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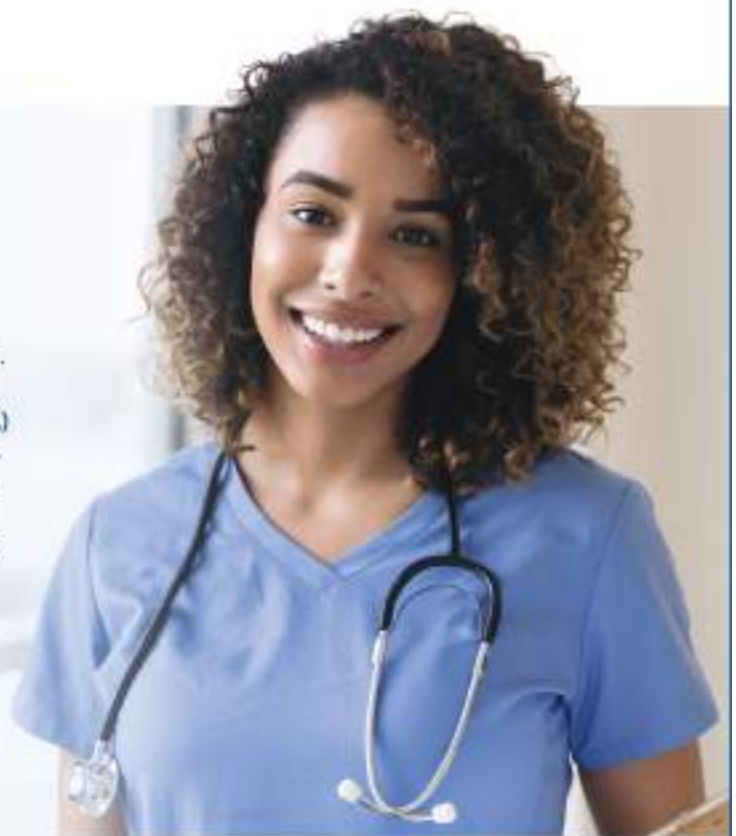
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By Lisa Thorne, Coach
Lisa Thorne Holistic Wellness Coach

If you are someone or know someone whose irritable bowel syndrome (IBS) symptoms are causing anxiety

during the holiday season, keep reading; there is hope!

The Role Of Stress and Mindset

First, identifying what to eat for IBS is only a small portion of what may be impacting the digestive process. Understanding that the symptoms are not “all

in our head”, but can be exacerbated by our stress levels, is critically important. This does not in any way mean that people with IBS are the cause of their symptoms. It means that IBS sufferers can learn to have control over the vicious cycle of “worry about symptoms causing symptoms, and actual symptoms causing worry”. Developing techniques to quell the cycle can go a long way in finding the ease from the physical symptoms that can seem out of our control.

How To Eat For IBS

Secondly, learning about not only what to eat (soluble fiber first!), but how much, when, what order, and even what temperature are excellent tools for moderating and even conquering the symptoms of IBS.

Planning For Holiday Meals and Social Events

The best way to navigate the holidays and the social outings that usually involve food begins with preparing well in advance of the event:

- Recognize that food is only a very small portion of managing and overcoming IBS
- Make time for downtime and rest
- Prioritize your self-care
- Connect with nature to find peace and solace
- Learn about the gut reflex and the foods that have the lowest index

On the day of the get-together:

- Eat soluble fiber first.
- Be sure you are well-rested.
- If possible, have an event buddy to lean on, even if it is someone to text.
- Choose loose fitting clothes!

Consider that IBS symptoms can worsen over time, so the sooner action is taken to address all the key components, the sooner healing can begin! And, the sooner committed, focused action is taken, the less time it typically takes to recover. It is never too late to begin! The road to wellness begins with one step.

Got IBS? Dreading the holidays? You don't have to!
Grab hold of your life! Learn how to take charge of the four critical areas to improve your digestion and your quality of life!

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The Future Of Non-Surgical Pain Solutions Is Here **StemWave Regeneration Therapy**

Submitted By
Back In Action Health Solutions

In the ever-advancing realm of medical technology, a game-changer has arrived that provides hope to those with unresolved chronic joint pain. StemWave Regeneration Therapy is at the forefront of this paradigm shift, offering non-surgical solutions for chronic unresolved, musculoskeletal injuries or joint dysfunction by harnessing the body's own regenerative capabilities. Discover what StemWave Regeneration Therapy is and how it works, understand what the three key benefits are, and why you should try it.

What is StemWave Regeneration Therapy? A revolutionary medical technology that harnesses the regenerative potential of our body's natural healing capacity to target an area of inflammation, pain or scar tissue. Developed in Europe, StemWave was initially applied to athletes in chronic conditions. This groundbreaking approach features focused acoustic sound waves which stimulate the body's natural healing mechanisms, and promote tissue repair and regeneration. The therapy works by triggering the release of growth factors and drawing healing nutrients to the inflamed area, aiding the repair of damaged tissues for a longer healing result. This technology is transforming the way we treat various unresolved joint issues by providing faster recovery with minimal discomfort, and long-lasting results. Here at Back in Action, we've been treating patients with StemWave technology for the last year. With over a thousand treatments performed, many of our patients experienced significant relief after their first treatment!

The three amazing benefits of StemWave are: decreased pain, decreased inflammation and increased range of motion in a joint or region. This is an effective therapy to decrease the need for harmful steroid injections, decrease the need for opioid medications, all the while decreasing the likelihood of surgical intervention. Shown to be effective

in treating a variety of conditions, including chronic pain, musculoskeletal injuries, and joint dysfunction. At the office, StemWave has been shown to be highly effective for many conditions, including plantar fasciitis, lateral epicondylitis, failed knee or back surgery, rotator cuff and hip injuries, etc.

Why try StemWave Therapy? If you're suffering from chronic pain

or an unresolved musculoskeletal injury, it's time to get out of pain and back in action! This has been proven to be an extremely effective, non-invasive treatment to decrease pain, increase range of motion and speed recovery time. A great draw is decreased likelihood of surgery and need for steroid injections, opioid or other medications. StemWave Regeneration Therapy represents a

remarkable leap forward in health-care technology.

Come try StemWave yourself for a discounted offer of just \$59! Dr. Blabey will assess your needs and administer a full treatment and work with you to develop a personalized treatment plan that addresses your unique needs and goals. Try StemWave Therapy today risk-free! (703) 356-6284.

