ways previously hindered by their weight. These once-feared procedures have evolved to become minimally invasive and relatively safe, comparable to other surgeries.

Success in weight loss surgery, as well as other weight loss endeavors, relies on a lifelong commitment to healthy lifestyle choices.

Free Yourself From Heartburn Pain

Submitted by
Kensington Pharmacy

Heartburn occurs when stomach acid flows in the opposite direction, moving upward into the esophagus. This backward movement is known as reflux. You don't have to suffer silently. Consult your pharmacist regarding heartburn and inquire about lifestyle changes, as well as prescription and over-the-counter (OTC) medications that can provide relief.

To determine if you have heartburn or a more serious condition, consider the following questions:

- Do you experience warmth or pain at your breastbone after meals?
- Do you sometimes taste acid at the back of your throat?
- Have you ever felt that food is regurgitating into your mouth?
- Do these sensations intensify when you lie down?
- Do antacids or OTC acid blockers alleviate these symptoms?

If you answered yes to any or all of these questions, it indicates that you have heartburn.

Is your heartburn severe? Do

you experience it two or more times per week? Has it persisted for several months? Despite regularly taking medications, does it continue to reoccur? If you answered yes to these questions, you may have a more serious problem.

Let's debunk three common myths about heartburn:

Myth #1: Heartburn is insignificant.

Fact: Heartburn can significantly impact your daily activities and their execution.

Myth #2: Heartburn is your fault.

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

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

Fact: Heartburn can progress and lead to more severe problems, such as inflammation, ulcers in the esophagus, and changes in esophageal lining cells.

Never ignore severe or persistent heartburn. Tests can be conducted to determine if your heartburn has resulted in any more serious health complications.

Take note of what and how you eat:

- Avoid certain foods like citrus fruits, tomato products, fatty or greasy foods, chocolates, peppermints, vinegar, spicy foods, garlic, raw onions, and black or red pepper.
- Steer clear of certain beverages, especially on an empty stomach.
- Consume smaller meals throughout the day.
- Refrain from lying down, repeatedly bending over, or engaging in vigorous exercise for 2-3 hours after eating.

Adjust your sleeping routine:

- Elevate the head of your bed by at least 6 inches using a mattress wedge.
- Avoid eating or snacking within 2-3 hours before bedtime.

Modify your habits:

- Quit smoking if you are a smoker.
- If you are overweight, strive to lose weight.
- Avoid tight-fitting and restrictive clothing.
- One of your prescription or OTC medications may be causing heart-

burn. It is important to match your symptoms with the appropriate medication.

Do you experience occasional heartburn? An OTC medication, such as an antacid or H2 blocker, may be effective. Antacids neutralize stomach acid and provide quick but temporary relief lasting 1-2 hours. H2 blockers reduce the production of stomach acid and offer relief lasting 6-12 hours. Some brands include Tagamet HB®, Pepcid® AC, Acid® AR, and Zantac 75®.

Frequent heartburn, occurring two or more days a week, requires treatment with a medication called a proton pump inhibitor (PPI). Prilosec OTC™ is the only OTC medication approved for frequent heartburn. For prescription PPIs like Prevacid®, Aciphex®, and Protonix®, you will need to consult your healthcare provider. Prescription PPIs block the production of nearly all stomach acid, leaving just enough for normal digestion.

You might hesitate to reach out to your primary healthcare provider about heartburn. However, if lifestyle changes and OTC medications fail to alleviate your discomfort, they can provide several other treatment options.



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

Stress is a natural part of life, but chronic stress can have negative effects on physical and mental health. Chronic stress has been linked to a range of health problems, including heart disease, depression, anxiety, and sleep disorders, making stress reduction an important aspect of overall health and wellness.

One of the most effective ways to reduce stress is to adopt healthy lifestyle habits. Eating a balanced diet, getting regular exercise, and getting enough sleep are all important steps in reducing stress and promoting overall health. Additionally, engaging in hobbies or activities that you enjoy, such as reading, listening to music, or practicing a sport, can help to relieve stress and improve mood.

Stress is a natural part of life, but chronic stress can have negative effects.

Practicing mindfulness and relaxation techniques, such as meditation, yoga, and deep breathing, can also help to reduce stress and improve mental well-being. Mindfulness practices can help you to stay present in the moment and reduce worry and anxiety, while relaxation techniques can help to calm the mind and reduce tension in the body.

It is also important to manage your workload and time effectively, to avoid feeling overwhelmed and stressed. This may involve prioritizing tasks, delegating responsibilities, and setting boundaries. It may also be helpful to learn stress management skills, such as time management, problem solving, and assertiveness, to help you to manage stress more effectively.

Stress Is a Natural Part Of Life

fectively.

