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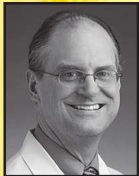
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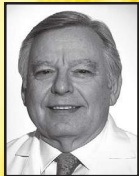
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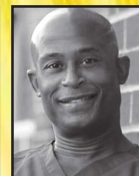
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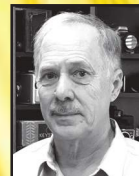
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Cardio Health, Diabetes & Nutrition

50 CENTS





By Priya Kaur Tahim, LPC
Kaur Counseling

It's that time of year, where we all make promises to ourselves to improve in some way, and make changes that we didn't during the previous

year. This year instead of "New Year, New Me" consider "New Year, Better Me". By accepting that you can't become a new person overnight, but you can make changes to improve your life – you allow yourself to be set up for success.

Therapy is a great way to help look inward and work towards your goals of becoming a better version of yourself. Finding the right therapist to help you achieve/work towards your goals is vital. As you consider starting therapy, here are a few things

to look out for:

1. Think about what you'd like to achieve out of going to therapy. Is there a certain trauma you'd like to process, is there a habit you want to break, do you want to unlearn unhealthy thought patterns, etc... By doing this, you'll be able to narrow down your search for a therapist to a specialist that can help create a safe space that aligns with your goal.

2. Self-Pay or Insurance; consider fees. Do you want to use insurance

to cover therapy or do you want to self-pay. There are pros/cons to both resources, it comes down to availability, costs, how many sessions are covered by insurance, etc...

3. Identity of a therapist. This area is becoming more and more important for individuals seeking therapy, as therapy is already hard enough – let alone talking to someone you can't relate too. Consider what is important for you to gain out of a therapist. Often time cultural understandings, sexual orientations, religious affiliations can all impact a therapeutic relationship. Consider what is important to you.

Therapy is only one component of self-improvement. As you navigate looking inward and finding ways to become better, here are a few things to consider:

1. Learn to let the little things go.

If you can't fix something, then don't dwell on it. Focus on what is in your control versus what is out of your control. I've learned countless times in relationships with family, friends, and even intimate relationships; you're not going to make everyone happy. If you are content with the choices you make, than that's what matters at the end of the day. Focus on self-reflection of the choices you make.

2. Find something daily to do that makes you happier and less stressed. Stress is a daily occurrence in everyone's life. Some people like to work out their stresses, some take solace in quiet moments, others do something artistic.

3. Take time to enjoy the little moments in life. Go on a scenic hike, or travel to a place you always dreamt on. If you can't get to that place, find some adventures near you.

4. Challenge yourself in every aspect of your life. Push yourself in your career and in your personal life. If you can continue to challenge yourself, then your mind will continue to grow.

The healthier your mind is, the easier it will be to stay healthy in other areas of your life. It's a balance of both mind and body, that helps you stay healthy in all aspects of your life. Reinvest in yourself and make 2024 the year of being better.

Kaur Counseling supports individuals, couples and families through their journey of empowerment, love, growth and happiness.



Kaur Counseling works to serve individuals, families and couples from diverse backgrounds who suffer from depression, anxiety, re-building intimacy, marital conflict, familial conflict, PCOS, Infertility, low self-esteem, imposter syndrome, divorce/uncoupling, parenting and more.

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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Finding Balance and Healing With MeTime

Submitted by
Me Time Healing

FOMO (Fear Of Missing Out)

FOMO, or the fear of missing out, has become a prevalent phenomenon in today's society. With the rise of social media and constant connectivity, people are constantly bombarded with images and updates of others' lives, leading to a fear that they are missing out on something important or exciting.

Social media platforms like Facebook, Instagram, Twitter, and Snapchat provide users with constant updates and glimpses into the lives of others. This constant exposure to the activities, events, and experiences of others can trigger feelings of anxiety, envy, and inadequacy in individuals who fear missing out on something exciting or important. Social media platforms often showcase the highlights of people's lives, such as vacations, parties, achievements, and social gatherings. Seeing these curated and idealized versions of others' lives can create a sense of pressure to keep up, leading to FOMO. People may feel compelled to attend every event, try every new trend, or constantly be connected to their social media feeds to avoid feeling left out.

Video game addiction can also lead to FOMO as individuals may feel anxious or fearful of missing out on in-game events, rewards, or social interactions with other players. This can create a strong compulsion to constantly play and stay connected to the gaming world, even at the expense of other activities or responsibilities.

Seeing others' achievements, progress, or social interactions in games can trigger feelings of inadequacy or the fear of being left behind, leading to an increased desire to play and keep up.

Both video game addiction and FOMO can have negative impacts on mental health, including increased levels of stress, anxiety, and social isolation. It is important for individuals to be aware of these potential risks and to establish healthy boundaries and habits when it comes to gaming and social media use.

It can be helpful to:

1. Set limits on gaming time and establish a healthy balance between gaming and other activities.
2. Practice self-care and engage in offline activities that bring joy and fulfillment.
3. Seek support from friends, family, or mental health professionals if addiction or FOMO becomes overwhelming.
4. Practice mindfulness and self-reflection to understand the underlying motivations and triggers for excessive gaming or FOMO.
5. Consider taking breaks from social media or gaming to reduce exposure to triggers and to focus on personal well-being.

It is important to remember that everyone's experience with video game addiction and FOMO is unique, and seeking professional help may be necessary for some individuals.

dividuals.

MeTime Healing Platform provides a space for individuals to disconnect, recharge, and prioritize their own well-being. By embracing JOMO (Joy of Missing Out) and finding joy in missing out, individuals can find healing, personal growth, and a sense of balance in their lives.

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Fluoride Use For Your Children's Dental Health

By Elizabeth Shin, DDS
Bethesda Chevy Chase
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Ensuring your toddler's dental health involves careful consideration of fluoride use, a mineral renowned for preventing tooth decay but not without potential risks. Dental fluorosis, which alters tooth enamel appearance, and the risk of toxicity are valid concerns, prompting parents to be cautious when introducing fluoride toothpaste to babies and toddlers.

The American Dental Association (ADA) recommends caregivers to use water for brushing and consult a dentist or physician before introducing fluoride toothpaste to children under two years. For children aged 2-6, a pea-sized amount is advised. ADA recommends no toothpaste, including fluoride, for babies up to one year.

For non-teething babies, a damp cloth with warm water is sufficient for cleaning. Toddlers (12-36 months) with erupted teeth can use a trace amount of fluoride toothpaste, but parents must be

aware of the main reasons for fluoride overload in this age group.

Young children are prone to swallowing sweet, tasty toothpaste designed for them, and toddlers may struggle to spit properly, leaving more toothpaste in their mouths. The U.S. Food and Drug Administration (FDA) mandates warning labels on fluoride products for children under 6, emphasizing moderation and discouraging excessive ingestion.

Pros Of Fluoride Strengthening Tooth Enamel:

Fluoride stands out for its ability to strengthen tooth enamel, enhancing resilience against acid attacks from bacteria and sugars. This benefit significantly reduces the risk of cavities in toddlers, laying the groundwork for a lifetime of robust oral health.

Prevention Of Tooth Decay: Regular fluoride treatments play a crucial role in decreasing the likelihood of cavities in children. Early exposure to fluoride creates a formidable defense against tooth decay, promoting enduring dental health.

Community Water Fluoridation: Many communities incorporate fluoride into their water supply, providing a cost-effective and widespread method of dental protection. This communal approach is particularly beneficial for children who may not have consistent access to dental care, contributing to community-wide oral health.

Safe and Effective Application: When administered correctly, fluoride is considered safe and effective. Professional application by a pediatric dentist ensures controlled and targeted exposure to fluoride, minimizing potential risks associated with improper use.

Fluoride toothpaste for toddlers is safe if used in moderation, aligning with general toothpaste guidelines. The American Academy of Pediatrics advises starting fluoridated toothpaste at the eruption of the first tooth, using a smear or grain-of-rice-sized amount for children under three, and a pea-sized amount for most children starting at three years.

Supervision is crucial during brushing, with parents applying the toothpaste to ensure the correct amount. Observing the child and ensuring all teeth are covered, setting a positive example, and teaching proper spitting and rinsing habits contribute to effective and safe brushing practices.

For parents seeking fluoride alternatives, there are fluoride-free toothpaste options available. Consulting with a pediatric dentist is recommended to determine the most suitable toothpaste for a child's unique oral health needs, whether fluoride-based or fluoride-free.

When choosing fluoride toothpaste for kids, it's advisable to inform your dentist of your preferences, as they may have specific brand recommendations. Regardless of the toothpaste chosen, the key is to limit the amount, especially for children under three, ensuring a balance between dental health benefits and potential risks associated with fluoride ingestion. Always prioritize your child's dental health by consulting with your dentist to tailor a dental care routine that best suits their individual needs.



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Elizabeth Shin
DDS



By Nichole E. Ruffin, Owner, CMT
Caressence Therapeutic Massage

Activating the Lymphatic System

Yoga Practices and Massage Tools

and stimulate lymphatic flow. Start at your extremities and brush towards your heart in long, sweeping motions.

- **Foam Rollers:** Foam rollers are excellent tools for self-massage. Rolling over different parts of your body can help release tension and stimulate lymphatic drainage.

- **Lymphatic Drainage Massage Tools:** Specialized tools, such as lymphatic drainage brushes and rollers, are designed to mimic the techniques used in manual lymphatic drainage massage. These tools can be effective in reducing swelling and promoting lymphatic flow.

Combining Yoga and Massage Tools

To maximize the benefits of lymphatic system activation, consider incorporating both yoga practices and massage tools into your wellness routine. A well-rounded approach can help improve circulation, reduce swelling, and boost your immune system.

The lymphatic system plays a vital role in maintaining our overall health and well-being. This intricate network of vessels and nodes helps rid the body of toxins, waste, and excess fluids, while also supporting our immune system. When the lymphatic system becomes sluggish or compromised, it can lead to a range of health issues. Fortunately, there are natural ways to promote lymphatic system activation, such as yoga practices and the use of massage tools.

The Lymphatic System: A Brief Overview

The lymphatic system is often compared to the body's drainage system. It consists of lymphatic vessels, nodes, and organs that transport lymphatic fluid, which contains white blood cells and waste products. One of its primary functions is to filter and remove harmful substances, ensuring our body remains free from infection and disease.

