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Articles & Advice From Doctors Near You!
National Eye Care Month • Beauty & Skin Care
Senior Living • & More! • Health Directory • page 64



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Kyphoplasty

Treatment For Spinal Compression Fractures

By Netsere Tesfayohannes
MD, ABA, ABAP
Georgetown Pain Management

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

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

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

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

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



Netsere Tesfayohannes

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

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

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

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



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Netsere Tesfayohannes, MD, ABA, ABAP
Medical Director

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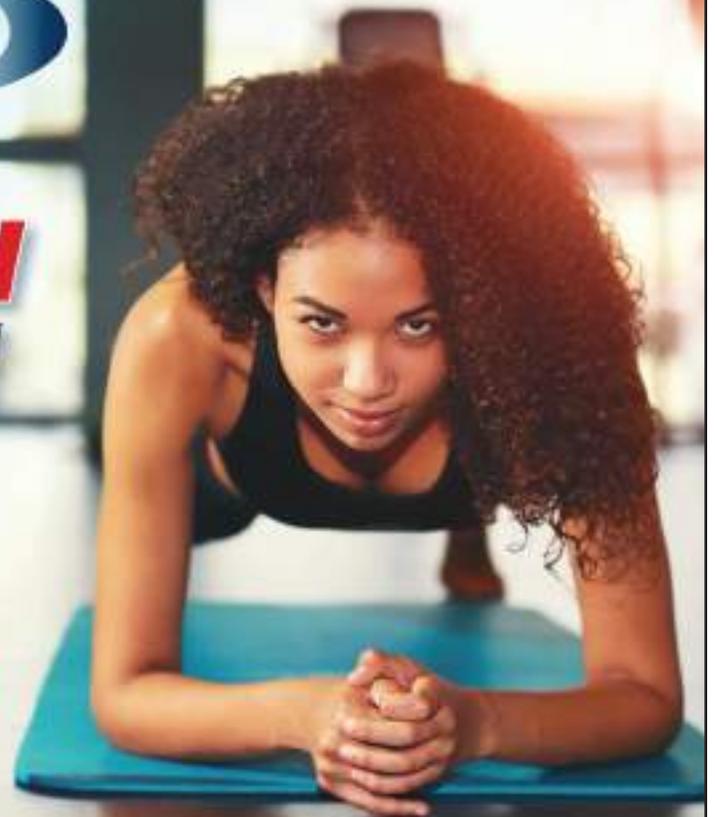
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SERVING MARYLAND & VIRGINIA Since 1990

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

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

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

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

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

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

G. Scott Hunter, Editor-in-Chief

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

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Forget the “New You” and Focus on the Real You

Look Naturally Refreshed and As Good As You Feel



By Hema Sundaram, MA, MD, FAAD
Sundaram Dermatology

How do you view midlife? If you're like most members of this modern generation, you probably have every expectation that this stage of your life will be fulfilling, inspiring

and productive. This year, that goal may be even stronger as we emerge from recent challenges and into the future.

Today's 30- to 70-somethings and beyond want to reflect externally the youthful vigor and vitality that they strive for internally. In doing so, they are redefining midlife and revolutionizing health and wellness for women and men of all ages. Even clinic patients in their 90's are living life to its fullest, and typically mistaken for being 20-30 years younger than they actually are!

This positive life philosophy has led to the development of new, non-surgical makeover techniques that

Please see “Real You,” page 14

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. This painful syndrome is 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

Please see “Post-Laminectomy,” page 65



New Studies Starting This Month at our National Research Centers...

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Sex Hormones Impact Weight Loss

Submitted by New Day Vitality
Hormone Center

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. 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. Belly fat is especially detrimental to our health. It produces toxins that interfere with insulin metabolism. The resulting ebb and flow of blood sugar impacts appetite and energy levels as well as 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 "Hormones," page 66

Is Claustrophobia (Fear Of Confined Spaces) Real?

Submitted by
Washington Open MRI, LLC

The simple answer is yes.

The most common experience of claustrophobia is a feeling or fear of losing control. Your heart begins to beat faster, your senses are heightened and if uncontrolled a real fear of panic is experienced.

Although most people have no problem being in a confined space, there are a significant number who – in addition to the stress of a medical exam – just can't endure the "older technology" MRI. They describe it as an awful experience of being squeezed into a small dark tube and a sometimes uncontrollable urge to run away.

In a study involving an MRI diagnosis and claustrophobia, up to 20% of patients receiving an MRI reported having a panic attack during their procedure in the older technology "closed" MRI.

Some individuals just avoid being scanned at all, which significantly reduces their doctor's ability to provide the best care.

"Open" MRI scanners were developed in part to address this issue.

As advancements have been made in MRI technology reading radiologists report that open MRI equipment is just as effective of a diagnostic tool as the "older technology" MRI using a confining tube.

"Sit-down, stand-up" MRIs are the ultimate in MRI, as most patients can sit or stand (depending upon your doctor's prescription) and relax while watching TV. Your loved one can also be with you to ensure that it is a pleasant experience for you.

And in many cases it's the only MRI that can most effectively visualize issues with your back, neck or knees due to the force of gravity while in a sitting or standing position.

Even if claustrophobia is not a problem for you, there's no reason to submit to being squeezed into a confined, uncomfortable space when other options are available.

In most cases, with Open MRI your doctor will have the results the same or next day.

If you suffer from claustrophobia, or just don't want to be squeezed into a tube, ask your doctor about an open MRI. Why endure the stress when there is a better alternative?

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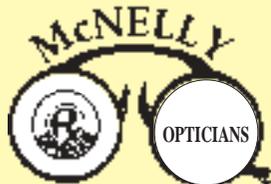
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Healthy Mouth Equals Healthy Body

By Karl A. Smith, DDS, MS

Do you have bleeding gums, a sore mouth, loose teeth or bad breath? If so, you may be among the majority of Americans who have gum disease, also known as periodontal disease. And if you have it, you should take it seriously (by making an appointment with a periodontist today) not just because of the problems it can cause in your mouth, but because it may increase your risk of developing a range of full-body diseases, from heart disease to cancer.

The Connection Between Mouth and Body

Just like bacteria, which invades the body through cuts or other breaks in the skin, germs can gain access to the bloodstream when they get far enough under the gums. Periodontal disease causes pockets between the teeth and the gums, which are ideal breeding ground for some bacteria. And, unlike external bacteria that invade through obvious routes and cause obvious infection and swelling, periodontal bacteria are silent invaders, traveling from the mouth to all the crucial organs of the body undetected until they cause or contribute to a number of deadly diseases. There may be few symptoms and no pain, until your gums start to bleed and your teeth loosen and actually fall out.

Periodontal Linked Diseases

Periodontal disease is linked to diabetes, as both a cause and exacerbating factor. Studies have shown that treating periodontal disease can improve blood sugar, and just going in for regular cleanings improves diabetic control. There is also a strong association between periodontal disease and low birth weight babies. Studies have found periodontal bacteria in amniotic fluid. When bacteria get into the mouth and travel to the bloodstream they elevate prostaglandins, the same inflammatory markers that stimulate uterine contractions, causing early labor. Since pregnant women are more likely to get gingivitis because of elevated hormone levels, it's crucial that they pay attention to dental care. Periodontal disease can be a factor in lung disease as well. Bedridden elderly patients who don't or can't take good care of their teeth can breathe in bacteria, which can cause pneumonia. People with COPD need to be especially careful to avoid periodontal disease since their lungs have a reduced capacity to fight off infection.

Dentists With Super Powers

Periodontists are dentists who specialize in the treatment and pre-

vention of periodontal (gum) disease. They are experts in the treatment of oral inflammation, plaque and bacteria as they receive extensive training in these areas during their three additional years of education beyond dental school, plus continuing education throughout their careers. Periodontists are familiar with the latest techniques for diagnosing and treating periodontal disease, and are trained in performing cosmetic periodontal procedures, and dental implants.

How To Get a Healthy Mouth and Body

Remediating gum disease may help

lower these overall health risks. When an inflammatory condition is suspected or diagnosed, it is important to quickly consult with a periodontist, as sometimes the only way to detect periodontal diseases is through a periodontal evaluation. A periodontal evaluation may be especially important if you:

- Have a high risk for periodontal diseases.
- Have heart disease, diabetes, respiratory disease or osteoporosis, or are thinking of becoming pregnant.
- Have a family member with periodontal disease. Research suggests

that the bacteria that cause periodontal disease can pass through saliva, which puts children and couples at risk for contracting the periodontal disease of another family member.

- Have a mouth sore or irritation that does not get better within two weeks.

Take control of your preventative dental health. Make an appointment for a periodontal evaluation with an experienced periodontist today. Taking care of your teeth and gums will not only help enhance your smile, but will help you maintain your overall health.

A Healthy Mouth Equals a Healthy Body



Dr. Karl A. Smith

Periodontist

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Invest In Yourself: New Year – New You

By Ayssa Dantzer, Owner
The Stretching Boutique

The new year is here, the old year has passed, and now is the time to envision what lies ahead. Among many focused resolutions, health improvement goals and gains should rank highest on the priority list. After all, attaining great health is the highest resolve of all.

Not sure where to begin, start with “Movement.” Think of movement as a real-estate investment, and your improved body is your Return on Investment (ROI). Each time you move, you make a deposit. Gains from movement (your ROI) include joint and bone health improvements, muscles strengthening, and coordination and balance enhancements. Without movement the body deteriorates.

The listed recommendations create new ROI movement habits:

- **Commit to giving up a sedentary lifestyle:** Permit yourself to more breaks. Get up every half hour to an hour and stretch.

The new year is here, the old year has passed, and now is the time to envision what lies ahead.

- **Unlock your Jaw/unclench your teeth:** Relax your jaw then move your jaw side to side. According to dentalwellnessgroup.com the temporomandibular joint (TMJ) is an often used and under-acknowledged joint of the body. TMJ enables the mouth to open, close, and perform everyday activities like eating, expressing emotions with your face, and speaking to others.
- **Wake up the feet, spread the toes:** A human foot has 26 bones and 33 joints. Feet are not designed to spend inordinate amounts of time in shoes. Excessive wearing of footwear can cause blisters, calluses, bruises, plantar fasciitis, and unhealthy postural habits. Liberate your feet, spread and wiggle those toes and restore natural foot health.
- **Focused Breathing:** Becoming more conscious and aware of your

breathing to help combat stress. Try diaphragmatic breathing. Contract and flatten the belly, inhale deep breaths and exhale. Diaphragmatic breathing helps reduce blood pressure, heart rate and improving relaxation.

Remember this is the year of the new you. Invest in yourself and enjoy your ROI. Continuously move, create small habits over time ultimately shaping the body. Always know, you are essential! You are epic! Happy



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Our fitness programs extend beyond the walls of our studio; we also offer virtual fitness.

Want to learn more, schedule your free fitness consultation today

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- Any history of facial plastic surgery is not allowed



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harness our skin's natural repair processes. Recent academy teaching for dermatologists and plastic surgeons has focused on state-of-the-art techniques and technology that preserve our individuality and avoid the "done" look. The goal is to look as healthy and vibrant as we feel inside.

To achieve the best and safest results, it's critical to find a properly qualified doctor. The American Board of Medical Specialties recognizes dermatologists, plastic surgeons, oculoplastic surgeons and facial plastic surgeons as having the right qualifications to perform cosmetic procedures. If in doubt, ask your doctor what specialty they are board certified in. The most respected experts serve as principal investigators for the FDA studies that bring new technologies to our country, and write scientific publications about this important research. You can check your doctor's publications by Googling their name plus "Pubmed".

The latest concept is to renew your skin layer by layer. This approach reflects an advanced understanding of the aging process and treats the root causes of aging. If started in time, this can save you from ever having to

consider the surgical knife.

The uppermost layer of your skin can be restored with Elos Plus photofacials (actually a sophisticated combination of two lasers), micropneels, VBeam pulse dye laser, and other advanced technologies, to fade discolorations, spider veins, acne and rosacea, minimize pores, and give your skin a beautiful glow. There is typically little or no recovery time.

Photofacials can be alternated with DermaSweep MD, a physician-strength, aluminum-free and more effective version of microdermabrasion, which painlessly polishes your skin and then infuses it with customized therapies to fade discolorations, tighten pores, improve acne, and restore skin radiance.

The middle skin layer can be stimulated to produce new collagen and elastin with lasers for fractional and skin tightening such as the new eMatrix Sublative, eTwo, CO2RE or Fraxel resurfacing laser. These are breakthrough technologies that remove wrinkles, scars, stretch marks and other blemishes with no scarring and little or no down time.

Please see "Real You," page 66

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Study Of Potential Alzheimer's Treatment

Submitted by Re:Cognition Health

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

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

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

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

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

Volunteers Being Sought

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

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

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

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

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

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

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

Volunteers Being Sought

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

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

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



Our brains are the key to who we are. At Re:Cognition Health we are committed to changing the future for those with memory loss and Alzheimer's Disease.



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

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

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Re:Cognition Health Fairfax opened its doors in May 2018 is led by Neurologist, Dr. Scott Turner. Currently, the clinic is specializing in phase 2 and 3 pharmaceutical trials focused on finding a disease-modifying medication to treat those suffering from Mild Cognitive Impairment and Alzheimer's Disease. The research team working under Dr. Turner is made up of a variety of professionals committed to the highest quality care and patient satisfaction.

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Missing Multiple Teeth?

Full Arch Treatment Options



By Judy Yu, DMD, MBA
Dental FX

jaw. There are more options available now than ever for full arch treatment.

Removable Dentures

Before the introduction of dental implants, people who were missing many teeth and needed a full arch replacement had few options aside from unstable, ill-fitting and uncomfortable dentures. Dentures often require adhesives, which can be unpleasant and fail to come close to initiating the form and function of natural teeth.

The upside is that dentures are relatively inexpensive, and they are easy to remove and clean.

Four Implant Overdenture (Snap On/Removable)

Stabilized overdentures look like traditional, removable dentures. However, there are four locators on

Please see "Multiple Teeth," page 62

A dental arch is either the top or bottom set of teeth in your mouth. When all or many teeth are missing or get to a stage where substituting them is recommended, then a full arch replacement becomes necessary. This can replace a full arch, either in the lower or upper

Reasons For Choosing Weight Loss Surgery



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

to undergo weight loss surgery are discussed below.

Sustainable Weight Loss

Many weight loss efforts result in temporary weight loss of a few pounds. Patients generally regain the weight and sometimes more once they stop the diet or exercise program that was started. Weight loss surgery offers an opportunity for weight loss of over 100 pounds that can be maintained over a lifetime based on a combination with lifestyle modifications.

Improvement In Health

Many patients with obesity suffer from a number of medical problems including diabetes, hypertension, sleep apnea, heart disease, joint disease, among other things. Weight loss surgery offers an opportunity to reverse many of these health problems and provide better health.

Reduced Risk Of Developing New Health Problems

Many younger patients see

Please see "Weight Loss," page 62

Millions of Americans suffer from obesity and struggle with weight management over their lifetime. Effective weight management usually includes a combination of diet, exercise and lifestyle modifications.

Weight loss surgery offers another tool to assist with weight management. In fact, studies show that weight loss surgery offers the best long-term results in weight reduction. Common reasons that patients decide

Considering Weight Loss Surgery?

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Permanent Cure For Bunions, Hammertoes and Calluses

By Burton J. Katzen, DPM
Metro Minimally Invasive
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You only get one pair to last a lifetime, and most people will clock over 70,000 miles on a pair of feet in a 70 year life span. Mechanically, the feet are one of the most complex parts of the body. There are 26 bones, 30 joints, 19 muscles, and 107 ligaments in each foot. These structures work together to allow the foot to move in six different directions to produce each complete step.

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

These visits may be time consuming, expensive, and will not permanently cure a problem that may worsen.

How Minimally Invasive Surgery Differs From Traditional Foot Surgery

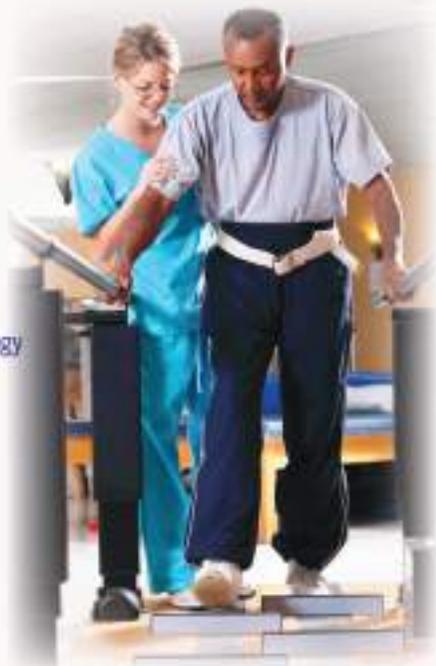
Minimally Invasive Surgery (MIS) is a technique which enables a specially trained and certified surgeon to eliminate most bunions, hammertoes, corns, calluses, and spurs through a small incision often requiring only one stitch, so no big scars. The procedures are performed with small specialized instruments with a diameter about the same size as a pen point. The bony structures are viewed during surgery by use of a Fluoroscope, so even though the incision is small, the surgeon can visualize the structures he/she is working on at all times during the surgery.