For individuals who are experiencing high levels of stress, it may be helpful to seek the advice of a health-care professional. They can provide personalized recommendations and support, and may also refer you to a therapist or counselor for further support. In some cases, prescription medication may also be recommended to help manage stress and anxiety.

It is important to remember that

stress reduction is a long-term process and that there is no one-size-fits-all solution. What works for one person may not work for another, and it is important to find what works best for you and your individual needs. Additionally, it is important to be patient and persistent, as it may take time to see the benefits of stress reduction practices.

In conclusion, stress is a natural part of life, but chronic stress can

have negative effects on physical and mental health. Adopting healthy lifestyle habits, practicing mindfulness and relaxation techniques, managing workload and time effectively, and seeking support when necessary are all important steps in reducing stress and promoting overall health and well-being. With the right habits and support, anyone can reduce stress and improve their quality of life.



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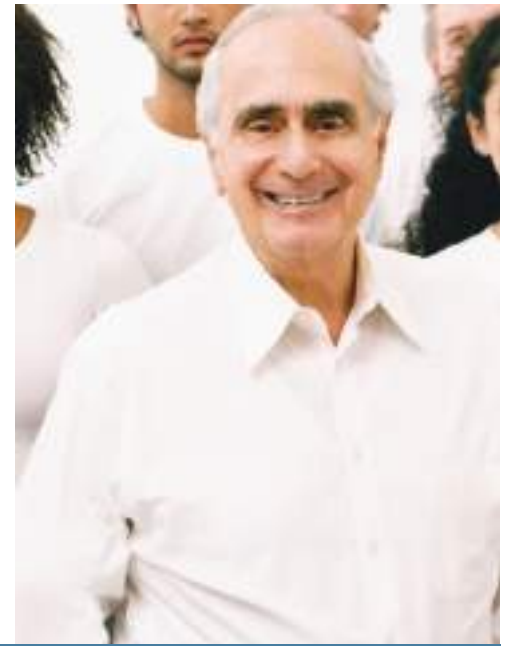
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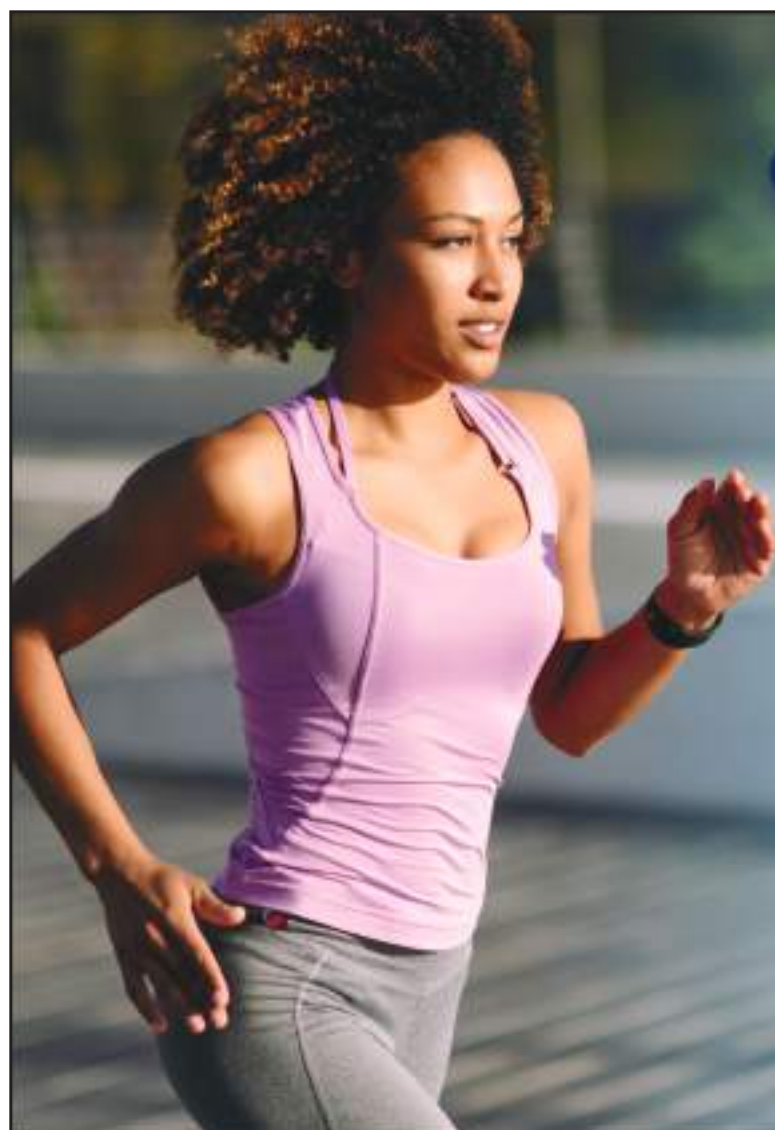
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