Yoga Practices For Lymphatic System Activation

- **Deep Breathing:** Pranayama, or deep breathing exercises, are integral to many yoga practices. Deep, slow breaths stimulate the diaphragm and abdominal muscles, promoting the flow of lymphatic fluid. Incorporate deep breathing into your yoga routine to kickstart your lymphatic system.
 - **Inversions:** Inverted yoga poses, like the Downward-Facing Dog or Shoulder Stand, encourage the flow of lymphatic fluid from the lower body to the upper body. This helps detoxify the lower extremities and reduce swelling.
 - **Lymphatic Pumping:** Gentle movements like knee-to-chest poses and ankle circles promote the rhythmic contraction of lymphatic vessels, aiding in fluid circulation. These movements can be easily integrated into your yoga practice.
- Massage Tools For Lymphatic System Activation**
- **Dry Brushing:** Dry brushing involves using a stiff, natural-bristle brush to gently exfoliate the skin

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Navigating Sobriety In the New Year

Strategies For Maintaining Resolutions and Overcoming Triggers

Submitted By
A+ Counseling Center

As we usher in the New Year, many individuals embark on a journey towards sobriety, seeking positive change and improved mental health. Navigating this path requires resilience, commitment, and a strategic approach to overcoming triggers that may threaten one's resolve. In this ar-

ticle, we will explore effective strategies for maintaining resolutions and navigating the challenges of sobriety.

Understanding Triggers

Identifying and understanding triggers is a crucial first step in maintaining sobriety. Triggers can be environmental, emotional, or social cues that prompt the desire to engage in substance use. By recognizing these triggers, individuals can develop coping mechanisms to

mitigate their impact and bolster their commitment to sobriety.

Build a Support System

Establishing a strong support system is instrumental in navigating the challenges of sobriety. Surround yourself with friends, family, or support groups that understand and encourage your journey. Share your goals and concerns openly, and seek help when needed. Connecting with others who have

similar experiences can provide invaluable insights and a sense of community.

Set Realistic Goals

Resolutions should be realistic and achievable to avoid setting oneself up for failure. Break down long-term goals into smaller, manageable steps, creating a sense of accomplishment along the way. Celebrating these milestones reinforces commitment and motivation, making the journey towards sobriety more sustainable.

Develop Healthy Coping Mechanisms

Replacing unhealthy coping mechanisms with healthier alternatives is essential in maintaining sobriety. Engage in activities that bring joy, relaxation, and fulfillment, such as exercise, meditation, or creative pursuits. These positive outlets not only distract from triggers but also contribute to overall mental well-being.

Create a Structured Routine

Establishing a structured daily routine can provide stability and reduce the likelihood of succumbing to triggers. Plan activities, meals, and sleep patterns to create a sense of order and purpose. A well-organized routine minimizes idle time, decreasing the chances of succumbing to cravings or triggers.

Mindfulness and Stress Reduction

Practicing mindfulness and stress reduction techniques can significantly contribute to maintaining sobriety. Mindfulness exercises, such as meditation and deep breathing, help individuals stay present and manage stress without resorting to substance use. Incorporating these practices into daily life fosters resilience and emotional balance.

Seek Professional Guidance

Professional guidance is invaluable in the journey towards sobriety. Therapists, counselors, or support groups provide a safe space to explore underlying issues, develop coping strategies, and receive ongoing encouragement. Seeking professional help is a proactive step towards a healthier, more fulfilling life.

Navigating sobriety in the New Year requires a multifaceted approach, incorporating self-awareness, support systems, and healthy coping mechanisms. By understanding triggers, setting realistic goals, and embracing positive lifestyle changes, individuals can overcome obstacles and foster lasting change in their lives. Remember, the journey towards sobriety is a continuous process, and every step forward is a triumph worth celebrating.



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Winter Foot Care: Choosing the Right Shoe Gear For Cold Weather Activities



By Lubrina Bryant, DPM
District Podiatry, PLLC

As the winter season sets in, it brings with it a unique set of challenges for maintaining podiatric health. Cold temperatures, snow, and ice can pose risks to our feet, making it crucial to invest in the right shoe gear for winter activities. Whether you're planning a leisurely winter stroll or engaging in more intense activities, proper footwear is essential to keep your feet warm, dry, and protected.

The Importance Of Proper Winter Footwear

Cold weather can lead to various foot-related issues, such as frostbite, numbness, and increased susceptibility to injuries. Therefore, choosing the right winter footwear is not just about comfort but also about safeguarding your foot health. Insulating against the cold, providing traction on slippery surfaces, and maintaining breathability are key factors to consider when selecting winter shoes.

Insulation and Warmth

When it comes to winter shoe gear, insulation is paramount. Look for shoes with adequate insulation to keep your feet warm in chilly temperatures. Insulated boots with materials like Thinsulate or Gore-Tex provide excellent warmth while allowing moisture to escape, preventing sweat from accumulating inside the shoe.

Waterproof and Water-Resistant Features

Winter often brings wet and snowy conditions, making it crucial to invest in footwear that offers water resistance or waterproofing. Wet feet not only lead to discomfort but also increase the risk of frostbite. Boots with sealed seams, water-resistant coatings, and waterproof membranes like Gore-Tex are excellent choices for keeping your feet dry during winter activities.

Traction For Slippery Surfaces

www.yourhealthmagazine.net

Slippery sidewalks and icy paths are common in winter, making slip and fall accidents a significant concern. Choose footwear with a robust outsole that provides excellent traction. Look for boots with deep treads and slip-resistant materials to ensure stability on icy or snow-covered surfaces. Some brands even offer boots with built-in crampons or spikes for added grip.

Breathability

While warmth is essential, proper ventilation is equally crucial to prevent moisture buildup inside the shoes. Choose winter footwear with breathable materials to allow sweat to escape, keeping your feet dry and reducing the risk of fungal infections. Moisture-wicking socks can also contribute to maintaining a dry and healthy foot environment.

Investing in the right shoe gear for winter activities is a proactive approach to maintaining optimal podiatric health during the colder months. Prioritize insulation, water resistance, traction, and breathability to ensure your feet stay warm, dry, and protected. With the right winter footwear, you can confidently embrace the season's activities while safeguarding your foot health.

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- Bunions

Our feet are important in our everyday lives. The problem is that we tend to neglect them.

When this becomes a habit, it can cause significant trouble.

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

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



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By Marc P. Stanard, DDS, PC

The Vital Role Of Keratinized Attached Gingiva In Preserving Dental Implant Health

Ensuring the longevity of dental implants goes beyond the initial surgical procedure; it involves meticulous postoperative care and attention to factors that contribute to overall oral health. One crucial aspect often overlooked is the presence of an adequate amount of keratinized attached gingiva around dental implants. This specialized tissue plays a pivotal role in protecting the dental investment from potential complications and promoting effective oral hygiene practices.

Firstly, the presence of sufficient keratinized attached gingiva is instrumental in safeguarding dental implants from progressive bone loss. This protective tissue acts as a barrier, shielding the underlying bone and implant structure from external forces and potential irritants. Without

an ample amount of keratinized gingiva, the risk of peri-implantitis – a condition characterized by inflammation and subsequent bone loss around implants – increases significantly with gum recession creating unpleasant cosmetics. Adequate keratinized tissue provides a resilient defense against bacterial invasion and inflammatory responses, thereby preserving the stability of the implant and minimizing the chances of complications.

Secondly, the provision of keratinized attached gingiva allows patients to maintain effective oral hygiene practices around their dental implants. Unlike the non-keratinized mucosa, keratinized tissue provides a firm and stable surface for toothbrushing and flossing. This stability is crucial for patients to access and clean the implant area thoroughly, reducing the accumulation of plaque and bacteria. Effective oral hygiene



not only prevents peri-implantitis but also contributes to the overall health of surrounding tissues and promotes long-term implant success.

Understanding the importance of adequate keratinized attached gingiva is paramount for individuals with dental implants. This specialized tissue serves as a protective barrier against bone loss and facilitates op-

timal oral hygiene practices. Patients, along with their dental care providers, should prioritize the preservation of this critical tissue to ensure the longevity and success of their dental implant investment. Regular dental check-ups and proper oral care routines are essential components of maintaining a healthy peri-implant environment.

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Marc P. Stanard, DDS

NEED A LIFT?

Considering A Neck Lift ?

A neck lift can be performed in patients of many ages. A neck lift can remove excess fat and improve vertical bands in the neck (platysmaplasty).

Liposuction may be performed alone or with surgical removal of the fat under the chin through a small hidden incision. Sometimes a chin implant is recommended to improve the overall contour.

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.

Return To Your Youthful Appearance

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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To a Happy and Healthy Holiday Season

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It is the time of year when we wish our friends and family all the best. We do, however, tend to overindulge and this can be a trying time for those people who want to improve their health and wellbeing.

An invitation to a buffet dinner can most certainly undermine your efforts to lose weight and improve your health. You can still stay healthy by paying attention to your surroundings and by being aware of what is put in front of you.

For the person suffering from TMD (Temporomandibular Disorder)

it's even more difficult to stick to the required dietary plan of soft foods. It is really critical that you do not eat things that could put undue pressure on those damaged or displaced discs. Although you are eating the soft cookies, mac and cheese, and mashed potatoes, they really are not going to keep you in good shape. The diet plan



Jeffrey L. Brown, DDS

we provide at our office is the ideal way to go. The recipe book is chock full of foods that provide good nutrition while protecting the joints from over exertion.

Another aspect of staying healthy during the holidays is to make sure you exercise. Sure, the holidays mean it's time to take a break, relax, eat, and enjoy! But, for so many people who suffer with TMD, exercise is an essential part of maintaining their health and wellbeing. All you need to do is get out there and walk at least once a day. Getting fresh air and moving around is what our bodies are designed to do, so just do it! This walk also helps those patients who are trying to get their sleep cycles back on track. Getting sun exposure helps your circadian rhythm. A BIG must for sleep issues.

Lest we forget, being healthy also means keeping hydrated during the holidays. This means that whatever your body weight is in pounds, you need half that amount in ounces to determine your daily water intake. Water is ideally a good choice but milk and milk alternatives, fruit and herbed infused water, or sports drinks are also hydrating. Hydration is a key component to avoiding symptom flare-ups of TMJ, your joints and muscles to function and avoid inflammation and pain. For sleep issues, extreme fatigue or just plain discomfort makes it harder to sleep. Remember, sleeping in itself is dehydrating.

Best of all and the easiest, a smile. Did you know that a smile really does make you happier? That's right, if you can put on a smile and really mean it, this stimulates the endorphins in your body to help you feel better. Better yet, you are also making someone else feel good. Maybe this is why the holidays help us. Family and friends and having some fun with all positive emotions.