Please see "Permanent Cure," page 62



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Dr. Burton J. Katzen, DPM

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Chinese Medicine For Dysmennorhea

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

Dysmenorrhea means that women have periodic pains during or prior to, or after menstrual periods in the lower abdomen caused by disruption of contraction within the uterus as a result of excess bad prostaglandins. For some

women, it can be severe enough to interfere with everyday activities for a few days every month. This is a common health problem for women all over the world.

Menstrual pain will take the form of cramping, lower abdominal pain, lower back pain or a pulling sensation in the inner thighs. Pain is often accompanied by headaches,

dizziness, vomiting, nausea, diarrhea or constipation.

Dysmenorrhea can be primary or secondary. Primary dysmenorrhea involves no physical abnormality and usually begins within three years after you begin menstruating. Primary dysmenorrhea factors include allergic reactions, unhealthy diet, excessive estrogen, overweight, smoking, and stress. For primary dysmenorrhea, many experts believe that prostaglandins, hormone-like substances involved in pain and inflammation, trigger the uterine muscle contractions. Secondary dysmenorrhea is caused by gynecological disease, like endometriosis, fibromas, and pelvic inflammatory disease (PID).

In Chinese medicine, pain is the symptom of a deeper problem. The theory is that the root cause of pain can be either an excess pattern or a deficiency pattern. The blockage of Qi and blood, or the retention of heat, dampness or wind, are believed to be excess patterns. Deficiency of Qi and blood, or imbalance of kidney and liver are believed to be deficiency patterns.

Chinese medicine practitioners use acupuncture and herbal medicine through one or a few of the following strategies: expelling wind, dissipating cold, eliminating dampness, moving Qi, invigorating blood, nourishing the blood, clearing the heat, and tonifying the kidneys.

The goal at one recent review was to determine the efficacy and safety



Quansheng Lu, CMD, PhD, LAc

of acupuncture in the treatment of primary dysmenorrhea. Ten trials were included in the review with data reporting on 944 participants. Six trials reported on acupuncture and four trials reported on acupressure. There was an improvement in pain relief from acupuncture compared with a placebo.

Pain is often accompanied by headaches, dizziness, vomiting, nausea, diarrhea or constipation.

Ginger is most commonly used in Chinese medicine in treating dysmenorrhea for a long period of time due to its stimulated function of anti-inflammation, spasmolytic, and circulation. Ginger helps to inhibit cyclo-oxygenase and lipoxigenase enzymes that cause menstrual cramps. Peach kernel is also commonly used in Chinese medicine for treating dysmenorrhea.



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

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Foot Health: Neuromas



By Howard Horowitz, DPM
Bowie Foot & Ankle

by stopping their walk, taking off their shoe, and rubbing the affected area. At times, the patient will describe the pain as similar to having a stone in his or her shoe. The vast majority of people who develop neuromas are women.

Biomechanical deformities, such as a high-arched foot or a flat foot, can lead to the formation of a neuroma.

Trauma can cause damage to the nerve, resulting in inflammation or swelling of the nerve.

Improper footwear that causes the toes to be squeezed together are problematic. Repeated stress, common to many occupations, can create or aggravate a neuroma.

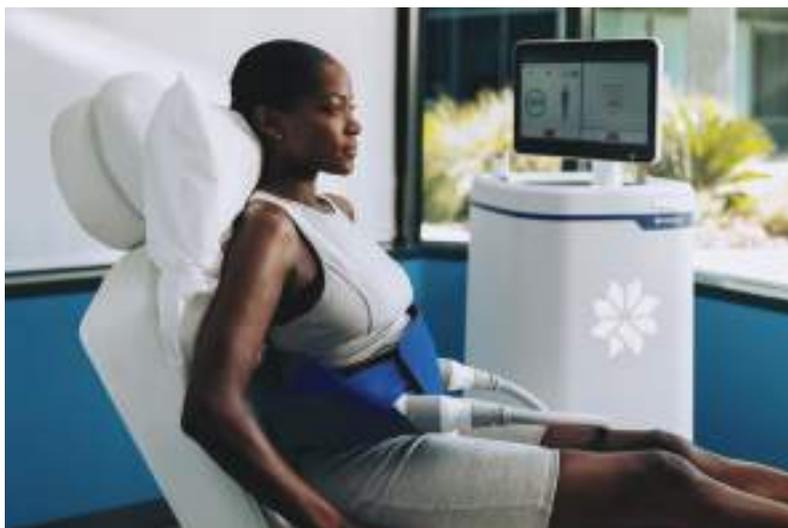
What Can You Do For Relief?

- Wear shoes with plenty of room for the toes to move.
- Wear shoes with thick, shock-absorbent soles.
- High heels should be avoided whenever possible .
- Resting the foot and massaging the

Please see “Neuromas,” page 62

A neuroma is a painful condition, also referred to as a “pinched nerve” or a nerve tumor. It is a benign growth of nerve tissue frequently found between the third and fourth toes that brings on pain, a burning sensation, tingling, or numbness between the toes and in the ball of the foot.

The principle symptom associated with a neuroma is pain between the toes while walking. Those suffering from the condition often find relief



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Simplify Your Life and Health – Try a Medical One Stop Shop

By Anthony T. Hardnett, DC
Effective Integrative Healthcare
Chiropractor/Owner

Everything seems to be getting more convenient these days, from one-click shopping on Amazon, to being able to watch the latest movies from your couch with the push of a button. Everything sure is convenient...except for when it comes to going to the doctor. And going to the specialist. And going back to your primary care doctor for a follow up. And on and on and on.

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

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

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

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

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

One-Stop Medical Care For Pain: Debilitating pain can make everyday living hard to endure. Access to chiropractic treatment, physical therapy, massage therapy, acupuncture, natural pain management, and medical pain relief for musculoskeletal conditions, injury rehabilitation and chronic pain all under one roof certainly can make one's life easier. The most advanced chiropractic and physical therapy treatments from a team of medical providers at a one-stop shop practice seeks to address your symptoms and develop custom treatment plans that ensure long-term solutions for pain relief and various ailments.

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

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

when it comes to managing their chronic conditions, such as diabetes.

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

you stay healthy year-round.

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

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Introducing LipoMelt Red Light Therapy

By James Wagner, DC
Annapolis Back & Neck Center

Red light therapy is a safe, effective, and non-invasive treatment that utilizes red light and infrared light exposure to treat the body. Low-level light treatment (red light) has shown success for neuropathy, sciatica, muscle pain, skin and tissue healing,

and targeted slimming of the body and face.

How Red Light Therapy Works

During red light therapy, your body is exposed on all sides to 5,600 powerful, high-intensity LED lights.

A cell's mitochondria soak up the red light, using it to create energy. This allows cells to quickly repair

themselves and become healthier by encouraging healing in skin and muscle. Because our red light therapy system uses very low heat levels, your skin doesn't burn and you won't feel any pain. You won't be exposed to any damaging UV rays.

Red and near-infrared therapy have been proven to target fat cells, harmlessly shrinking them while



James Wagner, DC

releasing their contents into the surrounding tissue. When combined with near-infrared light, they also have the unique ability to increase the production of collagen and elastin, resulting in a slimmer and more youthful look.

A "non-surgical face lift" effect on the face can be created by combining red and near-infrared light.

Red light therapy is a safe, effective, and non-invasive treatment that utilizes red light and infrared light exposure to treat the body.

The effects of red and near-infrared LED technology on fat cells is well known. However, not all red light devices are created the same. Devices capable of generating beams of near-infrared light with the power necessary to increase the body's production of collagen and elastin result in:

- A reduction in fine lines and wrinkles.
- An increase in facial volume and firmness for a youthful, more energetic appearance.
- The reduction in blemishes resulting from aging and sun damage.
- A reduction in sagging and loose skin beneath the chin and jowls.

Patients have found that red light therapy may improve their skin's health and appearance, minimizing wrinkles, improve complexion, acne scars, fine lines, and improving overall texture. Red light therapy can be an effective acne treatment.

Studies have shown that red light therapy can effectively aid in wound healing, hair growth, and reducing pain.

Many patients have had great success in using red light therapy treatments to aid in weight loss, slimming their figures, and sculpting problem areas of the body.

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The Emotional Cost of Bad Breath

By Richard A. Miller, DDS, Director
National Breath Center

Have you ever thought about what bad breath is costing you? No, I'm not talking about money but about lost opportunities. How many "What if's" have occurred in your life that could have been different if it weren't

for your breath getting in the way?

Having had the benefit of listening to thousands of people in the last 30 years, I can tell you that almost everyone has said, "if only". "If only I had met the girl." "If only I had met that guy." "If only I had gotten that promotion...". The people who have

come to the National Breath Center regret their lost social life; the lost meeting; the lost intimacy; the lost job promotion. And many of them did not know a cure existed.

I can only empathize with these people. And lift the burden off them by curing their bad breath.



Richard A. Miller, DDS

For the last 30 years, I have been curing people of halitosis. Within 3-4 painless visits I have eliminated their breath problem. And with only 2-3 minutes a day, they can keep it from coming back.

Unfortunately, the dental profession refuses to be aware of this. The research is out there. I personally have read hundreds of articles, starting from the 1850's, that have proven where almost all bad breath comes from (the tongue coating) and what to do about it (eliminate all the coating). I know it sounds simple because it really is. But changing the way dentists see halitosis has become impossible. Why?

Included in the research were articles that pointed to gum disease being the cause. They were no more important than the ones that pointed to the tongue, but dentistry chose to believe them. Now almost everyone I see has had a "deep cleaning" even when they had nothing deep at all – their gums were perfectly healthy. But when the deep cleaning didn't work, these people were told, "You don't have a problem". Even worse were those who were referred to a physician when, after invasive tests were done and nothing was found, they were told to "brush and floss more". The problem was, literally, right under their nose and they ignored it.

Halitosis has been thoroughly researched and proven that less than 10% of all bad breath comes from somewhere other than the mouth and that the vast majority of patients do not have gum disease causing their breath problem. It's the biofilm coating on the tongue.

You don't have to wait. The National Breath Center has designed, made, and patented instruments that get rid of bad breath. For the last 30 years.

You will never know the exact cost of bad breath but what I can tell you is that it doesn't have to affect you anymore. There is a cure. As for your life, that is up to you. But at least you have the chance.

Now, it's up to you.

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Chiropractic Care and Exercise



By Alicia Kovach, DC
Kovach Chiropractic

Everyone knows that they “should” be doing regular exercise, but most people have not exercised in so many years that they don’t know where to begin. Typically this results in people starting and stopping various training programs and routines. They join gyms, buy workout clothes, spend hard-earned income,

and ultimately fail to follow-through because they don’t have a clear idea of how to exercise effectively.

It’s actually easy to hurt yourself if you’re returning to exercise after an absence of many years or, for some people, of decades. Doing too much too soon is a typical cause of an exercise-related injury. Doing the wrong type of exercise for your level of preparation is another major cause of these injuries. Getting hurt doing exercise is a real road block for people who didn’t really want to exercise in the first place. If you haven’t exercised in years, finally work up the motivation to start doing something, and hurt yourself after a few days or weeks of your new program, quitting and never going back becomes a very easy option.

But exercise is very important in

Please see “Exercise,” page 63

A New Year, A New Start



By Alan Weiss, MD
Annapolis Integrative Medicine

The beginning of a New Year is a natural opportunity to take stock of many things, including our relationships, finances, goals and dreams, and our health. One of the most common resolutions is to exercise and lose weight.

Shifting to a plant based diet can help with weight loss and reduce inflammatory issues, which are the root of many of the chronic health issues of western society. Reducing intake of sugar and processed foods is one clear key to greater health.

It is clear that people are under stress with financial issues and a 24/7

news cycle. I see patients every day who are chronically tired, in some degree of physical discomfort, often not sleeping well and cannot seem to lose weight. An effective approach to getting patients like this well includes working to restore the sleep cycle, promote digestive health, and investigate the health of the thyroid and adrenal glands.

The adrenal glands are the stress handlers of the hormone system, and produce cortisol and other chemical messengers in response to stress. Over time the adrenal glands can become over taxed and ultimately stop functioning correctly. Symptoms pointing to this issue include sugar cravings, afternoon slumps in energy, waking up suddenly in the middle of the night unable to get back to sleep, and inability to lose weight. Diagnosing and treating adrenal issues can make a big difference in energy, alertness and over all well being.

The thyroid gland produces a hormone instrumental to cellular energy production. Sometimes thyroid issues are obvious, but there are many cases where it is not so clear. There are both

Please see “New Year,” page 65



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Speech Disability and Using the Telephone

By Maryland Relay/
Telecommunications Access of MD

If you have difficulty speaking due to cerebral palsy, Parkinson's disease, stroke, traumatic brain injury or other condition, you do not have to struggle to communicate over the telephone. Technologies and services are available to make sure people who have difficulty speaking can use the telephone to conduct business, make appointments, and keep in touch with friends and loved ones every day.

Maryland Relay is a free public service that enables people throughout Maryland who are Deaf, hard of hearing, late-deafened, DeafBlind or have difficulty speaking to stay connected by phone. Easily accessed by dialing 7-1-1, Maryland Relay offers a variety of services that are available 24 hours

a day, 365 days a year, to meet each person's needs.

Speech-to-Speech (STS) Relay service is designed specifically for people who can hear but have mild to moderate difficulty speaking over the telephone. During an STS call, the user is connected with a Maryland Relay STS Operator who is specially trained to be able to listen carefully to the STS user. The Operator may re-voice everything the STS user says, or only re-voice when needed, depending on the user's preference. The STS user then hears the other person's response spoken directly to him or her.

STS users can set up personal call preferences through a Customer Profile where they may provide a standard greeting that may be used when placing and receiving calls. By setting up a Customer Profile, STS users can also save a list of up to 50 speed dial numbers, a chosen long-distance provider, and more.

Many individuals who have difficulty speaking are best understood when they can be seen. That is why Maryland Relay also offers Visually Assisted STS, which gives the user the opportunity to also use gestures and other visual cues during STS calls. Visually Assisted STS establishes a live video connection between the user and the Operator by using a webcam and a computer with Skype software. The Operator uses visual cues such as mouth movements, facial expressions, and other gestures to better understand the user's side of the conversation and his or her intended meaning.

Maryland Relay provides people who have difficulty speaking with the opportunity to be better understood over the telephone. For more information about STS service from Maryland Relay, please visit mdrelay.org or call 800-552-7724 (Voice/TTY) or 443-453-5970 (VP).

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Probating an Estate

Why Do I Have To Probate an Estate?



By Steven M. Katz, Attorney

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

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

What Is Involved In

Probating an Estate?

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

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

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

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

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

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

Do I Need an Attorney?

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

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

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

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

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ACUPUNCTURE

Tierra Hardin, DOM, LAc, ADS

Dr. Tierra Hardin is a practitioner of Acupuncture and Chinese Herbal Medicine, licensed in the state of Maryland. She received her Doctorate in Oriental Medicine from Maryland University of Integrative Health in 2022. Her focus is on providing her patients with individualized, comprehensive care. Dr. Hardin approaches medicine by trying to understand what is not functioning in the body while considering the whole person, including mind, body, and lifestyle.

She attributes her inspiration for Integrative Medicine to her own health challenges. Since 2008, she encountered multiple brain surgeries, Lyme disease, and other chronic illnesses, which led her to seek other alternative ways of healing.

Her discovery of acupuncture, herbal medicine, nutrition, and other natural healing modalities made a massive difference in her life. Wanting to share the success of her own recovery and help others in similar circumstances, she was inspired to become an Acupuncturist and Herbal Medicine Practitioner, as well as a Nutritionist. Dr. Hardin has a love for helping others.

Dr. Hardin's passion for natural healing has led to additional certifications, specializations, and training in Neuro-acupuncture and Acupuncture for Oncology patients. Dr. Hardin completed her Doctoral internship at the Kaufman Cancer Center at University of Maryland in 2022. She is a Certified Integrative Health and Nutrition Coach, Certified Acupuncture Detox Specialist (ADS) established by the National Acupuncture Detoxification Association, Certified Hospice and Palliative Care Acupuncture Specialist (CHPCAS), and Certified Provider of Hospice and Palliative Care Acupuncture (CPHPCA). Dr. Hardin is currently studying Functional Medicine and will complete her Master of Science in Clinical Nutrition in 2023.



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AUDIOLOGY

Robin R. Robinson, AuD

Dr. Robinson founded Hearing Solutions Audiology Center to provide the excellence that patients deserve when it comes to their hearing health. With emphasis on diagnostics and aural rehabilitation with advanced technology instruments, Dr. Robinson has been practicing for over 20 years and is Board Certified by the American Board of Audiology.

She received her doctoral degree in Audiology from the Arizona School of Health Sciences and her Master's and Bachelor's of Science degrees from Radford University in Virginia, graduating with Magna Cum Laude honors. As an audiologist, Dr. Robinson has worked for large medical hospitals, as well as, ENT specialists, but she enjoys the personalization and patient care she is able to provide in a private practice like Hearing Solutions.

As a native Virginian, Dr. Robinson still enjoys outdoor activities such as boating and kayaking on the weekends. When Dr. Robinson and her husband aren't attending their children's sporting events, they can usually be found enjoying the waterways of Maryland.



