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Colorectal Cancer Awareness Month



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Metro Colon and Rectal Surgery, PC



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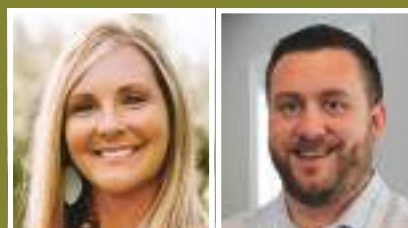
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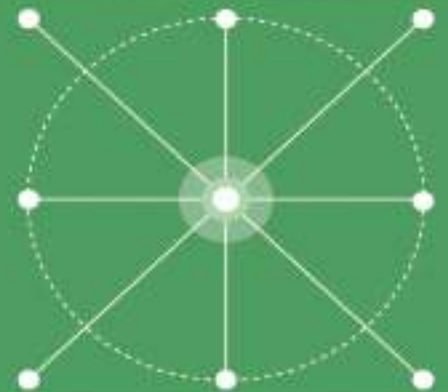
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Information and encouragement always lowers fear and trepidation about anything, and this is especially true in healthcare. While general information is available on web-sites, specific information from local providers is almost impossible for people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

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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

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Botox Myths and Facts



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

Botox has now overtaken Viagra to become the world's – and the Internet's – most publicly recognized medical treatment.

Did you know that, in addition to the much-advertised wrinkle-smoothing effects of Botox, it is approved to treat many non-cosmetic conditions? These include cerebral palsy and neck spasms (cervical dystonia) as well as lazy eye, overactive bladder, excessive sweating (hyperhidrosis), and migraines.

The primary action of Botox is to relax overactive muscles. Its safety and effectiveness have been documented over the past 40-plus years.

When Botox is used for wrinkle-smoothing, it rebalances facial muscles that have become overactive with age. There are now other treatments that work in the same way – Dysport, Xeomin, Javeau (Newtox) and Daxxify. The American Board of Medical Specialties recognizes board certified dermatologists, plastic surgeons, facial plastic surgeons and oculoplastic surgeons as the core four aesthetic specialists who are qualified through their training and knowledge to be performing all cosmetic procedures including treatment with Botox and these other wrinkle relaxers.

Many more men and women than we may realize are having Botox treatment these days. In 2020, between 4-5 million injections were carried out worldwide, and this number rises every year. When performed properly, Botox should look completely natural and never give you a “frozen face” and weirdly shaped eyebrows. Good Botox is undetectable; it's usually only when someone has a bad or unnatural result that we actually realize they've had it!

The key to natural-looking results is to consult an expert. The most expert

Please see “Botox,” page 22

PRP Injections Treat a Variety Of Pain



By Madhavi Chada, MD
Synergy Spine and Pain Center

Platelet-rich plasma (PRP) is a concentrate of plasma that has a higher amount of growth factors. It is used to help regenerate soft tissue and healing. Platelet-rich plasma can treat sports injuries, including torn ligaments and tendons, skeletal fractures, strained muscles, sprained knees and chronic tendon injuries.

Blood is drawn from the patient and centrifuged to separate the platelet rich plasma. A local anesthetic may also be included with the platelet-rich plasma to be injected into the affected area or the joint.

The entire process usually takes about one hour. Pain at the injection site may increase after the procedure, but it declines in a few days. The patient may not feel the full benefits of the treatment until after a few weeks.

Risks and Side Effects

There are general risks of skin puncture associated with contamination and infection. However, since a PRP injection is made with the patient's own blood, the risk of these complications is very low.

The most common side effect of the procedure is tenderness at the site of the injection. Hence, the patient should minimize activity for at least one day following the procedure.

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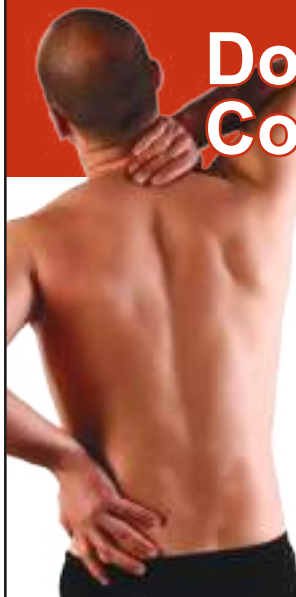
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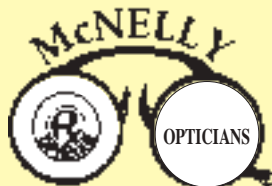


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By Rashmi K. Parmar, DMD,
D-ABDSM, Sleep Better Maryland

Sleep apnea is a serious sleep disorder that affects millions of people around the world. It is a condition where breathing repeatedly stops and starts during sleep, causing interrupted sleep and other serious health problems. If you suspect that you may have sleep apnea, it is important to seek medical attention to receive a proper diagnosis and treatment. In this article, we will discuss the signs that you may have sleep apnea.

Snoring

Snoring is a common symptom of sleep apnea. People with sleep apnea may snore loudly and frequently, often accompanied by gasping or choking sounds. If your partner or family members have complained about your snoring, it could be a sign of sleep apnea.

Daytime Fatigue

People with sleep apnea often experience excessive daytime fatigue, even after a full night's sleep. This can cause difficulty staying awake during the day, poor concentration, and irritability. If you find yourself struggling to stay awake or feeling excessively tired during the day, it could be a sign of sleep apnea.

Insomnia

Insomnia, or difficulty falling or staying asleep, is another common symptom of sleep apnea. People with sleep apnea may wake up frequently during the night, sometimes gasping for air. This can lead to poor sleep quality and difficulty getting back to sleep.

Headaches

Headaches are another common symptom of sleep apnea, especially in the morning. These headaches are often described as dull and persistent and can be caused by a lack of oxygen during sleep.

High Blood Pressure

Sleep apnea can cause high blood pressure or make existing hypertension worse. During sleep apnea, the body's oxygen levels drop, causing the blood vessels to constrict and raise blood pressure. If you have high blood pressure, you must talk to your doctor about the possibility of sleep apnea.

Suffering From Poor Sleep?

The Signs You Might Have Sleep Apnea

Dry Mouth or Sore Throat

People with sleep apnea may wake up with a dry mouth or sore throat due to breathing difficulties during sleep. This is often caused by breathing through the mouth instead of the nose during sleep.

Restless Sleep

Sleep apnea can cause restless sleep, leading to tossing and turning and waking up frequently during the

night. If you wake up frequently during the night or cannot get comfortable, it could be a sign of sleep apnea.

If you have any of these signs, you must talk to your doctor about the possibility of sleep apnea. Your doctor may recommend a sleep study to diagnose the condition and develop a treatment plan. Treatment for sleep apnea can include lifestyle changes, such as losing weight, avoiding alcohol and

sedatives, and sleeping on your side.

Don't let your sleep apnea go untreated as it can cause serious health concerns.

If you suspect that you may have sleep apnea, it's important to seek medical attention to receive a proper diagnosis and treatment. By recognizing the signs of sleep apnea, you can take steps to protect your health and get the restful sleep you need.

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What Is Integrative Medicine?



By Alan Weiss, MD
Annapolis Integrative Medicine

longstanding, intertwined, and have not responded to previous efforts by the medical field.

The NIH and other institutions are beginning to apply the standards of science to alternative and complementary therapies, though it is often not simple to do so. However, taking an approach to medicine that attempts to deal with root causes and the inter-relationship between symptoms rather than trying to find a diagnostic box to fit the patient inside of can often provide an avenue for effective treatment.

If you pay attention to the science news you will see that accepted medical practices, as basic as treating ear infections and breast cancer surgery, are constantly being questioned and revised as new studies come to light.

And one must also take into consideration the fact that good studies are tremendously expensive to conduct, and often will only get done when pharmaceutical companies see a profit to be made. The incentive to do good studies on subjects and treatments where there is

Please see "Integrative," page 62

For some, alternative or holistic medicine may seem to be in opposition or intellectually inferior to "traditional or western" medicine. One way to think of these approaches that may be more helpful is as integrative and functional medicine.

Integrative (functional) medicine providers do their best to find ways to help people deal with their health issues as effectively as possible in a way that works for the patient. This especially applies when the issues are



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Laser Dentistry Can Provide Amazing Benefits



By Karl A. Smith, DDS, MS

Lasers have long been the standard of care in medicine for many surgical and cosmetic procedures. Lasers are used for LASIK vision correction, wrinkle and hair removal, vein therapy, and even some organ removals.

The Waterlase dental laser was approved for use in dental procedures in 1998 and is constantly updating its technology to be able to perform almost every dental procedure possible.

Lasers are used for LASIK vision correction, wrinkle and hair removal, vein therapy, and even some organ removals.

One of several procedures now available, with the use of the Waterlase dental laser, is more effective and more comfortable periodontal therapy to help eliminate bacterial infections in the gums and bone. The laser acts to kill the bacteria while preserving the natural bone and gum tissue contours whenever possible.

This results in the best outcome for the patient because the teeth remain covered with pink, healthy gum tissue instead of being “long and ugly.” Patients who have these infections can quickly recover with few or no sutures (stitches) and very little discomfort.

This is a dramatic improvement over older periodontal treatment techniques where a lot of good gum and bone was removed to “reduce pockets.” There is also a ton of research and data to support the long-term results of laser-assisted periodontal treatment versus traditional therapy.

Waterlase uses laser energy and a gentle spray of water to perform laser-assisted pocket reduction therapy as well as a wide range of other dental procedures – without the heat,

vibration and pressure associated with the dental drill. With many procedures, it’s possible to use less anesthetic, and often no anesthetic at all.

Another great part of using the Waterlase laser is that your dentist can often get you in and out of the office faster, since it’s less likely that you’ll need an injection. Research shows that the vast majority of patients don’t.

Using the Waterlase for procedures reduces bleeding, post-opera-

tive pain, swelling and the need for pain medication in many cases.

Dentists using a Waterlase are able to remove tooth enamel decay (the hardest substance in the body), bone and gum tissue precisely while leaving surrounding areas unaffected. This conserves and allows you to keep more of the healthy tooth structure while eliminating the bad stuff.

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If every other business is trying to make things more convenient for consumers, isn't it time for healthcare to catch up?

Good news, local medical one-stop shops can make quality care accessible and convenient for everybody.

Whether you're looking for a new physician for chronic condition management, or looking to lose a few (or more) pounds for the new year, there are many benefits to having all of your medical care under one roof.

For starters, it's convenient for you. You don't have to worry about driving all over town to see different specialists or make multiple appointments. One-stop shops often have all the care you need right under one roof.

Another reason that a one-stop-shop style of healthcare office is so attractive to patients is having a provider that is familiar with your entire health history. When you visit a one-stop shop healthcare center, you're gaining a partner in your health. This also makes it easier for your wellness team to customize wellness and treatment plans for you.

One-Stop Medical Care For Pain: Debilitating pain can make everyday living hard to endure. Access to chiropractic treatment, physical therapy, massage therapy, acupuncture, natural pain management, and medical

pain relief for musculoskeletal conditions, injury rehabilitation and chronic pain all under one roof certainly can make one's life easier. The most advanced chiropractic and physical therapy treatments from a team of medical providers at a one-stop shop practice seeks to address your symptoms and develop custom treatment plans that ensure long-term solutions for pain relief and various ailments.

Eliminating the need to run across town to various appointments is not only convenient, it's the difference between patients in pain complying with recommended medical treatments, or not.

Management of Chronic Conditions: Chronic conditions are challenging and can be difficult to manage. When left untreated or properly managed, it can lead to costly and painful complications. Another attractive benefit is when offices combine conventional medical approaches with other integrative healing modalities under one roof they can better help patients be proactive in their health, especially when it comes to managing their chronic conditions, such as diabetes.

Preventive Care: Unfortunately, doctors see it all the time; many patients "feel" fine and only see doctors when they're visibly ill. However, preventive care is crucial, and it is so important to us. When you go to a one-stop style healthcare office, your health team will work with you through education and personalized wellness plans to ensure you stay healthy year-round.

Wellness: A variety of wellness initiatives are available that you may not even know are options to helping you live healthier and feel better on a daily basis, ranging from IV supplemental therapy to bio-identical hormone pellets, to medical weight loss, to massage services. One-stop medical shops have all the treatments available so you look and feel your best every day.

What Is Cryotherapy?

And How Can It Benefit You?

By Anthony T. Hardnett, DC
Maryland Cryotherapy
Chiropractor/Owner

Cryotherapy is the use of cold temperatures to promote the body's natural healing and wellness. Its use dates back to ancient civilizations and has long been proven to be an effective method for improving recovery and health. Top athletes across the country have been using cryotherapy for years to recover from injuries quicker, improve performance, decrease inflammation, and feel younger. Now it's available for everyone.

A full range of cryotherapy treatments are available from local cryotherapy and cryofacials to whole body cryotherapy, which leaves your entire body feeling refreshed and rejuvenated. We've compiled some of the benefits of this effective and fast treatment below.

Accelerate Recovery and Enhance Performance

One of the primary and long-held benefits of cryotherapy is the ability to accelerate recovery following strenuous activity and boost physical performance.

During the cold therapy treatment, circulation increases throughout your body, delivering more oxygen and helping remove toxins that have built up in your muscles. Muscles recover up to 50% faster, pain is reduced, and performance gains are multiplied.

Boost Metabolism

Cryotherapy's weight loss benefits are twofold, acting both during the treatment and in the days and weeks following treatment. During the cryotherapy session, your body can burn hundreds of calories in a matter of minutes, boosting your metabolism to increase your body temperature.

Following the session, your boosted metabolism will keep working for you, helping you burn calories faster and lose weight more effectively.

Feel Rejuvenated

During the cryotherapy treatment, endorphins and adrenaline are released to help your body cope with the extreme cold temperatures. Those endorphins can increase energy levels and help combat anxiety and depression. In a one-session treatment, you'll likely leave feeling euphoric and have a renewed sense of energy.

Natural Healing

Cryotherapy can be used to combat conditions that involve chronic pain, such as arthritis and autoimmune disorders. The cryotherapy treatment helps increase circulation and combat the symptoms of these conditions, leading to pain relief and improved overall wellness.

Just three minutes of temperatures as low as -250 degrees Fahrenheit reduces inflammation and pain, releases endorphins, and increases collagen production. Extreme cold activates the body's natural healing mechanisms, helping to reduce reliance on NSAIDs or medications.

Stimulate Collagen

Cryotherapy works to tighten your skin and rejuvenate your appearance for a more youthful, radiant glow. Cryotherapy stimulates collagen production, resulting in anti-aging skin rejuvenation such as skin tightening, a decrease in wrinkles, reduction of cellulite, and improvement of blemishes and scars. Cryotherapy speeds up healing and can be used to treat skin conditions such as psoriasis and dermatitis.

With all these benefits and more, it's easy to see why athletes and non-athletes alike are turning to cryotherapy for improved wellness and health.



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on page 34



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

Here’s where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on

Please see “All-On-4,” page 62

Car Crashes Can Be a Real ‘Pain In the Neck’

Submitted by
Washington Open MRI

Have you or someone you know had a “pain in the neck” after a car crash?

This is not to be taken lightly as if untreated whiplash can cause us to suffer a lifetime of pain and misery. Most especially as future injury may exacerbate a prior untreated injury (some without pain or in moderate pain that may subside over time) even decades later.

It is well-documented that auto crash victims suffer some level of whiplash in 90% of all accidents. Of these, whiplash is mis-diagnosed in 95% of all crash victims.

Whiplash is a common injury suffered in auto accidents, and its effects can be far-reaching and long-lasting. The injury occurs when the head and neck are snapped forward and then backward quickly, often resulting in a strain or tear of the soft tissues in the

neck. Whiplash can cause a variety of symptoms, ranging from mild to severe.