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SERVING MARYLAND & VIRGINIA Since 1990

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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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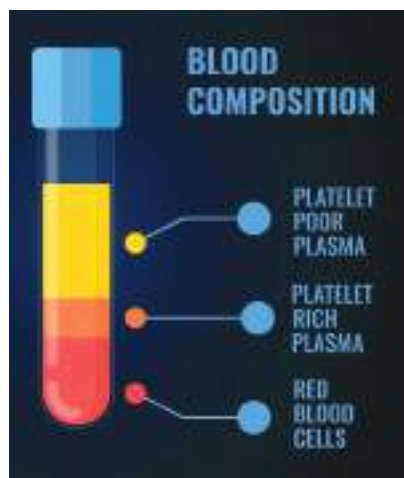
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By Dr. Acia Williams
A New Image by Acia LLC &
Hair Loss Rejuvenation Clinic

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.



Our Process:

- 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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Pedi Partials For Upper Anterior Teeth Replacement: Reasons and Benefits

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

Pediatric dental care has witnessed significant advancements, allowing for the holistic treatment of dental issues in young patients. One of the prominent solutions offered for children who've lost their

anterior teeth, due to trauma, decay, or congenital reasons, is the Pedi partial. This dental appliance has gained popularity, not just for its functional benefits, but also for the psychological well-being of the child.

1. Understanding Pedi Partials

Pedi partials, also known as pediatric partial dentures, are dental prostheses designed specifically for

children. Made with highly durable and child-safe materials, they help in replacing missing anterior (front) teeth. Unlike adult dentures, which can be permanent, pedi partials are temporary and are eventually replaced by natural permanent teeth or a permanent dental appliance.

2. Reasons For Opting For Pedi Partials

a. Speech Development

Children are at a crucial age for speech development, and the absence of upper anterior teeth can lead to speech impediments. Sounds, especially those produced using the front teeth such as the "th" and "f", can be difficult to articulate. Pedi partials facilitate proper pronunciation and clarity, aiding children in their developmental stages.

b. Tongue Positioning

Proper tongue placement is vital for various oral functions, from swallowing to speaking. The anterior teeth play a role in guiding the tongue to its correct position during these activities. Missing teeth can lead to improper tongue thrusts, where the tongue might push against the front teeth during swallowing or speech, potentially leading to orthodontic issues in the future.

c. Aesthetics and Self-esteem

It's undeniable that our smile plays a role in our self-esteem and confidence. For children, missing anterior teeth can lead to feelings of embarrassment, affecting their willingness to smile or interact with peers. Replacing these teeth with pedi partials can restore their confidence, allowing them to express themselves without self-consciousness.

d. Maintaining Space For Permanent Teeth

Anterior primary teeth serve as natural space maintainers for the emerging permanent teeth. Their premature loss can result in space loss as neighboring teeth may drift or tilt into the vacant space. This could result in malocclusion or misalignment of the permanent teeth. Pedi partials help in preserving this space, ensuring proper alignment and positioning for permanent teeth.

3. Additional Benefits

Apart from the primary reasons mentioned above, pedi partials also:

- **Aid in Chewing:** Proper chewing is vital for digestion. Anterior teeth play a role in biting off food, and their absence can limit a child's dietary choices.
- **Face Structure Maintenance:** Teeth support the facial structure, and their absence can affect the appearance of the face. Pedi partials can provide this necessary support.
- **Guidance for Permanent Teeth:** Pedi partials can serve as a guide, ensuring that the permanent teeth emerge in their correct positions.



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Pediatric Partial Denture to Replace Missing Teeth



Elizabeth Shin
DDS

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The Revolution Of Robotic Surgery In Colorectal Procedures

Smaller Incisions, Faster Recovery

By Matthew Skancke, MD & Rami Makhoul, MD
Metro Colon and Rectal Surgery

Colorectal surgery has entered a new era of advancement, thanks to the remarkable innovation of robotic surgery. This cutting-edge technology has not only reduced the risk of complications but also revolutionized the recovery process for patients. In this article, we will explore how robotic surgery is transforming the landscape of colorectal procedures, making them safer and more efficient.

The Robotic Revolution

Robotic surgery has made significant strides since its inception in the late 1990s when the first procedure was performed in the United States. Today, it has become a staple in the field of surgery, with around 400,000 robotic-assisted procedures conducted annually. As multi-armed robotic systems gain popularity, the applications for this technology continue to expand.

Minimal Incisions, Maximum Benefits

One of the key advantages of robotic colorectal surgery is the minimal invasiveness it offers. Patients typically require only three or four small incisions, each averaging just two centimeters in length. This not only reduces the risk of infection but also accelerates the healing process, leaving little to no scarring behind.

Reduced Risk Of Complications

Another remarkable benefit of robotic surgery is the significantly lower rate of blood transfusions during the procedure compared to traditional open surgery. Patients who undergo robotic colorectal surgery experience nearly zero percent transfusion rates, contributing to a safer surgical experience.

Swift Recovery

The speed of recovery after a colorectal procedure can be a critical factor in a patient's overall well-being. While recovery timelines can vary depending on the specific procedure and individual health, robotic surgery consistently leads to shorter hospital stays compared to open surgery. Patients typically experience less pain and a quicker return to their normal diet and bowel function.

Personalized Care

It's important to note that each

patient's experience with robotic colorectal surgery is unique. Factors such as the type of procedure and individual health can influence the recovery process. However, the overall trend points toward a smoother, faster, and less painful recuperation period.

Looking Ahead

The field of robotic surgery is expected to evolve even further. These innovations will likely improve patient outcomes and expand the range of conditions that can be treated with robotic assistance.

Robotic surgery has ushered in a new era of colorectal procedures,

offering patients minimally invasive options that reduce the risk of complications and expedite recovery. With smaller incisions, lower transfusion rates, and shorter hospital stays, robotic colorectal surgery is transforming healthcare, ensuring a brighter and healthier future for those in need of these life-changing procedures.