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

Conditions Treated By Dr. Wood: Specialize in Natural Gut Health, building the immune system through rebalancing the intestinal tract. Pain management, fertility, female medical conditions (fibroids, painful menstrual cramps, etc.), male medical conditions, impotence, high blood pressure, diabetes, high cholesterol, vertigo, stroke, assist cancer patients, stress management, preventative medicine, weight management, nutrition, foot & heel pain, many more medical conditions. For more information see my website and the World Health Organization. Most major health insurances accepted.

Natural Healing—Also offering colorpuncture, reflexology, acupressure and Chinese Herbal consult. Facial rejuvenation & cosmetic makeup. Also offering Light Therapy & Sound Therapy. Call me for details. Treat all ages – elderly, infants, children and adults

Mission Statement: There are many parts to the human body, not just physical. The human body consists of the physical part, the mental part, and the soul part. The body can not and will not heal properly if the whole person is not receiving balance. All areas of the person's body must be addressed for overall healing to take form naturally. My training, skills and expertise in Western and Eastern medicine will offer you a unique approach in Mind, Body and Soul Healing.

Dr. Angel and NP Milca are offering a holistic approach to hormone therapy for women and men. We are utilizing eastern and western medicine to correct your metabolic hormonal imbalances to improve your symptoms and quality of life – thus allowing your inner child to shine through. Our program consists of a complete and comprehensive holistic evaluation including labs, and personalized treatment plan.

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AUDIOLOGY

Janice R. Trent, AuD

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

Education:

Clinical Doctoral Degree – Audiology-University of Florida, Gainesville, FL
Master of Education – Audiology-Northeastern University, Boston, MA
Bachelor of Science – Communication Sciences and Disorders – Hampton University, Hampton, VA

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



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ADULT AND ADOLESCENT NEUROLOGY

Charles C. Reel, MD

Dr. Charles C. Reel is a neurologist in Charlotte Hall, MD. He received his medical degree from the University of Pittsburgh School of Medicine and completed his Neurology Residency at MedStar Georgetown University.

Neurologists diagnose disorders of the brain, spinal cord, peripheral nerves, muscles, and the autonomic nervous system. They treat headaches, stroke, dementia, seizures, epilepsy, multiple sclerosis, sleep disorders and neuromuscular diseases, including:

Comprehensive Neurological Evaluation and Treatment of:

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- Memory Disorders

We Specialize in the Diagnosis and Care of:

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- Balance Disorders
- Spinal Stenosis/Arthritis
- Stroke
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- Multiple Sclerosis
- Autonomic Disorders/Fainting
- Epilepsy/Seizures
- Dementia/Alzheimer's

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BODY CONTOURING

Marcia Caicedo, Owner

Le Physique is a place where you can feel secure with your after care! Even with our natural bodies we do our best to get you to a goal that you want! We strive on making sure our patients look and feel amazing! The after care of plastic surgery is so important, because the reality of how you are looking in the beginning will change with great post op care. We love what we do here and we truly are confident in our profession.

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CHIROPRACTIC

Aric Adlam, DC

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

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

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

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



959 Annapolis Road
Gambrills, MD
410-697-3566
www.KovachChiropractic.com



CHIROPRACTIC

Patrick C. Winters, DC

Dr. Winters earned his Doctorate of Chiropractic in December 1996. After graduating from NWCC, he moved to Northern Virginia and practiced in a multidisciplinary office. Today, he co-owns Winters Chiropractic & Physical Therapy.

Dr. Winters holds licenses to practice in MD, VA, MN, and ND, and is licensed to practice Chiropractic & Physical Therapy. This licensure allows him to perform joint manipulation of the spine and extremities. He has achieved a variety of post-graduate certifications including:

- The prestigious American Medical Association Impairment & Disability Evaluation Certification
- The National Academy of Disability Evaluating Professionals Certification-CDE 1 Certified Disability Examiner
- The National Board of Forensic Chiropractors Certification - Impairment/Disability/Functional Capacity Evaluations
- The National Board of Chiropractic Examiners Certification - Parts I-IV and Physical Therapy
- Maryland Board of Chiropractic & Massage Therapy Examiners

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CHIROPRACTIC

Alicia Kovach, DC

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

Associations: Maryland Chiropractic Association, International Chiropractic Pediatric Association

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

Hobbies: Dr. Kovach enjoys spending time with her son, Colton, and her family and friends. She also enjoys staying active running and is an avid sports fan.

Inspiration: Helping people restore their health naturally on a daily basis.

Most Memorable Moment: Through the use of the chiropractic care and other wellness modalities, she has seen patients go from extreme back and/or neck pain to little or no pain and the ability to return to a productive life. Patients injured through automobile accidents or work related accidents that could hardly function daily in their jobs have been able to return to work and daily activities pain free.

Best Health Advice: Pay attention to your body and don't ignore the subtle signals. Those subtle signals can lead to a quicker recovery.



959 Annapolis Road
Gambrills, MD
410-697-3566
www.KovachChiropractic.com



CHIROPRACTIC

Paul J. Winters, DC

Dr. Winters earned his Doctorate of Chiropractic in December 1996. After graduating from NWCC, he moved to Northern Virginia and practiced in a multidisciplinary office. In 1998, he moved to Waldorf, MD and teamed up with HEALTHSOUTH®. Today, he co-owns Winters Chiropractic & Physical Therapy.

Dr. Winters holds licenses to practice in MD, VA, PA, and MN, and is licensed to practice Chiropractic & Physical Therapy. This licensure allows him to perform joint manipulation of the spine and extremities. He is also licensed to perform Commercial Driver License Physicals, venipuncture, x-rays, and refer for any diagnostic test which may help determine a patient's diagnosis such as an MRI and CT scan. He has achieved a variety of post-graduate certifications including:

- The prestigious American Medical Association Impairment & Disability Evaluation Certification
- The National Academy of Disability Evaluating Professionals Certification-CDE 1 Certified Disability Examiner
- The National Board of Forensic Chiropractors Certification - Impairment/Disability/Functional Capacity Evaluations
- The National Board of Chiropractic Examiners Certification - Parts I-IV and Physical Therapy
- Maryland Board of Chiropractic & Massage Therapy Examiners
- The Federal Motor Carriers Safety Administration - Certified Medical Examiner (CME)

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CHIROPRACTIC

Marcia B. Levi, DC

For about 30 years, Dr. Marcia B. Levi has had a strong interest in education, nutrition, exercise and natural care of the body. Dr. Levi has earned degrees in Education, Dietetics, Chiropractic and Physiotherapy with honors.

She is the principal healthcare provider at Optimal Care – a health center utilizing chiropractic, physiotherapy and nutrition with physical therapy as an adjunctive service.

Dr. Levi has made education a major focus of her practice including research and community engagement. She frequently speaks to private and public audiences on natural health issues and preventative care of the body.



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CONVENTIONAL/ ALTERNATIVE MEDICINE

Paul V. Beals, MD, CCN

Dr. Paul V. Beals, MD, CCN is a family physician and certified clinical nutritionist whose sole aim is to care for his patients to the best of his ability at ALL times.

Dr. Beals is a member of ILAD, the International Lyme & Associated Diseases Society and uses ILADs protocols and complementary medicine to treat Lyme Disease. Another area of his expertise is non-toxic, non-invasive therapies for cancer and cardiovascular disease.

Dr. Beals is dedicated to help patients who are in dire need of medical attention in one aspect or the other. His team approaches patients who are looking for holistic, non-toxic options and adopt a lot of medical strategies ranging from self-motivation, nutrition, and some other therapies to improve the mental, physical and emotional well being of the patient.

Dr. Beals strongly believes in educating the individual on the treatment options available and appropriate to the individual's needs and health. He draws on his experience as an alternative medicine doctor and integrated family physician to give his patients the very best medical care.

His specialties include: Chronic Lyme Disease, Heart Disease Treatment, Holistic Cancer Therapy, Hormonal Issues, Diabetes, Chronic Fatigue Syndrome, Autoimmune Diseases and Arthritis. Dr. Beals utilizes, but doesn't limit himself to, conventional medicine like drugs and surgery. Rather he offers his patients "the best of both worlds."

120 Sallitt Drive, Suite F
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COSMETIC AND AIRWAY DENTISTRY

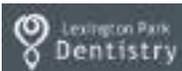
Tamara M. Strouth, DDS

Dr. Strouth grew up in St. Mary's County and after attending dental school at The University of North Carolina at Chapel Hill moved back home to the community she loves. She has been practicing at Lexington Park Dentistry for over 22 years. Dr. Strouth has a thirst for knowledge and personal growth to provide the best experience for her patients. She studies and consults with world-renowned healthcare professionals to provide the best care for our community.

In recent years, Dr. Strouth has found her passion in Infant Tongue Tie Releases, Airway Dentistry and Myofunctional Therapy. She is an ambassador for The Breathe Institute, a graduate of The Tongue Tie Academy and has completed the MyoMentor program for Myofunctional Therapy and the Airway Health Solutions residency.

Dr. Strouth strives to be an overall health advocate for her patients and works collaboratively with a network of professionals in various fields to make sure that their patients have the best care here in Southern Maryland. She specializes in Sleep Disordered Breathing in children and adults and provides solutions to airway health that focus on the root of the problem, not just a temporary fix or band-aid. Dr. Strouth's solutions and comprehensive care provide life-long health for her patients.

Lexington Park Dentistry is happy to provide complimentary consultations and welcomes referrals from other healthcare professionals and dentists.



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COUNSELING

Rebecca Mitch McKee PhD, LCPC, CFC, BC-TMH

Dr. Mitch McKee's entire career has been devoted to wellness. Her expertise has enabled her to assemble a team of skilled clinicians who are committed to your well-being and can empower you to achieve personal growth in a supportive setting. They guide you on your personal journey of wellness and provide the tools necessary to improve your overall quality of life.

For two decades, Anne Arundel Counseling (AAC) has established itself as a premier mental health and wellness practice in the community. Under the leadership of Dr. Mitch McKee, Executive Director, Clinical/Forensic Psychologist, and Board Certified Telemental Health Provider, the practice provides comprehensive evaluation and treatment to children, adolescents, and adults through individual, family, and group sessions.

With the addition of Bay Area Christian Counseling (BACC), Dr. Mitch McKee now offers seven convenient locations to serve your mental health needs. The practice, which celebrated its one-year anniversary in July 2022, is dedicated to the faith-based community and provides comprehensive evaluation and treatment to children, adolescents, and adults.

Make your wellness journey a priority. Schedule an appointment today.

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Bay Area Christian Counseling
Office in: Annapolis
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www.BayAreaChristianCounseling.org



COSMETIC AND IMPLANT DENTISTRY

Vivek M. Amin, DDS

Dr. Amin moved to Southern Maryland after graduating from Temple University School of Dentistry. He has been practicing at Lexington Park Dentistry for over 30 years. Dr. Amin takes pride in providing the most innovative dental technology and procedures by the extensive continuing education he invests in for himself and his team to provide the best possible care to his patients.

At Lexington Park Dentistry, we provide all aspects of general dentistry including cosmetic and implant dentistry. We work with an implant team including a Board Certified Oral Surgeon for All-On-4 procedures. We provide comprehensive care and think of Dentistry, not as a service, but as a life altering experience combining health and beauty.

Dr. Amin is a member of the ADA, AGD, MSDA, Patuxent Dental Society and the Bob Barkley Study Club. He enjoys taking time to give back to the community for all of the support he has received over the years. He has participated with Donated Dental Services (DDS) and Mission of Mercy, as well as a board member for the Strouth Scholarship Fund.

From the friendly greeting when you walk through our door to the flat screen overhead entertainment monitors with soundproof headphones to the blankets and warm towels, your dental experience with us will be like no other. Our caring and competent team uphold the highest standards in the industry and will make sure you are comfortable throughout your visit with us. Our entire dental team maintains the highest levels of accreditation and pursue ongoing continuing education to stay abreast of the latest trends in Dentistry. We truly care about each other, which reflects in the care we provide for our patients.



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COUNSELING

Maureen Vernon, PhD

Dr. Maureen Vernon has been helping adults, children, couples, and families learn positive coping strategies to address their emotional needs. As a Board Licensed Psychologist for 25+ years, she continues to offer her services as a private therapist; divorce/child custody evaluator and mediator; parenting coordinator; conducting forensic and abuse assessments; and conflict resolution consulting.

Degrees & Training: PhD in Psychology and Evaluation – Catholic University of America, Washington, DC; Master of Science in Counseling/Clinical Psychology – Loyola University of Maryland.

Professional Memberships: American Psychological Association; Maryland Psychological Association; Association of Family & Conciliation Courts; Professional Academy of Custody Evaluators; Anne Arundel County Psychological Association

Interests & Hobbies: Movies, college sports (Notre Dame & Villanova), her yellow lab Keenan, studying history, and travel.

Volunteer Highlights: Beans & Bread; Boy's Town; St. Mary's Annapolis; AA County Social Services Holiday Sharing; St. Vincent DePaul; AAMC Pediatric ER; and Backpacks for Kids.

Professional Statement: Life can be challenging and there are times when we could all use a little extra help...if you are feeling anxious, alone, struggling to manage all the demands of your life, or experiencing problems with your spouse, child, parent, sibling, friend, or coworker – you can trust that I will listen and offer the tools to improve those relationships.



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COSMETIC AND FAMILY DENTISTRY

Samuel K. Huang, DDS

Cosmetic and Family Dental Centers (The Center) has been providing outstanding dental services to Maryland locals at our Offices in Rockville, Frederick and Dundalk since 1996. To serve more communities and individuals, the owner, Dr. Samuel Huang, started practicing in Rockville in 1996. He gradually expanded the Center by opening the second office at Dundalk Baltimore in 2004 and the third office at Frederick in 2005.

At the Center we currently have more than three associate doctors providing excellent dentistry, including cosmetic, restorative, endodontic dental work, and also orthodontic and periodontal treatment.

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www.SamuelHuangDental.com



DENTISTRY

Thomas L. Lutz, DDS

Degrees and Training: Dr. Lutz received his DDS degree from the University of Michigan. After graduation, Dr. Lutz completed a two year General Dental Residency at Wyckoff Heights Medical Center in Brooklyn, NY. During residency Dr. Lutz received training in implant dentistry, pediatric dentistry and dental trauma.

Professional Memberships and Associations: American Dental Association, Fellow of the Academy of General Dentistry, American Academy of Implant Dentistry, Maryland State Dental Association.

Practice Philosophy: As healthcare evolves and patient care becomes more impersonal, Dr. Lutz has maintained a personal touch. He understands that every patient is unique and presents with their own health concerns. Dr. Lutz respects the individual goals of his patients and works with them to achieve the best results.

My Best Health Advice: I always see patients that have waited too long to address a dental concern. Often dental issues can be caught earlier and treated before a dental emergency arises.



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DENTISTRY

E. Taylor Meiser, Jr., DDS

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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410-224-4411

www.LighthouseFamilyDentistry.com



DENTISTRY

Brent C. White, Jr., DDS

Dr. White hails from Chester, PA, where he attended West Chester University on a Track Scholarship.

He graduated from Howard University College of Dentistry and then completed a General Practice Residency at Saint Elizabeths Hospital in Washington, DC. Has served as a civilian Dentist at Ft. Meade Army Base, in Ft. Meade, MD. Also, served as the Clinical Director at Oakhill Juvenile Detention Center in Laurel, MD.

Dr. White has been practicing dentistry for over 25 years. He's married with 3 children and his hobbies include golf, basketball, and motorcycling.

Membership: ADA-American Dental Association, MSDA-Maryland State Dental Association

ThunderBird Dental Office, affectionately known as the ThunderBird, has been providing dentures and denture repairs for over 40 years.

Our dental lab is on our premises which allows us to deliver same day repairs and relines. We also perform extractions for immediate dentures. Our service is prompt and personalized and our price is right, so come on in!



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DENTISTRY

Michael Rogers, DDS

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

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

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

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



4850 31st Street South Suite A, Arlington, VA

703-936-4166

FairlingtonDental.com



DENTISTRY

Judy Yu, DMD, MBA

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), and 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 co-founded Junior Fellowship of Christian Athletes, JFCA. 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.

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DENTISTRY

Nekia Staley-Neither, DDS

Dr. Nekia Staley-Neither is a native Washingtonian. She grew up with a love for caring for others with special interest in medicine. She matriculated at Spelman College in Atlanta, GA as a pre-med Biology major. After choosing to pursue a career in dentistry she attended and graduated from Howard University College of Dentistry with a degree in Doctor of Dental Surgery.

Dr. Staley-Neither is a dedicated wife and mother of four beautiful daughters and two sons. She is an active member of Mt. Ennon Baptist Church. Dr. Neither also volunteers as the Artistic Director of Standing Ovarations Dance Academy in District Heights, MD.

Enhancing Dr. Staley-Neither's commitment to providing care to person of all background she is currently a DECOD Fellow at the University of Washington at Seattle where she has and continues to train to treat and accommodate mentally and physically challenged person. Dr. Neither has been involved with special needs children especially since her elementary years. Volunteering at the Hospital for sick children and various shelters in Atlanta where she completed her undergraduate studies has encourage and dedicated her to provide quality and special care to all.