The most common symptom of whiplash is neck pain and stiffness. This pain can range from mild to severe and can last for days, weeks, or even months after the accident. Other symptoms can include headaches, dizziness, fatigue, numbness or tingling in the arms, and difficulty concentrating. In more severe cases, whiplash can cause blurred vision, ringing in the ears, and even depression.

This injury can have a significant impact on a person’s quality of life. It can interfere with daily activities and make it difficult to work or participate in recreational activities. It can also cause financial strain due to the cost of medical care and lost wages. For these reasons, it is important to seek medical attention immediately after an auto accident to ensure that any po-

Please see “Car Crashes,” page 48

All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

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Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

Alzheimer's disease starts with mild memory loss. What if there was a pill to prevent the disease from getting worse?

Studies of an investigational drug are underway to see if it may be effective in slowing the progression of Alzheimer's disease in people who carry two copies of a certain gene (APOE/4) that increases the risk of developing it and other dementias.

While one in four people carries one copy of the gene, only 2 to 3% of the population carries two, and hence are at greatest risk.

Results in a small, ongoing phase II trial of the drug in early Alzheimer's patients with two copies of the gene showed "significant improvement" on memory tests after six months, according to Alzheon, a Massachusetts-based company developing it and a number of potential drugs for Alzheimer's.

Phase three clinical trials of the drug, named ALZ-801, are getting underway. These constitute the final step before the FDA reviews the drug for possible approval. The company's nationwide study is called ApolloE4.

Volunteers Being Sought

In our area, people can participate in the study via Re:Cognition Health – a clinic in Fairfax, Virginia.

Anyone age 50-80 with a diagnosis of mild cognitive impairment (memory loss) is eligible to volunteer. Free genetic testing and testing for Alzheimer's will be done, and participants will be reimbursed for their time.

Participating is also an opportunity to help future Alzheimer's patients, pointed out Monica Bland, operations manager at Re:Cognition Health. "They would be contributing to science and helping people in the future," Bland said.

The 18-month, randomized, doubleblind study requires nine in-person visits to Re:Cognition Health. Participants will also undergo three MRIs or CT scans (their choice).

Half of participants will receive the study drug, and the other half will receive a placebo. Each will take one pill in the morning and one in the

evening.

The drug has already been proven safe in phase 1 trials. It has been well tolerated in studies so far when taken twice a day with food. Alzheon is hopeful the treatment will eventually save millions from suffering from Alzheimer's disease.

Currently there are no approved drugs that stop or prevent the clinical decline typical of Alzheimer's disease.

Volunteers Being Sought

In our area, people can participate in the study via Re:Cognition Health – a clinic in Fairfax, Virginia. Travel expenses are paid, for all visits.

"Our end goal is to help patients [by providing] other options for Alzheimer's disease medications, because there is not much out there," Bland

said. "The FDA-approved drugs aren't doing much." For more information or to volunteer to participate in the ApolloE4 study, call 703-520-1000.



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We specialize in the diagnosis, treatment, and care of people with Alzheimer's disease, dementia, cognitive impairment or mental health concerns. Our international clinics are global-leaders in providing volunteers with access to new treatments for Alzheimer's disease, free of charge. We are delighted to be members of the Global Alzheimer Platform Foundation and are committed to providing excellent patient-centric care.

**Trials also available for healthy volunteers to stop them from getting memory loss in the first place.*

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hello@re-cognitionhealth.com

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

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

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Increase Your Self-Confidence

A Beautiful Smile, Your Secret Weapon



By Judy Yu, DMD, MBA
Dental FX

Developing Your Self-Confidence

Although many of the factors affecting self-confidence are beyond your control, there are a number of things you can consciously do to build self-confidence.

A beautiful smile is one thing that you can control, and having a beautiful smile increases confidence and self-esteem. As your self-confidence builds you will feel better about yourself. When you feel better about yourself, other people will see you in a more positive light.

A beautiful smile makes you more attractive – smiling attracts people to you. Smiling more often changes your mood, and makes you look younger, hence you also feel younger.

What Makes a Smile Beautiful?

While not every person is born with a perfect smile, qualities such as straightness, cleanliness or whiteness of teeth

Please see "Secret Weapon," page 62

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Back Pain Affects People Of All Ages



By Levi Pearson
MD, DABA, DABPM
Metropolitan Pain and Spine

Back pain is a common ailment that affects people of all ages. It can be caused by a variety of factors, including poor posture, muscle strain, injury, or a medical condition. The pain can range from a dull ache to a sharp stabbing sensation, and it can be felt in the lower back, upper back, or middle of the spine.

One of the most common causes of back pain is poor posture. Sitting or standing for long periods of time in a slouched position can put strain on the muscles and ligaments in the back, leading to pain and discomfort. Additionally, carrying heavy bags or purse, or using a poor technique while lifting heavy objects can also contribute to back pain.

Back pain is a common ailment caused by a variety of factors.

Another common cause of back pain is muscle strain. This can happen when the muscles in the back are overworked or fatigued, causing them to become tight and sore. This type of pain is often felt after physical activity, such as exercise or manual labor.

Injuries, such as a herniated disk or a fracture, can also cause back pain. Herniated disks occur when the soft inner material of a disk pushes through a crack in the outer layer, compressing a spinal nerve. Fractures can happen from a fall or a direct blow to the spine. These injuries can cause severe pain and limited mobility.

Certain medical conditions can also lead to back pain. These include arthritis, osteoporosis, scoliosis, and spinal stenosis. Arthritis is a degenerative joint disease that can cause inflammation and pain in the back. Osteoporosis is a condition where the bones become brittle and fragile, leading to a higher risk of fractures. Scoliosis is a condition where the spine is curved to one side, and spinal stenosis is a narrowing of the spinal canal which can compress the spinal cord.

Treatment for back pain can vary depending on the cause. In cases of muscle strain or poor posture, rest and physical therapy can be effective. Over-the-counter pain medications such as ibuprofen or acetaminophen can also provide relief. In more severe cases, a doctor may prescribe stronger pain medication or suggest physical therapy.

For injuries or medical conditions, treatment may include surgery or other forms of medical intervention. In cases of herniated disks, a doctor may recommend a spinal injection or surgery to remove the disk. For fractures, a cast or brace may be used to immobilize the spine and allow it to heal.

Prevention is always the best cure, so it is important to maintain

good posture and engage in regular exercise to strengthen the muscles in the back. Additionally, it is important to avoid heavy lifting when possible, and to use proper lifting techniques when it is necessary.

Back pain is a common ailment that can be caused by a variety of factors including poor posture, muscle strain, injury, or a medical condition. It is important to consult a healthcare professional for proper diagnosis and treatment. Additionally, regular exercise and maintaining good posture can help prevent back pain.

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By Ranti Aryani, DDS, FAAOSH
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The Vivos® Method is a non-pharmaceutical, non-surgical, all-natural therapy for the treatment of

The Vivos® Method for Snoring

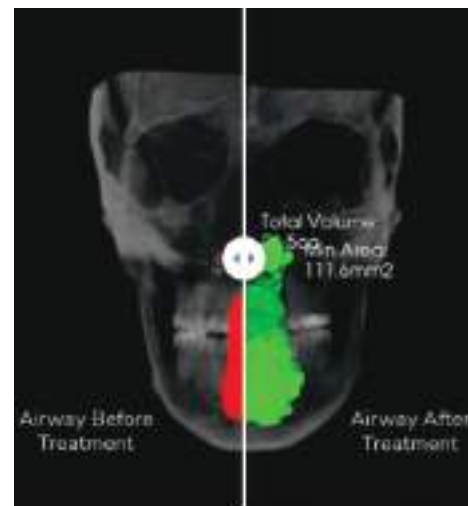
snoring and sleep apnea. It is a scientifically-proven solution that has been developed to provide an alternative to traditional treatments such as CPAP machines and surgery. The Vivos® Method is based on the principles of oral appliance therapy, which involves the use of a custom-fitted oral device to gently reposition the jaw and tongue to improve airway flow and reduce the symptoms of sleep apnea.

The Vivos® Method utilizes cutting-edge technology and state-of-the-art diagnostic tools to ensure

that each patient receives a personalized treatment plan. The process starts with a thorough evaluation, including a sleep study, to determine the specific cause of the patient's sleep apnea. Based on this information, a custom-fitted oral appliance is created that is specifically designed to address the patient's individual needs. The appliance is made from a flexible material that is comfortable to wear and can be adjusted as needed to provide optimal results.

One of the key benefits of the Vivos® Method is its non-invasive nature. Unlike surgery or CPAP machines, the Vivos® Method does not require any incisions or the use of any foreign objects. This means that there is no need for any downtime, and patients can return to their normal activities immediately after treatment. Additionally, the Vivos® Method is a much more affordable option compared to surgery.

Another advantage of the Vivos® Method is that it is completely natural and safe. The oral appliance is designed to be worn while sleeping, and there are no adverse side effects associated with its use. Unlike prescription



Example courtesy of Dr. Tara Griffin, Emerald Coast Dental

medications, the Vivos® Method does not have any potential for dependence or addiction.

In conclusion, the Vivos® Method is a highly effective, all-natural therapy for the treatment of snoring and sleep apnea. With its personalized approach, non-invasive nature, and affordable cost, it is an excellent alternative to traditional treatments such as surgery and CPAP machines. If you are suffering from snoring or sleep apnea and are looking for a safe, effective solution, consider the Vivos® Method.

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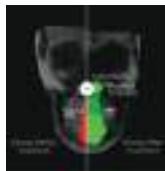
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Surprising Benefits Of a Regular Yoga Practice



By Betsy Paul
Just "B" Yoga with Betsy Paul

Every year, yoga increases in popularity. The practice of yoga dates back to India 5,000 years ago; however, the practice has changed quite a bit since its inception. Here are some of the benefits in a nutshell:

1. Emotional Health Boost
2. Back Pain Relief

3. Improves Heart Health
4. Reduces Insomnia
5. Reduces Fatigue
6. Boosts Memory
7. Decreases Blood Pressure
8. Helps Prevent Disease Through Massaging of Organs
9. Strengthens the Immune System.
10. Helps to Increase Strength and Flexibility
11. Improvement in Balance
12. Improvement in Core Strength
13. Reduces Stress
14. Reduces Anxiety
15. Reduces Depression

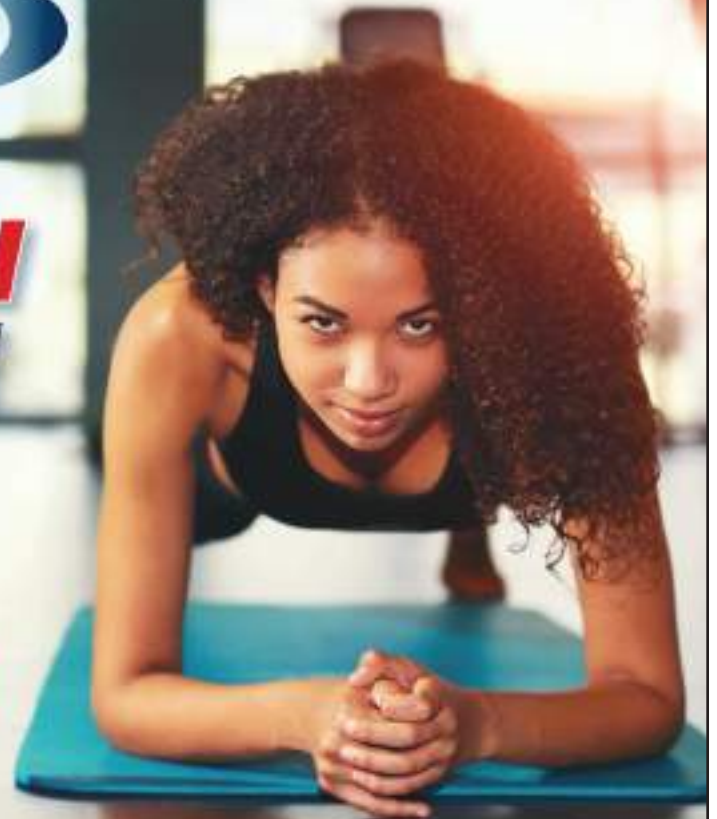
These are just a few of a whole host of ways that your body and mind can benefit from a yoga practice.

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By Maryland Relay/
Telecommunications Access of MD

For people who have difficulty hearing, the simple act of using a telephone is often a challenging and frustrating experience. Whether it's conducting business, speaking to doctors, making appointments or just keeping in touch with family and friends, an inability to communicate via telephone affects almost every aspect of a person's day-to-day life. That's why Maryland Relay offers Captioned Telephone, an innovative service that allows users to listen while reading what's said over the phone.

What Is Captioned Telephone?

Captioned Telephone is a free service designed exclusively for individuals who have difficulty hearing on

the phone. Utilizing the latest in voice recognition technology, a Captioned Telephone Operator delivers real-time captions of what is being said, allowing the user to listen to and read their telephone conversations simultaneously for better understanding.

Who Should Use Captioned Telephone?

Captioned Telephone is ideal for seniors and other late-deafened adults, people who are Deaf and can speak clearly, Voice-Carry-Over (VCO) and amplified phone users and people with hearing aids or cochlear implants.

What Equipment Is Required To Use Captioned Telephone?

The only equipment required to use Captioned Telephone service is the Captioned Telephone itself, an analog or DSL phone line and a standard electrical outlet. Certain models of Captioned Telephones also utilize high-speed internet access.

How Do I Obtain a Captioned Telephone?

The State of Maryland provides Captioned Telephones to qualified individuals through the Maryland Accessible Telecommunications (MAT) program. To qualify, applicants must be a Maryland resident receiving one or more state or federal benefits or show that they have a limited income. Applicants must also have a hearing, speech, vision, mobility or cognitive difficulty that makes it challenging to use a telephone. To request an application, please contact Maryland Relay at 1-800-552-7724 (Voice/TTY) or visit mdrelay.org.

Captioned Telephones may also be purchased in Maryland for \$75. To order, please call 800-233-9130 (Voice/TTY) or visit <http://www.weitbrecht.com/captel-maryland.html>.

How Do I Get More Information?

For more information about Captioned Telephone please visit mdrelay.org or call Maryland Relay Customer Service at 1-800-552-7724 (Voice/TTY), or 443-453-5970 VP.

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**The MAT program benefits Maryland residents ages three and older who are Deaf, hard of hearing, DeafBlind, or are living with limited speech, mobility, or cognitive abilities.*

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Linda Penkala

Healing Benefits Of Phototherapy



By Linda Penkala, Author, LMT
Wellness Catalyst

The science of phototherapy using light to enhance health and well being has been around for over 100 years, like low level laser therapy. However, over two thousand years ago, the ancient Greeks had healing centers applying different colored lights on the body along with the Egyptians using sunlight through colored glass on the body. Particular light frequencies cause specific changes in the body, a very similar principle to the frequency of sunlight,

which stimulates the body to produce vitamin D.

We now have at our fingertips an innovative healing modality that is wearable wellness technology like a band-aid, by simply putting a 50-cent piece round patch on the body. Having a non-transdermal, drug and chemical-free invention that uses the body heat as its power source sounds like a futuristic movie. But it is not, and as a holistic practitioner over 35 years sharing an easy application for clients, is exciting. Placed on acupuncture points help decrease pain, enhance sleep, improve moods, activate stem cells, and offer energy. For their body to heal themselves, staying hydrated, moving and learning about LifeWave patches, is an opportunity for total body healing, by boosting cellular activity through frequencies of light along the meridians.

