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# New Technology



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## Revolutionizing Whiplash Diagnosis

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

Submitted by  
Washington Open MRI

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

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

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

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

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

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

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

But here's the problem: many

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

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

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



# A Kidney Transplant

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Paul Smith was facing kidney failure and years of dialysis to keep him alive, unless he could undergo a kidney transplant. When his friend and fellow football coach, Jafau Delane, found out he was a match, he had no hesitation about being Smith's donor.

"I just wanted Paul to have a good quality life," Delane says.

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# Here's How Eyeglasses Work



By Graham Corby  
Certified Optician  
Annapolis Opticians

Clear and precise vision is a gift that many people enjoy, thanks to eyeglasses. These marvels of optical engineering have been improving people's lives for centuries. In this article, we'll take a closer look at how eyeglasses work to correct various vision problems and enhance optical health.

## The Basics Of Eyeglasses

Eyeglasses are optical devices designed to correct vision problems caused by refractive errors, such as

nearsightedness (myopia), farsightedness (hyperopia), and astigmatism. They consist of two main components: lenses and frames.

**Lenses:** Lenses are the heart of eyeglasses. They come in various types, including convex (for farsightedness), concave (for nearsightedness), and cylindrical (for astigmatism) lenses. These lenses work by bending and focusing light rays so that they converge at a specific point on the retina, providing a clear image. Convex lenses are thicker at the center, while concave lenses are thinner at the center, allowing them to achieve this bending of light.

**Frames:** Frames hold the lenses in place and are available in various styles, materials, and shapes. Choosing the right frame is essential for comfort and aesthetics. Frames also allow for the proper positioning of lenses in front of the eyes to ensure effective vision correction.

## How Eyeglasses Correct Vision

Eyeglasses work by altering the

*Please see "Eyeglasses," page 61*



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**SERVING MARYLAND & VIRGINIA Since 1990**

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

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

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

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

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

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

*G. Scott Hunter, Editor-in-Chief*

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

**MARYLAND & WASHINGTON, DC OFFICE**  
One Town Center  
4201 Northview Drive, Suite 102  
Bowie, MD 20716  
Office (301) 805-6805 • Fax (301) 805-6808  
[info@yourhealthmagazine.net](mailto:info@yourhealthmagazine.net)

**VIRGINIA OFFICE**  
Office (703) 288-3130  
[production@yourhealthmagazine.net](mailto:production@yourhealthmagazine.net)

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**EDITOR-IN-CHIEF**  
Gregory Scott Hunter

**MANAGING EDITOR**  
Heather L. Mahoney

**SALES & MARKETING CONSULTANT**  
Mili Parra

**PRODUCTION & DESIGN ADMIN ASSISTANT**  
Alison Doner – MD





# New Techniques For Healthy Lips, Jawline and Neck

By Hema Sundaram, MA, MD, FAAD  
Sundaram Dermatology

For the past year, our focus has shifted back from only what was above the mask to our whole faces again. Now it's time to think again about our lips, jawline and neck!

Lip enhancement has become notorious due to media images of celebrities with grossly enlarged "trout pouts." However, when lips are rejuvenated properly, the results are subtle, stunningly beautiful, and can harmonize your whole face. This approach gives you lips that fit your face, rather than duck lips.

The key is to see an expert dermatologist or plastic surgeon who knows how to restore youthful lip shape and contours – and, equally importantly, can rejuvenate the skin around your mouth with the newest nonsurgical options. New procedures can give you superb, natural-looking results, soften lip wrinkles, and make you look more relaxed and healthy.

As we age, our lips lose volume and become thinner. Volume loss from the skin around our lips flattens the Cupid's bow, turns the lips inwards, and causes pucker lines. These can be worsened by smoking, habitual waxing of hair from around the lips, and even by frequent gum-chewing or sipping drinks through a straw. Overactive muscles turn the corners of your mouth downward, creating the appearance of frowning even when happy.

Scars around the mouth due to acne or other skin problems become more noticeable as the skin ages and loses elasticity. We may also notice increased

growth of coarse hairs on the upper lip and chin due to hormonal shifts. Adult acne can also worsen, especially after wearing a mask, causing deep, tender cysts around the mouth and chin.

## What Can Be Done To Address These Concerns?

A new technique of lip rejuvenation, based on expert knowledge of facial anatomy, is to gently inject innovative, softer fillers like Volbella, Belotero or Restylane Silk, in combination with firmer fillers like Voluma, Restylane or Juvederm to support the chin and lower face. These fillers are all pure biosynthetic forms of the hyaluronic acid that's naturally present in the skin and gets lost with age. It's critical to use expert techniques, to restore lip volume and shape, precisely turn out the lip borders, and re-define the Cupid's bow. This prevents lipstick bleeding and gives beautiful results.

With the right techniques, there is usually little or no swelling, regular activities can be resumed immediately, and the results look completely natural. Injection of fillers with French cannulas instead of sharp needles is an advanced technique that can eliminate or minimize bruising.

Tiny amounts of muscle re-balancers (neuromodulators) like Botox, Dysport, Jeuveau, Xeomin or Daxxify can be injected virtually painlessly just beneath the skin to relax overactive muscles that pucker the skin around the mouth and turn the corners down. This highly skilled technique should only be performed by a very experienced dermatologist or plastic surgeon. It can dramatically improve appearance and help prevent lines and wrinkles from deepening.

## What About the Neck and Jawline?

To get your jawline and neck in shape for spring and summer, one important laser is Ultherapy, which

non-surgically lifts and re-contours the jawline and neck, cheeks, and brows in just one session with no down time. Ultherapy can also lift buttocks, knees, arms, chest skin and other sagging areas. The Exilis Ultra is a revolutionary laser that combines ultrasound with radiofrequency to remove fat and tighten skin at the same time in areas such as the jawline, arms, abdomen, waistline, buttocks, thighs and other areas. Exilis Ultra is painless and has no recovery time. It can be combined with laser resurfacing to improve wrinkles, discolorations and scars and tighten the skin, all with little or no down time. Exilis Ultra can also improve cellulite and stretch marks. Fraxel, CO2RE or eMatrix subablative fractional laser resurfacing, Vitalize and Rejuvenize chemical peels and the ViPeel remove sun spots and stimulate your skin to produce new collagen, fading wrinkles and scars and leaving your skin smoother, tighter and more radiant.

The newest treatment for acne, scarring and fine lines is to combine sessions of Dermasweep-MD, a medical-strength, aluminum-free skin exfoliation and hydration, with acne laser therapy.

Dermasweep polishes your skin with different levels of medical exfoliation and infuses it with natural fruit acids, while laser therapy kills the bacteria that cause acne, giving you a longer-term solution.

The Gentle YAG (GentleMax Pro) hair laser is the most advanced and powerful method for rapid and painless removal of unwanted hair. It is safe and for skin of all types, from the very fairest to the very darkest. At the same time, it can also tighten skin and give a beautiful skin glow.

## How To Get the Best and Most Natural Looking Results

For best results, trust your face and body to a board-certified dermatologist or plastic surgeon who is an expert in the latest techniques and understands how to combine and customize them to make you look and feel your best for summer.

Dermatologists, plastic, oculo-plastic and facial plastic surgeons are the only specialists recognized by the American Board of Medical Specialties as having achieved the appropriate level of training and qualifications to be performing cosmetic procedures.

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# Sparkling Smiles Start Early

## *A Guide To Pediatric Dental Health For Gorgeous Grins*

By Elizabeth Shin, DDS  
Bethesda Chevy Chase  
Pediatric Dentistry

A radiant smile not only lights up a room but is also a testament to good oral health. As parents, ensuring your child's dental well-being begins early in life, setting the foundation for a lifetime of sparkling smiles. This guide to pediatric dental health aims to provide valuable insights into culti-

vating healthy habits and maintaining gorgeous grins in the little ones.

### Importance Of Early Dental Care

The journey towards a beautiful smile starts with the eruption of a baby's first tooth, usually around six months of age. Early dental care is crucial for preventing dental issues, promoting proper jaw development, and instilling oral hygiene habits. Neglecting baby teeth can lead to more

severe problems in the future, affecting adult teeth and overall health.

### Establishing a Dental Routine

**1. Teething Care:** When those tiny teeth begin to emerge, provide relief with a clean, cool teething ring. Gently rubbing the baby's gums with a clean finger can also alleviate discomfort.

**2. Brushing Basics:** As soon as the first tooth appears, start brushing



with a soft-bristled infant toothbrush and a smear of fluoride toothpaste. Teach your child to spit out the excess toothpaste but avoid rinsing, as it enhances the fluoride's effectiveness.

### 3. Regular Dental Check-ups:

Schedule your child's first dental appointment by their first birthday or as soon as their first tooth erupts. Regular check-ups allow the dentist to monitor development, provide preventive care, and address concerns promptly.

### Healthy Eating For Healthy Teeth

**1. Nutrient-Rich Diet:** Encourage a balanced diet rich in calcium, phosphorus, and vitamin D for strong teeth and bones. Limit sugary snacks and drinks, opting for water and nutritious options instead.

**2. Avoid Sippy Cup Dependence:** Discourage prolonged use of sippy cups filled with sugary beverages. Sipping throughout the day exposes teeth to continuous acid attacks, increasing the risk of cavities.

### Creating a Positive Dental Experience

**1. Lead by Example:** Children often learn by observing. Brush your teeth together, turning it into a fun and positive bonding experience.

**2. Use Child-Friendly Products:** Choose toothbrushes and toothpaste with appealing colors and characters to make dental care engaging for your little one.

### Addressing Concerns

**1. Thumb-Sucking and Pacifier Use:** While common in infancy, prolonged thumb-sucking or pacifier use can impact dental development. Encourage cessation by age three to prevent potential issues.

### 2. Orthodontic Assessments:

If concerns arise about the alignment of your child's teeth, consult with an orthodontist for early assessments and interventions if needed.

By prioritizing pediatric dental health, parents play a pivotal role in nurturing gorgeous grins and setting the stage for a lifetime of dental wellness. Early interventions, positive reinforcement, and regular dental check-ups will contribute to those sparkling smiles that light up every room.



We provide expert pediatric dentistry to help your child improve and maintain oral health and hygiene, repair and address problematic teeth, and treat teeth, tongue and gum issues that require immediate attention. Partner with our Pediatric Dentist in Bethesda and Chevy Chase to help your child achieve lifelong oral health.

Throughout life, good oral health has a very positive impact on your child's general health, self-confidence, and discipline. We believe early positive experiences with oral health and hygiene – at the dentist and at home – set the stage for a life filled with good health, love, and success.



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# The Connection Between Looking Good and Feeling Good

Submitted By  
MJ Luxe Medi Spa

In a world where self-expression and well-being take center stage, the correlation between looking good and feeling good is undeniable. Beyond the surface, individuals are increasingly recognizing the impact of aesthetic and cosmetic treatments on their overall confidence and mental well-being. This article delves into

the realm of services that contribute to this positive connection, emphasizing the potential benefits of various cosmetic treatments.

## Cosmetic Treatments

**B12 / Lipo B12 Injection:** Boosting energy levels and promoting overall wellness, B12 injections are a popular choice.

**IV Therapy:** With customizable options, IV therapy provides essen-

tial nutrients and hydration, addressing a range of health concerns.

**Botox and Xeomin Injections:** These injections help reduce the appearance of fine lines and wrinkles, contributing to a more youthful and refreshed look.

**Kybella Injection:** Targeting submental fat, Kybella injections aid in achieving a defined jawline and eliminating the appearance of a

double chin.

**Dermal Fillers:** Enhancing facial volume and contour, dermal fillers provide a non-surgical solution to achieve a youthful appearance.

**Laser Hair Removal:** Offering a long-term solution for smooth skin, laser hair removal addresses unwanted hair growth.

**Micro Needling:** Stimulating collagen production, micro-needling improves skin texture and reduces the appearance of scars and fine lines.

**IPL Photo Facial:** Targeting skin discoloration and sun damage, IPL photo facials promote an even skin tone.

**SmoothGlo:** Combining various treatments, SmoothGlo enhances skin radiance and texture.

**Ultherapy:** Non-invasive and lifting, Ultherapy tightens and firms the skin for a more youthful look.

**Body Contouring:** Sculpting and toning the body, body contouring treatments contribute to improved body confidence.

**Chemical Peels:** Addressing skin imperfections, chemical peels promote a smoother and rejuvenated complexion.

**Teeth Whitening:** Enhancing the brightness of the smile, teeth whitening services contribute to an overall polished appearance.

**Emsculpt:** Building muscle and toning, Emsculpt treatments offer a non-invasive approach to body sculpting.

## Aesthetics

Apart from cosmetic treatments, aesthetics services play a crucial role in enhancing one's appearance and boosting confidence. Waxing, sugaring, facials, and additional services provide individuals with personalized options to cater to their unique needs.

As the understanding of the mind-body connection deepens, the significance of looking good to feel good becomes increasingly evident. Aesthetic and cosmetic services offer a diverse range of options, empowering individuals to tailor their self-care journeys to align with their unique preferences and goals. Ultimately, investing in one's appearance can contribute not only to physical well-being but also to a positive mindset and increased confidence.

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IV Therapy  
Botox/Xeomin/Kybella Injections  
Dermal Fillers  
Laser Hair Removal  
Micro Needling  
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# Your Beautiful Smile Investment Is Protected by Complete Periodontal Health

By Karl A. Smith, DDS, MS

Hollywood stars know the power of a beautiful smile. Celebrities seem to have perfect teeth, but just like the rest of us, they've had a little help from their dentist.

If periodontal tooth and gum issues are not treated in advance of beautiful cosmetics, you may be wasting your time and money. Periodontics are the foundation of a healthy smile and can make the money you spend on beautiful teeth last many years longer.

Opened wide in a positive way, your smile can help make new friends, close a business deal, cheer up a broken heart and ensure that other people feel good about you. How you feel about your smile, directly relates to how much you actually use it.

Do you like your smile? If not, you may be missing out on a beautiful and healthy smile that will give you the self-confidence you deserve. And, it goes one step further, healthy teeth and gums are the foundation of a healthy body – as your oral health directly impacts your overall health.

Advanced dentistry and good periodontal (gum) care can help you achieve the ultimate show-stopping smile. Dental implants will give you back your smile with natural looking and fully functional teeth that best replace your own. Gum grafting can reduce a “gummy smile” to show more of your teeth and open up your beautiful smile.

Laser treatments that utilize less invasive procedures can control and eliminate periodontal disease to help save your natural teeth and gums. An experienced periodontist can provide you with countless options for improving your smile and keeping your gums and teeth healthy for life.