Dr. Staley-Neither is a member of the American Dental Association and National Dental Association. You can also find Dr. Staley-Neither participating, sponsoring, and serving in various health fairs, dental fairs and other community service projects in the Washington Metropolitan Area. She is a caring and committed professional who is dedicated to her patient's dental health. She is active in both the Maryland State Dental Society and the American Dental Society.



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DERMATOLOGY

Maren Shaw, MD

Dr. Maren Shaw is a Board Certified Dermatologist and Mohs Surgeon. She received her medical degree from University of North Carolina School of Medicine and has been in practice for 13 years.

Providing high-quality, dermatology care in an understanding and supportive atmosphere, Charles County Dermatology Associates serves men, women, and children in White Plains, MD and the surrounding communities. The caring physicians, physician assistants, and surgeons at Charles County Dermatology Associates specialize in providing effective treatments for both medical and cosmetic, dermatological issues.

At Charles County Dermatology Associates, the staff feels compassion and professionalism are fundamental to superb medical care. Regardless of what type of services patients seek, they're always listened to and treated with respect. The goal of the physicians, physician assistants, and surgeons at this medical facility is to earn the trust and respect of their patients, professional colleagues, and their community.



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DERMATOLOGY

Sharleen St. Surin-Lord, MD

Dr. St. Surin-Lord is a New York City Native. Her undergraduate degree was earned at Howard University in Washington, DC, where she majored in Clinical Laboratory Science. Her medical degree was received from Howard University as well.

Experience & Training: After graduating from college, Dr. St. Surin-Lord worked in vaccine technology and engineering and later, pharmaceutical sales at Merck and Co., Inc. She was also a Research Fellow for the National Institutes of Health (NIH) while in medical school. Before graduating medical school in 2004, she served Howard Hughes Medical Institute Research Scholar, conducting research on hair growth and on Kaposi's sarcoma. Following medical school, Dr. St. Surin-Lord completed an Internal Medicine Internship at Albert Einstein at Montefiore, Bronx, NY, as well as a Residency in Dermatology at Howard University and the DC VA Hospital.

Already a Board Certified Dermatologist, Dr. St. Surin-Lord continued to expand her knowledge with a Fellowship in Cosmetic Surgery, during which she received mentorship from the esteemed Dr. Suzanne Obagi. At the same time, she filled the role of Clinical Instructor to Dermatology residents at the University of Pittsburgh Medical Center.

Honors, Publications & Awards: Dr. St. Surin-Lord is a Fellow of the American Academy of Dermatology. She serves as an Assistant Professor of Dermatology at Howard University, and has been a sought-after speaker at national conferences. She also shares her expert knowledge in professional publications. Voted a Top Doctor in the D.C. Metropolitan area, Dr. St. Surin-Lord's philosophy that each patient should leave her office feeling better about him or herself is evident in her commitment to personal care. She has appeared as an Expert Dermatologist on TOP Doctors Medical Interviews, featured on MSNBC, FOX News, CNN, OWN, and Bravo Television Network. Memberships Include: American Academy of Dermatology; National Medical Association; American Hair Research Society; Skin of Color Society; Society of Cosmetic Chemists; and Women's Dermatologic Society



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GENERAL DENTISTRY

Craig A. Smith, DDS

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

Professional Memberships/Associations: National Dental Association

Areas of Interest: Root Canal Therapy, Implants

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

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

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

7201 Hanover Parkway
Suite A, Greenbelt, MD
301-446-1784



ESTATE PLANNING

Steven M. Katz, Esquire

Mr. Katz, a long time resident of Montgomery County, was born on February 8, 1941 in Washington, DC and is married with four children and nine grandchildren. After graduating from the University of Maryland and becoming a Certified Public Accountant, Steven Katz attended George Washington University Law School. Mr. Katz has taught courses at the University of Maryland, where he was instrumental in bringing the paralegal program into the college curriculum, as well as at the Kaufman-Cades CPA review school and has given seminars for the Montgomery County Bar Association, the Maryland Association of CPAs, the U.S. Government, and numerous local and national groups and organizations. He is licensed to practice law in Maryland and the District of Columbia.

Steven M. Katz is listed in Martindale-Hubbell's Bar Register of Preeminent Lawyers. The Bar Register of Preeminent Lawyers lists only those select lawyers and law firms that have earned the AV® Rating in the Martindale-Hubbell Law Directory and have therefore been designated by their colleagues as preeminent in their field. He is also listed in Who's Who in American Law and Who's Who in Business and Finance. Mr. Katz is a member of the Maryland State Bar Association, The Maryland State Bar Foundation, The Montgomery County Bar Association, and the D.C. Bar Association. He has served on the Ethics Committee of the Montgomery County Bar Association and is a former Chairman of that Committee as well as the Economics Committee. He also is a member of the Estates and Trusts section of the Montgomery County Bar Association, and the Estates, Trusts and Probate Section of the D.C. Bar.

401 E. Jefferson Street
Suite #208
Rockville, MD
301-738-8441
StevenMKatz.com



HEALTH/WELLNESS

Linda Penkala

"If you're not INVESTING in your health, you may be GAMBLING on your health."

This home-grown quote is the result of Linda pouring her heart and hands into the health and wellbeing of patients these last 35 years. She adds value to their lives as her patients experience profound relaxation, peace and stillness - all essential assets for robust longevity. Linda's personal and professional journey drives her work in raising awareness to pay attention to lifestyle choices in regard to cardiovascular disease, the #1 killer for men and women. She empowers her patients to lessen stress holistically through:

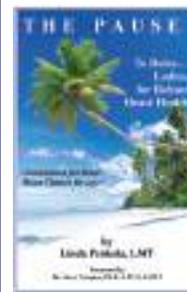
Therapeutic Massage – including Thai Rocking Massage, Swedish/Deep Tissue, Hands-Free Massage, Emotional Freedom Release with Tapping, Vagus Nerve Breathing tools, deep heat, and prayer.

Aromatherapy with Young Living Oils – including Raindrop Therapy for immune support, customized oil blends for massage, customized nasal inhalers, and Essential Oils 101- taught online or live to a group or business.

Education/Writing – virtual & in-person health and wellness presentations covering topics such as meditation, self-massage, EFT tapping, hands-on breathing applications. Linda's published wellness articles (on website) and recent heart health book for women, *The Pause to Relax Ladies for Robust Heart Health*, can be found on Amazon, Kindle, E-books, and bookstores.

Affiliations – Member of Associated Bodywork and Massage Professionals (ABMP), Central Maryland Chamber (CMC), Business Women's Network (BWN), Support to Believe Big, Maryland Therapeutic Riding, St. Joseph's Indian School, New Life, Compassion International.

Linda Penkala, Author, LMT, Wellness Catalyst
www.LindaPenkala.com
Instagram: @pausetorelax
Facebook: The Pause to Relax
Facebook: Optimum Health for Life
LinkedIn: Linda Penkala



FERTILITY

Yemi Adesanya-Famuyiwa MD, FACOG

Degrees, Training and Certificates: M.D. – Emory University School of Medicine, 1989. Residency in OB/GYN – Georgetown University, 1989-1993. Fellowship in Reproductive Endocrinology and Infertility – The National Institute of Health, 1993-1995. Graduated, Magna Cum Laude with a degree in Biological Sciences – Kent State. Board Certified in Reproductive Endocrinology and Infertility, as well as Obstetrics and Gynecology.

She is the founder of Montgomery Fertility Center, as well as the Associate Clinical Professor of Obstetrics and Gynecology at George Washington University School of Medicine and an attending physician at Holy Cross Hospital in the department of Obstetrics and Gynecology.

Practice Philosophy: Dr. Famuyiwa is at the forefront of providing state-of-the-art care based on emergent and ongoing new technologies and research. This is based on a philosophy to provide exceptional care in the most compassionate manner in order to achieve the best possible outcomes for her patients. Her work has been recognized by numerous awards.

Awards: Top Doctor in Washington-Baltimore in 2012. Castle Connolly Top Doctor in 2012, 2013, 2014, 2016, 2017, 2018, 2019, and 2020. Castle Connolly Exceptional Women In Medicine award in 2017, 2018, 2019, and 2020. Named one of *Bethesda Magazine* Top Doctors in 2019.



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HYPNOSIS/YOGA

Toni Nandini Greene, Owner

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

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

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

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

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

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INTEGRATED HEALTH

Janay Taylor, CRNP

Education: Coppin State University, Walden University

Conditions Treated: Acne, Allergies, Arthritis, Asthma, Attention Deficit Disorder (ADD), Chronic Diseases, Diabetes, Heart Disease, High Cholesterol, Hypertension, Menopause, Obesity, Osteoporosis, Sexually Transmitted Diseases (STDs), Substance Abuse

Procedures: Abscess Incision and Drainage, Birth Control, Breast Exam, Electrocardiogram (EKG), Family Counseling, Family Planning Services, Gynecological, Examination, Immunization, Pap Smear, Pelvic Exams, Physical Examination, Urinalysis, Vaccination, Well Baby Care, DOT Physicals

Taylor Integrated Health

2300 Garrison Boulevard
Suite #200, Baltimore, MD
443-708-3958



MASSAGE

Nichole E. J. Ruffin, LMT

Nichole E. Ruffin is a nationally Certified and Licensed Massage Therapist and owner of Caressence Therapeutic Massage and founder of the Touch Scientific Institute. With a wealth of knowledge in anatomy and physiological allopathic medicine, Nichole treats clients from a holistic preventative approach. Through massage therapy, she treats the body as a whole in order to create an inner balance so that the client can be better prepared to ward off ailments. Nichole uses an array of techniques including Reiki, Swedish massage, aromatherapy, hot stone massage, deep tissue massage, reflexology, pregnancy massage, CranioSacral Therapy, corporate chair massage, Raindrop Technique, and Vita-flex.

Nichole is a graduate of Potomac Massage Training Institute (PMTI), in Washington, DC and a professional member of the American Massage Therapy Association. She has over 15 years of medical experience including medical technology, cardiovascular invasive technology, and education. She currently teaches massage therapy at PMTI.

As a Massage Therapist, Nichole believes that it is important to offer support to an individual through T.O.U.C.H. (Truly Offering "U" Comforting Hands). She assists the client in leading them to their own pursuit of relief of tension in the body, calming of the mind, and nourishment of the soul.

Nichole's credentials and certifications include: National Certification Board for Therapeutic Massage & BodyWork (NCBTMB), Professional Member of American Massage Therapy Association (AMTA) and Cardiopulmonary Resuscitation (CPR) & Advanced Cardiac Life Support (ACLS). Nichole is licensed in both Washington, DC and Maryland.

Nichole empowers people to take their health seriously and to be an advocate for their own health. She uses her gifts of touch, listening and prayer to help those who feel overwhelmed by the stress in their lives. Nichole is passionate about helping those who face illness and disabilities to live fulfilling lives.

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caressencemassage.com
caressencetm@gmail.com



INTEGRATIVE MEDICINE

Alan Weiss, MD

Degrees: Bachelor of Arts – University of Virginia, Doctor of Medicine – McGill University.

Post-Graduate Training: University of Hawaii Internship in Medicine, St. Elizabeth's Hospital (Boston) Residency in Internal Medicine, Board Certified Internal Medicine, Fellow American Academy of Anti-Aging Medicine

Practice Philosophy: Combining the best of conventional treatments, natural approaches and alternative strategies.

Areas of Interest:

- Expert treatment of chronic fatigue syndrome and fibromyalgia
- Nutritional strategies and weight loss, including HCG protocol
- Bio-Te Hormone Replacement
- Addressing thyroid problems and adrenal fatigue using natural and holistic therapies
- Intravenous therapies
- Combining the best of conventional and holistic therapies to address chronic and complex health care issues
- Anti-Aging protocols using Botox, Dysport and Peptide Therapy



1819 Bay Ridge Avenue
Annapolis, MD
410-266-3613
AnnapolisIntegrativeMedicine.com



MASTECTOMY FITTER

Mimi Quade, Owner

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

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

Family: Husband, Chris and Son, Jimmy

Hobbies: Sudoku and Reading.

Practice Philosophy: Customer care is our priority!

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Rishi R. Sood, MD

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MAXILLOFACIAL SURGERY

Sivakumar Sreenivasan, DMD

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

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

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

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



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MEDICAL ONCOLOGY

Paul Bannen, MD

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

Board Certification: Internal Medicine and Medical Oncology

Awards: 2022 *Washingtonian* Top Doctor



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301-774-6136

9715 Medical Center Drive
Suite #221, Rockville, MD

301-279-7510

22616 Gateway Center
Drive, Suite C
Clarksburg, MD

301-685-6300



MEDICAL ONCOLOGY

Frederick Barr, MD

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

Board Certifications: Internal Medicine and Medical Oncology

Awards: 2022 *Washingtonian* Top Doctor



5454 Wisconsin Ave.
Suite #1300
Chevy Chase, MD

301-657-4588

MEDICAL ONCOLOGY



Holly Dushkin, MD

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

Board Certification: Internal Medicine and Medical Oncology

5454 Wisconsin Ave.
Suite #1300
Chevy Chase, MD

301-657-4588

MEDICAL ONCOLOGY



Chitra Rajagopal, MD

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

Board Certifications: Internal Medicine and Medical Oncology

Awards: 2022 *Washingtonian* Top Doctor

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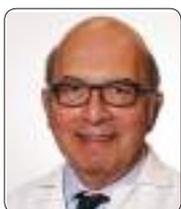
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Drive, Suite C
Clarksburg, MD

301-685-6300

MEDICAL ONCOLOGY



Frederick P. Smith, MD

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

Board Certification: Medical Oncology

Awards: 2022 *Washingtonian* Top Doctor



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MEDICAL CANNABIS

Sharron Sample, CEO

Sharron Sample, CEO of Dispensary Works in White Plains, MD, retired from the position of Chief Information Office, Earth Science, NASA in 2008 after a long and rewarding career. She never envisioned the legalization of cannabis for medicine and that she might play a role in making it available to others.

In 2014, son, Robert and nephew, Steve, made Sharron aware of the plans for legalization and began to educate her on the science of cannabis as medicine. She was particularly impressed with the ways it was helping to reduce or eliminate seizures in children and adults. Together, they opened Dispensary Works on May 10, 2018, and have found it to be one of the most gratifying accomplishments of their careers.

"We are committed to providing the best cannabis product to patients as part of their overall health Plan."

Native to Maryland, Sharron, Rob, and Steve continue to pursue future licenses to grow and process cannabis.



10766 DeMarr Road
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240-585-5220
DispensaryWorks.com



NURSE PRACTITIONER

Sharon Hawkins, CRNP

I am a Nurse Practitioner of greater than 27 years of experience and I am a member of the American Association of Nurse Practitioners. I have immensely enjoyed working with all types of people in my profession as a Family Nurse Practitioner. It brings me great pleasure in helping people reach their full health potential in any arena.

My formal training involved acquiring a plethora of knowledge while working at Johns Hopkins in Baltimore, MD and then having the wonderful opportunity to work at several different healthcare facilities once I finished my graduate degree in 2001.

In 2017, I decided to broaden my horizons and also become a Yoga Teacher Training, YTT 200. Currently, my interests have turned towards the beauty industry of Cosmetics/Medical Aesthetics.

I provide services such as Botox, Microneedling, and Chemical Peels. My home-based business, A Beautiful You, LLC, is based out of Upper Marlboro, MD.

*A Beautiful
You, LLC*

3013 Nightside Drive
Upper Marlboro, MD 20774
240-230-7797
www.ABeautifulYouGlow.com



MENTAL HEALTH

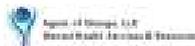
Bertha L. White, MSW, LCSW-C

Bertha L. White is the President and CEO of Agent Of Change, LLC, Mental Health Services and Resources. She is a Licensed Certified Social Worker - Clinical, (LCSW-C) in the state of Maryland. Bertha earned her Bachelor of Psychology at the University of Maryland-European Division while traveling abroad with her military family. She earned her Master of Social Work at the University of Maryland-Baltimore.

With over 20 years' experience, Ms. White founded Agent of Change in 2009, to promote her vision of a premier Mental/Behavioral Health Agency in the Southern Maryland Region. We exist to provide qualified support and interventions that positively impact personal growth and wellness. We recognize the journey to making necessary changes to overcome life's obstacles can be difficult, but be encouraged.

Ms. White specializes in: Child, Adolescent, and Adult Psychiatric Diagnostic Evaluations, diagnosing, and treatment of a wide spectrum of Mental Illnesses and Behavioral Health conditions. She is a Certified Clinical Trauma Professional and Certified Dialectical Behavioral Therapist. Often, the focus of clinical attention is past and current circumstances that don't meet diagnostic criteria. Yet, these circumstances still impact life with feelings of brokenness. At Agent of Change, we strive to support life that's more mentally, emotionally, physically, and spiritually balanced. We promote community organizing, advocacy, social awareness efforts and program development, and are in partnership with community resources and programs.

Ms. White remains "faithful, humbled, and dedicated to her efforts to be an agent of change."



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HOSPICE/ PALLIATIVE MEDICINE

Patrice Richardson, MSN, CRNP, ACHPN Nurse Practitioner

Degrees, Training and Certifications: I received a Bachelor of Science in Nursing from Atlantic Union College, South Lancaster, MA, and a Master of Science in Nursing from the University of Massachusetts. I completed a 1-year interdisciplinary palliative care fellowship at Brigham and Women's/Dana Farber Cancer Institute and hold a certification in hospice and palliative nursing.