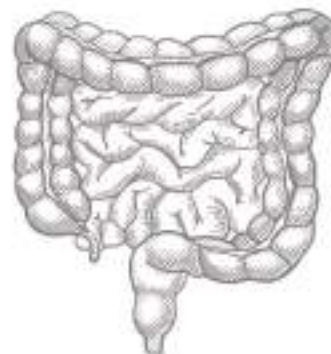


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Empowered Employees

A Key To Better ROI Through Affordable Wellness Programs

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

In today's fast-paced corporate world, the relationship between employee well-being and business success has never been more apparent. As companies strive for better returns on investment (ROI), they are increasingly recognizing the invaluable role that

empowered employees play in achieving this goal. One cost-effective and practical approach is through wellness programs that cater to the diverse needs of all employees. These programs not only enhance overall health but also boost productivity and job satisfaction.

Balancing Work and Life: One of the most critical factors in employee empowerment is maintaining a

healthy work-life balance. When employees are overstressed and constantly overwhelmed, their productivity plummets. To counter this, wellness programs can incorporate techniques that help employees manage their time effectively, prioritize tasks, and find the right balance between work and personal life. When employees feel in control of their schedules, they

are more motivated to participate in wellness initiatives.

Motivating Participation: Motivation is another key to success in wellness programs. Employers can employ strategies like incentives, recognition, and gamification to inspire employees to join these programs. Whether it's offering rewards for achieving health goals or recognizing milestones publicly, these initiatives not only encourage participation but also foster a sense of camaraderie among employees.

Health & Wellness Coaching:

Personalized Support: Health and wellness coaching is a cornerstone of empowering employees to take control of their health. These specialists work closely with employees, providing personalized guidance and support. Whether through one-on-one sessions or group workshops, employees can receive tailored advice on diet, exercise, stress management, and more. This personalized approach ensures that employees are not just participants but active partners in their well-being journey.

Accountability and Progress Monitoring: One of the primary reasons wellness programs succeed is the accountability factor. Health and wellness coaches ensure that employees stay on track with their health goals, tracking their progress and making necessary adjustments. This ongoing support and monitoring significantly increase the chances of employees achieving and maintaining better health.

Empowered employees, those who are physically and mentally well, contribute significantly to a better ROI for businesses. Here's how:

Increased Productivity: When employees are healthier, happier, and motivated, they are more productive. Reduced absenteeism and presenteeism result in higher output, ultimately contributing to improved ROI.

Lower Healthcare Costs: A healthier workforce incurs fewer healthcare expenses for employers, saving money in the long run.

Enhanced Employee Retention: Employees who feel supported and empowered are more likely to stay with their current employer. Reducing turnover and the associated recruitment and training costs positively impacts ROI.

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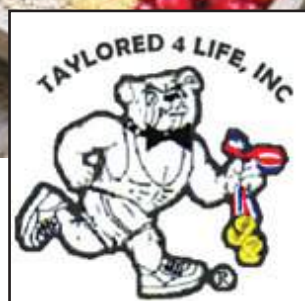
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Low Dose Doxycycline Therapy

A Promising Approach To Enhance Periodontal Dental Health



By Marc P. Stanard, DDS, PC

Maintaining optimal periodontal dental health is crucial for a bright and healthy smile. Periodontal diseases, such as gingivitis and periodontitis, can lead to tooth loss and have systemic health implications. While conventional treatments like scaling and root planing are effective, emerging research suggests that low-dose doxycycline therapy may offer a promising adjunctive solution in the fight against periodontal diseases.

Understanding Low Dose Doxycycline Therapy

Doxycycline is a broad-spectrum antibiotic that has been used for decades to treat various bacterial infections. In recent years, researchers have discovered its potential as an adjunctive therapy for periodontal health. Unlike traditional high-dose antibiotic regimens, low-dose doxycycline therapy employs sub-antimicrobial doses, which have anti-inflammatory and collagenase-inhibiting properties without promoting antibiotic resistance.

Benefits Of Low Dose Doxycycline Therapy

- **Inflammation Reduction:** Low-dose doxycycline can suppress the production of inflammatory mediators, helping to manage the inflammation associated with periodontal diseases. This, in turn, aids in reducing gingival swelling and bleeding.
- **Collagenase Inhibition:** It inhibits collagenase enzymes responsible for the degradation of connective tissue in the periodontium, preserving the integrity of periodontal

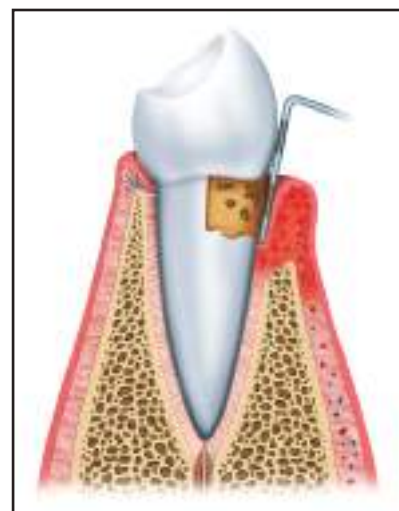
structures.

- **Minimal Side Effects:** Low-dose doxycycline has fewer side effects compared to higher doses, making it a safer option for long-term use.
- **Prevents Antibiotic Resistance:** The sub-antimicrobial dosing approach minimizes the risk of antibiotic resistance, a growing concern in healthcare.

Application In Periodontal Health:

Low-dose doxycycline therapy is typically administered as a supplement to standard periodontal treatments, such as scaling and root planing. It can be taken orally in tablet form or as a locally delivered gel. Research suggests that this adjunctive therapy can help improve periodontal parameters, including reduced pocket depth and enhanced clinical attachment levels.

Low-dose doxycycline therapy presents a promising avenue for enhancing periodontal dental health. Its anti-inflammatory and collagenase-inhibiting properties make it a valu-



able adjunct to traditional periodontal treatments. However, it is essential to consult with a qualified periodontist to determine if low-dose doxycycline therapy is suitable for your specific case. Together with proper oral hygiene practices, this therapy can slow the progression of this chronic disease, contribute to the maintenance of a healthy and beautiful smile for years to come.

Periodontist In Washington, DC

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Revitalize Your Skin and Combat Aging with Cryotherapy

Submitted By
Qi Medical Spa & Wellness

As we age, our skin undergoes a natural transformation, and women, in particular, often seek ways to maintain a youthful appearance. The world of skincare and anti-aging treatments has seen significant advancements in recent years, with one notable innovation being Cryoskin. This non-invasive solution for body contouring has gained immense

popularity across the country, offering CryoSlimming®, CryoToning®, and CryoFacials. In this article, we'll delve into the realm of women's health concerning skincare and aging and explore how Cryoskin can be a game-changer in achieving and maintaining radiant, youthful skin.

