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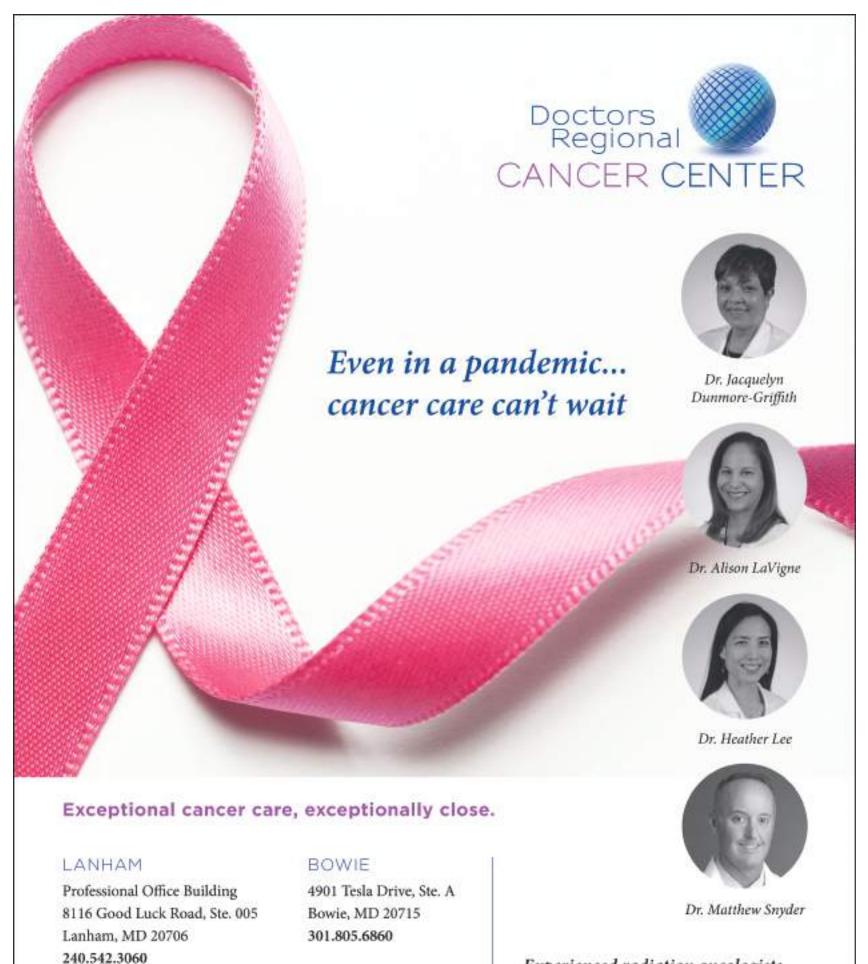






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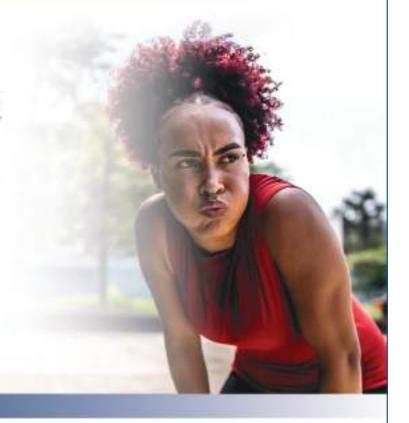
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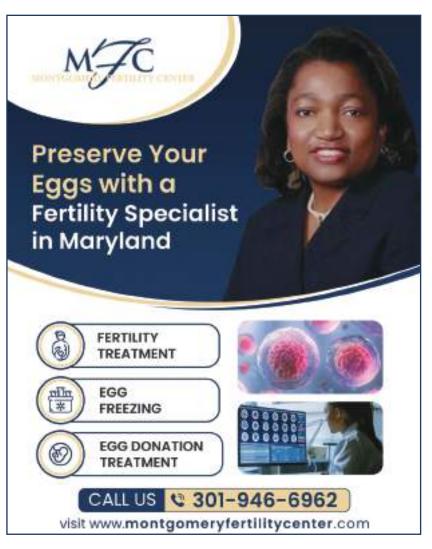
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Future Fertility A Case For Funding



By Yemi Adesanya-Famuyiwa, MD Montgomery Fertility Center

Cancer Diagnosis and Future Fertility

A cancer diagnosis is arguably one of the most devastating things that can happen in a person's life. It causes an incredible amount of stress both emotionally, physically, and financially.

What's even more devastating is to have this diagnosis made in one's 20s right after their marriage. The diagnosis of cancer and its subsequent treatment can impact future fertility. This leads to another devastating problem to process at that time – impending future infertility. Infertility has been likened to loss of a loved one. In this case, the loss is of a loved one that has yet to be born. The loss felt is no different than if a live born child had passed away.

The combined pain of a new onset cancer diagnosis and subsequent treatment with the potential for future infertility is doubly devastating.

The unfortunate conundrum is that many young cancer patients are now left to financially bear the cost of medical care as well as the cost of fertility preservation. While there are resources sometimes for medical treatment, most resources do not factor in the fact that patients will need multiple doctors' visits, will need copayments and deductibles met, will need to purchase medications, and pay for transportation to and from care centers. All these factors combined also

Please see "Fertility," page 38



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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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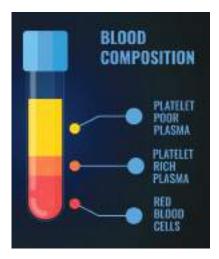
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By Dr. Acia Williams A New Image by Acia LLC & Hair Loss Rejuvenation Clinic

PRP stands for "platelet-rich plasma." Plasma is a component of our blood, which contains platelets that are important in the daily functioning of our bodies, but they also contain growth factors, which serve several regenerative purposes, one of which is the production of new cells. PRP is a new service I offer, which is a cutting edge hair loss therapy that uses the growth factors from your blood's plasma (liquid gold) to stimulate and rejuvenate hair growth on your scalp.