Professional Memberships and Associations: Hospice and Palliative Nurses Association

Family, Hobbies and Interests: My husband and I live in Anne Arundel County; we both love to travel and experience new places, people and cultures. I enjoy cooking, reading, exploring Maryland's many beautiful state parks, being anywhere there is water, and time with my friends and 3 of my beautiful God-children who live nearby.

Practice Philosophy: My practice philosophy is that everyone is a child of God and should be treated with the utmost care and respect. My aim is to treat each patient as I would want my loved ones to be treated. I believe that having compassionate, honest conversations about their hopes and goals in the face of life-limiting illnesses empowers patients to live as well as they can for as long as they can. I want patients and their families to know that I am deeply invested in their care, comfort and the quality of their lives and will employ the skills of our interdisciplinary supportive care team to help meet their needs.



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MENTAL HEALTH

Monica Greene, PhD

Certifications: Licensed Psychologist, Certified Life Coach - Alliance Coach Training, Spiritual Life Coach - Inner Visions Institute for Spiritual Development.

Specialty: Individual, couples and family psychotherapy

Professional Activities and Memberships: Alpha Kappa Alpha Sorority Incorporated, Board of Directors for Gabriel's House/Domestic Violence Center, N.A.A.C.P., Board of Directors for Excell Eldercare Management, Inc., Board of Directors for Premiere Health Express

Dr. Greene was featured on the Oprah Winfrey Network mini-series Unfaithful, working with couples who have had infidelity issues to heal and save their marriages.

7905 Belle Point Drive
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OPHTHALMOLOGY

Renee Bovelle, MD Board Certified, Ophthalmology by the American Board of Ophthalmology

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

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

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

Her work has been published in medical textbooks and ophthalmology journals in the U.S. and internationally. Donates her time to caring for the poor by participating in health fairs and medical mission trips.

She holds academic appointments at Howard University Hospital, Ross University School of Medicine and University of Maryland Capital Region Medical Center. Holds leadership positions in ophthalmic and other medical associations. Currently, she represents the Maryland Society of Eye Physicians and Surgeons (MSEPS) as a counselor to the American Academy of Ophthalmology and is on the MedChi legislative council. Under her leadership, MSEPS received the 2021 Star Award for innovative delivery of education and value to society members.



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OPTICIAN

Pam Lauer

As manager of McNelly Optical in the Sajak Pavilion, my goal is to set our store apart from other optical outlets through the quality of the customer experience and our attention to detail. Our boutique caters to clients that desire quality eyewear that doesn't look like everyone else's. My staff and I will consult one-on-one in frame selection offering advice both in fashion and suitability to the patient's prescription. We will make recommendations for the best results. As independent opticians, we depend upon our expertise to attract referrals from local eye specialists who often send us their most challenging cases.

I hold a degree in business administration. I completed an opticians apprenticeship and became certified by the American Board of Opticianry in 1978. I have worked throughout many different areas of the optical industry in both retail and wholesale. I spent 25 years with prominent French frame manufacturer Logo Paris. I also represented the luxury eyewear lines for Cartier and Tag Heuer in the Eastern United States. I returned to my retail roots in 2012 and joined the management team at McNelly Optical Co in 2017.

I am a native Annapolitan with a passion for the sea shore. I am married with 2 adult sons and enjoy traveling.



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OPTOMETRY

Veera Patel, OD

Peepers Bowie – An NV Optometry Company

Dr. Veera Patel was born and raised in sunny California. She attended the University of California, San Diego and graduated with a degree in Human Biology with a minor in History. During her college years, she spent some time volunteering abroad with a non-profit group "Unite for Sight" to help underserved populations in remote villages regain sight through cataract operations. These experiences solidified her passion for eye care. After graduating UCSD, she continued her education in Boston at the New England College of Optometry where she received her doctorate degree. It was here that she met Dr. Nish Patel! After she graduated from Optometry school in Boston, the two got married in Santa Barbara, CA in 2014 and settled in Gambrills, MD – where they both continue to help their patients and community with their eyecare needs. In her free time, Dr. Veera Patel loves to watch movies, cook, and travel!



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OPTOMETRY

Chika Lillian Ojukwu, OD, FBCO

Dr. Chika L. Ojukwu, popularly known as "Dr. Chika" has been in practice as an Optometrist for more than 15 years. After graduating from Optometry School, she practiced in Africa for about 4 years where she was involved in the treatment and management of tropical ocular diseases. She served as an Assistant with Kaiser Permanente Vision Center in Washington, DC before joining WalMart Vision Center in Waldorf, MD where she was an Independent Doctor of Optometry for 8 years prior to opening Chika Eye Care, one of the leading optical outfits/eye care centers in Southern Maryland.

Certifications and Associations: National Contact Lens Examiners Certificate, Certified in the Treatment and Management of Ocular Diseases, Maryland Optometric Association, American Optometric Association, American Optometric Society, Contact Lens Society of America

Inspiration: The primary aim is provision of the best eye care to my patients.

Family/Hobbies/Interests: A dedicated wife and mother of four beautiful children (two boys and a set of identical twin girls), she enjoys shopping, playing table tennis (ping-pong), church activities and spending time with her family.

My Best Health Advice: Maintaining healthy eyesight is vital to a high quality of life.

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Waldorf, MD 20602
240-419-3846
240-419-3852
www.ChikaEyeCare.com



OPTOMETRY

Alexander C. Nwabue, OD, PA

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

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

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



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Mitchellville: 301-324-9500
Silver Spring: 301-681-9797
Frederick: 301-694-7557
www.VisualEyesGroup.com



OPTOMETRY

Nish Patel, OD

Peepers Bowie – An NV Optometry Company

Dr. Nish Patel has been a member of the Peepers Family Eye Care Team since the age of 16! He started as a front desk assistant and an optical technician and interned under Dr. Erick Gray. Dr. Nish Patel graduated from the science and technology program at Eleanor Roosevelt High School in Greenbelt, MD. He went on to attend Northwestern University where he earned a Degree in Physiology with Honors. Dr. Patel graduated from the New England College of Optometry in 2011 where he served on the Executive Board of Vision Development. It was here in Boston where he met his now wife and co-owner Dr. Veera Patel.



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ORAL SURGERY

Larry W. Bryant, DDS, PA

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

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

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

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

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

- Dental Implants & Reconstructive Surgery
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- Extractions & Wisdom Teeth
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- Orthodontic & Orthognathic Surgery
- Comprehensive TMJ Therapy

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ORTHOPEDIC SURGERY

Uchenna R. Nwaneri, MD

Dr. Uchenna R. Nwaneri is an Orthopedist in Greenbelt, MD and is affiliated with multiple hospitals in the area, including University of Maryland Capital Region Medical Center and Luminis Health Doctors Community Medical Center. He received his medical degree from Howard University College of Medicine and has been in practice for more than 20 years.

Medical School & Residency:

Howard University Hospital – Residency, Orthopaedic Surgery, 1990-1994
Howard University Hospital – Internship, Transitional Year, 1989-1990
Howard University College of Medicine – Medical School

Dr. Uchenna R. Nwaneri and the team of orthopedic surgeons at the Spine & Joint Center use proven and sophisticated technology in knee and hip replacement, as well as traumatic surgeries of the shoulder, hand, and foot. Utilizing minimally invasive knee and hip replacement surgery, with superior precision during the entire process, allowing perfect alignment and balance of the joint, giving you better outcomes in range of motion and function.

The results are:

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Ortho.net



PEDIATRICS

Janet V. Johnson, MD

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

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

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

Loving Care Pediatrics
3311 Toledo Terrace
Suite #C-201
Hyattsville, MD
301-403-8808



PAIN MANAGEMENT

Sarah Merritt, MD

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

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



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PERIODONTIST

Karl A. Smith, DDS, MS

**Periodontal Care can save your life!
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As a periodontist, Dr. Karl Smith specializes in periodontics and implantology. Periodontists are experts in treatment of gum disease, establishing and maintaining periodontal health, cosmetic smile enhancement procedures, and dental implants to replace teeth that are missing. Although no one really likes to go to the dentist, we strive to make your visits with us as comfortable and pleasant as possible. Patients' comfort is an important part of quality dental care. If you aren't safe and comfortable you won't go and going is just a good thing for your body!

Degrees, Training and Certificates: Doctor of Dental Surgery Degree from the University of California, Los Angeles 1981. After graduation immediately entered 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 after four years of reserve and fifteen years of meritorious world-wide active duty service in 1996. Fellowship in the Academy of General Dentistry and in DOCS, an organization for sedation dentistry.

Dr. Smith's colleagues describe him as a gentle, easy-going person, and people come from near and far to experience the comfort and safety of his office and patient-oriented team. He is consistently rated by his peers as a Top Dentist 2010-2022 in *Virginia Living*, *Washingtonian Magazine*, and *Northern Virginia Magazine*.

His patient's say: "I'd give 10 stars if I could. Dr. Smith is so kind, caring and explains everything so that you understand. His assistants are thorough, knowledgeable and gentle."

601 Post Office Road
Suite #1-B, Waldorf, MD
301-638-4867
2500 N. Van Dorn Street
Suite #128, Alexandria, VA
703-894-4867
www.DrKarlSmith.com



PAIN MANAGEMENT

Levi Pearson, III, MD, MBA, DABA, DABPM

Metropolitan Pain and Spine
Metropolitan Spine Ambulatory Surgery Center

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

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

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



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PHYSICAL THERAPY

Ibrahima Diallo, DPT, MBA, MSHA

Before completing his graduate studies, Dr. Diallo envisioned the need for an independent physical therapy practice that is different in its patient care values, patient care outcomes; attentiveness, integrity, effectiveness and efficiency. He realized very early in his studies that life, health and quality of life are fundamentally synonymous to movement; the state of dynamism, change and evolution of the self to a state of balance, where it is most efficient, productive, and stable both internally and externally.

Dr. Diallo would later graduate from the University of Maryland, Eastern Shore, where he received his baccalaureate and masters degrees, and then Widener University, where he earned his doctoral degree in Physical Therapy. He completed his clinical affiliations at both Harbor Hospital and Mercy Hospital in Baltimore, MD and at various outpatient clinics in the Washington Metropolitan region. He also holds an MBA and MS graduate degrees with specialized concentration in Health Care Administration.

Our practice has evolved over the years to effectively provide treatment for various conditions and dysfunctions, patient education seminars, and wellness programs at his Greenbelt, Maryland Clinic. His state-of-the-art practice in Greenbelt provides courteous, attentive, professional and flexible rehabilitation programs to suit his clients and promote health and quality of life for his patients.

Currently, patients with chronic pain conditions, post-operative spine and joint conditions, trauma from work injuries and auto accidents with significant limiting movement dysfunctions are receiving timely and evidenced based care that is both efficient, and effective to allow patients from all backgrounds and conditions access cost effective, professional quality care rehab services at our Greenbelt office.

Physical Therapy for:

- Work Injuries
- Auto Injuries
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- Geriatric PT
- FCE/Work Hardening



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PHYSICAL THERAPY

Kevin Longangu, PTA

Kevin graduated from Montgomery College, Takoma Park with a Physical Therapy Assistant Associate's Degree. During his academic career, in 2016, Kevin became a member of The National Society of Leadership which is the nation's largest leadership honors society. In 2006, Kevin became interested in a career in Physical Therapy when he began caring for a family member who was diagnosed with a stroke, and regularly received physical therapy treatments. While in clinical rotations, Kevin was exposed to different settings which led his interest to the outpatient setting. Kevin's interests are in pursuing Sports Medicine, and to continue his education to become a Physical Therapist. Kevin is passionate about helping his patients achieve their goals and to educate for lasting results.

In Kevin's free time, he enjoys watching soccer, dancing, and traveling to new places while learning about different cultures.



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PHYSICAL THERAPY

Sindhuja Gunasekaran, PT, DPT

Dr. Sindhuja Gunasekaran is a Licensed Physical Therapist in Maryland with 8 years of clinical experience in the field of orthopedic and sports rehabilitation.

After completing her Bachelors in Physiotherapy from Dr D Y Patil University, Mumbai, she worked in different hospitals within Mumbai for four years; she then moved to the States and graduated from Loma Linda University in California with her Doctor of Physical Therapy degree in 2019. After she passed her physical therapy licensing examination she worked at an outpatient setting in Texas. Sindhuja joined our team in April 2022 and has been working in our Outpatient setting treating the following injuries: sports, vestibular dysfunction, orthopedic, pediatrics and geriatrics. Sindhuja is a compassionate and enthusiastic therapist providing her patients with the best possible care and seeking solutions to clinical problems with evidence-based research and protocols.

She has completed a variety of certifications in Sports Kinesio-Taping, Manual Therapy and Soft Tissue Mobilization. She is registered as a therapist with Worksaver here in the U.S. and has successfully assessed and treated many workers compensation patients suffering from occupational injuries using the Worksaver system. She is registered with Shape Crunch and has performed multiple foot evaluations for patients requiring customized insoles and footwear.

She is currently pursuing her FIFA diploma in Sports Medicine. She constantly thrives to upgrade her clinical skills by participating in continuing education courses. Sindhuja is an APTA credentialed clinical instructor who in her spare time, enjoys traveling, exploring new places, working out at the gym and spending quality time with family and friends.



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PHYSICAL THERAPY

Derrick A. Martin, PT, DPT

Dr. Martin's quest to be the best can be seen in his personal and professional growth. He started as a Physical Therapist aide and now has his Doctorate in Physical Therapy.

Dr. Martin has been in the physical therapy profession for over 35 years and is skilled in deep dry needling techniques, cupping, kinesio-taping, and other orthopedic manual therapy techniques. Dr. Martin is a thinking therapist. His main goal is to improve mobility, function, and improve his patient's way of life. Dr. Martin's dedication to physical therapy has his patients returning 90% of the time or referring friends and family members which is a testament to the type of care rendered at his offices.

Dr. Martin started Absolute Therapies in 2009 so he can help fellow service members and give back to the profession that he has serviced for over 32 years.

He franchised with Fyzical Therapy and Balance Centers in 2019 to expand his knowledge base into vestibular and balance rehabilitation.

Dr. Martin says treating patients is not a job to him, but an enjoyment and a blessing to give of what the Lord gave him.



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www.Fyzical.com/Crain-Hwy-Waldorf-MD

4000 Mitchellville Road
Suite B430, Bowie, MD

240-334-2300

www.Fyzical.com/Bowie



PHYSICAL THERAPY

Geraldine Jessi Jaganathan, PTA

Geraldine Jessi Jaganathan (Jessi) has been part of our FYZICAL team since May of 2021. She graduated with a Bachelor's Degree in Public Health with a focus in Kinesiology from the University of Maryland, College Park class of 2013. She attended Montgomery College, Takoma Park, MD to earn her credentials to become a Certified Physical Therapist Assistant. Jessi graduated in December 2020 and she has been a licensed PTA since April 2021.

Jessi's clinical experience focuses on various rehabilitation methods for patients with orthopedic and neurological disorders, and working with geriatric and pediatric populations. Jessi is passionate about orthopedic, balance, and vestibular rehabilitation and she is currently enrolled in programs through the FYZICAL college in pursuit of her certifications.

Jessi considers helping patients achieve their best in rehabilitation and her role in patient's success is her motivation in her field.



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PHYSICAL THERAPY

Nancy Mehta, PT, DPT

Dr. Nancy Mehta completed her Bachelor's in Physical Therapy from Pune, India in 2015. Thereafter she practiced in India for 1.5 years where she gained additional hands on experience by working in an Outpatient Orthopedic Hospital setting where the patient caseload was mainly centered on orthopedic, neurological- adults/peds and spinal post-surgical conditions. She completed her Doctor in Physical Therapy from Loma Linda University, California in 2019. Over the years of her clinical work experience, Dr. Mehta has worked with Orthopedic, Neurological, Pediatric, Geriatric, Cardiovascular, Vestibular, Work Conditioning and Work Hardening patients. She has completed several workshops on Differential diagnosis & treatment of lower extremity edemas, Motor Relearning Program for Stroke Rehabilitation, PNF in Neuro Rehabilitation. Dr. Mehta has also been a Physical Therapy volunteer for Pune International Marathon, India. She is also a Certified BLS/CPR provider from the American Heart Association.

As of today, Dr. Nancy is working with the patients in our Lanham office. Dr. Nancy enjoys spending her free time working out and spending quality time with her friends.



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PLASTIC SURGERY

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At Kay Plastic Surgery we provide a holistic approach to health, wellness, and personal appearance. Through a free consultation, we can help you achieve your goals. We understand diverse individuality and gender-inclusive aesthetics. We offer state of the art, proven effective non-invasive and surgical options for facial skin and contour maintenance, eyelid and facial rejuvenation, nasal reshaping, and prevention of signs of aging. Options include advanced use of Botox, many fillers, and lipografting, the most effective treatment for preventing facial aging and restoring youthful appearance. We offer the latest techniques for breast, arm, leg, gluteal and abdominal body contouring, including prevention, and treatment of cellulite. We have expertise in nutrition, fitness, wellness, and weight management to insure long term treatment success.