Understanding Women's Skin Health and Aging

The aging process affects everyone, and it's essential to understand how it impacts women's skin

health. As we age, our skin naturally loses collagen and elastin, leading to wrinkles, fine lines, and a decrease in skin elasticity. Factors like hormonal changes, sun exposure, and lifestyle choices can accelerate these effects. Maintaining a robust skincare regimen is crucial for preserving and enhancing the skin's appearance.

Cryotherapy: A Breakthrough In Skincare

Cryoskin, a cutting-edge Italian innovation, has emerged as a

revolutionary solution for addressing various skincare concerns associated with aging. This technology employs the application of cold temperatures to the body through a specialized handpiece. What sets Cryoskin apart is its ability to deliver remarkable results without the need for painful suction, extended recovery periods, or downtime, making it an ideal choice for women looking for an effective yet convenient solution.

Benefits Of Cryoskin For Women's Skin Health

- **Improved Collagen Production:** Cryoskin stimulates collagen production, a protein vital for maintaining skin elasticity and firmness. By increasing collagen levels, Cryoskin helps reduce the appearance of fine lines and wrinkles, promoting a youthful complexion.
- **Enhanced Skin Tone and Texture:** CryoToning® treatments can help alleviate skin irregularities and improve overall skin tone and texture. It's an excellent option for women seeking to minimize cellulite and achieve smoother skin.
- **Targeted Fat Reduction:** CryoSlimming® offers a non-invasive alternative for body contouring, helping women shed excess fat in specific problem areas. This can lead to a more sculpted and confident appearance.
- **CryoFacials for Radiant Skin:** CryoFacials provide an invigorating treatment that tightens the skin, reduces puffiness, and promotes a healthy, glowing complexion. Women can enjoy the rejuvenating benefits of CryoFacials to counter the effects of aging.
- **Affordable and Accessible:** Cryoskin offers women an affordable option for achieving their desired skin goals. According to The American Society for Dermatologic Surgery, Cryoskin delivers results at a fraction of the cost compared to other body contouring products in the market.

As women prioritize their health and well-being, maintaining youthful and radiant skin remains a key goal. Cryotherapy, specifically Cryoskin, has emerged as a game-changer in the world of skincare and anti-aging treatments. With its non-invasive approach and remarkable results, Cryoskin offers women an accessible and effective solution to combat the signs of aging.



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Plantar Warts and Treating Them In-Office With Hydrozid®



By Lubrina Bryant, DPM
District Podiatry, PLLC

Plantar warts, medically known as *verruca plantaris*, are a common dermatological issue that affects the weight-bearing areas of the foot. These warts are caused by the human papillomavirus (HPV) and are often seen in children and teenagers. Although they are generally harmless, many individuals seek treatment due to discomfort or the desire to prevent further spreading.

About Hydrozid

One modern solution for treating plantar warts is Hydrozid. This innovative cryosurgery device combines traditional cryotherapy techniques with advanced aerosol technology, delivering instant, safe, and effective treatment for various skin lesions, including plantar warts.

Developed by a reputable family-owned pharmaceutical and medical device company in Denmark, Hydrozid has been successfully used in Europe since 2013. It employs a patented delivery system with a consistent, controlled spray head, containing the safe gas norflurane (R134a), known for its use in asthma inhalers.

When applied to the skin surface, Hydrozid generates extremely low temperatures between -58°F and -65.2°F. This cold environment forms intra- and extracellular ice crystals, effectively removing the top layer of skin without harming healthy tissue. The procedure relies on repeated freeze-thaw cycles, making it brief, efficient, and patient-friendly.

Plantar Wart Treatment With Hydrozid

Hydrozid is applied to the wart from a distance of 2-3 centimeters. To protect surrounding healthy tissue, especially for minor lesions like a single plantar wart, the application template included with the Hydrozid canister is recommended. Gently squeeze the trigger to ensure a light,

constant stream. As ice crystals form, the treated area will turn white. Allow it to thaw for the recommended time and repeat the freeze-thaw cycle if necessary.

Treatment Duration

The duration of treatment varies depending on factors such as lesion location, thickness, appearance, skin type, age, and individual considerations. While general guidelines suggest an approximate total freeze time of 24 to 36 seconds, with freeze-thaw cycles lasting 4x6 to 6x6 seconds,

it's essential to assess each case individually.

Treatment Results

The use of Hydrozid for plantar wart treatment has shown promising results. Patients experience minimal discomfort during the procedure, and the efficacy of the device ensures effective wart removal without causing damage to surrounding healthy tissue.

Plantar Warts (Verruca Plantaris) After Treatment With Hydrozid

After successful treatment with

Hydrozid, patients can expect significant improvement in the appearance of plantar warts. The targeted approach of cryotherapy ensures minimal scarring and allows for a swift return to normal daily activities.

Hydrozid offers an innovative and patient-friendly approach to treating plantar warts. With its proven safety and efficacy, it provides a promising solution for those seeking relief from these common foot warts. Always consult with a healthcare provider to determine the best treatment plan for your specific case.

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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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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 remark-

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

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?

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By Deeni Bassam, MD, DABPM
The Spine Care Center

Can Electrical Stimulation Help My Pain?

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

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

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

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

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

In general, stimulation works

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

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

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

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

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

Back Pain?

Back and neck pain *can* be treated.