## Are You Missing Teeth?

The effect of a missing tooth is not only devastating to your smile, but it's detrimental to your long-term oral and medical health. It's not just about unsightly gaps; people missing teeth lose supportive gum tissue and the bone that surrounds other teeth, and eventually the supporting bone in the jaw begins to dissolve. Studies show that people with all of their teeth can live on average 10 years longer than people with missing teeth.

Having gaps where teeth are missing affects the way the jaw closes as the remaining teeth begin to tilt and drift into the gaps. Food can become trapped in these spaces, increasing the risk of decay and gum disease. The tilting and drifting can also cause problems for the opposing teeth as your bite becomes off-balanced and you may begin to experience jaw and joint problems.

Without the support of your teeth and facial bones, your face will begin

to look prematurely aged. Lost teeth affect what you eat and how you swallow and process food and how you speak and function on a daily basis.

The good news is that an experienced periodontist has the advanced training beyond their regular dental degree to prevent, diagnose and treat periodontal (gum) disease with the most advanced laser therapy to help keep your smile healthy and beautiful. A periodontist can also offer personalized solutions to replace your

missing teeth, repair your damaged gums, and prevent or rebuild bone that may have been lost.

Your teeth provide much more function than just the ability to chew. They are necessary for the health of the gum and jaw tissues as they provide a strong foundation for a truly beautiful smile. Take control of your preventative dental health. Make an appointment for a complete periodontal evaluation with an experienced periodontist today. You will be glad you did.



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Germantown, MD

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**Cutting-Edge Technology:** Total Dental Care stays at the forefront of dental technology, offering services such as digital intra-oral cameras, cone-beam CT scanners, and teeth-in-a-day. Our commitment to utilizing advanced techniques ensures effective and efficient treatments while minimizing complications.

**Sedation Options:** Understanding the anxiety some patients may feel, Total Dental Care offers laughing gas, oral sedation and IV general anesthesia options. Our goal is to create a comfortable and stress-free environment, catering to the individual needs of each patient. Whether you're undergoing a complex

*Please see "Healthy Smile," page 65*



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# Gorgeous IS Healthy

By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

Did you know that part of treating TMD cases involves making that person feel prettier or more handsome? Well, now you know – it most certainly DOES matter! We have all heard that if we look good, then we feel good. And vice versa as well. In the world of treating TMJ disorders, it is important to recognize the psy-

chological aspects of that treatment as well.

Consistently when a TMD patient enters the office their faces do not look good. The person simply does not look healthy at all. More often than not, there are circles under their eyes from lack of sleep due to the pain they are experiencing or in combination with OSA (Obstructive Sleep Apnea). They often are slouching over because this helps take the pressure off the slipped jaw joints discs – the articular discs.

Their eyes are not bright or widely open. Oftentimes these people are dressed in a very dreary fashion – dark or saggy clothing that matches how they feel. It is so obvious these people do not feel well.

So here it begins. After an initial examination and discussion of what is going on, most of the time an order for a TMJ MRI is written and a CBCT x-ray is taken. In many cases, an HST (home sleep test) and an order to perform a Vit D<sub>3</sub> analysis is also done.



Jeffrey L. Brown, DDS

With all these data points, it now becomes much easier to diagnose the person's condition and come up with a plan for treatment. Oftentimes, the list of problems is quite long, unfortunately. In almost all cases the person has a narrow airway that is making their breathing difficult, along with a distorted cervical spine, and most of the cranial bones are out of alignment, and to top it all off, the TMJ discs are displaced. Diagnosis: OUCH! Outcome: I feel lousy!

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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/repetitive thoughts, sleeplessness and more (all possibly associated with Tourettes). Drs. Stack and Brown installed spacers to alleviate pressure on nerve bundles in the jaw, and subsequently braces to complete the process. Her symptoms have diminished significantly. She is off medication, her tics have all but disappeared, she can concentrate better in school, and she is once again cheerful and relaxed."*  
- Susan



When a person begins treatment, in almost all cases they start to sleep a bit better because appliance therapy opens the vertical in their mouth which opens the airway and takes pressure off the slipped discs in the TM joints. Now the circles under their eyes start to go away because they are sleeping better. As the TMD appliances start to work, the pain in the joints start to abate and they now sleep even deeper with better restorative sleep.

When ALF appliances are the course of treatment, oftentimes dizziness reduces because the skull is lined up straighter and the eyes line up better as well. In so many cases, tinnitus reduces as the skull aligns and the pain reduces. It is a process, and it does take time, but with so many people the treatment is effective and worth every penny.

Back to being gorgeous. When you sleep better, you feel better. When there is less pain, you feel better. Less dizziness, less tinnitus, less headaches, etc. You feel better. And when you feel better you look better, you look healthier, you look gorgeous!



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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# Add Some Spring To Your Weight Loss Efforts

By Molly McKinney, FNP-BC  
New Day Vitality Hormone Center

If your New Year's resolution to lose weight hasn't been going as well as you'd hoped, don't give up yet! Did you know that sex hormones impact many weight-related processes? From metabolism and muscle mass to sleep patterns and food cravings, sex hormones are crucial pieces in the weight-loss puzzle.

If you're concerned about trying hormone replacement therapy (HRT), the latest medical research supports that HRT is safe for almost all women and does not increase all-cause mortality.

Now, here's how estrogen, progesterone and testosterone link to the battle of the bulge:

**Sex Hormones Impact Sleep.** Estrogen impacts the human thermostat and the resulting hot flashes

and night sweats can wreak havoc on sleep. Progesterone, a sleep-promoting hormone, also diminishes through menopause.

**Belly Fat Blooms.** Even without weight gain, middle-aged bodies start changing shape. For women, declining estrogen causes fat to be stored in the belly, not thighs and backsides. And belly fat is bad. It produces toxins that interfere with insulin metabolism. The resulting drastic ebb and flow of blood sugar impacts appetite and energy levels and is associated with Type 2 diabetes.

**Muscle Matters.** It's a physiological fact that muscle burns more calories than fat tissue does. This makes muscle mass a key factor in weight loss. But menopause messes with muscle – even if nutrition and exercise stay constant. Testosterone (yes, it's found in females) decreases

*Please see "Weight Loss," page 62*

## Aging Gracefully What You Can Do About It



By Alan Weiss, MD  
Annapolis Integrative Medicine

notorious for causing sleep disruption. Overuse of caffeine, cutting back time allotted for sleep, using medications and alcohol to get to sleep, and not diagnosing or even ignoring medical sleep disorders such as sleep apnea are all issues to consider and to discuss with a physician.

Next is diet. As we get older we become less able to manage sugar and easily digested simple carbohydrates, as well as other grains and some fruits. We tend to become somewhat insulin resistant, which creates a vicious circle of obesity causing more insulin resistance and inflammation, etc.

Many people who are overweight, inflamed or just don't feel well find that they really are just eating too many calories or simply the wrong kind. Educating yourself on the right way to eat can be both enlightening and life-changing. One way to gauge your body's metabolic activities is to have your doctor check your c-reactive protein level to measure inflammation, and consider having a glucose

*Please see "Aging," page 61*

While nothing beats having good genes, there are definitely steps you can take to avoid or slow down the ravages of time.

First and foremost is getting good restorative sleep. Over time we develop habits and patterns of sleep that may not promote health. Poor sleep quality negatively impacts our brain health, immune system and cardiovascular health and is a major risk factor for developing dementia. The onset of menopause and its male equivalent andropause are

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# Invisalign



By Judy Yu, DMD, MBA  
Dental FX

Invisalign clear aligners are designed to correct mild to moderate alignment issues, including:

- Overcrowded teeth
- Twisted teeth
- Overlapping teeth
- Bite issues

Additionally, these aligners are virtually invisible and do not detract from your smile. If you – like most of us – can't picture yourself in metal and wire braces, change the picture.

Imagine instead your teeth straightening over time, and most people not even aware that you're

undergoing orthodontics. With Invisalign, you live your best life during treatment, and after – it does not have to be one or the other.

## How Invisalign Works

The first part of the process calls for a friendly chat and exam with your Invisalign dentist, who will examine your teeth, take x-rays, and talk to you about your smile. Your dentist will want to know what you hope to achieve, and this exam and chat helps determine whether Invisalign is the best option for you.

If Invisalign is the right choice, impressions are taken of your smile, and the Invisalign lab uses these models to design your Invisalign clear aligners. Every couple of weeks, you change to a new aligner until you have exhausted the supply, and your new smile is ready for the world. You will be given an accurate estimate of how long you will need Invisalign therapy

Following therapy, you are supplied with a custom retainer to remind your teeth that "straight is their new normal."

## The Benefits Of Invisalign

Aside from straight teeth and

*Please see "Invisalign," page 61*

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- Extractions
- General Dentistry
- Invisalign
- Periodontal Treatment
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## Dos and Don'ts During Burn Injuries

By Vienna, Virginia Attorney Paul Samakow

Burn injuries can be excruciatingly painful and require immediate attention and proper care to prevent further damage and aid in healing. Whether it's a minor burn from touching a hot pan or a severe burn from a fire, knowing what to do and what not to do in the critical moments following the injury can make a significant difference in the outcome. In this guide, we'll outline the dos and don'ts during burn injuries to help you respond effectively in such emergencies.

### Dos:

- 1. Cool the Burn:** Immediately run cool (not cold) water over the burned area for at least 10-20 minutes. This helps to stop the burning process and provides relief from the pain.
- 2. Remove Constrictive Items:** If the burn occurs on an area with clothing or jewelry, remove these items as soon as possible. This prevents further injury if swelling occurs.
- 3. Cover with a Clean Cloth:** Once the burn is cooled, cover it with a sterile, non-adhesive bandage or clean cloth to protect it from dirt and germs. Avoid using cotton balls or any material that may stick to the wound.
- 4. Seek Medical Attention:** For severe burns, especially those affecting large areas of the body, seek medical attention immediately. Don't attempt to treat severe burns at home as they may require specialized care.
- 5. Take Over-the-Counter Pain Medication:** If the pain is unbearable, you can take over-the-counter pain medication like ibuprofen or acetaminophen to alleviate discomfort. Follow the recommended dosage instructions.
- 6. Keep the Burn Elevated:** If possible, elevate the burned area above the heart to reduce swelling and pain.
- 7. Watch for Signs of Infection:** Keep an eye on the burn for signs of infection such as increased pain, redness, swelling, warmth, or drainage. If you notice any of these symptoms, seek medical attention promptly.

### Don'ts:

- 1. Do Not Use Ice:** While it may seem intuitive to use ice to cool a burn, it can cause further damage to the skin. Ice can restrict blood flow and worsen the injury.
- 2. Avoid Popping Blisters:** Blisters that form because of a burn serve as a natural barrier to protect the skin underneath. Popping them increases the risk of infection and slows down the healing process.
- 3. Do Not Apply Butter or Ointments:** Contrary to popular belief, applying butter, oil, or ointments to a burn can trap heat and bacteria, leading to infection. Stick to cool water and sterile dressings for treatment.
- 4. Don't Break Burned Skin:** If the skin is intact, do not attempt to break it. Breaking the skin increases the risk of infection and delays healing.
- 5. Avoid Tight Bandages:** While it's important to cover the burn, avoid wrapping it too tightly as it can impair circulation and cause additional pain.
- 6. Do Not Remove Clothing Stuck to the Skin:** If clothing is stuck to the burned area, do not attempt to remove it. Cutting around the clothing is a safer option to prevent further damage to the skin. Let a medical professional remove the clothing.
- 7. Don't Delay Seeking Medical Help:** If the burn is severe or covers a large area of the body, do not delay seeking medical attention. Prompt medical treatment is crucial for preventing complications and promoting healing.

By following these dos and don'ts during burn injuries, you can effectively manage the situation and provide the necessary care until professional medical help arrives. Remember, quick and appropriate action can make a significant difference in the outcome of a burn injury, so stay informed and prepared to handle such emergencies.

Attorney Paul Samakow has a national practice representing burn injury survivors. If you or a loved one has suffered a burn injury, please call **1-833-MY-BURNS** and be sure to visit his website – [www.nationalburnattorney.com](http://www.nationalburnattorney.com) – for additional information and resources.

# The Concept Of Beauty In a Shifting World

Submitted by  
Me Time Healing

Beauty is a concept that has been constantly evolving throughout human history. In a constantly changing world, the concept of beauty has been subject to significant shifts over time. The shifting nature of beauty is reflected in the various ideals that have emerged in different cultures and eras.

With developing technology and social media, we tend to fit a beauty concept, which we may not even consider beautiful. What if trying to fit in does not make us feel good physically and mentally? The concept of beauty has traditionally been associated with physical attractiveness, symmetry, and harmony. However, in recent years as cultures and norms have evolved, so too has the definition of beauty. Today, beauty is often

viewed as something that is more inclusive and diverse, encompassing a wider range of physical features and attributes.

In some cultures women try to manage their lives around the concept of beauty, which could potentially create a lot of pressure on them. Avoiding certain foods, feeling guilty if they put on some weight and developing an unhealthy relationship with food.

To start building a good relationship with food we must understand the whole concept. A healthy relationship with food does not necessarily mean a healthy diet, or counting calories and the nutrients of the food. In most cases it is related to emotions, thoughts, perceptions and are most likely linked to childhood memories such as eating grandma's meatball pasta. There is possibly a wide range of emotions stored in those memories. These feelings are complex, not linear and could be tricky.

Building a healthy relationship with food involves changing the way we view and approach eating. It means prioritizing nourishment and pleasure over restriction and guilt. This can be achieved by practicing mindful eating, listening to our body's hunger and fullness cues, and avoiding labeling foods as "good" or "bad." It's also important to focus on the overall quality of our diet rather than individual foods, incorporating a variety of nutrient-dense whole foods while allowing for occasional indulgences. Building a healthy relationship with food takes time and effort, but it can lead to a more positive and sustainable approach to eating and overall well-being.

In recent years, the beauty industry has increasingly recognized the need to cater to diverse body types, skin tones, and ethnic backgrounds, reflecting a broader and more inclusive understanding of beauty.

Another significant shift in the concept of beauty has been the growing importance of inner beauty. While physical attractiveness still plays a role in defining beauty, the emphasis on inner qualities such as kindness, empathy, and intelligence has become more prominent. This reflects a growing recognition that true beauty goes beyond outward appearances and encompasses a range of inner qualities that are essential to leading a fulfilling and meaningful life.