Dr. Stephen Kay has been practicing cosmetic plastic surgery for over 20 years. A graduate of Weill-Cornell Medical College, Dr. Kay is certified by the American Board of Plastic Surgery. He is a Fellow of The American College of Surgeons and a Member of The American Society of Plastic Surgeons and The American Society of Maxillofacial Surgeons. He is also past President of the National Capital Society of Plastic Surgeons, and a volunteer surgeon with Rebuilding America's Warriors. He is a founder and past Medical Director of The Surgery Center of Chevy Chase. Among many honors, Dr. Kay has been recognized as a Castle Connolly Top Doctor, *US News & World Report* Best Plastic Surgeon, *Washingtonian Magazine* Top Plastic Surgeon, *Bethesda Magazine* Top Plastic Surgeon, and *Angi* Best Plastic Surgeon.



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PODIATRY

Janice Postal, DPM

Dr. Janice Postal provides experienced foot care including diabetic foot care, treatment of foot injuries, and foot infections for the Silver Spring area. Since opening her practice in 1987, Dr. Postal has committed herself to providing compassionate and thorough podiatric care, ensuring that they receive professional treatment with a personalized touch. Dr. Postal will work with you individually to determine your specific medical needs.

Some of Dr. Postal's Services Include:

- **Diabetic Related Podiatric Conditions:** Including Examinations, Treatment, and Preventative Care for Diabetic Related Complications.
- **Foot Pain and Injuries:** Including Treatment and Care for All Types of Foot Pain, Heel Pain, Tendinitis, Bunions, etc.
- **Foot Infections:** Including Treatment and Care of Athletes Foot, Fungus Toenails, Ingrown Toenails, etc.



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PODIATRY

Ademuyiwa Adetunji, DPM

All professionals at Largo Foot & Ankle Health and Ambulatory Surgical Center maintain the highest levels of accreditation and pursue ongoing education to stay abreast of the latest trends in the medical field. Read on to learn more about our staff's experience and training.

Dr. Ademuyiwa Adetunji graduated from Des Moines University College of Podiatry Medicine and Surgery and completed his 2-year residency program at the VA hospital in Baltimore. He is a podiatrist specializing in the foot and ankle care of patients for over 20 years in the Largo area. He has particular interests in wound care, diabetic feet, and foot injuries. Dr. Adetunji is the Chief of Podiatry at the University of Maryland Capital Region Medical Center in Largo.

Dr. Adetunji maintains his health by Church activities, farming, and family affairs.



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PROSTHETICS

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Professional Memberships/Associations: American Board for Certification in Prosthetics, Member AOPA, ABC Accredited Facility

Special Interests: Spending time with my family; shooting pool on APA league

Practice Philosophy: Old fashioned one-on-one service. Do whatever it takes to make the patient happy.

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Metro Prosthetics'
46th Anniversary*



PODIATRY

Howard Horowitz, DPM

Dr. Horowitz arrived in the Washington metro area in 1986 and established Bowie Foot and Ankle later that year. He quickly joined the staff at the newly opened Bowie Health Center Surgery Center. Dr. Horowitz enjoys the general nature of his practice and sees patients of all ages with a variety of foot problems. He especially enjoys dealing with the orthopedic nature of many podiatric problems, whether they be of recent onset or long standing. He has found that chronic problems affecting the ankle, knee, hip or back, can often be traced to recent symptoms within the foot, or vice versa.

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

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

Special Interests: Biomechanics/Computerized Gait Analysis, Orthopedics, Surgery

Board Certifications: Wound Care - American Academy of Wound Care Specialists, Podiatric Surgery - American Board of Medical Specialties in Podiatry; Podiatric Surgery, Podiatric Orthopedics - American Board of Podiatric Orthopedics and Medicine, Podiatric Orthopedics - American Board of Orthotics, Prosthetics, Custom Orthotic / Brace Fabrication and Shoe Modification

Family: Wife: Karin and Children: Aliza and Talia



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PROSTHETICS

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Post Graduate Education and Training: Prosthetic Residency at Rehabilitation of Chicago - 2012-2013

Certifications: American Board for Certification in Orthotics & Prosthetics

Practice Philosophy: Personalized service integrating traditional techniques with the latest technology.

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PROSTHETICS

Kyle Wilhelm, BS, CO

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Degrees/Training: Ohio Northern University, B.S. in Business Administration, 1983; Northwestern University, Certification in Orthotics, 1999.

Professional Associations: American Board for Certification in Orthotics

Family: Married and the father of five children.

Practice Philosophy: Take the extra time to listen to the patient and then provide the ideal orthotic device to improve their quality of life.

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TMJ & SLEEP DISORDERS

Jeffrey L. Brown, DDS

Sleep & TMJ Therapy

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

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

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

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



2841 Hartland Road
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SleepandTMJTherapy.com



REGISTERED NURSE

Kim Weiss, RN

Kim has had a wide variety of experience as a nurse, from ICU service to Oncology nursing, and is an expert with IV therapies and is committed to her patients being comfortable, safe and well informed.

Kim has been utilizing IV therapies very safely and therapeutically with over 25 years as an IV Nurse, has been administering nutritional and integrative IV's in many different settings and practices throughout Maryland and Massachusetts. She is able to tailor these therapies to meet individual needs and requirements. Many people can benefit from these therapies and they can jumpstart your road to recovery and health.

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WELLNESS

Tiffany Daniel

Degrees: BS in Psychology, MDiv

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

Training: Mindful Movement and Breathwork

Areas of Interest: Healthy Eating and Regular Exercise

Specialties: Nutrition, Meal Planning, Weight Loss, Rehabilitation and Maintenance, and Standards for Excellence Licensed Consultant

Practice Philosophy: Your Health is Your Wealth

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



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My purpose is to cultivate connection, compassion, and awakening. I am committed to helping others find the light in the darkness; and to come to understand our traumas and pain as lampposts that are guiding us to where our inner work of transformation and healing lies.

I've been on a spiritual and healing journey for my whole life. After studying reflexology, yoga, and meditation in my teens, I began to explore spiritual traditions and healing modalities from around the globe. My own experience of healing from addiction, trauma, and Fibromyalgia opened me to a holistic approach, and led me onto my path as a holistic and wellness practitioner over 26 years ago.

At the heart of my work is shamanism, an ancient spiritual practice that offers a powerful gateway to healing, transformation, and soul-centering. Along with Shamanic Healing, I utilize an integrative holistic approach which incorporates modalities such as Bach Flower Remedies, Meditation & Mindfulness, Energy/Bodywork, Yin & Restorative Yoga, Addiction & Mental Health Recovery Coaching, and Feeding Your Demons®.

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Are you overweight or obese? You are not alone! By 2030, it is estimated that nearly 50% of the U.S. population will be classified as obese. Obesity disproportionately affects minorities, predominately non-Hispanic Blacks. Obesity increases the risks of cardiometabolic diseases such as diabetes, hypertension, and high cholesterol.

The first line treatment of weight loss is lifestyle management – changing the diet and getting regular exercise. Lifestyle management is often difficult to sustain. In addition to lifestyle modification, pharmacological adjuncts to weight loss are also now available.

WORKOUT IN PRIVACY

Do you often feel self-conscious working out in a public gym? Do you skip workouts due to no accountability? At Rejuve Health and MediSpa you can workout in privacy with our Mirror. We can customize your workouts to meet you at your comfort level. We'll help you stay accountable by scheduling regular workout sessions for you.

THE MEDICAL GYM

We've added Emsculpt Neo, Emsella, and Emtone to our arsenal of body treatments. With Emsculpt Neo you can gain 25% more muscle and lose up to 30% fat in targeted body areas, such as the abdominals, buttocks, upper arms, thighs, and calves. With Emsella, you can strengthen your pelvic floor muscles. The Emsculpt Neo and Emsella work hand in hand to strengthen the "core to floor" which is essential to helping prevent back pain and maintaining the ability to stay active and mobile. The Emtone is the finishing touch – it helps to tighten loose skin and reduce cellulite, giving your skin a smooth appearance.

ROBOARD MEAL REPLACEMENT

We also offer a "state of the science" weight management program and product line that was developed as the result of a comprehensive review of recent academic research. The products include synergistic ingredients that help promote optimal metabolism for active weight loss.



SEMAGLUTIDE

Semaglutide for weight loss is here! It doesn't require a highly restrictive diet or strenuous workouts – but still delivers results! If you stick to the program, you can expect to lose an average of 1-3 pounds per week without drastically changing your diet. You can expect up to a 20% reduction in weight in just a little over a year.

Facts about the Semaglutide Program:

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- Medical evaluation including blood work

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Semaglutide is an FDA-approved injectable prescription medication for adults who are either overweight or obese. Technically referred to as a "GLP-1 receptor agonist medicine," Semaglutide mimics glucagon-like peptide-1 (GLP-1) by increasing insulin secretion and suppressing appetite.



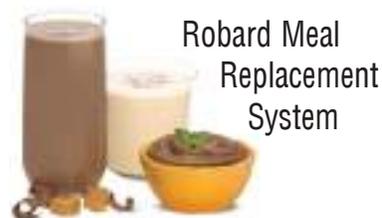
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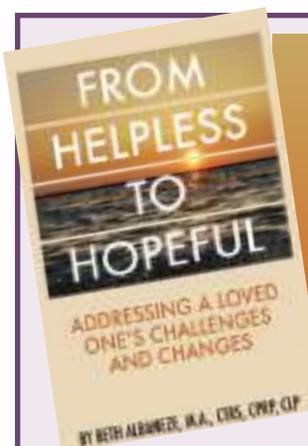
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From the Owner of
House Calls Total Wellness

FROM HELPLESS TO HOPEFUL

By Beth Albaneze and
Co-Author Amy E. Trumbull

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This book is meant to provide guidance and ideas on how to help and what to expect when you are dealing with a loved one's acute or chronic challenge or life transition, whether it's as relatively common as retirement, a teen moodiness or as major as unemployment, medical urgency, divorce, or a clinical diagnosis of mental illness.

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

Trying to make all the parts wrk together can understandably provoke a lot of anxiety.

This book will help take the mystery out of some common mental health care situations and offer readers new ways to look at their challenging circumstances.

This book will also help guide families and caregivers through a process that the authoer has experienced personally and navigated professionally for decades.



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New Book Offers Guidance, No Matter When They Happen



By Beth Albaneze
MA, CTRS, CPRP, CLP
House Calls Total Wellness

Studies have shown that the U.S. is in the middle of a mental health crisis, and experts say there is an immediate need for integrated mental health services. For people who are dealing with

a loved one's acute or chronic challenge or life transition the scope of available services can be overwhelming.

In her new book *From Helpless to Hopeful: Addressing a Loved One's Challenges and Changes*, Beth Albaneze, MA, CTRS, CPRP, CLP, owner of House Calls Total Wellness, an award-winning program in the metro Maryland/Washington, DC area explains how to navigate both mental health challenges and the system that treats them. Many people go through this kind of nightmare without a guide or flashlight, and it is for them that she wrote this book to teach, educate, and inform readers where to turn for help and what to expect.

"It's such an important time for
Please see "Life Changes," page 63

The Step-By-Step Process For Maryland Residents

How To Get a Medical Marijuana Card



By Sharron Sample, CEO
Dispensary Works

Here is your step-by-step guide to get a medical marijuana card in Maryland. This is only possible for current Maryland residents with proof of address and a valid government ID.

Step 1: Register With MMCC

In order to register with the

MMCC you must be at least 18 years old to register alone.

If you are under the age of 18, you must have at least one caregiver assigned to you at all times (this caregiver must be at least 21 years old and register with the commission before your registration.)

Step 2: Receive Written Certification From a Commission Registered Provider

In the state of Maryland certain providers have been identified by the commission as eligible to recommend medical marijuana for eligible patients.

You must have a bona fide provider-patient relationship with this doctor and they must do a full assessment to determine if medical marijuana can be a beneficial addition to your existing

Please see "Marijuana Card," page 63

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Adult Orthodontic Awareness



By Jacqueline Brown Bryant
DDS, MS, PC

velop a treatment solution to address the problems and create a healthier dental environment. Keep in mind, those considering orthodontic treatment, healthy teeth and bone can be moved at any age.

Adults need not shy away from treatment because of their ages or past dental problems. If someone is self-conscious about their smile, orthodontic treatment can provide adults with the same benefits younger patients enjoy. Less visible orthodontic materials have made adult orthodontic treatment increasingly popular in recent years. Understand that some malocclusions (bad bites) may get worse if left untreated.

Healthy teeth can be moved at almost any age. Millions of people in the United States and Canada are currently being treated by members of the American Association of Orthodontists (AAO). One in five patients is an adult. Orthodontic treatment moves teeth in the same way for a 75-year old as it does for a 13-year old. Orthodontists are trained to spot abnormalities and de-

If treatment is recommended, there are a number of options available today that make it less noticeable than it was in the past. Thanks to today's technology, the materials we orthodontists use to move teeth can be

Please see "Orthodontic," page 62

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Boost Your Immunity Against the Cold and Flu Virus Naturally



By Venetta Kalu, LDN, CNS, ND
Path Of Life Healing Center

and the environment. Thus, our priority would be to build up our natural inherent defenses against invaders. Getting additional help with vaccines, boosters, shot of all kinds are helpful, but there is more that we can do to assist our body and help it rather than engage in behaviors that promote sickness, exposure, and breakdown of our defenses.

What Can Be Done Naturally To Boost the Immune System?

People of all ages can suffer from the flu and as we have seen, anyone can get COVID, its variants or any other passing virus. Therefore, what can be done to help your immune system lessen the severity of your response to exposure?

- Consume foods high in antioxidants. Eating berries cannot be stressed enough. Prepare them smoothie style with yogurt as a base, a green food powder to boost the nutritional value, a healthy fat such as an omega 3 based oil (avocado, Brazil or almond nut butter), and a dash of coconut water to boost the electrolytes.

It is not practical to live in a bubble to prevent contact with people

Please see "Immunity," page 66



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4 Things To Know About the TeethXpress Dental Implant Procedure

Dr. Larry Bryant is your local Certified TeethXpress provider!

1. You leave the office with a new set of teeth — on the same day

Receiving a new smile through full-mouth implants is 100% possible. This is achievable in just one day. Through the process of pre-treatment planning, a TeethXpress team of highly skilled clinicians can make this possible.

How does it work? Your Certified TeethXpress Provider will work with a skilled dental laboratory technician to create a new set of teeth, custom-made to fit your smile.

The TeethXpress procedure can offer you a new set of teeth for either your upper or lower jaw or both if necessary. Compare this process to a pair of loose-fitting dentures and it's no wonder this solution becomes such a clear choice for so many people.

Your new set of beautiful teeth will arrive at the dentist's office already prepared to be professionally inserted into your mouth.

The only thing required before the new teeth are put in your mouth is the placement of dental implants. Once this is achieved, a full set of beautiful teeth can then be connected, all on four, five or six dental implants.

In a matter of a few short hours, the TeethXpress patient can leave the dentist office with a gorgeous new smile they can be proud of.

2. A short healing period is necessary for full-mouth implants

There is a huge advantage to walking into a morning appointment and leaving by noon with a new set of teeth that look and feel natural. If you wear dentures or are missing several teeth due to gum disease or tooth decay, you can not ask for a better solution than this one.

Just be careful and follow the advice of your dentist.

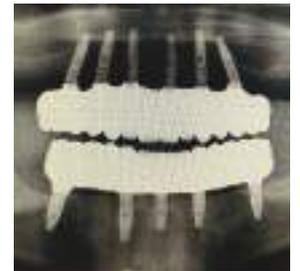
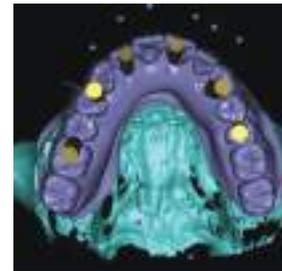
3. The difference between whole-mouth and All-On-4[®]

The All-On-4 dental implant pro-

cedure, by name, suggests four dental implants are placed in the jaw. Once the implants are placed, a complete set of upper or lower teeth can be immediately anchored down; All-On-4 dental implants.

Conversely, no specific number of dental implants are suggested with the TeethXpress dental implant procedure. This is because TeethXpress providers acknowledge that each patient is different and often require different clinical needs to achieve a successful outcome. While one patient may only require four dental implants, another patient may require six.

The good news is that even when a surgeon determines that five or six implants (instead of four)



A 3-Dimensional Cone Beam CT scan along with an intraoral digital scan of the patient's dental arches, is used to virtually plan a precision surgical guide for implant placement.

is required for the best result, it does not necessarily mean the cost of your implant procedure will increase.

4. Dental implants are well worth the investment in your health

The full-mouth dental implant procedure is a meaningful investment in your health – and dental implants can be very affordable. If you consider your mouth to be the “gateway to your overall health” – and you should – you too will find dental implants to be well worth the investment.



“Implants are less expensive over the course of a lifetime!”

Kristie

Contact Dr. Bryant Today To Find Out If the TeethXpress Procedure Is Right For You!

