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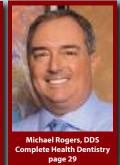
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Health Professionals

**Biographical Profiles of Your Favorite** 

**Local Doctors and Practitioners** 



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

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

# **Kyphoplasty**

# Treatment For Spinal Compression Fractures

medications.

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

If a fracture occurs suddenly, patients can experience sudden severe

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

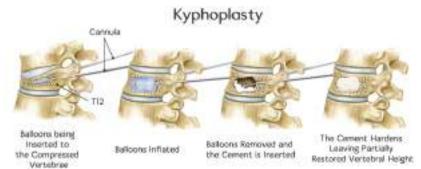
Patients who have symptoms of a fracture should see their doctor for evaluation. After an examination that suggests a vertebral compression fracture, they will often be sent for an MRI. This imaging shows the level of the fracture and also reveals whether it

is old or new. Some doctors treat compression fractures with pain medicine, physical therapy, and bracing. However, many cases continue to cause severe pain and long-lasting health effects unless treated more definitively. Unfortunately, many patients and physicians are not aware that there is a minimally invasive procedure called kyphoplasty 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.





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SOURCES: Centers for Disease Control and Prevention (CDC), National Kidney Foundation<sup>a</sup>

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# A New Dawn For Diabetic Neuropathy

# Find Relief and Reclaim Your Life With Georgetown Pain Management

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

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

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

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

#### Welcome Minimally Invasive Spinal Cord Stimulation

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

# **Experience Relief Temporarily, Commitment-Free**

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

## Reclaim Your Life, One Step At a Time

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





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

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

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

# Why Choose Georgetown Pain Management?

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

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

Don't let diabetic neuropathy dictate your life any longer. Take charge of your health and embark on a journey towards a pain-free future with Georgetown Pain Management. Make an appointment at our Greenbelt, MD, or Washington, DC offices today to be evaluated for new treatment options, including the groundbreaking minimally invasive spinal cord stimulation. We are here to support you every step of the way, providing the care and expertise you deserve. Treatment is covered by most insurance companies. Call 202-935-6980 for a free insurance verification. Schedule an evaluation today!

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



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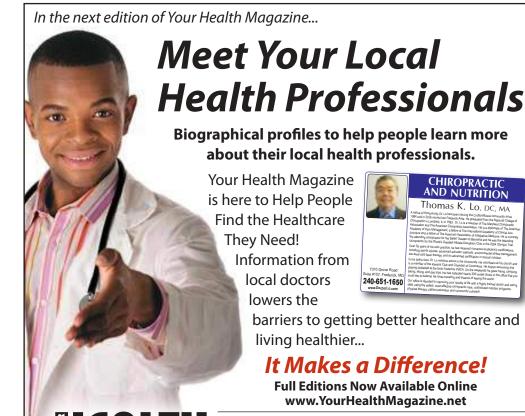
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Articles and information about health professionals is available at www.YourHealthMagazine.net





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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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6 | Your HEALTH Magazine 301-805-6805

If you are a health professional who would like to be

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included in this special issue, contact us today:

# Sleep Hygiene The Secret To Better Sleep

Submitted by Me Time Healing

Although the quality and quantity of sleep directly impact our psychological and physical well-being, according to the WHO, at least 40% of the world's population suffers from some form of sleep disorder.

Good sleep hygiene refers to a set of practices and habits that promote healthy and restful sleep. Many people focus on determining the number of hours they should sleep each night when the truth is that restful sleep is a multifactorial issue. Therefore, there must be a balance between duration, timing, continuity, quality and efficiency. This is where sleep hygiene comes into play, that set of habits, techniques and circumstances that make sleep more adequate and better used.

#### **Importance Of Sleep:**

Given its importance, we want to to share with you some recommendations to achieve good sleep hygiene in your rest. Among the benefits of good sleep hygiene are the following:

- It strengthens cardiovascular, metabolic and immunological health and physical performance
- Improves information processing and retention
- Reduces fatigue, irritability and lack of motivation

These practices can help individuals fall asleep faster, sleep more soundly, and wake up feeling refreshed and energized.

Here are some recommendations to achieve good sleep hygiene:

- **1. Stick To a Consistent Sleep Schedule:** Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock and promotes better sleep quality.
- **2. Create a Comfortable Sleep Environment:** Make sure your bedroom is cool, dark, and quiet. Use comfortable bedding and a comfortable mattress that supports your body.
- 3. Limit Caffeine and Alcohol Consumption: Caffeine can disrupt your sleep, so avoid consuming it in the late afternoon and evening. Alcohol can also interfere with your sleep, so limit your consumption or avoid it altogether.
- **4. Establish a Relaxing Bed-time Routine:** Engage in relaxing ac-

tivities before bed, such as reading a book, taking a warm bath, or practicing yoga or meditation. Avoid stimulating activities, such as watching TV or using electronic devices.

**5. Limit Exposure To Electronic Devices:** The blue light emitted by electronic devices can disrupt your sleep. Avoid using electronic devices before bed or use blue light filters.

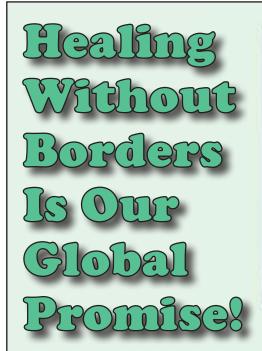
6. Exercise Regularly: Regu-

lar exercise can help promote better sleep, but avoid exercising too close to bedtime as it can stimulate your body and make it difficult to fall asleep.

**7. Manage Stress:** Stress can interfere with your sleep, so practice stress-reducing techniques such as deep breathing, mindfulness, or yoga.

If you are experiencing difficulties falling asleep or cannot establish a routine that increases your sense of well-being, it may be a good time to consult a wellness counselor, who can advise, support and help you.

Good sleep hygiene is essential in order for you to continue taking care of your emotional well-being. By simply following these recommendations, you can establish healthy sleep habits and improve the quality of your sleep and your emotions.





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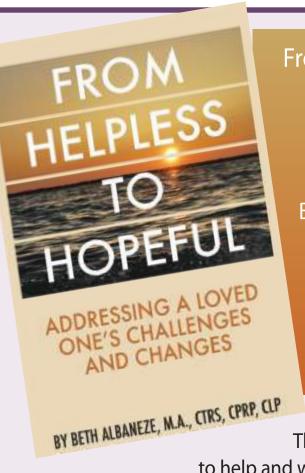
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By Beth Albaneze and Co-Author Amy E. Trumbull

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diagnosis of mental illness.

The goal of this book is to make people aware of the many health services available and to suggest ways to access the.