The shifting concept of beauty is not just a reflection of changing cultural values but also reflects the impact of technology and globalization. Advances in technology have made it possible to manipulate and enhance physical features, challenging traditional notions of beauty. Similarly, globalization has led to the exchange and fusion of cultural ideas and ideals, resulting in a more complex and diverse understanding of beauty.

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# Chiropractic Care For Your Child

By Alicia Kovach, DC  
Kovach Chiropractic

Today, an increasing number of parents are turning to chiropractors to address their children's everyday health concerns. Common issues like allergies, bed-wetting, asthma, colic, ear infections, stomach-aches, sore throats, colds, and numerous other childhood ailments prompt this growing trend as children undergo their developmental stages.

The primary objective of chiropractic care is to eliminate any interference that may disrupt the natural healing power flowing through the body. It is essential to grasp that chiropractors do not target specific diseases or conditions. Instead, the knowledge and expertise of a chiropractor are utilized to examine the child's spine for misalignments that may hinder nervous system function, consequently impacting overall bodily functions.

A frequently posed question to chiropractors is whether the chiro-

practic adjustment causes discomfort for the child. The unequivocal answer is no. Chiropractors specializing in pediatric care employ highly specific and gentle techniques tailored for children. Adjustments for very young children can be as subtle as a feather-light touch, often going unnoticed by the young patient.

Parents of children who have undergone regular chiropractic care often report witnessing improvements in behavior, attitude, sleeping habits, and an overall enhanced immune system. Chiropractic care for children establishes a robust foundation for family wellness. Throughout pregnancy, birth, and childhood, embracing the chiropractic lifestyle offers benefits for the greater health and well-being of both parents and children.

Furthermore, children of all ages actively participating in sports can also derive benefits from chiropractic care. It has played a pivotal role in minimizing injuries and aiding athletes in performing at their optimal level.



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# Mental Health and Beauty

## *The Connection Every Woman Should Know*

Submitted By  
A+ Counseling Center

In a world that often prioritizes external appearances, it's crucial to recognize the intricate connection between mental well-being and physical beauty. The idea that a healthy mind contributes to a radiant exterior is not just a cliché; it's backed by scientific evidence and has profound implica-

tions for women's overall health. Understanding this connection empowers women to embrace holistic wellness, emphasizing the importance of stress management, mindfulness, and self-care practices.

Stress, the silent adversary of beauty, can wreak havoc on both the mind and body. Chronic stress triggers the release of cortisol, a hormone that, in excess, can lead to various physical

ailments, including skin issues, hair loss, and premature aging. Recognizing stressors and implementing effective stress management techniques is paramount. Engaging in activities such as yoga, meditation, or even a simple nature walk can significantly reduce stress levels, promoting mental clarity and a glowing complexion.

Mindfulness, the practice of being present in the moment without

judgment, plays a pivotal role in mental health and, consequently, physical beauty. By cultivating mindfulness, women can develop a deeper connection with their bodies and minds, fostering self-awareness and acceptance. This positive relationship with oneself contributes to improved self-esteem and confidence, radiating beauty from the inside out. Integrating mindfulness into daily routines, whether through meditation or mindful eating, can be transformative for both mental well-being and external appearance.

---

*In a world that often  
prioritizes external  
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to recognize the intricate  
connection between  
mental well-being and  
physical beauty.*

---

Self-care is not an indulgence; it is a necessity for maintaining mental health and beauty. Adequate sleep, a balanced diet, and regular exercise are foundational components of a holistic self-care routine. Sleep is particularly crucial, as it allows the body to repair and regenerate, promoting healthy skin and a vibrant complexion. Additionally, a nutrient-rich diet and physical activity contribute to overall well-being, enhancing mood and energy levels.

Understanding the symbiotic relationship between mental health and beauty is essential for women to prioritize their holistic well-being. Cultivating practices that promote stress management, mindfulness, and self-care can be transformative, fostering a positive and resilient mindset that positively impacts physical appearance.

The connection between mental health and beauty is undeniable. Women can empower themselves by acknowledging this relationship and integrating practices that enhance their overall well-being. By prioritizing stress management, mindfulness, and self-care, women can unlock the secret to radiance that goes beyond cosmetics, embracing a beauty that emanates from a healthy and balanced mind.



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# Effects Of Obesity On Health



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

Most individuals that suffer from obesity have a long history of gradual weight gain over many years that has been difficult to manage. The excess weight affects most organ systems of the body over time. Most people know about the common effects such as diabetes and high blood pressure but there are many other effects.

Cardiovascular disease can manifest as high blood pressure, heart failure, coronary artery disease with chest pains and a risk of early heart

attacks, and leg swelling from disorders of the veins.

Respiratory disease is perhaps one of the most overlooked problems associated with obesity. Many individuals who are struggling with their weight also struggle with shortness of breath when active. They get winded if they walk long distances, run, or even climb a flight of stairs. Others have problems such as sleep apnea that is often undiagnosed.

There are many metabolic effects such as a predisposition to diabetes mellitus that can be very difficult to control and at times requiring a combination of insulin and tablets. Other metabolic problems include high cholesterol and gout.

The gastrointestinal system can be affected with problems such as heartburn (reflux, GERD), gallbladder disease, and fatty liver disease.

The bones and joints are affected in the vast number of people with obesity. Many people have arthritis with complaints of pain in the knees

*Please see "Obesity," page 61*



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# Therapeutic In-Home Sauna For Homebound Seniors



By Dr. gLou Stevens, Ret. RN,  
PEMF Expert, Spa Director

Saunas have been around for centuries, hailing from Sweden, Finland, and other parts of Europe. The integration of saunas through public gyms in the U.S. provided the perfect opportunity for Americans to experience these relaxing and therapeutic spaces.

There are several different types of sauna rooms, each with its own unique features. Traditional saunas use dry heat, while infrared saunas use light waves to penetrate deeper

into the skin. There are also herbal saunas that use essential oils or herbs like eucalyptus or lavender to provide additional benefits.

Steam saunas or steam rooms, on the other hand, use moist heat created by boiling water in a generator. This creates a humid environment that can be beneficial for respiratory issues like asthma or allergies.

### Mobile Medi Sauna Service For Homebound Seniors

The portable full-body Steam Sauna Unit is being introduced to family caregivers of homebound seniors as an "alternative therapeutic service" that aims to improve the mental and physical well-being of the recipient.

While steam saunas are generally safe for most people, precautions are taken to ensure that clients have the best experience. They and their caregiver are introduced to the potential health benefits of "living water" and "hydrosol silver," emphasizing proper

*Please see "In-Home Sauna," page 65*

## Post-Laminectomy Syndrome When Back Surgery Fails



By Madhavi Chada, MD  
Synergy Spine and Pain Center

Post-laminectomy syndrome refers to chronic and unexplained pain you experience after back surgery. If you're suffering from neck or lower back pain of an unknown origin that develops following surgery, it could be post-laminectomy syndrome, also known as failed back surgery syndrome. Post laminectomy syndrome is associated with a specific type of back surgery called a laminectomy.

There is no definitive reason as to why back pain persists after surgery for some patients.

Before treatment, you need a diagnosis. The first step is visiting a doctor. A physical examination will be completed followed by imaging tests, which are done to pinpoint the cause of your back pain and help with treatment planning.

Once your doctor has finished tests, they can help you determine if you're suffering from post laminectomy syndrome.

Treating post-laminectomy syndrome can be difficult, as the cause for your pain is often unknown. If you're suffering from this condition, discuss your symptoms in detail with your pain doctor. With a full list of symptoms, they can begin to develop the most effective treatment plan to manage your pain. Treatments for post-laminectomy syndrome may include:

*Please see "Back Surgery," page 61*





By Dawn L. Tyler, DDS  
Magnolia Dental

Sometimes we're not sure when our baby's first visit to the dentist should be or what to expect once we get there. Here are some important things to know:

#### **Why Should I Bring My Child To the Dentist If Their Teeth Are Just Going To Fall Out?**

What you may not know is that baby teeth, or "primary teeth", are just as important as adult teeth, or "permanent teeth". Healthy and strong baby teeth not only help your child chew, but they also help your child talk. In addition to that, baby teeth hold spaces in your child's jaw for their permanent teeth, which are busy growing under their gums.

#### **When Should I Bring My Child To the Dentist For the First Time?**

We want to see your child when his or her first tooth erupts, but no later than your child's first birthday. Typically, the front two and lower teeth begin to come in when your child is between six months and a year old.

### **GET TO KNOW DR. DAWN TYLER...**

When asked at a young age, "What do you want to be when you grow up?" Dr. Tyler didn't hesitate to answer "a dentist."

She always loved her dental visits growing up and is on a mission to give children the same positive experience.

During her Residency, she worked with young, old, healthy, medically compromised, and special needs patients. While Dr. Tyler gained a vast amount of experience in managing all types of problems, she was drawn to working exclusively with children and patients with unique needs.

She's excited to help you and your child experience dentistry the way it should be – fun, educational, and convenient. Discover peace of mind at Magnolia Kid Friendly Dental.

# **Your Child's First Dental Visit**

In addition to that, we hope to meet with you for the first time for a simple checkup rather than an emergency. If you wait until there is a dental emergency, your child may then associate anxiety with dental visits.

#### **Why Do We Have To Visit the Dentist At Such a Young Age?**

Even if there is no dental emergency, it is important to bring your child in before their first birthday for preventative care. We will show you

how to properly clean your child's teeth, discuss with you their dietary and fluoride needs, and also recommend dental hygiene products. Another great reason to bring your child in at such a young age is so that you can form a good relationship with us and we can learn your family's needs early on.

#### **Here Are Some Tips For a Positive Experience**

- Schedule an appointment in the

morning, when children tend to be more rested and cooperative.

- Don't let your child know you're feeling anxious about their first visit too. Always stay positive!
- Don't ever bribe your child to go to the dentist or use it as punishment. This will lead them to associate the dentist with a negative feeling.
- Make it an enjoyable outing!



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# All-On-Four Dental Implants



By Sivakumar Sreenivasan, DMD  
Dental Implant Center of Rockville

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.

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

Besides ensuring that your implants are permanently fixed in place, this bone fusion has another important benefit: it prevents future bone loss in the jaw. This helps to maintain a more youthful facial structure – and better oral health. But perhaps the biggest surprise about the all-on-four is how

*Please see "All-On-Four," page 61*

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.

Tooth loss is extremely common among adults, especially as we age. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called "all-on-four" dental implant restoration.

An implant is a small titanium screw that fits inside your jawbone

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# Navigating Peri-Menopause and Menopause: Harnessing Vitamin Injections For Well-being

By Janine Horne, MSN-Ed,  
RN, AHN-BC, Zen Well Studio

Peri-menopause and menopause mark significant stages in a woman's life, characterized by hormonal fluctuations that can bring about various physical and emotional changes. Understanding the common side effects and hormonal imbalances associated with these phases is crucial for women's overall well-being. In this article, we will explore the symptoms of peri-menopause and menopause, delve into the hormonal imbalances that occur, and discuss how vitamin injections, such as Vitamin B12, Vitamin D, and glutathione, can help alleviate the associated challenges.

## Peri-Menopause and Menopause: A Natural Transition

Peri-menopause typically begins in a woman's late 30s to early 40s, and menopause officially starts when a woman has not had a menstrual period for 12 consecutive months. During these phases, estrogen and progesterone levels fluctuate, leading to a range of symptoms like hot flashes, night sweats, mood swings, and cognitive changes.

## Hormonal Imbalances and Their Impact

The decline in estrogen levels during peri-menopause and menopause can result in hormonal imbalances that affect various bodily functions. These imbalances can lead to vitamin deficiencies, impacting cognitive function, energy levels, and mood regulation. For instance, decreased estrogen levels are associated with a decline in bone density, making women more susceptible to osteoporosis.

## Harnessing Vitamin Injections For Improved Well-being

- **Vitamin B12 for Cognitive Function:** Vitamin B12 is essential for neurological health and cognitive function. Deficiencies in B12 can contribute to brain fog, memory loss, and decreased concentration. Vitamin B12 injections have shown promise in replenishing these deficiencies, enhancing cognitive function and mental clarity during peri-menopause and menopause.
- **Vitamin D for Bone Health and Mood:** Vitamin D plays a crucial role in calcium absorption, aiding in maintaining bone density. This becomes especially important as estrogen levels decline. Vitamin D

injections can contribute to stronger bones and potentially alleviate mood swings, as vitamin D is linked to serotonin production.

- **Glutathione for Energy and Cellular Health:** Glutathione is a powerful antioxidant that supports cellular health and detoxification processes. During peri-menopause and menopause, cellular function may be compromised. Glutathione

injections can help combat fatigue, boost energy levels, and support the body's natural detoxification mechanisms.

Peri-menopause and menopause are natural phases of a woman's life, and understanding the associated hormonal imbalances is crucial for maintaining overall health. Vitamin injections, including B12, D, and glutathione, can play a vital role in replen-

ishing essential nutrients, improving cognitive function, boosting energy levels, and enhancing mood during this transitional period. As always, it is advisable for women to consult with healthcare professionals to determine the most suitable approach for their individual needs and concerns.



Janine Horne



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# What Is Shockwave Therapy?



By Howard Horowitz, DPM  
Bowie Foot & Ankle

In Western medicine, we are most familiar with treatment via medication or surgery. However, there is another mode of medical treatment: physical medicine. It is less heralded in the West and used mostly for some chronic musculoskeletal conditions (MSK). For example, sometimes physical therapy (PT) may be recommended if drug therapy fails and before (or after) MSK surgery. PT is a form of physical medicine; the application of some external

physical force to the body to effect some diminishing of symptoms and/or speed healing. Massage therapy is ancient. The adage RICE/rest, ice, compression, elevation is still commonly employed for a sprained, swelling ankle. At physical therapy, aside from exercises and tissue manipulation, the therapist may apply electrical stimulation or deep heat through ultrasound to the injured tissue.

"Shockwave" for chronic MSK problems was originally developed in Europe decades ago. It involves not an electric shock but pressure wave pulses of specific frequency and intensity sent through the targeted tissue. When first used in the U.S., the device was the size of a large cabinet and cost a quarter million dollars and therefore was often rented for a session and brought to the doctor's office. The energy pulses were quite high intensity so the therapy was performed under some form of anesthesia and in one session.