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Caring For a Child Who Has Asthma

Submitted by
Kensington Pharmacy

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

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

Children who have asthma often have these symptoms:

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

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

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

Your child's doctor may need several weeks or months to find the right medications to keep your child's asthma under control. You will need to be patient and work with the doctor during this process. You will also need to help your child understand that getting relief may take time. Your child's doctor will use two types of medicines to treat your child's asthma – (1) a controller medication and (2) a rescue, or

Please see "Asthma," page 63



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THE SPINE & JOINT CENTER

Deciding On CPR Options Before a Medical Crisis



By Rachel Sherman, FNP-BC
Chesapeake Supportive Care

If you have an advanced or life-limiting illness, you may have decided you don't want to be resuscitated if your heart stops. But this wish cannot be honored without an important document – the Medical Order for Life-Sustaining Treatment. Also known as a MOLST, in some states, including Maryland, emergency responders and other medical personnel are required to perform CPR when a heart stops un-

less they've seen the patient's MOLST signed by a physician, nurse practitioner or physician's assistant stating that CPR is not to be performed.

The form addresses other life-sustaining measures such as dialysis, transfusions and antibiotics, so it's important to thoroughly discuss it with your provider. Download it at www.whymolst.com/resources. In this article, we're going to review Section 1, which addresses resuscitation.

The first option in Section 1 is "Attempt CPR." This means that all comprehensive efforts will be made in the event of a cardiac arrest. Responders will perform chest compressions, they may place a breathing tube, administer medications or defibrillate, using electricity to try to restart the heart.

Section 1's next option is "No CPR, Option A, Comprehensive Efforts to Prevent Arrest." This means all comprehensive efforts will be made to prevent cardiac arrest, but there will be no chest compressions if cardiac arrest occurs. Option A is further broken down into two choices: "Option A-1, Intubate" or "Option A-2, Do Not Intubate (DNI)."

Selecting Option A-1 means a breathing tube can be placed into your airway and you can be placed on a breathing machine. Selecting Option A-2 means they won't place a breathing tube but can use a CPAP or BiPAP machine to help with breathing. These devices force air through a mask that covers the nose or nose and mouth to keep the airway open. With both options, they will not perform chest compressions.

The final option is "No CPR, Option B, Palliative and Supportive Care." Should your heart stop beating, the medical team would make sure you're comfortable and free from any disturbing symptoms like pain and anxiety. They might provide passive oxygen through a nasal cannula, but they wouldn't intubate or use CPAP or BiPAP.

Electing the "do not resuscitate" option doesn't mean your medical team will stop all treatment. They will continue treating you but will not perform CPR if your heart stops. Instead of thinking of DNR as Do Not Resuscitate, consider it to mean Die Naturally with Respect.

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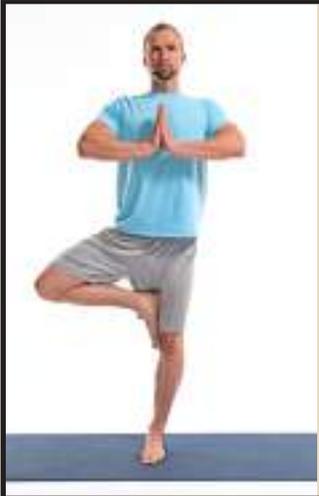
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By Toni Greene, Owner
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See page 26 for more information

and muscles to react. Injuries such as muscle strains and other body injuries could be a result of the condition of your personal electric vehicle, your body.

Electric vehicles must be plugged in to get the energy to the systems to get it going in its top performance. Your horsepower is initiated by the care of your vehicle, which is your body. The strength of your electric vehicle, which is your core (solar plexus), gives the body strength, endurance, balance, and stability when plugged in. To give your body the ability for top performance food, water, breath, sunshine,

Please see "Clarity," page 63

What Is Gout?



By Ademuyiwa Adetunji, DPM
Largo Foot & Ankle Health

- Your body makes too much uric acid
- Your body has a hard time getting rid of uric acid

If too much uric acid builds up in the fluid around the joints (synovial fluid/connective tissue), uric acid crystals form. These crystals are mainly formed as a result of a break down of purines found in the human tissue and many foods that we eat. These crystals cause the joint to swell up and become inflamed.

The exact cause is unknown. Gout may run in families. It is more common in men, in women after menopause, and those who drink alcohol. People who take certain medicines, such as hydrochlorothiazide and other water pills, may have higher levels of uric acid in the blood.

Most uric acid is carried through the bloodstream to the kidneys, which eliminate it from the body in the urine.

The condition may also develop in people with diabetes, kidney disease, obesity, sickle cell anemia and other anemias, leukemia and other blood cancers.

Symptoms of Acute Gout

- Symptoms usually involve only one or a few joints. The big toe, knee, or ankle joints are most often affected.
- The pain starts suddenly, often dur-

Gout is a kind of arthritis that occurs when uric acid builds up in blood and causes joint inflammation. An estimated 5.1 million people in the United States live with gout.

Gout is the most common form of inflammatory arthritis that affects approximately three times as many men as women. The number of newly diagnosed cases has increased over the past 40 years.

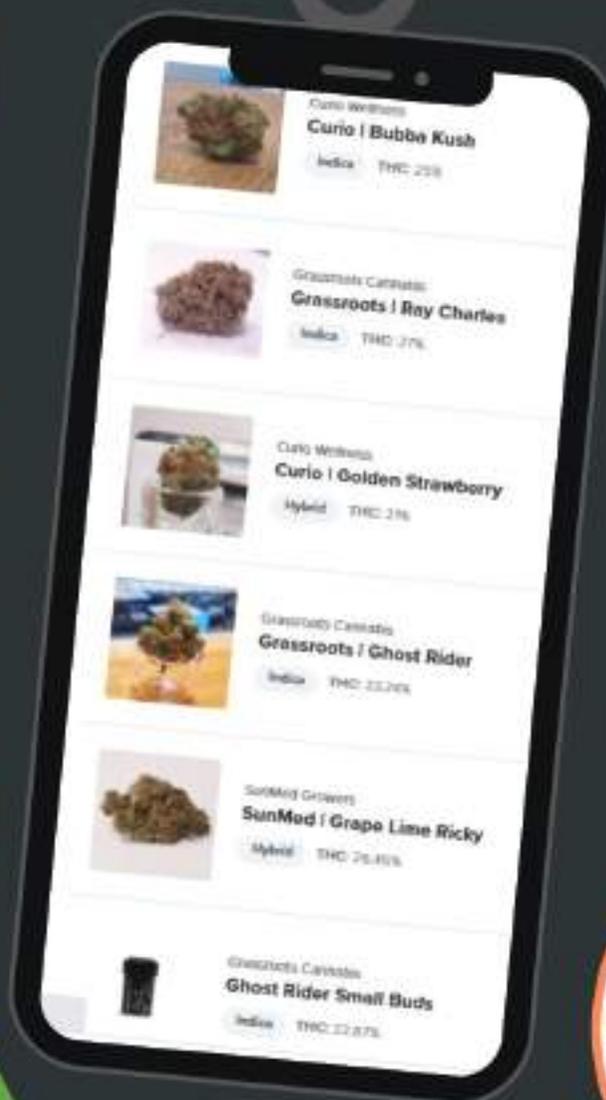
- Acute gout is a painful condition that typically affects one joint.
- Chronic gout is repeated episodes of pain and inflammation, which may involve more than one joint.

Causes, Incidence and Risk Factors

Gout is caused by having higher-than-normal levels of uric acid in your body. This may occur if:

Please see "Gout," page 62

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Lifestyle Factors Affecting Fertility

What Is Good For the Brain Is Good For the Gametes



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Part 2:

Last month's article discussed the importance of exercise and proper sleep in lowering inflammation in the body, which will in turn enhance fertility.

In addition to exercise and sleep,

nutrition is another big issue for a lot of patients. We hand out a fertility diet brochure to patients and since reading Dr. Sanjay Gupta's latest book, *Keep Sharp*, I found out it closely mirrors his diet recommendation for a healthy brain.

In his book he recommends a guide using the S.H.A.R.P. acronym.

S: Slash the Sugar. Sugar increases inflammation. People with high blood sugar have a higher, faster rate of cognitive decline. As a matter of fact, Dr. Gupta terms Alzheimer's as type 3 diabetes. Avoid high fructose corn syrup. A list of foods to consume regularly include: Fresh vegetables, whole berries, fish and seafood (avoid high mercury), Healthy fats-extra virgin olive oil,

Please see "Fertility," page 65

What Is Nutritional Response Testing?



By Thomas K. Lo, DC
Advanced Chiropractic Center

Nutritional Response Testing® is a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. When these issues are corrected, through safe, natural, and nutritional means, the body can repair itself in order to attain and maintain more optimum health.

Nutritional Response Testing analysis tests your body's neurological reflexes on the surface of the body. These reflexes are the body's way of telling us what and how well your

nervous system is working. It is the nervous system's responsibility to regulate the body's functions for every organ. The testing includes organs, glands, joints, muscles, etc.

Adrenal fatigue and hypothyroidism are the most common conditions we handle, followed by digestive issues, allergies and food sensitivities. We are also helping post-COVID long haulers, those with autonomic nervous system dysfunction and patients with chronic ailments with their recovery.

Unfortunately, we live in a polluted environment with chemicals and heavy metal toxicity; we breathe in bad air, eat highly processed food, take drugs with bad side effects and have a lot of stress from listening to bad news and engaging in negative social media.

Besides sleeping well, getting adequate exercise and practicing mindfulness, nutrition is an important part for attaining better health.

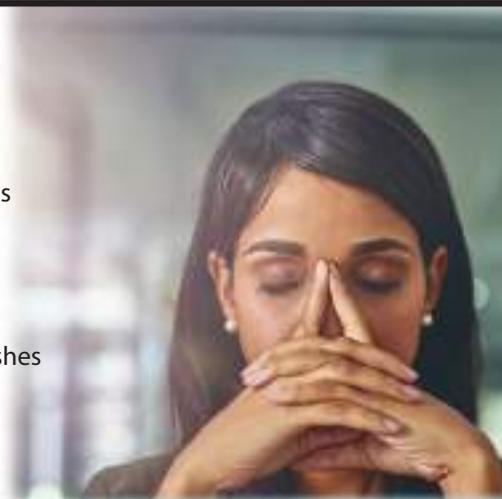
You may need the help of Nutrition Response Testing if you have one or more health conditions that won't

Please see "Nutritional," page 62

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What Is Cupping Therapy?

By Brittney de Vicq, MAC, LAC
West Annapolis Acupuncture

Cupping is a treatment method that uses glass, plastic or silicone cups to create suction to pull the skin and muscles.

The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, alleviate stagnation, reduce pain and

sedate the nervous system. Cupping is used to relieve back and neck pain, shoulder pain, stiff muscles, fatigue, and a variety of other musculoskeletal injuries.

There are two different types of cupping methods commonly used. The first type is “retained” or “stationary cupping”; this is when the cups stay in one location for the duration of the treatment.

The second type of cupping is

“sliding” or “running cupping”; this is when the cups are moved over certain affected areas. Running cupping can feel more intense but has the ability to move out more stagnation, resolve pain, and affect change in a shorter period of time.

Depending on the cupping style being used and the conditions being treated, cups will stay on a patient anywhere from 5-15 minutes.

In order to receive the best possible cupping treatment make sure that your acupuncturist has received certi-



Brittney de Vicq, MAC, LAC

fication from a nationally recognized organization in cupping therapy such as the International Cupping Therapy Association.

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Healthy Resolutions For Your Family



By Janet V. Johnson, MD
Loving Care Pediatrics

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

Avoid Destructive Habits

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

Exercise Together

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

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

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

Eat a Healthy Breakfast

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

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

Wash Your Hands

Please see "Resolutions," page 65

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Employment and the Mentally Ill



By Joyce Abramson, RNMS
 Charles County Freedom Landing

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 interpersonal 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

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

Please see "Employment," page 65

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Submitted by E. Taylor Meiser, DDS
 Lighthouse Family Dentistry

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The dental profession is evolving, and so should your experience. New technology helps diagnose problems earlier, allowing dentists to treat problems sooner and with less invasive techniques. The latest in comfortable and convenient dentistry is now available with CEREC® tooth restoration system. Using the CEREC equipment, your dentist can now complete a color-matched ceramic tooth restoration – filling, crown or veneer – in a single visit. This technology uses bio-compatible, tooth-colored material, so your dentition won't be discolored by silver-colored fillings.

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CEREC is an acronym for Chair-side Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single

A smile is one of our greatest personal assets; it is a reflection of happiness and good health, yet many people avoid smiling because they are concerned about the condition of their teeth. Proper dental care is critical to preserving and, when necessary, restoring your unique smile. And now, thanks to recent innovations in dentistry, proper dental care does not have to take away from your regularly

Please see "Fillings," page 65

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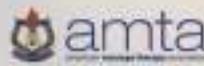
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MISSING TEETH

FROM PAGE 16

the under-side of your “plate,” which attach on top of implant abutments. Snap on dentures essentially clip into place. There’s no rocking, shifting, or rubbing, because your implants keep the appliance secure.

Overdentures improve stability and functionality to 60% compared to natural teeth, they are relatively inexpensive, and easy to clean.

Some people find them uncomfortable, and they may cause sore spots on gum tissue. Although they are fairly stable they may still move when chewing or speaking, and may require relines to improve fit and comfort as bone in the jaw deteriorates.

All-On-4 Implant Fixed Bridge

Bridges are permanent restorations attached onto teeth or implants, supporting false crowns in the areas of missing teeth. The biggest difference between an All-On-4 appliance and an

overdenture is that the All-On-4 appliance is permanent – you never have to take it out, and it improves functionality to 90% compared to natural teeth versus 60%. Other benefits are that this appliance eliminates the need for bone grafting: your dentist can provide a temporary bridge the same day of your surgery; it preserves bone and soft tissue; they never decay (95% success rate over 30 years); they are very natural looking, allowing you to eat the foods you want; and you are able to clean fixed bridges like natural teeth – inside your mouth.

Traditional 6-8 Implant Support Fixed Bridge

Traditional fixed bridges replace root and teeth, preserve bone and soft tissue, improve functionality to 90% compared to natural teeth, and you can also clean them as you would natural teeth – inside the mouth.

WEIGHT LOSS

FROM PAGE 16

the effects of obesity on older family members and friends. They often worry about getting many of these health problems and the associated consequences. Obesity has been shown to reduce life expectancy by as many as 12 years. Weight loss surgery offers an opportunity to maintain health and offset the health consequences.

Elimination Of Medications and Medical Treatments

Patients suffering from the health consequences are often on multiple medications to treat conditions such as diabetes, hypertension, high cholesterol, back pain, depression. There are often treatment devices such as CPAP machines for sleep apnea or steroid injections for chronic joint

pain. Weight loss surgery offers an opportunity to improve health and eliminate many of the medications and treatment requirements. It also means less doctor and hospital visits.

Improved Quality Of Life

Many obese people have adjusted their life around the fact that they are overweight.

They don’t do the things that they once enjoyed doing. They limit activities with friends and family. There is a physical strain to be active as obesity leads to fatigue, shortness of breath and joint pains with activity.

Weight loss surgery offers weight loss such that many patients regain control over their lives. They get more energy, they become more active and enjoy life more.

NEUROMAS

FROM PAGE 20

affected area can temporarily alleviate neuroma pain.

- For simple, undeveloped neuromas, a pair of thick-soled shoes with a wide toe box is often adequate treatment to relieve symptoms. For more severe conditions, however, podiatric medical treatment or surgery may be necessary to remove the tumor.

Treatment options vary with the severity of each neuroma. Identifying the neuroma early is important to avoid surgical correction. Podiatric medical care should be sought at the first sign of pain or discomfort. If left untreated, neuromas tend to get worse.

The primary goal of most early treatment regimens is to relieve pressure on areas where a neuroma develops. Your podiatric physician will examine and likely x-ray the affected area and suggest a treatment plan that best suits your individual case.

When early treatments fail and the neuroma progresses past the threshold for such options, podiatric surgery may become necessary.

The procedure, which removes the inflamed and enlarged nerve, can usually be conducted on an outpatient basis, with a recovery time that is often just a few weeks.

GOUT

FROM PAGE 52

ing the night and is often described as throbbing, crushing, or excruciating.

- The joint appears warm and red. It is usually very tender (it hurts to lay a sheet or blanket over it).
- There may be a fever.
- The attack may go away in a few days, but may return from time to time. Additional attacks often last

longer. After a first gouty attack, people will have no symptoms. Half of patients have another attack.

Some people may develop chronic gout. Those with chronic arthritis develop joint damage and loss of motion in the joints. They will have joint pain and other symptoms most of the time.

NUTRITIONAL

FROM PAGE 54

go away, have visited many doctors, even alternative practitioners, but the results weren’t what you had hoped for. In addition, if your health conditions are significantly affecting your life and you are realizing that these conditions will probably not get better unless the real source of the problem is identified and corrected.

You are in charge of your own

health and these three questions are important to ask yourself: How good do you want to get? How fast do you want to get there? How long do you want to stay there?

The body has the full potential to repair itself when given the right nutrition. Your chances of recovery have never been higher than with Nutrition Response Testing.

ORTHODONTIC

FROM PAGE 46

almost imperceptible.