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

Colon and rectal health is a crucial aspect of overall well-being, often overlooked until problems arise. Colon and rectal surgeons provide a range of services to address various issues affecting this part of the digestive system. These services are essential in maintaining good health and preventing more severe conditions. Here, we will explore some of the key services offered by colon and rectal surgeons and underscore the importance of prioritizing colon and rectal health.

Robotic Surgery: Advancements in technology have revolutionized the field of colon and rectal surgery. Robotic surgery allows for minimally invasive procedures with smaller incisions, shorter recovery times, and reduced postoperative pain. It's especially beneficial in the treatment of conditions such as colorectal cancer and inflammatory bowel diseases.

THD Surgery: Transanal Hemorrhoidal Dearterialization (THD) is a technique used to treat hemorrhoids. By locating and ligating the arteries that feed the hemorrhoids, THD can effectively alleviate the discomfort and bleeding associated with this common condition.

Conditions Treated: Colon and rectal surgeons are experts in diagnosing and treating a wide range of conditions, including anal pain and itching, anorectal abscesses and fistulas, cancers of the colon and rectum, fissures, fecal incontinence, hemorrhoids, inflammatory bowel diseases, polyps of the colon and rectum, pilonidal disease, rectal prolapse, and more. Seeking professional care for these conditions is crucial for accurate diagnosis and effective treatment.

Colonoscopy: A colonoscopy is a preventive screening tool recommended for adults over a certain age or individuals at risk for colorectal cancer. It allows colon and rectal surgeons to detect polyps, abnormal growths, and early-stage cancers, providing an opportunity for timely intervention.

**Colorectal Genetic Testing:** 

# **Exploring the Vital Services Offered by Colon** and Rectal Surgeons

genetic predisposition to colorectal conditions. Genetic testing can identify this risk and inform

screening and treatment plans.

**Inflammatory Bowel Diseases:** Conditions like Crohn's disease and ulcerative colitis require specialized care. Colon and rectal surgeons are well-equipped to manage these diseases and improve patients' quality of life.

Hereditary Polyposis Syndromes (FAP/HNPCC): Hereditary polyposis syndromes are genetic conditions that increase the risk of colorectal cancer. Specialized care is necessary to monitor and manage these conditions effectively.

Colon and rectal health is a vital component of overall well-being. The services offered by colon and rectal surgeons, such as robotic surgery, and the treatment of various conditions, play a crucial role in preserving and restoring health. Early detection and timely intervention are key to preventing more severe issues. It's essential to prioritize colon and rectal health and seek professional care when needed to maintain a high quality of life.



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# A Comprehensive Guide

# To Protecting Children (0-12 Years) From Flu and Other Infectious Diseases

By Elizabeth Shin, DDS Bethesda Chevy Chase Pediatric Dentistry

Children's health, particularly in the crucial developmental age range of 0-12 years, demands holistic care. Combining insights from general pediatric care with a pediatric dentist's perspective creates a comprehensive roadmap to shield children from infectious diseases.

#### Infants (0-12 months)

- **1. Breastfeeding:** This natural act provides infants with antibodies that can safeguard them from certain infections.
- **2. Vaccinations**: Stay on schedule with recommended vaccines. Flu vaccines are typically initiated after six months.
- **3. Limit Exposure**: Restrict their exposure to crowded places and individuals showing signs of illness.

**4. Oral Care**: Even before the first tooth appears, gently cleaning the baby's gums with a soft cloth can help reduce bacteria.

#### Toddlers (1-3 years)

- **1. Hand Hygiene**: Instill the habit of thorough handwashing. Using fun, child-friendly soaps can encourage them.
- **2. Consistent Vaccinations**: Continue with scheduled vaccines.
- **3. Safe Exploration**: Regularly sanitize toys and play areas.
- **4. Basic Dental Hygiene**: Introduce them to gentle brushing using toothbrushes designed for their age.

#### Preschoolers (3-5 years)

- 1. **Advanced Hand Hygiene**: Ensure consistent handwashing, especially before eating.
- Balanced Diet: Boost their immune system with a nutritious diet.
- 3. **Teach Basic Etiquette**: Encourage covering the mouth and nose while sneezing.
- 4. **Regular Dental Visits**: Early dental visits can instill the importance of oral care and detect any dental problems.

#### School-age (6-12 years)

- **1. Education on Germs**: Engage them in learning about how germs spread and the importance of prevention.
- **2. Physical Activity**: Promote exercise to bolster their immunity.
- **3. Dental Sealants**: These can protect the teeth's surfaces, reducing potential areas for bacterial growth.
- **4. Hygienic School Practices**: Ensure the school promotes good hygiene, including oral care, and adheres to health guidelines.

#### **Across All Age Groups**

- 1. Stay Informed and Open Dialogue: Keep abreast of local health advisories. Foster age-appropriate discussions about hygiene.
- 2. **Maintain a Clean Environment**: Frequently disinfect common areas in your home.
- Optimal Oral Health: A healthy mouth can resist infections better than one already compromised. Regular dental check-ups can detect early issues.
- 4. **Dental Office Precautions**: If your child has an appointment, but seems unwell, consider rescheduling. Most dental clinics have stringent sanitation measures in place to prevent disease transmission.

A child's health is multifaceted, demanding a convergence of general, nutritional, and dental care. With the flu season and other infectious diseases being perennial concerns, the guidelines outlined above, sourced from both pediatricians and pediatric dentists, offer a comprehensive shield against these threats. By adopting these strategies tailored to each developmental stage, we ensure our children not only stay safe but are also well-equipped with knowledge for a healthier future.



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# **Exploring Hard Tissue Augmentation In Periodontal Dental Health**



By Marc P. Stanard, DDS, PC

Maintaining optimal periodontal dental health is crucial for a beautiful smile and overall well-being. When periodontal disease or tooth loss leads to bone loss in the jaw, hard tissue augmentation becomes essential. This procedure aims to restore lost bone, creating a solid foundation for dental implants or other restorative treatments.

There are various types and options for hard tissue augmentation in periodontal dental health, each tailored to the individual's specific needs.

• Autografts: Autografts involve

taking bone from one part of the patient's body (usually the hip or jaw) and transplanting it to the affected area in the jaw. This method is highly effective and requires a second donor surgical site, but is considered the gold standard as to inducing bone growth.

- Allografts: Allografts use bone from a donor source, which is processed and sterilized to reduce the risk of infection or rejection. While they eliminate the need for a secondary surgical site, they can only promote a scaffold for bone growth.
- Xenografts: Xenografts use bone from animal sources, typically bovine (cow) or porcine (pig). These grafts are processed to eliminate the risk of disease transmission. They are an excellent option for those who prefer not to use their bone or allografts and are replaced very slowly by one's own bone which helps with graft volume.
- Synthetic grafts: Synthetic graft materials, such as hydroxyapatite or calcium phosphate, are biocompat-

ible and act only as bone like fillers. They offer a safe and reliable option with no risk of disease transmission or graft rejection.