Fast forward to today and the types

*Please see "Shockwave," page 61*



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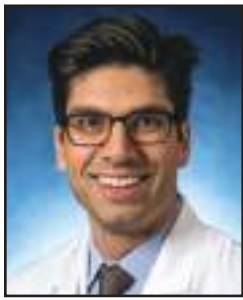


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By Dr. Anver Khan  
Chesapeake Spine & Pain

# Understanding Low Back Pain

## Why Consult an Interventional Pain Physician

Low back pain is a prevalent ailment that affects millions of individuals worldwide, often causing discomfort, limitation in activities,

and decreased quality of life. While occasional episodes of back pain are common and typically resolve with rest and conservative measures, persistent or severe low back pain may indicate underlying issues that require specialized assessment and treatment.

### Common Causes Of Low Back Pain

**Muscle Strain and Sprain:** Over-exertion, improper lifting techniques, or sudden movements can strain the

muscles and ligaments in the lower back, leading to acute or chronic pain.

### Degenerative Disc Disease:

With age, the intervertebral discs in the lumbar spine can degenerate, resulting in decreased disc height, instability, and potential nerve compression, leading to pain and discomfort.

**Herniated Disc:** When the inner gel-like material of a disc bulges or ruptures through its outer layer, it can irritate or compress nearby spinal nerves, causing sharp, shooting pain, numbness, and weakness in the lower back and legs.

**Spinal Stenosis:** This condition involves the narrowing of the spinal canal, often due to age-related changes or structural abnormalities, leading to pressure on the spinal cord or nerves, resulting in pain, tingling, and weakness, particularly with activity.

**Facet Joint Dysfunction:** Inflammation or degeneration of the small joints located at the back of the spine, known as facet joints, can cause localized pain, stiffness, and reduced mobility, especially with bending or twisting movements.

### Why See an Interventional Pain Doctor For Assessment

#### Expertise In Pain Management:

Interventional pain doctors specialize in diagnosing and treating various pain conditions, including low back pain, using advanced techniques and therapies tailored to individual needs.

**Accurate Diagnosis:** Through an evaluation, including medical history, physical examination, and diagnostic imaging studies, an interventional pain doctor can pinpoint the specific cause or contributing factors of low back pain, guiding targeted treatment strategies.

#### Multidisciplinary Approach:

Interventional pain management encompasses a multidisciplinary approach, integrating various modalities such as medications, physical therapy, minimally invasive procedures, and psychological support to address the complex nature of low back pain.

**Minimally Invasive Interventions:** Interventional pain doctors offer a range of minimally invasive procedures, such as epidural steroid

*Please see "Low Back Pain," page 62*



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Interventions and Therapies

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## Acupuncture: Look Younger, Feel Better



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

### Embracing the Anti-Aging Journey:

Acupuncture views the body as a complex network of energy channels, or meridians, through which *Qi* (life energy) flows. Aging is interpreted not merely as the ticking of time but as the result of energy imbalances and blockages. Inserting needles at key points boosts *Qi*, enhancing the body's innate healing response. This approach not only fosters a youthful outward appearance but also nurtures internal health, tackling aging's complex facets.

### The Essence Of Balanced Health:

A youthful radiance stems from the external manifestation of inner vitality achieved through balanced health. Targeting facially linked meridians, acupuncture improves circulation, nourishes skin cells, and gifts the skin a vibrant glow.

### The Power Of Rejuvenation and Regeneration:

Acupuncture's anti-aging prowess is grounded in its ability to activate the body's natural repair mechanisms. This subtle stimulation aids in diminishing fine lines,

*Please see "Look Younger," page 61*

**Monterey Institute of Natural Medicine**  
8885 Centre Park Dr. Suite 2F Columbia MD 21045 [www.mionm.org](http://www.mionm.org)

To make an appointment: call or email  
(301)-835-4551 [info@mionm.org](mailto:info@mionm.org)  
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Studio 5 Hair Gallery hair replacement specialists are empathetic to your needs at this difficult time and will do everything possible to make you feel comfortable.



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# Over-the-Counter Hearing Aids (OTC)

Submitted by  
Montgomery County SHIP

Over-the-counter (OTC) hearing aids are a new category of hearing aids that consumers can buy directly, without visiting a hearing health professional. These devices are intended to help adults with perceived mild to moderate hearing loss. Like prescription hearing aids, OTC hearing aids

make sounds louder so that some adults with difficulty hearing are better able to listen, communicate, and participate fully in daily activities. In addition, OTC hearing aids are regulated as medical devices by the FDA.

OTC hearing aids are an alternative to prescription hearing aids.

You can buy OTC hearing aids directly in stores and online, where prescription hearing aids are not

available.

OTC hearing aids are for adults with perceived mild to moderate hearing loss. If you have more severe hearing loss, OTC hearing aids might not be able to amplify sounds at high enough levels to help you.

OTC hearing aids are for adults 18+ who believe they have mild to moderate hearing loss, even if they have not had a hearing exam. For example:

- Speech or other sounds seem muffled.
- You have trouble hearing when you're in a group, in a noisy area, on the phone, or when you can't see who is talking.
- You have to ask others to speak more slowly or clearly, to talk louder, or to repeat what they said.
- You turn up the volume higher than other people prefer when watching TV or listening to the radio or music.

If you have trouble hearing conversations in quiet settings or have trouble hearing loud sounds, such as cars or trucks, noisy appliances, or loud music consult a hearing health professional. A hearing health professional can help you determine if a prescription hearing aid or other device can help you hear better.

Some ear problems need medical treatment. If you have any of the following, please see a licensed physician promptly:

- Fluid, pus, or blood coming out of your ear within the previous six months.
- Pain or discomfort in your ear.
- A history of excessive ear wax or suspicion that something is in your ear canal.
- Episodes of vertigo with hearing loss.
- Sudden hearing loss or quickly worsening hearing loss.
- Hearing loss that has gotten more and then less severe within the last six months.
- Hearing loss or tinnitus (ringing) in only one ear, or a noticeable difference in how well you can hear in each ear.

Hearing loss significantly affects the quality of life. Untreated hearing loss can lead to isolation, and it has been associated with serious conditions such as depression, anxiety, low self-esteem, dementia, reduced mobility, and falls. Yet only one in four adults who could benefit from hearing aids has ever used them. Making hearing health care more accessible and affordable is a public health priority.

Leading experts in science, technology, and hearing health care have been working with researchers, health professionals, and consumers to find safe and effective ways to improve access to hearing health care for adults. They suggested changing some regulations that studies showed were barriers to adults getting the hearing help they need. They also recommended that the FDA create guidelines and quality standards for OTC hearing aids.

*Information provided courtesy of Montgomery County SHIP your local Medicare source.*

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Made possible with a grant from the US Administration for Community Living through the State of Maryland and Montgomery County.





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

# Why Not 'SPRING' Into Women's Health Month?!

## SPRING SPECIAL!



The Holiday decorations come down. The gym memberships and diets fade. Yet, we still have that need to get healthy, feel better and thrive!

A health check is the perfect opportunity to get inspired and kickstart your reset into summer!

### Consider a Women's Wellness Thermography Screening.

This non-invasive tool can visualize so many different areas – safely, effectively and affordably.

This test assesses not only areas needing improvement – but what is working just fine. Some of the many things thermography assesses:

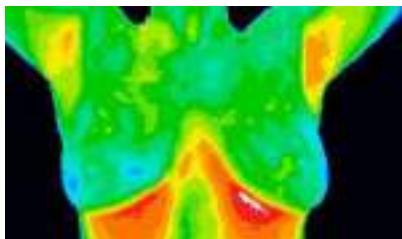
**Functional:** includes thyroid, upper & lower digestive, sinus and lymphatics

**Inflammation:** sinus, dental, liver, spine, ovaries, uterine

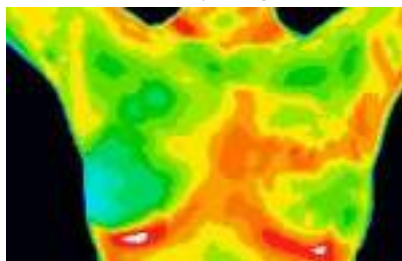
**Vascular:** breast health, carotid artery

**Also:** circulatory, lung, kidney health. Regularly Priced: \$349

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# Medical Marijuana Use Among Women



By Sharron Sample, CEO  
Dispensary Works

There is a very wide range of opinions about marijuana use for medical or recreation – from 100% supportive to completely against it. It's very difficult to navigate the range of information in social media. What we do know, is that it is becoming more the "norm" in younger people with sharp uptakes in women's use, and

that many derive benefits from its use.

So, why are more women turning to marijuana? What products are trending? What are the perceived benefits of cannabis for women? Of this group, baby boomers seem particularly attracted to CBD products, including face and body creams and bath bombs. Improved health and wellness appear to be significant factors in the rise of cannabis use in popularity among women. In fact, many women are now using marijuana as a routine part of their self-care.

More women are turning to marijuana to relieve chronic pain, soothe aches and pains following a workout, alleviate depression and anxiety, improve sleep quality, and ease the symptoms associated with menopause.

These benefits also made women less likely to use pills for symptom-

*Please see "Marijuana," page 66*

# Twelve Valuable Parenting Principles

By Sonia Hinds, APRN, PMH-BC,  
RPT-S, Barstow Acres  
Children's Center



Most parents would agree that parenting is a full-time job, 24/7. How to be a role model, keep our children safe and nurtured is at the forefront. Listed are twelve principles to help you along the way.

- #1 Know each developmental task
- #2 Manage self-first
- #3 Begin early to develop healthy relationship
- #4 What is the MEANING of misbehavior? Every behavior has meaning
- #5 Use "I" messages
- #6 Have clear rules and expectations
- #7 Catch children doing something right
- #8 Separate the child from the misbehavior
- #9 Help children take responsibility for their misbehavior by giving choices
- #10 Teach children to manage stress

*Sonia Hinds is a Registered Nurse Psychotherapist and Executive Director of Barstow Acres Children's Center, Inc. located in Prince Frederick, MD. [childrencenter.net](http://childrencenter.net).*

*At Barstow Acres Children's Center, we provide mental health services, including parenting strategies and principles to help children flourish and be the best that they can be.*

*To learn more and obtain parenting sessions, please contact our office at 410-414-9901*

- #11 Teach children to identify feelings
- #12 Incorporate family traditions and spirituality

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# OTC Medicines and Drug Interactions

Submitted by  
Kensington Pharmacy

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

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

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

Your risk of having a drug inter-

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

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

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

Before taking any new medication, talk to your doctor or pharmacist. Ask whether it is safe to take the new medicine with other prescription med-

Please see "Drug Interactions," page 62

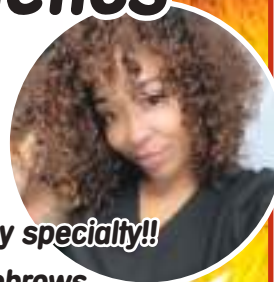
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### Meet Mary B. Alexander

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

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

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



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## Shawn Samad, DDS

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### Meet Dr. Shawn Samad

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

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

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

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

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### Meet Dr. Sreenivasan:

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

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

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

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

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Mini dental implants have revolutionized dentistry with the introduction of a minimally invasive treatment plan for denture stabilization. These small-diameter implants (around 2mm diameter) enable your dentist to broaden the spectrum of patients who can be treated.

The Denture Stabilization System was developed to provide greater denture stability for you when you:

- can't withstand the rigors of conventional implant surgery,
- don't have enough bone to allow for full-sized implants to be placed, or
- are seeking an option with a lower cost than traditional implant treatment.

### What Is The Denture Stabilization System?

The Denture Stabilization System consists of a miniature titanium alloy implant that acts like the root of your tooth and a

retaining fixture that is incorporated into the base of your denture.

The head of the implant is shaped like a ball, and the retaining fixture acts like a socket with a rubber O-ring. The O-ring snaps over the ball when the denture is seated and holds the denture firmly in place. When seated, the denture gently rests on the gum tissue.

The implant fixtures allow for micro-mobility while withstanding natural lifting forces.

Placement of the implants can usually be done during a two-hour appointment in our office.



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Local Professionals Empowering and Encouraging People To Live Healthier

## Jeffrey L. Brown, DDS

### TMJ & Sleep Apnea Treatment



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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.

#### Do you have TMD or Sleep Apnea?

**TMD Symptoms:** Noise in the jaw joints when opening and closing your mouth, difficulty chewing, limited opening, tender facial muscles, ear ringing, uncomfortable bite, jaw locking, headaches, migraines, dizziness, vision issues as well as pain in the jaw area which can radiate to the ears, head, neck, shoulders, and back.

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

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

## Karl A. Smith, DDS, MS

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### Meet Periodontist, Karl A. Smith, DDS, MS

Dr. Smith is a dentist who also specializes in treatment of gum disease, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one likes to go to the dentist, he strives to make your visits as comfortable and pleasant as possible. He strongly believes that value and comfort is an important part of quality dental care.

The right to choose a dentist and provider of care is an important freedom. Referrals from patients and friends of the practice are welcome. We also work closely on referral from your family dentist, but a referral is not required to visit our office. Everyone that is interested in keeping their teeth for a lifetime should see a periodontist for screening.

Dr. Smith's colleagues describe him as a gentle, easy-going person that provides expert care to patients. People come from near and far to experience the comfort of his office and patient-oriented team. He has been consistently voted by his peers a Top Dentist in *Washingtonian Magazine*, and *Northern Virginia Magazine*.

#### WHAT TO EXPECT ON A VISIT WITH DR. SMITH:

Dr. Smith says that "From the first phone call you will be treated with care and concern for your unique dental condition. Every question you have ever had about your dental health will be covered as well as any financial considerations you may have. It is my goal to care for each and every person that comes through my doors and to exceed your expectations from a dental office. I promise to always give you honesty and accuracy when it comes to your treatment. I will never start treatment without your full knowledge, understanding, and acceptance of your condition."

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### Degrees, Training and Certificates:

Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. General Practice in the U.S. Air Force Dental Corps.. Successfully completed three additional years of advanced training in the specialty of Periodontics, Dental Anesthesia and Implants in 1992 at the University of Texas Health Science Center, San Antonio and Wilford Hall USAF Medical Center. Retired from the U.S. Air Force as a Lieutenant Colonel in 1996. Fellowship in the Academy of General Dentistry and in DOCS, a sedation organization for dentists.

**www.SleepandTMJTherapy.com**

**www.DrKarlSmith.com**



# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

## Elizabeth “Andie” Shin, DDS



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



### Meet Elizabeth “Andie” Shin

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

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

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

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### Double Board-Certified Psychiatrist and Addiction Medicine Specialist

**Affiliated with Sibley Memorial Hospital, Washington DC.  
Johns Hopkins Medicine Physician.**

**Licensed in Maryland, Virginia, and Washington DC.**

Bilingual in English and Russian languages.