This term photobiomodulation is going hand in hand with regenerative medicine to offer a safe,

Please see "Phototherapy," page 65

BOTOX

FROM PAGE 7

doctors are national and international teachers at dermatology and plastic surgery academies and researchers for the clinical trials that bring new treatments to our country. Here are some important points that are useful for anyone considering Botox:

1. Understand the Science

As we age, some of our facial muscles become unbalanced. The wrinkles that result can send signals that we don't intend. Frown lines between the eyebrows make us look angry, lines across our forehead communicate worry, and a sagging mouth or neck can look sad. With expert technique, tiny amounts of Botox, Dysport or other wrinkle relaxers are precisely placed just beneath the skin to give a smoother, more harmonious appearance. This must be done with an exact understanding of your facial anatomy and structure. When expertly performed, you will barely feel the injections, and will have little or no bruising. Patients can return immediately to regular activities with no sign of having had treatment. On average, it takes 5-7 days to see the results.

2. See the Whole Picture

When you receive advanced Botox from a true expert, they aren't just smoothing individual lines or wrinkles,

but understand how to go beyond this to reshape your whole face and restore youthful contours, tighter pores and a beautiful skin glow. You will still look like yourself, just more like you did when you were years or even decades younger.

For instance, if your eyebrows have dropped and flattened, making your eyelids heavier, a little Botox in the right places can lift and subtly shape your brows. This adds definition and sparkle to your eyes.

Expert treatment is the key to making you look better without anyone realizing you have had anything done. Ironically, many celebrities who are criticized for being "over-Botoxed" are really victims of over-done surgery, whereas many who are most admired for their beauty, or for aging gracefully, look this good because they are having regular treatments with Botox, fillers and other non-surgical rejuvenation.

3. The Power Of Combination

A key strategy is combining Botox with natural fillers such as Juvederm, Restylane, Voluma and Sculptra, and state-of-the-art lasers for lifting and tightening like Ulthera, Fraxel or Exilis Ultra. This can achieve a scar-free,

Please see "Botox," page 48



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Your Weight, Your Health



By Marcia B. Levi, DC
Optimal Care Chiropractic

When preparing a new dish you usually follow a recipe to make sure it comes out perfect. If you leave out even one of the “key” ingredients, your food won’t taste right. In fact, it could be downright nasty!

The same is true of your health. Certain “key” ingredients need to be incorporated into your wellness “recipe” if you want to stay healthy, avoid illness and increase your odds of living a long life, free from pain and debilitating disease. Without these key ingredients, your quality of life will certainly suffer and you might feel “sick” when you should be feeling vital and fully alive.

One key ingredient in the wellness recipe is a healthy weight. The effects of obesity are devastating, starting with the heart and branching out to every organ and function in your body. Osteoarthritis, a degenerative condition also known as “wear and tear” arthritis, results when too much physical stress (weight) bears down on the lower back, hips and knees. Excessive weight on these joints erodes the cartilage that protects them, causing pain, tingling sensations and loss of function, making movement of the affected joint difficult.

One way to maintain a healthy weight is through exercise. Another key ingredient in the wellness mix, exercise boosts your metabolism so you burn calories while you build muscle strength and endurance. Aerobic exercise (running, walking, swimming, biking, hiking, “step” classes) raises your heart rate, burns calories, strengthens your heart, lowers your blood pressure, releases “feel good” brain chemicals, and burns excess body fat.

Strength training and conditioning exercise (sit-ups, lunges, barbells, weight machines, sculpting classes) builds muscle strength and adds support to joints and ligaments

so that they are able to resist injury. Weight bearing exercise also lowers the risk for osteoporosis, a common condition that affects older adults and causes bones to become porous and brittle so they are easily broken in an accident or fall. In addition it also helps to keep your joints flexible and your muscles, bones and cartilage strong, providing proper support to your entire body!

Nutrition and healthy eating is a critical ingredient in the well-

ness lifestyle recipe. The key to healthy eating is lots of organic (no pesticides and toxins) fruits and vegetables. Choose good old H₂O (at least half your body weight in ounces every day), green leafy vegetables, Omega 3 fats found in fish, and high protein meat and poultry, peas and beans.

It is important to schedule a chiropractic examination prior to starting a specific workout schedule. Chiropractors locate specific areas you

should target through exercise to correct postural imbalances and improve body function and motion.

Your nervous system controls all your body functions, including digestion. Chiropractors are specially trained to remove nerve interference so your body can function optimally. If you want a checkup to determine whether you have the right mix of ingredients needed to promote optimal wellness, make an appointment to be evaluated by your chiropractor.

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Minimally Invasive Foot Surgery

Permanent Cure For Bunions, Hammertoes and Calluses

By Burton J. Katzen, DPM
Metro Minimally Invasive
Surgical Foot Care Centers

You only get one pair to last a lifetime, and most people will clock over 70,000 miles on a pair of feet in a 70 year life span. Mechanically,

the feet are one of the most complex parts of the body. There are 26 bones, 30 joints, 19 muscles, and 107 ligaments in each foot. These structures work together to allow the foot to move in six different directions to produce each complete step.

It has been estimated that 80-85% of the general population will suffer from a foot problem at some time in their life. In the past, many foot pain sufferers have avoided permanent cures, opting for periodic palliative care. In the long run, for the active person in pain, this may not be the treatment of choice. These visits may be time consuming, expensive, and will not permanently cure a problem that may worsen.

How Minimally Invasive Surgery Differs From Traditional Foot Surgery

Minimally Invasive Surgery (MIS) is a technique which enables a specially trained and certified surgeon to eliminate most bunions, hammertoes, corns, calluses, and spurs through a small incision often

requiring only one stitch, so no big scars. The procedures are performed with small specialized instruments with a diameter about the same size as a pen point. The bony structures are viewed during surgery by use of a Fluoroscope, so even though the incision is small, the surgeon can visualize the structures he/she is working on at all times during the surgery.

Unlike other surgeries, major factors associated with MIS are different. There is no hospitalization or deep general anesthesia required. The surgery is performed in a certified Ambulatory Surgical Center under local anesthesia with IV sedation administered by an anesthesiologist or a certified nurse anesthetist, so the patient will experience no pain before or during the surgery. Following the surgery, the patient will leave walking, be instructed to go directly home and remain off the foot other than ambulating to the bathroom for 24/48 hours. The recovery time, and post-operative pain, swelling, and risk of infection is usually dimin-

Please see "Permanent Cure," page 62

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for weekly articles on foot health



Dr. Burton J. Katzen, DPM

Fellow, American Academy of Ambulatory Foot and Ankle Surgery
President, Temple University School of Podiatric Medicine Alumni Board
Director, Annual Alumni Surgical Seminar TUSPM
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For questions or requests for printed information on various foot topics, call the office or contact Dr. Katzen at DrburtonK@aol.com

Snow Shoveling Safety



By Alicia Kovach, DC
Kovach Chiropractic

As winter is upon us it is very important to discuss shoveling safety. By following a few simple tips you are far less likely to be injured from the excessive stress that is placed on the spine.

The technique that should be used to ensure you do not injure your back is to make sure that when you lift the shovel that you tighten your

abdominal muscles and do not hold your breath. Make sure that you bend using your knees and not your back. Wearing shoes/boots with slip resistant soles will help you avoid slips and falls.

Tips for Shoveling Safety

- Shovel only fresh snow. If the snow is wet and packed down it can be very heavy so lift a little at a time and try to push the snow.
- Choose a shovel that is right for you. The shovel should be chest high and have a rocker bottom. Try to use a smaller shovel to make sure that you are not lifting too much snow.
- When gripping the shovel make sure that your hands are at least shoulder width apart and that your feet are shoulder width apart.
- Do not shovel after eating or while

Please see "Shoveling," page 62

Should You Be Worried About a Hernia?



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

Hernias are a common cause for concern among patients. A hernia develops due to a weakness in the abdominal wall that allows a bulge to form under the skin at the area of weakness. The bulge often represents fatty tissue or intestines pushing through that weakness. For example, a common hernia is an umbilical hernia ("belly button" hernia) that results from fatty tissue pushing through the navel to create a bulge.

Hernias may occur in many locations including the navel, the groin, the front of the abdomen, the side of the abdomen and even in the back. The hernia results from a weakness in the abdominal wall that is either a natural weak spot or a weakness created by a tissue injury as typically occurs from previous abdominal surgeries. The hernia is often made obvious by activities that generate a lot of pressure in the abdomen such as coughing, straining, lifting heavy loads or working out in the gym.

Hernias can often be pushed back into the natural position in which case they are said to be reducible. If the hernia cannot be pushed back into its natural position then it may be trapped and is considered incarcerated. Incarcerated hernias may lead to problems with blood supply of the trapped tissue, especially so if the intestine is the trapped tissue. This would require emergency surgical treatment.

Please see "Hernia," page 62



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Traditional Chinese Medicine For Epilepsy

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

Traditional Chinese medicine has been used therapeutically in China for thousands of years and is growing in prominence in Europe and the United States. More and more people search the health care from Chinese

medicine and other complementary and alternative medicine (CAM). The National Center for Complementary and Alternative Medicine (NCCAM) showed that about 38% of all adults, 44% of adults from 50-59 years old, and 12% of children reported using CAM in 2007. At least 24-44% of epilepsy patients appear to already be using CAM in some form.

Epilepsy had been described in the book, Chinese Medicine Classic (Huang Di Nei Jing), which was written more than 2,000 years ago. Chinese herbal medicine and acupuncture are the main professional methods of Chinese medicine. Recent studies indicate that Chinese medicine therapy including herbal medicines and acupuncture for epilepsy are promising.

Herbal remedies have been used in traditional Chinese medicine and other traditional medical systems since ancient times for the treatment of epilepsy. For example, tian ma, the root of Gastrodia, is commonly used in China for epilepsy and other conditions.

There have been three cases in which patients with refractory epilepsy showed substantial improvement with the use of the traditional herbal formulation Bu-yang-huan-wu-tang. Some reviewers cited several compelling open-label studies of Chinese herbal remedies, including Qingyangsen and Zhenxianling, suggesting that these medications may have anticonvulsant effects, with fewer side effects



Quansheng Lu, CMD, PhD, LAc

than standard antiepileptic drugs.

Along with herbal remedies, acupuncture is used in traditional Chinese medicine to treat epilepsy. Case reports have demonstrated the potential efficacy of acupuncture in patients with epilepsy, and mouse studies have shown that acupuncture may inhibit kainic acid-induced epileptic seizure and hippocampal cell death.

In one Norwegian trial, 29 patients with intractable epilepsy were randomized to receive acupuncture or sham acupuncture. Seizure frequency was reduced in both groups, but the reduction did not reach a level of statistical significance and a larger sample size may have been needed to see differences.

Generally, the combination of herbal medicine with acupuncture is needed to treat epilepsy and usually the treatment is about 3-6 months depending on the condition.



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Colon Cancer Risk Reduced 38% In Women Using HRT

Submitted by New Day Vitality
Hormone Center

Among postmenopausal women, hormone replacement therapy (HRT) use was associated with a 38% reduction in overall colorectal cancer (CRC) risk, according to a study published in *Journal of the National Cancer Institute (JNCI) Spectrum*.

Another study published in *BMC Cancer* found that even in patients diagnosed with CRC, the current use of HRT is associated with lower risks of both CRC-specific mortality and overall mortality. This research was a meta-analysis of four randomized control trials and 16 observational studies and included 10,013 colorectal cancer survivors.

Colorectal cancer is the third most common cause of cancer mortality in women. An American adult has about a six percent chance of developing

CRC in his/her lifetime. Most CRC is preventable through regular screening but early detection also helps catch any cancer at more successfully treatable stages. In fact, the five-year survival for stage 1 colon and rectum cancer is 90.1%.

The JNCI study results indicate that both estrogen-only and estrogen plus progestin HRT formulations reduce CRC risk but CRC risk reduction was not seen in past HRT users. And "although this study includes populations in many locales, the participants were predominantly white, and therefore, these findings may not be generalizable to other racial and ethnic groups."

Although some studies have determined minor variations in HRT impact on subtypes of colorectal tumors, the underlying mechanisms of how HRT impacts CRC requires

Please see "Colon Cancer," page 65



By Howard Horowitz, DPM
Bowie Foot & Ankle

Extracorporeal shockwave therapy, or ESWT, is a non-surgical treatment option for the intense, persistent heel pain associated with chronic plantar fasciitis. Extracorporeal means outside the body. Shockwaves, also known as pressure or sound waves, are generated by a special ESWT device, and focused onto the targeted tissue. The shockwaves are delivered to stimulate and reactivate the body's repair mechanism to advance normal tissue healing.

New Treatment For Heel Pain

ESWT is an appropriate treatment option for approximately 5-10% of people suffering from plantar fasciitis; most others are successfully treated with traditional conservative therapies.

Am I a Candidate For ESWT?

You and your podiatrist will decide if ESWT treatment is right for you after looking at all the options. You could be a candidate if you have been diagnosed with chronic plantar fasciitis for at least six months and if your symptoms have failed to respond to three conservative treatments which may include rest, physical therapy, heel cushions, nonsteroidal medications (Motrin or other anti-inflammatories), cortisone injections, taping, orthotics, shoe modifications, night splint and casting. In the past, surgical intervention for chronic plantar fasciitis was required when these other treatments had failed, but today, ESWT is available

as an alternative, non-invasive treatment option.

What Happens During Treatment?

After registering, you will recline in a comfortable chair or bed, with your affected foot resting on a

large, fluid-filled cushion. Either an ankle block utilizing local anesthetics is administered to create a numb feeling throughout the foot or, if your physician chooses, IV sedation may be used to administer a light sleep

Please see "Heel Pain," page 63



Howard Horowitz, DPM
Medicine & Surgery of the Foot

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Unraveling Fascia For Your Fitness and Health



By May Kesler, MTh, PT
Kesler Physical & Massage Therapy

Physical therapy was originally taught to evaluate muscles. But we now know that muscles are embedded in fascia, a 3-4 dimensional web of collagen, light filled, fluid filled tubules that is within us, head to toe, finger to finger. Every cell is surrounded by a thread of the web like tubules, and it even goes into the nucleus of every cell – bone, nerve, organs, heart, brain, muscle, fat, etc. There are no dividing lines or spaces between muscles, tendon, ligament, bone. The tissue is continuous between spine to tongue to heart to lungs to organs.

This means as a physical therapist that we now look at the body as a whole continuous unit, whose parts are intimately interconnected, and communicate instantaneously with

each other. When a thread in the web is pulled, all the other places in the web are affected by that strand being pulled, and instantly change in relation to it.

This is a profound difference in our approach to healing. An injury is never isolated; it always affects other areas. Fascia tubules exert tension and compression in the web that give us the ability to maintain our shape with gravity. When there is inflammation, whether due to an injury, illness, or overuse, the ground substance becomes sticky and forms a gel, and the web forms adhesions, knots, twisting in its fabric, dehydrating the cells, causing more inflammation and restrictions.

This can cause pain, as the fascial tension can create 2,000 pounds of pressure per square inch on the tissues it surrounds. The structures can't move as they were meant to, whether it's musculoskeletal tissue or any other organ in the body. So we now check for many of the systems in the body, even if the complaint seems to simply be one area. We use myofascial release, manual therapies, and fascial fitness methods, mind-body movement techniques to help unwind and unravel the restrictions, returning hydration, coordination, strength, and

Please see "Fascia," page 63

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A better state of care.



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

Health and wellness coaching is a growing field that seeks to help individuals achieve optimal health and wellbeing. The aim of this coaching is to empower clients to take charge of their health and make lasting changes that support a healthy lifestyle. Health and wellness coaches work with clients to develop customized plans that meet their specific needs, goals, and desires.