• Guided tissue regeneration (GTR):
GTR involves the use of membranes
to separate soft tissue from hard tissue, allowing the body to regenerate
bone naturally. This method is more
expensive, but offers more predictable amounts of bone growth.

GTR (around teeth), GBR (around implants or in areas without either) and with possibly using screws, tacks or stitches to stabilize a barrier membrane that excludes unwanted soft tissue from the graft and maintains a space for regeneration to occur.

Growth factors that aid and promote wound healing and hard and soft tissue enhancement

• Block grafts (from a second donor site or from a cadaver): A much more invasive surgery when large 3-D amounts of bone need to be replaced

When considering hard tissue

augmentation, it's essential to consult with a periodontist or oral surgeon to determine the best option for your unique case. They will assess the extent of bone loss and your overall health to recommend the most suitable approach.

The success of hard tissue augmentation depends on factors like proper diagnosis, case selection, good surgical technique, proper postoperative care, a healthy lifestyle, and regular dental check-ups. With advancements in dental technology and materials, restoring lost bone and achieving a beautiful, healthy smile is more achievable than ever before.

Hard tissue augmentation is a vital aspect of periodontal dental health. Whether you choose autografts, allografts, xenografts, synthetic grafts, or GTR/GBR, these options can help restore lost bone and provide a solid foundation for dental implants and other restorative treatments. Consult with a dental professional to determine the best option for your unique needs and embark on your journey to a healthier, happier smile.



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By Shawn Samad, DDS Laurel Pines Dental Group

Losing a tooth can have more far-reaching consequences than just the gap in your smile. The specialized bony process that houses a tooth begins to reabsorb when a tooth is lost,

# Dental Implants: A Lifesaver For Tooth Loss and Oral Health

leading to a decrease in bone width and height in the affected area. This can lead to several issues, including neighboring teeth shifting, food lodgment, decay, gum disease, and even abnormal forces on other teeth that can result in fractures, potentially necessitating root canal treatment or extraction. Furthermore, tooth loss can cause the cheeks and lips to sag, prematurely aging your appearance. However, the good news is that the

consequences of tooth loss can be prevented with timely action.

When it comes to replacing lost teeth, dental implants are the number one choice. Dental implants are tiny titanium screws or posts that are surgically placed in the bone, acting like roots onto which small posts are attached, protruding through the gums to provide stable anchors for replacement teeth. These implants not only maintain bone height by stimulating

it but also prevent the unnecessary trimming of adjacent teeth, which may be required for bridge placement. Since implants are made of titanium, there is no risk of decay. With regular professional cleaning and proper home care, implants can serve you for many years.

Many people who lose a single tooth consider fixed bridges, but this solution may require the cutting down of healthy, adjacent teeth. Additionally, bridges may need replacement multiple times during a lifetime due to issues like decay or gum problems affecting anchor teeth.

Another option for replacing missing teeth is removable partial dentures or complete dentures, depending on the number of teeth missing. However, dentures significantly reduce chewing efficiency, and the teeth that support partial dentures can weaken due to excessive loads, eventually leading to their loss. Dentures can also lead to tissue abrasion and bone loss, causing discomfort and embarrassment due to slipping or clicking sounds while eating or speaking.

Research indicates a failure rate of up to 30% within five to seven years for teeth adjacent to fixed bridges or removable partial dentures.

Dental implants are a suitable option for most people, including those with existing medical conditions like high blood pressure and diabetes, as well as those with a history of gum disease or decay. Even smokers can consider implants, though they might experience a lower success rate. Bone loss, a common issue for individuals with missing teeth or a history of periodontal disease, can be addressed with bone grafting, making implant placement safe and permanent.

The implant placement process typically involves two surgical appointments. During the first appointment, the implant site is prepared, the implant is placed, and the gum tissue is sutured over it. The implant takes four to six months to fuse with the bone. In the second appointment, the implant is uncovered, and a post for the replacement tooth is attached. An impression is taken and sent to a lab to create the implant crown. A temporary crown is placed during this period, and once the final crown is ready, it is cemented with permanent cement.

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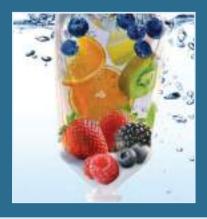
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Submitted By Sivakumar Sreenivasan, DMD, MDS Dental Implant Center of Rockville

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-

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# 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

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



301-805-6805 16 | Your HEALTH Magazine



By Deeni Bassam, MD, DABPM The Spine Care Center

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

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

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

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

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

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

# **Pervasiveness Of Pain**

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

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

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

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

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

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

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

# Back Pain? Back and neck pain can be treated.

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

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# The Holiday Season and Mental Health

# Managing Stress, Depression, and Addiction With Compassion

Submitted By A+ Counseling Center

The holiday season is often described as a time of joy, togetherness, and celebration. However, for many individuals, it can be a period of heightened stress, depression, and even addiction. The pressure to create picture-perfect gatherings, the isolation felt by those who are alone, and

the temptations that come with festive occasions can all take a toll on mental health. This article explores how compassion can be a powerful tool in managing these challenges and promoting better mental well-being during the holiday season.

#### **Understanding the Holiday Blues**

The holiday season can bring about a complex mix of emotions.

While some look forward to the festivities, others may experience heightened stress or depression due to various reasons. Financial burdens, family conflicts, and the pressure to meet unrealistic expectations can all contribute to the holiday blues. Recognizing that these feelings are common and valid is the first step in managing them with compassion.

#### **Compassion For Yourself**

The foundation for managing holiday-related mental health challenges starts with self-compassion. It's essential to remember that it's okay to feel overwhelmed or sad during this time. Be kind to yourself, and don't compare your experience to others. Setting realistic expectations and boundaries is key to reducing stress.

#### **Connecting With Others**

For those who may feel isolated or lonely during the holidays, reaching out to loved ones or support networks is crucial. Engage in open and honest conversations with friends and family about your feelings. It's also an excellent time to volunteer or participate in social events within your community, fostering a sense of connection and belonging.

#### **Mindfulness and Stress Reduction**

Practicing mindfulness can help alleviate holiday stress. Engage in deep breathing exercises, meditation, or yoga to stay grounded and present in the moment. By focusing on your breath and being aware of your thoughts and emotions, you can better manage stress and anxiety.

#### **Recognizing Signs Of Addiction**

During the holiday season, there may be an increase in the consumption of alcohol and other substances, often as a coping mechanism. If you or someone you know is struggling with addiction, it's crucial to address it with compassion and seek help from professionals or support groups. Addiction is a complex issue, and understanding and empathy are vital in the recovery process.