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

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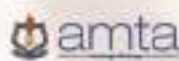
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By Netsere Tesfayohannes,
MD, ABA, ABAP
Georgetown Pain Management

Kyphoplasty

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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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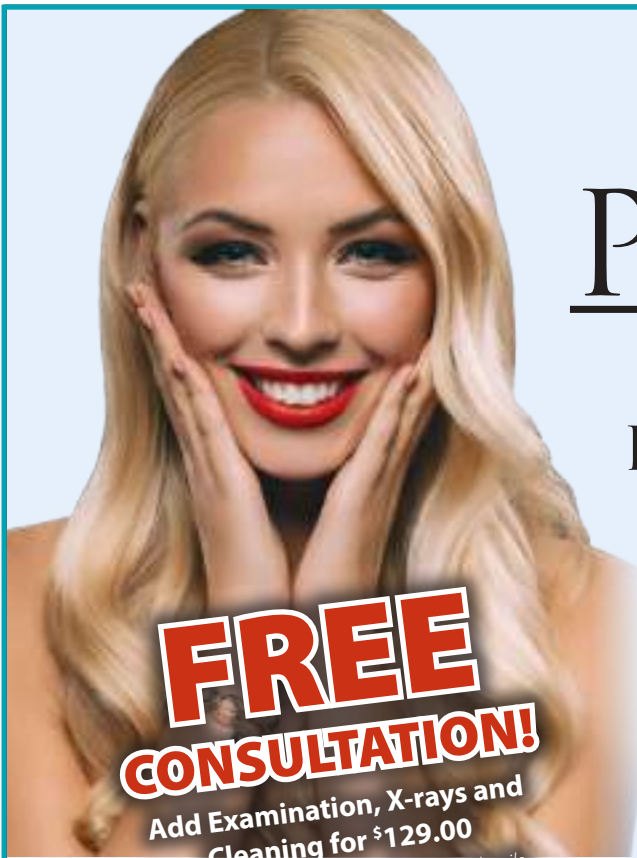
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Meet Elizabeth “Andie” Shin

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 911, 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!

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Sivakumar Sreenivasan, DMD

*Oral and
Maxillofacial Surgeon*

*Diplomate, American
Board of Oral &
Maxillofacial Surgery*

DMD, MDS • OMFS, MD, PA

77 South Washington Street
Suite #205, Rockville, MD

301-294-8700

www.OMFSMD.com



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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Rex Hoang, DMD

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202-333-9282



Meet Rex Hoang

Rex Hoang, DMD, PC, has been the president of his family-run business, DC Dental Spa, in Washington, DC for over 28 years, and gets great satisfaction from helping his patients achieve beautiful, healthy smiles. Dr. Rex has extensive training and experience in general dentistry, periodontology, endodontology, oral surgery, dental implants, sleep apnea and cosmetic dentistry.

Dr. Rex earned his title of Doctor of Medicine in Dentistry from The University of Pennsylvania School of Dental Medicine in 1990, and to stay up-to-date in the latest dental practices and technologies, Dr. Rex regularly attends continuing education courses. Recently, his continuing education took him to the Dominican Republic, where he provided dental implants to disadvantaged community members. He believes in delivering the very best care for his patients' needs while being sensitive to their comfort levels and concerns, and a love for dentistry runs in the Hoang family. Of his five children, two have joined him in the field of dentistry. Dr. Rex's son Dylan is currently pursuing dentistry in school, and Dr. Rex is looking forward to him joining the practice upon graduation.

Outside of dentistry, Dr. Rex has many interests and hobbies, including piano and guitar. He also stays active playing golf, tennis and practicing martial arts.

Dr. Hoang Leads Charitable Mission to Laos & Vietnam

Dr. Hoang, his wife and daughter traveled to Laos and Vietnam. On this trip prepared food and money was donated to those people of need. Dr. Hoang's family personally prepared the food, visited and spoke with the local communities and had a wonderful experience.



DCDentalSpa.COM

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.

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

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Meet Dr. Shawn Samad

Raised in Severna Park, MD, Dr. Shawn Samad is the proud son of Fred and Mary Samad, a working class couple that raised their children in a humble household. Dr. Samad grew up to be an avid sports fan. He still plays soccer regularly and is a HUGE Ravens fan!

He went to college in Westminster, MD, where he received his Bachelor of Science degree with majors in Biology and Chemistry with a special focus on Physics. He then continued his education at UMBC where he worked on a Masters degree in Biology. And finally attended University of Maryland School of Dentistry where he received his Doctor of Dental Surgery (DDS) degree.

Although he has achieved one of the highest educational degrees, he still continuously partakes in Continuing Education (CE) regularly to learn about all of the newest, latest, and greatest techniques and technology. He has received extensive training and experience in Cosmetic Dentistry, Endodontics (Root Canals), Oral Surgery, Implantology, and Invisalign Orthodontics. His belief is Knowledge is Success!!

And it must be mentioned that his office is filled to the teeth (Pun intended) with world class, state of the art, technology in a modern and sophisticated office layout. Dr. Samad's motto in his work is, "Changing lives, one tooth at a time." Come on in and meet him. You won't be disappointed!

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Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



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

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

At present, we have strategic partner alliances in place with doctors and researchers in many areas of nutrition science with a special focus on hormones, nutrition and balanced health. We are continually researching the very latest science and medical data to continually offer only excellence in natural anti-aging and weight loss supplements to ensure the highest level of customer loyalty and satisfaction.



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Adrianna Gonzalez, MD, FAAD



900 17th Street, NW
Suite #300, Washington, DC
202-659-2223



Please welcome

Dr. Adrianna Gonzalez to Metroderm DC

Dr. Adrianna Gonzalez practices general, pediatric, surgical, and cosmetic dermatology at Metroderm DC. She has expertise in skin cancer prevention and treatment, hidradenitis suppurativa, and other inflammatory skin disorders. Dr. Gonzalez provides compassionate and individualized care for patients of all ages and backgrounds. Being a Puerto Rico native, she is fluent in English and Spanish, and proficient in Italian.

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Meet Rizwana Zaidi



Dr. Rizwana Zaidi is a highly accomplished physician with extensive experience in Internal Medicine. Board-certified and trained at esteemed institutions, she brings a wealth of knowledge to her concierge medicine practice.



In addition to her expertise in Internal Medicine, Dr. Zaidi holds certifications in Addiction Medicine and Aesthetic Medicine. With her diverse skill set, she offers comprehensive care that addresses both medical and aesthetic aspects of her patients' lives.



Dr. Zaidi's commitment to healthcare extends beyond her concierge practice. She continues to practice Hospitalist medicine in the Northern VA area, demonstrating her dedication to patient care. Previously, she served as Assistant Director of the Hospitalist Group at Reston Hospital and led COVID treatment teams at INOVA Fairfax Hospital.

Choose Dr. Rizwana Zaidi as your concierge medicine physician to experience expert care delivered with compassion. Benefit from her extensive training, diverse certifications, and leadership experience, ensuring top-quality healthcare tailored to your unique needs.

Schedule a consultation with Dr. Zaidi today!