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- I draw blood (this is not painful) and with a centrifuge and with the help of a special kit, the plasma is separated from the blood in a manner to ensure a consistent amount of this liquid gold, (aka platelet concentration). After isolating the platelet-rich plasma, the mixture is gently injected back into various parts of your scalp to stimulate hair growth.
- My process usually takes less than an hour, including collecting the blood, separating the plasma, and reinjecting it back into the scalp. It is important to note, this is not a permanent fix. For optimal results, clients should consider coming in every six to eight months in order to maintain results.

Everything You Need To Know About Platelet-Rich Plasma Treatment For Hair Loss

Who's a Good Candidate For PRP?

- PRP is a great solution for everyone and all types of hair.
- Male balding and hair thinning is always talked about but the fact is that women are losing a lot of hair too, especially since the pandemic!
- Those suffering from androgenic alopecia or other forms of alopecia. It is a hereditary condition that affects around 80 million people in the U.S.
- Those suffering from hair loss due to high stress levels.
- Those who have recently experienced hair loss.

The best part of PRP? It's about as natural as you can get. It truly is your body healing itself, with a slight boost from technology. So if you're tired of spending a fortune on topical solutions and supplements, and waiting endlessly for your hair to grow back, come in for a consultation and let's get started on your Hair Restoration journey.

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Choosing the Best Pediatric Dentist For Your Child's Oral Health

By Elizabeth Shin, DDS Bethesda Chevy Chase Pediatric Dentistry

Your child's oral health is a vital part of their overall well-being. Regular dental check-ups and care are essential to ensure a lifetime of healthy smiles. One crucial decision you'll make for your child's dental health

is choosing the right pediatric dentist. Here are some essential tips to help you make an informed decision.

Seek Recommendations – Start by asking for recommendations from friends, family, and your child's pediatrician. Personal experiences can provide valuable insights into the quality of care a pediatric dentist provides. Additionally, consult online reviews

and ratings for a broader perspective.

Verify Credentials – Ensure the pediatric dentist is licensed and board-certified. These credentials ensure that the dentist has received the necessary education and training to care for children's oral health. You can often find this information on their website or by contacting the dental office directly.

Consider Location and Office Hours – Choose a dentist with a conveniently located office. A nearby practice with flexible hours will make it easier to schedule appointments without disrupting your child's routine. This accessibility can be especially important in emergencies.

Pediatric-Focused Care – Pediatric dentists specialize in treating children, which means they have unique skills in managing a child's dental anxiety and behavior. They are also trained to diagnose and treat dental issues specific to children's teeth and jaw development.

Child-Friendly Office Environment – Visit the dental office in advance to assess its child-friendliness. Look for a welcoming and cheerful atmosphere, colorful décor, and age-appropriate reading materials and toys in the waiting area. A positive environment can help ease your child's anxiety.

Meet the Dentist – Arrange an initial consultation to meet the pediatric dentist and dental staff. This allows you to assess their bedside manner, communication style, and how well they interact with your child. A friendly and patient dentist can help create a positive dental experience for your child.

Ask About Preventive Care – Inquire about the dentist's approach to preventive care, including regular check-ups, cleanings, fluoride treatments, and dental sealants. A focus on prevention can help reduce the likelihood of dental issues in the future.

Emergency Care Availability

– Ensure the pediatric dentist offers emergency dental care. Children can have accidents that result in dental injuries, so knowing you have access to immediate care when needed is crucial.

Trust Your Instincts – Lastly, trust your instincts. If you feel comfortable with the pediatric dentist and believe they genuinely care about your child's oral health, you're on the right track. A positive parent-dentist relationship is essential for your child's dental well-being.

Choosing the best pediatric dentist for your child is a crucial step in promoting a lifetime of good oral health. By considering these factors and taking the time to find the right fit, you can ensure your child receives the best possible dental care in a comfortable and supportive environment. Remember, a healthy smile starts with the right dentist.



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

Ensuring the best care for newborns is of utmost importance, especially when it comes to addressing conditions like tongue tie and lip tie that can affect proper nursing. Traditional

BabyLaseTM

The Advanced and Gentle Solution For Infant Tongue Tie and Lip Tie

surgical approaches can be overwhelming for both mother and child, but now there is a revolutionary alternative known as BabyLaseTM. 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 BabyLaseTM 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 nonsurgical 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 BabyLaseTM 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 wholehealth healing, BabyLaseTM 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.

BabyLaseTM 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, BabyLaseTM 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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The Importance of Podiatric Health

Understanding Vascular and Peripheral Neuropathy



By Lubrina Bryant, DPM District Podiatry, PLLC

Vascular and peripheral neuropathy are two interrelated conditions that can significantly impact podiatric health. While they affect different aspects of the feet, they often occur simultaneously and can lead to serious complications if left untreated. In this article, we will explore what vascular and peripheral neuropathy are, their causes, symptoms, and the importance of podiatric care in managing and preventing these conditions.

Understanding Vascular Neuropathy

Vascular neuropathy, also known as ischemic neuropathy, occurs when there is a compromised blood supply to the feet. This condition can be caused by atherosclerosis, which is the narrowing and hardening of arteries due to the buildup of fatty deposits. When blood flow to the feet is restricted, it can lead to tissue damage and a lack of oxygen, resulting in pain, ulcers, and slow wound healing.

Common Symptoms Of Vascular Neuropathy

- Pain or cramping in the legs and feet, particularly during physical activity.
- Cold or numb feet.
- Slow-healing wounds or ulcers.
- Changes in skin color, such as a bluish or pale tint.