Expertise in General Adult Psychiatry, Substance Abuse, Addiction Medicine, Transcranial-Magnetic Stimulation (TMS), Electroconvulsive Therapy (ECT), Ketamine Treatment and Psychotherapy.

Extensive work experience with Military personnel (Active Duty and Veterans).

Dr. Venera R. Miller offers a Comprehensive Psychiatric Evaluation and Treatment of Various Psychiatric and Substance Abuse Conditions with traditional and the most innovative approaches. Psychiatric Evaluation for Bariatric/Plastic/General Surgery. SPRAVATO® (esketamine) treatment for Treatment-Resistant Depression. Opioid and Alcohol Dependence Treatment (Buprenorphine/Naloxone, Suboxone®, Zubsolv®, Sublocade® injections, Brixadi™ injections and Vivitrol® Injections).

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Graduated from Bashkir State Medical University, Ufa with a "Diploma of Excellence" as a Medical Doctor. Completed Internship and Residency Program in Internal Medicine in Ufa, Russian Federation. Board-certified in Internal Medicine in the Russian Federation. Graduated from the Psychiatry Residency Training Program at St. Elizabeths Hospital, Washington D.C. Has been nominated Chief Resident at St. Elizabeths Psychiatry Residency Training Program. Completed Electroconvulsive Therapy Program at Duke University, North Carolina. Completed Fellowship at Baltimore-Washington Institute for Psychoanalysis, Maryland. Completed Transcranial-Magnetic Stimulation Training (TMS) and Buprenorphine training.

#### Professional Memberships:

- Board Certified in Psychiatry by the American Board of Psychiatry and Neurology.
- Board Certified in Addiction Medicine by the American Board of Preventive Medicine.
- Fellow of American Psychiatric Association (APA);
- Member of Maryland/Washington DC Psychiatric Society;
- Member of American Society of Addiction Medicine (ASAM).
- Licensed in Maryland, Virginia, and Washington DC.

**www.VeneraMillerMD-cipm.com**

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# Featured Health Professionals

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## Rupen Baxi, OB/GYN



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Suite #410, Greenbelt, MD

**240-616-3934**



## EXCITING NEWS

Join us in celebrating the relocation of our Greenbelt office and the opening of a second location in Rockville. Dr. Baxi, a dedicated OB/GYN with a passion for personalized care, is now even more accessible to serve your healthcare needs, and has added Nurse Practitioner Ashley Pimperl, who brings a wealth of expertise and a commitment

to excellence, complementing the exceptional care that defines Oasis Women's Center. Dr. Baxi and NP Ashley are inviting both new and familiar faces to experience their caring and expert approach.



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### Meet Kristina Anderson

Dr. Kristina Anderson was born and raised in northern New Jersey. She completed her undergraduate studies at the University of Maryland, College Park where she received her Bachelor's degree in Kinesiology. She then went on to receive her Doctor of Chiropractic degree and Masters in Applied Clinical Nutrition at New York Chiropractic College.

Since graduating, Dr. Anderson has received certifications including Rocktape, Dry Needling, Active Release Technique, FAKTR (Functional and Kinetic Treatment with Rehab), and the Webster Technique. After having to take time off from Track and Field in high school due to quadriceps tendinitis, she understands the importance of quality rehabilitation and care and continues to educate herself to better assist her patients.

Throughout her career as a chiropractor, Dr. Anderson has worked with a variety of patients including athletes, perinatal, postnatal, personal injury, adolescents, and geriatric. Dr. Anderson works tediously to ensure that maximum therapeutic benefit is achieved.

Outside of work Dr. Anderson enjoys reading, watching stand-up comedy, musicals, and traveling with her husband.



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## E. Taylor Meiser, Jr., DDS

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Smile**

37 Old Solomons Island Road  
Annapolis, MD

**410-224-4411**



### Meet E. Taylor Meiser, Jr.

**Degrees/Training:** DDS, University of Maryland Dental School; General Practice Residency, San Diego Naval Hospital; Prosthodontics Residency, Naval Dental School, Bethesda; U.S. Navy Dental Corps Officer, Commander, USN, (retired).

**Professional Memberships:** American Dental Association, Maryland State Dental Association, Anne Arundel County Dental Society, Annapolis Dental Study Club, Chesapeake Implant Study Club, University of Maryland Alumni Association.

**Practice Philosophy:** To follow the "Golden Rule" in all aspects of professional dental care, providing outstanding quality dentistry in a caring, comfortable and comprehensive manner. Lighthouse Family Dentistry will "Light Up Your Smile."



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## Judy Yu, DMD, MBA



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### Meet Judy Yu

Dr. Judy Yu is an artist with a passion for perfecting smiles and boosting confidence. She is a true advocate of education. Dr. Yu strives to educate herself and her team in our ever-changing field.

She attended the Temple University School of Dentistry in Philadelphia, PA, where she received her DMD and was honored in the Temple University Gallery of Success. Her undergraduate degree, a B.A. in Chemistry, was attained at Goucher College in Towson, MD, where she was a Dean's Scholar. She completed her Executive M.B.A. at Loyola University in Timonium, MD. Dr. Yu is currently a member of the American Dental Association (ADA), Maryland State Dental Association (MSDA), the Academy of General Dentists (AGD), the Maryland Academy of General Dentists. She served as the Public Information Officer on the board of the Maryland Academy of General Dentists (MAGD). Additionally, she is certified in Forensic Dentistry through the Armed Forces Institute of Pathology at Walter Reed Medical Center and has served on the Maryland State Committee for Oral Cancer Awareness. Dr. Yu served on The Anne Arundel County Oral Task Force aiming to increase access to care for the adult population.

She is committed to the overall health of her patients and works with her team to educate clients about the importance of oral care and how the pathology in the oral cavity is directly linked to one's general health, including periodontal disease and its relationship with heart disease.

A humanitarian at heart, Dr. Yu truly enjoys giving back to the community. She currently chairs the Northern Anne Arundel County Chamber of Commerce Health/Wellness Committee. Dr. Yu also chaired the McDonogh Parent Association's Parent Education Committee. She was involved with the Healthy Anne Arundel Coalition to "Make Health Happen." You will often find Dr. Yu volunteering for Missions of Mercy, donating dental services to the public or volunteering at her church by cooking for Heaven's Kitchen.



Dentistry by  
Dr. Judy Yu, DMD, MBA

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## Renee Bovelle, MD Ophthalmology



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Glenn Dale, MD 20769

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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  
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environment. We cater to a diverse population of adults and  
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of your overall health and life. Your best vision is our focus.

## Paul V. Beals, MD, CCN

### Integrative Family Physician



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Stevensville, MD 21666

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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

#### We Go The Extra Mile By Giving You The Best Of Both Worlds: Conventional and Alternative Medicine

#### Holistic Medicine Nutrition

We believe in eating healthy food as close to its natural state as possible for the best  
health for you and your family. Our holistic nutrition includes unrefined, unprocessed,  
and organic whole foods.

#### Holistic Therapy Diabetes and Heart Disease

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 a quality health care  
services. Holistic Therapy is very effective amongst heart and vascular patients.

#### Chronic Lyme Disease Treatment

Chronic Lyme Disease is part of our most prized specialties. Lyme disease is a common  
underlying cause of chronic illness. Dr. Beals is able to test for and treat these root  
problems of illness using both conventional methods and complementary therapies.

#### LabCorp On Site

With our LabCorp services, you have opportunities as our patient to participate in tests  
that can improve the quality of your life. You are entitled to carrying out our lab test  
which ranges from routine tests such as cholesterol tests and blood tests. This helps to  
diagnose some genetic diseases such as cancer and some other uncommon diseases.

#### Family Practice Medicine

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](http://www.DrPaulVBeals.com)**

# Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



## David E. Harmon, Jr., DDS, MSD

### Orthodontics

10264 Lake Arbor Way  
Mitchellville, MD

**301-333-3900**

[www.harmonortho.com](http://www.harmonortho.com)



### Meet Dr. Harmon

**Degrees, Training and Certificates:** Master of Science in Dentistry in Orthodontics; DDS and BS from Case Western Reserve University in Cleveland, OH

**Professional Memberships/Associations:** Assistant Clinical Professor at the University of Maryland, Department of Orthodontics; Adjunct Assistant Professor at Case Western Reserve University, Department of Orthodontics, Cleveland OH; American Association of Orthodontists; President Mid-Atlantic Society of Orthodontists; Past President of the Maryland Society of Orthodontics; Alpha Phi Alpha Fraternity, Inc.; Former Member of Bishop McNamara High School's Board of Directors; Former member Prince George's County Community Education Foundation Board of Directors.

**Areas of Interest:** Building and networking computers, golf, and football

**Family/Hobbies/Interests:** Children, Kennedy and David III; Wife: Shonda W. Harmon, MBA, MPA



Maryland  
State Society of  
Orthodontists



## Craig A. Smith, DDS

### General Dentistry/ Family Dentist



7201 Hanover Parkway  
Suite A, Greenbelt, MD

**301-446-1784**

### Meet Craig A. Smith

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

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

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

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

**Professional Memberships:** National Dental Association

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

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

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

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# Featured Health Professionals

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## Colorectal Cancer Awareness



### Suzan Ebrahimi, MD

Fellowship Trained, Board Certified  
**GASTROENTEROLOGIST**

#### Training, Degrees:

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

**Dr. Ebrahimi specializes in the diagnosis and treatment of the digestive tract:**

#### • SCREENING COLONOSCOPY

- |                                |                |
|--------------------------------|----------------|
| • Esophagus                    | • Stomach      |
| • Small Intestine              | • Colon/Rectum |
| • Liver                        | • Pancreas     |
| • Nutrition                    | • Weight Loss  |
| • Obesity                      | • Hemorrhoids  |
| • Gallbladder and Biliary Tree |                |
| • Gastrointestinal Malignancy  |                |

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#### Meet Gwen Beverly

Gwendolyn Bonifant Beverly is the Owner/Stylist and Non-Surgical Hair Loss Specialist at Studio 5 Hair Gallery, with 20 years of experience in her field.

Gwen acquired her education, licenses and certifications across the United States and Europe.

She provides the community with non-surgical solutions to every stage of hair loss and thinning.

Hair Loss Issues: Alopecia, Genetic Hair Loss/Scarring, Stress, Weight Loss Surgery, Chemotherapy, Radiation, Chemical Burns, Auto Immune Diseases.

She has mastered the technique of bonding medical grade adhesive and tapes to attach a hair system to the head for a natural grow appearance that is applied and reapplied and removed in salon every 4-5 weeks for maintenance and hygiene purposes.

She also provides other methods for less progressive hair loss solutions: Clip In Hair Toppers/Wigs and various extension methods.

She also provides Epigenetic testing through Cell well being (hair follicle strand test) for hair, skin and nail health. As well as, Tricology Testing for hair regrowth (Tricology is the study of scalp and hair).

Gwen's mission is to provide the most progressive solutions to this ever growing problem of hair loss in our society with GMO's, Cancer chemicals and life stressors.

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# Massage Therapy Techniques



By Sherrel Treasure, Massage  
 Therapist, Elon Roshell Day Spa  
 & Health, LLC

In the realm of holistic well-being, the ancient art of massage therapy has emerged as a powerful tool for healing through touch. This therapeutic practice goes beyond mere relaxation, delving into the intricate world of deep tissue, myofascial release, Swedish massage, and cupping to address physical and emotional imbalances.

Deep tissue massage is a technique designed to target the deeper

layers of muscles and connective tissue. Therapists use firm pressure and slow strokes to alleviate chronic tension and release adhesions. This method not only aids in pain relief but also enhances mobility, making it a preferred choice for individuals grappling with musculoskeletal issues.

Myofascial release focuses on the fascia, a connective tissue enveloping muscles, bones, and organs. By applying sustained pressure and stretching, therapists release restrictions within the fascial network, promoting improved posture, flexibility, and overall balance. This technique is particularly beneficial for those suffering from chronic pain or recovering from injuries.

For a more general approach, Swedish massage offers a soothing experience that combines long, flowing strokes with kneading and circular motions. This technique aims to promote relaxation, improve blood circulation, and reduce stress hormones. Swedish massage is often recommended for

*Please see "Massage Techniques," page 62*

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**Sherrel Treasure** – Massage Therapist

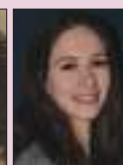
**Pfeiffer N. Schenk, RMP** – Massage Therapist



Oye Parker



Sherrel Treasure



Pfeiffer N. Schenk

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# UltraSlim

What were your goals at the beginning of the year? Have you met your goals? Are you moving in the right direction? Is it hard to stay on track?

Losing "stubborn fat" is hard and as you get older - it just gets harder and harder. You might go to the gym five days a week, sweat on the treadmill for an hour, and see maybe a pound or two drop in a month. Is that really worth your time?

Or... imagine going to a medical facility, laying down, spending 35 minutes relaxing, then getting up and finding out you've lost two inches around your waist. Which do you prefer? What if you could keep doing that and losing more and more fat until you looked like you did years ago?

If you have any interest in this and how it works when it comes to inch loss, you should stop what you're doing and call the office for an appointment immediately. This new treatment technology uses a special laser therapy to trick your mitochondria (in your fat cells) to release their fat contents.

If you eat better, drink plenty of water, stay away from sugars, and carbohydrates, this can lead to permanent fat loss without surgery. Here's a heads up. If you have tried liposuction in the past - you know that when you "regain the weight" it goes to different place(s) - making your body look distorted and then unfortunately, you're back to where you started, only worse. With this technology we don't destroy your fat cells. What we do is we simply drain the contents of the fat cells so you lose the inches and look good again.



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# Surrogacy

## *A Journey Through Time and Across Cultures*



By Yemi Adesanya-Famuyiwa, MD  
Montgomery Fertility Center

Surrogacy has been a beacon of hope for countless individuals and couples around the world. This process involves one woman carrying and giving birth to a child on behalf of another individual or couple who, for various reasons, cannot conceive or carry a pregnancy themselves.

Surrogacy has deep historical roots. In Roman society, where infertility was a prevailing concern, infertile women could seek the help

of fertile women, known as “maters,” to carry a child on their behalf. Legally, the child born belonged to the husband and wife who commissioned the surrogacy.

In ancient Greece, infertile couples turned to close relatives, often sisters, to serve as surrogate mothers. The child born in this context was recognized as the offspring of the intended parents.

However, it’s essential to acknowledge that these ancient practices, while resembling modern surrogacy, were distinct due to the absence of contemporary assisted reproductive technologies and genetic connections.