#### **Supporting Loved Ones**

If you have a friend or family member who is experiencing mental health challenges or addiction during the holidays, offer your support with compassion. Listen without judgment, validate their feelings, and encourage them to seek professional help if needed. Remember, being there for someone in their time of need can make a significant difference.

#### Balancing Tradition With Self-Care

While holiday traditions can be wonderful, they shouldn't come at the expense of your mental health. It's okay to make adjustments and prioritize self-care. Choose the traditions that bring you joy and minimize the ones that cause unnecessary stress.



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# **Nurturing Healthy Smiles**

# The Significance Of Preventive Care and Establishing a Pediatric Dental Home For Children



By Gina Pham, DDS ShiningStars Pediatric Dentistry and Orthodontics

Maintaining optimal oral health is crucial for children's overall wellbeing and development. Establishing a pediatric dental home and embracing preventive care are key pillars in ensuring a lifetime of healthy smiles.

#### The Foundation: Pediatric Dental Home

A pediatric dental home serves as a central hub for a child's oral health journey. This concept, endorsed by the American Academy of Pediatric Dentistry, emphasizes a consistent, comprehensive, and family-centered approach to dental care. By choosing a pediatric dental home, parents ensure that their child receives continuous, coordinated, and age-appropriate oral health care from infancy through adolescence.

# **Early Start For Lasting Impact: Preventive Care**

Preventive care lies at the heart of pediatric dentistry, focusing on stopping dental issues before they begin. Regular dental check-ups, starting as early as the eruption of the first tooth, help in identifying potential problems and establishing a foundation for lifelong oral health. These early visits also allow parents to receive guidance on proper oral hygiene practices, including toothbrushing techniques and dietary recommendations.

# **Building Healthy Habits:** Oral Hygiene At Home

Parents play a vital role in fostering good oral hygiene habits at home. Teaching children the importance of brushing and flossing daily instills a routine that will serve them well into adulthood. Additionally, parents should be mindful of their child's diet, limiting sugary snacks and beverages that contribute to tooth decay. A pediatric dental home serves as a valuable resource, offering guidance on age-appropriate oral care practices and nutritional advice.

#### Preventing Tooth Decay: Dental Sealants and Fluoride

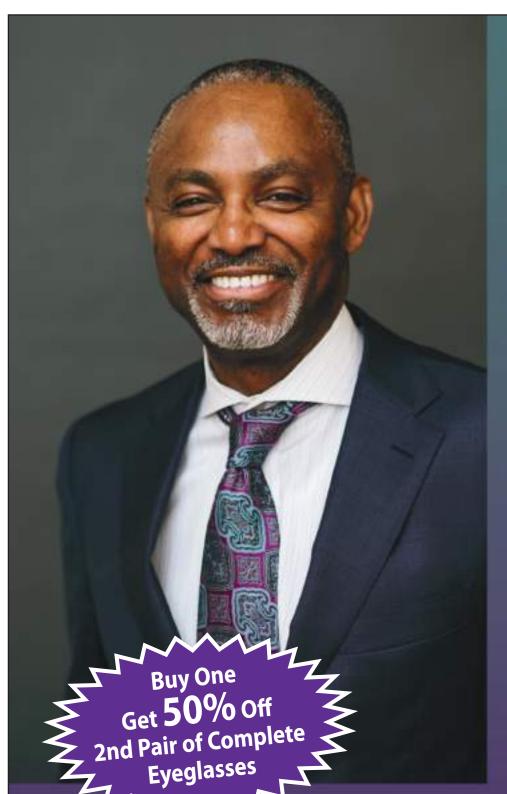
Dental sealants and fluoride treatments are powerful tools in the arsenal against tooth decay. Sealants, applied to the chewing surfaces of molars, create a protective barrier against bacteria and food particles. Fluoride, whether through toothpaste, varnish, or water, strengthens tooth enamel, making it more resistant to decay. A pediatric dental home can administer these preventive measures, significantly reducing the risk of cavities.

# **Empowering Parents: Education and Communication**

A pediatric dental home serves not only as a treatment center but also as an educational resource. Dentists in these settings prioritize communication with parents, ensuring they are well-informed about their child's oral health needs. Educational materials, discussions about developmental milestones, and guidance on managing oral habits like thumb-sucking contribute to a collaborative approach between parents and dental professionals.

In conclusion, the establishment of a pediatric dental home and a commitment to preventive care form the cornerstone of pediatric dental health. By embracing these principles, parents empower their children to develop lifelong oral health habits, fostering beautiful smiles that last a lifetime. Regular check-ups, coupled with effective home care and preventive treatments, create a comprehensive strategy to ensure optimal oral health for the youngest members of our communities.





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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 4×6 to 6×6 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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# Sleep Apnea: CPAP Is Not the Only Option



By Michael Rogers, DDS Fairlington Dental

Sleep apnea, a serious condition characterized by brief periods of no breathing during sleep, is most often treated with CPAP (continuous positive airway pressure) also known as "the mask." While the mask is quite effective in treating sleep disordered breathing initially, about half the patients who try it end up not using it because it can be inconvenient and

uncomfortable. Alternatives to CPAP include surgery to remove excess tissue, implanted stimulation devices, weight loss, and oral appliances.

Oral appliances, originally designed to reduce snoring, are now being prescribed for mild and moderate cases of sleep apnea, and also for patients who can't tolerate the CPAP machine. They are reported to be effective up to 85% of the time, and are generally much more comfortable for the patient.

There are many different oral appliances designed to reduce sleep apnea, and the most common ones work by pulling the lower jaw and tongue forward. This creates more space at the back of the throat, where the obstruction most often is located. The original appliances were quite bulky, as are most of the over-the-counter varieties, but modern technol-

Please see "Sleep Apnea," page 38

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

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#### Meet Susan I. Wranik

Susan, a Milwaukee native, is an author, speaker, speech-language pathologist, and "clinical activist", passionate about safeguarding quality of life and improving communication among healthcare providers, caregivers, and those they serve.

Susan has over four decades in the communication field and is in private practice serving Maryland, Virginia, and the District of Columbia. She facilitates virtual Communication Clubs for the Parkinson's Foundation of the National Capital Area (PFNCA) drawing participants from twelve states, and an Express Yourself conversation group for people with aphasia and challenges with verbal expression for the Friendship Heights Village Center.

#### Career highlights include:

- Lee Silverman Voice Therapy (LSVT) clinical certification
- Development of one of the first rehab dining programs in the Washington, DC metropolitan area
- TEDx speaker: The Power of Words
- LED speaker for American Health Care Association (AHCA): The Mouth Is the First and the Last Frontier
- Author: Don't Forget To Say Thank You
- A linguist, she has provided clinical treatment in 7 languages
- Susan speaks frequently on a variety of subjects, including aphasia; better brain health; communication; dementia; Parkinson's Disease; and swallowing.