Understanding Peripheral Neuropathy

Peripheral neuropathy is a condition that affects the nerves in the feet. It can be caused by various factors, including diabetes, alcohol abuse, certain medications, and infections. When the nerves are damaged, they can no longer transmit signals properly, leading to a range of sensory and motor issues.

Common Symptoms Of Peripheral Neuropathy

- Tingling or numbness in the feet.
- Burning or shooting pain.
- · Weakness and muscle cramps.

- Loss of balance and coordination.
- · Changes in foot shape or deformities.

The Importance Of Podiatric Care

- Early Detection: Regular podiatric check-ups are essential for detecting vascular and peripheral neuropathy in their early stages. Prompt diagnosis allows for timely intervention and prevents the progression of these conditions.
- Customized Treatment Plans: Podiatrists are experts in treating footrelated conditions. They can develop personalized treatment plans tailored to your specific needs, which may

include medication, physical therapy, or lifestyle changes.

- Wound Management: Individuals with neuropathy are at a higher risk of developing foot ulcers. Podiatrists play a crucial role in managing and preventing these ulcers, reducing the risk of infection and amputation.
- Education and Foot Care Guidance: Podiatrists can educate patients about proper foot care techniques, including regular inspections, hygiene, and footwear choices. This empowers patients to take an active role in maintaining their foot health.
- Collaboration with Other Spe-

cialists: In cases of severe vascular neuropathy, podiatrists work closely with vascular surgeons to ensure comprehensive care.

Vascular and peripheral neuropathy can have serious implications for podiatric health. Regular visits to a podiatrist are vital for early detection, management, and prevention of these conditions. By partnering with a podiatrist, individuals can take proactive steps to maintain healthy feet, reduce pain, and enhance their overall quality of life. Remember, caring for your feet today can prevent complications tomorrow.

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Our feet are important in our everyday lives. The problem is that we tend to neglect them. When this becomes a habit, it can cause significant trouble. Ignoring foot problems can mean pain, limited mobility, and expensive doctor's visits. On the other hand, if feet are cared for and looked after regularly, they will perform without pain or complication.



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Surgical Treatment of the "Gummy Smile"

Improving Periodontal Dental Health



By Marc P. Stanard, DDS, PC

A "gummy smile" is a condition where a significant portion of the gums is visible when a person smiles, often making them self-conscious about their appearance. While it's primarily considered a cosmetic concern, a gummy smile can sometimes be indicative of underlying periodontal issues.

Understanding the Gummy Smile

A gummy smile can occur due to several factors, including excessive gum tissue growth, abnormal tooth eruption, or a hyperactive upper lip muscle. In some cases, it's a result of underlying periodontal issues such as gum recession or bone loss around the teeth

Surgical Treatment Options

- Gingivectomy: A gingivectomy is a common surgical procedure for addressing excessive gum tissue. During the procedure, the periodontist removes the excess gum tissue to reveal more of the teeth, improving the smile's aesthetics. This surgery can be performed with a scalpel or laser, ensuring minimal discomfort and a quicker recovery.
- crown Lengthening: When a gummy smile is caused by short teeth rather than excessive gums, crown lengthening can help. The periodontist removes gum tissue and, if necessary, bone to expose more of the tooth's surface, creating a more balanced smile.
- Lip Repositioning: In cases where

 a hyperactive upper lip muscle
 contributes to a gummy smile, a lip



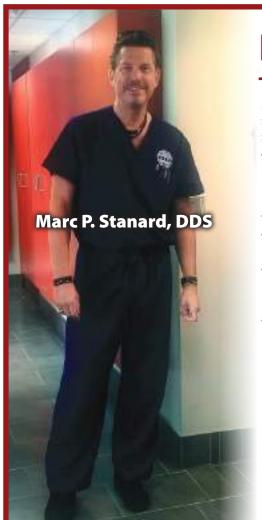
repositioning surgery can be performed. This procedure shortens the upper lip's range of movement, reducing the amount of gum displayed when smiling.

The Benefits For Periodontal Health

While surgical treatment of a gummy smile is primarily cosmetic, it can have some positive effects on periodontal dental health by promoting improved oral hygiene. Excessive gum tissue can make it difficult to maintain proper oral hygiene, increas-

ing the risk of gum disease. Surgical correction allows for easier access to clean the teeth and gums effectively.

Surgical treatment of a gummy smile not only enhances the aesthetics of one's smile but can also contribute to improved periodontal dental health by facilitating better oral hygiene and addressing underlying issues like gum recession. If you're concerned about your gummy smile, consult with a periodontist to explore the available treatment options tailored to your unique needs.



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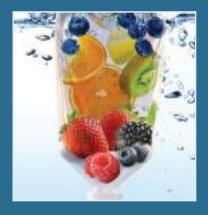
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By Toni Greene, Owner Happy Hour Yoga on Zoom!

Cancer. No, not the fourth sign of the zodiac in astrology that is a northern zodiacal constellation between Gemini and Leo, but the cancer that is a malignant tumor of potentially unlimited growth that expands locally by invasion and systemically by metastasis. It is something evil that spreads destructively, much like hidden resentment.

Hidden resentment spreads by way of mouth, thoughts, anger, foods, and jealousy. Evil thoughts that spread from the brain to the lips and spoken from the mouth in terms of gossip, lies, and misuse of the senses expand and spread locally and systemically as evil destruction to the self.

You are what you think about. When you sit around thinking negative thoughts, the thoughts you give energy to is like fertilizing the soil; it began to grow and spread.

Out of boredom and lack of positive energy you pick up a bag of potato chips and the telephone and you call up someone to whom you can spread the hidden resentment to, and it begins



Toni Greene

to spread.

Positive energy works very different from negative energy. With positive energy, if you do decide to pick up the phone to call someone it will be a person to whom you can talk positive with, a person with whom you share good ideals and thoughts with. A person who is not only elevated in higher consciousness, but a person who can raise your consciousness, a positive person with positive thoughts.