In ancient China and ancient Africa explicit evidence of surrogacy is limited. It’s plausible that surrogacy-like practices existed but were not extensively documented.

In the modern era, surrogacy has taken on two primary forms:

*Please see “Surrogacy,” page 62*

# What Is Uninsured

## Motorist Automobile Insurance?



By James A. Cleaver, Esq.  
Alexander & Cleaver

Most people are familiar with liability, collision and comprehensive insurance coverage. Chances are you have been in an accident, your car has been damaged or you have had a broken windshield so you have used these coverages.

Nothing, however, is more important than uninsured motorist coverage. This coverage protects you if

the wrongful driver is uninsured or insured but does not have enough insurance to pay your damages.

This insurance is mandatory in Maryland which means you must purchase uninsured motorist coverage. Where most people get into trouble is not having enough uninsured motorist coverage. Remember, when you purchase automobile insurance you purchase two things: coverages and the amount of coverage. The minimum per person coverage for uninsured motorists is \$30,000 in Maryland. Having the bare minimum is like having a ticking time bomb. Consider this, by far the most “go fund me” accounts are for medical bills. A minor motor vehicle accident can easily result in medical bills and loss of earnings in excess of \$30,000. Add to that the pain and discomfort that goes along with motor vehicle injuries and you can

*Please see “Auto Insurance,” page 62*



## Where Science Meets Compassion

Our mission is to assist our patients in creating the families of their dreams, whether it be at the present or to maintain the possibility in the future.

Medical Director Dr. Famuyiwa, a double board certified fertility specialist and an advocate for personalized holistic fertility care, is at the forefront of providing state-of-the-art care based on emerging and advanced new technologies in the most compassionate of manners.

3202 Tower Oaks Blvd, Suite 370 Rockville, MD 20852 | 301-946-6962 | [MontgomeryFertilityCenter.com](http://MontgomeryFertilityCenter.com)



# Children's Health and Spring Time



By Janet V. Johnson, MD  
Loving Care Pediatrics

For most children spring means more outdoor activities. For their parents, this means being extra vigilant to keep your child safe and healthy. Learning about spring allergies and using insect repellents safely can help you keep your child healthy and safe during the season.

## Allergies

Allergies can cause your child to have a lot of sneezing, along with a clear runny or stuffy nose, itchy and watery eyes and a cough, especially when they have spent a lot of time outside playing.

Allergic rhinitis or hay fever may be due to outdoor allergens, such as tree pollens, grasses and weeds and is a common problem in infants and children. Allergic rhinitis symptoms usually occur during certain times of the year for children. Other children may have perennial allergies, with problems occurring year round from exposure to indoor allergens, such as dust mites, pets, second hand smoke and molds.

Having uncontrolled allergies can put your child at risk for getting a secondary sinus infection, ear infections, make asthma symptoms worse and for having poor concentration at school.

The best treatment for allergic rhinitis is to avoid what your child is allergic to by following prevention and environmental controls. Some medications that are used to control the symptoms of allergic rhinitis include decongestants, antihistamines and steroids. Prescription allergy medications include the newer, non-sedating antihistamines and topical steroids.

Please see "Children's Health," page 62

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# Psychiatric Disabilities and Employment



By Joyce Abramson, RNMS  
Charles County Freedom Landing

Employment, for most of us, has a practical and symbolic significance. Work is a mechanism used to provide basic needs of food, shelter, and clothing. Work often satisfies intangible needs as well. It offers structure, a way to meet people and an opportunity to contribute to society.

Unfortunately, those labeled

mentally ill have in many cases not been able to benefit from employment. Obstacles occur for this group both as individuals and in society. The unemployment rate among persons with severe psychiatric illness is estimated to be 85%.

There are employers who have a negative perception of work ability when a person experiences a mental illness. Many people fear or misunderstand symptoms of the illness.

The barriers on an individual level depend on the person's limitations and the demands of a specific work setting. While it is necessary to take caution with generalizations, certain areas of functional limitations can occur.

There may be difficulty with duration of concentration, screening out environmental stimuli, managing time pressures and deadlines, initiating in-

Please see "Employment," page 62

# Chinese Medicine For Infertility



By Quansheng Lu, CMD, PhD, L.Ac  
Wholelife Chinese Medicine  
& Acupuncture Center

tary remedy for infertility.

Globally affecting millions, infertility poses a significant challenge, with estimates suggesting that 10-15% of couples in China encounter fertility issues. Within the realm of TCM, Chinese acupuncture for infertility adopts a holistic approach, striving to harmonize the body's energy and reinstate reproductive health. Rooted in TCM principles, infertility is perceived as a disruption in the natural flow of energy within the body.

The acupuncture process for infertility entails the precise insertion of fine needles into designated points, believed to regulate energy and blood flow to the reproductive organs. Typically lasting up to 30 minutes, this session may elicit sensations like tingling or warmth in the patient.

Research indicates that acupuncture can positively impact fertility by balancing hormone levels, enhancing blood circulation to the uterus and ovaries, and mitigating stress—an acknowledged

Please see "Infertility," page 65

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# Food Sensitivity and Food Intolerance



By Thomas K. Lo, DC  
Advanced Chiropractic Center

Immunoglobulins A, G or M (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,

*Please see "Food Sensitivity," page 65*

## 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.

# Chronic Illness and Women's Mental Health

Submitted By  
Empowered Connections, LLC

illness were diagnosed with coexisting mental health disorders.

Chronic physical illness can be disabling to one's everyday life. What is not discussed is how psychologically impactful it is, too. When it's a woman managing chronic illness, the effects multiply. The toll being exacted might be related to the illness itself. For example, certain medications needed for chronic illness can alter one's mood and mental state.

Less obvious though, is the emotional drain involved. Women are most often the caretakers of the home and family. They live under certain societal expectations. As a result, something like cardiovascular disease or cancer impacts them in many invisible ways.

Anyone with a chronic illness may struggle with depression and fear death. Women in particular, might feel guilt and shame. They cannot always do what is expected of them, which can be culturally difficult to accept. A study done in England found that at least 30% of those with a chronic

It's not fair — not even close — but women are caregivers. An inability to fulfill this role is correlated to an increased risk of anxiety and depression. They may push themselves to do more than they should because they believe they simply do not have time to be sick. All of this adds up to potentially worsen the chronic illness. A cycle is created that can guarantee that the illness sticks around longer while guilt increases.

While it's tempting to downplay the illness and keep pushing, this is counterproductive. Studies find that women with a chronic illness who seek social support and develop coping skills are more mentally healthy than those who do not. Here are a few suggestions for moving in that direction:

## Identify What Is Within Your Control

Practice self-care, avoid negative people, and do lots of self-education.

**Keep a Journal:** Monitor your

*Please see "Chronic Illness," page 65*



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# Surprising Benefits Of Slow Yoga For Nervous System Resilience



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:

- Emotional Health Boost
- Back Pain Relief

- Improves Heart Health
- Reduces Insomnia
- Reduces Fatigue
- Boosts Memory
- Decreases Blood Pressure
- Helps Prevent Disease Through Massaging of Organs
- Strengthens the Immune System
- Helps to Increase Strength and Flexibility
- Improvement in Balance
- Improvement in Core Strength
- Reduces Stress
- Reduces Anxiety
- Reduces Depression
- Boosts Autoimmune Health

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

## Nurturing Healthy Sleep Habits In Infants and Toddlers



By Lisa Boynes Sindass, MD  
Trusted Medical MD

As a devoted mother, ensuring your little one gets the right amount of quality sleep is a cornerstone of their overall well-being. Understanding and fostering healthy sleep habits in infants and toddlers are essential aspects of parenting that contribute to their growth and development.

**Understanding Sleep Needs:** For infants, sleep is crucial for physical and cognitive development. Newborns typically sleep for 14-17 hours a day, gradually decreasing as they grow. Toddlers, aged 1-2 years, still need 11-14 hours, including naps.

Recognizing and meeting these age-specific sleep requirements lays the foundation for a healthy sleep routine.

### Establishing a Bedtime Routine:

A consistent bedtime routine signals to your child that it's time to wind down. Engage in calming activities such as reading a bedtime story, gentle lullabies, or a warm bath. This routine helps create a predictable and comforting environment, promoting better sleep.

**Creating a Comfortable Sleep Environment:** Ensure your child's sleep space is conducive to rest. Maintain a comfortable room temperature, use soft and breathable bedding, and minimize distractions. A tranquil sleep environment sets the stage for peaceful and uninterrupted sleep.

**Screen Time and Sleep:** Limit screen time close to bedtime. The blue light emitted by screens can interfere with the production of melatonin, the sleep-inducing hormone. Encourage activities that promote relaxation instead, fostering a restful transition to sleep.

**Recognizing Sleep Disorders:** Stay vigilant for signs of sleep disorders.

Please see "Sleep Habits," page 65

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# Braces Consult



By Jacqueline Brown Bryant  
DDS, MS, PC

The first step in the process to a new smile is the consultation. At that appointment, an X-ray or photographs may be taken to assist in the consult. The orthodontist will discuss your needs and provide you with options. Keep in mind that without in depth initial diagnostic records, the solutions will be more general than specific. If treatment is deemed necessary, the next step is diagnostic records. These consist of 2-3 different types of current X-rays such as a full mouth series of periapicals, a panoramic X-ray, and a cephalometric X-ray, intra-oral/extra-oral photos, oral examination, impressions and bite registration of your teeth and jaw alignment.

Once the diagnostic records are completed, the orthodontist will analyze and evaluate them to develop a detailed, customized treatment plan with any additional options you may have available and explain the advantages, disadvantages and limitations of each plan.

You and your orthodontist will discuss a personalized plan of action that can improve your smile, looks, self-esteem and function. Your dentist will be kept informed of your treatment so that all of your dental professionals are working towards the same goals.

Do you have 60 minutes or less to do something that doesn't cost you anything but can change your life forever? That's all the time it takes to have your teeth, smile and jaw alignment evaluated.

Remember to see an orthodontist for your evaluation. Orthodontists are specialists who received two or more years of additional full time training past dental school in order to provide you the best knowledge and skills necessary to treat all aspects of crooked, crowded and spaced teeth, excessive overjets, overbites, crossbites, deepbites, openbites and misaligned, excessive or deficient jaws.

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# Poor Circulation In Feet



By Ademuyiwa Adetunji, DPM  
Largo Foot & Ankle Health

amount of blood flow is needed for various bodily functions like movement of the limbs, functioning of various organs, etc. Poor blood circulation is mostly found to occur in the extremities, especially the feet. Last month's article discussed causes and symptoms of poor circulation and peripheral arterial disease (PAD). This month we will focus on treatment and prevention.

Your podiatric physician can do a simple test to determine if you have Poor blood circulation/PAD. The test is called an ABI, or ankle-brachial index. It compares the blood pressure in your ankles with the blood pressure in your arm. If your ABI is abnormal, your podiatric physician may order other tests to determine the extent of your PAD.

PAD can be treated with lifestyle changes, medicines, and surgical procedures if necessary. Medical treatment options include:

- programs to stop smoking

*Please see "Poor Circulation," page 65*

### Part Two:

#### Treatment and Prevention

Poor blood circulation in the legs and the feet can cause various health problems. The buildup of plaque causes the arteries to harden and narrow. This condition, which is called atherosclerosis, results in a reduction of blood flow to the legs and feet and is commonly referred to as poor circulation.

Proper blood flow throughout the body is an indispensable requisition for a healthy life. The right



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Submitted by E. Taylor Meiser, DDS  
Lighthouse Family Dentistry

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8. Is my bridgework chipped, loose, or no longer match the other teeth?
9. Is my removable partial denture wearing out? Are the teeth chipped or worn? Does it fit as well as it used to?
10. Do I like my smile? Do others?

Your dentist can offer many treatment options to help make your smile all it could be. Modern techniques, new and improved materials and advanced technologies can achieve superior results for all ages. Every smile can be improved.

Your unique situation and dental needs will be determined after your dentist does a comprehensive dental exam and has a face-to-face personal consultation and discussion to understand your special desires and expectations.

Cosmetic dentistry and total oral health are not totally separate nor is one always unrelated to the other. Some cosmetic procedures, i.e. whitening

*Please see "Cosmetic," page 66*



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# Volunteers Are Vital Members Of the Hospice Clinical Team



By Monica Hastings, RN, BSN,  
CHPN, Clinical Manager  
Hospice of the Chesapeake

There once was a hospice patient who had a difficult past. It's reflected in how she treated her family. When she wasn't harsh towards them, she would shut down, locking them out from her world. As she grew closer to her end, she shared that she wanted to open up to her family, especially her grandchildren. She wanted them to remember her. But she didn't know where to begin.

There once was a volunteer assigned to this patient. The intention was to provide this lonely woman company and support. Soon they built a beautiful rapport. One day, the patient shared with the volunteer that she had so much she wanted to say to her family. It turned out the volunteer was a professional writer. Together, the two women wrote beautiful letters to her family. The letters answered nagging questions like, "Does she care? Does she even like me? Does she see me?" The answer was a resounding, "Yes."

With the help of that volunteer, her family got to see her in a different way. It helped them resolve a lot of the grief and anguish. They got to know her a little better and know their importance to her before she died. For me, it was one of the more profound experiences that I've had in my hospice career.

Hospice nurses, certified nursing assistants, social workers and chaplains spend more time with their patients than many other specialties. But the kind of time and commitment this professional writer gave to this patient could only have come from a volunteer.

Volunteers are a meaningful part of hospice's holistic support and care.

They help the clinical team do a better, more complete job. They can provide information about family dynamics, patient experiences and even symptom management. We've learned so much about the personality of patients through reading volunteer notes. It's often important and exciting information that didn't come up in the conversation with the nurse or social worker.

For someone who thinks becoming a hospice volunteer is "too sad," remember there are always sad times in life. But this gift of true connection with others is sacred. It fills us with joy and purpose. The people I have the privilege of working with say they're made better because of these relationships with patients and families. Our volunteers not only help the hospice team, they help bring peace and comfort to patients and families.

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# Mold

## A Growing Problem



By Vinny Gigliotti, CEO  
Environmental Solutions, Inc.

Most people are familiar with mold, but few know exactly what it is, what causes it, and the negative effects it can have on a home. Mold is made of tiny fungi particles that feed off organic material. For mold to grow, it needs a food source, a certain temperature, and moisture. When these conditions are present, molds can germinate and colonize. How fast growth occurs depends on the combination of conditions. Spores can germinate after 24-48 hours, and in some cases as few as 12 hours.