From all of us at Sleep and TMJ Therapy, to all our friends, families, and patients out there, we wish you a Safe, Happy, Healthy Holiday Season!

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- Craniofacial Pain
- Sleep Apnea
- Orthodontics

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

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

- D. Thomas

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

- Susan



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
- Graduate of Georgetown School of Dentistry (1986)



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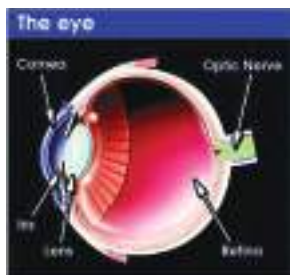
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What Is Glaucoma?

By Jacqueline D. Griffiths, MD
NewView Laser Eye Center

More than 2.2 million Americans age forty and older have glaucoma, but one half may be unaware they have this potentially blinding disease because they have no symptoms. Glaucoma is a condition in which the optic nerve becomes damaged over time. It is usually associated with elevated pressure inside the eye and can lead to slow progressive blindness. The exact cause of primary, open angle glaucoma, the most common form of the disease, is uncertain. However, some of the other forms of glaucoma may occur along with other abnormalities of the eye.



The optic nerve is a bundle of more than 1 million nerve fibers. It connects the retina, the lightsensitive layer of tissue at the back of the eye, with the brain. A healthy optic nerve is necessary for good vision. Open-angle glaucoma gets its name because the angle that allows fluid to drain out of the anterior chamber is open.

However, for unknown reasons, the fluid passes too slowly through the meshwork drain. As the fluid builds up, the pressure inside the eye rises. Unless the pressure at the front of the eye is controlled, it can damage the optic nerve and cause vision loss.

At first, open-angle glaucoma has no symptoms. Vision stays normal, and there is no pain. As glaucoma remains untreated, people may notice that although they see things clearly in front of them, they miss objects to the side and out of the corners of their eye.

Without treatment, people with glaucoma may find that they suddenly have no side vision and it may seem as though they are looking through a tunnel. Over time, the remaining forward vision may decrease until there is no vision left.

Although anyone can get glaucoma, some people are at higher risk than others. They include

- African Americans over age 40
- Everyone over age 60
- People with a family history of glaucoma

High eye pressure puts you at risk for glaucoma. It may not mean that you have the disease. Whether or not you get glaucoma depends on the level of pressure that your optic nerve can tolerate without being damaged. This level is different for each person. Although normal pressure is usually between 12-21 mm Hg, a per-

son might have glaucoma even if the pressure is in this range. That is why an eye examination is very important.



Normal Vision



Glaucoma

Although you will never be cured of glaucoma, treatment often can control it. This makes early diagnosis and treatment important to protect your sight. Most doctors use medications for newly diagnosed glaucoma; however, new research findings show that laser surgery is a safe and effective alternative.

If you are being treated for glaucoma, be sure to take your glaucoma medicine every day and see your eye care professional regularly. You can also help protect the vision of family members and friends who may be at high risk for glaucoma. Encourage them to have a comprehensive eye examination at least every two years. Remember, vision already lost due to glaucoma cannot be restored and, if left untreated, glaucoma can lead to blindness.



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"
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Voted
"Top Ophthalmologist"
*Washingtonian Magazine
& Northern Virginia Magazine*

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

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

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

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



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A Reason To Smile Again

All-On-Four Dental Implants

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

Can just four implants replace all of the teeth on the top or the bottom of your mouth? Thanks to advances in dental implant technology, that answer is a resounding yes.

Believe it or not, tooth loss is extremely common among adults, especially as we age. In fact, more than 35 million people in America are missing all of their upper and/or lower teeth. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called “all-on-four” dental implant restoration.

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

To fully understand this remark-

able technique for replacing teeth, you should first understand what a dental implant is. An implant is a small titanium screw that fits inside your jawbone and replaces the root-part of a missing tooth. Minor surgery is required to insert the implants. Once the implant is in place, a crown is attached to give you a highly realistic-looking and functional prosthetic tooth.

Here’s where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on the top of your mouth, and four on the bottom, to restore your full smile. That’s the beauty of the all-on-four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

Besides ensuring that your implants are permanently fixed in place,

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

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

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

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

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

Next, they will begin the implantation process. This means they will

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

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

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

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

All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

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

Courtesy 3D Planning For Implants

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By Deeni Bassam, MD, DABPM
The Spine Care Center

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

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

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

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

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

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

The Effects Of Pain

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

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

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

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

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

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

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

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

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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How Dental Implants Are Easy On Your Pocketbook



By E. Richard Hughes, DDS

Due to the advances in modern medicine, nutrition and healthy lifestyles, people are living considerably longer than they use to.

Because tooth loss is directly related to age, an increasing number of adults are missing teeth. When an adult reaches the age of 65, he or she many times feels an investment in health is less appropriate.

Due to the advances in modern medicine, nutrition and healthy lifestyles, people are living considerably longer than they use to.

A healthy 65 year old woman will live 23 more years 50% of the time and 29 more years 25% of the time. A healthy 65 year old male will live another 20 years 50% of the time and another 27 years 25% of the time. So from the above, one can see that an investment in their oral health is actually a better investment than a new automobile, that depreciates rapidly after purchase.

Dental implants are 97% successful over 10 years. Lets compare a single tooth replacement with a dental implant verses a three tooth cemented bridge. The estimated life span of a cemented bridge is 50% at 10 years.

Cavities are the most common cause of crown or bridge failure. 15% of the teeth anchoring (abutments)

require root canal treatment. Failure of abutment teeth is 8-12% at 10 years and 30% at 15 years. 80% of teeth adjacent to the sites of missing teeth are with no or minimal fillings.

The potential lifetime cost of a single crown replacement prior to dental implant treatment is at least \$9,000 or more. The potential lifetime cost for a three unit fixed (cemented) bridge replacement is at least \$19,300-\$22,300.

The cost of a single implant, crown and abutment in Northern Virginia is \$2,777-\$5,000 or more. So one can see that dental implants are actually a cost effective way to replace missing teeth and maintain their oral health, function and esthetics.



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If You Answered YES to Any of The Questions Above, then It's Time to Let Dental Implants Work for You!

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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 SRBD 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 SRBD 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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Dr. Lynda Dean-Duru



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| February | <i>CARDIO HEALTH and DIABETES</i> – Professionals to help you keep your Heart Healthy, Diet in check, Diabetes under control, Quit Smoking, and Sleep Sound. Will include Information and Profiles from your Local Heart, Stroke, Diabetes, and Fitness Professionals. |
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| April | <i>BEAUTY, SKIN CARE, & GORGEOUS SMILES</i> – Dermatology, Aesthetics, Body Contouring, Plastic and Cosmetic Surgery, the Latest Lasers, Anti-Aging, Weight Loss, Cosmetic Dentistry, Eye Wear, and more! Will include Profiles and Information from your Local Beauty and Dental Health Professionals. |
| May | <i>VISION and EYE CARE</i> – Professionals to help you and your family with your eye care including New Technology, LASIK, Eye Glasses, Contacts, Other Vision Appliances, Surgery, Children, Adults and Seniors! Will include Profiles from your Local Vision & Eye Care Health Professionals. |
| June | <i>PAIN MANAGEMENT and REHABILITATION</i> – Professionals to help you and your family with chronic pain. Chronic pain is debilitating with significant consequences for the sufferer, their loved ones and their employers. Educating people about pain and where they can get help. Will include Profiles from your Local Pain Management Health Professionals. |

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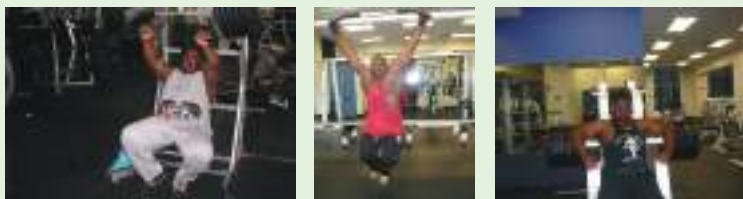
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Degrees, Training and Certificates: Doctor of Acupuncture and Chinese Medicine, Pacific College of Oriental Medicine. Graduated from the University of Maryland Medical School in Bio-Genetics Engineering/Medical Research Technology. Holds a Masters Degree in Acupuncture and a 2nd Masters Degree in Oriental Medicine and Chinese Herbs. A graduate of Tai Sophia Institute of Natural Healing. Board Certified Natural Health Practitioner.

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Tuesday Cook, MD

Adventist HealthCare Fort Washington Medical Center

Tuesday F. A. Cook, MD, is a Board Certified, Fellowship-Trained Bariatric Surgeon. Performing a variety of minimally invasive foregut and weight-loss operations since 2008, Dr. Cook has also lectured on metabolic and bariatric procedures, care of the bariatric patient and diseases of the gastrointestinal tract.

Dr. Cook received her Medical Degree from the Howard University College of Medicine and completed a General Surgery Residency at Howard University Hospital. She subsequently did a fellowship in Minimally Invasive and Bariatric Surgery at the Pennsylvania State University Milton S. Hershey Medical Center and is also Board Certified in Obesity Medicine.

Along with her focus on the treatment of obesity, she is active on many local, state, national and international committees focused on decreasing health disparities. She has been featured on nationally syndicated radio shows and social media platforms as a proponent of increased access to care and health equity, discussing the social and political determinants of health in minority communities. Dr. Cook is passionate about the treatment of metabolic diseases by management of obesity through a multi-disciplinary, patient-centered approach and is dedicated to ensuring health equity for people of color throughout the world.



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AESTHETICS

Anteneh Roba, MD, ABOM, FAARM, ABAARM

Zinnia Aesthetics & Anti-Aging Clinic

Anteneh Roba, MD, is a leader in the field of Fat Transfer and serves as the Medical Director of Zinnia Aesthetics and Anti-Aging in Fairfax, VA. With over 30 years of Board Certified expertise in the medical field, Dr. Roba is renowned for his transformative work in sexual wellness, medical weight loss, body sculpting, and improved health span.

Specializing in cutting-edge procedures such as Fat Transfer, the Priapus Shot® (P-Shot®), and Vampire Breast Lift®. As an esteemed instructor at REVIVE™ Advanced Training Consultants, he imparts his knowledge on PRP, contributing to the education of fellow medical professionals through evidence-based protocols. He also focuses on Erectile Dysfunction. This holistic approach to age management encompasses comprehensive personalized functional medicine, wellness, sleep, nutrition, and supporting detoxification.