Foods can be cancerous as well. Some foods are grown without environmental consciousness.

To be positive, trust in a higher being other than your self, pray and to meditate day and night and in between to keep your energy and consciousness on a higher level.

Pesticides and artificial substances are used on some of the foods we eat and the juices we drink. It is very important to know what you are eating and drinking and from where it comes.

Foods must be cooked and consumed in a clean and loving manner. It is very bad for your health to cook and eat when you are upset.

The energy from you being upset comes into the food you are cooking and eating. If you are upset wait until you calm down to eat.

You are what you eat, think, say and don't say. To be positive, trust in a higher being other than your self, pray and to meditate day and night and in between to keep your energy and consciousness on a higher level. If you already have cancer, believe that it is already gone. If you don't believe me just ask someone who had cancer. Ask them what they did.

Sat Nam.





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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-onfour" dental implant restoration.

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

To fully understand this remark-

A Reason To Smile Again

All-On-Four Dental Implants

able 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

Rockville, MD 20850 • www.DrSreeni.com

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



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By Deeni Bassam, MD, DABPM The Spine Care Center

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

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

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

Back pain is a very common problem that affects almost everyone

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

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

Why Does My Back Ache?

spines were meant to last.

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

Degenerative structures of the

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

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

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

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

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

Back Pain? Back and neck pain can be treated.

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

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Optical Insight



iDesign Advanced WaveScan Studio

By Jacqueline D. Griffiths, MD New View Eye Center

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personalized: The system measures both inside and out.

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Jacqueline D. Griffiths, MD

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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.

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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 Eve Center and others.



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Up to

Suicide Prevention: The Crucial Role Of Counselors In Saving Lives

Submitted By A+ Counseling Center

Suicide is a global public health concern, with millions of lives lost each year. It is a complex issue with various contributing factors, but one common thread is the deep emotional pain experienced by individuals who contemplate or attempt suicide. Counselors play a pivotal role in suicide pre-

vention by offering support, guidance, and a lifeline to those in need. In this article, we will explore the importance of suicide prevention and how counselors can make a difference.

Understanding the Scope Of the Problem

Suicide is not limited by age, gender, or socioeconomic status. It affects people from all walks of life. According to the World Health Organization (WHO), close to 800,000 people die by

suicide each year, making it a leading cause of death worldwide. However, for every completed suicide, there are many more individuals who have contemplated it or made unsuccessful attempts.

The Role Of Counselors

Counselors are trained professionals equipped to address the emotional and psychological needs of individuals. When it comes to suicide prevention, they play several crucial roles:

• Identification and Assessment:

Counselors are often the first to identify signs of distress in their clients. They are trained to recognize warning signs of suicide, such as extreme sadness, hopelessness, social withdrawal, or sudden changes in behavior.

- Providing a Safe Space: Counselors offer a confidential and non-judgmental environment where individuals can express their thoughts and feelings openly. This safe space can be instrumental in encouraging people to talk about their suicidal thoughts.
- Assisting with Coping Strategies:
 Counselors help clients develop
 healthy coping strategies for dealing
 with emotional pain and life stress ors. These strategies can provide
 individuals with alternative ways to
 manage their feelings.
- Risk Assessment: Counselors conduct thorough risk assessments to determine the level of danger a client may be in. This assessment guides the development of a safety plan tailored to the individual's needs.
- Collaboration: Counselors often work in multidisciplinary teams, collaborating with psychiatrists, social workers, and other healthcare professionals to provide comprehensive care to clients at risk of suicide.
- Education and Awareness: Counselors educate clients, their families, and the community about suicide prevention. They raise awareness about available resources and encourage individuals to seek help when needed.
- Follow-Up and Support: Counselors offer ongoing support, monitoring, and follow-up care for individuals at risk of suicide. This continuity of care can be crucial in preventing relapses.

Suicide is a tragic and preventable loss of life. Counselors are instrumental in the fight against suicide, offering support, guidance, and hope to those who are struggling. By identifying warning signs, providing a safe space, and collaborating with other professionals, counselors can help individuals overcome their emotional pain and find reasons to live. In the battle against suicide, counselors are indispensable allies, providing the care and compassion that can make all the difference in saving lives. If you or someone you know is struggling with thoughts of suicide, please seek help immediately from a mental health professional or a crisis helpline. You are not alone, and help is available.



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By Tammy Leiner, Certified Clinical Thermographer, Level 3 The Longevity Center

Isn't that refreshing? Is it a better idea to focus on health -vs- an outdated, invasive fear-based strategy – year after year? We think so.

For most Americans, the word

October Is Breast HEALTH Awareness Month!

Cancer is constantly bombarding someone in our inner circle.

It is scary, very emotional and ugly. We are fearful for ourselves, our family, our friends and neighbors.

The word Mammogram also has a negative connotation for most - pain, fear, the "what if they find something" factor.

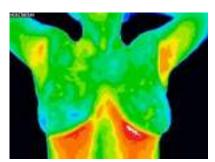
There are other options for women!

Thermography screenings are the best breast test you probably have

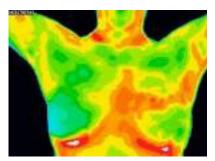
never heard of. The technology has been around for over 50 years. The screening is very easy, safe, affordable and performed without harm – (no compression, no radiation) or fear driven. It is information driven.

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along with an occasional ultrasound (or mammogram).

What Is Thermography?

Thermography is infrared imaging for the breasts and body that is a non-invasive method to determine stagnant fluid, inflammatory processes and vascularity that may be occurring – years before other tests can see it. This scan looks at temperature and symmetry of each breast to determine if activity is present.

How Can We Reduce Our Risk Factor?

There are many easy techniques to help and promote breast health.

Although there are a few things that can't be eliminated (like family gene mutations), there are many we can avoid or reduce – such as estrogen use (HRT, birth control) smoking, poor diets – and yes, radiation exposure.