The approach to health and wellness coaching is holistic, taking into account the client's physical, mental, and emotional health. The coach works with the client to identify areas of their life that are impacting their overall health, such as stress, poor nutrition, lack of physical activity, or unhealthy relationships. By understanding the client's unique challenges, the coach can help them develop strategies to overcome these obstacles and support the pursuit of a healthier lifestyle.

One of the main benefits of health and wellness coaching is that it is personalized to the individual. No two people have the same health challenges, goals, or lifestyles, and a health and wellness coach will work with each client to develop a unique plan that is tailored to their specific needs. This personalized approach has been shown to be more effective than traditional, one-size-fits-all approaches to health and wellness.

Another important aspect of health and wellness coaching is the focus on sustainable change. Unlike crash diets or quick-fix solutions, a health and wellness coach will work with the client to develop long-term habits and practices that will support continued health and wellbeing. This approach helps clients avoid the yo-yo effect of losing weight and gaining it back, and instead create a sustainable lifestyle that supports health and wellness in the long-term.

Health and wellness coaching also addresses the emotional and mental aspects of health. Many people struggle with stress, anxiety, depression, or other emotional issues that can negatively impact their physical

Health and Wellness Coaching

health. A health and wellness coach can help clients develop strategies to manage these emotional challenges, such as stress-reducing techniques or cognitive behavioral therapy. By addressing both the physical and emotional aspects of health, the client can achieve a more comprehensive and holistic approach to wellness.

The role of the health and wellness coach is to empower clients to take charge of their health and make changes that support a healthy lifestyle. The coach serves as a supportive and knowledgeable guide, helping

clients to develop the skills and habits necessary to achieve their health and wellness goals. They provide motivation, guidance, and accountability, helping clients stay on track and achieve their desired outcomes.

While health and wellness coaching is not a substitute for medical care, it can complement medical treatment and support clients in managing chronic conditions. For example, a health and wellness coach can work with a client with diabetes to develop a healthy eating plan and exercise routine, helping to manage their condi-

tion and improve overall health.

In conclusion, health and wellness coaching is a growing field that offers individuals a personalized and holistic approach to achieving optimal health and wellbeing. By working with a coach, clients can develop long-term habits and practices that support a healthy lifestyle, overcome challenges, and achieve their health and wellness goals. If you're looking to take charge of your health and improve your overall wellbeing, consider working with a health and wellness coach.



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TMD and Sleep the Connection

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

It may be hard to believe, but when you have a TMJ disorder (otherwise called TMD), this can correlate to sleep-disordered breathing (SDB). The way this works is that when the jaw joint discs are displaced—just like a kneecap can slip out of place—you get pain. Pain and inflammation are quite common

with a displaced jaw disc. When you are hurting, you just cannot sleep all that well. Also, the quality of sleep is compromised because it is now harder to get the good, deep, non-REM sleep that helps our body to heal.

It is unfortunate that TMD is so poorly understood because so many people really do need help in this area. It is actually fairly easy to get a handle on this disorder, however. One of the first signs of TMD is that you have clicking and/or popping in

the jaw joints. This is often a clear sign that the articular discs (jaw joint discs) are displaced and causing an inflammatory reaction.

Another very clear sign of TMD is that you cannot open your jaw widely. The “normal” range of motion is generally considered to be around 50 mm. This means measuring from the tip of the upper front teeth to the tip of the lower front teeth when opening wide, you should get around 50 mm. Some practitioners say that 35mm is



Jeffrey L. Brown, DDS

around normal, but in general most agree that 50mm is a healthier way to be. This measurement can readily be done when you see your dentist or hygienist but most of the time it is not done.

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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/repertive 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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*When
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hurting, you
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So, now let's get back to the link to sleep problems. If and when the articular discs in the jaw joints are displaced, they are going to rub around in the jaw sockets and will quite literally pinch or rub against nerves and blood vessels in the joint. Diagnosis: It just plain hurts. In the human body when a bone rubs against bone or other vessels, it just hurts, simple as that. This in turn begins an inflammatory reaction in which the body releases the mediators of inflammation called “cytokines”. Now these cytokines are floating around inside your body causing a chronic irritation. It's kind of like being chronically sick all the time.

When the body is running in inflammation mode, it hurts, and this leads to sleep difficulties. What happens in so many people are the jaw joints ache, which in turn leads to the neck being irritated, and then it travels down the back as well. This makes the deep sleep – called non-REM III – unable to happen the way it should. Now you are sleep deprived and not able to heal the body like your body intended. This cycle just gets worse and worse over time. In so many people, this will lead to OSA – obstructive sleep apnea. So be safe, be smart, learn about TMD and how to treat it for a good night sleep.

2023 Medicare Coverage Share Cost Updates

Submitted by
Montgomery County SHIP

Prescription Drug Cost Savings

Insulin Cost Sharing

Beginning January 1, 2023, beneficiaries pay no more than \$35 for each one-month supply of an insulin medication covered by their Medicare Part D plan. If the plan has a deductible, it does not apply to insulin. Note that this change only applies to the insulin that is on a Part D plan's formulary, or list of covered drugs.

Beginning July 1, 2023, this change is also effective for Part B-covered insulin. Beneficiaries will pay no more than \$35 for insulin if used with durable medical equipment, like an insulin pump.

Vaccine Cost Sharing

Beginning January 1, 2023, there is \$0 cost sharing and no deductibles for Part D-covered vaccines. This applies to vaccines, including the shingles vaccine, recommended by the Advisory Committee on Immunization Practices (ACIP) for adults.

Information and Counseling For Medicare Beneficiaries, Their Families and Caregivers.

Part B Coverage Of Immunosuppressant

Starting in 2023, there is a new, limited Medicare benefit called the immunosuppressive drug benefit, or the Part B-ID benefit. The Part B-ID benefit provides Part B coverage of immunosuppressant drugs for people whose End-Stage Renal Disease (ESRD) Medicare benefits have ended 36 months after their transplant and who do not have other health insurance that covers immunosuppressant medications.

To get coverage, the person must:

- Qualify for Part B coverage of immunosuppressant prior to losing Medicare Part B.
- *Someone qualifies for Part B coverage of immunosuppressant if

they had Part A at the time of their kidney transplant.

- Not have Medicaid or other public or private health insurance that covers immunosuppressants.

Beneficiaries whose ESRD Medicare eligibility expired before January 1, 2023, can still enroll in Part B-ID. Those who qualify should contact Social Security to enroll.

Part B-ID has a monthly premium of \$97.10 in 2023. Individuals enrolled in Part B-ID can apply for the Medicare Savings Program (MSP) for help with premium costs and, if eligible for the Qualified Medicare Beneficiary MSP, cost-sharing assistance.

Part B-ID coverage may not be the best choice if someone has or has access to any other insurance. This is

because Part B-ID only covers immunosuppressant drugs, does not include coverage for any other benefits or services, and does not allow a person to access Part A.

Source: SHIP TA Center Medicare Messenger, December 2022

What's New in 2023? By Emily Whicheloe, Director of Education, Medicare Rights Center & SHIP TA Center

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Probating an Estate

Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

Maryland has a law requiring you to file the existing Last Will and Testament with the proper Court, whether or not the deceased person has assets. This is not optional. If the deceased has any assets titled solely in their name alone, whether or not a Will exists, you must probate those assets by filing certain paperwork with the proper Court. Only the

Personal Representative appointed by the Court (usually the person named in the Will) has the power to transfer assets of a deceased person. If a Power of Attorney exists, it is void as of the date of death and can no longer be used. If the deceased had a car, a bank account, or any other asset titled solely in their name, the Personal Representative is the only person who can change the title, collect funds, withdraw funds or take other actions on behalf of the deceased. Most institutions (such as banks and brokers) and government agencies (such as the IRS and Social Security) will only talk to the Personal Representative. Before the named Personal Representative can act on behalf of the deceased or the estate, the Court, during the probate process, must approve the named person by issuing Letters of Administration. It is the Letters of Administration that gives the Personal Representative power to act on behalf of the estate.

What Is Involved In

Probating an Estate?

In Maryland, if the deceased dies owning assets solely in their name valued at less than \$50,000 (\$100,000 if the spouse is the sole beneficiary of the estate), the process is rather simple and is called a "Small Estate". The Personal Representative named in the Will files the Will and a few forms with the Register of Wills. The Court will then issue Letters of Administration and no further Court action is required. The assets can then be managed and distributed by the Personal Representative without further Court filings. The vast majority of Maryland residents have assets in excess of \$100,000.

If the Maryland deceased's estate has more than \$50,000/\$100,000 in assets, the Will and several probate forms must be filed with the Register of Wills located in the Circuit Court of the County in which the deceased resided. Notice must be placed in a newspaper giving creditors and potential unknown heirs the right to file a claim, and

the Personal Representative must obtain a bond in the amount determined by the Register of Wills. A bond is an insurance policy insuring against theft of estate assets by the Personal Representative.

Within twenty days after appointment the Personal Representative must file a list of "Interested Persons" (those persons named in the Will as a beneficiary, plus the heirs that would benefit if no Will exists). Within ninety days, the Personal Representative must file an "Inventory" which is a list of all assets the deceased owned solely in their name at death. Real estate and tangible personal property must be appraised.

Meanwhile, the Personal Representative must do a number of things, including but not limited to, paying all bills, collecting all income (such as dividends, interest and rents) managing all assets, preparing all tax returns, and filing (after six months but, before nine months), an Account with the court which states the items listed in the inventory, lists all changes to those assets such as sales, and reports all receipts and expenses. After this Account is audited by the Court and approved, the estate assets are distributed and the estate is closed. Sometimes additional time is needed, perhaps to sell real property, in which case additional Accounts are filed every six months.

Maryland has a third type of probate called a Modified Administration. This requires more paperwork than a Small Estate, but less than a regular probate - as described above. You must meet certain requirements to file a Modified Administration, so obtaining an attorney to assist you is recommended.

Do I Need an Attorney?

If the estate is a small estate (under \$50,000/\$100,000), you may want to handle the matter yourself or with the assistance of the Register of Wills in the local Circuit Court. If you are not completely comfortable or clear as to your duties and responsibilities, or need help with the probate forms, you can contact an attorney to assist you.

If the estate is a regular estate (over \$50,000/\$100,000), obtain the services of an attorney to assist you.

While there is no legal requirement that an attorney represent the Personal Representative, obtaining the assistance of an attorney that has experience with probating estates can help speed up the process and can help prevent potential problems and errors, some of which can have substantial repercussions.

Most people do not have experience with managing an estate and do not realize the work and time that it can entail. An attorney with experience in probating estates will be familiar with the requirements and potential problems that are involved with estates.

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Best Strains for ADHD and Anxiety



By Sharron Sample, CFO
Dispensary Works

In the world of medical marijuana, many doctors have identified the best strains for ADHD and anxiety for patients interested in their options.

What Is ADD/ADHD?

ADHD stands for Attention Deficit Hyperactive Disorder and it is a common disorder that affects around 4% of adults across the county.

Although many patients are never properly diagnosed, ADHD patients experience difficulty focusing.

While some patients have ex-

treme symptoms of ADHD such as mood swings or forgetfulness, others may have very mild symptoms.

Is There a Cure For ADHD?

There is not currently any known cure for ADHD, although your doctor can prescribe medications to help patients manage their symptoms.

What Are the Best Strains For ADHD and Anxiety in Maryland?

It is not uncommon for doctors to recommend marijuana as a tool to help patients be able to focus more during their daily lives.

The trick is to look for strains that are THC dominant, or that have a good balance between THC and CBD. Some of the most popular strains that may help patients with ADHD include Sour Diesel, Harle-Tsu or Black Jack.

Can You Get a Medical Card For ADD Or ADHD?

It is very common for medical cards to be recommended to patients with ADD or ADHD. Once you have approved for a medical marijuana card you should discuss your options with your physician.

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Dr. Paul J. Winters

BS, DC w/PT Privileges, CME

Degrees, Training, and Certifications: Doctor of Chiropractic, Northwestern College of Chiropractic; Bachelor of Science, North Dakota State University; Certified Medical Examiner, FMCSA (Federal Motor Carrier Safety Administration). Doctor of Chiropractic w/Physical Therapy Privileges, FMCSA DOT/CDL Certified Medical Examiner.

Professional Memberships/Associations: Maryland Chiropractic Association, Maryland Board of Chiropractic & Massage Therapy Examiners.

Techniques: Diversified, Thompson, SOT, Active Release Technique, Passive Release Technique, Trigger Point Therapy

Expertise: Personal/Work/Sports Injuries, DOT/CDL Medical Certifications, Musculoskeletal Disorders, Nutrition.

Personal Interests: Family and Vacationing, Motorcycling (Harley Davidson), Snowmobiling, Target Shooting, Computers



Dr. Patrick C. Winters

DC w/PT Privileges

Degrees, Training, and Certifications: Doctor of Chiropractic, Northwestern College of Chiropractic; Bachelor of Science, Human Biology Minnesota State University. AMA Guides to Evaluating Permanent Impairment, Certified Disability Examiner, Manipulation Under Anesthesia Certified.

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Meet Dr. Alicia Kovach:

Degrees/Training: Graduate of Palmer College of Chiropractic, DRX Training, Activator, Myofascial Release, Board Certified Physical Therapy and Webster Certification. Trained in the Thompson Technique, as well as in the latest evidence based Chiropractic treatments for Pediatric and Pregnancy Care

Associations: Maryland Chiropractic Association, International Chiropractic Pediatric Association

Areas of Interest: Maternity Care, Pediatric Care, Worker's Compensation, Personal Injury, Spinal Decompression for Herniated Discs

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Nutrition and Children

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Children and Chiropractic Care

Dr. Kovach works collaboratively with the care team for the youngest of patients, and takes great pride in ensuring that they receive the best treatment. She has completed training with the International Chiropractic Pediatric Association (ICPA) and is truly passionate about treating the whole family at all stages of life. If you have any questions or would like more information on the services Dr. Kovach provides, please feel free to contact the office at 410-697-3566.



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Meet Dr. Aric Adlam:

Dr. Aric Adlam was born and raised in the suburbs of Detroit Michigan where he started receiving chiropractic care at the age of 2 years old. After a traumatic football injury threatened his future athletic career at the age of 16, Dr. Adlam turned down a risky spinal surgery for an all chiropractic approach. After missing only a half of a football season instead of the predicted 2 years; Dr. Adlam was back on the field. More importantly, Dr. Adlam had decided during that time that he had found his calling in life and decided to pursue a career as a Chiropractor.

Dr. Adlam received an undergraduate Bachelor of Science degree with an emphasis in Biological Sciences before entering chiropractic school. He then continued his education at Life University College of Chiropractic in Marietta, GA where he received his Doctorate of Chiropractic degree, fulfilling his dream of becoming a Chiropractor.

Dr. Adlam is highly trained in the diagnosis and treatment of soft tissue injuries often encountered in the spine, extremities and the rest of the body. He has extensive experience with the current state of the art spine rehabilitation technology and diagnostic equipment used in the treatment of spine related injuries. He has had success in treating many patients who have dealt with chronic neck and low back pain for years as well as headaches sufferers that found no relief in the traditional medical model. He has extensive expertise in the treatment of whiplash injuries that often result from automobile accidents. Dr. Adlam is also well trained in the diagnosis and treatment of bulging discs in the low back and neck utilizing the latest treatment methods available.

Dr. Adlam comes from a history of highly competitive sports and takes pride in getting the high performance athlete to the weekend warrior back in the game safely and effectively. He looks forward to bringing the patients of Kovach Chiropractic and Wellness Center the best chiropractic care possible.