Dr. Roba integrates state-of-the-art techniques, including epigenetic testing, peptide therapy, and hormone testing, into his practice. Through these innovative methodologies, he skillfully reverses the effects of aging and proactively prevents age-related diseases, empowering patients to not only look and feel better but also age with vitality and grace.



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BODY CONTOURING

Richard Cook, MD

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Dr. Cook attended Howard University for his undergraduate education and received his Bachelor of Science in Biology with a minor in Chemistry. He graduated from the Howard University School of Medicine, and completed his Internal Medicine Residency at the Union Memorial/University of Maryland program.

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AUDIOLOGY

Janice R. Trent, AuD

Hearing Healthcare Services, LLC

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

Education:

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

Master of Education – Audiology – Northeastern University, Boston, MA
Bachelor of Science – Communication Sciences and Disorders – Hampton University, Hampton, VA

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



BREASTFEEDING

Susan Brennan, RN, BSN, IBCLC

Metropolitan Breastfeeding

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

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

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



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CHILDREN'S DENTISTRY

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

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

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

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

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

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



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CHIROPRACTOR

Mohammad Komaily, DC

Chiropractic Care Center

I graduated from Life Chiropractic College West in 2003. Other degrees: University of Maryland. Honors: LCCW Clinical Honors. I have been practicing for over 20 years in the Fairfax area. I have been blessed with three beautiful daughter's and a beautiful wife Amy. My goal is to offer family oriented gentle, safe, natural, chiropractic care centered on the individual needs of each patient. We provide the best alternative healthcare to meet your needs.

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CHILDREN'S DENTISTRY

Lynda Dean-Duru, DDS

Ashburn Children's Dentistry

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

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

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

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

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



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CHIROPRACTOR

Gelareh Naenifard, DC

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

An Array Of Certifications:

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

- Medical Examiner for National Registry of Department of Transportation, DOT, FMCSA, NRCME, National Registry # 9380714400
- Certified Chiropractic Sports Practitioner®
- Dry Needling Certification
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COLON AND RECTAL SURGERY

Rami Makhoul, MD, FASCRS, FACS

Metro Colon and Rectal Surgery, PC

After completing his Fellowship in Colon and Rectal Surgery at the prestigious Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Hospital in 2014 to serve patients in the DC Metropolitan area. In January 2018, he joined Metro Colon and Rectal Surgery, PC. Upon graduating from medical school, Dr. Makhoul first completed his internship in General Surgery at the University of Massachusetts Medical School. He then completed his Residency training in General Surgery at the George Washington University Hospital in Washington, DC.

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

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

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

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



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COLON AND RECTAL SURGERY

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

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

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

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



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DENTAL SLEEP MEDICINE

Rashmi K. Parmar, DMD, D-ABDSM *Sleep Better Maryland*

Dr. Rashmi Parmar is a Diplomate of the American Board of Dental Sleep Medicine. She has a practice devoted to treating snoring, sleep apnea and temporomandibular disorders. She received her professional degree from University of Pennsylvania School of Dental Medicine. She completed the Comprehensive General Practice Residency at Carolinas Medical Center in Charlotte, NC and has been in practice in the Columbia/Clarksville area since 1991. She speaks on sleep related topics nationally and internationally. She has done several publications on sleep.

Member of Organizations:

American Board of Dental Sleep Medicine-AADSM

American Academy of Sleep Medicine-AASM

Academy of General Dentistry-AGD

American Dental Association-ADA

Maryland State Dental Association-MSDA

Howard County Dental Association-HCDA

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



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www.SleepBetterMaryland.com



COSMETIC AND EMERGENCY DENTISTRY

Shawn Samad, DDS *Bethesda Dental Group – The Bowie Dental Group Laurel Pines Dental Group*

Dr. Shawn Samad, raised in Severna Park, MD, hails from a modest background with parents Fred and Mary. He grew up passionate about sports, particularly soccer and is an enthusiastic Ravens supporter.

His academic journey includes a Bachelor of Science in Biology and Chemistry from a college in Westminster, MD, with a focus on Physics. Furthering his education, he pursued a Master's degree in Biology at UMBC before attaining his Doctor of Dental Surgery (DDS) degree from the University of Maryland School of Dentistry.

Despite achieving a high educational level, Dr. Samad remains committed to continuous learning through regular Continuing Education (CE) courses, staying abreast of the latest techniques and technologies. He holds expertise in Cosmetic Dentistry, Endodontics, Oral Surgery, Implantology, and Invisalign Orthodontics, emphasizing the importance of knowledge for success.

His dental office boasts cutting-edge technology and a sophisticated layout, reflecting his dedication to modern dentistry. Dr. Samad's professional motto revolves around "Changing lives, one tooth at a time," inviting individuals to experience his exceptional dental care firsthand.

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DENTISTRY

Narjes Abtahi, DDS *Your Community Smile*

With 20 years in practice, Dr. Abtahi is always finding new ways to best accommodate her patients' needs. She not only accepts most insurances, but she has also created a **Wellness Plan** for patients without insurance and offers **Interest Free Financing**.

Dr. Abtahi received her Doctor of Dental Surgery (DDS) degree from Virginia Commonwealth University. She transitioned into dentistry with a background in Nursing. She obtained her Bachelor of Science in Nursing (BSN) degree from Georgetown University. Her training in nursing has taught her to look at the overall health of her patients.

Dr. Abtahi is devoted to creating excellence in all phases of patient care. She understands that some patients fear dentistry and she is able to put them at ease with her caring attitude and a gentle touch.

In addition, to ensure patients the highest quality of care possible, Dr. Abtahi continuously pursues advanced training in dentistry and invests in up-to-date technology. She uses a **3D X-Ray machine** for better treatments and Implant Planning, and a couple of **scanners** to make **Same-Day Crowns** which mostly can be made in her office with **High Tech Milling Machines**. **Intra-oral Cameras** are used daily for better observation of dental conditions to discuss with patients.

Cosmetic Dentistry, Orthodontics, Restorative, Implant Reconstructive Dentistry and Root Canal Therapy are her areas of interests.



19420 Golf Vista Plaza
Suite #210

Lansdowne, VA

703-724-0015

www.YCSmile.com



DENTAL IMPLANTS

Alfonso Patron, DDS *Implant Logyca*

Dr. Patron is a Colombian born dentist. He completed his dental degree at Javeriana University in Bogota, Colombia in 1996. Dr. Patron worked as a general dentist in private practice in Colombia until 2001 before moving to the United States to pursue his training in Periodontics and Implant Surgery at the University of Pennsylvania School of Dental Medicine in Philadelphia, PA.

Dr. Patron graduated in 2005 and served as a junior faculty member of the Department of Periodontics at the University of Pennsylvania School of Dental Medicine where he received intensive training in Dental Implants. Dr. Alfonso Patron has practiced Periodontics and Dental Implant Surgery since 2006 in Northern Virginia.

His approach and philosophy when treating patients is to provide quality care in a compassionate, gentle and state of the art setting. He also believes that preventative care and education are the keys to optimal dental health and spends time with his patients to help them understand how they can improve their oral health. Giving his patients something to smile about is what he cares about most!



1600 Wilson Boulevard
Suite #960, Arlington, VA

703-465-5080

www.ImplantLogyca.com



DENTISTRY

Zina Alathari, DMD *Tysons Dental Corner*

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

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

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

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

– Jim R., Leesburg, VA, Designer

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Sterling, VA

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Suite #104, Falls Church, VA

703-237-5600

www.TysonsDentalCorner.com

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DENTISTRY

Cheryle Baptiste, DDS, PLLC *Friendship Dentistry*

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

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

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

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

Awards / Memberships / Recognitions:

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



Friendship Dentistry

4839 Wisconsin Avenue, NW
Suite #2
Washington DC

202-362-7804
DrCheryle-DDS.com



DENTISTRY

Michael Rogers, DDS *Fairlington Dental*

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

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

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

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



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



DENTISTRY

Ghassan Jacklis, DMD *White Flint Dental Associates*

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

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

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

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

White Flint Dental
Associates

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11200 Rockville Pike
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301-881-6666
www.WhiteFlintDental.com



DENTISTRY

Afreen Sayeed, DDS *Samfar Dentistry*

Dr. Afreen Sayeed graduated from University of Texas, School of Dentistry at Houston. She also attended St. John's University in New York where she focused not only on the sciences but studied and developed a deep interest in Ethics and Philosophy. With several years of dental experience working with all age groups, Dr. Sayeed strives to build trusting and genuine relationships with each patient and is committed to providing the best that dentistry today has to offer. She seeks to improve her patients' overall health and lifestyle through healthy teeth and gums, allowing for improved self-esteem and self-confidence through a beautiful smile. While utilizing her extensive training and experience to treat even the most challenging dental situations, Dr. Sayeed believes modern dentistry should be pain and stress free, provide excellent clinical and radiographic results, and remain cost effective.

As a dental professional and health care provider, she remains current on the latest advancements in dentistry through continuing education courses in implants, Invisalign and CEREC technology.

In this manner, Dr. Sayeed may educate her patients with all available options and present a comprehensive treatment plan. She understands and is fully aware that her patients have placed a great deal of trust in her and her abilities and strives to not only meet, but exceed her patients' expectations.

Dr. Sayeed believes that preventative care and education are the keys to optimal dental health. She offers a full range of dental services tailored to meet your dental needs, and maintains a focus on practicing conservative dentistry for better oral health whenever possible. Conservative dentistry means she would rather prevent a cavity with an emphasis on regular dental visits, placement of sealants, maintaining proper oral hygiene and educating her patients.

With Dr. Sayeed's extensive experience in pediatric and adolescent dentistry, now all her patients can also benefit from and take advantage of her refined, gentle dentistry!



11213 A Lee Highway
Fairfax, VA
703-591-4111
www.NCGEnvision.com



DENTISTRY

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

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

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

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

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

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



44110 Ashburn Shopping
Plaza, Suite #166
Ashburn, VA
703-729-1482
LansFamilyDentistry.com



DENTISTRY

Nekia Staley-Neither, DDS *Special Care Dentistry*

Dr. Nekia Staley-Neither, DDS, a Washingtonian native and dedicated mother of six, is a compassionate dentist deeply involved in the special needs community. Initially pursuing a Pre-Med Biology major at Spelman College, she shifted to dentistry, earning her Doctor of Dental Surgery degree from Howard University. Driven by a philosophy of inclusive care, she became a DECOD fellow at the University of Washington, specializing in treating mentally and physically challenged individuals.