Preventative measures include: Eliminating (or reducing) sugar, soda, alcohol and carbohydrates. An alkaline/anti-inflammatory diet is ideal. Dry brushing underarms toward the chest area can break up lymphatic congestion - and an essential oil protocol (including frankincense, lavender and lemon) can reduce tenderness, inflammation and fibrocystic activity.

We have a full list of preventatives to share (just ask)! We are truly dedicated to women's health and education!

Does Your Child Mouth Breathe, Grind Or Snore? It's Not Normal Says This Pediatric Dentist



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

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

What Is Pediatric Sleep Apnea?

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

Signs and Symptoms Parents Should Watch Out For

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

Role Of a Pediatric Dentist

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

How an Orofacial Myofunctional Therapist Can Help

An orofacial myofunctional therapist is a specialized healthcare professional who focuses on the muscles and functions of the face, mouth, and throat. They can play a vital role in the treatment of pediatric sleep apnea. By addressing orofacial muscle dysfunction and improper swal-

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lowing patterns, they can help improve airway function and reduce the severity of sleep apnea symptoms. Through targeted exercises and therapies, they work to correct any underlying issues and promote proper oral and facial development.

Thrive Program At Children's Choice Pediatric Dentistry

Children's Choice Pediatric Dentistry offers a unique program called Thrive, which combines the expertise of a pediatric dentist and an experienced orofacial myofunctional therapist. This program aims to effectively retrain a child's orofa-

cial muscles, correcting functional issues while enhancing their facial appearance. Thrive utilizes myofunctional therapy, often described as "physical therapy for the mouth," to strengthen and optimize oral muscle function, leading to improved breathing, reduced sleep apnea symptoms, and enhanced overall health.

Taking a Multidisciplinary Approach

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



Welcome to the Judgment-Free Zone

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Technology





Lingual frenulum

Tongue-tie (ankyloglossia) is a condition present at birth that restricts the tongue's range of motion.

With tongue-tie, an unusually short, thick or tight band of tissue (lingual frenulum) tethers the bottom of the tongue's tip to the floor of the mouth, so it may interfere with breast-feeding. Someone who has tongue-tie might have difficulty sticking out his or her tongue. Tongue-tie can also affect the way a child eats, speaks and swallows.

Sometimes tongue-tie may not cause problems. Some cases may require a simple surgical procedure for correction.

Tongue-Ties and Frenectomies

SYMPTOMS:

Signs and symptoms of tongue-tie include:

- Difficulty lifting the tongue to the upper teeth or moving the tongue from side to side
- · Trouble sticking out the tongue past the lower front teeth
- A tongue that appears notched or heart shaped when stuck out CAUSES:

Typically, the lingual frenulum separates before birth, allowing the tongue free range of motion. With tongue-tie, the lingual frenulum remains attached to the bottom of the tongue. Why this happens is largely unknown, although some cases of tongue-tie have been associated with certain genetic factors.

WHEN TO SEE A DOCTOR-

- Your baby has signs of tongue-tie that cause problems, such as having trouble breast-feeding
- A speech-language pathologist thinks your child's speech is affected by tongue-tie
- Your older child complains of tongue problems that interfere with eating, speaking or reaching the back teeth
- You're bothered by your own symptoms of tongue-tie

RISK FACTORS:

Although tongue-tie can affect anyone, it's more common in boys than girls. Tongue-tie sometimes runs in families.



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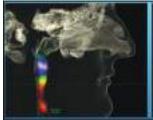
for those patients who have

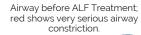
- · A need for facial guidance
- · Palate expansion

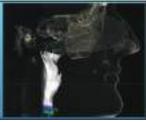
- Narrow palates
 Breathing issues
 TMJ dysfunction
 Craniofacial pain
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- An avoidance for extractionsCrossbite, overbite or underbite
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- · Recommendations for jaw surgery

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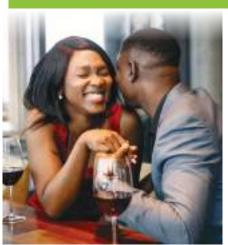


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Rami Makhoul, MD

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Meet Dr. Rami Makhoul

After completing his fellowship in Colon and Rectal Surgery at Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Health Hospital in 2014 to serve patients of the DMV area.

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

During his residency training at GW, he spent a year in clinical research where he published some of his work on colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures performed in the Colon and Rectal Surgery field. He continued with his passion for research and published peer-reviewed articles during his fellowship training. Several of his work, was presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American and Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotic, laparoscopic, and transanal minimally invasive surgery. Dr. Makhoul is Board Certified in both General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons education committee.

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

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



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Matthew Skancke, MD

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10215 Fernwood Road, Suite #102 Bethesda, MD 20817

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Meet Dr. Matthew Skancke

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

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

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



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Ike V. Lans, DDS



44110 Ashburn Shopping Plaza Suite #166 Ashburn, VA 20147

703-729-1400



Meet Ike V. Lans

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

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

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

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

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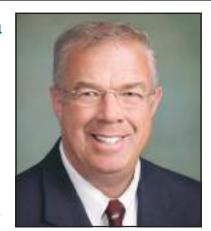
Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



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703-821-1103



Meet Jeffrey L. Brown

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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Meet Toni Nandini Greene

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

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

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

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

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

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

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

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

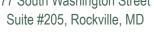
Hypnosis is a pain-free technique used in healing the body and mind. Hypnosis only requires your participation and willingness and it will happen, the pain will be gone from the body, or three degrees milder, or more. Give it a try.

yhm.news/Happy-Hour-Yoga

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Meet Dr. Sreenivasan:

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

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

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

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

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Cancer and Wellness Support

Wellness Technology From Nature, Light and Frequency

By Linda Penkala, Author LMT, Speaker

Life offers us lessons from health challenges and the opportunity to embrace ancient and cutting-edge technology to enhance healing whether fighting cancer or any disease. For decades these hands have touched and learned so much from my massage therapy clients who have embraced these complementary modalities with success!