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Meet Levi Pearson, III

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Dr. Levi Pearson is the Owner and Medical Director of Metropolitan Pain and Spine Interventional Pain practice in Ellicott City, MD. Dr. Pearson has 30 years of experience as a Board Certified Anesthesiologist specializing in Interventional Pain Management. Dr. Pearson is Board Certified by the American Board of Anesthesiology and the American Board of Pain Medicine. Dr. Pearson specializes in interventional pain management involving the spine related to pain involving the neck and upper extremities as well as the low back and lower extremities using innovative skills and technology coupled with empathy and compassion. Dr. Pearson is a Top Doc in Interventional Pain Medicine and Anesthesiology by Find a Top Doc and the International Association of Anesthesiologists. Dr. Pearson is a member of the leading physicians of the world, Sigma Alpha Pi National Society of Leadership and Success, The American Academy of Pain Medicine, and several pain care organizations. Dr. Pearson is a graduate and past instructor at the Georgetown University School of Medicine in Washington, DC, where he completed his medical school training, internship, residency, and pain management fellowship training at the Georgetown University Hospital and Medical Center in Washington, DC.

Dr. Pearson maintains hospital privileges at MedStar Montgomery General Hospital and at The University of Maryland Capital Region Medical Center. Dr. Pearson is the Owner and Medical Director of the Medicare Certified and C-Arm Fluoroscopy equipped Metropolitan Spine Ambulatory Surgery Center.

Dr. Pearson is a Cum Laude graduate of the Rochester Institute of Technology (RIT) Saunders School of Business Executive Masters of Business Administration (MBA) program. Dr. Pearson has a special interest in interventional pain treatment injection procedures designed to attack pain generators including the use of advanced neuromodulation procedures such as spinal cord stimulation for treatment of complex pain like post spinal surgery syndrome and diabetic nerve pain.

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Noble Integrative Health is pleased to announce our new Acupuncturist, Mrs. Elizabeth Arruda!

Elizabeth Arruda is a practitioner of Acupuncture and Traditional Chinese Medicine, licensed in the state of Maryland, as well as an experienced Licensed Esthetician, who has worked in Texas, Florida, Virginia, and currently in Washington, DC. Her background in the health and wellness fields date back to over a decade, having served as a vocational Nurse since 2006.

Liz, as she's affectionately known by her family, friends, and longtime clients/patients, graduated with a Master of Science in Acupuncture and Oriental Medicine from Texas Health and Science University in 2022. She is an Army veteran, passionate about Mental Health, Pain Management, Alzheimer, and Facial Rejuvenation.

As a nurse, Liz served at some of the major military hospitals in the country, in units such as Infection Control, hemodialysis clinic, medical surgical ward, intensive care unit (ICU), hospice care, as well as having served overseas in battlefield hospitals while deployed in Iraq. Liz has seen and experienced caring for a vast category of patients and illnesses ranging from a simple cold, kidney failure, post-operative all the way to treating battlefield injuries sustained during in theater conflict.

Liz has a personal and deep connection with alternative medicine as she found help and relief from her fibromyalgia, mental health and other ailments in Acupuncture, lifestyle changes and Herbal therapy after being medically retired from the Army, and a long and ineffective journey with prescription medications, including opioids, psychotropics and several other classifications.

She is recognized in clinic by her patients and her peers for her compassion and ability to connect with people. She believes in preventive medicine and aims to assist her patients develop the perfect life and work balance, while providing them with the highest level of personalized care.

Liz was born in Brazil and is fluent in English, Portuguese, and Spanish. Her cultural diversity enables her to understand health and diseases from different cultural and lifestyle spectrums. She has the heart of a Nurse and inspires to touch the whole world through kindness. Loving and caring for people, one patient at a time, is her daily mission.

NobleIntegHealth.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Jeffrey L. Brown, DDS

TMJ & Sleep Apnea Treatment



2841 Hartland Road
Suite #301
Falls Church, VA

703-821-1103



Meet Jeffrey L. Brown:

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

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

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

Degrees & Certifications

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

Outside the Office

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

Professional Affiliations

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

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

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...
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Renee Bovelle, MD Ophthalmology



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Meet Dr. Bovelle

Board Certified, Ophthalmology
by the American Board of Ophthalmology

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

Professional Memberships/Associations: American Academy of Ophthalmology; American Society of Cataract and Refractive Surgery; International Society of Refractive Surgery

Areas of Interest: All laser custom LASIK; Cataract Surgery; Botox; Dermal Fillers; Cornea Comprehensive Ophthalmology

Practice Philosophy: Envision Eye and Laser is committed to delivering superior ophthalmic care with state-of-the-art technology and patient education in a caring, compassionate environment. We cater to a diverse population of adults and work with your primary care physician to improve the quality of your overall health and life. Your best vision is our focus.

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Rami Makhoul, MD

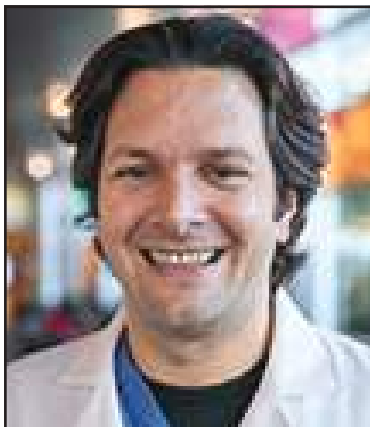
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Bethesda, MD 20817

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Meet Dr. Rami Makhoul:

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

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

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

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

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

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

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Matthew Skancke, MD

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Meet Dr. Matthew Skancke:

Dr. Matthew Skancke is a colon and rectal surgeon serving Maryland, Virginia and Washington, DC. Dr. Skancke grew up in Great Falls, VA earning his undergraduate degree in electrical and biomedical engineering at the University of Virginia's engineering school. After engineering school he spent three years working for a Swiss based GPS company U-blox America while going to night school to finish his 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 Coard Certified in General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons Quality and Safety National committee.

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

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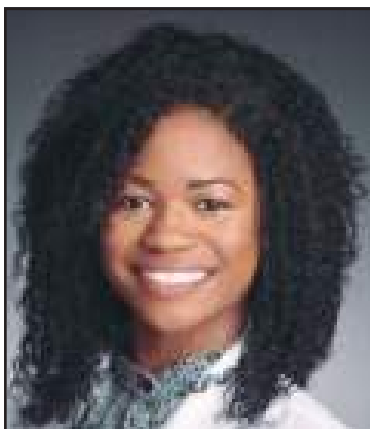
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Dr. Sherene James Bond, DPM, MS is a Board Certified Foot and Ankle Specialist. Although born and raised in Virginia, Dr. Bond currently resides in Maryland. She and her loving husband have two sons who are the center of their family life.

Dr. Bond received her Bachelor of Science in Biological Sciences from Virginia Commonwealth University in Richmond, VA. She went on to receive both her Master of Science degree in Biomedical Sciences and Doctorate of Podiatric Medicine and Surgery from Barry University in Miami Shores, FL. Dr. Bond received her residency certification from Richmond University Medical Center in Staten Island, NY.

Professionally, Dr. Bond's work experiences where she provided podiatric care includes Future Care Capital Region in Landover, MD; Erickson Living Community at Ashby Ponds in Ashburn, VA; Doctors Community Hospital in Lanham, MD; and the University of Maryland Prince George Hospital Center in Cheverly, MD.

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- UCLA (University of California – Los Angeles) – Internal Medicine Residency
- Georgetown University – Gastroenterology Fellowship

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Janice Trent, AuD

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(((Sounds)))
of Life*

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Highway, Suite #102
Bowie, MD

301-429-2920



Meet Janice Trent:

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. She is also a Fellow of the American Academy of Audiology.



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Paul V. Beals, MD, CCN

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Meet Paul V. Beals:

Dr. Beals specializes in holistic therapy for cancer and heart disease and is an expert in chronic lyme disease.

Degrees, Certifications and Professional Memberships:

Board Certified in Family Practice

Certified Clinical Nutritionist (CCN)

MD, Temple Medical School, Philadelphia PA

Member of the American College of Advancement in Medicine (ACAM) – Certified Chelation Therapist

Member of ILADS, International Lyme Associated Disease Society

Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

Former volunteer instructor, Georgetown Medical School, introductory course on Alternative Medicine

Frequent guest on national TV and radio talk shows discussing complementary and alternative medicine

35 years in practice

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Our committed and professional staff will provide medical care to a family as a whole, with the main aim of working towards excellence, sincerity and quality health care services.

Integrative Cancer Support

The goal of integrative holistic medicine is to work with the patient as the center of the medical team and combine both traditional and complementary treatments to restore the patient to a better state of health. Whereas traditional medicine will focus on only treating the tumor.

www.DrPaulVBeals.com

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Rishi R. Sood, MD



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Sarah A. Merritt, MD

**Pain
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Meet Sarah A. Merritt:

My Degrees & Training: Majored in Biology Birmingham-Southern College and graduating Phi Beta Kappa. During medical school at the University of Alabama in Birmingham, Dr. Merritt was selected for the prestigious Howard Hughes Medical Institute-National Institutes of Health Research Scholars program, and worked for a year during medical school as a researcher at the NIH in Bethesda, Maryland. Dr. Merritt performed her residency at the University of North Carolina in Chapel Hill, and pursued extra fellowship training in pain management at the Johns Hopkins Medical Institute. Her training included the full spectrum of pain management techniques, including interventional pain management and pain medication management.

Professional Memberships: Board Certified in Anesthesiology and Pain Management through the ABMS, the gold standard in physician certification. She has practiced in a variety of settings since training, including Johns Hopkins. She has also volunteered her time to travel to India, providing anesthesia for cleft lip and palate surgeries.



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Featured Health Professionals

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Denise R. Gooch, MD

Radiation Oncology

7503 Greenway Center Drive
Greenbelt, MD 20770

301-446-3540



Degrees, Training and Certificates: B.S. Zoology – George Washington University, School of Arts and Sciences; M.D. – Georgetown University School of Medicine, earned honors in radiology, neurology, and family medicine; Completed two years of Internal Medicine training at Western Reserve Care System; Residency and Fellowship – Arthur James Cancer Institute, Ohio State University Hospital; Chief Resident in Radiation Oncology during her senior year of residency training.

Professional Memberships: Board Certified in Radiation Oncology by the American Board of Radiology and is Board Eligible in Internal Medicine, American Board of Internal Medicine.

Additional: Extensive experience in radiation oncology, including CyberKnife Stereotactic Radiosurgery training and was a Co-Investigator on the CyberKnife Research Protocol at Sinai Hospital; recognized as one of the “Champions of Care” at Sinai Hospital in 2009. Has participated in multiple Tumor Board and Cancer Committees as well as chairing Cancer Conferences in Chesapeake General Hospital in Chesapeake, VA. Has published original articles in the *Columbus Post*, as well as the *St. Louis American* newspapers and in *A Magazine*, a St. Louis-based informative magazine.

Special Interests: Women’s health issues, including breast and GYN oncology, as well as CNS, lung and stereotactic radiosurgery; enjoys interacting with the public, and has participated in many community outreach programs, including speaking at screening health fairs and church-based health programs and seminars.



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Vladimir Ioffe, MD

Radiation Oncology

7503 Greenway Center Drive
Greenbelt, MD 20770

301-446-3540



Degrees, Training and Certificates: B.S. Biochemistry and Molecular Biology – University of Maryland; M.D. – University of Maryland School of Medicine; Completed his training in Radiation Oncology at the Eastern Virginia Medical School in Norfolk, VA.

Special Expertise: Prostate High Dose Rate (HDR) Brachytherapy, Stereotactic radiosurgery for brain metastases, head and neck cancer, breast cancer, thyroid cancer, non-Hodgkin’s lymphoma, and thoracic malignancies.

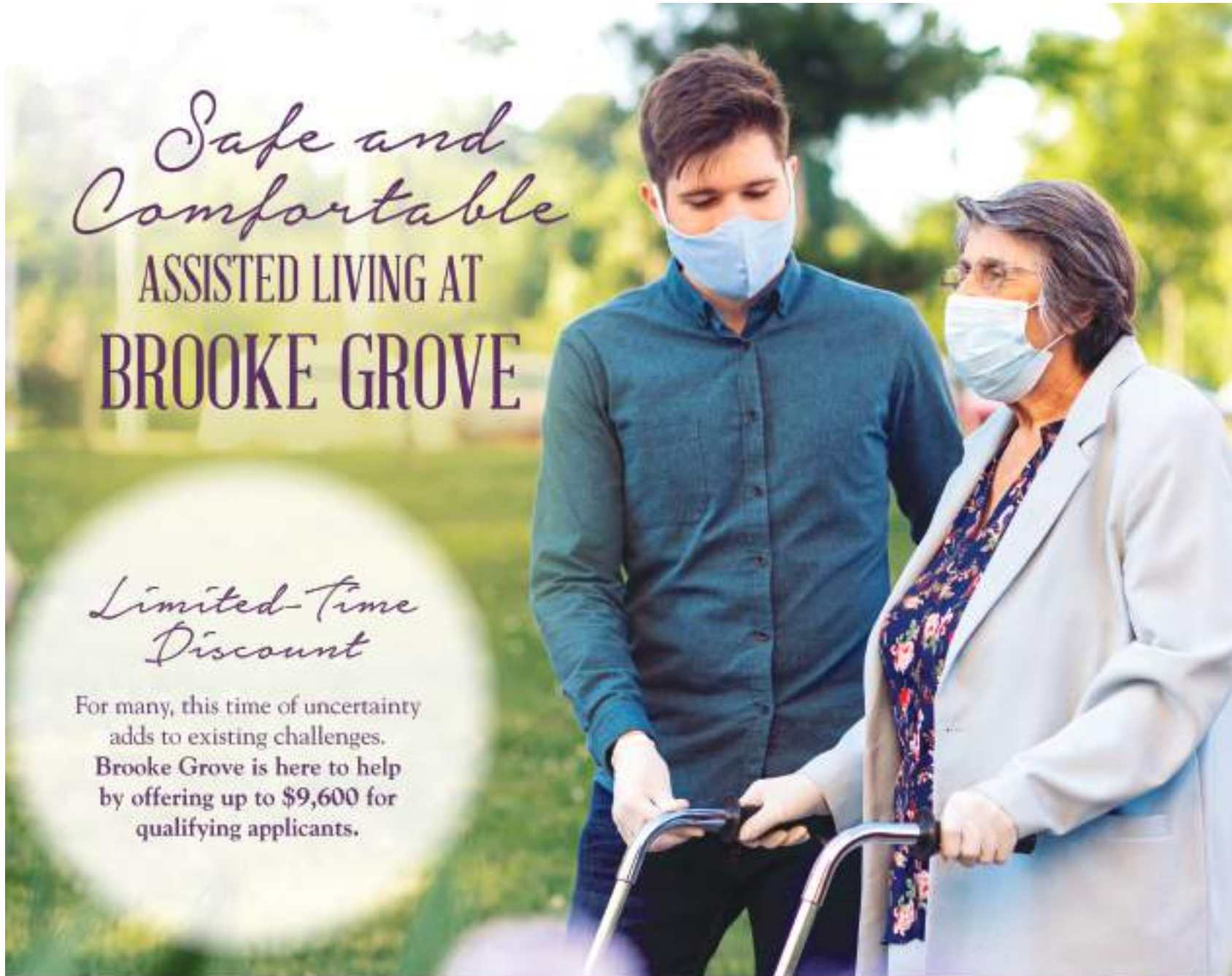
Additional: Passionate about improving the treatment of cancer patients thus strongly supports clinical research; the first author of five investigational papers and co-authored an additional three works; presented research work at major scientific meetings across the nation; instrumental in the creation and implementation of the intensity modulated radiation therapy program for head and neck malignancies.