Since 2004, Dr. Nekia has owned and operated three successful dental practices in Prince George's County, MD, providing oral health services and employment opportunities to the local community. Beyond her practices, she expanded her business and clinical skills, delving into oral surgery, cosmetic dentistry, and more. In 2017, she founded the non-profit Special Care for Special Needs Dentistry, addressing oral health disparities by offering mobile services and organizing health fairs.

Actively involved in professional associations and community organizations, Dr. Nekia is a member of the American Dental Association, the National Dental Association, and the International Academy of Facial Aesthetics. She also contributes to Delta Sigma Theta Sorority, Incorporated, and co-chairs the Health Equity Committee at the Prince George's County Chamber of Commerce. Dr. Nekia's commitment to community health is evident through her participation in health fairs and community service projects in the Washington Metropolitan area.



8700 Central Avenue
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EXPERT SPINE PHYSICIAN

Deeni Bassam, MD

The Spine Care Center

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

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

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

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

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



8525 Rolling Road
Suite #200
Manassas, VA

703-705-4471

www.SpineCareVA.com



FUNCTIONAL MEDICINE

Eboni Cornish, MD

Amen Clinics, DC

Dr. Cornish, a highly regarded physician, provides integrative medicine services to a diverse global patient community. Currently serving as the Functional Medicine Director of the Amen Clinic East Coast Division, she specializes in brain imaging, autoimmune diseases, Lyme disease, environmental toxicity, gut imbalances, and various other chronic conditions. Employing a holistic approach, Dr. Cornish identifies the root causes of health issues within the body's biological systems, offering comprehensive treatment to both adults and children. Her treatment philosophy is integrative and evidence-based.

Within Amen Clinics, Dr. Cornish has been instrumental in developing the Neuroinflammatory Intensive program—a two-week inpatient initiative addressing neurological complications arising from chronic infectious diseases, mold illness, and other chronic inflammatory conditions including brain imaging.

Dr. Cornish's educational journey includes earning honors at Brown University for her undergraduate studies and obtaining her medical degree (M.D.) from Brown University Medical School. She further refined her skills through a Family Medicine Residency at Georgetown University.

As a Howard Hughes Medical Fellow, Dr. Cornish conducted translational research at the National Human Genome Research Institute NIH, working under the guidance of Francis Collins, MD, PhD. She currently serves as the Treasurer of the Board for the International Lyme and Associated Diseases Society.

Acknowledged as an authority in her field, Dr. Cornish was honored as Northern Virginia's Top Doctor for family practice in 2021 and 2022. She has also been recognized by *Continental Who's Who* as an Exceptional Woman in Healthcare, highlighting her professional excellence at Amen Clinics.



10701 Parkridge Boulevard
Suite #110, Reston, VA

703-880-4000

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EXPERT SPINE PHYSICIAN

Arjun Ramesh, MD

The Spine Care Center

Arjun Ramesh, MD is trained in both Pain Management and Anesthesiology and joined The Spine Care Center in 2020 after completing his Fellowship at the world-renowned Cleveland Clinic!

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

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

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

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



8525 Rolling Road
Suite #200
Manassas, VA

703-705-4471

www.SpineCareVA.com



GENERAL DENTISTRY

Sylvie Lam, DDS, FAGD

Smile Design Of Northern Virginia

Dr. Sylvie Lam is committed to providing top-tier, personalized dental care, shaped by her diverse military and civilian training, emphasizing excellence and integrity. With 16 years of experience in both government and private practices, her patients value her genuine dedication, positive demeanor, and expertise. Graduating from the University of Maryland School of Dental Surgery in 2008, she completed an Advanced Education General Dentistry Residency at Wright Patterson Air Force Base in 2009 and served as a dental officer at the Pentagon Tri-Care Clinic.

Dr. Lam, previously a licensed CPA, holds dual B.S. and B.A. degrees in Biology and Accounting from the University of Richmond, along with an MBA and DDS from the University of Maryland. Awarded the Fellow Distinction from the Academy of General Dentistry in 2019, she embodies a commitment to ongoing learning. Passionate about oral health and aesthetic dentistry, her portfolio showcases a range of cosmetic and restorative cases. An active member of various dental associations, she dedicates her time to volunteer work, contributing to missions like Operation Smile, HOPE for Tomorrow, and the Northern Virginia Dental Clinic.



11351 Random Hills Road
Suite #290, Fairfax, VA

703-865-6677

www.SmileDesignNOVA.com

8300 Boone Boulevard
Suite #140

Tysons Corner, VA

703-714-7374



EXPERT SPINE PHYSICIAN

Usman Zafar, MD

The Spine Care Center

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

Originally from Pottsville, PA, he began his academic career in the city of Philadelphia. In 2003 he gained acceptance to the accelerated seven year dual degree program at Drexel University and graduated Cum Laude in 2006 with a B.S. degree in Biology before completing his Medical Degree in 2010. After medical school he spent one year at Hahnemann University Hospital in Philadelphia, completing his medical internship prior to his Residency. Dr. Zafar then furthered his medical education at Tufts Medical Center in Boston where he spent three years completing an Anesthesiology Residency. It was during these years that he first gained experience treating patients with acute and chronic pain conditions. This experience ultimately led him to pursue a Fellowship in Interventional Pain Management.

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

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

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

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



8525 Rolling Road
Suite #200
Manassas, VA

703-705-4471

www.SpineCareVA.com



GENERAL DENTISTRY

Craig A. Smith, DDS

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

Professional Memberships/Associations: National Dental Association

Areas of Interest: Root Canal Therapy, Implants, Crowns and Bridges, and Cosmetic Bonding

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

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

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

7201 Hanover Parkway
Suite A, Greenbelt, MD

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HOLISTIC COACH

Lisa Thorne

Holistic Wellness Coach

As a holistic wellness coach, I help you access your inner knowing, as you strengthen trust in yourself. One client describes me as her "general contractor for her life". I help you navigate your journey for improved:

Nutrition • Career • Wellness • Relationships
Gut Health • Lifestyle • Finances

As a coach, author, and photographer, I blend expertise from both Western Medicine and alternative/non-traditional health.

Throughout my life, I've traveled extensively, nurturing a deep connection to nature. Experiencing nature, or even watching videos of beautiful nature scenes, can reduce negative feelings such as anger, fear, and stress. Exposure to nature can induce pleasurable feelings and make you feel better emotionally by reducing blood pressure, lowering your heart rate, relieving muscle tension, and lowering the production of stress hormones.

I invite you to join the Monday Mindset series – a year-long offering of serene nature videos and insightful writings to add tranquility to your weekly routine, as my gift to you.

No matter where you are on your journey, let's work together to achieve JOY in all areas of your life. Are you ready?



lisa@LisaThorne.me
www.LisaThorne.me



IMPLANT AND COSMETIC DENTISTRY

David Mazza, DDS

Chew & Smile Like a Pro!

From 1994 to 1996, completed Certificate of Advanced Graduate Study at Boston University focusing on Restorative/Esthetic and Operative Dentistry. Holds Master and Diplomate titles at the International Congress of Oral Implantologists and has been a faculty member at the University of Maryland Dental School since 2000. Trained at the Misch International Implant Institute in Detroit, MI, and awarded First Place at an International Conference. Recognized with an Honorary Alumnus Award for exceptional service at the University of Maryland Dental School.

Additionally trained by DOCS in Oral Conscious Sedation, presents nationwide at study clubs and meetings, and is affiliated with ADA, and Maryland State Dental Association. Dr. Mazza is Board Certified Diplomate at the American Board of Aesthetic Dentistry. He is also Board Certified Diplomate at ICOI (International Congress of Oral Implantologists).

At the Mazza Center for Implant and Aesthetic Dentistry, the team prioritizes patient comfort and dental health. Offering diverse dental services with a caring approach, they personalize treatment plans for each individual's smile goals. Understanding dental anxiety, they provide sedation options for a more comfortable experience, serving Bethesda and surrounding communities with a friendly and compassionate approach to achieve optimal oral health. They also offer finance options for convenient access to quality care without financial strain.

**Mazza Center For
Implant And
Aesthetic Dentistry**

4300 Montgomery Avenue
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Bethesda, MD

301-812-4789

www.MazzaDental.com



HYPNOSIS/YOGA

Toni Nandini Greene, Owner

Happy Hour Yoga

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

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

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

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

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

**Toni's
Happy
Hour Yoga**

6504 Old Branch Avenue
Temple Hills, MD

301-449-8664



LIFE INSURANCE

Maria Christopoulos, CEO

Maria Christopoulos, acclaimed CEO and sonographer, stands as a trailblazer in both healthcare and financial services. She earned a Bachelor's Degree in Behavioral & Social Sciences from the University of Maryland, leading to a successful banking career where she ascended to VP in the retail division at SunTrust Bank.

Maria's financial expertise expanded when she became a National Insurance Producer and a licensed independent Life & Annuity agent. Her strategic approach as a retirement strategist allowed her to craft comprehensive financial plans, ensuring her clients are well-prepared for the future. Leveraging her background as a business executive and life insurance agent, Maria not only excelled in the financial realm but also revolutionized the healthcare industry. As the visionary CEO of PregnantSee Inc., she pioneered advancements in obstetric sonography procedures, partnering with GE and reshaping the landscape of women's healthcare.

Her outstanding leadership recently earned her the title of Top CEO of the Year for 2024 by the International Association of Top Professionals (IAOTP). Her dedication has garnered global recognition, leading to induction into Marquis Who's Who in America and an upcoming feature in *TIP Magazine*. Maria's multifaceted career, spanning finance and healthcare, exemplifies her dedication to making a lasting impact on individuals' lives.

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Complimentary
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703-209-2544



HYPNOTHERAPY

Desiree Holmes Scherini
BCH, MHT, LBLt, CRMT

Trans-Hypnotherapy – Integrative Life Strategist

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

*Be the Best You Can
Be Through the Power
Of Your Own Mind*

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**Online Appointments
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The Wharf DC

202-203-0725

www.TransHypnotherapy.com
TransHypnotherapy@gmail.com



MASTECTOMY FITTER

Mimi Quade, Owner

Fran's Nu Image

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

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

Family: Husband, Chris and Son, Jimmy

Hobbies: Sudoku and Reading.

Practice Philosophy: Customer care is our priority!

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

*Fran's
Nu Image*



11705 Berry Road
Suite #303
Barley Professional Bldg.
Waldorf, MD

301-843-9282

www.FransNuImage.com

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MEDICAL ONCOLOGY

Paul Bannen, MD

Specializes in Medical Oncology and is Board Certified. He received his medical degree from University of Missouri-Columbia School of Medicine and completed his internal medicine residency at University of Texas Health Science Center. He then went on to complete his fellowship at Georgetown University.