Mistletoe Therapy - an integrative cancer therapy to lessen tumor related pain, and decrease the risk of tumor recurrence. This is a fraction of the cost of chemo/radiation and can be used along with conventional treatments to help lessen their side effects. This IV application is prescribed by a trained M.D., D.O., or N.D. in

Mistletoe Therapy. This is the widely preferred choice in Germany and Switzerland, whereas here in the U.S. every treatment is studied in phases. Phase I of the Mistletoe clinical trial is complete at Johns Hopkins so this can be considered for conventional use in cancer treatment. Read the published study at believebig.org.

Phototherapy - or photo biomodulation goes hand in hand with regenerative medicine as this wearable wellness technology implements your own body's heat to enhance healing. When this non-transdermal patch is placed on acupuncture points, like the sun stimulates Vitamin D production, they boost cellular activity through frequencies of light along the body's meridians. If meridians are blocked, due to trauma or pathogens, pain and discomfort can result. Once the energy is open, they help enhance sleep, activate stem cells, improve moods, lessen pain and offer energy. Clinically proven to enhance health, vitality and the immune system, these patches have helped clients immeasurably.

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

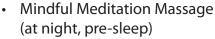
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The Pause to Relax



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📊 Linda Penkala



Essential Oils and Frequency - Robert O. Becker, M.D. author of The Body Electric validates the human body has an electrical frequency and we can determine the state of health by this. Nikola Tesla said if you could eliminate certain outside frequencies that interfered in our bodies, one could have greater resistance toward disease. The human body has its own frequency as Bruce Tainio in 1992 built the first frequency monitor in the world. When frequency drops from a healthy 62-68 MHz, the immune system is compromised as each disease has a frequency - cancer begins at 42MHz or a cold invades at 59MHz. The hope we have is that Nature provides essential oils, a natural way to increase and influence electrical frequency, where bacteria and virus can't thrive. Idaho Blue Spruce has the highest frequency of any oil at 580 MHz and your own thoughts can lower frequency if negative by 12 MHz or raise them to 10 MHz if positive, but prayer and meditation raises frequency by 15MHz.

301-805-6805 30 | Your HEALTH Magazine



By Jeffrey L. Brown, DDS Sleep & TMJ Therapy

When a patient goes to their TMJ doctor, it is vitally important to make sure that certain technologies are used in order to get a good diagnosis and even greater treatment. In this article we will be looking at the merits of the dedicated Tesla coil, the x-rays to look at the jaw joints, the digital impression scanner, and the ever so important computer.

When it comes to getting a really great MRI of your TM joints, it is really important to be sure that the imaging center has a Tesla coil dedicated for this kind of work because it is so sensitive and can allow us to see the articular discs much better than some older technology. In too many cases, the MRI is done with an inferior machine and the reading is simply not that precise. This will often lead to a misdiagnosis and a path of treatment that costs lots of money, time, and frustration.

Another piece of technology in getting proper TMJ treatment involves the x-ray equipment. It is important first of all to go with "green" technology, i.e. low dose radiation and three-dimensional imaging. The 3-D imaging comes in really handy when the doctor wants to see what's going on behind and around the corners of various bones, especially the condyle or jaw bone. This information helps when trying to correlate to the findings of the MRI: do the slipped discs make sense and is that why the jaw bone has shifted in that direction?

A very fun and very special advancement when it comes to doing braces to finish up a TMJ patient is the digital impression system. This system basically uses a camera to videotape the teeth and the computer effectively "stitches" all the videos together to show the lab what the teeth look like. In addition, the digital impressions are the most accurate way to see the teeth and jaw bones.

Why TMJ Technology Is So Important

Then, the braces manufacturer uses a device to "cut' each bracket to the best fit possible for every individual tooth. This means that each bracket is custom made, by hand (the hand of a computer guided laser that is) to the proper tip and torque needed to achieve the best result in the shortest time possible. Think of it

like GPS for your trip up to Canada the computer will design the least difficult, quickest, and most efficient path to get you there.

Let's not forget to give mention to our old friend, the computer, which has advanced so much in recent years that we have become used to it running on terabytes, not kilobytes, of storage and how fast the processors have become. Without the computer, we could not show the patient the wonderful world of digital x-rays and show them how their progress has changed. The computer and all these other technologies have surely changed our world, and made treatment better and easier for patients.



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

Acupuncture, an ancient practice dating back over 3,000 years, holds a

Acupuncture For Side Effects Of Cancer

prominent position within the realm of traditional Chinese medicine (TCM). Its core technique involves the delicate insertion of slender needles into specific points on the skin, meticulously chosen for their therapeutic potential.

In the realm of Chinese medicine, the concept driving acupuncture revolves around the unimpeded flow of vital energy along intricate channels known as "meridians." According to this doctrine, when these energy pathways encounter obstructions, discomfort inevitably ensues.

The Merits Of Acupuncture

Statistics from the Centers for Disease Control and Prevention unveil that annually, more than eight million Americans turn to acupuncture to address an array of health issues. Research has illuminated the efficacy of acupuncture in managing various non-cancer-related conditions, including but not limited to back pain, persistent headaches, osteoarthritis, hypertension, infertility, and the vexing specter of hot flashes. Furthermore, acupuncture shines as a safe and well-tolerated option for ameliorating the side effects frequently accompanying conventional cancer treatments.

Relief From Cancer-Related Pain

An astounding 40% of individuals navigating the early or intermediate stages of cancer, and a staggering 90% grappling with advanced cancer, grapple with moderate to severe pain. Acupuncture emerges as a valuable

player in the quest to alleviate cancerrelated discomfort. A recent study, featured in the *Journal of Clinical Oncology*, underscored the marked reduction in pain and functional impairment experienced by those receiving acupuncture, in stark contrast to their counterparts subjected to standard care.