#### **Education:**

BS, MS - Georgetown University

MA - The George Washington University

Post graduate work at Harvard and Johns Hopkins

Susan blends linguistic, cultural, and medical expertise to provide therapeutic intervention, staff training, and comprehensive communication skills enhancement.

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# **Meet Kelly Labs**

Dr. Kelly Labs graduated with honors from Miami University (Oxford, Ohio) where her studies in Microbiology and Spanish-American literature earned her scholarships and distinction in numerous honor societies. She went on to continue her studies in Boston, Massachusetts. Here she pursued her doctorate degree at Tufts University School of Dental Medicine where she was inducted as a member of the Omicron Kappa Upsilon, the prestigious National Dental Academic Honor Society.

After dental school Dr. Kelly attended Boston University Goldman School of Dental Medicine where she received her postgraduate specialty training in Orthodontics and Dentofacial Orthopedics as well as completion of a doctoral thesis for her Master of Science degree.

Dr. Labs is a Board-Certified, diplomate of the American Board of Orthodontics and holds membership in several dental and orthodontic societies including the Mid-Atlantic Society of Orthodontists, American Dental Association, Maimonides Dental Society and American Association of Orthodontists.

Dr. Kelly is passionate about transforming the smiles of her patients. She strives to continually provide excellent service and exceptional results that are specific to each patient's individual needs and treatment goals. Dr. Labs has experienced first-hand the impact that orthodontic treatment can have and she is dedicated to helping her patient's achieve the lifetime benefits of a beautiful smile.

Dr. Kelly Labs is a native of Minnesota and enjoys the outdoors and living a healthy and active lifestyle. When not working on her patient's smiles, she enjoys travel and spending time with friends and family. Dr. Kelly resides in Bethesda, MD with her husband, also a practicing orthodontist, and their three young children. She looks forward to meeting you and your family and is honored to serve the Bethesda and surrounding DMV community.

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# Sivakumar Sreenivasan, DMD

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Maxillofacial Surgery
DMD, MDS • OMFS, MD, PA
77 South Washington Street
Suite #205, Rockville, MD



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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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# Jeffrey L. Brown, DDS

# TMJ & Sleep Apnea Treatment



2841 Hartland Road Suite #301 Falls Church, VA

703-821-1103



## Meet Jeffrey L. Brown

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

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

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

#### **Degrees & Certifications**

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

#### **Outside the Office**

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

#### **Professional Affiliations**

Dr. Brown is a diplomate of the American Academy of Craniofacial Pain, a member of the American Academy of Dental Sleep Medicine, American Academy of 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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**TMD Symptoms:** Noise in the jaw joints when opening and closing your mouth, difficulty chewing, limited opening, tender facial muscles, ear ringing, uncomfortable bite, jaw locking, headaches, migraines, dizziness, vision issues as well as pain in the jaw area which can radiate to the ears, head, neck, shoulders, and back.

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

If you believe you may be suffering from TMD or Sleep Apnea, don't wait... Call today to schedule a consultation with Dr. Brown: 703-821-1103.

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#### **Meet Ghassan Jacklis**

Ghassan Jacklis is a warm, respectful dentist serving his patients in Washington, DC. Dr. Jacklis is originally from Syria, and he is Arabic-bilingual. He is a member of the District of Columbia Dental Society. Dr. Jacklis graduated and obtained his Doctor of Dental Medicine from the University of Pennsylvania's dental school. He then completed his Residency in general practice at the Johns Hopkins University, where he also completed his Fellowship in hospital dentistry and oral surgery.

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

# Please note that Dr. Jacklis only sees patients 7 years of age and older.

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

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# **Shawn Samad, DDS**

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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 Rayens 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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#### Meet Dr. Yolanda C. Holmes

Dr. Yolanda C. Holmes, M.D., P.C., is a highly respected and board-certified expert in General and Surgical Dermatology, known for her unwavering commitment to providing exceptional care to her patients.

#### A Distinguished Career in Dermatology

Dr. Holmes is a distinguished alumna of Drexel University, where she earned her Doctor of Medicine degree. Following her medical journey, she pursued a residency in dermatology, further honing her skills in diagnosing and treating a wide range of skin conditions. Her commitment to excellence is underscored by an internship in internal medicine, equipping her with a comprehensive understanding of skin health complexities.

#### **An Empowering Partnership**

Reflections Image Center & Skincare Institute is proud to partner with Dr. Yolanda C. Holmes, bringing her expertise to our esteemed team. With her exceptional knowledge and passion for General and Surgical Dermatology, Dr. Holmes elevates our commitment to providing unparalleled care and transformative results for our valued patients.

#### Unveiling Your Radiant Skin

Specializing in the treatment of acne, hair loss, dark spots, rosacea, and other common skin conditions, Dr. Holmes is well-versed in the latest advancements in dermatological care. Her expertise extends to surgical dermatology, offering services such as mole checks and removal to minimize the risk of skin cancer. With her personalized approach, patients can trust that their concerns will be heard, and tailored treatment plans will be crafted to achieve their unique goals.

#### A Trusted Expert and Beacon of Excellence

Dr. Yolanda C. Holmes is more than a dermatologist—she is a trusted expert, a compassionate healer, and a beacon of excellence in the dermatology community. Her dedication to her patients' well-being has garnered her the trust and loyalty of those she serves. If you are seeking exceptional results and top-tier service, look no further than Dr. Yolanda C. Holmes for all your General and Surgical Dermatology needs.

Join us at Reflections Image Center & Skincare Institute, where the partnership with Dr. Yolanda C. Holmes enriches our commitment to redefining skincare excellence. Together, we invite you to embrace a transformative journey towards radiant and rejuvenated skin.



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## **Meet Tuesday Cook**

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

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

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

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

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



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

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# Michael Rogers, DDS

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## **Meet Michael Rogers:**

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

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

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

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



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# **Toni 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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# Garima K. Talwar, DDS, MS

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#### Meet Garima K. Talwar

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





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# Craig A. Smith, DDS

# General Dentistry/ Family Dentist



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#### Meet Craig A. Smith

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**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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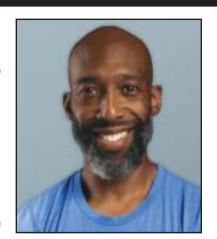
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CompasChiropractic.com

# Barbara J. Brown, PhD



Washington, DC Maryland & Virginia 202-544-5440

support@cccmentalhealth.com



#### Meet Dr. Barbara Brown:

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

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

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

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

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

www.ccccMentalHealth.com



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

Chinese acupuncture has a rich history spanning over 3,000 years, forming an integral part of traditional Chinese medicine (TCM). Acupunc-

# Chinese Acupuncture For Your Neck Pain

ture entails the delicate insertion of fine needles into specific points on the skin, aiming to induce therapeutic benefits.