Board Certification: Internal Medicine and Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor



18111 Prince Phillip Drive
Suite #327, Olney, MD

301-774-6136

9715 Medical Center Drive
Suite #221, Rockville, MD

301-279-7510

22616 Gateway Center
Drive, Suite C
Clarksburg, MD

301-685-6300



MEDICAL ONCOLOGY

Frederick Barr, MD

Specializes in Medical Oncology and is Board Certified. He received his medical degree from Northwestern University Feinberg School of Medicine and completed his internal medicine residency at Northwestern Memorial Hospital.

Board Certifications: Internal Medicine and Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor



5454 Wisconsin Ave.
Suite #1300
Chevy Chase, MD

301-657-4588

MEDICAL ONCOLOGY



Holly Dushkin, MD

Specializes in Medical Oncology and is Board Certified. She received her medical degree from Temple University School of Medicine and completed her residency at Temple University Hospital. She went on to complete her fellowship at Fox Chase Cancer Center.

Board Certification: Internal Medicine and Medical Oncology

5454 Wisconsin Ave.
Suite #1300
Chevy Chase, MD

301-657-4588



MEDICAL ONCOLOGY

Chitra Rajagopal, MD

Specializes in Medical Oncology and is Board Certified. She received her medical degree from Madras Medical College and completed her internal medicine residency and fellowship at Georgetown University.

Board Certifications: Internal Medicine and Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor

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301-774-6136

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Drive, Suite C
Clarksburg, MD

301-685-6300



MEDICAL ONCOLOGY

Frederick P. Smith, MD

A Board Certified Medical Oncologist who completed his oncology training at Georgetown University's Lombardi Cancer Center. A native of Burma, Dr. Smith attended Niagara University in New York and later attended St. Louis University Medical School. Following medical school, he completed residency and oncology fellowship at Georgetown University. Dr. Smith has been in practice in the D.C. metropolitan area for many years and has been an integral advocate in the community to promote access to clinical research.

Board Certification: Medical Oncology

Awards: 2023 *Washingtonian* Top Doctor



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MAXILLOFACIAL SURGERY

Sivakumar Sreenivasan, DMD
Dental Implant Center of Rockville

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

As an Oral and Maxillofacial Surgeon, Dr. Sreeni manages a wide variety of problems relating to the Mouth, Teeth and Facial Regions. He graduated from dental school in India in the year 1984. His passion is in implant surgery and he is well known for same day placement of implants following teeth removal, be it for single teeth or a complete "makeover" (Smile In a Day). He can also diagnose and treat Facial Pain, Facial Injuries and TMJ disorders and perform Bone Grafting and Sinus lift procedures.

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

Dr. Sreeni is an Advanced Cardiac Life Support instructor with the Adventist group. He is also certified in Pediatric advanced life support and is very capable of providing anesthesia for both adults and children in state of the art office settings with advanced monitoring for your safety. Dr. Sreeni's staff are well trained in assisting with IV Sedation/General Anesthesia. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.



OBSTETRICIAN AND GYNECOLOGIST

Ebere Azumah, MD, MPH, FACOG
Love Your Menses

Ebere Azumah, MD, MPH, FACOG is a Board Certified Obstetrician and Gynecologist trained DONA Doula whose interest is in high-risk Obstetrics, Perinatal Anxiety, and Mood Disorders, and providing holistic care to female patients to provide hope during their pregnancy to ensure care is individualized.

Dr. Azumah received her Bachelor of Science with a dual degree in General Biology and African American studies from the University of Michigan, Ann Arbor. She attended Wayne State School of Medicine in Detroit, MI for her Medical degree. She completed her OB/GYN training at Long Island Jewish Hospital in New York City, NY. She also completed her Master's in Public Health from Harvard T. H. Chan School of Public Health.

She is a Life and Executive Coach, an Organizational Consultant, Professional Speaker, Author, and Blogger. She has authored books: *Jonathan and the Hole in his Shoes*, and *The Warrior Women Project*. She is currently working on three other books that will be released soon.

Dr. Azumah has many interests but one mission is to empower and motivate people, especially the youths, to thrive and flourish as they journey through life.



MENTAL HEALTH

Barbara J. Brown, PhD

Dr. Brown is the Founder and Owner of Unicorn Health Care, LLC (Unicorn) which was launched in 2022 as the sister organization of her other company, Capitol Hill Consortium for Counseling & Consultation, LLC (CCCC) which was established in 2009. CCCC was founded as a private group mental health practice to provide accessible health care for all ages through public and private health insurance. The core principle of Unicorn is also accessibility. It was founded to serve individuals, groups, and organizations that require a higher level of discretion and those who require non-traditional mental health interventions. Unicorn is a boutique practice designed to be flexible and agile to meet the evolving needs of those we engage.

Dr. Brown is a licensed psychologist who completed undergraduate work at Wellesley College double majoring in Psychology and Sociology and completed her master's and doctoral degrees in Clinical/Community Psychology from Boston University. She has worked in public and private mental health agencies, hospitals, and universities for over 30 years. Her clinical specialties include trauma, anxiety, mood disorders, and couples therapy. Dr. Brown's career has been dedicated to normalizing and elevating the importance of mental health care in the community.

In 2019, Dr. Brown was honored as leading a top 100 Minority Business Enterprise in the Washington, D.C. region and received an Enterprising Women of the Year Award in 2021. In 2022, she was accepted into the Women Business Leaders organization which targets thought leaders in health care. In January 2023, Dr. Brown received the coveted designation as one of the Ernst and Young Entrepreneur Access Network cohorts. She serves on the Advisory Board of the Boris L. Henson Foundation, the Board of the Episcopal Center for Children, and the Board of the Black Women's Health Imperative.



OCCUPATIONAL AND ENVIRONMENTAL MEDICINE

Ross S. Myerson, MD, MPH
30+ Years / Board Certified

Dr. Myerson, President of Myerson Occupational & Environmental Medicine, brings over 30 years of experience in clinical occupational medicine and corporate medical consulting to Fortune 500 companies.

A Board Certified Occupational Medicine physician, he graduated from Washington University and received his medical degree from the George Washington University School of Medicine. Dr. Myerson is a Diplomate of the American Board of Preventive Medicine and a Fellow of the American College of Occupational and Environmental Medicine.

His academic roles include positions at institutions like Harvard School of Public Health and the Medical College of Wisconsin. As past president of the Metropolitan Washington College of Occupational & Environmental Medicine, he served as Medical Director at the MedStar Washington Hospital Center.

Dr. Myerson specializes in toxicology, environmental health, risk communication, and fitness-for-duty assessments, with expertise in evaluating various occupational and environmental exposures.



NURSING SERVICES

Irene Cady-Harrington
At Home Care, Inc.

At Home Care, Inc. provides private duty nursing services in the Metropolitan Washington area and was founded in 1977 by Irene Cady-Harrington. Her background prior to At Home Care, Inc. was with an agency that screened and referred Administrative & Sales personnel to employment opportunities. She worked in that position from 1963 until 1977. Home care was in its formative beginnings in 1977 and Irene decided to specialize in health care placement. Her Liberal arts education with an emphasis in Psychology together with the experience of growing up with a Nurse Grandmother who owned a rest home (today's assisted living) made for an easy segway into healthcare agency administration.



OPHTHALMOLOGY

Renee Bovelle, MD
Envision Eye & Laser Center

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

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

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

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

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



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OPHTHALMOLOGY

Claiborne M. Callahan, MD

NewView Eye Center

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

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

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

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



20 Davis Avenue, SW
Leesburg, VA

703-777-1244

12110 Sunset Hills Road
Suite #50, Reston, VA

703-834-9777

www.NewViewEye.com



OPTOMETRY

Alexander C. Nnabue, OD, PA

Visual Eyes

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

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

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



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www.VisualEyesGroup.com



OPHTHALMOLOGY

Jacqueline D. Griffiths, MD

NewView Eye Center

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

Degrees, Training & Certifications:

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

Professional Memberships & Affiliations:

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

"Top Ophthalmologist" *Washingtonian and Northern Virginia Magazine*



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ORAL AND FACIAL SURGERY

Larry W. Bryant, DDS, PA

Bryant Oral & Facial Surgery

Oral and Maxillofacial Surgeon practicing in Bowie Area for the past 30 years

Oral and Maxillofacial surgery encompasses the area and science of diagnosis, surgical and related treatment of disease, injuries, defects and esthetics aspects of mouth, jaw and face.

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

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

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

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

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Glenn Dale, MD

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LWBryant@comcast.net



OPTOMETRY

Dawn Devaney Gammon, OD, FFAO

The Eyewear Gallery at Reston Town Center

Dr. Dawn graduated with high honors from Nova Southeastern College of Optometry in North Miami Beach, FL. She completed her Residency at the Veterans Affairs Medical Center/Southwestern Blind Rehabilitation Center in Tucson, AZ. She is an expert in treating dry eye disease and is one of the only doctors in the area offering Optilight, the latest FDA-approved procedure to treat dry eye. Dr. Dawn has over 25 years of experience with all types of contact lenses and refractive surgery co-management. She had successful LASIK surgery herself in 1999!

Dr. Dawn was recognized as the Best Eye Care Provider in Northern Virginia in *Virginia Living Magazine* 6 times through 2021. She loves working with people and is fully dedicated to taking the time and energy to meet the needs of each patient. Her practice, The Eyewear Gallery in Reston Town Center, offers unique frames from around the world where their motto is "Like a fine work of art, every face deserves a fabulous frame!"

In her spare time, Dr. Dawn serves on the Board for Runway to the Cure, an annual fashion show held in Reston Town Center to benefit Breast Cancer Research. She is raising two teenagers and enjoys west coast swing dancing, traveling and spending time with friends and family.



Reston Town Center
11900 Market Street
Reston, VA

703-709-5400

www.Eyewear-Gallery.com



ORTHODONTICS

Swathi M. Reddy, DMD

All Smiles Orthodontics

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

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

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

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

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



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ORTHOPEDIC SURGEON

Easton Manderson, MD *Manderson Orthopedic & Joint Pain Clinic*

Dr. Easton Manderson, MD is a highly regarded Orthopedic Surgeon based in Washington, DC, with over 30 years of experience. Specializing in joint pain and musculoskeletal conditions, he is renowned for his expertise in diagnosing and treating diverse orthopedic issues. Dr. Manderson obtained his medical degree from Howard University, followed by Residencies at Howard University Hospital and Johns Hopkins Hospital, where he honed his skills.