Personal: Born in St. Petersburg, Russia. His family immigrated to the U.S. in 1980 when he was 6 years old. He grew up in Baltimore County and is an American citizen. He is married to Kecia Ioffe and they have four children.

As a physician with GenesisCare, Dr. Ioffe is dedicated to the creation of a comprehensive cancer center of excellence offering the most advanced technology as well as meticulous, individualized care for each patient.



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Morphine Myths

Don't Deny Your Loved One Comfort



By Elisabeth G. Smith, MS, BSN, RN, CHPN, Director of Education, Hospice of the Chesapeake

In a previous article, we addressed two myths about morphine. Many people harbor these myths when they or a loved one become a hospice patient. Hospice professionals know morphine brings comfort to people who are in pain or having trouble breathing. With a focus on quality of care that meets the goals and needs of each unique patient, we seek to use every tool available, including morphine. That's why we work every day to dispel these myths. Here are three more.

Myth: I Can Get Addicted To Morphine

Fact: Any opioid has the potential to be abused. Any abused drug can cause an addiction. However, for hospice patients using morphine under medical supervision, addiction is very unlikely. In my 16 years as a hospice professional, I have never seen addiction from people taking morphine appropriately.

Myth: If I Take Morphine Early In the Treatment Of My Disease, It Won't Work When I Really Need It.

Fact: Many people think you should save morphine until the pain is at its worst. That is contrary to good symptom management practices. Let's compare the symptoms your loved one experiences to a fire. There is a better chance of managing the fire when it is small and contained. You don't want to wait until it is raging out of control. If you wait for the pain to become excruciating, you will have to use more morphine and it will take longer to bring relief.

Baseline discomfort is like a smoldering coal. Long-acting morphine dosed two to three times a day will suppress the smoldering coals. Occasionally, the smoldering coals will flare up. We call this breakthrough discomfort. That's when we dose with the rapid

acting medication. We want to get on top of that fire before it begins to rage.

Myth: Hospice Doctors Will Push Morphine On Me.

Fact: Hospice care is patient-centered. Our team is going to assess any barriers to morphine. We make a plan that includes goals of care to ensure all that we do is understood and approved by the patient and family.

We understand that some people have challenges with morphine that can include allergies, experiencing side effects or a history of misuse. There are many other opioids on the market for those who can't use morphine. There are also non-opioid options, including alternative therapies combined with other drug therapies.

Be open with your hospice team about your fears or concerns. In that openness we can individualize the plans, resources and alternatives. We want you to feel confident in how you care for yourself or your loved one.

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What Is Tooth Whitening?



Submitted by E. Taylor Meiser, DDS
 Lighthouse Family Dentistry

There are several ways to whiten teeth and several ways not to. There are many types of whitening treatments on the market to choose from. The choices are very different in their methods, materials and time it takes to see results. Whitening choices can be broken down into various types:

- professional or over-the-counter
- in-office or take-home
- tray system or tray-less

Professional Or Over-the-Counter

Over-the-counter (OTC) whitening products are sold everywhere – in the supermarket, on TV and in magazines and even on the internet. These products range from special toothpaste, floss, and mouth rinses to white paint-on stuff to make-your-own bleaching tray systems. The common factor for over-the-counter whitening systems is that they are cheaper than the professional treatments by your dentist and often claim to be just as effective. They are cheaper, but they are not as effective (if at all).

Professional whitening treatments are better and more effective than OTC products. Your dentist will know what type of system will work for you. The dentist has the knowledge and systems available to get the best results possible in the least amount of time. The dentist also will make sure the treatment is safe and comfortable, and will not damage your teeth, gums and overall health.

In-office treatments are the best

Please see "Whitening," page 63

Acupuncture and Allergy Relief



By Brittney de Vicq, MAC, LAC
 West Annapolis Acupuncture

Allergies are an overreaction of the immune system to substances that generally do not affect other individuals. Symptoms of seasonal allergic rhinitis occur in spring, summer and/or early fall. They are usually caused by allergic sensitivity to pollens from trees, grasses or weeds, or to airborne mold spores. While allergy medications can alleviate your symptoms, their side effects can leave some people feeling drowsy, dizzy or nauseous, thereby compounding rather than eliminating the problem.

Acupuncture as an alternative to medication is a great way to avoid these negative side effects. Treatment can reduce inflammation in the sinus, alleviate congestion, postnasal drip, and ear aches, as well as reduce itchy, watery eyes.

Chinese herbal formulas can be used in conjunction with acupuncture treatment to relieve allergy symptoms. Where over-the-counter medications attempt to treat a va-

Spring time allergy season is right around the corner. According to the Center for Disease Control (CDC), allergies are the sixth leading cause of chronic illness in the U.S. with an annual cost in excess of \$18 billion. More than 50 million Americans suffer from allergies each year. In their 2014 National Health Interview Survey (NHIS) the CDC estimates that 8.4% of U.S. children under the age of 18 suffered from hay fever.

Please see "Allergy Relief," page 63

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Food Sensitivity and Food Intolerance



By Thomas K. Lo, DC
Advanced Chiropractic Center

(IgA, IgG, IgM) are often involved.

Sensitivities may contribute to chronic conditions such as fibromyalgia, chronic fatigue, arthritis, depression, sinusitis, GERD (gastro esophageal reflux disease), migraines, irritable bowel syndrome, attention deficit disorder (ADD), rashes, lactose intolerance, and more.

Inadequate digestion or digestive disturbances like inadequate digestive enzymes or damaged intestinal walls with increased intestinal permeability are often involved.

Then What Is Food Intolerance?

If your symptoms come from a food intolerance it means the immune system is not directly involved and reactions are not life threatening, though health and quality of life are usually affected.

The symptoms of food intolerance can be indigestion, bloating, fatigue, migraines, memory problems, toxic headache, constipation, and irritable bowel syndrome. Digestive

What Is a Food Sensitivity?

Some health problems cause the same symptoms as food allergies, but are really food sensitivities. This can make it hard to know for sure whether you have a food allergy.

Food sensitivities can cause symptoms similar to allergies, but reactions are slower and milder. It can take hours or even days before symptoms appear.

Immunoglobulins A, G or M

Please see "Sensitivity," page 65

BOTOX

FROM PAGE 22

more natural-looking, non-surgical rejuvenation that prevents you from ever having to go under the knife.

Advanced techniques can stimulate your skin to produce new collagen and elastin. This lifts and tightens it from within to give longer-lasting results.

4. Looking Good In the Long Term

Many of these treatments require maintenance. This is a good thing as your dermatologist or plastic surgeon can adjust your treatments to fit your face as you age. You will always look completely natural, and may even be told that you never seem to age! Maintenance treatment not only smooths out your wrinkles, it also prevents them from deepening.

A doctor with a European-style

approach may be especially focused on giving you results that look as natural and undetectable as possible.

When comparing pricing, make sure you know how well-qualified your doctor is, and that the Botox is not over-diluted. It is a false economy to pay less for bad Botox, or for diluted treatment that won't last as long as it should.

Select a board certified dermatologist or plastic surgeon with years of experience who can individualize your treatment to address your own unique patterns of facial aging. The most expert doctors are actively involved in cutting-edge teaching, research and public education. This is the real secret to achieving the best results and looking as good on the outside as you feel inside.

CAR CRASHES

FROM PAGE 14

tential whiplash injuries are properly diagnosed and treated.

You are not alone!

As a first step after an auto accident, (whether transported to a hospital emergency room or not) please seek the counsel of an experienced chiropractor who is most qualified to diagnose these typical auto crash

musculoskeletal injuries.

A chiropractor will frequently order an MRI (in most cases a sitting/standing MRI) to validate the existence and extent of injury to assist in your care and if appropriate a personal injury legal claim.

That's the process to make 'a pain in the neck' much less so.



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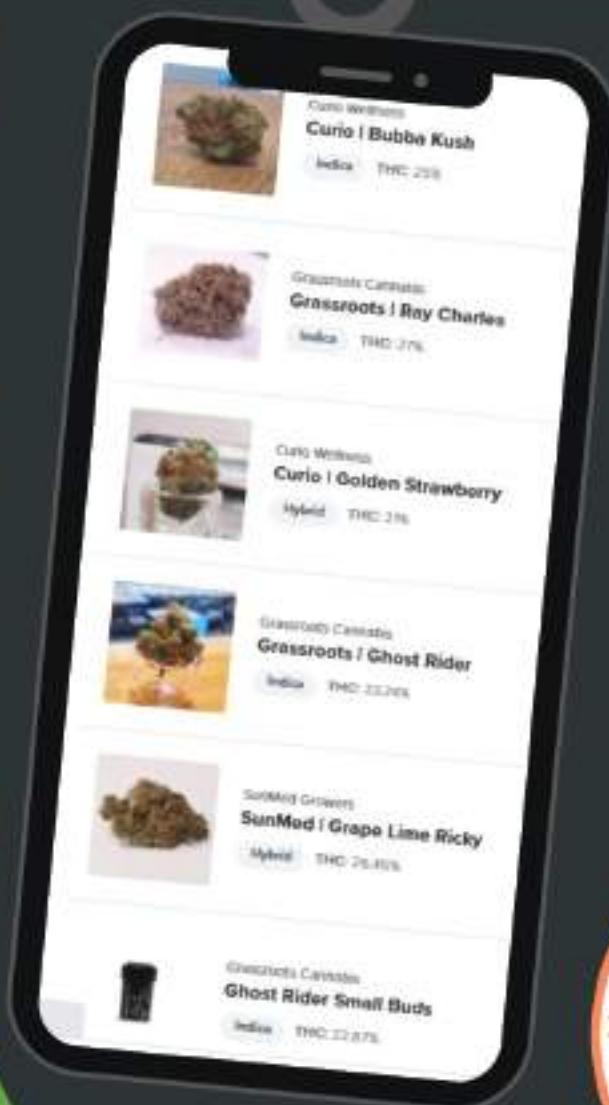
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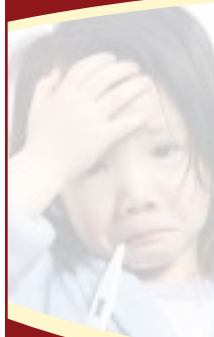
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Healthy Eating For the Family



By Janet V. Johnson, MD
Loving Care Pediatrics

gathers. Everyone can come together and the time spent can offer an opportunity to catch up on the activities of each family member. Get the children involved in shopping for groceries and preparing meals. You can teach them about different foods and how to read food labels. In addition, they are more likely to eat what they helped prepare. Be aware of portion sizes, you can obtain this information on MyPlate.gov. Never insist that your child clean their plate, and never use food as a reward or bribe.

Natural preferences for the foods we enjoy the most are developed, so the challenge in most families is to make healthy choices appealing. Children should be eating whole foods or minimally processed food. We should consume foods that are as close to their natural form as possible.

Restaurant and takeout meals have more added salt, sugar and unhealthy fat. Strive to cook more meals at home, where the family

Make healthy snacks available. Keep plenty of fruit, vegetables, and healthy beverages (water, milk, and limited amounts of pure fruit juice) on hand so the children can avoid unhealthy snacks like soda, chips, and cookies.

Be a role model for your children. Their impulse to imitate is strong so don't ask your child to eat vegetables or fruits while you eat cookies, chips or other less healthy foods.

Please see "Healthy Eating," page 65



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- ☒ Call your local Senior Medicare Patrol (SMP) if you have concerns about your Medicare. All calls are confidential. **410-222-4257**

This project was supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$31,869 with 100% funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.





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Orthodontic Treatment For All Ages



By Jacqueline Brown Bryant
DDS, MS, PC

Do you realize orthodontics is just not for teenagers anymore? Children, teens, and adults can benefit from Orthodontics or the new term for braces treatment, orthodontics and Dentofacial orthopedics. The American Association of orthodontics recommends

an orthodontic evaluation as early as seven years of age. This evaluation can reveal developing problems such as protruding teeth, crooked teeth, overlapping or crowded teeth, spacing or gaps between the teeth, deep bites, missing or extra teeth, clicking or popping sounds when chewing and chronic headaches, neck or jaw pain. Oral habits such as tongue sucking and thrusting, mouth breathing, and thumb or finger sucking can affect the positions of the teeth and growth of the jaws. Many of these problems if left uncorrected or untreated at an early age can cause unnecessary stress to the teeth, gums and jaws and result in more severe problems and more complex treatment as we age.

Limited treatment does not in-

Please see "Orthodontic," page 63

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Mental Illness: What To Do?



By Joyce Abramson, RNMS
Charles County Freedom Landing

for many people fear and avoidance are more frequently associated with mental illness.

In the real world, for many people diagnosed with schizophrenia or other serious mental illnesses, they struggle to manage symptoms of the illness without ever harming anyone physically or achieving the national achievements of Nash in the movie.

They are learning daily to manage an illness that can exhibit many facets. People do experience voices, see visions that seem real and are not real. They have difficulty sorting out some of their perceptions and whether they are exaggerated or "normal". They are working to perform every day tasks while experiencing these symptoms to a greater or lesser degree. Medication, in recent years, has helped with symptoms. Talking with someone; therapist, rehabilitation staff, family or friends to "check out" what is accurate helps. Exploring ways to continue daily activities and responsibilities while addressing specific symptomatology is an important part of the recovery process.

Please see "Mental Illness," page 63

There has always been much said in the media about mental illness, particularly schizophrenia. There was the tragedy many years ago of the Yates family and five dead children, and the tributes given to the movie Beautiful Mind at the Oscars back in 2002. How does one sort out how to respond to such divergent aspects of an illness?

Anger, horror, and fear are natural responses to physical harm or death as in the Yates' situation. Astonishment, hope, respect may be some of the emotions evoked by the movie honored in 2002. However, I suspect

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Coping With Nasal Allergies

Submitted by
Kensington Pharmacy

Do you have a nasal allergy? Nasal allergies cause the lining of your nose to become swollen and inflamed. Do you have:

- A runny nose with a thin, watery discharge?
- Nasal itching and congestion?
- Red, itching eyes?
- Sneezing?
- Drainage from your nose down the back of your throat?

If so, you may be a nasal allergy sufferer. Your pharmacist can help you decide whether to see a doctor or whether to treat your symptoms yourself.

The next question to ask yourself is if your allergies are perennial, seasonal, or both?

Many different triggers can cause nasal allergies.

Perennial Triggers

- Dust mites
- Animal hair or dander

- Indoor mold

Because these triggers are present all the time, these allergies are said to be perennial.

Seasonal Triggers

- Pollen from trees
- Ragweed
- Grass
- Weeds

Because these triggers are around only during certain times of the year, these allergies are said to be seasonal.

Some people suffer from both perennial and seasonal allergies. They may have symptoms all year round, but they tend to be worse during certain seasons.

How Do I Avoid the Triggers That Cause My Nasal Allergies?

Avoiding triggers entirely probably is not possible. But you can do a number of things to minimize them. Talk to your doctor or pharmacist about specific products – such as filters and bedding covers – that can help you clear your environment of triggers.

Please see "Nasal Allergies," page 63



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By Toni Greene, Owner
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There are many ways of healing. Healing is an awareness that you sense from your inner self (subconscious mind), that tells you that you need to explore what's happening within yourself internally and consciously. Mind, body, and spirit (the soul) all need healing. The mind tells you what you are experiencing in the given moment. The body reacts as the mind releases

the thought. The thought can be positive or negative, and the thought sends the message to the body organs, and then the organs respond to the thought.