#### The Mechanism Behind Acupuncture

Within the framework of Chinese medicine, acupuncture is rooted in the belief that it acts by clearing the blockages in the flow of energy along pathways known as "meridians." The underlying theory suggests that when

these energy channels are obstructed, discomfort ensues.

#### **Understanding Neck Pain Origins**

The primary causes of neck pain often stem from extended periods of maintaining a fixed posture, leading to increased neck tension. Injuries can also trigger neck pain. Among adults, cervical spinal stenosis, which involves the narrowing of the spinal canal in the neck, is a prevalent factor. In the context of Chinese medicine, it is believed that external factors like wind, cold, injuries, or excessive physical activities can disrupt the flow of qi and blood in the neck, ultimately resulting in neck pain.

#### **Notable Symptoms Of Neck Pain**

Common symptoms associated with neck pain include the presence of knots, stiffness, or sharp pain in the neck region. This discomfort may radiate to the shoulders, upper back, or arms. In some cases, individuals might also experience headaches, difficulty in head and neck movement, as well as sensations of numbness, tingling, or weakness in the arms.

#### Harnessing Acupuncture For Neck Pain Management

Acupuncture serves as a widely recognized approach for addressing neck pain and various musculoskeletal issues, with some compelling evidence to support its efficacy in both short-term and long-term pain relief. An Australian randomized controlled trial sought to compare the effectiveness of acupuncture with simulated acupuncture in individuals dealing with sub-acute and chronic whiplashrelated disorders. The study involved a series of 12 acupuncture sessions over a six-week period, with follow-up assessments at three and six months. The results revealed that those who received genuine electro-acupuncture treatment experienced significantly greater reductions in pain intensity at three and six months, as compared to the sham electro-acupuncture group (Spine, April 2011).

# **Incorporating Traditional Chinese Medicine**

Traditional Chinese medicine en-

Please see "Neck Pain," page 38

# Wholelife Acupuncture & Fitness Center

Quansheng Lu, CMD, PhD, L.Ac www.wholelifeherb.com • luquansheng@gmail.com

301-340-1066 • fax: 301-340-1090

Guest professor, Henan University of Traditional Chinese Medicine (TCM) Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM PhD in integrated medicine, China Academy of Chinese Medical Sciences Fellowship, Georgetown University & Children's National Medical Center 3 patents, 8 books of TCM, 30 papers, 30+ years of experience in TCM

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# Healthy Resolutions For Your Family



By Janet V. Johnson, MD Loving Care Pediatrics

We all make resolutions at the beginning of the New Year; however it may be difficult to stick to our plans if we don't have constant support. That's why making resolutions we can stick to as a family is such an important part of creating lasting changes. We can support each other while everyone works toward becoming a happier, healthier, more united family unit.

#### Eat a Healthy Breakfast

It should be everyone's goal

to eat a healthy meal every morning. Whether you drink a fresh fruit smoothie or sit down with a bowl of oatmeal, make sure that every member of the family eats something sustaining before leaving the house.

Eating before you leave eliminates the temptation to stop at a fast food restaurant or grab a doughnut and coffee before work. Resolve to keep healthy foods and fruit stocked in the kitchen and readily accessible for the mornings to help the entire family stick to this goal.

#### **Wash Your Hands**

Making a point to wash your hands before eating is a great way to get rid of germs, prevent some diseases and cut down on the number of illnesses each member of your family has to endure each year. There are germs on almost every surface your body comes into contact with and making a concerted, long-term effort to wash your hands helps to keep the germs out of the house.

Please see "Resolutions," page 38

# Breaking Free Strategies For Overcoming Feeling "Stuck" and Achieving Happiness



By Lisa Thorne, Coach Lisa Thorne Holistic Wellness Coach

Feeling "stuck" is a common experience describing feeling frustrated, unmotivated, or unfulfilled. Whether related to your relationships, career, or personal development, the sensation of being trapped can be debilitating,

and if left ignored or unattended, even dangerous. Acknowledging that if you have the desire to change, you also have the power to break free and embark on a journey toward a life of happiness and fulfillment.

Here are some strategies that can be used to get unstuck and achieve a life of great joy:

Practice Authentic Self-Care. Taking care of not only your physical body, but your emotional and mental well-being is crucial. Understand that you are ultimately seeking ways to feel better with your choices. To make the best choices for your optimal well-being, ensure that you are getting adequate rest, eating well, and finding

Please see "Happiness," page 38





# December A Time for Reflection and Renewal



By Toni Greene, Owner Happy Hour Yoga on Zoom!

The holidays are already here; where has the year (or years) gone? Were we present this year, or were we in a trance? Most of us have been in a trance. A state of... whatever. There has been so much going on. December is waking us up from the trance we have been in for the past three years or so. Covid, Flu, RSV, and any of the old and new viruses we have been living with or dying from are now in our awareness and our concern.

December is the month of reflection and the holiday season. A time when we look back over the year (or years) and reflect. A time to plan and set intentions for the new year of 2024.

December can be cold, icy, sunny, and exciting. A time to prepare for the new upcoming year. A month when we can consciously be aware of who and where we are in the scheme of things. A time to reflect and let go of stuff. The stuff that we keep dragging with us from year to year. It is a time to eliminate unwanted stuff – physically, mentally, and emotionally.

December is a great month because it is the end of the year. With endings come new beginnings. New beginnings are about being new. Being who you want to be and not what others want you to be. New beginnings have a new exciting energy, a feel-good energy, an energy that resonates within your mind, body, and spirit (soul).

Please see "December," page 38



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# **Ensuring Healthy Smiles** and Sound Sleep For Your Child

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

Proper breathing during sleep is crucial for the overall well-being of children, yet many parents may not be fully aware of potential issues related to Sleep-Related Breathing Disorders (SRBD), which includes pediatric obstructive sleep apnea (OSA).

SRBD refer to disturbances in normal breathing patterns during sleep, ranging from common snoring to more severe pauses in breathing known as apnea events. These interruptions can lead to sleep deprivation and a variety of health complications. In the case of children, untreated SRDB can result in developmental, behavioral, and emotional challenges, potentially leading to conditions like allergies, ADD/ADHD, and depression.

Pediatric OSA, a condition where the airway is partially or completely blocked during sleep, is often caused by enlarged tonsils or adenoids and a lack of tongue space. It differs from adult OSA, as it may manifest alongside behavioral issues and daytime sleepiness in children.

#### The Importance Of Proper Sleep and Open Airways For Children

During the first 18 months of a child's life, crucial growth and developmental milestones occur, many of which are related to facial development. Ensuring proper breathing is essential for a child's health and development, impacting facial features, jaw development, and overall growth. Mouth breathing can set off a chain reaction of issues, altering the growth of the lower and upper jaws, midface, and nasal bones, ultimately affecting the child's facial balance.