Board Certified by the American Board of Orthopaedic Surgery, Dr. Manderson is a member of esteemed professional organizations including the American Academy of Orthopaedic Surgeons, the American College of Surgeons, and the American Orthopaedic Foot and Ankle Society.

As the founder of the Manderson Orthopedic Clinic, Dr. Manderson delivers exceptional care to his patients. He is affiliated with Providence Hospital and MedStar Washington Hospital Center, further enhancing his ability to provide comprehensive treatment options. With a stellar reputation, extensive experience, and unwavering dedication to his patients, Dr. Easton Manderson is a trusted and respected Orthopedic Surgeon in Washington, DC.

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PAIN MANAGEMENT

Netsere "Dr. Net" Tesfayohannes, MD, ABA, ABAP *Bringing you university quality care with private practice efficiency and compassion.*

Degrees, Training, and Certificates: MD - University of Wisconsin-Madison 1997. Completed his training at Hospital of the University of Pennsylvania, with specialized training in Interventional Pain Management at the renowned Cleveland Clinic Foundation.

Medical Director - Georgetown Pain Management

Professional Memberships/Associations: Selected to become the Program Director of the Interventional Pain Management Center at Georgetown University Hospital, where he is currently serving as a Section Chief and an Assistant Professor of Pain Medicine at Georgetown University Hospital. Associate Member in Washington Metro Pain Institute.



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Suite #940, Greenbelt, MD

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www.GTPain.com



PAIN MANAGEMENT

Madhavi Chada, MD *Synergy Spine and Pain Center*

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

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

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



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www.SynergySpineMD.com



PEDIATRIC DENTISTRY

Elizabeth "Andie" Shin, DDS *Bethesda Chevy Chase Pediatric Dentistry*

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

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

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



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



PAIN MANAGEMENT

Alexander Pitts-Kiefer, MD

Degrees, Training, and Certificates: I am the attending physician at Georgetown Pain Management. I was a Clinical Fellow in Pain Medicine at Massachusetts General Hospital / Harvard Medical School and completed training in acute and chronic pain evaluation and diagnosis, medication management, fluoroscopic- and ultrasound-guided interventional techniques, and advanced implantable therapies. I completed Anesthesiology Residency at Georgetown University Hospital in Washington, DC and received my medical degree from Weill Cornell Medical College in New York City. My professional interests include the clinical care of patients with chronic pain through a balanced, multidisciplinary approach, as well as medical education, humanism in medicine, and medical humanities.

Professional Memberships/Associations: Board Certified, Anesthesiology. American Academy of Pain Medicine, American Medical Association, American Society of Anesthesiologists, American Society of Regional Anesthesia and Pain Medicine, District of Columbia Society of Anesthesiologists, International Anesthesia Research Society, Massachusetts Society of Anesthesiologist, North American Neuromodulation Society Spine Intervention Society



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PEDIATRICS

Janet V. Johnson, MD *Loving Care Pediatrics*

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

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

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

Loving Care Pediatrics
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PERIODONTICS

Mary B. Alexander, DDS, DMSc *Total Dental Care*

Dr. Mary Alexander, Periodontist, obtained a Bachelor of Science degree in Biology from the University of South Carolina and continued her education in dentistry at the University of Maryland School of Dental Surgery where she received her DDS degree. Prior to and during her dental studies, Dr. Alexander received funding and support from the National Institutes of Dental Research for her involvement in the periodontal research.

After obtaining her DDS degree Dr. Alexander spent one year at the Veteran's Administration Hospital, in General Practice Residency focusing her training in the area of anxiety patient management. She then attended Harvard University and earned her clinical specialty in periodontics and a doctorate in medical science. Her doctoral research was focused in the study of bone function and metabolic disease of the bone.

Dr. Alexander received extensive training in dental implantology, periodontal plastic surgery, bone regenerative procedures and sedation dentistry. All aspects of Dr. Alexander's training are incorporated in her periodontal practice assuring patient's thorough and comprehensive periodontal treatment.



20680 Seneca Meadows
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www.TotalDentalCareMD.com



PODIATRY

Howard Horowitz, DPM *Bowie Foot and Ankle*

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

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

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

Special Interests: Biomechanical Gait Analysis, Orthopedics, Surgery

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



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



PODIATRY

Robert A. Breiner, DPM *Robert A. Breiner, DPM & Associates*

For over 30 years, Dr. Breiner has been a Podiatrist and Foot Surgeon in the Northern Virginia area. He is a Diabetic Foot Care Specialist. The business was started in 1972 in Springfield and it has been serving the people of this region for the last 53 years. Dr. Breiner took over the practice in 1990 and is now proud to work with four practitioners, Dr. Rich Okino, Dr. Philip Gaspar, Dr. Rebecca Metz and Dr. Bryan Levay.

Special Interests: Dr. Breiner treats all types of foot and ankle structural disorders. During your consultation, he will perform a detailed assessment of your problem, describe his finding clearly and suggest a treatment and recovery plan that is customized to your specific needs. He will present all your options in a clear and comprehensive manner so that you are able to participate equally in the decision making. At our foot care facility, we treat ingrown toe nails, nail fungus, warts, heel pain, diabetic ulcers, vascular foot care, sports medicine, foot and ankle injuries, corns and calluses, and we can provide orthotics.

Professional Memberships: American Podiatric Medical Association, American Professional Wound Care Association, Knights of Columbus, Lions Club International, Catholic Charities USA.

Practice Philosophy: Dr. Breiner is one of the most respected podiatrists and foot surgeons in the Northern Virginia area. He has been practicing in this region for more than three decades. Dr. Breiner only recommends surgery when it is absolutely necessary and strongly feels that the procedure should be minimally painful for the patient. Also, the aesthetic result of any surgical procedure is not secondary for him. In fact, it is as much a priority as the corrective function of the surgery.

5105 Backlick Road
Suite S
Annandale, VA

703-941-7770
www.RobertABreinerDPM.com



PODIATRY

Burton Katzen, DPM *Metro Foot Care Center*

EDUCATION: Dr. Katzen attended The Bullis Preparatory school where he served as captain of the baseball team, the George Washington University, and the Temple University School of Podiatric Medicine graduating in 1971. Following graduation, he served a surgical residency at the prestigious Grand Community Hospital for special surgery in Detroit, Michigan.

Dr. Katzen has served as Chairman of the Department of Podiatric surgery at The Southern Maryland Hospital Center and The Greater Southeast Community Center. He has served as President of the Academy of Minimally Invasive Foot and Ankle surgery. He also is a fellow and associate professor of the academy and a clinical lab instructor at the biannual LSU Medical Center seminar for minimally invasive surgery. He was honored in 2023 to receive The Temple University Gallery of Success award awarded to a Temple graduate each year for his innovations in minimally invasive foot and ankle surgery and his many years of service to the alumni association including as its president from 2018-2022.

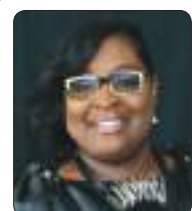
Dr. Katzen is Board Certified in Minimally Invasive Foot and Ankle Surgery, procedures which allow many common foot and ankle procedures to be performed with the use of a fluoroscope through a small incision with minimal trauma, scarring and down time.

PERSONAL: Dr. Burton J. Katzen is a native Washingtonian who comes from a medical family. His father, Dr. Bernard Katzen practiced family medicine for 50 years in Southeast Washington. His brother is an oncologist, his nephew is a radiologist, and he has cousins who are oncologists, dentists, and hematologists.

Dr. Katzen has coached many different youth sports, but his first love has always been baseball. He coached baseball for 18 years, including 8 years as the head coach of American Legion Post 105. He's been married to his wife, Wendy for 50 years and has two grown children. His son Adam graduated and played baseball at Lehigh University, and his daughter was The Washington Post athlete of the week while in high school and was a unanimous all Ivy softball player while attending the University of Pennsylvania. He is also a competitive tennis player, but his number one hobby at this time is his budding 5 athletic granddaughters, Blake, Brynn, Charly, Bryce, and Emery.

Like us on Facebook at www.facebook.com/KATZENPODIATRY and follow us

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PODIATRY

Lubrina Bryant, DPM *District Podiatry, PLLC*

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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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REGISTERED DIETITIAN

Kylie Fagnano, MS, RDN, LDN, IFNCP, CLT
Strata Nutrition

Hey DC! My name is Kylie Fagnano and I'm a Registered Dietitian in the Shaw area. Specifically, I'm an integrative and functional dietitian specializing in gut health - this is a fancy way of saying that when we work together, we're looking at the root cause of your symptoms. We are always focusing on long term results and success. My goal is to step into what your reality looks like and help create solutions for you for your individual needs. THAT is integrative care.

In addition to my focus on gut health (arguably the start of everyone's health), I also emphasize a heavy focus on muscle health. I work alongside my partner, in both business and life, Bryan from BC Strength Training where we offer personal strength training and nutrition support for that deep foundational guidance and education.

If you can get your gut and your muscle health correct you'll have deeply impacted your hormonal, nervous, metabolic, inflammatory, and immune systems. These two areas of focus will change your experience of what health looks and feels like. I know because I've lived it just like you! Having managed an autoimmune disease most of my life, being able to heal and support my gut (where your immune system primarily lives) has been the key that unlocked my ability to function in life.

Whether you need a solid reset on your nutrition and exercise, or a deep dive into your gut, I'm here for you. And you can trust that I've done everything I'm about to teach you or ask you to do. Can't wait to meet you soon!



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Dr. Tiffany Daniel, EdD
Live To Day Wellness

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

Training: Mindful Movement and Breathwork

Areas of Interest: Healthy Eating and Regular Exercise

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Practice Philosophy: Your Health is Your Wealth

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Give An Hour, Ambassador supporting veterans and their families.

Veteran Yoga Project, State Director for Yoga - MRT

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

Mental Health First Aid Certified

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



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TMJ AND SLEEP DISORDERS

Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

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

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

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

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



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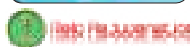
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Michael Whalen, MD

Associate Professor of Urology | Chief, Urologic Oncology
Director, Genitourinary Multi-Disciplinary Clinic | Site Director, National Cancer Institute
Fellowship in Urologic Oncology | Urology Residency Research Mentor

Dr. Michael J. Whalen, MD, is an accomplished Associate Professor of Urology and Director of Urologic Oncology at the George Washington University School of Medicine. A graduate of Harvard College and Columbia College of Physicians & Surgeons, he completed Residencies at New York Presbyterian Hospital-Columbia University Medical Center. Dr. Whalen holds Board Certification in Urology and underwent specialized Fellowship training in Robotic and Minimally Invasive Urologic Oncology at Mount Sinai Hospital and Urologic Oncology at Yale-New Haven Hospital.