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Meet Toni Nandini Greene

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

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

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

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

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

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

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

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

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

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

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

Michael Rogers, DDS

**We Understand
the Connection
Between a Healthy
Smile and a
Healthy Body.**



4850 31st Street South
Suite A, Arlington, VA
703-936-4166

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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Renee Bovelle, MD Ophthalmology



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Meet Dr. Bovelle

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

Professional Memberships/Associations: American
Academy of Ophthalmology; American Society of Cataract and
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Craig A. Smith, DDS

**General
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Meet Craig A. Smith

Dr. Craig Smith is committed to health through dentistry, ensuring you have optimal oral health which contributes to your overall health and well-being.

Quality service, advanced technology and a passionate commitment to education means patients receive the best that dentistry has to offer.

Dr. Smith's Philosophy: Always listen to the patient and in turn respond in an educational manner so that the patient will understand.

Degrees, Training, and Certificates: Doctor of Dental Surgery (D.D.S.) - Howard University College of Dentistry; 2 Year General Practice Residency; Chief Resident - Harlem Hospital Center (Affiliate of Columbia University); Certified Invisalign Provider

Professional Memberships: National Dental Association

Areas of Interest: All phases of dentistry - cosmetic, implant, crowns and bridges, root canals, veneers, preventive care, Invisalign and whitening.

Hobbies: Mountain biking, racquetball, golfing, and boating. My interests are to continue to deliver quality dentistry and to further reach out to the community to help to increase the peace.

Additional: Many patients do not understand the importance of a healthy mouth, as health problems could arise. I want to educate all of my patients on health through dentistry.

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Teen Suicide



By Janet V. Johnson, MD
Loving Care Pediatrics

Teen Suicide Awareness and Prevention

Teen suicide is a concerning issue that ranks as the third leading cause of death among teenagers. Every 17 minutes, a teenager tragically succeeds in taking their own life. These statistics underscore the gravity of the problem and emphasize the importance of understanding who may be at risk and how to offer assistance.

Teenagers often grapple with thoughts of death, making it crucial to take suicide attempts seriously.

The National Institute of Mental Health estimates that for every completed suicide, there may be as many as 25 suicide attempts that go unreported. Recognizing that a teen's suicide attempt is a plea for help is vital in preventing future, potentially fatal attempts.

Several strong risk factors contribute to teenage suicide, including aggressive or disruptive behavior, substance abuse, and depression. These factors often intensify the turbulent emotions experienced during adolescence, fostering a sense of hopelessness and despair. Acknowledging these feelings as legitimate and offering support is critical in the battle against teen suicide.

Access to firearms is another risk factor to consider, given that they are involved in over half of teen suicides. Limiting access to firearms and ammunition for teenagers expressing suicidal thoughts is an essential safety measure.

Understanding warning signs is paramount, as studies indicate that four out of five teen suicide at-

Please see "Suicide," page 38

The Marvelous Fallopian Tubes



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Understanding the Female Reproductive System Is Crucial For Appreciating the Wonders Of Life Creation.

The fallopian tubes, also known as uterine tubes, are a pair of slender, tube-like structures located on either side of the uterus. They are approximately 10-14 centimeters long and are lined with ciliated epithelial cells, cells that have fine hair-like extension on their top surface. The fallopian tubes consist of several sections,

including the infundibulum (the funnel-shaped end), fimbriae (finger-like projections), ampulla (the middle and widest part), isthmus (the narrow portion), and the uterine opening.

The primary functions of the fallopian tubes are vital for successful reproduction:

During ovulation, a mature egg is released from one of the ovaries. The fimbriae at the end of the fallopian tubes help capture the egg, drawing it into the tube.

The fallopian tubes provide an optimal environment for fertilization to occur. The cilia lining the tubes create a gentle current that propels the egg towards the uterus, while also helping to move sperm in the opposite direction. Think of the tube as a conveyor belt that is in constant motion to move the eggs and embryo towards the uterus.

The fallopian tubes assist in the movement of sperm towards the egg. Sperm can survive in the fallopian

Please see "Fallopian Tubes," page 38

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

Polycystic Ovarian Syndrome (PCOS) is a complex condition where the ovaries produce excessive levels of male hormones and develop numerous small cysts. While its exact origins remain somewhat elusive, it's a prevalent gynecological endocrinopathy that affects approximately 6-8% of women in their reproductive years.

This condition's impact on women's reproductive health is undeniable, as it can lead to an astonishing 75% of anovulatory infertility and is a contributing factor to increased rates of early pregnancy loss. Beyond its gynecological aspect, PCOS brings additional metabolic challenges, including insulin resistance (IR), impaired glucose tolerance, and dyslipidemia.

PCOS is not solely a gynecological concern; it extends its influence from puberty to postmenopause, making it a persistent concern throughout a woman's life.

Therefore, it is crucial not only to address the immediate complaints of PCOS patients but also to prioritize their long-term health, particularly those with obesity and/or IR. Timely and effective interventions are paramount to mitigate the adverse consequences associated with PCOS.

Polycystic Ovarian Syndrome (PCOS) is a complex condition where the ovaries produce excessive levels of male hormones and develop numerous small cysts

Conventional medical treatments for PCOS encompass prescription medications, surgical options, and lifestyle modifications.

Acupuncture For PCOS

Studies on acupuncture in PCOS, though non-randomized, indicate a low incidence of adverse events, no heightened risk of multiple pregnancies, and cost-effectiveness.

Acupuncture's potential impact on beta-endorphin production, which in turn may influence gonadotropin-releasing hormone (GnRH) secretion, suggests a role in ovulation induction and fertility enhancement.

Recent research has highlighted traditional Chinese medicine's capac-

ity to regulate gonadotropin-releasing hormone, induce ovulation, enhance uterine blood flow, and address menstrual irregularities associated with PCOS. Additionally, it has shown promise in aiding individuals with infertility linked to polycystic ovarian syndrome, as well as those grappling with anxiety, stress, and immunological disorders. However, it is imperative to seek out a well-trained professional acupuncturist to achieve optimal outcomes.



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Quansheng Lu, CMD, PhD, LAc

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Guest professor, Henan University of Traditional Chinese Medicine (TCM)
Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM
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Understanding and Managing Hair Loss In Women

Tips and Trichology Insights



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

Hair loss affects both men and women but often receives less attention in the latter group. This article explores the causes and emotional impact of hair loss in women, alongside strategies for management. Additionally, we'll uncover the essential role trichologists play

in maintaining hair and scalp health.