#### **Pediatric Sleep-Related Breathing** Disorders (SRBD) & OSA Symptoms

Children with SRDB may present a range of symptoms, including:

- Difficulty falling or staying asleep
- · Sleepwalking, night terrors, and other parasomnias
- · Excessive daytime sleepiness
- · Mouth breathing, dry lips, bad breath
- Dark circles under the eyes
- · Tonsil and adenoid problems
- Snoring
- Teeth grinding
- Bed-wetting
- Inner ear infections
- Limited tongue/lip mobility
- Hyperactivity
- · Difficulty concentrating

- Selective eating habits
- Bedwetting

In the case of pediatric OSA, symptoms may involve snoring, breathing pauses, restlessness, and coughing or choking episodes during sleep.

#### **Dentist's Role**

Contrary to conventional belief, pediatric dentists with specialized training are well-equipped to address symptoms related to sleep and airway conditions. The airway, mode of

breathing, and malocclusion are closely interconnected and should be addressed early and holistically by dentists. Advanced technology, such as cone beam 3D imaging, allows dentists to effectively diagnose airway issues and guide proper growth and development. Early intervention is essential in guiding proper growth and development.

Convenient at-home sleep study tests are now available to diagnose pediatric sleep apnea and breathing issues. These tests provide comprehensive, accurate data for proper diagnoses.

Treatment goals encompass the elimination of detrimental habits, guiding optimal cranial, jaw, and facial development, preventing dental misalignment, and enhancing airway health and oxygen sufficiency. Various therapies, including oral appliances, myofunctional therapy and positive airway pressure therapy, can effectively alleviate symptoms.



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# Considering A Neck Lift?

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In patients with vertical bands in the neck, platysmaplasty can be performed to reduce the appearance of the bands. Excess or sagging skin in the lower face and neck or jowls may require incisions following the contour of the front of the ear. This procedure is also called a lower face and neck lift.



A neck lift is an excellent way to correct an abundance of hanging skin under your chin, wrinkles, jowls, and other aesthetic problems that affect your lower facial appearance.

After the procedure, your neck will look firmer and more youthful for years to come.













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How to become a new you... Decide who you are and what you want in your new life. Look around, what do you see? Are you headed in the direction of your chosen path? Decide to take the path that leads you into yourself. Make a conscious decision to become healthier, happier, and more aware.

Ask yourself... what makes you happier, healthier, and what do you need to do to help you reach your goals? Find your path and then follow the steps to a new you.

How to become a new you... Meditate or just reflect consciously in a quiet place. Focus on your breathing. Listen to your soul. Ask the Universe to reveal to you what you need for yourself. Thank the Universe and go on as if it is happening because it is.

Remember that you become what you think about. Therefore, think about what you want, not what you don't want. You manifest yourself through thinking and believing.

# SLEEP APNEA

ogy has allowed dentists to create very light, very comfortable custom fitted oral appliances that are effective and durable. Many patients prefer these newer devices, such as the Panthera, to the older bulky devices and the CPAP machine.

Recently, another oral appliance called the DNA (day and night) appliance, can actually cure sleep apnea in some cases. This oral appliance works by stimulating the upper jaw to grow and create more space for the tongue, which in turn creates more space at the back of the throat. At the upper jaw grows, the roof of the mouth tends to flatten out a bit, giving more room in the nose to breathe (the roof of the mouth is the floor of the nose.) Since DNA treatment can be quite lengthy, another version of the DNA call the mRNA (mandibular repositioning

From page 22

night appliance) can be used to hold the jaw forward until the upper jaw is wide enough to accommodate the tongue.

I have personal experience with all of these appliances. I wore one of the old bulky appliances for many years to treat my snoring. When I later developed sleep apnea I treated it with a more modern appliance similar to the Panthera, and found it comfortable and effective. When I learned of the DNA appliance, I went through the required training and tried the appliance for myself. Although it took over a year, I was able to eliminate my sleep apnea with just moderate growth of my upper jaw.

As with any medical condition, it is important to know all the options, and to understand the while one option may be perfect for one patient, it may not be appropriate for the next patient.

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# NECK PAIN

compasses a diverse array of practices, including Chinese herbal medicine and acupuncture/moxibustion, among others. The use of Chinese medicine therapies, such as herbal remedies and acupuncture, for managing neck pain, has not only been widespread but also highly effective, extending its reach not just within China but also across Europe.

**Navigating Acupuncture Safety** 

# **KESOLUTIONS**

**Avoid Destructive Habits** 

Develop healthy routines that can help you lead a healthy life. Avoid unhealthy habits such as alcohol abuse, smoking and drug abuse. Poor eating and exercise habits may lead to heart disease, cancer, and unhealthy weight gain or vitamin or mineral deficiencies.

#### **Exercise Together**

Regular exercise can help prevent some diseases, increase your energy level, aid in managing stress and help you reach and maintain a healthy weight. Balanced exercise is important - do aerobic exercise to benefit your cardiovascular system, strength training to improve muscle tone and stretching to enhance flexibility. Get at least 30 minutes of moderate physical activity five days a week or 20 minutes of vigorous ac-

While acupuncture is generally acknowledged as a safe therapeutic method, potential side effects may include dizziness, localized internal bleeding, dermatitis, nerve damage, or occasionally heightened pain-especially when administered by less experienced practitioners. Therefore, the role of a well-trained and seasoned acupuncturist is paramount in ensuring both safety and effectiveness.

From page 32

tivity three days a week.

Spending time with your kids seems like a great excuse for skipping a workout, but you can have quality time and workout at the same time. Playing basketball with your kids, going on a family hike, or racing around a track are all great ways to get in your exercise while bonding as a family and enjoying nature.

#### Find Purpose In Life

We all have unique talents and abilities, interest and values. Encourage your children as well as yourselves to find purpose for your life in sharing your unique gifts with others. The things that give you joy or help you feel vital can increase your sense of purpose and ultimately will result in a satisfying relationship and interaction for everyone.

# HAPPINESS

downtime from life's demands. Learning mindfulness techniques to reduce and manage stress and anxiety can be wonderful tools to use as part of a routine, or during the day when stress or anxiety heightens.

Being Self Aware. Examine what current practices and habits you currently have, and reflect on whether they are true to who you are today. Often we develop habits based on someone's recommendation or old, out-dated beliefs. As we as individuals grow and change, so too do our needs for fulfillment. Define what happiness, purpose, and fulfillment mean to you, and look honestly at what achievable goals would help them manifest. Are your current practices and habits in keeping with your ideal vision of what you desire for your life?

Embrace Change. Though it often feels scary, remember that change is necessary for personal growth. Rather than feeling like a threatening unknown, learn to see change as a sign of expansion and an opportunity that can lead to new and wonderful experiences.