Renowned for expertise in urological cancers, Dr. Whalen excels in both major open and minimally invasive surgeries, including pioneering the supine-position robotic retroperitoneal lymphadenectomy for advanced testicular cancer. His clinical focus spans prostate, bladder, kidney, and testis cancers, utilizing advanced techniques like robotic surgery with the DaVinci system and transperineal prostate fusion biopsy.

Apart from clinical practice, Dr. Whalen is actively involved in clinical outcomes research, contributing to numerous peer-reviewed journals. Recognized as a dedicated mentor, he received the Teacher of the Year award from Urology residents in 2019. Acknowledged for excellence, Dr. Whalen was awarded the Commission on Cancer, Cancer Liaison Program Outstanding Performance Award in 2021 and listed as one of *Washingtonian's* Top Doctors in 2023. His commitment extends to education and cutting-edge clinical trials, solidifying his reputation as a leading figure in urology.



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YOGA AND WELLNESS

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Just "B" Yoga with Betsy Paul
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I've been a yoga instructor and a health coach in Gaithersburg, MD since 2013. I believe in living a life full of joy, gratitude, and free of judgement. These feelings inform and guide my teaching and practice, which is focused on helping my students better connect to themselves and with their surroundings. I offer small group yoga classes and private yoga sessions to women, as well as health and nutrition coaching to help my clients achieve healthier bodies and minds. I believe in making big changes through small steps that we can take everyday to feel better in our bodies and our minds. Please join me in a journey to health and wellness as a lifestyle. With the right mind-set, this can be fun!!

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Chinese Medicine For Dysmenorrhea

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

Dysmenorrhea, a condition characterized by recurring pains before, during, or after menstrual periods, is a widespread health concern affecting women globally. The discomfort typically manifests in various forms such as cramping, lower abdominal pain, lower back pain, or a sensation of tension in the inner thighs. Accompanying symp-

toms might encompass headaches, dizziness, nausea, vomiting, diarrhea, or constipation, making it a challenging experience for many women.

There are two primary classifications of dysmenorrhea: primary and secondary. Primary dysmenorrhea, which emerges within three years of the onset of menstruation, generally lacks physical abnormalities and is often attributed to factors like allergic reactions, unhealthy diet, excess estrogen, obesity, smoking, and stress. Experts believe that in primary

dysmenorrhea, prostaglandins, substances involved in pain and inflammation, trigger uterine muscle contractions.

On the other hand, secondary dysmenorrhea is associated with gynecological conditions such as endometriosis, fibroids, or pelvic inflammatory disease (PID). Treating dysmenorrhea in Chinese medicine involves identifying underlying patterns, whether they are classified as excess or deficiency patterns. These patterns encompass blockages of *Qi* and blood, retention of heat, dampness, or wind (considered excess) and deficiencies in *Qi*, blood, or imbalances in kidney and liver function (deemed as deficiencies).

Chinese medicine practitioners employ various strategies to alleviate dysmenorrhea symptoms. Acupuncture and herbal medicine are commonly utilized methods. Acupuncture aims to address pain by targeting specific points in the body, while herbal remedies like ginger and peach kernel have been traditionally employed for their anti-inflammatory and circulation-stimulating properties.

Recent reviews have highlighted the efficacy and safety of acupuncture in managing primary dysmenorrhea. Studies included in these reviews demonstrated promising outcomes,




Quansheng Lu, CMD, PhD, LAc

indicating significant pain relief when compared to a placebo.

In Chinese medicine, ginger has been extensively used due to its anti-inflammatory and spasmolytic properties. It inhibits enzymes responsible for menstrual cramps, providing relief. Peach kernel, another staple in Chinese medicine, is recognized for its role in treating dysmenorrhea.

Understanding dysmenorrhea within the realm of Chinese medicine presents holistic approaches that aim not just to alleviate pain but also to address underlying imbalances. As research continues to explore these methods, they offer promising avenues for women seeking alternatives in managing menstrual discomfort.



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Healthy Resolutions For Your Family



By Janet V. Johnson, MD
Loving Care Pediatrics

a healthy meal every morning. Whether you drink a fresh fruit smoothie or 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.

Avoid Destructive Habits

Develop healthy routines that can

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

Please see "Resolutions," page 38



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Revolutionizing Whiplash Diagnosis

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

Submitted by
Washington Open MRI

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

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

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

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

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

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

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

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

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

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

Dental Implants

A Lifesaver For Tooth Loss & Oral Health

By Shawn Samad, DDS
Bethesda 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, 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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RESOLUTIONS

FROM PAGE 36

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 activity 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

Caring For a Child Who Has Asthma

Submitted by
Kensington Pharmacy

Asthma is a disease of your child's lungs and the tubes that bring air to the lungs. With asthma, your child's airways are constantly irritated and often become swollen and inflamed. Excess mucus forms in the airways. When your child's airways are swollen and full of mucus, breathing becomes difficult.

Children who have asthma often have these symptoms:

- Coughing
- Wheezing – a whistling sound as they breathe out
- Shortness of breath or trouble breathing
- Chest tightness

Asthma is a serious illness. A severe asthma episode that goes untreated can cause death. Asthma is a chronic disease. Asthma doesn't ever go away, but it can be managed.

What Medications Are Available To Treat My Child's Asthma?

For your child's doctor, prescrib-

ing medications for asthma is very complicated. Each case of childhood asthma has a unique combination of symptoms and responses to treatment. Each child's environment is unique. Each child's needs can vary with the season and a number of other factors. For example, how many respiratory infections does the child have? How much exercise does he or she get?

Your child's doctor may need several weeks or months to find the right medications to keep your child's asthma under control. You will need to be patient and work with the doctor during this process. You will also need to help your child understand that getting relief may take time. Your child's doctor will use two types of medicines to treat your child's asthma – (1) a controller medication and (2) a rescue, or quick-relief, medication. Your child will take a controller medication each day to prevent or reduce airway inflammation. For asthma episodes or symptoms, your child will use a rescue medication. Rescue medications relax the muscles that tighten around the airways

during an asthma episode, and they make breathing easier.

What Else Can I Do?

Medications represent only a part of your child's asthma treatment. Three ways you can help your child manage his or her asthma are to:

- Learn as much as you can about childhood asthma and asthma medications. Your doctor or health care provider and your pharmacist can suggest sources of information.
- Know what triggers your child's asthma. Does your child have an asthma episode after running outside on a cold day? Does playing with Grandma's cat start your child wheezing? Write down anything associated with an episode and play detective until you have tracked down all the triggers – then try to avoid them.
- Monitor your child's symptoms every day. Keep an asthma diary to record all the details you can about each asthma episode. The diary will be an invaluable resource for your child's doctor and will help the doctor manage your child's

asthma.

In addition, if your child is over four years old, your doctor or health care provider might suggest using a peak flow meter to measure your child's ability to breathe each day.

What Are the Treatment Goals?

Even after your child has a routine to manage his or her asthma, it is still important to keep track of how he or she is doing. Here's what well-managed asthma looks like:

- Asthma symptoms are under control.
- Physical activities are normal for your child's age.
- Your child can sleep through the night.
- Your child doesn't miss school because of asthma.

Your child feels good about him- or herself and does not think of him- or herself as a sick person. After all, your child is so much more than the asthma. Encourage your child to be confident about confronting challenges and facing life. Talk to your doctor if you notice a change in any of these aspects of your child's life.



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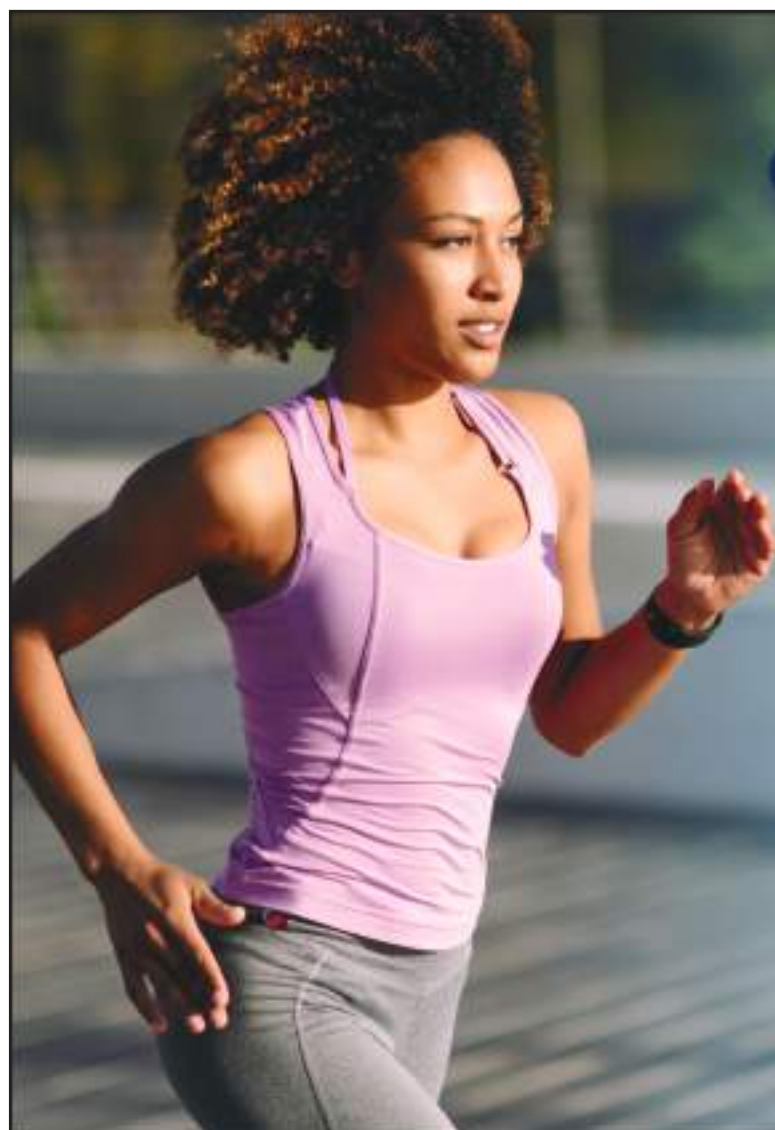
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