Causes Of Hair Loss

Hair loss in women stems from various factors. Recognizing these triggers is key to effective management. Common causes include hormonal shifts during pregnancy, menopause, or thyroid issues, hereditary factors, medical conditions like alopecia, nutritional deficiencies, and medications like chemotherapy.

Emotional Impact

Hair holds profound significance for women, affecting self-esteem. Hair loss can lead to self-consciousness, anxiety, and even depression. Many women withdraw from social life due to this concern.

Ways To Manage Hair Loss

Managing hair loss in women in-

Please see "Hair Loss," page 38

Certified Trichologist
Professional Hair Stylist &
Owner, Beyond The Strandz
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How To Get the Perfect Smile



By Thu-Nga Ortega, DDS
Dental Cosmetix

Have you ever considered how your smile can make you feel more confident? Do you tend not to smile as much because you are not confident with your smile? Now there are conservative ways to enhance your smile without injections, multiple appointments, and it costs a lot less than veneers.

What Is a Veneer?

A veneer can be porcelain or composite. Porcelain veneers are stronger and require two or more appointments. They are the best in terms of being as

close to your tooth hardness and look polished like your own teeth.

The downside to veneers is that you will need to have injections to have them done and they require the dentist to slightly shave down the front of your teeth that you need to have veneered. When you have had many large fillings in your front teeth and you want to have just one color, veneers are a great option to make your teeth look more uniform in one shade, and straight. The other downside is that veneers are costly – but they are beautiful.

Composite veneers are made with micro or nano glass particles, which can make them stronger. They polish up well to be close to a porcelain veneer, but they can chip easier than porcelain veneers. Composite veneers can be done in one visit and they give your dentist a better edge to match to your adjacent tooth when only one or two composite veneers are done in an arch.

Please see "Perfect Smile," page 38

Creating Beautiful & Healthy Smiles



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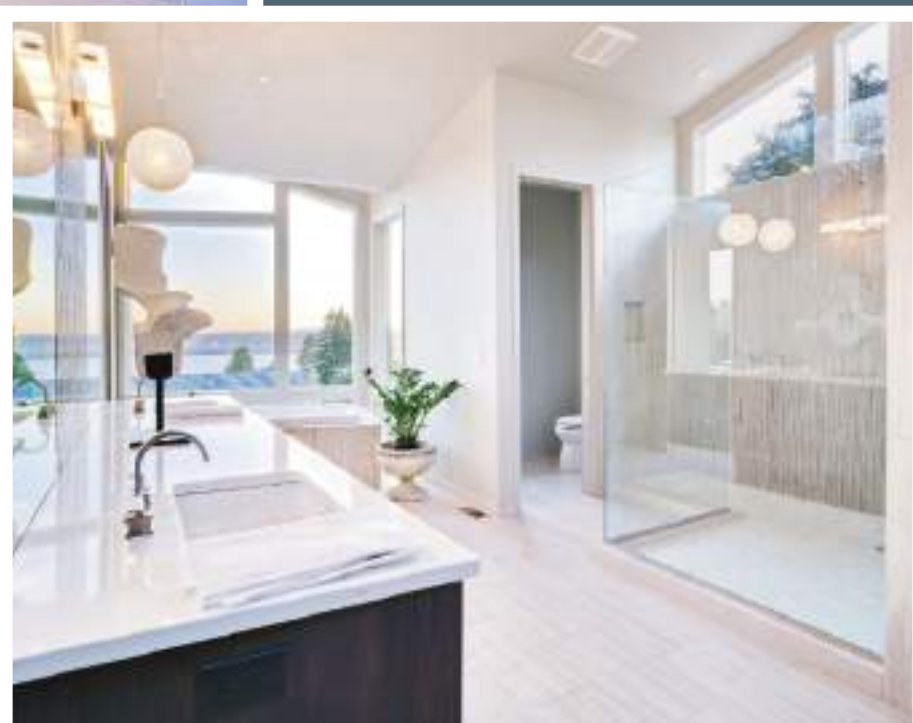
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HAIR LOSS

FROM PAGE 33

volves diverse strategies:

- **Hair Transplants:** Transfer hair from one part of the scalp to the balding area.
- **Wigs and Hairpieces:** Customized solutions restore confidence instantly.
- **Lifestyle Changes:** Maintain a balanced diet, exercise, and manage stress.
- **Hair Care:** Use gentle products, avoid tight hairstyles, and limit hot styling tools.

Personalized guidance is crucial, as the approach varies for each individual.

Understanding Trichologists

Trichologists specialize in non-surgical treatments for hair and scalp issues. Their expertise lies in trichology,

a dermatological branch focused on hair and scalp health. Trichologists offer tailored treatments like topical solutions, nutritional supplements, laser therapy, and scalp massages. They collaborate closely with clients to create personalized plans and emphasize preventive measures, educating on proper hygiene, nutrition, and lifestyle practices.

Hair loss profoundly affects women, emotionally and physically. By understanding its causes, exploring management strategies, and consulting certified trichologists, women can regain confidence and proactively nurture healthier hair and scalp. Remember, your hair is a vital part of your identity, and dedicated professionals are there to help you maintain its beauty and health.

PERFECT SMILE

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On the other hand, if you have teeth that have no fillings but you feel that you don't like the shape of your teeth, you can be a candidate for bonding. Bondings are conservative restorations which are filling materials that are layered to blend to your existing tooth structure to add corners and fix/lengthen teeth that are not the same length or shape.

Many times, teeth can be made to look beautiful in just one easy visit. Without numbing, multiple appointments, and conservative preservation of your own tooth, bonding can be done to yield a beautiful smile. Many dentists can do bonding, but not all bondings can be made to look as beautiful as those done with an experienced cosmetic dentist. Cosmetic dentists who are experienced in cosmetic dentistry know

the techniques of layering composite to give the exact shade and contour of the composite to give it the most flawless look. Bonding done right, will blend seamlessly to your tooth so that not even you or your dentist can tell where the bonding has been done. They cost less than veneers but only your dentist can give you the best advice on when to do a porcelain veneer, a composite veneer, or bonding.

It is best having a cosmetic consultation with an experienced cosmetic dentist before starting a cosmetic procedure with your front teeth. You only have one set of front teeth, make sure you are getting the best advice before starting your treatment. Ask your cosmetic dentist for a consultation before embarking on your smile makeover.