Recently, the AAO has launched a national campaign, “My Life, My Smile” aimed at promoting orthodontic awareness specifically to prospective adult patients. Look for TV commercials on national networks as well as cable such as HGTV, Style, Discovery Fit and Health, Bravo, TLC, and E! Entertainment Television. Print, radio,

and online advertising is also included in the campaign such as More, Fit, and Ready Set, Grow. Online banner ads are appearing on websites such as WebMd, Facebook, and Everyday Health. The purpose of the campaign is to not only target the adults but to maintain outreach to parents of teens as well. Remember, “Your career, your smile”, “Your life, your smile.”

PERMANENT CURE

FROM PAGE 17

Unlike other surgeries, major factors associated with MIS are different. There is no hospitalization or deep general anesthesia required. The surgery is performed in a certified Ambulatory Surgical Center under local anesthesia with IV sedation administered by an anesthesiologist or a certified nurse anesthetist, so the patient will experience no pain before or during the surgery. Following the surgery, the patient will leave home and remain off the foot other than ambulating to the bathroom for 24/48 hours. The recovery time, and post-operative pain, swelling, and risk of infection is usually diminished with MIS due to the small incision, less exposure time, and lessor amount of soft tissue dissection and trauma to the structures. With some procedures, patients are often able to return to sedentary jobs in 23 days.

Etiology: The most common cause of bunion deformities is believed to be a combination of hereditary ten-

dencies and biomechanical imbalances. For example, excessive pronation, commonly referred to as flat-feet, places excessive stress on the inside of the big toe during toe-off forcing it into a valgus direction toward the smaller toes. As the bunion develops, the head of the metatarsal bone enlarges, becomes more prominent, and is irritated by the shoe. This can be demonstrated with the hand by holding the palm flat against a table and slowly bending the hand and watching the knuckles become more prominent.

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

LIFE CHANGES

FROM PAGE 44

people to have a tool like this,” Ms. Albanese says. “Mental health issues are so widespread right now that even people who haven’t experienced such challenges themselves know someone who is having a hard time.”

Her goal is to take the mystery out of some common mental health situations by providing new ways to look at challenging circumstances. Trying to make all the parts work together can understandably provoke a lot of anxiety. People wonder who to contact. What kind of care is needed? Is there a specialist? Do I need a referral? Which provider is on our insurance plan? Do we have prescription drug coverage and the unknown terrifying question of how will you be able to pay for it? The process can be extremely frustrating. Albanese addresses these concerns providing comfort with information.

The book is designed to help laypeople find appropriate resources to help a loved one who is experiencing an emotional and/or life shift. The guidance is delivered alongside Ms. Albanese’s personal anecdotes as well as case studies from her many decades of helping clients find creative and effective ways to help someone they care about.

“It is so rare to find anyone so

well informed about the complex and diverse systems of care and services, as well as the right methods to locate and access the appropriate service. Beth Albanese brings to her clients that special knowledge, expertise, and the compassion in finding and accessing the right matches,” said Mary Reese, who retired as the executive director of the Prince George’s County (Md.) Volunteer Center.

Whether a family is concerned about their elderly mother’s transition into senior care, a child who is struggling at school, a teen who is abusing drugs or alcohol or any other difficulty, Ms. Albanese offers sage, evidence-based approaches to finding care, starting with tips on how to communicate effectively with someone who is in a mental health crisis.

“During these current times in our country when mental health care support is extremely limited, *Helpless to Hopeful* is an invaluable resource for what to expect during a mental health crisis and to help navigate the complicated systems involved in government, health care, and insurance resources that may be available,” noted Ellen Witt, Ph.D. “This innovative book definitely fills a critical gap in how to understand and treat mental illness.”

MARIJUANA CARD

FROM PAGE 44

medical treatment plan.

Some qualifying medical conditions that are frequently approved include patients with epilepsy, severe nausea, PTSD, glaucoma, cancer, and more.

Step 3: Receive Your MMCC Patient ID Number

Before you receive your actual card you will get your patient ID number, which will deem you as an eligible

patient in the state of Maryland.

Step 4: Visit Your Local Dispensary

Once you have your patient ID number you can bring that along with a government ID to your local dispensary and purchase medical cannabis.

You may only purchase a 30-day supply at once per Maryland rules and regulations.

EXERCISE

FROM PAGE 25

maintaining overall health and wellness. If you’re committed to the long-term health and well-being of yourself and your family, regular vigorous exercise is critical. One easy solution is in the initial phases of returning to fitness, walking for exercise. Walking avoids the vast majority of injuries associated with other types of exercise. Walking is low-impact, requires minimal equipment, and no gym memberships are needed. Walking that is done outside in fresh air and sunshine, providing many additional benefits beyond those gained

by exercise as such.

In addition to regular exercise regular chiropractic care also makes good health possible. Our bodies need to be in good condition to gain all of the desired effects of exercise. Being in good condition deals with a fully functioning nervous system and a spinal column that is properly aligned and biomechanically sound. This is done by regular visits with your chiropractor.

So start the new year off right and not only start regular exercise, but make sure you visit your chiropractor.

ASTHMA

FROM PAGE 48

quick-relief, medication. Your child will take a controller medication each day to prevent or reduce airway inflammation. For asthma episodes or symptoms, your child will use a rescue medication. Rescue medications relax the muscles that tighten around the airways during an asthma episode, and they make breathing easier.

What Else Can I Do?

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

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

each asthma episode. The diary will be an invaluable resource for your child’s doctor and will help the doctor manage your child’s asthma.

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

What Are the Treatment Goals?

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

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

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

CLARITY

FROM PAGE 52

fresh air, meditation, and movement are needed to give the vehicle, which is your body, the horsepower that is needed to perform in top condition, so that you will be able to get more miles to your destination – your life.

Sun salutations, which are twelve postures of movement that stimulate, strengthen, regulate, and align the body to give your body the energy and tune up to perform in top speed. Your electric vehicle runs on body fluids that are required to keep the body functioning. Water and blood are required to keep the vehicle (your body) moving. Horsepower is needed (core strength) to help the body to perform in top condition so that you are able to get more miles to your life.

The core of your vehicle, which is mostly muscle in your abdominal area (three chakra), is your strength. Your core abdominal muscles, nerves and multifidus muscles will create an automatic overall feeling of exhilaration, excitement, calmness, and balance in the body. This creates an amazing feeling.

Move into 2023 with your new electric vehicle, powered by your energy through your electric vehicle (body) with precision steering, and high performance, where you will have complete control of your vehicle (body), your 4-wheel drive.

Plug in... Choose your electric vehicle with awareness, body, mind, spirit, and soul. Your vehicle is maintained and fueled by positive energy, diet, yoga, meditation, and consciousness. Or, you can keep your old vehicle, the old gas guzzler, such as a bloated belly, stiffness of the joints, back pain – and more? Your non-efficient and very costly vehicle when traded in can save you time and money, such as doctor visits and prescriptions and more.

The new vehicle:

Make: Yoga.

Model: Clarity.

Year: 2023.

Trade your old vehicle for a new electric vehicle. Plug in. Save your time, money, and life. Go electric. Go yoga.



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Georgetown Pain Management, Netsere Tesfayohannes, MD, ABA, ABAP, 301-718-1082, 8120 Woodmont Ave., Suite #560, Bethesda, 7300 Hanover Drive, Suite 204, Greenbelt

Newbridge Spine and Pain Center, 301-638-4400. www.newbridgespine.com

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cancer by offering free and potentially life-saving skin cancer screenings in Rockville, MD and Fairfax, VA.

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FERTILITY

FROM PAGE 54

avocados, whole eggs, Nuts and seeds. Beans and legumes are a good source of proteins, fiber and healthy carbohydrates.

H: Hydrate regularly. Thirst can sometimes be perceived as hunger leading to overeating. If you feel any thirst, you have waited too long.

A: Add more Omega-3 fatty acids from dietary sources, seafood (salmon, mackerel, and sardines), nuts, oils (Olive, Canola, flaxseed, soybean oil), and seeds (flaxseed, chia seeds, pumpkin seeds, and sunflower seeds). Reduce omega-6 fats found in processed foods and baked foods. Omega-6 is found in corn and vegetable oils and the ideal balance should be a 1:1 ratio of Omega-6 to Omega-3 in your diet. The average

American diet has a disproportionate amount of 12:1 to 25:1 omega-6 to Omega-3.

R: Reduce Portions. I always recommend to my patient to use a smaller plate and not a platter.

P: Plan Ahead. It is better to plan ahead. If that is not possible, make a habit of having a fruit bowl around. When hunger pangs hit, grabbing a pear or orange is healthier than grabbing a candy bar.

Dr. Gupta's book is a very pleasant and an enjoyable book to read. In addition, it is a book that will help you enhance your fertility potential as well as help you increase your brain health.

Again, what is good for the brain is good for your gametes (eggs and sperm).

FILLINGS

FROM PAGE 58

appointment using a high-quality ceramic material that matches the natural color of other teeth.

How Does the Instrument Work?

CEREC uses CAD/CAM (Computer Aided Design/Computer Aided Manufacturing) technology, incorporating a camera, computer and milling machine in one instrument. The dentist uses a special camera to take an accurate picture of the damaged tooth. This optical impression is transferred and displayed on a color computer screen, where the dentist uses CAD technology to design the restoration. Then CAM takes over and automatically creates the restoration while the patient waits. Finally, the dentist bonds the new restoration

to the surface of the old tooth. The whole process takes about one hour.

What Does This Innovation Mean For a Patient?

A tooth-colored restoration means no more silver fillings discoloring smiles. The filling is natural-looking, compatible with tissue in the mouth, anti-abrasive and plaque-resistant. Dentists no longer need to create temporaries or take impressions and send them to a lab. Because of this, the traditional second visit has been eliminated. CEREC has two decades of clinical research and documentation to support the technology. The restorations have been proven precise, safe and effective.

EMPLOYMENT

FROM PAGE 58

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.

NEW YEAR

FROM PAGE 25

natural and prescription methods for addressing thyroid problems, and when this does turn out to be an issue, treating it often makes a big difference very quickly for people.

Evaluating and treating digestive issues is also critical. Inflammation of the intestinal tract is very common, presenting as heartburn, bloating, pain, diarrhea and constipation. Often chronic infections can be at the root of this, including overgrowth of yeast, as well as deficiencies of digestive enzymes. Food allergies and intolerances can also play a role in intestinal dysfunction. Addressing this from a systematic, functional medicine perspective can powerfully restore health.

POST-LAMINECTOMY

FROM PAGE 7

symptoms, they can begin to develop the most effective treatment plan to manage your pain. Treatments for post laminectomy syndrome may include:

- 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

Finally, most of us inherited a metabolism which is geared towards survival, and storing fat helped primitive humans survive, but in this modern world it makes it easier to gain than to lose weight. A new class of medicines called glucagon like peptides can make an enormous difference in weight loss for people who have been stuck, and it is worth discussing these with your doctor.

These are a few of the methods available to improve health in the new year. When accomplished, feeling well and having more energy can contribute to flourishing in the other important areas of life.

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.

RESOLUTIONS

FROM PAGE 56

as a family and enjoying nature.

Find Purpose In Life

We all have unique talents and abilities, interest and values. Encourage your children as well as yourselves to find purpose for your life in

sharing your unique gifts with others. The things that give you joy or help you feel vital can increase your sense of purpose and ultimately will result in a satisfying relationship and interaction for everyone.



Fillers like Voluma, Juvederm, Restylane and RHA are pure synthetic forms of the hyaluronic acid that naturally supports your skin and is lost with time. Radiesse is a natural calcium-based filler. Sculptra is another effective volumizing treatment. The key to undetectable results with fillers is expert understanding of facial anatomy and dynamics. An expert dermatologist or plastic surgeon can also use your own natural fat with stem cells to fill lines around the mouth and gaunt cheeks to make thinning lips full again and to free you of under eye hollows. The stem cells create a dramatic improvement in skin elasticity and resilience.

Expert techniques don't just fill wrinkles...they can actually reshape your face, to restore your youthful facial contours and lift your face subtly and beautifully with no scarring and minimal down time. Recent research shows that precise and targeted placement of these fillers can also stimulate your skin to produce its own permanent collagen and elastin, for better and longer lasting results.

A new addition is platelet-rich plasma (PRP) with microneedling the so-called "Vampire Face Lift" that harnesses the regenerative power of your body's own platelet cells to restore smooth, radiant skin. Advanced PRP is also a successful treatment for hair restoration.

The lowest layer of your skin can be treated with Ultherapy micro-focused ultrasound, Exilis Ultra or Sublime lasers, the newest no-down-time treatments for non-surgical skin lifting. Ultherapy stimulates collagen and elastic tissue to lift your brows and cheeks, re-contour your chin

and jaw line and tighten and lift your neck, chest, abdomen, buttocks arms and elsewhere. You will see prompt, long-lasting and completely natural-looking results that improve even further over time. These revolutionary lasers not only tighten and lift; they can also improve loose skin, cellulite and stretch marks on body areas such as your stomach, arms, knees, buttocks and legs.

Kybella injections or LipoLite laser lipo can remove unwanted fat with no down time and no anesthesia to re-contour your jawline. You can also painlessly melt fat away from your hips, abdomen, waistline, buttocks, arms and other areas.

Precise doses of Botox, Dysport, Xeomin or Jeuveau neuromodulators can be injected in the right places to safely rebalance overactive muscles, smooth frown lines, worry lines, crow's feet, lines around the mouth and neck wrinkles. Expert treatment preserves your natural facial expressions, gives you a beautiful skin glow, and avoids that telltale frozen look.

Rather than focusing on individual procedures, this multi-level makeover integrates state-of-the-art techniques to achieve the most natural-looking results with no scarring and minimal recovery time.

This highly sophisticated approach does not morph you into a "new you." Better yet, it balances how you feel inside with how you look outside and allows you to re-discover the real you. Projecting good health and energy can maximize our personal and professional success as we move forward into 2023 and beyond.

- Eat your zinc and vitamin C by snacking on pumpkin seeds and citrus fruit. There are other foods that are rich in zinc and other fruits that are rich in vitamin C. I particularly favor pumpkin seeds, because they help the body against pathogens.
- Consume probiotic-rich foods such as fermented vegetables, yogurt, kombucha drinks, kefir drinks, and miso to enrich your stews and soups with good microbes.
- Try not to neglect the cold to increase your circulation.
- Sleep helps strengthen your body giving it time to repair itself during the deep sleep cycle.
- Crack windows when and where possible to encourage cross ventilation of fresh air.
- Keep surfaces clean with white

distilled vinegar, citrus cleaners, bleach cleaners – there are a myriad of environmental cleaners available.

- Use a good quality hand sanitizer or add a few drops of essential oils of lavender or neem (it has an unpleasant scent) to your very fragrant hand lotion as a natural sanitizer.
- Avoid anyone who is infected – not as easy as it may sound.
- Avoid crowded places with poor ventilation.
- Engage in frequent handwashing.
- Refrain from touching your face – easier said than done.

This is a simple list of things to consider keeping yourself and your environment safe from catching whatever is present in the atmosphere where you are.

HORMONES

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. (How

high is high? High intensity exercise makes talking very difficult, limiting you to just two or three words at a time.)

As you can see, sex hormones impact men and women's health from head to toe. The latest medical research shows hormone replacement therapy (HRT) is safe for almost all women (*Mayo Clinic: The Menopause Solution*, 2018) and does not increase all-cause mortality (*Journal of the American Medical Association*, Sept. 12, 2018). Now's the time to consider HRT for help with the physical and mental tribulations of diminishing sex hormones. Talk to an expert to discuss how HRT can help improve your health and restore your vitality today.

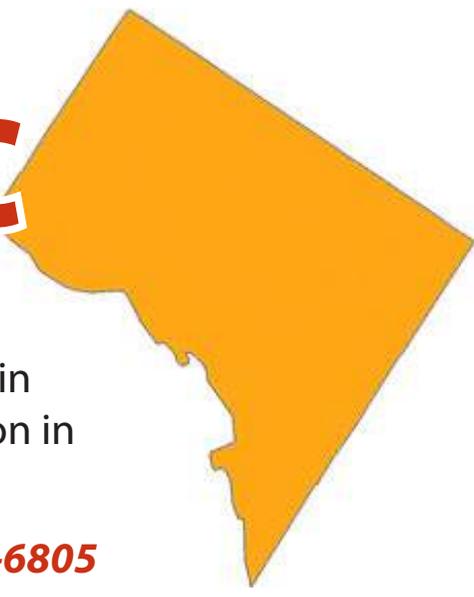
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Dr. Hema Sundaram, MA, MD, FAAD

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

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

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

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

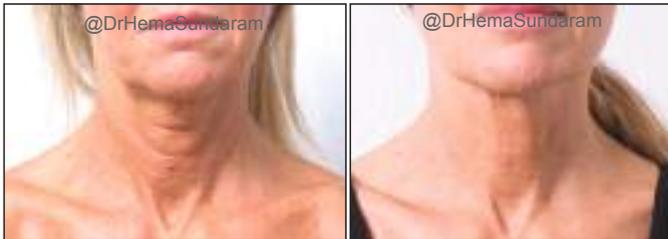
Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology
• Fellow and Visiting Professor for the American Society for Dermatologic Surgery (ASDS) • Fellow of the American Academy of Dermatology.

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



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Through commitment to research and education, Dr. Sundaram has been involved in pivotal studies of many of the advanced aesthetic technologies available in North America, and teaches them nationally and internationally to dermatologists and plastic surgeons

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