Mitigating the Impact Of Chemo-Radiation Therapy Side Effects

The preliminary evidence signals acupuncture's potential efficacy in alleviating a gamut of side effects triggered by chemotherapy and radiation therapy, encompassing nausea, vomiting, fatigue, pain, leukopenia, radiation-induced xerostomia, insomnia, and anxiety. Intriguingly, acupuncture appears to outshine the antidepressant venlafaxine in terms of reducing these side effects while maintaining a more favorable adverse effect profile. Moreover, a separate trial hints at acupuncture's role in

Please see "Side Effects," page 38

50

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Get the Flu Shot Take the Lead In Your Health



By Janet V. Johnson, MD Loving Care Pediatrics

Everyone over the age of six months old needs and should have a flu vaccine every year. The vaccines are available as an intradermal, intramuscular shot and as a nasal spray. They begin to arrive in doctors' offices, pharmacies and clinics by mid-September.

Every year, scientists design the vaccine to protect against the types of

flu viruses that are expected to be the most prevalent in the coming year. There are two basic types of viruses that can cause the flu – strain A and B. Both types can be potentially serious. "Trivalent" vaccines protect against two A strains and one B strain of flu, while newer quadrivalent vaccines protect against two A and two B strains.

Everyday Preventive Actions

The flu virus can spread by direct contact, such as sharing drinks, or through indirect contact, such as when an infected person sneezes on their hands and touches an object like the lunchroom microwave door. The influenza virus can live for 2-8 hours on surfaces.

In addition to getting vaccinated, the following recommendations should be considered:

• Avoid contact with sick people.

Please see "Flu Shot," page 38



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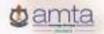
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Hairstyles That Can Lead To Hair Loss

Understanding and Treating Traction Alopecia



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

Traction alopecia is a type of hair loss that is primarily caused by repetitive and excessive pulling or tension on the hair root, often due to tight hairstyles, heat, and chemical treatments. Common culprits include tight braids, dreadlocks, extensions, and weaves. Fortunately, certified trichologists are

experts in hair and scalp health who offer a range of services to help individuals suffering from traction alopecia.

Hair and Scalp Analysis – during a thorough examination a trichologist can assess the extent and severity of traction alopecia. This analysis helps in tailoring a personalized treatment plan to address the specific needs of each individual.

Health and Wellness Analysis – A holistic approach to hair loss is crucial. Trichologists delve into an individual's health and wellness, considering factors like diet, stress levels, and overall health. Understanding the root causes of hair loss is vital in crafting an effective treatment plan.

Microscopic Images and Bio Survey – Modern technology aids trichologists in evaluating hair and scalp conditions at a microscopic

Please see "Alopecia," page 38



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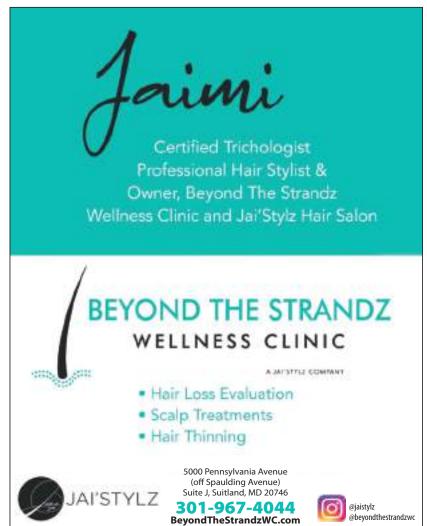
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From page 32

impacts their ability to work during the time of such treatment. This doubly impacts their financial status because they cannot also work and earn money during such a time.

Fertility Preservation

Added to this problem is the need for fertility preservation. The unfortunate fact is that most insurance plans do not cover fertility preservation treatment. Depending on the resources of the patient and their socio economic status, if they are even on Medicaid, they will find that Medicaid has no fundings whatsoever for fertility treatment or preservation. Most additional charitable organizations set up to support fertility do not include fertility preservation for cancer patients.

Herein lies the problem. Where

are such patients to turn to for help? Fertility clinics can subsidize some of this treatment, unfortunately there are limiting factors such as payments for independent anesthesia services, payments for medications (which price continues to rise by the day), and payment for FDA required donor screening if those patients choose to freeze their eggs or sperm not knowing if they will need a surrogate in the future. It is almost like a double penalty imposed by the current regulations to have the additional cost of the FDA screening that is uncompensated and unfunded.

I ask therefore where should such patients turn to if traditional charitable fertility organizations will not even cover them?

Previously published on Medium.com

SIDE EFFECTS

diminishing vasomotor symptoms in breast cancer patients undergoing adjuvant tamoxifen therapy.

Enhancing Quality Of Life

Acupuncture has the power to infuse cancer patients with renewed energy and a heightened sense of well-being. A study scrutinizing the quality of life among breast cancer patients, two years post-acupuncture treatment for hot flashes, unearthed encouraging findings. Those treated with acupuncture reported fewer incidents of hot flashes and exhib-

ited a more optimistic outlook on life.

Navigating the Safety Labyrinth

Though generally regarded as safe, acupuncture can occasionally induce dizziness, localized internal bleeding, dermatological reactions, nerve sensitivity, or heightened discomfort, especially when administered by inadequately trained practitioners. The pivotal role of a proficient and skilled acupuncturist cannot be overstated in achieving optimal treatment outcomes.

FLU SHOT

0 0 11 0

- Cover sneezes and coughs.
- Wash hands to reduce the spread of germs. Everyone should wash their hands frequently to reduce the risk of transmitting germs to others.
- If you are sick, ill with the flu or flu-like symptoms stay home from school or work to prevent the spreading of flu to others.

Know the F.A.C.T.S.