SUICIDE

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tempts are preceded by clear indicators. These warning signs encompass neglect of personal hygiene, physical complaints arising from emotional distress, declining academic performance, loss of interest in school and extracurricular activities, risky behavior, boredom, and more. Recognizing these signs can be a life-saving intervention.

Preventing teen suicide requires

unwavering vigilance and support. It is imperative for guardians to convey love and support to teenagers, letting them know they are not alone in their struggles. Additionally, educating oneself about the signs of suicidal thoughts and feelings is crucial, as is seeking professional help when needed. Together, we can work towards reducing the devastating impact of teen suicide on our youth.

FALLOPIAN TUBES

FROM PAGE 32

tubes for several days, awaiting the arrival of the egg.

Ovulation is the process in which a mature egg is released from the ovary. During this phase, the fimbriae sweep over the surface of the ovary, capturing the egg and guiding it into the fallopian tube. Once inside the fallopian tube, the egg begins its journey towards the uterus, aided by the coordinated movements of the cilia.

If sperm are present in the fallopian tubes at the time of ovulation, they can meet and fertilize the egg. This remarkable union typically occurs in the ampulla, the widest part of the fallopian tube. Once fertilized, the newly formed embryo continues its passage towards the uterus for implantation and further development.

Although the fallopian tubes are designed for the journey of the fertilized egg, complications can arise. One such complication is an ectopic pregnancy, where the fertilized egg implants outside the uterus, most commonly in the fallopian tubes. Ectopic pregnancies can be dangerous and require immediate medical attention.

Diagnostic procedures can help identify any blockages or abnormalities in the fallopian tubes. Hysterosalpingography (HSG) is a common test where a dye is injected into the uterus and fallopian tubes, allowing X-ray imaging to evaluate their structure and function. Laparoscopy is another procedure that uses a small

camera to examine the reproductive organs, including the fallopian tubes.

Various disorders can affect the fallopian tubes, such as blockages, infections, and tubal ligation (a permanent form of birth control). Fertility treatments like in vitro fertilization (IVF) can bypass fallopian tube-related issues. Additionally, surgical interventions, such as tubal ligation reversal or tubal reanastomosis, can restore fertility in some cases.

Maintaining the health of the fallopian tubes is crucial for optimal reproductive health. Any dysfunction or blockage in the fallopian tubes can lead to difficulties in conceiving. Regular check-ups and open discussions with healthcare providers ensure that any potential issues are detected and addressed promptly.

The fallopian tubes are truly remarkable structures that contribute significantly to the miracle of life. From capturing and transporting the egg to providing an ideal environment for fertilization, their role is indispensable in the process of reproduction. Understanding the importance of the fallopian tubes empowers individuals to take charge of their reproductive health and seek timely medical assistance when needed. Let us appreciate the marvels of the fallopian tubes and the intricate journey they enable towards creating new life.

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Prevent and Treat Osteoporosis

Submitted by
Kensington Pharmacy

What Is Osteoporosis?

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

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

Are You At Risk For Osteoporosis?

Examine your heritage:

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

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

Examine your personal health history:

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

Examine your lifestyle:

- Smoking is linked strongly to bone

loss.

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

Osteoporosis Is Preventable

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

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

- Talk to your doctor or pharmacist about taking a calcium supplement. The NIH recommend these levels of calcium intake:

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

Medications To Prevent and Treat Osteoporosis

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



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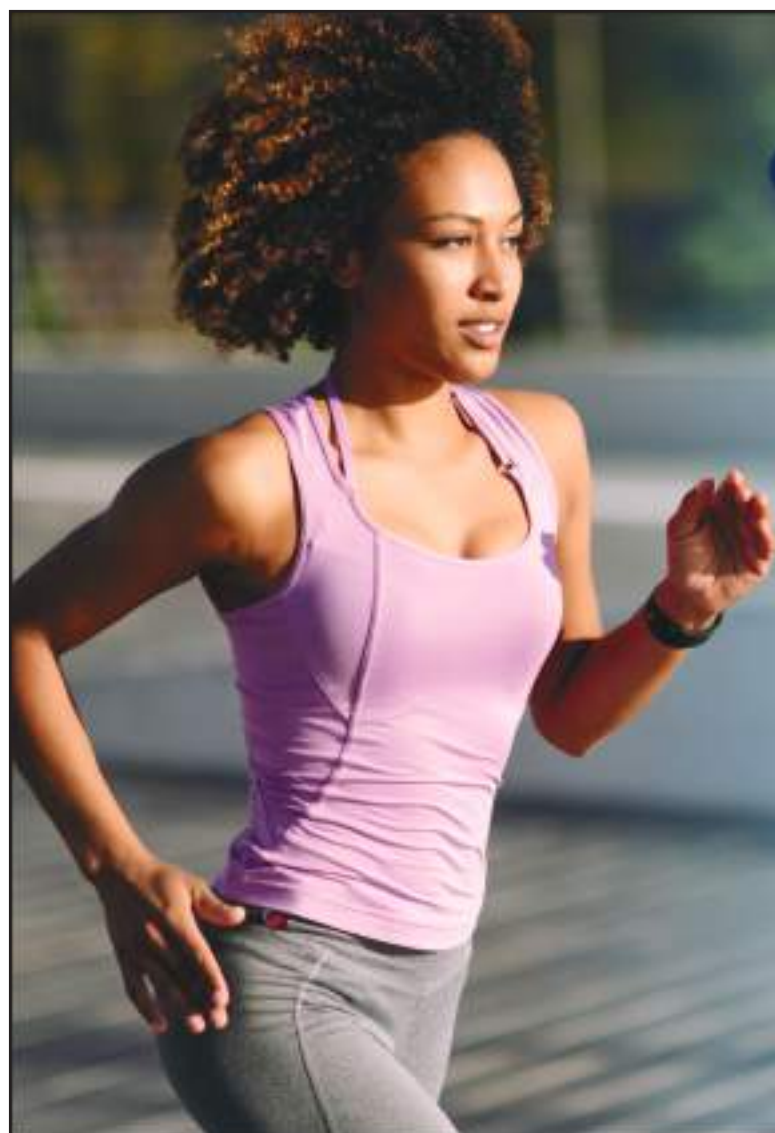
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