Consulting hypnosis – helping everyday normal people with everyday normal problems – can help you with problems or situations by helping the way you interpret the thought and then respond to the thought. The thoughts that bring fear often affect the kidneys, and the thoughts that trigger anger often affect the liver and heart.

The organs reside in the body and mind by way of the body systems. The systems are managed, controlled, balanced, repaired, or healed according to the thoughts you are having about that system and the methods you choose to heal or repair that system.

Often you will hear people say that the doctor can't seem to find their problem. Whether the doctors find or don't find the cause of your pain (mental, physical emotional, or spiritual) it is uncomfortable. You simply want relief. You want the doctors to tell you something so that the thought can trigger an emotion in certain organs to heal or not.

Consulting hypnosis can help you sort out everyday problems such as the thoughts that surround COVID-19, or your children, spouse, boss, or whomever – the consulting hypnotist can help you sort things out.

Hypnosis helps you to become aware of your state of mind such as your thoughts, feelings, and emotions that can get trapped in the body, in your organs. A consulting hypnotist helps you to identify the state (fear,




Toni Greene, Owner

anger, sadness, depression, or love) and release it, without the use of drugs or surgery.

Going to see a consulting hypnotist is like going to talk with a friend, a person who has everyday problems too, and who has the tools to teach you how to not just cope but live.

Often our creative imagination in our thoughts helps us to create make-believe situations. But what's not imagined is the effect it has on your organs and your systems. What is imagined is you feeling whole and complete to go about living your life in the reality that you have healed. What is real and not imagined is going to see a consulting hypnotist, and that it does help.



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Common Causes For Low Sperm Counts



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

sperm volume and an increase in the number of morphological defects of the sperm cells.

Excessive Alcohol

Heavy drinking lowers testosterone levels and increases estrogen levels. This results in reduced sperm production.

Studies have shown that heavy alcohol use over a long-time can be associated with testicular atrophy. Alcoholism is also associated with liver dysfunction it can decrease the ability to metabolize estrogens. Heavy alcohol use also shows significant disturbances and sperm parameters with even occasional azoospermia [absence of sperm].

Alcohol abuse and acute intoxication are also associated with sexual dysfunction, which is also associated with difficulties conceiving.

Unhealthy Lifestyle

Having an unhealthy diet and a

Please see "Sperm Counts," page 65

Smoking

Studies have shown that smoking can lead to DNA damage in sperm. Such damage can reduce fertility and result in higher miscarriage rates. Smoking can also lead to erectile dysfunction.

Men who smoked more than 20 cigarettes per day can expect a 19% reduction in sperm concentration. Smoking is also associated with lower

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Discover the Growing Popularity of Acupuncture



By Ming Xu, LAc, DAOM
Monterey Institute of Natural Medicine

more people are seeking alternative forms of treatment that take a more natural approach to pain management. Acupuncture fits this description and has become a popular option for those looking for a gentler approach to pain relief.

2. Growing evidence of effectiveness: There is a growing body of scientific evidence to support the effectiveness of acupuncture for pain management. This has helped to increase public awareness of acupuncture and its potential benefits, leading to increased demand for this form of treatment.

3. Increased availability: Acupuncture is now widely available, with many acupuncturists offering services in private clinics, hospitals, and community health centers. This

Please see "Acupuncture," page 65

Acupuncture has become increasingly popular for pain management for several reasons:

1. Rising interest in holistic health: With the growing interest in holistic health and wellness, more and

Poor Circulation In Feet



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

erwise known as peripheral artery disease (PAD). This condition is characterized by obstruction or narrowing of the large arteries that are far from the heart and the brain. Most commonly, this occurs in the extremities, especially the feet and the legs.

The causes for peripheral vascular disease may also vary, but the most common one is atherosclerosis (narrowing of arterial walls with fatty deposits like cholesterol). Contributory factors include:

- Smoking
- High cholesterol
- High blood pressure
- Physical inactivity
- Obesity
- Diabetes

Even pregnant women may experience the symptoms of poor blood circulation in feet.

Symptoms Of Poor Circulation/PAD In Feet

Poor blood circulation in feet and legs may cause various symptoms that may vary with the underlying

Causes and Symptoms

Poor blood circulation in legs and feet is a condition that may cause damage to the tissues in these parts, causing utter discomfort and a wide array of other symptoms. Though the condition is usually seen in elderly, it may develop in young people too. Apart from the increasing age, there are various factors that play a key role in causing this problem. They include genetics, lifestyle factors, medical conditions, etc.

One of the most common causes of poor circulation in feet is peripheral vascular disease, which is oth-

Please see "Circulation," page 65



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Kyphoplasty

Treatment For Spinal Compression Fractures

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

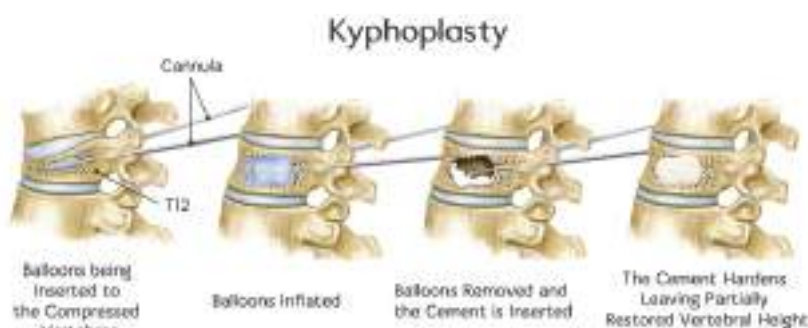
In the United States this year, 700,000 people and one out of every four post-menopausal women will suffer from a painful bone injury called a vertebral compression fracture. This common type of bone injury results in the collapse of a vertebra, a type of bone that makes up the spine. Although there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

Bone density in both women and men starts to decrease after age forty, but the loss of density greatly accelerates after women enter menopause and can progress to osteoporosis, a disease characterized by very low

bone density. Although most compression fractures occur in patients with osteoporosis, one-third of vertebral compression fractures occur in patients without osteoporosis.

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

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



Netsere Tesfayohannes

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

If an acute compression fracture is present on an MRI, a patient should be referred to a pain management physician or another physician who performs kyphoplasty. This procedure can often be performed in a doctor's office, preventing the need for an overnight stay in a hospital. On the day of the procedure, the patient is given a medicine to relax and then is asked to lie on their belly. An x-ray machine is then used to locate the fractured bone and a narrow tube is placed into it through a very small opening in the skin. A small balloon is inflated within the bone to create a small space and the fracture is then filled with bone cement. The entire procedure can take as little as 45 minutes. Many patients feel immediate pain relief and are able to return to their daily lives the day after the procedure. However, some patients may take a week or longer to feel better.

Kyphoplasty most successfully reduces a patient's pain within two weeks following a fracture. Unfortunately, if the window of opportunity is passed, the pain can become more challenging to treat and further complications can occur.

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



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ALL-ON-FOUR

FROM PAGE 14

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 you're 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.

SHOVELING

FROM PAGE 25

- smoking.
- If you have a history of heart trouble make sure that you have your doctor's permission before shoveling.
- Warm up before you shovel and stretch when you are done.
- Pace yourself! Don't work to the point of exhaustion. If you run out of breath take a break and if you feel tightness in your chest stop

- immediately.
- Dress warmly. The extremities such as the nose, ears, hands and feet need extra attention.

If you or anyone you know is experiencing or experiences back or neck pain this winter make sure you visit your chiropractor for an evaluation and treatment. Have a safe and healthy winter!

HERNIA

FROM PAGE 25

Many hernias are noticeable but do not cause any problems. Those hernias are said to be asymptomatic. Other hernias, however, may cause problems such as pain, progressive increase in size, or limitation of daily activities. In severe cases, the hernia is incarcerated containing trapped intestines in the bulge causing intense pain and/or vomiting. This is considered an emergency.

Many asymptomatic hernias can be observed. If the hernia is small and there are no major symptoms then it is often reasonable to simply observe. For large and symptomatic

hernias, patients benefit from surgical repair to eliminate the associated pain and to restore normal functioning as it relates to daily activities. Surgical repair will also reduce the risk of an emergency situation.

In emergency situations, where there is trapped tissue with associated intestinal obstruction or risk for loss of blood supply, surgical treatment is mandatory.

Management decisions for hernias are influenced by factors such as the location, size, symptoms of the hernia and medical condition of the individual.

PERMANENT CURE

FROM PAGE 24

ished with MIS due to the small incision, less exposure time, and lessor amount of soft tissue dissection and trauma to the structures. With some procedures, patients are often able to return to sedentary jobs in 23 days.

Etiology: The most common cause of bunion deformities is believed to be a combination of hereditary tendencies and biomechanical imbalances. For example, excessive pronation, commonly referred to as flat-feet, places excessive stress on the inside of the big toe during toe-off forcing it into a valgus direction toward the smaller toes. As the bunion develops, the head of the metatarsal bone enlarges, becomes more prominent, and is irritated

by the shoe. This can be demonstrated with the hand by holding the palm flat against a table and slowly bending the hand and watching the knuckles become more prominent.

Treatment: The first choice in the treatment of bunion deformities is to discover them early in life so a conservative, mechanical approach may be used. This may include orthotics or a minimally invasive flatfoot correction. However, once the great toe is deviated and the metatarsal bone becomes prominent enough to be symptomatic in shoes, the only permanent cure is surgical correction, which in the majority of the cases can be done through the minimally invasive technique.

SECRET WEAPON

FROM PAGE 16

may come to mind. Thanks to developments in the field of cosmetic dentistry, people can change the smile they were born with into a smile they love.

What Dental Procedures Could Help My Smile?

Dentists are able to perform a variety of cosmetic procedures to improve patients' smiles. These procedures range from subtle changes to major repairs, fixing flaws such as discolored, chipped, misshapen or missing teeth.

Cosmetic procedures include bleaching, bonding, veneers, reshaping and contouring. Bleaching is a

common and popular procedure that is used to whiten teeth and can be performed by a dentist in the office or under supervision at home. Dentists can also use a variety of methods to correct misshapen or crooked teeth. Veneers are thin shells of porcelain or plastic that are cemented over the front of teeth, and bonding is the use of tooth-colored material to fill in gaps or change the color of teeth. Tooth reshaping or contouring are used to alter the length, shape or position of teeth and are ideal for patients with normally healthy teeth seeking subtle changes in their smile.

INTEGRATIVE

FROM PAGE 10

not a profit to be made is often not very compelling to those with the resources to do these studies. One example is the long held belief that treating diverticulosis requires a diet without seeds or nuts has been debunked.

Maybe one day every possible treatment option will have been adequately studied but what is one to do now?

First of all is communication. Physicians are trained in many subjects but often listening and communicating are lacking. A legendary physician named William Osler said, "Listen to the patient, he is telling you the diagnosis." Doing so not only comforts the patient, and creates trust, but also may go a long way to avoid unnecessary tests and treatments.

The system doctors function in often does not give them the time to listen to what their patient is actually saying. They don't have the time to listen and instead are trying to figure out which box to put a patient in so they can come up with a plan and

move on to the next patient.

It is critical to know what types of treatment a patient is willing to pursue. Often a patient knows intuitively what will or will not work for them. And if they really do not want to pursue a treatment option but do so anyway, there is a higher chance it will not work, like a reverse placebo effect (the nocebo effect).

Finally, taking from the best of all approaches is critical to good health.

Give the body what it needs in terms of nutrition, vitamins, exercise and rest. When necessary, intervene for as short of time as possible with prescriptions and surgery. Look for healing herbs that can help. Supplement with low doses of safe hormones when a deficiency causes a problem.

And make sure you find a doctor who listens carefully to your history and for the interrelationship between symptoms...often (though not always) there is one root cause that has given rise to a multitude of symptoms, each of which must be addressed.

HEEL PAIN

FROM PAGE 27

until the procedure is complete. After localizing the inflamed area, the affected heel receives several thousand shockwaves during the approximately 20 minute outpatient procedure.

The recovery time is very short, and after a recuperative period, usually 24-48 hours, you should be able to return to normal daily activities. You may begin to feel relief immediately, or it could take from three to six months to improve.

Are There Any Side Effects?

ALLERGY RELIEF

FROM PAGE 46

riety of symptoms simultaneously, these traditional herbal remedies can target the specific symptoms exhibited by an individual allergy sufferer. Chinese herbs are very safe and easy to take. The capsules are often the size of a small vitamin and are taken two to three times a day. Chinese herbs can only be prescribed by a licensed acupuncturist with training in Chinese herbal formulas.

Often overlooked, dietary restrictions can be very helpful in reducing or eliminating seasonal allergy symptoms. Removing dairy,

Compared to invasive or endoscopic surgery, ESWT has fewer side effects and a much shorter recovery time. The most common side effects include temporary pain (bruising and soreness), swelling and petechiae (broken blood vessels that are generally of no concern). These possible occurrences, however, usually clear within a few days. Moreover, the risks associated with surgical incisions and general anesthesia are eliminated.

sugar and white flour from the diet can decrease the amount of inflammation and congestion in the body. Many people struggle to eliminate inflammatory foods from their diet but the rewards are great if you can make these changes. In addition to relieving the allergy symptoms removing these foods can also help reduce joint pain.

Finally, make sure you drink ample amounts of water each day, exercise, eat healthy and get a good night's sleep so that your immune system is in peak condition during allergy season and beyond.

WHITENING

FROM PAGE 46

and quickest. The dentist can use equipment and materials that can't be used at home. The dentist can monitor the results and treat accordingly until the desired outcome is achieved.

Take-home tray systems are less expensive than the one-hour in-office whitening treatment, but they require wearing fitted plastic trays filled with whitening gel for 30-60 minutes a day for 2-3 weeks. Results will vary according to the time the trays are worn daily and to the concentration of the whitening gel. Tray systems (especially the professionally provided ones) can be very effective with excel-

lent results in a reasonable amount of time. Beware of self-fitted OTC tray systems that can leak the bleaching gel into your mouth.

One advantage of a tray system is that several months down the road you can do a touch-up treatment as the whitening fades. No whitening is permanent, but some types last longer than others (1-3 years). Usually, only a minor touch-up tray treatment is necessary to get back to prior whiteness.

Whitening choices make a brighter, whiter smile available to almost everyone. See your family dentist to determine what system is best for you.

MENTAL ILLNESS

FROM PAGE 52

The medical field and those diagnosed with a serious mental illness are learning much these days about what and why these illnesses occur. As the answers unfold, there will be more opportunity to overcome symptoms and prevent the diseases.

Persons when first diagnosed with a mental illness frequently experience the same emotions as many in society—fear, avoidance, denial. However, knowledge is power. Learning about the illness,

what occurs and how others have dealt with schizophrenia and other affective disorders shifts control and extinguishes fear.

None of us need avoid mental illness, we need to learn what it means, how to recognize the illness, and how to seek help when necessary. Very few of us will be untouched by someone having emotional problems, perhaps a serious one. All of us need to know where to find help, and assist each other.

ORTHODONTIC

FROM PAGE 52

volve all of the teeth but can focus on individual problems such as crossbites or habits and can be for adults, adolescents and children. An orthodontist would diagnose whether you are a candidate for limited treatment involving your upper or lower teeth. Many times a simple appliance would serve to correct these problems.

Early or phase one interceptive treatment can address problems before they become more difficult and cause irreversible damage to your teeth and jaws and self-esteem. Treatment usually involves appliances as well as braces on the permanent teeth that are present.

Comprehensive orthodontic treatment addresses the needs of individuals whom require treatment related to more difficult or multiple problems and involve both the top and bottom

teeth. Today, treatment can involve patients that have periodontal disease and also prepare for replacing missing teeth. Treatment usually lasts over a longer period of time and utilize appliances, braces and additional treatment aids. Some people require jaw surgery in order to properly function such as chewing food, talking, breathing and sleeping correctly.