The flu symptoms can be mild or severe, and can come on suddenly – be sure you know your flu treatment options so you can be prepared. Symptoms generally appear 1-4 days after exposure to the virus.

- F Fever
- A Aches
- C Chills
- T Tiredness

• S – Sudden Onset

Of the treatment options available, prescription antivirals may help make your illness milder or may help you feel better faster.

Treatment Options

Antivirals are prescription medications that actively attack the flu virus and stop it from spreading to the rest of your body. In order to be effective, antiviral medications must be taken within the first 48 hours of onset of flu symptoms.

Antivirals For Flu Prevention

Not only can antivirals help treat the flu once you have it, they can also help prevent you from getting the flu if you are exposed to the virus. For example, if a family member is diagnosed with the flu, taking an antiviral can help stop you from becoming infected.

ALOPECIA

From page 34

level. These detailed images and bio surveys allow for a deeper understanding of the problem and enable the development of precise solutions.

Discussion of Medical History, Nutrition, Hair Care Practices, and Lifestyle – A trichologist takes the time to discuss an individual's medical history, nutritional habits, hair care practices, and lifestyle choices. These conversations provide valuable insights into potential triggers and contribute to creating a holistic treatment approach.

Highlighting Key Services

Hair Loss Treatments: Trichologists offer a range of treatments tailored to the specific needs of each patient. These may include topical treatments, supplements, or lifestyle modifications to promote hair regrowth.

Scalp Exfoliation & Detoxification: A clean and healthy scalp is essential for hair growth. Trichologists use specialized techniques to exfoliate and detoxify the scalp, promoting a conducive environment for hair follicles. **Ozone Therapy:** Ozone therapy can stimulate blood circulation to the scalp and enhance oxygen delivery to hair follicles, promoting hair regrowth.

Low Laser Light Therapy: This non-invasive treatment uses low-level lasers to stimulate hair follicles, encouraging regrowth and improving hair density.

Hydration Therapy: Proper hydration is vital for healthy hair. Trichologists offer hydration therapies to nourish the scalp and hair, reducing the risk of breakage.

Hair Restoration: For severe cases of traction alopecia, hair restoration procedures such as non/surgical hair replacements may be recommended by Certified Trichologists.

Traction alopecia can be distressing, but certified trichologists offer a ray of hope. By addressing the root causes and tailoring treatments to individual needs, certified trichologists play a crucial role in combating traction alopecia and promoting healthy, beautiful hair.

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Over-the-Counter Medicines and Drug Interactions

Submitted by Kensington Pharmacy

Every day, millions of Americans use over-the-counter medicines for relief from headache or arthritis pain, coughs and colds, flu, and upset stomach. These over-the-counter medicines are effective, widely available, convenient, and cost-effective.

It is important to treat all of your medicines seriously and read all of the instructions carefully. This can help you avoid problems that may occur with all medications, including over-the-counter medicines.

Drug-drug interactions happen when a drug interacts, or interferes, with another drug. This changes the way one or both of the drugs act in the body, or causes unexpected side effects. The drugs involved can be prescription medications or over-the-counter medicines. They can even be things like vitamins and herbal products.

Sometimes when two drugs in-

teract, the overall effect of one or both of the drugs may be greater than desired. For example, both aspirin and blood thinners like warfarin (Coumadin®) help to prevent blood clots from forming. Using these medications together may cause excessive bleeding.

Other times, the overall effect of one or both of the drugs may be less than desired. For example, certain antacids can prevent many medicines from being absorbed into the bloodstream. If this happens, the medicine may not work as well or it may not work at all.

Drug-food interactions happen when a prescription medication or over-the-counter medicine interacts, or interferes, with something you eat or drink.

Drug-disease interactions happen when a prescription medication or over-the-counter medicine interacts, or interferes, with a disease or condition that you have. For example, decongestants, which are found in many cold remedies, may cause your blood pressure to go up. This may be dangerous for people with high blood pressure.

Your risk of having a drug interaction depends in large part on how many medicines you are taking. Fortunately most of these interactions can be prevented. By taking a few simple steps, you can protect your health and avoid serious problems.

Read the labels of all over-thecounter medicines. Look for the section called "Drug Interaction Precaution." If you don't see it, don't assume that no interactions will occur. Read all the information carefully to be sure.

Tell all of the doctors and pharmacists you visit about all of the prescription medications and overthe-counter medicines you use. Use a Personal Medication Record to write down information about the medicines that you use. Be sure to include those you take every day as well as those you use only once in a while. If you use vitamins or herbal products, be sure to write them down, too.

Before taking any new medication, talk to your doctor or pharmacist. Ask whether it is safe to take the new medicine with other prescription medications, over-the-counter medicines, vitamins, or herbal products that you are taking. Ask if there are any foods, drinks, or medications you should avoid while taking the new medicine. Never use prescription medicines that belong to another person, even if that person seems to have the same health problem you have.

Ask your doctor or pharmacist for advice on over-the-counter medicines. Your doctor or pharmacist will help you choose the medicine that best meets all of your health needs. If you can, buy your over-the-counter medicines at the same pharmacy where you have your prescriptions filled. That way, the pharmacist can check your records to see if the over-the-counter medicines you buy could interact with the prescription medications you take.



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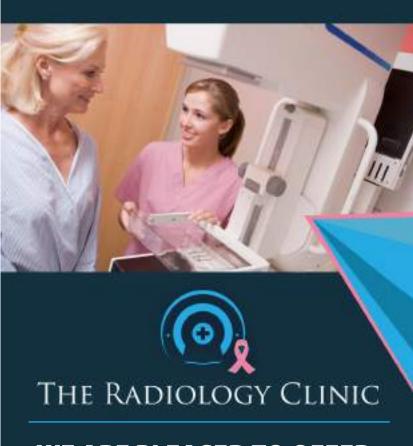
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