#### From page 33

Seek Support From Others.

You do not have to navigate your journey alone! Share your feelings and concerns, your hopes and desires, with friends and family you trust. Connect with a therapist or coach who can provide different perspectives and emotional support. Seek out likeminded people (in real life or virtually) who inspire and motivate you, and who serve as examples of what you are striving for.

Remember that life is a continual learning process. As you embrace new knowledge and skills, accept that sometimes old habits and beliefs will still show up, but that does not mean you have "failed". Developing resilience as the inevitable, normal, expected setbacks occur is a crucial step to truly becoming unstuck and achieving the life of your

Everyone's path to happiness, joy, and fulfillment is unique, so be kind to yourself as you find your unique way. Embrace change, seek support, and prioritize self-care to unlock your full potential and create the life you desire.

# The Holiday Season and Colds

Submitted by Kensington Pharmacy

Coming down with a cold during the holidays can turn your holiday season into drudgery.

You catch a cold when a virus invades your nose or eyes. You might breathe in airborne droplets, but far more often, you catch a cold by touching a germy surface or having direct contact with a person who has a cold and then touching your nose or eyes.

Your risk of catching a cold is greater when you are indoors most of the time, when the air is dry, and when you have close contact with other people. During the holiday season, people travel in trains, planes, and automobiles and are probably sharing the ride with some of the 200 viruses that cause the common cold.

#### To Lessen Your Risk

Avoid prolonged close contact with people who have colds. Handshaking, hugging, and sharing meals and good times are so much a part of the holiday season, expo-

sure to cold viruses is probably inevitable.

Keep your hands away from your nose and eyes because cold viruses can live up to three hours on your skin.

Wash your hands, with soap and water, often. Scrub the backs of your hands, between your fingers, and under your nails – not just your palms – for a full 15 seconds and rinse well. Dry your hands with a disposable towel, and turn off the faucet using the towel. If soap and water are unavailable, use an alcohol-based hand sanitizer.

Clean your personal items. Cold viruses can live on surfaces (especially nonporous surfaces such as plastic, metal, or glass) for up to 48 hours. Use disinfectant wipes to clean the surfaces you regularly touch this holiday season – your laptop keyboard, your cell phone, your car's steering wheel.

#### Treating a Cold On the Road

The saying goes that there's no cure for the common cold, but even so, you can feel more comfortable – even when you're far away from

home. Your goal is to relieve your symptoms.

#### **Try Natural Ways To Feel Better:**

**Drink lots of water.** Doctors recommend eight glasses a day to keep your nose and throat moist and to loosen congestion. Avoid alcohol and caffeine drinks because they dry out – or dehydrate – your system. A salt-water gargle may soothe your sore throat.

**Get plenty of rest.** If possible, adjust the temperature and humidity of your sleeping area to be moist and warm, but not overheated.

Eat right. No scientific evidence backs the old adage, "Starve a cold; feed a fever."

**Don't smoke.** Smoking can dehydrate your body and make your symptoms worse.

Use over-the-counter medications to treat your symptoms.

Your regular pharmacy back home probably has a branch near your holiday travel destination. Find out the location of the nearest pharmacy before you leave home. Some common products that may help include the following: Saline nasal sprays can fight stuffiness and congestion.

**Decongestants and pain relievers** may relieve your symptoms, even though they will not shorten the duration of your cold. People sometimes complain of feeling feverish with a cold, but colds and fever don't usually go together. However, you may run a temperature of 100°F – enough to slow you down a bit.

Ask the local pharmacist about complementary or alternative treatments such as:

Homeopathic remedies (used within the first 24-48 hours of symptoms) such as zinc lozenges and intranasal zinc gluconate. Recent clinical studies have demonstrated that treatment with intranasal zinc nasal gel is effective in reducing the duration and severity of common cold symptoms within 24-48 hours of symptom onset.

Vitamins and herbal supplements such as vitamin C and Echinacea.

Information obtained from American Pharmacists Association.



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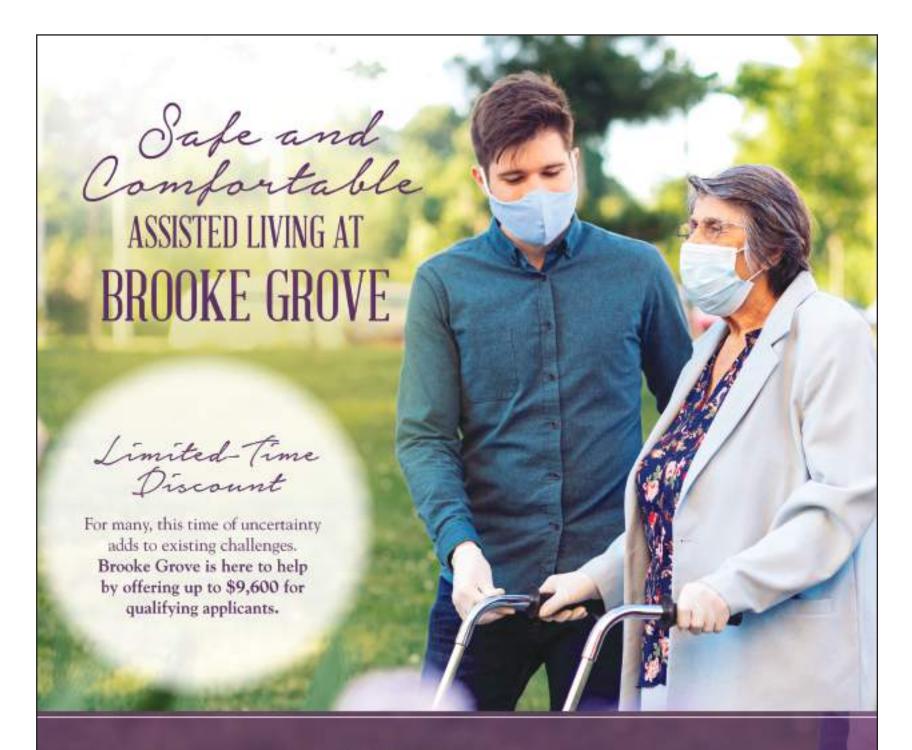
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- You can watch TV during your scan, and a loved one can accompany you for reassurance.
- Conventional "lie-down" MRI scanners can miss your whiplash diagnosis!

<u>Don't suffer in silence – take control of your</u> <u>health and book an appointment today!</u>

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DMX – available exclusively at our Greenbelt location!

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# Revolutionizing Whiplash Diagnosis

# The Power of Weight-Bearing Open MRI and Digital Motion X-Rays

Submitted by Washington Open MRI

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

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

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

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

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

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

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

But here's the problem: many

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

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

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

www.yourhealthmagazine.net



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