Indoor environments offer an ample food supply—drywall, wood, insulation, paper. When these materials become damp or wet, settled spores can become growing molds. This is why mold is such a concern following leaks and flooding. Molds may colonize in 1 to 12 days depending on the type of mold.

*Mold is made of tiny  
fungi particles that feed  
off organic material*

The musty odors produced by molds are known by scientists as Microbial Volatile Organic Compounds (MVOC's.) Some MVOC's produce musty and moldy odors, which result from the chemical changes taking place during the mold life process. Odors from MVOC's are a sign that mold is actively growing and so may indicate a level of mold contamination requiring remediation.

*Please see "Mold," page 66*

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Optimum Health for Life

Linda Penkala

# What Is Your Health Legacy?



By Linda Penkala, Author  
LMT, Speaker

As Bob Marley states: *"The greatness of a person is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively."*

As a woman, we may be aware that others are watching us, from our children, nieces, nephews, to grandchildren and beyond. Our legacy meant not only in regard to money, but the richness from our health, and how we acquire that through lifestyle choices, others have an opportunity to witness.

My little Filipino Grandma Re was exactly that for me – a sound, wise presence who had totally different ideas and choices than my mom. From toothpaste, with baking soda, to taking Vitamin C, or crushing garlic with a rock before cooking it! She was a nurse by trade, but a holistic mentor for me as a child, watching her choices impact her health and the family's. Let's travel through the decades to see how women and hypothetical choices unfold:

**Ages 20-40** – securing a career or settling down to start a family, or beginning and retiring from the military. A fast pace and stress can deter women from paying attention to their health and solid choices for the family. Are children watching you exercise, drink water, eat fruits/veggies, volunteer, relax, pray/meditate or do yoga? Hybrid working can take a lot of intentional balancing and support.

**Ages 40-60** – moments of change with employment may arise, necessitating a new career path, due to stress,

*Please see "Health Legacy," page 66*



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# OBESITY

FROM PAGE 21

or hips. Some folks will get severe back pain that limits their daily activities. Others are disabled by the severity of the arthritis.

Conditions in other body systems include menstrual irregularities, infertility, polycystic ovarian disease, stress incontinence, depression, and fibromyalgia.

This partial list of health effects, along with others, combine to negatively affect quality of life. Many people with obesity require multiple medica-

tions, require frequent medical care or hospitalizations, they face higher health care costs and tend to have decreased productivity because of their health.

Effective weight management requires a committed, sustainable approach to lifestyle and behaviors that promote weight loss over time. Diets, exercise routines, medications, and surgery are all tools that can be used as a part of a long-term plan for weight management. Effective weight management will help avoid and even reverse many of the health effects of obesity.

# INVISALIGN

FROM PAGE 17

renewed confidence, Invisalign contributes to better oral health. Brushing and flossing are more productive. A straight bite helps eliminate wear on your teeth that can lead to cavities.

During therapy, you can remove

your aligners when brushing and flossing, or eating and drinking. This approach contributes to better oral care throughout treatment. With traditional metal braces, you have to work hard to clean around brackets and wires.

# BACK SURGERY

FROM PAGE 22

- Physical therapy
- Medications, such as NSAIDs or antidepressants
- Epidural steroid injections
- Spinal cord stimulation
- Radiofrequency ablation
- TENS therapy
- A mixture of these therapies

## Interventional Treatments

Patients suffering from severe and chronic pain may benefit from more intensive forms of treatment.

One of the best options are epidural steroid injections. This type of therapy can provide significant pain relief. It's also minimally-invasive. Your doctor can perform it in an outpatient setting.

Spinal cord stimulation is another treatment that has been shown to provide measurable pain relief. This treatment involves inserting a device that emits electrical impulses near your spine. This device sends out

electrical impulses near painful areas. These impulses help control pain signal transmission from the spinal nerves, thereby reducing your pain.

Radiofrequency ablation is another treatment option. Studies have shown this treatment to be quite effective in more than 50% of cases.

Finally, another alternative, minimally-invasive treatment is transcutaneous electrical nerve stimulation (TENS) therapy. TENS units are small devices that are similar to spinal cord stimulation, except they go on top of the skin. Electrodes are placed on the skin's surface. These electrodes deliver a very small electrical stimulation to the affected area. Like spinal cord stimulation, this can interrupt pain signals.

If you need help with your lower back and neck pain, and think it may be caused by a previous surgery, it's time to find help.

# SHOCKWAVE

FROM PAGE 26

of devices have expanded, and the size and cost of the machines have dramatically diminished. Today, the most common device in North America produces a 'radial' pressure wave (EPAT, by Curamedix). This type of wave is most effective with soft tissue; chronically inflamed ligaments around joints, tendons, and peripheral nerves (Morton's Neuroma in the foot). 'Focused' shockwave (FSW) is similar to the original device but lower intensity. It is most effective where soft tissue is anchored to bone; chronic inflamed areas of tendon or liga-

ment 'insertion' to bone (chronic plantar fasciitis, insertional Achilles/peroneal/tibial tendonitis in the foot). These devices are tabletop in size and require no anesthesia, and treatment is delivered over 3-5 sessions lasting 10-15 minutes with intensity adjustable to the patient's tolerance during each session.

Devices from Curamedix/Storz from Germany are the devices used in most research studies in the US, and their effectiveness in treating chronic MSK problems is impressive. Combining both EPAT and FSW brings the best results.

# AGING

FROM PAGE 16

tolerance test and check insulin levels.

Evaluating and optimizing hormone status can be instrumental in maintaining youth. Areas to focus on are thyroid issues and adrenal fatigue. Optimizing hormone levels in men and women can afford great changes in energy and vitality.

The health and functioning of our gastrointestinal tract is critical to aging well. Signs that you have a problem are chronic diarrhea, constipation, bloating, discomfort with eating, heartburn or pain in your abdomen. Many people are afflicted with what

are called functional bowel issues such as small intestinal bacterial overgrowth and leaky gut that are easily remedied when under the right care.

Finally, working on maintaining and improving physical health is critical and if you don't do that chances are you will not age as well.

Being evaluated and treated by a doctor trained in functional and integrative medicine can support you in uncovering and treating issues that will then allow you to age gracefully and lead an active and fulfilling life as long as possible.

# EYEGLASSES

FROM PAGE 5

way light enters the eyes to compensate for the refractive error. When you have a vision problem, the light entering your eye does not focus correctly on the retina, causing blurry or distorted vision. Eyeglasses modify the path of incoming light, bending it to match the eye's natural focusing ability, thus producing a clear image on the retina.

## Regular Eye Exams

To ensure that your eyeglasses

continue to provide optimal vision correction, it's crucial to have regular eye exams. Eye health can change over time, and your prescription may need to be adjusted. A qualified optometrist or ophthalmologist can assess your vision and make the necessary adjustments to the prescription for your glasses. Also the fit and adjustment of your glasses should be frequently checked by a qualified optician.

# ALL-ON-FOUR

FROM PAGE 24

quickly it can transform your life.

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

First, 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 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.

Schedule a consultation with an All-On-Four provider. It's the best way to find out how dental implants can change your life.

# LOOK YOUNGER

FROM PAGE 28

enhancing skin elasticity, and crucially, promoting collagen production. The surge in natural collagen not only maintains skin firmness but also supports skin regeneration, proving acupuncture's regenerative capabilities.

## Addressing the Core Of Aging:

The practice broadens its reach by smoothing liver *Qi*, which is tied to emotional balance and stress management, and by boosting blood flow. This not only delivers essential nutrients to the skin but also curtails inflammation, a primary aging culprit.

## Fostering a Deep Connection:

Acupuncture deeply connects the body, mind, and spirit, fostering the equilib-

rium essential for genuine beauty and youth. Facial acupuncture exemplifies this holistic approach, visibly enhancing skin quality and engendering a profound wellness that envelops the individual.

Acupuncture charts a holistic anti-aging course that harmonizes *yin* and *yang*, smooths liver *Qi*, amplifies blood circulation, minimizes inflammation, and nurtures a deep internal connection. This method embodies a rejuvenation process that is as caring as it is efficacious, enabling us not just to appear youthful but to feel vibrantly alive. Through acupuncture, we don't simply mirror our age but unveil a vitality, ready to be renewed and showcased in its most radiant form.

# LOW BACK PAIN

FROM PAGE 28

injections, facet joint injections, radiofrequency ablation, and spinal cord stimulation, aimed at providing effective pain relief and improving function while minimizing risks and downtime.

**Personalized Treatment Plans:** Each patient's experience of low back pain is unique, requiring a tailored treatment plan. An interventional pain doctor collaborates closely with patients to develop personalized strategies that prioritize their goals,

preferences, and overall well-being.

Low back pain can stem from various underlying causes, necessitating expert assessment and management for optimal outcomes. Consulting an interventional pain doctor offers the advantage of specialized expertise, accurate diagnosis, a multidisciplinary approach, and access to advanced interventional therapies, empowering individuals to overcome low back pain and reclaim their quality of life.

# WEIGHT LOSS

FROM PAGE 16

as much as 50% in the years from our mid-20s to our mid-40s. Decreasing estrogen diminishes muscle mass, too.

**Cortisol Counts.** For peri- and postmenopausal women, changing hormones influence how their bodies respond to exercise. Estrogen and progesterone help modulate the stress hormone cortisol, which tells the body if it should be storing fat or burning it. When cortisol is released in larger doses during long periods of intense exercise, the lower levels of estrogen and progesterone in women over 40 can't counteract

cortisol shouting "store fat!" Therefore, 40+ females who exercise should limit higher intensity sessions to less than sixty minutes to maximize cortisol's "burn fat, build muscle" messages.

As you can see, sex hormones impact weight and metabolism as well as other aspects of health from head to toe. Now's the time to consider HRT for help with the physical and mental tribulations of diminishing sex hormones. Find an expert to discuss how HRT can help improve your health and restore your vitality today.

# AUTO INSURANCE

FROM PAGE 46

easily come up short in compensation.

The way to make sure that you do not fall victim to this trap is to make sure you have adequate uninsured motorist coverage. Purchasing \$50,000 or \$100,000 uninsured motorist coverage should not cost that much more than the bare minimum. If you are seriously injured in a motor vehicle accident, either having adequate uninsured

motorist coverage or not will turn out to be a life changing event.

Finally, note that the laws regarding insurance are different from state to state. For example, in the District of Columbia uninsured motorist coverage and underinsured motorist coverage are separate coverages. In order to be fully insured you need to purchase both.

# DRUG INTERACTIONS

FROM PAGE 33

ications, over-the-counter medicines, vitamins, or herbal products that you are taking. Ask if there are any foods, drinks, or medications you should avoid while taking the new medicine.

Ask your doctor or pharmacist for advice on OTC medicines. Your doctor or pharmacist will help you choose

the medicine that best meets all of your health needs. If you can, buy your OTC medicines at the same pharmacy where you have your prescriptions filled. That way, the pharmacist can check your records to see if the OTC medicines you buy could interact with the prescription medications you take.

# MASSAGE TECHNIQUES

FROM PAGE 44

those seeking a rejuvenating escape from the demands of daily life.

Cupping therapy, rooted in ancient Chinese medicine, involves placing cups on the skin to create suction. This technique promotes blood flow, releases toxins, and stimulates the body's natural healing processes. While cupping may leave temporary marks, its benefits extend to pain relief, improved circulation, and a sense

of overall well-being.

In the hands of a skilled therapist, these diverse massage techniques become a symphony of healing touch, addressing the body and mind in tandem. As individuals embrace the therapeutic potential of massage, they embark on a journey towards holistic wellness, where the transformative power of touch brings about profound physical and emotional healing.

# EMPLOYMENT

FROM PAGE 48

terpersonal contacts, and responding to negative feedback.

Although there are some barriers, many people successfully pursue employment. Some obstacles can be eliminated or reduced with simple workplace accommodations. Minor work modifications in work patterns or interpersonal communication can make a tremendous difference in utilization of job skills.

Often these modifications are very simple and may be free. Included are some examples to illustrate this point. Arranging for work requests to be in writing if verbal instructions are difficult; providing positive feedback along with comments for needed improvements and permitting flexibility in scheduling once or twice a month to permit attendance at doctor's or therapy appointments are examples of workplace accommodations for

persons with a psychiatric diagnosis. Another service is available through many programs. Following an assessment of a person's skills and interests, supported employment services provide a job coach.

When the person has the skills to work, and an appropriate job is available, the person applies for the position. If hired, the job coach can help with the transition into the workforce.

As the person becomes more comfortable with the job, the job coach reduces involvement. This is still an option that may enhance the opportunity for the employee to sustain successful employment.

Other people will need no special workplace modifications or supported employment. They will perform well with support from family and friends who say job well done.

# SURROGACY

FROM PAGE 46

**1. Traditional Surrogacy:** This method involves the surrogate mother using her own egg to conceive the child through artificial insemination. However, traditional surrogacy has become less common due to its legal complexities and the preference for a genetic link between the child and the intended parents.

**2. Gestational Surrogacy:** Gestational surrogacy, the prevalent form today, entails the surrogate mother carrying a child conceived using the egg and sperm of the intended parents or donors. This method ensures a clear genetic connection between the child and the intended parents.

Surrogacy laws vary significantly across different countries and regions,

requiring all parties involved to seek legal counsel to fully comprehend their rights and responsibilities. Ethical considerations in surrogacy revolve around issues of informed consent, autonomy, and the welfare of everyone involved, particularly the child. Ensuring that the surrogate mother fully understands and willingly consents to the process, along with receiving fair compensation, is paramount.

Surrogacy is a profoundly emotional journey. Open and honest communication among all parties, supplemented by mental health support when needed, is vital to navigate the emotional peaks and valleys inherent in surrogacy.

*Previously published on SoMeDocs Magazine*

# CHILDREN'S HEALTH

FROM PAGE 47

To be effective, your child should be using these medications every day. They will not work as well if just used on an as needed basis.

If your child does not improve with these interventions, then their doctor will consider having your child see an allergy specialist for skin testing to figure out what your child is allergic to and to possibly start immunotherapy injections (allergy shots).

## Safe Usage Of Insect Repellents

Many safe and effective insect repellents are available that you can use to protect your child, including those that use DEET, citronella, or soybean oil. Remember to only use products that are approved for

children, follow the manufacturer's instructions and wash off the insect repellents when you return indoors.

Insect repellents with DEET are probably the best and most commonly used. DEET is absorbed through your child's skin, and it is generally safe as long as the product has less than 10% DEET. So you may consider limiting how much you put on younger children, wash it off as soon as possible, and apply it more to clothing than skin.