The benefits of orthodontic treatment or braces today is not just about esthetics although esthetics and how we look and feel play a major role in living a healthy and happy lifestyle whether you are young or not so young. Having great self-esteem at any age can improve overall health and ultimately, your lifestyle. Having confidence about your smile and abilities can help you be all that you can be.

NASAL ALLERGIES

FROM PAGE 54

How Can I Control My Symptoms?

Seasonal and perennial nasal allergies can be treated effectively using medications. Many are available without a prescription. Talk to your doctor or pharmacist to determine which one of these is best for you.

Antihistamines:

- Oral medications (taken by mouth)
- Nasal sprays

How it might help: Reduces itching, sneezing, eye irritation, and runny nose.

What to keep in mind:

- Not effective for nasal congestion.
- May cause drowsiness.
- Antihistamine nasal sprays may leave a bad taste in the mouth.

Decongestants:

- Oral medications (taken by mouth)
- Nasal sprays

How it might help: Reduces nasal congestion.

What to keep in mind:

- Can cause difficulty sleeping, loss of

appetite, or excessive nervousness.

- Decongestant nasal sprays may temporarily reduce nasal congestion but can cause even more severe congestion if used for more than 3-5 days or more often than recommended.

Cromolyn Sodium Nasal Spray:

How it might help: Effective in some people for controlling symptoms of nasal allergies.

What to keep in mind:

- Works only if used before nasal symptoms appear.
- Won't work during an active allergy attack

Corticosteroid Nasal Spray:

How it might help:

- Highly effective treatment of nasal allergies.
- Used as the primary preventive treatment for patients with moderate to severe allergies.

What to keep in mind:

- May cause nasal dryness.
- As an oral medication, can be taken over the short term (3-7 days) for treatment of severe symptoms.

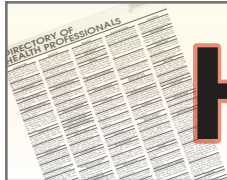
FASCIA

FROM PAGE 27

stability, allowing the body to use its pathways to heal itself.

That's a lot of technical information, so here's an easier way to think about it – compare fascial restrictions to hair. When you don't comb your hair, it gets knotted up easily, and the more knotted it gets, the drier it gets and the more easily it knots. Trying to untangle the knots with a fine tooth-comb will only tear the fibers more. We want to use a soft brush, gently

unwind the tangles. "Conditioners" can be rest, decreasing stress, good nutrition, frequent short bouts of exercise, moving the body in motions the opposite of what you spend your day doing (lengthening out arms, hands, back instead of facing phone or computer for example). Learning about how to sense and unwind your fascial fabric is one of the most important selfcare things you can do, for your health and longevity.



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SENSITIVITY

FROM PAGE 48

symptoms usually predominate.

A common intolerance is lactose intolerance: difficulty digesting milk sugar resulting in symptoms like abdominal cramps and diarrhea. Insufficient lactase, an enzyme needed to digest lactose, is involved. Some people do not produce enough lactase. Pasteurization of milk destroys lactase and changes milk sugar into another form.

Some intolerances are due to food additives rather than a food. Common culprits are sulfites (inducing asthma in some people), MSG, aspartame, other artificial sweeteners, preservatives, yellow dye no. 5, artificial colors, and artificial flavors. Reactions always arise from individual susceptibilities.

While an allergic reaction is triggered by small amounts of a particular food, a food intolerance may occur only with a large amount

of frequent consumption. Symptoms can be chronic or delayed by hours or a couple of days.

Addiction to “offending” foods is common as they sometimes relieve symptoms for a while.

Far more people have food intolerances than true allergies. Most allergies involve shellfish, peanuts, tree nuts, fish, milk, eggs, wheat, or soybeans, but intolerances can involve any food.

Do You Think You Have a True Allergy?

A study from Bastyr University has shown that a single person’s blood sent to a number of laboratories for food allergy testing had very different results depending on the lab the blood was sent to. Unfortunately, this kind of testing can be inaccurate. Nutritional Response Testing® can be used to analyze the body to determine the underlying causes of ill or non-optimum health.

ACUPUNCTURE

FROM PAGE 58

has made it easier for people to access acupuncture treatment, regardless of where they live.

4. Cost-effectiveness: Acupuncture is often considered a cost-effective form of treatment, especially when compared to more invasive procedures such as surgery or medication. This is a major factor for many people, who are looking for an affordable way to manage their pain.

5. Decreased stigma: The stigma surrounding acupuncture and other alternative forms of treatment has decreased

over the years, making it easier for people to openly seek and receive acupuncture treatment for pain management.

The popularity of acupuncture for pain management is due to a combination of growing evidence of its effectiveness, increased availability, cost-effectiveness, and decreased stigma surrounding alternative forms of treatment. If you are considering acupuncture for pain management, it is important to consult with a qualified healthcare professional to determine if it is a suitable treatment option for you.

HEALTHY EATING

FROM PAGE 50

Healthy Eating Tips For Families On The Go

School Lunches For Your Kids. Pack lunches with whole grains, fruits, lean, all natural meats and healthy snacks, such as nuts and dried fruits.

Healthy Breakfasts – Quick and Easy. Get rid of the sugar-filled neon-colored “breakfast” cereals. There are dozens of great-tasting, all-natural, organic cereals. Also, try a breakfast smoothie. MyPlate.gov

Healthy Snacks In the Car. Have non-perishable healthy snacks in your car for when your little one is hungry on the road. Dried fruits, nuts and healthy individually-packaged snacks are a good option.

Freeze Your Meals. If you take the time to make a healthy, home-made meal, they are safe to be placed

in a vacuum-sealed container and put in the freezer, they can often keep for several weeks.

Make Time For Sit-Down Meals. Try to have at least three (preferably four) family sit-down meals a week. It helps strengthen the family bond. There is nothing that brings people together like food! It also helps show children the importance of taking time to be with people they love.

Fiber. Not an essential nutrient, performs several vital functions: Natural laxative and may lower cholesterol concentration in the blood. A high-fiber intake also supplied greater amounts of vitamins A, B6, B12, C, niacin, thiamin, riboflavin and folate, as well as the minerals magnesium, iron, zinc, calcium and phosphorus.

COLON CANCER

FROM PAGE 26

further study.

It is important to note that only 39.4% of CRC cases are diagnosed at the local stage. About one-third of adults aged 50 or older (about 22 million people) have not been screened as recommended.

HRT is safe for almost all women according to the latest medical research and does not increase all-cause mortality. Talk to your doctor or a hormone specialist about the benefit/risk value of hormone replacement therapy today!

PHOTOTHERAPY

FROM PAGE 22

non-pharmaceutical application to open energy flow. The patented technology by placing a wafer-thin patch on clean, dry skin is adaptogenic in nature, knowing how to regulate and normalize the body’s systems. David Schmidt the inventor, with over 130 patents was asked by the United States Navy Seals to create a safe, chemical free alternative to coffee or stimulants to keep the mini-sub sailors awake. Hence, the Energy Enhancer patch was created and utilized with great success! He did not stop there, but continued with Silent Night for sleep, Aeon for inflammation and stress, along with x49 for bone and heart support among others.

The Stanford University swim team has set records, and professional athletes have been using LifeWave patches for years, like David Beckham when playing. Current NFL athletes, and former injured ones like James Brown and Dick Butkus are feeling the benefits from certain patches like Ice Wave for pain. And we can’t forget horses, who show reduced inflammation via thermal infrared, as rodeo and thoroughbred trainers with AcuLife patch witness immediate benefits to their horse’s muscular pain. All without a vet’s prescription, allowing light to open the horse’s meridians, for proper energy flow. Let there be light!

CIRCULATION

FROM PAGE 58

ing cause as well as the severity of the condition:

- Fatigue, tiredness, or pain in your legs, thighs, or buttocks that always happens when you walk but goes away when you rest
- Foot or toe pain at rest that often disturbs your sleep.
- Skin wounds or ulcers on your feet or toes that are slow to heal (or that do not heal for 8-12 weeks)

However, many individuals with poor circulation do not experience typical leg symptoms such as cramping, pain, or fatigue known as claudication.

Apart from pain and cramps,

some of the affected people may develop swelling of the feet. They may also experience frequent cold feet, which are considered a symbol of low blood circulation (in feet). Cold feet are more commonly experienced at night before sleep, after having certain foods or during periods of immobility.

Some may experience severe and sudden leg pain due to formation of a blood clot, which may stop or slow down the blood flow all of a sudden. This is caused by deep vein thrombosis, a condition wherein, a blood clot forms in the deep veins of the legs.

SPERM COUNTS

FROM PAGE 56

high BMI has been associated with reduced sperm quality. Use of illicit drugs as well as psychological stress further compound the abnormal parameters noted in some patients. The negative impact can be overcome by behavior modification.

Systemic Illness

Influenza may affect sperm quality and integrity of sperm DNA. Febrile episodes from a systemic illness may also reduce sperm concentration, morphology, and motility. Patients who have systemic lupus can have abnormal sperm development mainly

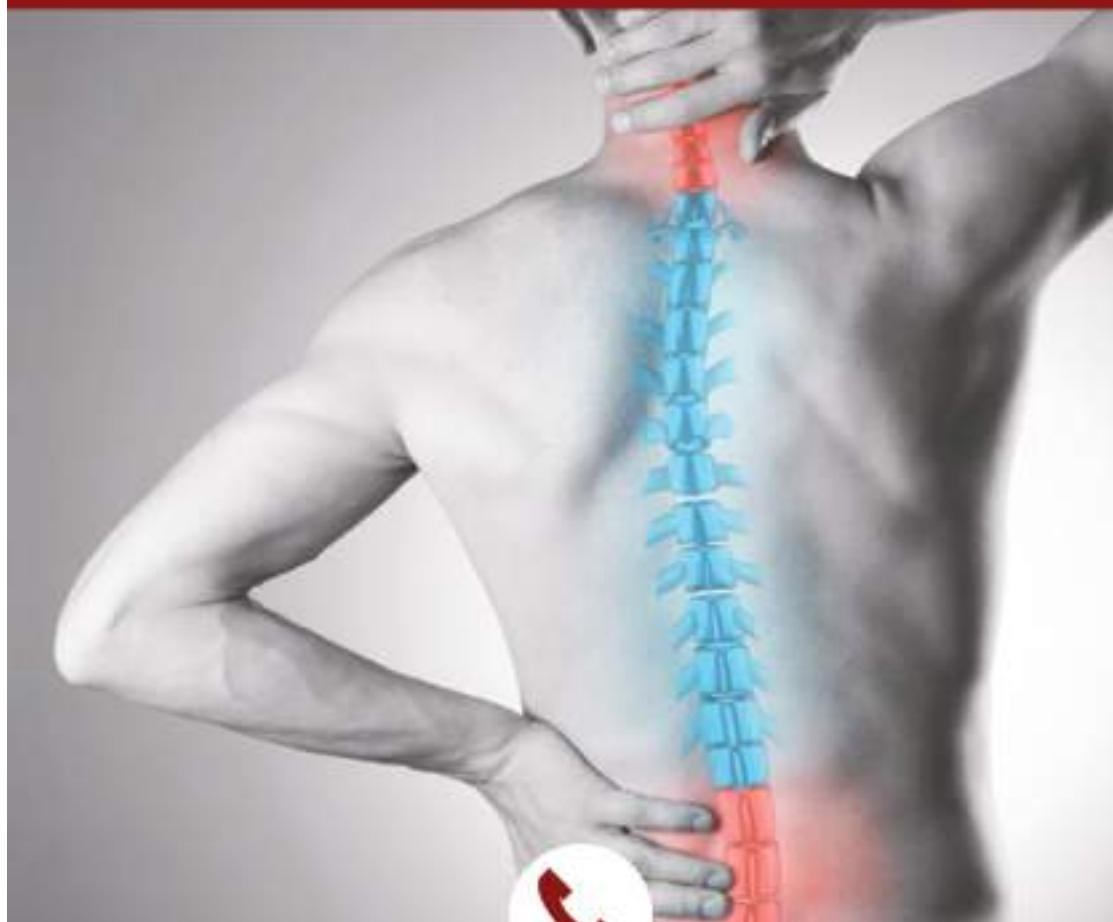
due to the presence of anti-sperm antibodies.

Genetic Disorders

Genetic causes of abnormal sperm count include Klinefelter’s syndrome. The presence of the cystic fibrosis gene mutation is also associated with abnormal semen parameters. Y chromosome microdeletion can result in azoospermia or lack of sperm.

Other causes include Noonan syndrome. Noonan syndrome presents with congenital problems and or kidney problems. Common findings include undescended testes.

Treat Pain with Non-Surgical Procedures



In Pain?

Do you suffer from any of the following?

- ☐ Spinal Stenosis
- ☐ Degenerative Disc
- ☐ Myofascial Pain
- ☐ Herniated Disc
- ☐ Joint (Hip, Shoulder) Pain
- ☐ Auto or Work Injuries
- ☐ Radiculopathy
- ☐ Knee (Genicular) Pain
- ☐ Post Herpetic Pain
- ☐ Pelvic Pain
- ☐ Abdominal Pain
- ☐ Cervicogenic Headaches
- ☐ Osteoarthritis
- ☐ Spinal Cord Injuries
- ☐ Cancer Pain
- ☐ Failed Back Surgery
- ☐ Neuropathic Pain



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Dr. Hema Sundaram, MA, MD, FAAD

Your skin is the largest organ in your body and, together with your hair and nails, the mirror of everything that's happening internally. After over twenty years as a fellowship-trained, Board Certified dermatologist and as a cosmetic surgeon, I am completely convinced of the positive effects of integrating medical and cosmetic treatments to balance how you look with how you feel. When that balance is missing or has been lost with age, how we look doesn't represent who we really are inside. Others may assume that an older, stressed or worried appearance means a lack of ideas, energy and creativity. This impacts us both personally and professionally. The greatest joy of my profession is restoring the inner-outer balance for the women and men who consult me. They find it an exhilarating experience to look in the mirror, and love the reflection that's looking back.

My team and I offer you breakthrough technology, advanced science and true artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert treatment of skin, hair and nail conditions and state-of-the-art techniques including lasers, fillers, Botox, fat grafting, platelet-rich plasma (PRP), chemical peels, liposuction and body contouring and vaginal rejuvenation.

My mission in my North American and global research is to elucidate the scientific basis of new and emerging technologies, and how this science can be applied to achieve the best and safest procedural outcomes. As a Principal Investigator for studies of new technologies, a national and international teacher of dermatologists and plastic surgeons, and one of a handful of experts serving as an advisor and director of advanced medical education programs, I'm confident that you will achieve the best possible results when you entrust your face and body to our hands. As a daily practitioner of yoga, I understand the value of a holistic approach.

Above all, my team and I promise to give you straight answers. We'll steer you through the hype and jargon, and help you restore the inner-outer balance that empowers us in every aspect of our lives.

Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global Aesthetics Consensus Group for Procedural Safety.
- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
- Author of "Face Value: The Truth About Beauty and a Guilt-Free Guide To Finding It" - selected for the National Press Club Authors' Night.
- Quoted as an expert in leading publications including The New York Times, USA Today, Prevention, Good Housekeeping, Allure, Marie Claire, Essence, Cosmopolitan, Self and Woman's World.
- Medical Advisor to Fitness magazine and for tv and radio shows.
- Charities supported include Skin Cancer Foundation, Breast Cancer Awareness and The Leukemia & Lymphoma Society.



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