DEET insect repellents are effective for several hours, they do wash off with water and sweat, and you should reapply them to be most effective but always follow the product's instructions to be safe.



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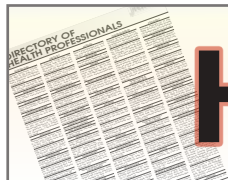
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New Day Vitality Hormone Center – 410-793-5212 – Arnold, MD and Easton, MD – [NewDayVitality.com](http://NewDayVitality.com).

## HYPNOSIS

Toni's Happy Hour Yoga and Holistic Wellness Center – 301-449-8664.

## INTEGRATIVE MEDICINE

Alan Weiss, MD, Annapolis Integrative Medicine – 410-266-3613 – 1616 Forest Drive, Suite #3, Annapolis, MD 21403.

Taylor Integrative Health – Janay Taylor – 410-292-0483.

## MEDICAL SPA

Luminox Healthcare Services – 240-553-7970 – [LuminoxHealth.com](http://LuminoxHealth.com).

Millennium MediSpa – 301-652-9005 – [www.AnythingCosmetic.com](http://www.AnythingCosmetic.com).

## MEDICAL SPACE

Charles L. Feitel Company – 301-571-9333 – [www.MedicalandDentalSpace.com](http://www.MedicalandDentalSpace.com).

## MENTAL HEALTH SERVICES

Charles Co. Freedom Landing, Inc. – 301-932-2737 or 301-870-3969.

House Calls, LLC – 301-346-6732 – [CallingOnBeth@gmail.com](mailto:CallingOnBeth@gmail.com) – [www.CallingOnBeth.net](http://www.CallingOnBeth.net).

## MRI

Washington Open MRI, Inc. – 6 Locations: 15005 Shady Grove Road, Suite #110, Rockville, MD 20850; 7399 Hanover Parkway, Greenbelt, MD 20770; 6196 Oxon Hill Road, Suite #110, Oxon Hill, MD 20745; 5530 Wisconsin Avenue, Suite #529, Chevy Chase, MD 20815; 9135 Piscataway Road, Suite #106, Clinton, MD 20735; 25 Crossroads Drive, Suite #180, Owings Mills, MD 21117 – [www.WashingtonOpenMRI.com](http://www.WashingtonOpenMRI.com) – 301-908-8279.

## NEUROLOGY

Charles C. Reel, MD – Maryland Gait and Balance Disorder Center – Charlotte Hall, MD – 301-290-0395.

## NUTRITION

Nutritional Healing Center – Thomas K. Lo, DC, MA – 240-651-1650 – 7310 Grove Road, Suite #107, Frederick, MD 21704 – [DoctorLo.com](http://DoctorLo.com)

## ORTHODONTICS

Jacqueline Brown Bryant DDS, MS, PC – Damon, Clear Braces & Invisalign for Adults And Children – Silver Spring, MD 20910 – [www.SmileConstructors.com](http://www.SmileConstructors.com) – 301-587-8750.

## PAIN MANAGEMENT

Georgetown Pain Management – Netsere Tesfayohannes, MD, ABA, ABAP – 301-718-1082 – Bethesda, MD – Greenbelt, MD.

Metropolitan Pain & Spine – Dr. Levi Pearson, III, MD, MBA – 9501 Old Annapolis Road, Suite #305, Ellicott City, MD 21042 – [www.MetropolitanSpine.com](http://www.MetropolitanSpine.com) – 410-772-6312.

New Bridge Spine and Pain Center – 301-638-4400 – [www.NewBridgeSpine.com](http://www.NewBridgeSpine.com).

Pain & Rehab Center, LLC – Dr. Gelareh Naenifard, DC – 5855 Allentown Road, Suite #19, Suitland, MD 20746 – [www.PainRehabCenterMD.com](http://www.PainRehabCenterMD.com) – 301-925-2013.

## PODIATRY

Bowie Foot Care – Howard Horowitz, DPM – 301-464-5900.

Largo Foot and Ankle Health Center – Ade Adetunji, DPM – 301 386 5453.

## PRIMARY CARE

Loving Care – Janet Johnson, MD – Hyattsville, MD – 301-403-8808.

## PROSTHETICS

Metro Prosthetics – 301-459-0999 – [www.MetroProsthetics.com](http://www.MetroProsthetics.com)

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## SENIOR CARE

St. Mary's Nursing & Rehabilitation Center – 301-475-8000 – Leonardtown, MD – [www.StMarysNursingCenter.com](http://www.StMarysNursingCenter.com).

## VETERANS

Charlotte Hall Veterans Home – Waldorf, MD – 301-884-8171 – <https://veterans.maryland.gov/marylands-department-of-veterans-affairs-charlotte-hall-veterans-home/>.

## WEIGHT LOSS

The Bariatric and Hernia Institute – Dr. Etwar McBean – Greenbelt, MD and Silver Spring, MD – 240-206-8506 – [www.TBHIInstitute.com](http://www.TBHIInstitute.com).

## YOGA

Toni's Happy Hour Yoga and Holistic Wellness Center – Temple Hills, MD – Toni Greene, Owner – 301-449-8664.

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# IN-HOME SAUNA

FROM PAGE 22

hydration before and after using a steam sauna to prevent dehydration. The service is not recommended for individuals with certain health issues, and no senior spends more than 20-30 minutes in the sauna at a time.

Creating steam from living water is believed to enhance the body's natural detoxification process, while hydrosol silver is thought to boost immune functions. Various aromatherapy fragrances such as peppermint, lavender, eucalyptus, and ginger can also be

used to help decrease inflammation and boost antioxidant and analgesic effects.

Harvard Medical, Mayo Clinic, and several reputable health institutions provide numerous health articles on the benefits associated with the use of steam, infrared, and dry saunas. Steam saunas, in particular, have been known to induce a sense of happiness and well-being by releasing "feel-good hormones" in the brain as one relaxes. In-home therapeutic services aim to provide a lift to the spirits of clients.

# INFERTILITY

FROM PAGE 48

impediment to fertility. Particularly beneficial for women undergoing fertility treatments, acupuncture has demonstrated stress-reduction capabilities.

Moreover, acupuncture seamlessly integrates with conventional fertility treatments, such as in vitro fertilization (IVF). Studies have indicated that incorporating acupuncture can elevate IVF success rates by up to 65%, influencing factors like egg quality, hormone regulation, and the risk of miscarriage.

TCM philosophy attributes infertility to imbalances in the body's energy flow. A skilled acupuncturist employs a combination of acupuncture, herbal medicine, and lifestyle adjustments to rectify these imbalances and nurture reproductive health. Tailoring treatments to individual needs, considering factors like age, overall health, and underlying medical conditions, underscores the personalized nature of Chinese acupuncture

for infertility.

As a time-tested, non-invasive practice, Chinese acupuncture for infertility has withstood the test of centuries. It serves as a viable alternative or complement to conventional treatments for couples grappling with infertility. However, it is crucial to seek the services of a licensed and experienced acupuncturist specializing in infertility for optimal results.

Chinese acupuncture presents a holistic and effective approach to addressing infertility. Operating on the principles of energy regulation, improved blood circulation, and stress reduction, acupuncture stands as a safe and natural option, either independently or in conjunction with mainstream fertility treatments like IVF. For those navigating infertility challenges, exploring acupuncture as a therapeutic avenue holds promise for a safe and nurturing solution.

# FOOD SENSITIVITY

FROM PAGE 50

toxic headache, constipation, and irritable bowel syndrome. Digestive 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.

# HEALTHY SMILE

FROM PAGE 12

procedure or a routine dental treatment, your peace of mind is our priority.

## Patient-Centric Approach:

At Total Dental Care, we prioritize your comfort with a patient-focused approach, offering amenities such as heated chairs with massage features, ensuring a relaxed experience. Our team is dedicated to fostering a positive dental experience, emphasizing communication and education to

empower patients in making informed decisions about their oral health.

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# CHRONIC ILLNESS

FROM PAGE 50

symptoms and triggers. This will come in handy when seeing your physician and/or your therapist.

## Get Yourself a Health Advocate:

We still have a long way to go until women get the same level of health care as men. Recruit a strong ally.

## Lighten Your Load:

Let go of anything that is not urgent. Scratch it off your to-do list, and don't hesitate to ask others for help.

## Communicate With Your Family:

Your illness affects them, too.

Encourage everyone to be open about what they're feeling. When you work as a loving unit, you reduce resentment, guilt, and misunderstandings.

**Find a Support Group:** It could be in-person, online, or a little of both. Connecting with people who "get it" is a game-changer.

In a more abstract vein, remain diligent not to let the illness alter your self-image for the worse. It does not define you or change your identity. Therapy is an ideal setting for keeping things in proper perspective.

# SLEEP HABITS

FROM PAGE 52

ders, such as snoring, restless sleep, or frequent night waking. If you observe persistent irregularities, consult with a professional to rule out any underlying issues affecting your child's sleep.

## Importance Of Daytime Naps:

Naps play a vital role in a child's sleep routine. Ensure your child has age-appropriate daytime naps, as they contribute to overall sleep needs. A well-rested child is likely to have an easier time settling into a consistent nighttime sleep routine.

**Parental Self-Care:** Remember, your well-being matters too. Prioritize self-care, seek support when needed, and ensure you are well-rested to better support your child's sleep routine.

By understanding and implementing these strategies, you can contribute to your child's overall health and happiness. Nurturing healthy sleep habits in infants and toddlers is an invaluable gift that will positively impact their growth, development, and your journey as a mother. Sweet dreams await both you and your little one!

# POOR CIRCULATION

FROM PAGE 56

- blood pressure control
- lowering cholesterol
- managing high blood sugar (diabetes)
- medications to prevent clotting
- healthy diet and
- exercise programs

A variety of surgical treatment options are available depending on the location and severity of the artery blockage. Your podiatric physician can refer you to the appropriate specialist for these procedures. Poor circulation in feet is something that seems very minor, but should not be ignored if the problem persists. If the symptoms are severe and/or persis-

tent, you must consult your doctor immediately. Take care to stay warm and avoid being immobile for longer periods of time. Proper and timely treatment can address this problem and prevent further complications.

## When to Visit a Podiatrist

Do not ignore leg pain. It is important to discuss any leg or thigh pain that you are having with your podiatric physician since it could be a warning sign of a serious disease such as PAD.

Early detection of PAD can offer an opportunity to treat risk factors that can slow the progression of the disease and decrease the chance of heart attack and stroke.

# MOLD

FROM PAGE 58

Mycotoxins, the fungal toxins mold spores release, can cause adverse health effects. The most common symptoms are respiratory issues, congestion, sore throat, difficulty breathing, and skin and eye irritation. The risk of negative health conditions is greater for some people, such as:

- Children
- The elderly
- Those with asthma or allergies
- Those with weakened immune systems, such as those who have undergone chemotherapy

Environmental testing can provide insight into the content of the

breathable air in your home, and therefore can help prevent prolonged exposure to hazardous materials. If you had a recent leak or flooding, have visible or suspected mold growth, or simply want peace of mind regarding the air quality of your home, air sampling by an environmental professional is highly recommended.

Environmental testing is also recommended if you are moving into a new space. This will help determine what the previous tenants left behind, such as allergens or bacteria, as well as help determining how safe the building is for occupancy.

# COSMETIC

FROM PAGE 56

(bleaching) are mainly just that – for esthetics only – but other cosmetic procedures – orthodontics (braces, teeth straightening) have very significant effects on the overall health of your teeth, gums, and occlusion (bite) for a lifetime.

Most dental insurances do not cover cosmetic procedures. Dental insurance usually covers only things that are decayed, infected, or broken. Read your insurance coverage carefully and

be prepared to pay out of pocket for uncovered cosmetic procedures. It is definitely worth it to get a healthy, bright and appealing smile you are not ashamed of. Go the extra mile and see your family dentist for more than a cleaning and cavity check. Ask what modern cosmetic dentistry can do for you. Who doesn't want to look their best? A good looking smile can be yours with the help of your family dentist and other dental professionals.

# HEALTH LEGACY

FROM PAGE 58

finances, family, or a move. Women may return to work after raising or homeschooling children and begin thinking about the future. Poor lifestyle choices of smoking, drinking, or no exercise begin to catch up with noticeable symptoms. The rubber hits the road here, but women taking proactive choices, becomes a guiding light for others.

**Ages 60-80** - family dynamics can change as elders may need some care, while women are working or retired. Should that be the situation, do others see you asking for help, de-stressing, or attending to sleep and

work/life balance? Are you embracing new avenues of self-exploration in regard to health, wellness and spiritual practices? Friendships and faith are guiding anchors for meaningful love.

**Ages 80-100** – staying active with movement, friends, family and a faith community are proactive lifestyle choices that allow joy and love to flow. Coming more from the heart, regardless of physical challenges is the gift. Hobbies and learning new skills are manna for your brain, and so rich for great grand kids to see. Photos and memories plant the seeds for future generations to Bless, for their wealth of health.

# MARIJUANA

FROM PAGE 32

relief. One study reported that 71% of female cannabis users said that they've decreased purchasing of over-the-counter medication, and 35% revealed a decline in prescription drug use. Women are more likely to use cannabis in edible form vs. smoked form.

**Some cautionary notes:** Smoking clearly can damage lungs. Consuming edibles is safer, but new patients should take low doses to determine the effects. Cannabis today is about 10 times the

potency of products of the 1970's and 1980's, and too much too soon may result in fall risks or acute anxiety, sometimes even sending patients to the emergency room.

Any cannabis dispensary should be well educated on their products and answer any questions you may have. Take time to explain what you hope to gain from cannabis and ask to be pointed toward products that may be helpful for you.



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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.

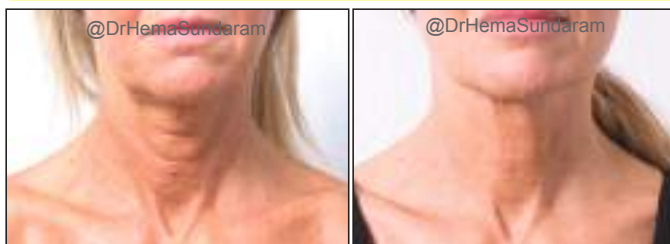
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- Author of book chapters and scientific papers in plastic surgery and dermatology academy journals.
- Author of "Face Value: The Truth About Beauty and a Guilt-Free Guide To Finding It" - selected for the National Press Club Authors' Night.
- Quoted 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.
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